



TNR

The
Navy
Reservist

May
2009
Vol. 35
No. 5



The U.S. Navy NASCAR team services the No. 88 Navy Accelerate Your Life Monte Carlo during the Stater Brothers 300 at California Speedway. The pit crew is instrumental in keeping the car and driver in contention for a winning performance each race. A late-race transmission failure relegated Navy driver Brad Keselowski to 32nd in the race.

U.S. Navy photo by Lt. Andrea Ross

Hello Readers,

First order of business is I would like to introduce myself. I am Jim Vorndran the new editor-in-chief of TNR. I feel very fortunate for having a role in telling the great stories of your hard work. I want to thank MC2 Ryan Hill for the fantastic job he has done with TNR and assure our readers that he will continue to have an active role in producing this magazine.

Much is changing at CNRFC, by the time you read this the command will have completed its move to Norfolk. Many new faces on staff and all committed to providing our Reserve Force with fantastic service. On a smaller level we have a few changes right here at TNR. MC2 Leslie Long has graciously stepped up as TNR's Creative Director, MC2 Hill is the editor, and we have a new member to our staff MC2(SW/AW) Elizabeth Merriam. With these changes in our office we hope to add new ways to get your stories told to the world.

In this month's edition I hope you enjoy the articles that focus on you in your dual role as a Sailor and a civilian. In these pages we celebrate our employers and much of what they do to support us. The Employee Support of the Guard and Reserve (ESGR) has many different ways to help you thank your employer.

You will also see a little twist in our Sailors Matter column. As far back as I can remember we have never had a soldier write that column. Sgt. Maj. Thomas Holley the senior enlisted advisor at ESGR explains the requirement to submit Civilian Employment Information. If you haven't submitted yours yet I too encourage you to complete this requirement ASAP.

Enjoy the stories and keep going on your great submissions with high resolution photos. Navy Reserve: Ready Now. Anytime, Anywhere.

Jim
james.vorndran@navy.mil
757-322-5624

18 Navy COOL



Reservists use a new funding tool to gain rate-related credentials online.

Lt. Andrea Ross discusses the Navy's use of NASCAR as a recruiting and advertising tool.



20 Vox Optima

U.S. Navy photo

22 Cobra Gold



U.S. Navy photo by
Mass Communication Specialist 2nd
Class Gabriel S. Weber

Sailors with Military Sealift Command Expeditionary Port Unit take some time out from Cobra GOLD to spruce up an elementary school in Thailand.

NC1 Dana Gallop helps Reservists at NOSC North Island, CA understand the ESGR's role in their careers.



24 ESGR

U.S. Navy photo by
Mass Communication Specialist 2nd
Class Joseph Seavey

26 Freedom Award



ESGR recognizes employers who help Reservists juggle their Navy careers and civilian careers.

Capt. Larry Jackson learns rebuilding a country is a difficult but worthwhile challenge.



28 A Captain's Log: EIGHT

Our Cover:
XXXXX.

Graphic by
Mass Communication Specialist
2nd Class Leslie Long



Compartments

- 02... Sailors Matter
- 03... Career Counselor Corner
- 04... Focus On Families
- 05... Leadership
- 06... Culture Of Fitness
- 07... Money Matters
- 08... Diversity
- 09... Spiritual Navigation
- 10... Profiles in Professionalism
- 12... Tech Talk
- 15... Notable
- 16... Back To Basics
- 30... Checklists
- 32... RC Phone Directory

"A good Navy is not a provocation of war. It is the surest guaranty of peace."

Theodore Roosevelt

(1858 - 1919) 26th President of the United States

The Navy Reservist is an authorized publication for members of the Department of Defense (DoD). Contents are not necessarily the official views of, or endorsed by, the U.S. Government, DoD or the U.S. Navy. This monthly magazine is prepared by the Public Affairs Office of Commander, Navy Reserve Forces Command, Norfolk. Contributors may send news and images by mail to: The Navy Reservist, COMNAVRESFOR (N00P), 1915 Forrestal Drive, Norfolk, VA, 23551-4615 or by e-mail to james.vorndran@navy.mil. Telephone inquiries should be made to (757) 322-5624 or DSN 262-5624.

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

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

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



Vice Adm. Dirk J. Debbink
Chief, Navy Reserve

Rear Adm. John Messerschmidt
Commander, Navy Reserve Forces Command

Lt. Adam Bashaw
Force Public Affairs Officer

May 2009

Jim Vorndran
Editor-in-Chief

Mass Communication Specialist 2nd Class
Ryan Hill
Editor

Mass Communication Specialist 2nd Class
Leslie Long
Creative Director

Mass Communication Specialist 2nd Class
Elizabeth Merriam
Staff Writer



Sailors Matter

Written by
Sgt. Maj. Thomas Holley, USA
Senior Enlisted Advisor,
National Committee of Employer
Support of the Guard and Reserve

CEI: An Annual Obligation

"CEI informs the Reservists and their employers of their rights, benefits, and their obligations."

Reserve warriors in all components should be familiar with CEI. However, very few can tell you exactly what it is. Or what it does. Do you know what CEI is and what it obligates you to do on an annual basis?

CEI stands for Civilian Employment Information and your annual obligation to report this information can be found in DoD Instruction 7730.54, dated March 31, 2008.

Essentially, all Reserve military services shall implement reporting requirements for employment related information for each officer, warrant officer and enlisted person assigned to the Ready Reserve. All Selected Reserve members excluding Full Time Support shall annually update their CEI data.

I have the answer to the question you are asking yourself now; why? The collection of CEI helps facilitate open communication between the DoD and the civilian employers of the Guard and Reserve service members. CEI informs the reservists and their employers of their rights, benefits and their obligations. I want to assure you that we do not call your employer or make direct contact with them.

CEI is used for statistical purposes according to Deputy Director Resources-IT at Employer Support of the Guard and Reserve Robert Krajewski.

The immediate goal of CEI is to increase the effectiveness of the DoD's employer outreach programs by identifying employers directly affected by DoD policies and mobilizations. Remember, 700,000 Reservists have mobilized in all components since September 11 with an average of 124,000 on an active duty status daily. Understanding who the employers are and the distinct balance of Reserve obligations and civilian employment will allow DoD to assess actual employer needs and identify possible programs to encourage employer support for reserve participation.

Common problems with the CEI process is warriors do not understand their obligation for reporting CEI data annually or

correctly. Eighty-eight percent of all warriors have completed the CEI process at least one time during their careers, however, the average compliance rate hovers around 25 percent. This means DoD is unfamiliar with the needs and concerns of 75 percent of all Reservist employers.

The CEI process is simple and should only take five minutes to complete.

We must never forget employers help strengthen our country and allow our men and women in uniform to focus on their military mission at hand. The annual reporting of complete and accurate information will assure that we communicate effectively with civilian employers through outreach programs, recognize outstanding support and increase awareness of Reserve obligations.



Navy Career Tools News Roundup

*Written by Chief Mass Communication Specialist
Maria R. Escamilla
Program Executive Office for Enterprise Information
Systems, Sea Warrior Program*

Navy Career Tools are career management, training and education applications that give Sailors more visibility of their personal records and control over their careers. These tools help maximize career choice and satisfaction while meeting the Navy mission. Read on for a Reserve news roundup on some of the Navy Career Tools available for you.

Navy Credentialing Opportunities Online (COOL):

Officer and enlisted personnel can use Navy COOL to find civilian certifications and licenses related to their careers. Officers can search for credentials based on designator or occupation; enlisted Sailors search based on rating, job or occupation. For example, a Yeoman isn't limited to credentials related to the Yeoman rating. A Yeoman serving as an administrative assistant who is also the Command Fitness Leader can earn credentials based on three criteria: Rating (YN), job (YN-Administrative Assistant) and occupation (CFL-Command Fitness Leader). Try Navy COOL at <https://www.cool.navy.mil>.

Navy eLearning (NeL): For Fiscal Year 2009, Reservists are required to complete 16 courses in NeL no later than Sept. 30. The courses are: DoD Information Assurance Awareness ver. 7.0; Trafficking in Persons Basic Awareness Training; and Personally Identifiable Information (PII); plus 13 General Military Training lessons. Sailors can complete these courses by logging into NeL via Navy Knowledge Online (NKO). Once in NeL, refer to the list of required courses posted under "Mandatory Training" to enroll. For proof of course completion, click the "Transcripts" tab in NeL. All courses completed are listed there, plus a link that brings up a printable completion certificate.

Navy Knowledge Online: NKO now offers users two ways to log in. You can log in with your Common Access Card (CAC) or with your NKO user name and password.

Career Management System/Interactive Detailing (CMS/ID): The latest upgrade to CMS/ID rolled out last month, providing enhanced convenience and security. One improvement is the CAC log in which eliminates the need for a "user ID" and password and periodic password resets. In addition, CAC login enhances security, helping to protect personal data from identity theft. Visit CMS/ID at <https://www.cmsid.navy.mil>.

Customer Support: If you have questions about Navy career tools, consult your Command Career Counselor, or contact the Global Distance Support Center (GDSC). Call the GDSC toll-free at (877) 418-6824, e-mail help@anchordesk.navy.mil or visit the GDSC website posted at <http://www.anchordesk.navy.mil/>. GDSC is the Fleet's single point of entry for distance support.



The Sacrifices of Security Detachment 823

Written by Lisa Kluetz
Family Support Program Administrator
Navy Region Midwest
Reserve Component Command

Sailors and family members of Security Detachment 823 from Navy Operational Support Center (NOSC) Columbus kicked off the unit's upcoming deployment with a special unit Family Preparedness Day. Over half of the 75 unit members are from the unit at NOSC Columbus and the rest of the manning comes from Sailors attached to security detachments from Cincinnati and Buffalo, N. Y. Family members included fiancés, parents, children, and spouses.

During the six months leading up to the mobilization the Sailors have been busy conducting intensive training to ensure they are prepared. This included a great deal of time away from home on four day Inactive Duty Training Travel (IDTT) orders and four-day drill weekends. At the Family Preparedness Day and premobilization event the Sailors discussed the effect of the extended IDTT periods on their families and employers. The family members in attendance were totally supportive of their Sailors and proud to serve too! The Sailors felt that communication was the key to success in dealing with their families and employers.

There are things that Sailors can use to recognize the sacrifices their employers make. Chief Aviation Electronics Technician David Casteel who works in manufacturing at The Flechheimer Brothers Company nominated his employer for the O4•TNR•May 09

XXXX
U.S. Navy photo by
XXXXXX

Patriot Award through the Employer Support of the Guard and Reserve (ESGR). He has also nominated his boss to participate in the Boss Lift Program at Rickenbacker Airfield. Casteel's boss was flown on an Airforce Reserve KC-135 refueling mission.

The Flechheimer Brothers Company is contracted to make Navy uniforms and is very proud of their sole Reserve employee. When Casteel was promoted to Chief the company specially made and donated all of his khaki uniforms. Because of this Casteel's goal was to show his employer some of the things that Guardsmen and Reservists do in a training situation.

The unit is very close knit and possesses a sense of dedication to working together. Chief Casteel and 14 of his shipmates have

within the last year, returned from mobilization as individual augmentees. The unit is replacing an active component security detachment. A few of the Sailors were a little cautious in notifying their employers due to the strain of back to back mobilizations. Some with in as few as six months between mobilizations. However, the Sailors felt that communication, honesty, and planning for the family and the workplace are keys to the success of this unit. Family Preparedness Days are one of the cornerstones of getting the family ready to serve.

