

Ready Now.
Anytime,
Anywhere.

October
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*Innovative
Readiness
Training*



NAVY RESERVE

Ready Now. Anytime, Anywhere.

A Letter from the EDITOR



Readers,

This month in TNR we are focusing on a DoD program that provides Reservists with some incredible training. The Innovative Readiness Training (IRT) program benefits Reservists and communities across our country. This month you will learn about three different initiatives IRT has been involved in. There is good work being done by our Reservists.

That last sentence, "Good work being done by our Reservists" is what we at TNR strive to publish in every issue. We are able to do that because of you. Thank you to all of our contributors, in the past and in the future. There are hundreds, maybe thousands, of great stories out there about Reserve Sailors contributing to the Maritime Strategy and we want to hear about these contributions.

I ask all of our readers to look ahead and start thinking about the great work you will be involved with during the next year. I encourage you to let your fellow Reservists know about that work by having your efforts featured in TNR. Critical to telling your story is writing a feature piece and having quality high resolution photos to tell the story visually. If you see something coming up you would like to feature in TNR give me or anyone on our staff a call so we can plan coverage of your hard work.

In addition to feature stories, we are always looking for Profiles in Professionalism. We have a template of questions and criteria for photos which are both yours for the asking.

We look forward to telling your story. So send an e-mail or dial us on the phone and you can let our Navy Reserve Force know about the good work you are doing.

Thanks for all you do.

Jim Vorndran
Editor-in-Chief, TNR

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Reservists on an Innovative Readiness Training mission endure extreme conditions on the Alaskan tundra.

Reserve divers participate in an Innovative Readiness Training exercise with the Army

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IRT provides military personnel with "hands-on" readiness training opportunities that simultaneously benefit communities.



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A joint military medical team is deployed to Mountain Village, Alaska in support of Operation Arctic Care.



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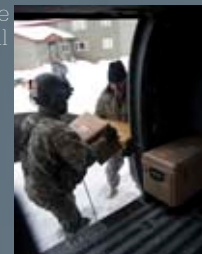
Supporting soldiers on their last mission, NOSC Akron Sailors learn about more than just service to country.



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Our Cover:

Sgt. Robert Pike of the Alaska Army National Guard's 1st 207 Aviation Regiment unloads medical supplies from a Black Hawk in a Western Alaska village. U. S. Navy photo by Mass Communication Specialist 1st Class Matt Grills.



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

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

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



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Do you know your entitlements?

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

Knowing and understanding your pay benefit entitlements based on the type of orders you have can be confusing. A number of entitlement differences exists between IDT, AT, ADT, IDTT, ADSW and INVOLUNTARY RECALL. BUPERINST 1001.39F CH18 General Reserve Entitlements outlines the details of these benefits.

Ready Reservists and their family members as well as retired Reservists (entitled to or receiving retired pay)

and their family members are entitled to use commissary stores on the same basis as active duty and their family members.

References:
Buper Instruction 1001.39F
Department of Defense Financial Management Regulation (DoDFMR)
Join Federal Travel Regulations (JFTR)

Benefit	IDT	AT	ADT	ADSW	INVOL	REF	COMMENT
Medical/ Dental (Mbr)	Yes Limited	Yes Limited	Yes	Yes	Yes		
Medical (Family)	No	No	Yes >29 Days	Yes >29 Days	Yes		
Dental (Family)	Yes	Yes	Yes	Yes	Yes*		*May be Eligible if Orders for >2Yrs
Soldier and Sailors civil Relief Act	No	Yes Limited*	Yes*	Yes*	Yes*	38 U.S.C 4301-4333	*Reemployment Rights
Career Sea Pay	No	No	Yes > 29 days*	Yes >29 days*	Yes >29 days*	DODFMR CHAP 18	*All Members in paygrades E-4 and above are eligible
Base Pay	Yes	Yes	Yes	Yes	Yes	DODFMR CHAP 2&57	
BAS-Officer	No	Yes	Yes	Yes	Yes	DODFMR CHAP 25&56	
BAS-Enlisted	One Meal per day provided	Yes*	Yes*	Yes*	Yes*	DODFMR CHAP 25&56	*Rations in kind Not available; permission to mess sep granted; Emergency condition
BAQ	No	Yes	Yes	Yes*	Yes*	DODFMR CHAP 26&56	*When not in Gov Quarters, may receive if home owned or rented and household goods are not stored by the Navy
VHA	No	No	Yes > 139 days*	Yes > 139 days*	Yes*	JFTR Ch 8	*Starts and Stops at each site (NOSC, NMPS,....)
Uniform Allowance (officer)	No	No	Yes > 89 days*	Yes > 89 days*	Yes >89 days*	DODFMR CH 30	*Once every two years if not on active duty for > 89 days within previous 2
Uniform Allowance (Enlisted)	Uniform Issue	Uniform issue	Yes > 6 months*	Yes > 6 months*	Yes > 6 months*	DODFMR CH 29	*E-6 and below if no issue- in-kind/E-7 and above maintenance



Leadership Lessons Learning from Moses

Written by
Lt. Cmdr. Timothy Loney
Naval Mobile Construction Battalion 18

Leadership examples influence us from just about every sector of our lives. It's often said our best lessons come from characteristics we observe in other leaders. Sailors quickly learn commanding officers have unique leadership styles and personalities. Astute Sailors will observe what does and doesn't work while considering the context in which leadership is practiced.

I have recently been trying to better understand my personal leadership strengths and growth areas. I was challenged to look to someone whose leadership is followed by three major world religions – Moses, Judaism, Islam and Christianity all identify Moses as a key character in the development and guidance of life and faith.

I took the challenge and began reading a chapter each day from the book of Exodus. I simply tried to

answer one question: What does this chapter say about leadership?

Some answers were difficult to find, especially when chapters were filled with statements like, "Ten cubits was the length of each board" (Exodus 36:21). As in life, valuable answers are hidden and require a bit of sleuth work.

Lesson from Chapter 36 – "Moses called...every skillful person in whom the Lord had put skill, everyone whose heart stirred them" (Exodus 36:2). Leaders learn how to put the right person in the right place at the right time. The book "Good to Great" identifies this idea as a key to making an organization great.

When choosing a king for Israel, several people who appeared to be the right pick were passed over until David was chosen because "The Lord looks at the heart" (1 Samuel 16:7). Sometimes the right leader does not

have the highest qualifications but their heart stirs them. Don't forget Moses had a speech impediment. The workers Moses picked had the skills to do the work but they also had something within them I would call desire, passion or drive.

People who win races often do so because they want it more than the other players. My religious program specialist on my last deployment exemplified this characteristic. Her limited experience was far outweighed by her passion to take care of the troops.

Placing less experienced people in critical positions because they have heart, drive or passion is risky. It requires a kind of leadership based on trust and faith. Mitigating that risk requires vigilant mentoring – but that's a lesson from another chapter.

Command Chaplain Lt. Cmdr. Steven Smith reads from the Bible during a Protestant Easter service aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75).





THE BEST DEFENSE IS A GOOD OFFENSE

Written by
Doris Ryan, Public Affairs Specialist
Bureau of Medicine and Surgery

Hand washing is the easiest way to prevent the spread of influenza.

More serious than the common cold, influenza can be a severe and sometimes life-threatening illness. Influenza viruses spread when an infected person coughs or sneezes, especially if they don't cover their mouth and nose with a tissue or their arm. Sometimes people may become infected by touching something with influenza viruses on it and then touching their mouth, nose or eyes.

"Keeping your hands clean is one of the easiest ways to avoid getting sick and spreading the flu at home, school or in the workplace," said Capt. Tanis Batsel-Stewart, director, Emergency Preparedness and Contingency Support at the Bureau of Medicine and Surgery. "It is best to wash your hands with soap and running water for 20 seconds or more. If soap isn't available a person can use an alcohol-based gel which is fast acting and will reduce the number of germs on hands."

Navy leadership is working hard to make sure Sailors and families are aware of the risks involved with influenza for their safety and the readiness of the fleet.

"The Reserve Force plays a vital role in national security. Ensuring a fit force is readily available in time of need is equally vital to the overall mission," said Navy Reserve Force Surgeon Capt. Richard Paver.