LEADERSHIP

Managing the Reserve Civilian Employer Partnership for a Win-Win

Written by

Cmdr. Stephen Ferris

Reserve Program PAO

Center for Personal & Professional Development



Reservists face the continuing challenge of having two employers: their military command and civilian employer. Although at times it seems their mutual demands might conflict, Reservists can manage this relationship to make it a win-win.

Reservists develop a number of skills that are extremely valuable to civilian employers that are costly to develop. Among these valuable skills are leadership, teamwork, time management and task prioritization. Reservists need to translate their military skills and experiences to civilian terms without the use of acronyms or Navy jargon. Understanding how your military duties convert to civilian jobs is essential to a successful post-mobilization job search. There are a number of Web sites, books and services available to help you take the combat boots off your resume.

The local Veterans Affairs office is a great place to start for identifying

these resources. An Internet search will also reveal an abundance of sources. The Navy League and its Web site is another useful source.

Another way of managing the civilian-Reserve interface is by sharing what you do at drill and the mission of your unit with your civilian employer. Explain to them the synergies that exist due to your Reserve assignment. In many cases, this will be the first time they have thought about the civilian benefits generated from military service.

Consider nominating them for an award from the Employer Support of the Guard and Reserve (ESGR). ESGR sponsors a whole hierarchy of awards, with the most basic being the Patriot Award. This is a great way of developing a warm and positive relationship between you and your employer. If your civilian employer is a strong supporter, then consider a higher award with a nomination for local, state or national recognition.

As part of our many Reserve administrative tasks, we must annually update our Civilian Employer Information. This is yet another way of managing the Reserve-civilian employer relation. This database allows the Department of Defense to consider civilian employment necessary to maintain the nation's health and safety when selecting members for mobilization. This database helps the DoD inform

employers of the reemployment rights of Reservists returning from mobilization. It also develops incentives to encourage employer support for Reserve participation.

Your civilian job can also help you in your military career. Let your military superiors know the skills you have learned from your civilian job and how they can be applied to your current duties. This skill transfer can allow you to improve your current level of performance or take on more ambitious Navy assignments. Your civilian skills can provide you with perspectives or abilities above what is usually expected in your paygrade. Leveraging your civilian skills to perform your Navy assignment at a higher level is one sure way of getting noticed and advanced.





ACSM's Top 20 Fitness Trends for 2009

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



**AMERICAN COLLEGE
of SPORTS MEDICINE®**

1. Educated and experienced fitness professionals. Certification and accreditation for health and fitness programs and professionals are becoming more common.

2. Children and obesity. Fitness programs to address childhood obesity are a top trend for the third year in a row in the ACSM survey.

3. Personal training. Personal trainers are becoming more accessible to more people.

4. Strength training. Men and women are lifting weights; staying strong while aging is part of their motivation.

5. Core training. This trend is about strengthening muscles in the abdomen and back to stabilize the spine.

6. Special fitness programs for older adults. This trend includes aging baby boomers, frail elders who want to get stronger for daily tasks, active older adults and master athletes.

7. Pilates. Done on a mat or special equipment, Pilates trains the core muscles and improves flexibility and posture.

8. Stability ball. These big, inflatable balls are used for crunches, push-ups and other exercises. Staying stable on the ball is part of the challenge.

9. Sport-specific training. This trend is about athletes training in the off-season to build their strength and endurance.

10. Balance training. In balance training, you might stand on a wobble board or use a stability ball to hone your balance.

11. Functional fitness. A functional fitness workout preps your body for daily activities such as running for the bus or lifting groceries.

12. Comprehensive health programming at work. This trend is about improving employees' health -- and lowering employers' health care costs.

13. Wellness coaching. Wellness coaches support clients in making behavior changes for better wellness.

There are a lot of new things happening in the fitness industry this year. The American College of Sports Medicine (ACSM) recently released their top picks for exercise trends in 2009.

For the second year in a row, boot camp-style workouts are predicted to be the top fitness trend for 2009. Boot camp workouts are time efficient, interactive and fun while strengthening large muscle groups with pushups, squats, and lunges.

14. Worker incentive programs. Some employers are giving their workers incentives to make healthy changes.

15. Outcome measurements. This trend is about accountability and measuring progress toward fitness goals.

16. Spinning (indoor cycling). Spinning classes -- fast-paced group workouts on stationary bikes -- are still going strong.

17. Physician referrals. Doctors are increasingly referring patients to health and fitness facilities.

18. Exercise and weight loss. Sensible or sensationalized -- most diets now include an exercise component.

19. Group personal training. Groups of two or three people can often get discounts from personal trainers.

20. Reaching new markets. ACSM estimates that 80 percent of the U.S. public doesn't have an exercise routine or a place to exercise, which amounts to a huge market for the health and fitness industry.



THE HEROES EARNINGS ASSISTANCE AND RELIEF TAX ACT OF 2008

Written by
Lt. Cmdr. Marc J. Soss, SC, USN

The Heroes Earnings Assistance and Relief Tax Act of 2008 (HEART) was signed into law June 17, 2008. HEART provides important benefits to employers and employees beginning in 2009.

Differential Pay as Wages

Compensation:

HEART corrects a thirty-nine year old Internal Revenue Service (IRS) Revenue ruling and amends the definition of “differential wage payment” for purposes of the federal income tax withholding rules. As a result, up to \$20,000 of differential pay will be treated as compensation for withholding tax purposes and reported on IRS Form W-2.

Retirement Plans:

HEART amends the definition of “differential pay” and provides an activated employee with the option of: making pension plan contributions from their differential pay; or using the make up contribution provision contained in IRC Section 414(u). The employer will continue to be required to match any elective deferrals or employee contributions at the same rate as if the employee had not been mobilized.

Distributions to individuals called to active duty for at least 180 days

HEART makes permanent two important tax code provisions contained in the Pension Protection Act of 2006. The first provision created an exception for mobilized Reservists to make early withdrawals from retirement plans without triggering an early withdrawal tax. The second provision allows a Reservist who received a qualified distribution to contribute the funds to an Individual Retirement Account (IRA), during the two-year period beginning after the end of his or her active duty period. The IRA dollar limitations will not apply to any contribution made following this special repayment rule.

Employer wage credit for activated Reservists

HEART provides that an eligible small business employer, with less than 50 employees that provides eligible differential wage payments to every qualified employee, will be eligible for a 20% credit against the income tax liability resulting from differential wage payments. A qualified employee is defined as an individual who has been

an employee for the 91 day period immediately preceding the period in which a differential wage payment is made.

The credit will not apply to any payments made after December 31, 2009. However, it will act as a general business credit and be subject to the applicable rules. *Disposition of Unused Health Benefits*

HEART provides an employer the opportunity to amend their cafeteria plan or flexible spending account (FSA) to insure that a mobilized employee’s account balance will not be forfeited by reason of their inability to use the funds while on active duty. If the employer election is made, the mobilized employee can make a tax-free withdrawal of the unused cafeteria plan or FSA funds.



Personal and Professional Development : Good for You, Your Employer, and the Navy

Written by

*Lt. Cmdr. Elizabeth Zimmermann,
CNP/Diversity N134 Public Affairs Officer*

Diversity includes all the different characteristics and attributes of individual Sailors and civilians that enhance Navy readiness. A variety of ideas, experiences and skills is essential to mission accomplishment, and because of this, the Navy is eager to retain and expand its diversity.

Developing yourself personally and professionally contributes to the synergy and success of the groups you affiliate with – be it the Navy, your family, your civilian employer or your sport team. This same development makes you more diverse – giving you another set of skills or experiences from which to contribute.

These are the things diversity and professional development have in common.

Seeking ways to improve your skills and broaden your horizons benefits you personally and professionally. When you volunteer for Habitat for Humanity, learn Spanish, join a cycling club, or obtain a degree or certification, you are developing your “whole person.”

This whole person may then be more steadfast as a leader, more physically fit and financially secure and in short, a more diverse and effective member of the team, family and organization.

The Center for Personal and Professional Development (CPPD) works “to develop the Navy’s workforce by providing education and training opportunities that build personal, professional and leadership competencies in support of mission readiness.” CPPD manages a number of programs such as general military training, the Navy College Program and LIFELines Services Network, which delivers quality of life information to Sailors, Marines and family members.

Your chain of command, your civilian employer and your community also provide development opportunities. For example, May is National Asian/Pacific American (APA) Heritage Month. Throughout May, you’ll hear of opportunities to expand your awareness of east and southeast Asian, Indian and Pacific Island cultures. You may also learn about the contributions to our society and way of life from people of APA heritage.

Participating in external groups will increase personal and professional development as well. You may find affinity groups appealing, such as the Society of American Indian Government Employees, the Public Relations Society of America and the Navy

League. Benefits of participation include better connected and more developed employees who are up-to-speed on the latest issues, technologies, ideas and practices. Development also occurs within mentoring roles in programs such as Big Brothers and Sisters, 4-H and the Sea Cadets.

Whatever your background, there is always room for growth – all you need to do is take advantage of the opportunities around you.

**CPPD: [https://
www.netc.navy.
mil/centers/cppd/](https://www.netc.navy.mil/centers/cppd/)**



Affinity Groups:

**[http://www.npc.navy.
mil/CommandSupport/
Diversity/
Affinity+Groups/](http://www.npc.navy.mil/CommandSupport/Diversity/Affinity+Groups/)**



The Last Will Be First

Written by

*Lt. Cmdr. Timothy R. White, CHC, USN
Reserve Religious Program Manager*

**Matthew 20:16
Jesus then said, "So it is.
Everyone who is now first
will be last, and everyone
who is last will be first."**

Dear Reserve Force,

It has been my pleasure and honor to serve with you these past two years. Being an active component (AC) Chaplain, I knew very little about the Reserve component (RC) Navy. I knew even less about RC Chaplains and Religious Program Specialists (RP) when I arrived here at Commander, Navy Reserve Forces Command. In the last two years I have learned quite a bit. I have learned the AC Navy could not do the work that needs to be done without our Reserve Sailors. I have learned the Navy Chaplain Corps would have a very difficult task of caring for all and advising commands around the globe in theaters of war without our RC Chaplains and RPs.

The Navy Chaplain Corps could not do our ministry to Sailors, Marines, Soldiers and Airmen around the world without our RC Chaplains and RPs. It's that simple. The RC Navy and the AC Navy are in a symbiotic relationship on their way to becoming a fully integrated, 24/7, operational Naval Force around the globe

taking care of the business for our nation when ever and where ever they are needed. This is the U.S. Navy of today.

But what does this have to do with this Scripture verse I started with?

The answer is, as you all know, the AC and RC Navy have not always been like this. It was not many years ago the RC Force was seen as "Weekend Warriors" or the "Not Ready for Prime-Time Players," but this is not the case today.

As overseas contingency operations continue and as our nation struggles through tough economic times, I think

we will see the RC Navy will play a larger role in our nation's defense because of the quality of our Force and because of the value of utilizing our RC assets. Our Navy Reserve Force is now universally recognized as a world class expeditionary Naval Force that is completely interchangeable with their AC counterparts anytime and anywhere around the world.

It's been great serving with you and I look forward to serving with you more in the months and years ahead.

Peace be with you.



*U.S. Navy photo by
Mass Communication Specialist 3rd Class
Juan Antoine King*

PROFILES IN PROFESSIONALISM

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.

Hometown: Montgomery, AL

NOSC: Columbus, GA

Unit: 20th Seabees Readiness Group

Brief description of your job: Shipping and Receiving Material

Your civilian job: Alabama State Trooper

What has been your greatest Navy achievement: Promotion

Who has been your biggest influence since joining the Navy: BM1 Carl Clay. He is someone who is always striving to reach the highest goals. He is always encouraging me to do the same.

Most interesting place visited since joining the Navy: My favorite place was in Egypt while aboard the JFK during Desert Shield/Desert Storm. It was amazing to see the pyramids and tour Cairo.

What did you enjoy most about the Navy: Travelling and meeting new people.

Current hobbies: Fishing, football, basketball and restoring old cars.



U.S. Navy photo

SK2 Jesse Johnson

Hometown: Waseca, MN

NOSC: Minneapolis

Unit: Com Nav For Japan (CNFJ)

Brief description of your job: World Wide Manager of hard drives for IBM Server Divisions

Your civilian job: Operational Commodity Manager

What has been your greatest Navy achievement: Becoming CNFJ Unit Career Counselor in order to mentor junior Sailors

Who has been your biggest influence since joining the Navy: The late President Ronald Reagan

Most interesting place visited since joining the Navy: Japan

What did you enjoy most about the Navy: Travel and camaraderie of fellow Sailors

Current hobbies: Weight training, wood working and yard maintenance



U.S. Navy photo by Boatswains Mate 1st Class Christopher Danula

IT1 Craig Malecha

Hometown: St. Louis, Mo.

NOSC: Tampa

Unit: USSOCOM 108 DET

Brief description of your job: Special Operations, liaison for TALENT, a program providing regional analysis to senior decision-makers at the Center for Special Operations. I also further supports Commander, United States 4th Fleet on Strategic Partnership Initiatives.

Your civilian job: Chairman and CEO of The Mission Continues

What has been your greatest Navy achievement: Building relationships with my men that still endure today.

Who has been your biggest influence since joining the Navy: All the men and women that I served with, who all serve as dedicated public servants.

Most interesting place visited since joining the Navy: Lamu, Kenya. I was the commander of a base surrounded by baboons, hippos, and kudu and was able to work with remarkable members of the Kenyan military and local government.

What did you enjoy most about the Navy: Being pushed to my mental and physical limits during SEAL training and deployments.

Current hobbies: I enjoy running, writing, spending time with my family, and St. Louis Cardinals baseball.



Lt. Eric Greitens

U.S. Navy photo

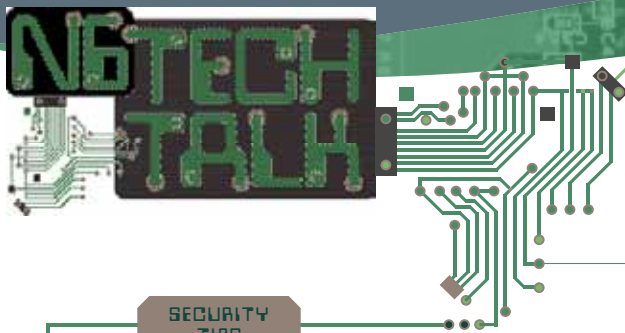
Lt. Greitens was born and raised in Missouri, where he was educated in the public schools. He was an Angier B. Duke Scholar at Duke University where he studied ethics, philosophy, and public policy. Selected as a Rhodes and Truman Scholar, he attended the University of Oxford from 1996 through 2000. There he earned a master's degree in development studies in 1998, and a Ph.D. in politics in 2000.

Greitens' book of award-winning photographs and essays, *Strength and Compassion*, grew from his humanitarian work. His doctoral thesis, *Children First*, investigated the ways in which international humanitarian organizations can best serve war-affected children. He has worked as a humanitarian volunteer, documentary photographer, and researcher in many countries.

From the Navy SEAL (Sea, Air, Land) community, Greitens has deployed four times during the Global War on Terrorism: to Iraq, Afghanistan, the Horn of Africa, and Southeast Asia. He has served as the

Commander of a Joint Special Operations Task Unit, Commander of a Mark V Special Operations Craft Detachment, and as Commander of an Al Qaeda Targeting Cell. In 2005, Greitens was appointed by the President to serve as a White House Fellow. The White House Fellowship is a non-partisan, non-political appointment that is considered America's most prestigious fellowship for leadership and public service.

Greitens used his combat pay from Iraq to start The Mission Continues. The Mission Continues empowers wounded and disabled veterans to continue their service to their country and communities as citizen leaders here at home. Greitens currently serves as volunteer Chairman and CEO. He has contributed over 2,000 volunteer hours and in October 2008, the President of the United States personally presented him with the President's Volunteer Service Award in recognition of his inspiring national leadership working with wounded and disabled veterans.



SECURITY TIPS

Welcome again to the latest installment of Tech Talk. This time we're going to discuss something that is going to make your life a little easier.

One of the initiatives Reserve Force (RESFOR) N6 has been working on is the conversion of the Navy Reserve Web Site (NRWS) to a Sharepoint based Web portal. Once fully deployed, the environment will be a much more collaborative one than the previous version. You will be able to access all Reserve applications through it. But that's not the best of it. Along with the Sharepoint deployment, we will also be standing up a Single Sign On, (SSO) solution for the RESFOR web applications.

We all know passwords are a hassle, and to make them marginally effective, you need to have one that is lengthy and complex with capital letters, numbers and special characters. The longer passwords get, the more apt someone is to write them down, which makes them even less secure. Hackers love it when you name the file you keep all your passwords in

"passwords.doc." Makes their job easier. What if you didn't need to remember or use passwords?

Enter Single Sign On. Here's how it works: you log in to NRWS with your CAC. Once on the private side of NRWS, you select Applications, NROWS on the NRWS menu bar to enter your Annual Training orders request. When you click on that link, NRWS passes an encrypted token to NROWS. NROWS then decrypts that token and logs you into your NROWS account automatically. No password needed! All you need to remember is your CAC PIN. The same process will work for other RESFOR applications.

Now, you may ask, "What about me? I can't get a CAC because I'm in the Individual Ready Reserve but I still need NRWS access," or "I need access from a computer where I can't install a CAC reader." We are going to



Single Sign On

Written by

Lt. Cmdr. Bill Batson

Director, Information Assurance


Commander, Navy Reserve Forces Command N64

william.batson@navy.mil

roll out another technology for Reserve members who are ineligible to get a CAC called RSA SecurID®. The SecurID® token is a hardware token about the size of your car key ring remote control. It is also referred to as a fob or security token and will fit on your key ring. It has a clock in it that is synced with the NRWS server. It displays a six digit number that changes every 60 seconds. To log in with SecurID, you type in your username, and add the personal identification number you set when you activated the fob to the six digit number code on the SecurID® token and hit enter. As long as you log in during the 60 second window, you're good to go. That password is only good during that 60 second window. Every 60 seconds a new password is generated, but your PIN remains the same. Constantly changing passwords makes us Information Technology security guys happy! You only need to remember your username and your PIN!

As an added bonus, SSO works for you, too! Users who are marked in the Defense Eligibility Enrollment Reporting System (DEERS) as CAC ineligible will be issued an RSA SecurID® automatically. When they request an NRWS v2 account, they will be prompted for information, issued a temporary password and an order for the RSA SecurID® will be generated. The fob will be sent to their NOSC. The user will have to pick up and activate the RSA SecurID® token at the NOSC within 60 days, which is the time limit on the temporary password. CAC users can request a RSA SecurID® token through the website with justification of their requirement.

Thanks for all your help out there.



New DOD root certificates are available on the CNRFC N64 CAC/PKI page of NRWS or the <https://infosec.navy.mil> Web site. Everyone who has a CAC reader at home should update their root certificates so they can have uninterrupted access to DoD Web sites.

Free antivirus and firewall software is downloadable from <https://infosec.navy.mil>

WE ALL SERVE



*Mr Keith Vaughn, Managing Partner of
Womble Carlyle Sandridge & Rice, PLLC
with employee and U.S. Navy Reserve
Lieutenant Commander Christopher Geis*

ARMY NATIONAL GUARD ★ ARMY RESERVE ★ NAVY RESERVE ★ MARINE RESERVE
COAST GUARD RESERVE ★ AIR NATIONAL GUARD ★ AIR FORCE RESERVE

We all serve. Whether serving our communities or our country, members of the National Guard and Reserve depend on their military units, families, and employers for support. Employer Support of the Guard and Reserve is a Department of Defense agency that seeks to promote a culture in which all American employers support and value the military service of their employees by recognizing outstanding support, increasing awareness of the law and resolving conflict through mediation.



Written by
Mass Communication Specialist 3rd Class Coleman Thompson
Navy Public Affairs Support Element-East



U.S. Navy photo by Mass Communication Specialist 2nd Class Leslie N. Long

CNRFC's Sailor of the Year, YN1 Amanda Turner (left) and the Bluejacket of the Year, IT3 Jessica Cunha, hold the ceremonial ribbon during the ribbon cutting ceremony for CNRFC's new building in Norfolk, VA.

Commander, Navy Reserve Forces Command (CNRFC) celebrated moving its headquarters from New Orleans to Norfolk with a ribbon-cutting ceremony for its new location March 24.

The move was intended to better align the Reserve force with the chief of naval operations priorities, further integrate the Reserves into all aspects of the war fighting mission and allow them to become more accessible to U.S. Fleet Forces Command (USFF).

"This move was part of a strategic alignment," said Vice Adm. Peter H. Daly, deputy commander, USFF. It's actually a validation; by moving them closer to us it shows the importance of the Reserve forces in all of the Navy's missions."

Navy Reservists can be found conducting operations all over the globe. Since Sept. 11, 2001, more than 54,000 Reservists have been mobilized to fill more than half of the Navy's individual augmentee assignments.

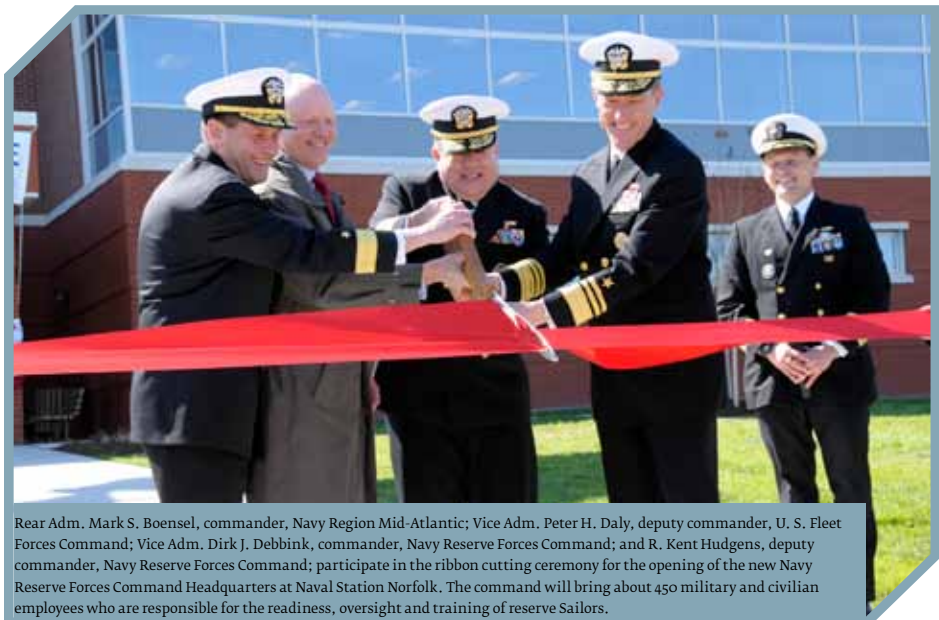
"We want the Navy Reserve to be a provider of choice for essential naval warfighting capabilities and expertise," said Rear Adm. John G. Messerschmidt, commanding officer CNRFC.