While hand washing is one key to preventing illness and the spread of infection, everyone should also get their annual seasonal influenza vaccination.

"Influenza immunizations for Reservists will roll out in two phases. The first phase is for traditional seasonal influenza and the second phase is for the H1N1 strand. Traditional influenza immunization supplies should already be at the NOSC. Exact dates will vary by NOSC but the goal is for all Reservists to already have their traditional influenza immunization and H1N1 by the end of November," Paver said.

"Force health protection is the responsibility of every commander, but it starts with the service member,"

added Batsel-Stewart. "It is important for all of us to take the proper actions to protect ourselves, other personnel, beneficiaries, coworkers and family members against both seasonal and H1N1 influenza."

Symptoms of influenza include fever (usually high), headache, extreme tiredness, dry cough, sore throat, chills, runny or stuffy nose and muscle aches. Stomach symptoms such as nausea, vomiting and diarrhea also can occur but are more common in children than adults. Complications of influenza can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions such as congestive heart failure, asthma or diabetes.



Written by Ms. Carol Tracy

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

Being pregnant with my first child had me making all sorts of promises to myself and my unborn child that I would do anything to be the perfect parent and raise her to always be happy.

I devoured information to prepare me for being a new mom. Never did I realize one little free poster that came with a book would have the largest impact on my children and our relationship. It was a saying for parents. I hung it where I could see it every day.

In the middle of this poster one line struck me. Each time I came to a decision point concerning my children I put it to use. It read: "Don't say 'no' when you can say 'YES!'"

You can apply this to your family as well. It's amazing how easy it is to immediately say "no." Why? Because saying no doesn't require any thought. We don't have to stop what we're doing and really listen to the request. We don't have to think about the possible consequences and if the benefit outweighs the risk. "No" is easy.

Take the road less traveled. Be the parent that cares enough to think about the questions and requests your kids ask of you. If you CAN say yes, say it! Letting them learn and live life with your permission opens doors to communication. You will be glad it's there when they are older. If you always say no, eventually they will stop asking and do it anyway. That can be dangerous. Your act of saying no automatically is not easier for your child; it's merely easier for you.

Say yes! Think about what they want to do. Say yes when you can, and explain to them why you're saying no when you can't say yes. The simplest statement such as "I really wish I could tell you yes, but what you want to do seems (blank, blank, blank)." Trust me—they will not hear "blah, blah, blah" when you are treating them this way. They will appreciate the fact you gave it some thought. They may not like the answer, but they will respect it.

You don't always have to answer right away. You are the parent, after all. You can say to them "Would you give me a minute to think about that?" There were times when my kids were impatient. Then my answer would be, "If you want an answer right away, I'll have to say no. If you'll let me think about it and discuss it with your dad, you might get a yes." They were always willing to wait at that time. Why not? They had nothing to lose. It works.





Training for Diversity

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

As you've no doubt noticed, this issue of TNR is focused on Innovative Readiness Training (IRT) ideas – ways to keep skill sets sharp and at the same time, contribute something to the community.

According to the DoD instruction,

“Individual IRT projects provide commanders another option to meet their mobilization readiness requirements, enhancing morale and contributing to military recruiting and retention.”

How does this relate to diversity?

If you've read this column throughout the last year, you'll know diversity is important in any high-performing team and a key to success. Highly effective decisions and subsequent actions result from bringing in the right people with a variety of skills, ideas and backgrounds. Without this diversity, our nation and our Navy would not be the world power it is today.

In the Navy we have men and women from across the United States and around the world – young and not so young, from wealthy and impoverished backgrounds, some with 'street smarts' and others with a number of academic degrees. Our Sailors come from Minnesota and Mexico, New York and North Carolina, Alaska, the Philippines, dozens of tribal nations and everywhere in between. Every one of these places has communities that could benefit from civil-military collaborations like the ones highlighted in this magazine. Nearly every one of our diverse Sailors has a skill set with a civilian equivalent. What a great way to stay current and 'give back!'