The new global operational headquarters will house about 450 military and civilian employees who will manage and support the more than 68,000 Reserve Sailors and ensure their readiness to support naval operations.

"A move like this is tough, but I've noticed that the morale is extremely high," Messerschmidt said. "The staff is just ecstatic about moving into this new space." The ceremony highlighted the Reserve forces' continuing contributions to the Navy's

operational capacity.

"I really can't say enough about the men and women who volunteer in the Navy Reserve," said Daly. "They're essential to the mission, and we really couldn't get by without them."



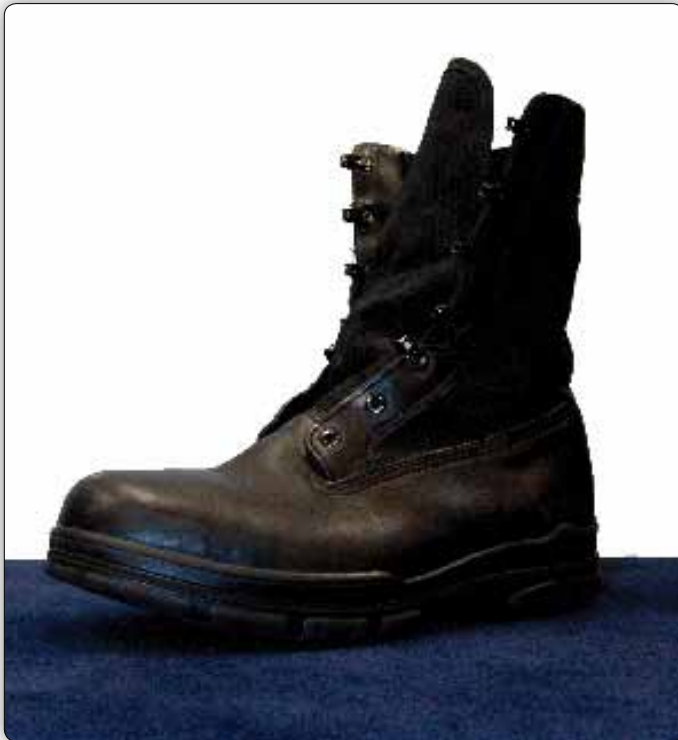
Rear Adm. Mark S. Boensel, commander, Navy Region Mid-Atlantic; Vice Adm. Peter H. Daly, deputy commander, U. S. Fleet Forces Command; Vice Adm. Dirk J. Debbink, commander, Navy Reserve Forces Command; and R. Kent Hudgens, deputy commander, Navy Reserve Forces Command; participate in the ribbon cutting ceremony for the opening of the new Navy Reserve Forces Command Headquarters at Naval Station Norfolk. The command will bring about 450 military and civilian employees who are responsible for the readiness, oversight and training of reserve Sailors.

U.S. Navy photo by Mass Communication Specialist 2nd Class Leslie N. Long



THE SHOE SHINE

This month, we feature a quick guide to the perfect shoe shine.



STEP ONE:

Take off the shoes. It might seem ridiculous to bring this up, but you simply won't get a very good shine if your shoes are still on your feet.



by CNRFC Public Affairs

*Aptly demonstrated by:
Mass Communication Specialist 1st Class Rob Kerns*

*U.S. Navy photos by
Mass Communication Specialist 2nd Class Kurt Eischen*



STEP TWO:

Before you actually start polishing, it's a good idea to take off the laces and clean the shoe, removing all dust and dirt especially along the edges. This can most easily be done with a damp cloth or the brush. Once that's done, let them dry before adding the polish.

PULL-OUT



STEP THREE:

Next, take a soft rag or an old sock and wrap it around your first two fingers on whichever hand is dominant. Scoop some polish onto the rag and apply to the first shoe in a circular motion, applying evenly over the shoe. For a glossier shine, dampen the shoe while you work with an occasional drop or two of water. Please note: the term spit shine does not mean you should actually spit on your shoes. Once you've finished the first shoe, let it dry while you work on the second.



STEP FOUR:

After you've applied polish to both shoes, let them dry for about 10 minutes. Then, buff them out with a polishing brush and use a soft clean cloth to bring out a high luster.

NOTE:

The quick liquid shine should be avoided for the main part of the shoe, but works well as an edge dressing.



COOL CASH

WRITTEN BY
MASS COMMUNICATION SPECIALIST 2ND CLASS RYAN HILL

Information Systems Technician 1st Class Jason Thomas recently took some information technology courses funded through the Navy. The only problem he ran into was the funding didn't cover the exam he took to earn the credentials from the courses he took. Thomas learned in order to have his credentialing exams paid for, he would need to get COOL. Thomas got COOL, and after doing so, plans on getting COOL more often in the future.

Navy Credentialing Opportunities Online (COOL) is a Web-based program that enables Sailors to get funding for credentials that are related to their rating or job in the Navy. Sailors can access COOL at <https://www.cool.navy.mil> and see which credentials and licenses are matched with their rating or job. Navy COOL will show Sailors how to get credentials and will also show them resources to pay for the fees. In some cases, the Navy will pay the cost for credentialing.

Some Reservists have already begun taking advantage of COOL. Master at Arms have been certified in Homeland Security and as Anti-Terrorism Specialists. Culinary Specialists have been certified as food executives, and Hospital Corpsman have been certified as pharmacy technicians and basic Emergency Medical Technician. These are just a few examples of the many ways COOL can

help Reservists add to their resume.

Thomas has used COOL numerous times and earned his credentials for CompTIA A+, Net+, Security+ and Microsoft Server 2008 MCSA. He doesn't plan on stopping any time soon. A Sailor can use COOL more than one time. They just have to make sure they complete one certification before requesting COOL help on another one. Sailors can use COOL until the money dedicated to the program runs out, at which point they must wait until the next fiscal year. Use of the program is on a first come- first served basis.

"I plan on using this program until the money runs out," said Thomas. "This has only increased my value. I have had several other companies contact me once I started adding these certifications to my online resumes. I personally like to continue my knowledge and this has helped advance that."

Like Thomas, COOL can help other Sailors increase their value in both their Reserve role and in their civilian careers. "I have benefited from the credentialing program in two areas," said Master at Arms 1st Class Shawn Mitchell. "The first would be when I was up for Sailor of the Quarter. I was the only E-6 that had done any of the courses and had any knowledge in regards to Navy COOL. Second, when it came time for evaluations, it gave me the top spot. When my resume is being considered, it does look good to have these credentials. I don't know of anyone else who has

them, so it definitely gives me an advantage over the other candidates.”

Navy COOL is just one example of how the Navy is striving to look after the people it employs. With Reservists, this is two-fold. It gives them an opportunity to advance in their Navy careers and it pays for credentialing that could help them in their civilian jobs. Many civilian companies won't pay certifications.

“These certifications are there to help build our Reservist knowledge and skills – not just in-rate knowledge and skills, but in many other areas also. By offering these certifications, it shows the Navy does take care of its people. It just comes down to the Reservists choosing to take advantage of these opportunities, Mitchell said.

“Some of my guys are going to start on the Homeland Security certifications. For the guys who are interested, I have told them these are beneficial to civilian employment. One simple certification could be the difference between you and another person. The Navy is expressing an interest in getting their Sailors educated. When it comes time for evaluations or boards, if you are not taking advantage of what is being given then it could hurt you. They want to see you advancing your knowledge and skills.”

When you build stronger Sailors, you build a stronger Navy. This is another positive result in the use and application of the COOL program. Sailors well trained in the latest knowledge and technology helps build the future fleet and also helps maintain warfighter readiness.

“You never want to stay stagnant in your field,” Thomas said. “When your enemy becomes more technologically aware than you, you are at a disadvantage. In my job, my ability to keep up to date on the technology is the key to the warfighter on the other end being as prepared as he can to do his task and be more prepared than our enemy.”

Sailors can learn more about the credentialing program from the aforementioned COOL Web site and by referring to OPNAVINST 1540.56. The Reserve Force is pushing strongly to have more of its Sailors become involved with Navy COOL.

“I would like to see more Reservists and active duty alike take advantage of this program,” said Thomas. “It has benefited me greatly. Like any other program, if it is not being utilized, it will go away and that would be a detriment to us all.”

Attention Commanding Officers and CMC's:
Did you know that NAVRESPRODEVCCEN's Subject Matter Experts are available to you via Mobile Training Teams (MTT), Video Tele-Conference (VTC) or Video Tele-Training (VTT)?



Our **NAVRESPRODEVCCEN** instructors are standing by to assist you or your team in any of the following areas:

Reserve Pay, Reserve Management, NROWS, Reserve Medical, Reserve Supply, as well as Senior Enlisted Development (FTS and Selres) and Unit Management (FTS and Selres).

Questions? Please contact:
Personnel Specialist 1st Class (SW) David Rast
david.rast@navy.mil
504-678-2022

...MORE THAN STICKERS ON A RACE CAR



U.S. Navy photo by Lt. Andrea Ross

The U.S. Navy NASCAR team services the No. 88 Navy Accelerate Your Life Monte Carlo during the Stater Brothers 300 at California Speedway. The pit crew is instrumental in keeping the car and driver in contention for a winning performance each race. A late-race transmission failure relegated Navy driver Brad Keselowski to 32nd in the race.

In Jan 2008, Ross was called for a one-year recall to work as the Navy NASCAR program manager for the Navy Motorsports team. While with NASCAR she put the

U.S. Navy photo

Lt. Andrea Ross has found that just because she works as a Navy Reservist she doesn't have to do two different jobs she just has two different employers. Ross worked for three years for Vox|Optima, a public relations and communication agency that finds pride in hiring a diverse staff especially Reserve military professionals.

As director of Vox|Optima Midwest region Ross's job requirements included company business deployment and client service work including strategic communication planning, writing, editing and event marketing.



skills she used for Vox|Optima to work for the Navy. She continued to use her strategic communication abilities by managing the relationship of the race team and advertising agency to promote the Navy message through NASCAR. She was also in charge of all public affairs and marketing efforts measuring the return on investment with the NASCAR relationship.

"The whole idea behind active-Reserve integration is that we, as Reservists, are able to step in and help out our active-duty counterparts as needed," Ross said. "I was chosen to run the Navy's NASCAR program because of my civilian experience in the sport. My strategic communication planning experience with my NASCAR active duty for special work has helped me in my civilian career at

Vox|Optima. It was a seamless transition from Reservist to active-duty to Reservist again." When Ross finished her time with Navy NASCAR she was able to transit back to her civilian job with her abilities still sharp and a few new skills at her side.

"We have sought out Reservist employees since Vox|Optima was launched. Because Reservists can manage a "day job" and their military duties I consider them exceptionally qualified for the fluid environment of a small business startup," Merritt Allen, owner and executive director of Vox Optima said.

Ross was one of the original seven Vox|Optima employees and while they take pride in hiring Reservists it hasn't always been easy.

"I did question my own judgment when two of my ten employees received one-year recalls almost at the same time," Allen said.

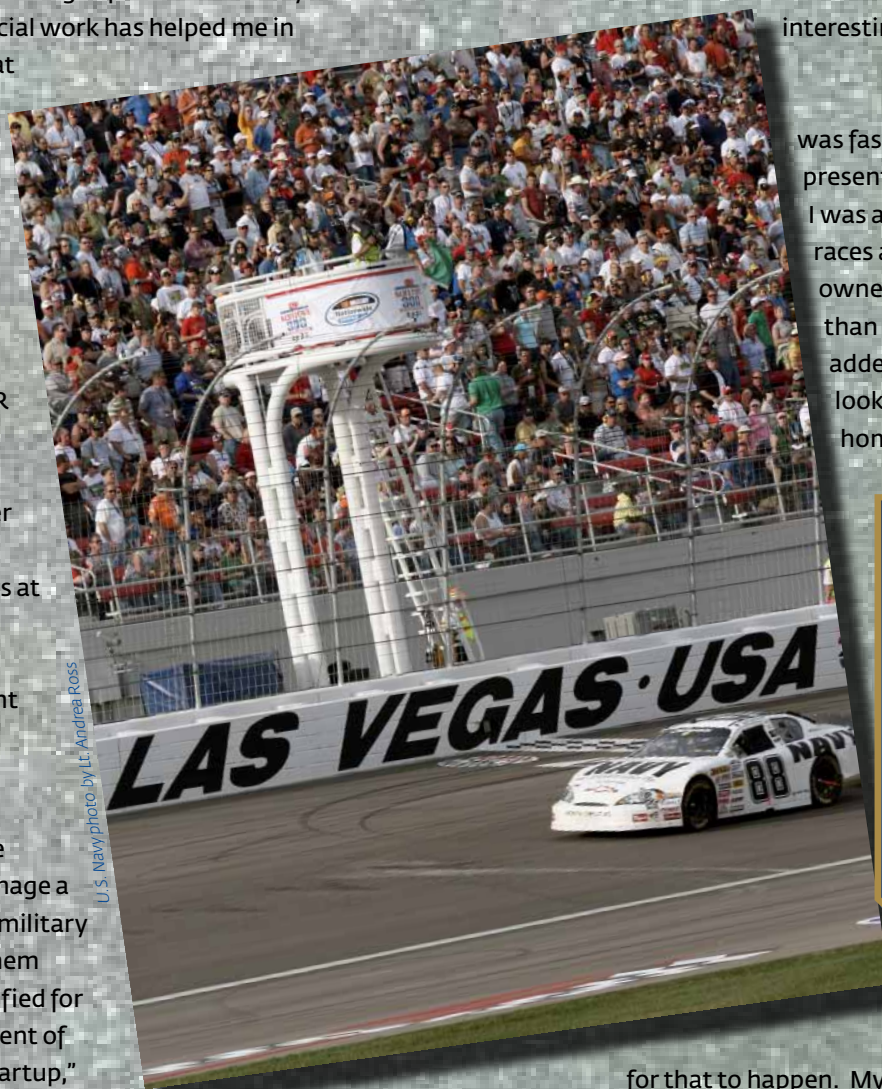
"Losing 20 percent of your workforce is tough. Although we scrambled at first, we pulled it together - doubling our company during that year, and hiring another Reservist, we were able to ensure we had "real work" when our first Reservist returned and we're eagerly awaiting the return of our second."

Ross said she enjoys her time with both Vox|Optima and Navy NASCAR. The change in pace between the two worlds is what keeps them challenging and interesting.

"My year on active-duty was fast-paced, and each day presented a different challenge. I was also on the road, between races and driver and team owner appearances, more than 40 weekends," Ross added. I was absolutely looking forward to being home with my family again,

The U.S. Navy NASCAR team services the No. 88 Navy Accelerate Your Life Monte Carlo during the Stater Brothers 300 at California Speedway. The pit crew is instrumental in keeping the car and driver in contention for a winning performance each race. A late-race transmission failure relegated Navy driver Brad Keselowski to 32nd in the race.

and returning back to Vox|Optima allowed for that to happen. My duties with Vox|Optima present different challenges, and I enjoy the work I do."



Written by Military Sealift Command Public Affairs

Contributing writer:

Mass Communication Specialist 2nd Class (SW/AW)

Elizabeth Merriam

Hearts of GOLD



Military Sealift Command's (MSC) Expeditionary Port Unit (EPU) 111 based in Oklahoma City, Okla., deployed for multi-national military exercise Cobra Gold 2009, took the time to brighten the lives of hundreds of local school children in Pattaya, Thailand when Sailors volunteered to paint the walls and ceiling of a local school lunchroom.

"I thoroughly enjoyed conducting a community relations project (COMREL) at the school house. It was a blessing to have that opportunity to be a servant, and meet the need of others. It is a wonderful feeling when you can do something that puts a smile on a person's face," Information Systems Technician 1st Class Demetrice Wortham said.

"The teachers were happy and very grateful. I wished I could have spent more time doing more things in the community. My passion is working with children, and my dream one day, is to visit different countries and possibly teach English to children and nurture the children who are in

orphanages," Wortham said. The sailors spent their Saturday working at the Ban Thung Kha School, painting the large lunch room with a new coat of lime green paint. "Giving something back to the local community is highly rewarding," Storekeeper 1st Class Tom Hennigh from

EPU 111 said. "I feel like the community relation event was as important as Cobra Gold. I think giving back to the host nation is as important as joint ventures with other military forces."

More than 550 students, ranging from kindergarteners

to eighth graders, are enrolled at the 30 year old school, which has 21 teachers.

"I feel the COMREL event was the most rewarding in terms of helping fellow man, it only left you with the feeling of wanting to do more work with the Navy League," volunteer Boatswain's Mate 1st Class Rudy Garza said.

The Navy League provided the paint rollers, trays and small brushes. Sailors from EPU 111 pitched in to purchase the paint from a local hardware store. The local Navy League president in Pattaya, Peter Thoran, worked with Brian Tully from MSC's Singapore-based Sealift Logistics Command Far East, to arrange the project.

"I thank the U.S. Navy because the children will now have a much better environment to learn in," said Buongoin Jane, a kindergarten teacher at the school.

"We project the Navy's core values, not just in uniform, but also by going out to help local communities around the globe," said Navy Cmdr. Ted Sego, executive officer for EPU 111.

"Several of the students came up to me and



told me how happy they were about their new lunch room," said Jane, the teacher. "I bet there will be a lot of smiles when school resumes on Monday."

While the Sailors did not get the opportunity to work directly with the children they felt that the job was a good opportunity to help improve the school learning experience and make a difference for the kids.

"I loved the opportunity to help out the kids in local area through our community relations event," Boatswain's Mate 1st Class Randall Sprague said. "I really wished that I could have seen the look on the their faces when they came into school that Monday morning after we spent the weekend putting a fresh coat of paint on the walls of their outdoor cafeteria."

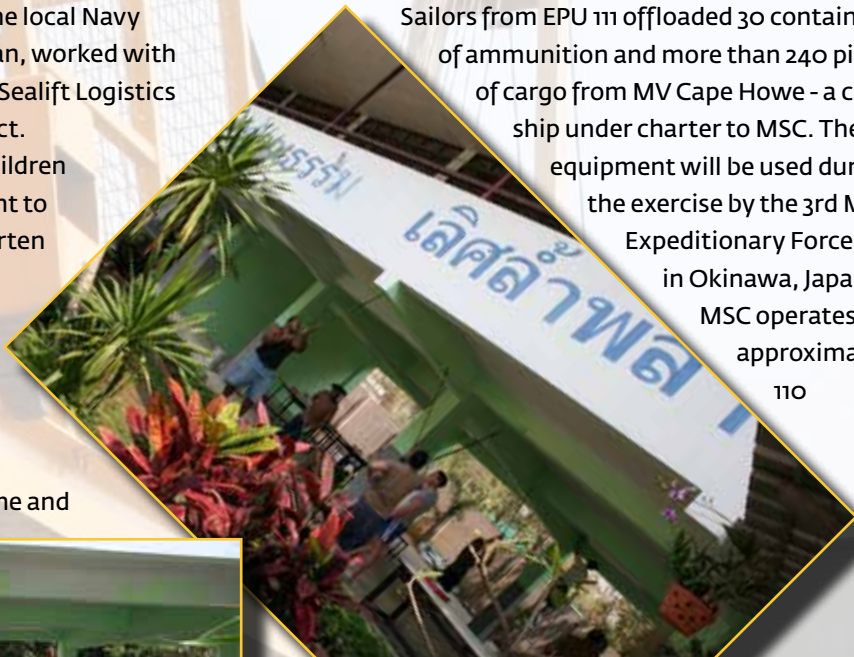
EPU 111 was deployed to Thailand, to manage the off-load

of U.S. Marine Corps cargo used to support Cobra Gold. MSC has 17 EPU's, which train to deploy quickly to open a port sometimes under the most difficult of circumstances. Cobra Gold is an annual exercise hosted by the Kingdom of Thailand that brings together armed forces from Singapore, Japan, Indonesia and the United States to engage in command-post exercises, field training, and humanitarian and civic assistance projects.

Sailors from EPU 111 offloaded 30 containers of ammunition and more than 240 pieces of cargo from MV Cape Howe - a cargo ship under charter to MSC. The equipment will be used during the exercise by the 3rd Marine Expeditionary Force, based in Okinawa, Japan.

MSC operates approximately

110



noncombatant, civilian-crewed ships that replenish U.S. Navy ships, conduct specialized missions, strategically preposition combat cargo at sea around the world and move military cargo and supplies used by deployed U.S. forces and coalition partners.

STATUS: BACK

Written by Mass Communication Specialist 3rd Class Marie A. Montez
Naval Reserve Public Affairs Support Element West

Photos by Mass Communication Specialist 2nd Class Joseph Seavey

With more than 1,400 Navy Reservists assigned to Navy Operational Support Center (NOSC) North Island, Calif. Commanding Officer Capt. Ken Ireland knows that the Employer Support of the Guard and Reserve (ESGR) is there to help his Sailors. With 117 Sailors serving as individual augmentees and 68 demobilized thus far, there have been very few times Ireland has seen a Sailor have to use the ESGR to invoke the Uniformed Services Employment and Reemployment Rights Act (USERRA).



"I know of only one instance where a Sailor had to contact the ESGR because they felt like their rights under the law were not being respected. We referred him on to the ESGR representative and everything worked out very well," Ireland said. "Generally, it only takes one phone call to take care of the problem. Once the employer knows and understands the law, there usually is no problem."