Engaging with communities helps the Navy by building positive awareness which is key to developing ongoing relationships with the diverse citizenry of our country and specifically the youth who are our future. Putting a face on the Navy through direct interaction with community members helps parents see the possibility for their children. Often there are opportunities to mentor youth and encourage them to be responsible and study hard.

Whether through the formal IRT program or a Navy Operational Support Center or unit-led initiative, engaging in the community does more than just build the pipeline of our future workforce. It enhances skills and increases morale which leads to retention.

Some interesting community activities that have headlined Navy NewsStand in recent months include:



Commander Fleet Activities Yokosuka Public Works Department Environmental Division recently announced a new “Adopt-a-Monument” program to promote the preservation of monuments in Yokosuka, Japan.



HSC-85 personnel and MH-60S helicopters have helped the U.S. Forest Service and the California Department of Forestry and Fire Protection numerous times throughout the last few years in the fight to contain wildfires.



The Naval Criminal Investigative Service was recognized for its support to the National Organization of Black Law Enforcement Executives Youth Leadership Conference. Together, they are helping kids get the information and tools they need to be successful.

The best thing about having a diverse society is there are thousands of ideas out there just waiting for someone to think of them, communicate them and put them into action. Go forth and do great things!

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POST 9/11 GI BILL AND TRANSFERABILITY

Written by
CNRFC Reserve Career
Resources and Information Office

Effective August 1, 2009, the Post-9/11 GI Bill is providing education benefits for Sailors who have served on active duty for 90 or more days since Sept. 11, 2001.

There are two options. Decline the Post-9/11 benefits and continue to use the Montgomery GI Bill/Montgomery GI Bill Selective Reserve (MGIB/MGIB-SR) or transfer remaining benefits to the Post-9/11 GI Bill.

Sailors eligible for the Post-9/11 GI Bill may transfer their unused benefits to a family member (spouse/children) enrolled in the Defense Eligibility Enrollment System.

Basic eligibility requirements can be found in NAVADMIN 187/09 and transferability requirements in NAVADMIN 203/09.

Good to know information not found in the NAVADMINS:

The amount of tuition and stipends will vary depending on your state of residence, number of units taken and amount of post-active-duty service. Here's a quick reference:

Benefit Amount	Active Duty Service
100 percent	36 or more total months
100 percent	30 or more consecutive days with a disability related discharge
90 percent	30 total months
80 percent	24 total months
70 percent	18 total months
60 percent	12 total months
50 percent	Six total months
40 percent	90 or more days

Sailors may qualify for a maximum of 48 months of benefits when using two or more GI Bill programs.

Sailors eligible under MGIB (Chapter 30) who elect to receive benefits under the Post-9/11 GI Bill are only entitled to the number of months remaining under MGIB up to a maximum of 36 months.

Sailors previously eligible for the MGIB, MGIB-SR, or the Reserve Educational Assistance Program (REAP) may continue to receive educational assistance for MGIB approved programs not offered by colleges and universities (i.e. flight, correspondence, on-the-job training, preparatory courses and national tests).

In addition to the Post-9/11 GI Bill another option is the "Yellow Ribbon Program." Under this program, colleges and universities may fund up to 50 percent of costs not covered under Chapter 33. Veteran's Affairs will match each additional dollar funded by the school. Only individuals entitled to the 100 percent benefit amount may receive this funding.

Sailors need to carefully weigh their options. You may find that declining the Post-9/11 GI Bill and sticking to the MGIB/MGIB-SR will best serve your needs. Ultimately the choice is up to you, take your time and be sure to consider all the facts before making your decision.

Contact your Command Career Counselor for additional information.



Story and photos by
Mass Communication Specialist
1st Class Matt Grills

Extreme

When the Black Hawks took off, leaving Boatswain's Mate 2nd Class Adrian Diaz and his shipmates on the treeless tundra of Western Alaska, in pouring rain and high winds no less, they wondered if they might be crazy.

They'd signed on to an Innovative Readiness Training (IRT) mission, led by the Marine Corps, to set up a base camp on Nelson Island. Throughout the next five years, the military plans to create

an infrastructure there that will assist the native villagers of Newtok in moving their imperiled village to a new site nine miles away.