A law called "Status Back" was implemented in 1927 to protect the rights of Navy personnel from employer disputes when returning home from deployment. Then in 1972, the assistant secretary of defense for Reserve affairs

established the ESGR to help Reservists returning home get back to civilian employment.

ESGR created the Ombudsman Services Program in 1974 because of a growing concern among employers with the phase out of the draft and the formation of a voluntary ready Reserve. USERRA gives the employer and employee an understanding of the law that protects both interests.

Like Ireland, Command Career Counselor Navy counselor 1st Class Dana Gallop can only recall one instance when ESGR had to get involved to remind an employer of a Reservist's rights. "I did have

a Reservist want to go on Active Duty for Special Work. He told his employer and they said, no, he couldn't go," Gallop said. "The Reservist then contacted the ESGR and a USERRA Ombudsman contacted the employer, and so, the Reservist had his job waiting for him. He decided to stay active instead."

Knowing and understanding your rights and responsibilities under the law are critical to ensuring a smooth transition from mobilization back to employment. For this reason Ireland makes a point of being an active part of the mobilization process.

“The Executive Officer or myself meets with every Sailor assigned to a unit at this NOSC who mobilizes and then demobilizes. We ask how this is impacting their employment and if there is anything we need to be doing. After this meeting we usually have a sense if it is a bitter separation or if the employer is supportive. Generally, our employers are very supportive here in San Diego. Most often it’s because the employee is working in the defense industry,” Ireland said.

Though the ESGR can serve to remind employers of their responsibilities to support employees in their service to the country, it also can reward them for exemplary performance.

Dennis DeNoi executive director of the Southern California Committee of the ESGR, says there are several awards that a Reservist’s employer can receive. The ESGR gives the Patriot, Seven Seals, Above and Beyond, Pro Patria, and Freedom awards to employers for exemplary involvement with their Reservists’ and families’ lives while their employee is away serving the country.



De Noi said. “The Secretary of Defense Employer

“These awards all have different stipulations before being given, the Patriot being one of the most issued, but they all have great significance and are a great honor to receive,”

Support Freedom award is the most prestigious award and is

only given annually. The competition opens from November to January of every year; it’s one that Reservists and their families can nominate and give to their local ESGR for submission. Winners and their nominator are given a gala dinner at the Pentagon to receive their award.”

Reservists, their employers, and families make many sacrifices to support their active duty shipmates.

The employers represent the Reservists’ livelihood when they return home. Recognition for this is best done by nominating them for an award, thanking them for supporting their country through their Reservists.

For more information regarding ESGR visit www.esgr.org or call 1-800-336-4590.

“I know of only one instance where a Sailor had to contact the ESGR because they felt like their rights under the law were not being respected.”



B
A
L
A
N
C
E
D



R
E
S
E
R
V
E
A
W
A
R
D
S

Working as a Reservist or National Guardsman can be a full time juggling act balancing professionalism at full time civilian workplace despite absences for operational requirements of the military. What makes this easier is having understanding and supporting employers and supervisors who understand how the military builds better employees. These employers are easy to recognize because they make a visible effort to acknowledge and value the work of the volunteer military service of their employees.

The Employer Support of the Guard and Reserve (ESGR) award program is setup to help Reserve and National Guard members say "thank you" to the employers and supervisors who make the extra effort. In 2008, more than 14,000 employers were nominated for awards.

"Today, supportive employers are critical to maintaining the strength and readiness of the nation's National Guard and Reserve units. I am asking all Oklahoma employers to review and amend

their current human resources policies to ensure compliance with the Uniformed Services Employment and Re-Employment Rights Act Law (USERRA)," Gary Bray, Chairman of the Oklahoma Employer Support of the Guard and Reserve Field Committee said.

Depending on the degree of support, the level of the recognition can be a certificate of appreciation presented by the employee to supervisor or all the way up to a competitive award given annually to 15 deserving employers.

The first level of recognition is the Patriot Award, designed for the immediate supervisor, whether they keep in touch with the deployed Reservist through family, care packages or outwardly recognize the employee as a special asset because of their military service. The employee can directly nominate their supervisor for the award and they will receive a certificate and a lapel pin from the DoD which the Reservist can choose to present or have the local ESGR board present.

1st Lt. Jeffrey Pettee, of A Battery, 3 BN 197th Field Artillery Brigade said he nominated his supervisor Dorothy Tuttle, manager at Easter Seals in New Hampshire for the Patriot Award because, "the Easter Seals,

and particularly [my supervisor] have always helped me throughout my military service, and my fellow workers pitched in to help as well."

Choosing to nominate a supervisor for the Patriot Award opens the door for additional awards for an employer. A local ESGR field committee will review the write up and consider the employer for additional awards.

The second tier award is the Above and Beyond Award and the ESGR presents it to employers who exceed the requirements of USERRA. Examples of above and beyond support may include continuing salary or company benefits while on active duty, partial payment differential or paying for child care. At a ceremony awarding the EMC Corporation with the Above and Beyond Award Brian Massey, EMC solutions developer, and Master Sergeant in the Air National Guard expressed his gratitude for the companies support.

"My first concern when facing deployment is always my family, particularly when I have to be away for a long period of time," he said. "During these difficult times, EMC has always been there, providing the support that gives me and my family peace of mind about our finances and

benefits. This is really important to me and other EMC employees in the Reserve and National Guard."

The third tier award is the Pro Patria Award which recognizes a company for its exceptional support of employees in the National Guard and Reserve. It is the highest award presented by the local ESGR committees and to be eligible an employer must have received a Patriot Award, an Above and Beyond Award and have signed a Statement of Support. Each ESGR committee may only give three Pro Patria Awards annually one for each category; public sector, large employer and small employer.

"The entire Alltel team is proud to accept the Pro Patria award in recognition of our company's efforts to support employees serving in the Arkansas National Guard and Reserve as well as their families," Jeff Fox, chief operating officer of Alltel Wireless said. "We are even more proud of the many Alltel employees who have made significant sacrifices to serve in our nation's military during a time of war. We honor their courage and patriotism."

Part of what makes an award winning employer is commitment to their people and the mission they

serve. Many employers choose to display this dedication by signing a Statement of Support stating they will:

- Fully recognize, honor and enforce the Uniformed Services Employment and Re-Employment Rights Act (USERRA).
- Assure their managers and supervisors will have the tools they need to effectively manage those employees who serve in the National Guard and Reserve.
- Continually recognize and support our country's service members and their families in peace, in crises and in war.

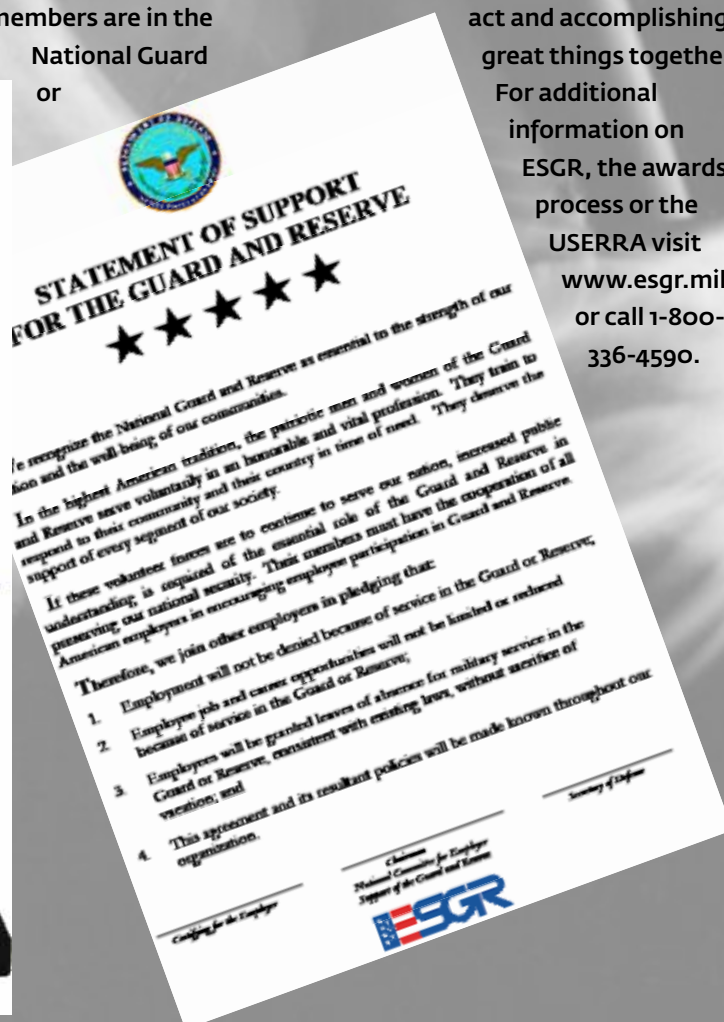
"The National Association of Postmasters (NAPUS) organization is proud to demonstrate our support of National Guard and Reserve members by signing the Statement of Support. Several of our members are in the

National Guard
or

Reserves and many supervise employees that are military members," Dale Goff, Jr., president of NAPUS said. "We encourage all Postmasters to sign, and proudly display, a Statement of Support for their office. It is our goal to ensure the U.S. Postal Service is a military friendly employer."

The Secretary of Defense Employer Support Freedom Award is the top award presented annually to 15 employers who demonstrate a unique support to National Guard and Reserve employees. In 2008, more than 2,000 companies were nominated for the Freedom Award. There are more than 125,000 employers working with Reservist and National Guard employees. Together they are perfecting the

professional juggling act and accomplishing great things together. For additional information on ESGR, the awards process or the USERRA visit www.esgr.mil or call 1-800-336-4590.



BOOTS

by Capt. Larry Jackson

on the GROUND

photos by xxxxxxxx

LOG ENTRY EIGHT

I was settling in for bed and decided to catch up on the news. Since I see so little TV, I am almost completely reliant on Stars and Stripes for news. I understand the war is getting very little ink back in the States, and even less air time.

But then, the war looks different from over here. Frankly, I am amazed at the amount of the non-combat work being done by



our military. Every day, Gen. Petraeus and his staff monitor the state of the electrical grid, the sewage systems, the oil refineries and distributions systems, imports, exports, border security, dams, water treatment systems, market openings, economic incentives for Iraqi businesses, agricultural initiatives and the list just goes on. Every day, U.S. soldiers, Sailors, airmen, and Marines work alongside Iraqis to improve these systems, or build new ones, or make repairs where criminals have tried to inhibit service to the vast majority of Iraqis who

want a peaceful, thriving country.

To give you an idea of what we are up against, however, consider the following number. The number is 300 million. That's the number of cubic meters of raw sewage pumped into the Tigris and Diyalar rivers around Baghdad each day.

Gross, right? But think about what that means for the drinking water supply, which happens to come from the very same rivers. The water treatment systems in Baghdad are old, inefficient and largely inadequate.

(Another thing the Coalition tracks is the amount of chlorine available.) Even with improvements made thus far, the risk of a cholera epidemic in the hot

summer

is very And if the sick, they don't if they don't work, money, and if they don't pay for food.

And how would you feel about the government of a country that couldn't even protect you enough so you could die? Here's another number for you: Two. That's the number of hours a day that my translator, Joseph, has power in his home from the electrical grid. This figure changes with the season, since it is driven by the large delta between demand and supply. The higher the demand, the fewer hours electricity is available. As summer comes, with temperatures around 120 degrees Fahrenheit, Joseph reports that he'll only get an hour of electricity a day.

Here in the Green Zone, we have plenty of generators to

real. population work, and they don't get money they can't

backup the grid. Joseph has backup generators, too. He pays for a community generator, which supplies his home with another nine hours a day, and he has two personal generators for the remainder of the time. Joseph knows exactly how many amps he can pull from each of the generators, and he knows exactly how much current each appliance draws. While none of the generators can support an air conditioner, his family can run a swamp cooler that will keep them cool enough at night until the humidity starts to rise in August. And he is able to keep the food from spoiling in the refrigerator.

When you start to add up the factors—hot spring, warm fall, unbearably hot summer, no reliable refrigeration—you see having daily access to an open market is probably very important to most families. (Joseph and his wife both work, and I suspect that they are fairly well-off by Iraq standards.) This is why the Coalition Forces monitor where markets are opening.

Another thing we have to keep an eye on is whether access to the markets is possible, since a favored money-raising technique of the militias is to charge an entry tax. For families struggling to get by, the lack of reliable electricity means having to pay a tax each day to go to the market, not to mention the risks associated with going out when security isn't good.

OK, one more number for you to consider: one million barrels a day. That's the amount of oil that Iraq produces a day.

One assumes that a country that has so much oil would not have many oil-based energy issues.

Unfortunately that would be wrong. The Iraqi refining capacity is nowhere near

adequate; so, the country has to import diesel fuel. But it turns out diesel fuel isn't all that easy to get around here. And, of course, once you buy the fuel you have to transport it in tankers on roads that need to be maintained and cross

rivers on bridges that are targeted by special groups. So, the bridges and roads need to be protected and maintained so the fuel can be transported to the electrical plants that burn the fuel to provide power to the grid that has to be transported via high power lines (that have to be protected) to get to the refrigerators of the citizens so the food they get from the market won't spoil before they cook it in the water from the river that is treated at the plant that is powered by electricity that. . . . To paraphrase one general; anybody can tear up a country, but rebuilding one is incredibly

difficult.

-CONTINUED NEXT MONTH-

Activation and Mobilization Checklist

Required Documents for Your Family and You.

A. Pay/Direct Deposit/Allotment

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

B. Service Record/PSD

- ☐ Certification of discharge/separation (DD-214) for all former periods of active duty.
- ☐ Your birth certificate or passport (for those deploying OUTCONUS).
- ☐ Birth, adoption or guardianship certificates for family members.
- ☐ Social Security Numbers for self and family members.
- ☐ Certified copy of marriage certificate for present marriage.
- ☐ Certified copies of documentation terminating any previous marriage (divorce/annulment/spouse's death certificate).
- ☐ Certification of full-time enrollment for self and college-age dependents from school registrar.
- ☐ Signed statement from licensed physician for dependent parent/children over twenty-one years of age who are incapacitated.
- ☐ Current DON Family Care Plan Certification (NAVPERS 1740/6).
- ☐ Emergency Contact Information (Page 2).

C. Security Clearance

- ☐ Certified copy of naturalization papers.

- ☐ Names/addresses of personal/professional references (minimum of 3 each required).
- ☐ Names/addresses/dates of employment for the past ten years (or since graduation from high school).
- ☐ Names/addresses/dates of high school and college.
- ☐ Addresses and dates of all previous residences.
- ☐ Names/dates/places of birth for your parents and your spouse's parents.

D. Legal

- ☐ Location of current valid will.
- ☐ Copy of current power(s) of attorney (business arrangements/tax filing/child care/family medical emergency care/household goods and POV storage).
- ☐ Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits.

E. Medical

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

F. Personal

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

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

Navy Reserve Travel and Pay Processing Checklist

What You Need To Know.

1. Messing and Berthing

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

2. SELRES Pay & Allowance (for AT & ADT orders)

- ☐ Upon reporting for duty, submit to that Command's local PSD:
- ☐ Orders with Command Endorsements (Note: Orders must be imprinted with the word "ORIGINAL").
- ☐ Copy of current/verified NAVPERS 1070/60 "Page 2."
- ☐ Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (requirement varies by PSD).
- ☐ Electronic Funds Transfer (EFT) Certificate.

3. SELRES Travel Claim Checklist (for all orders: AT, ADT: & IDTT)

- ☐ Submit the following to your Reserve Activity within two (2) working days of completing travel:
- ☐ Completed Travel Voucher DD 1351-2 with ORIGINAL signature.
- ☐ Copy of endorsed orders.
- ☐ Second copy of endorsed orders (only required for IDTT processing).
- ☐ Receipts for lodging (regardless of amount) and all reimbursable expenses over \$75.00 or more. Credit card receipts are not acceptable for rental cars--actual rental car receipts are required.
- ☐ Copy of SATO Travel Itinerary (if travel incurred).
- ☐ Completed Direct Deposit "verification" form with Electronic Funds Transfer (EFT) data (some PSDs require this only upon change to EFT data; requirement varies by PSD).
- ☐ Certification of Non-Availability (CNA) for commercial lodging/meals from the BEQ/BOQ (if SATO has not already provided this on your Itinerary).
- ☐ Reserve Activity Authorizing Officer (AO) approval.

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

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

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

Endorsed and approved by: PSAs LANT, WEST, PAC and EUR
Provided by: CNRFC CUSTOMER SERVICE DIRECTORATE / NOOQ



RC Phone Directory

Chief of Navy Reserve (703) 693-5757	Richmond, Va. (866) 527-5698	San Antonio, Texas (210) 225-2997	Rock Island, Ill. (309) 782-6084	Region Northwest RCC (425) 304-3338	VAW-77 (678) 642-9027	Fleet Activities Chinhee, Korea 011-82-55-540-2852
Office of the Chief of Navy Reserve (703) 693-5757	Roanoke, Va. (866) 527-6595	Shreveport, La. (318) 746-9657	Saginaw, Mich. (989) 754-3091	Kitsap, Wash. (360) 627-2203	VFA-204 (504) 678-3491	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1000 x144
Commander Navy Reserve Forces Command (757) 445-8800	Rochester, N.Y. (585) 247-6858	Tallahassee, Fla. (850) 576-6194	Sioux Falls, S.D. (605) 336-2402	Billings, Mont. (406) 248-2090	VFC-12 (757) 433-4919	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	Schenectady, N.Y. (518) 399-2134	Tampa, Fla. (813) 828-1971	Springfield, Mo. (417) 869-5721	Boise, Idaho (208) 422-6236	VFC-13 (775) 426-3644	Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808)473-4627
Naval Air Facility, Washington DC (240) 857-4880	Syracuse, N.Y. (315) 455-2441	Waco, Texas (254) 776-1841	St. Louis, Mo. (314) 263-6490	Cheyenne, Wyo. (307) 773-6500	VFC-111 (305) 293-2654	Fleet and Industrial Supply Center San Diego, Calif. (619) 532-3439
Naval District Washington RCC (240) 857-4880	White River Junction, Vt. (802) 295-0050	West Palm Beach, Fla. (561) 687-3960	Toledo (Perryburg), Ohio (419) 666-3444	Eugene, Ore. (541) 342-1887	HSC-85 (619) 545-7218	Fleet Air Mediterranean 011-39-081-568-4184
Baltimore, Md. (410) 752-4561	Willow Grove, Pa. (215) 443-6331	Region Mid West RCC 1-847-688-4916	Tulsa (Broken Arrow), Okla. (918) 258-7822	Everett, Wash. (425) 304-4777	HCS-84 (757) 445-0861	Fleet Forces Command (757) 836-3644
Region Mid Atlantic RCC (757) 444-7295	Wilmington, Del. (302) 998-3328	Akron, Ohio (330) 376-9054	Wichita, Kan. (316) 683-3491	Fort Richardson, Alaska (907) 384-6491	HSL-60 (904) 270-6906	Fleet Intelligence Training Center Pacific (619) 524-5814
Amityville, N.Y. (631) 433-2532	Wilmington, N.C. (910) 762-9676	Battle Creek, Mich. (269) 968-9216	Youngstown, Ohio (330) 609-1900	Helena, Mont. (406) 449-5725	VP-30 SAU (904) 542-3060	Headquarters US Marine Corps DSN: 278-9360
Avoca, Pa. (570) 457-8430	Worcester, Mass. (508) 853-5522	Chattanooga, Tenn. (423) 698-8955	Region Southwest RCC (619) 532-1842	Portland, Ore. (503) 285-4566	VAQ-129 SAU (360) 257-2276	Joint Chiefs of Staff (703) 697-9121
Bangor, Maine (207) 974-1301	Region Southeast RCC (904) 542-2486 x123	Chicago, Ill. (847) 688-3760	Alameda, Calif. (510) 814-2605	Spokane, Wash. (509) 327-3346	VAW-120 SAU (757) 444-5072	Joint Transformation Command for Intelligence (757) 836-7000
Brunswick, Maine (207) 522-1064	Amarillo, Texas 1-866-804-1627	Cincinnati, Ohio (513) 221-0138	Albuquerque, N.M. (505) 292-4141	Whidbey Island, Wash. (360) 257-2922	VFA-125 SAU (559) 998-1841	Judge Advocate General (202) 685-5190
Bronx, N.Y. (718) 892-0312	Atlanta, Ga. (678) 655-5925	Columbus, Ohio (614) 492-2888	Denver, Colo. (720) 847-6205	VP-62 (904) 542-2211	HSC-3 (619) 545-8196	Logistics Group Western Pacific 011-65-6750-2645
Buffalo, N.Y. (716) 807-4769	Augusta, Ga. (706) 733-2249	Decatur, Ill. (217) 875-1733	Fort Carson, Colo. (719) 526-2964	VP-69 (360) 257-6969	HS-10 (619) 545-6600	Marine Forces Reserve (504) 678-1290
Charlotte, N.C. (704) 598-0447	Austin, Texas (512) 458-4154	Des Moines, Iowa (515) 285-5581	Guam (671) 339-6724	Fleet Logistics Support Wing (817) 825-6438	VFA-106 (757) 433-9081	Merchant Marine Reserve Program (504) 678-0590
Earle, N.J. (732) 580-8545	Bessemer, Ala. (205) 497-2600	Detroit, Mich. (586) 307-6147	Pearl Harbor, Hawaii (808) 471-0091	VR-1 (240) 857-3722	VFA-122 (559-998-3482	Military Sealift Fleet Reserve Support Command (202) 685-5155
Ebensburg, Pa. (814) 472-5083	Charleston, S.C. (843) 743-2620	Fargo, N.D. (701) 232-3689	Las Vegas, Nev. (702)632-1455	VR-46 (678) 655-6333	Operational Support Offices and Reserve Force Operations	Mine and Anti-submarine Warfare Command Corpus Christi (361) 961-4858
Eleanor, W. Va. (304) 586-0326	Columbia, S.C. (803) 751-9251	Grand Rapids, Mich. (616) 363-6889	Lemoore, Calif. (559) 998-3778	VR-48 (240) 857-6814	Allied Command Transformation (NATO) (757) 747-4071	Naval Air Force US Atlantic Fleet (757) 444-2928
Erie, Pa. (814) 866-3073	Columbus, Ga. (706) 322-4444	Green Bay, Wis. (920) 336-2444	Los Angeles, Calif. (310) 241-2100	VR-51 (808) 257-3289	Amphibious Group One 011-81-611-742-2377	Naval Air Forces/ Naval Air Force US Pacific Fleet (619) 545-2017
Fort Dix, N.J. (609) 723-7160	Corpus Christi, Texas (361) 961-2241	Indianapolis, Ind. (317) 924-6389	Moreno Valley, Calif. (951) 656-1199	VR-52 (215) 443 6553	Expeditionary Strike Group Two (757) 462-7403 x 110	Naval Construction Forces Command (757) 462-3943
Greensboro, N.C. (336) 254-8671	El Paso, Texas (915) 565-3993	Kansas City, Mo. (816) 923-2341	North Island, Calif. (619) 545-2610	VR-53 (240) 857-9029	Expeditionary Strike Group Three (619) 556-1470	Naval District Washington Headquarters (202) 433-0960.
Harrisburg, Pa. (888) 879-6649	Fort Worth, Texas (817) 782-1805	Knoxville, Tenn. (865) 545-4720	Phoenix, Ariz. (602) 353-3002	VR-54 (504) 678-3700	Bureau of Medicine and Surgery (202) 762-3211	Naval Education and Training Command (850) 452-4000
Lehigh Valley, Pa. (610) 264-8823	Greenville, S.C. (864) 423-5889	Lansing, Mich. (517) 482-9150	Point Mugu, Calif. (805) 989-7559	VR-55 (805) 989-8755	Center for Naval Aviation Technical Training (850) 452-9700	Naval Facilities Engineering Command (202) 685-9008
Manchester, N.H. (603) 537-8023	Gulfport, Miss. (866) 502-1271	Little Rock, Ark. (501) 771-0880	Port Hueneme, Calif. (805) 982-6106	VR-56 (757) 433-4065	Naval Personal Development Command (757) 444-2996	Naval Health Care Newport, RI (401) 841-3771
New London, Conn. (860) 625-3208	Harlingen, Texas (956) 425-0404	Louisville, Ky. (502) 375-3329	Reno, Nev. (775) 971-6289	VR-57 (619) 545-6920	Comptroller of Navy (202) 685-7000	Naval Hospital Bremerton, Wash. (360) 475-4000
Newport, R.I. (401) 841-4550	Houston, Texas (713) 795-5202	Madison, Wis. (608) 249-0129	Sacramento, Calif. (916) 387-7100	VR-58 (904) 542-4051	Defense Intelligence Agency (202) 231-4044	
Norfolk, Va. 757-318-4500	Jacksonville, Fla. (904) 542-3320	Memphis, Tenn. (901) 874-5256	Salt Lake City, Utah (801) 736-4200	VR-59 (817) 782-5411	Defense Logistics Agency (877) 352-2255	
Plainville, Conn. (860) 747-4563	Meridian, Miss. (601) 679-3610	Milwaukee, Wis. (414) 744-9764	San Diego, Calif. (858) 537-8040	VR-61 (360) 257-6595	Destroyer Squadron Two (757) 444-1452	
Pittsburgh, Pa. (412) 673-0801	Miami, Fla. (305) 628-5150	Minneapolis, Minn. (612) 713-4605	San Jose, Calif. (408) 294-3070	VR-62 (207) 921-1462	Employer Support of the Guard and Reserve (ESGR) (800) 336-4590	
Quincy, Mass. (617) 753-4600	New Orleans, La. (504) 697-9205	Nashville, Tenn. (615) 228-6893	Tucson, Ariz. (520) 228-6282	VR-64 (215) 443-6400	First Naval Construction Division (757) 462-8225 x 222	
Raleigh, N.C. (866) 635-8393	Orlando, Fla. (407) 240-5939 x 2117	Oklahoma City, Okla. (405) 733-1052		Tactical Support Wing (678) 575-6830		
	Pensacola, Fla. (850) 452-1341	Omaha, Neb. (402) 451-2098		VAQ-209 (240) 857-7828		
	Puerto Rico (787) 707-2324	Peoria, Ill. (309) 678-5755				