The operation started small – really small. On the marshy ground were a few sheets of Dura-Base – a polyethylene interlocking mat system – and a single tent that was “flapping like a flag,” said Diaz, who's assigned to Navy Cargo Handling Battalion (NCHB) 3 in Alameda, Calif.

“We threw our stuff down and put up more tents. I think we all went to bed that night at 11:45 p.m. It was an experiment every day after that.”

In fact, the entire village relocation is an experiment. Severe flooding has left the 350 residents of Newtok little choice but to settle elsewhere.

A state-funded assessment revealed the north bank of the Ninglick River is eroding at an average annual rate of 88 feet, endangering the village. The same study noted moving the native Yup'ik

Training

community would almost certainly be less expensive than trying to contain the river.

Enter the Pentagon's IRT program. Sponsored by the Office of the Assistant Secretary of Defense for Reserve Affairs, IRT provides military personnel with real-world training opportunities on civilian projects; in this case, lending some muscle at Newtok's relocation site of Mertarvik, which is Yup'ik for "getting water from a spring."

"To do something so far away from home, up in an Alaskan tundra that's difficult to get to by boat or by air; this is exactly the type of challenge that will enhance our ability to go to war in the future and to do other engineering projects in remote locations," said Lt. Col. William Morgan, IRT program manager for Mertarvik.

"It just so happens the needs of the Newtok Planning Group, the needs of the state and the needs of the military all came together in this very specific project."

The Marines of Alpha Company, 6th Engineer Support Battalion, 4th Marine Logistics Group, along with Navy, Army and Air Force Reservists, won't actually move the village. Instead, they've

constructed a temporary roadway and base camp for military personnel who'll work during the summers at readying Mertarvik.

In 2010, an IRT team will return to begin building a road from the island's barge landing to the new village site. They'll also construct an evacuation shelter and eventually an airfield.

"Our attempt this year was just to get a foothold," said mission commander, Marine Master Sgt. Graham Hilson.

In just two weeks, the Marines laid 150 pieces of Dura-Base, on top of which stand a command center, chow hall, medical tent, shower facilities and a total water purification system. They also set up a space for drying out uniforms.

"One of the things we realized really quick out here is your clothes don't dry overnight just hanging them in a normal tent," Hilson said. "We actually have one tent dedicated just to drying our clothes and towels."

Mosquitoes were a problem too. "There are thousands and thousands of them," Hilson said. "They are very large and very aggressive. For the first couple of weeks we had to have head nets on."

Meanwhile, the Navy Reservists had their hands full building a makeshift pier so an Army landing craft unit (LCU) could come ashore with heavy equipment, gear and supplies. A state-constructed barge landing was too short, leaving about 60 feet of mud exposed when the tide is out.

Using a tractor, a pile of indigenous rock and a few dozen timbers, Hull Technician 1st Class Randy Sands and his boat crew spent a week and a half fashioning an alternate barge site where the LCU could dock and drop its ramp.

"We call it Navy Pier," said Sands, who is employed as a utilities engineer at a chemical plant.

"The Marines requested mechanics, boatswain's mates and corpsmen and that's what we supplied them," said Senior Chief Equipment Operator Tom Tringham, IRT's Navy liaison for the Mertarvik project.

"They've had nothing but outstanding things to say about the Navy folks. Our guys have pitched in and done more than their share."

Boatswain's Mate 2nd Class James Zack and Machinist's Mate 2nd Class Ward Mencke operated small boats for supply runs to Newtok and any necessary medical evacuations. They also winterized the crafts for next year's group.

"At first this mission sounded a little too rugged for me, but it was an offer I couldn't refuse," said Zack, who

works for the New Jersey Department of Community Affairs as a code enforcement inspector for asbestos and lead abatement.

"I'd never flown in a Black Hawk before, and within two hours of landing, I was already on a boat going over to Newtok. This water is very challenging and very shallow. The currents are bizarre, like nothing I've ever seen. It is low tide here and high tide over there and we're nine miles apart."

A boat owner and expert on pumps and steam turbines, Mencke arrived near the end of the mission but found plenty of work still to be done. "Some days we're busting butt from after morning chow until midnight or 1 a.m.," he said. "It's daylight until then."