Naval Hospital Camp Lejeune, N.C. (910) 450-3079	Naval Station Rota Spain 011-34-956-82-3232	Navy Region Northwest (360) 315-5123	US Pacific Command (808) 477-2322	Naval Expeditionary Combat Command (757) 462-7400	Naval Coastal Warfare Group	Chief of Naval Air Training CAOSO (361) 961-2409 CNRF CNATRA/FRS PM (504) 678-1072
Naval Hospital Camp Pendleton, Calif. (760) 725-1288	Naval Supply Systems Command (717) 605-3565	Navy Region Southwest (619) 532-2925	US Pacific Fleet (808) 474-8415	Explosive Ordnance Disposal Group One (619) 437-3700	Maritime Expeditionary Security Group One (619) 437-9475	
Naval Hospital Charleston, S.C. (843) 743-7000	Naval Support Activity, Bahrain 011-973-39-14-6793	Navy Support Activity, Washington, D.C. (202) 433-3963	US Second Fleet (757) 443-9850	Explosive Ordnance Disposal Group Two (757) 462-8453	Maritime Expeditionary Security Group Two (757) 396-0513	
Naval Health Clinic Great Lakes, Ill. (847) 688-4560	Naval Surface Force US Atlantic Fleet (757) 836-3057	Office of Naval Intelligence (301) 669-5557	US Seventh Fleet 011-81-6160-43-7440 x4090	First Naval Construction Division (757) 462-3658		
Naval Hospital Jacksonville, Fla. (904) 542-7300	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2950	Office of Naval Research (703) 696-5031	US Sixth Fleet 011-39-081-568-1267			
Naval Hospital Lemoore, Calif. (559) 998-4481	Puget Sound Naval Shipyard (360) 476-7683	Sealift Logistics Command Atlantic (757) 443-5758	US Southern Command (305) 437-1109			
Naval Hospital Naples Italy 011-39-081-811-6000/1	Sealift Logistics Command Europe 011-39-081-568-3568	Sealift Logistics Command Pacific (619) 524-9600	US Strategic Command (402) 294-8141			
Naval Hospital Oak Harbor, Wash. (360) 257-9500	Naval Criminal Investigation Service Espionage Hotline (800) 543-6289	Space And Naval Warfare Systems Command (619) 524-7323	US Third Fleet (619) 524-9537			
Naval Hospital Pensacola, Fla. (850) 505-6601	Naval War College (401) 841-3089	Commander Submarine Force US Atlantic Fleet (757) 836-1341	US Transportation Command (618) 229-4278			
Naval Hospital Yokosuka, Japan 011-81-46-816-5137	Navy Emergency Preparedness Liaison Officer Program (504) 678-4264	Submarine Group Nine (360) 396-6530	Reserve Intelligence Command Headquarters Fort Worth, Texas (817) 782-7107			
Naval Inspector General Hotline (800) 522-3451	Navy Expeditionary Combat Command (757) 462-4316	Submarine Group Ten (912) 573-3733	Regional Intelligence Area Northwest Silverdale, Wash. (360) 315-6001			
Naval Medical Center Portsmouth, Va. (757) 953-5000	Navy Expeditionary Logistics Support Group (757) 887-7639	Submarine Group Two (860) 694-3696	Reserve Intelligence Area Southeast New Orleans, La. (504) 678-3411			
Naval Medical Center San Diego, Calif. (619) 532-6400	Navy Information Operations Command(NIOC) Maryland (301) 677-0817	Submarine Squadron Eleven (619) 553-7033	Reserve Intelligence Area Southeast Fort Worth, Texas (817) 782-6464			
Navy Medicine Manpower Personnel Training and Education Command (301) 295-2333	Navy Net-Centric Warfare Group (240) 373-3001	US Central Command (757) 836-4180	Reserve Intelligence Area Southwest San Diego, Calif. (800) 873-4139			
Naval Meteorology and Oceanography Command (228) 688-4384	NIOC Misawa, Japan 011-81-3117-66-2834	US European Command 011-49-711-680-4002	Reserve Intelligence Area Southwest Aurora, Colo. (720) 847-6240			
Naval Network Warfare Command (540) 653-5001	NIOC Norfolk, Va. (757) 417-7112	US Fifth Fleet 011-973-724-383	Reserve Intelligence Area Midwest Great Lakes, Ill. (847) 688-6273			
Naval Network Warfare Command (757) 417-6750	NIOC Pensacola, Fla. (850) 452-0400	US Fleet Forces Command (757)-836-4180	Reserve Intelligence Area Midwest Minneapolis, Minn. (800) 353-4011			
Naval Operational Logistics Support Center (717) 605-5790	NIOC San Diego, Calif. (619) 545-9920	US Joint Forces Command (757) 836-6555	Reserve Intelligence Area Mid-Atlantic Norfolk, Va. (757) 444-1352			
Chief of Naval Operations (703) 697-5664	Navy Installations Command (202) 433-3200	US Naval Forces Alaska (907) 463-2248	Reserve Intelligence Area Sixteen Willow Grove, Pa. (215) 443-6651			
Naval Operations Office of the Chief of Chaplains (504) 678-1394	Navy Munitions Command (757) 887-4541	US Naval Forces Central Command 011-973-724-383	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610			
Naval Operations Office of Naval Intelligence (504) 678-1394	Navy Office of Information (504) 678-6055	US Naval Forces Europe 011-44-207-514-4605	Reserve Intelligence Area Washington (240) 857-2030			
Naval Sea Systems Command (202) 781-1748	Navy Personnel Command 1-877-807-8199	US Naval Forces Japan 011-81-46-816-3155				
Naval Training Support Center Great Lakes, Ill. (847) 688-3536	Navy Region Europe 011-39-081-568-4636	US Naval Forces Korea 011-822-7913-5795				
Naval Special Warfare Command (619) 437-2848	Navy Region Guam (671) 355-1110	US Naval Forces Marianas (671) 339-7133				
Naval Special Warfare Operational Support Group (619) 522-3232	Navy Region Southeast (904) 542-2324	US Naval Forces Southern Command (904) 270-7354 x4304				
	Navy Region Hawaii (808) 473-4505	US Naval Special Warfare Command (619) 522-2825				
	Navy Region Japan 011-81-46-816-3155	US Northern Command (719) 554-5872				
	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					

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 outline information identifying the subjects and what they’re doing in the photo. Also credit the photographer.

Story Submissions:

Due 5th of the month.

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

Questions and Suggestions:

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

OUR LIMITS.

SWCC



IN OUR NATION'S TIME OF NEED,
AN ELITE BROTHERHOOD
OF SAILORS STANDS READY
OFF DISTANT SHORES AND ON
SHALLOW RIVERS,
DEFENDING FREEDOM,
THEY SERVE WITH
HONOR AND DISTINCTION.
I'M PROUD TO BE ONE OF THOSE SAILORS.

THE SWCC PROGRAM IS OPEN ON A LIMITED
BASIS TO NAVY RESERVISTS.

THINK YOU'VE GOT WHAT IT TAKES?
APPLY NOW.

RESERVE_SWCC@NAVSECC60000.MIL

NAVY SEAL
& SWCC
SCOUT TEAM

SEALSWCC.COM