Both Diaz and Sands told Mencke he missed all the fun of building a base camp from scratch.

"The Black Hawk lifted off, and we were like, 'It's just us now. We've got to come together real quick and get this done,'" Sands said.

"It was really fun and kind of scary. This is the best annual training I've ever been on."

The advance group of Sailors and Marines had a reason to be motivated. "There were no toilet facilities yet, so we were eating our MREs and saving the bags," Sands said. "To get clean, we grabbed bottled water or swam out into the freezing inlet waters. We had to because we were so muddy." Others were amazed at the simple

The Army's Malvern Hill (LCU 2025) docks at Western Alaska's Nelson Island to replenish its fresh water supply.





Hull Technician 1st Class Randy Sands, Marine Lance Cpl. Josh Wood, Boatswain's Mate 2nd Class James Zack and Hospital Corpsman 2nd Class Ruben Munoz, from left, watch the approach of an Alaska Army National Guard UH-60 Black Hawk off Western Alaska's Nelson Island.

things they take for granted, such as hot meals and showers.

"This mission really made me look at the kind of person I am," said Diaz, who works as a drug, alcohol and gang counselor. "This is very, very trying. It's a humbling experience. There's no room for slacking. There were several times when we just sat there and exhaled in defeat. The wind was coming down on us and so were the mosquitoes. When you come out here you definitely find out what you're made of."

What helped was a common bond, forged early on, among the different service branches involved: Navy, Marine Corps, Army and Air Force. "Out here, there is no separation," Diaz said. "We came together as one. This is all teamwork. I'd like to do my next five years out here." For most of the IRT team at Mertarvik, the experience was a first.

"Most of us haven't been in such an austere environment so far removed from civilization, so it's actually worked to our advantage," Hilson said. "You get a lot of teamwork and cooperation you may not get in a larger exercise more spread out or in a more populated area. So we've been fortunate. I think everyone brings a unique skill set and each individual has been challenged with that skill set."

When next summer's IRT team arrives, it'll find what Morgan describes as "base camp in a box." In other

words, what took nearly a month to set up this year will need only a few days to get going from now on.

"The camp is designed to hold between 150 and 200 soldiers, Sailors, airmen and Marines at a time," Morgan said. "The idea is Reservists will come out and work for two weeks on a piece of the project, leave and another group comes in right behind them. All the heavy equipment is in place, supplies are in place, the plans are there and approved and we go to work."

Mike Black, Alaska's deputy commissioner for the Department of Commerce, Community and Economic Development, said the state is pleased Newtok's relocation, which was talked about for 25 years, is finally under way.

"The real push comes with the military's involvement through IRT," Black said. "Otherwise, we wouldn't be anywhere close to where we are today."

What convinced Alaskan officials to get involved is Newtok's inadequate sanitation conditions and high rate of respiratory disease among school-age children, he said. Also, in 10 years, villagers will have no fresh water source.

"There is no way they can remain at that site in any high numbers," Black said. "We've never done this before. Having the military's five-year commitment to help this community prepare to move will make it a lot quicker."

OPERATION ARCTIC CARE

STORY BY MASS COMMUNICATION SPECIALIST 1ST CLASS MATT GRILLS
PHOTOS BY SENIOR AIRMAN CHRISTOPHER GRIFFIN

Western Alaska boasts some of the world's most difficult, remote and rugged terrain.

Moose, caribou, brown bears, black bears, wolves and musk ox roam Alaska's millions of acres, where the Yukon and Kuskokwim rivers slowly wind their way through the tundra and empty into the frigid waters of the Bering Sea.

The region has almost no roads. For the 25,000 Yup'ik Eskimos and other



Above: Sgt. Robert Pike of the Alaska Army National Guard's 1st 207 Aviation Regiment loads a Black Hawk with medical supplies in Bethel, Alaska.

Left: Two Black Hawks take off to transport Army Veterinary Corps teams to the villages of Alakanuk and Atmautlaup, Alaska.



Below: Tech. Sgt. Aaron Gause of Norfolk, Va., assigned to the 354th Medical Group at Eielson Air Force Base, Alaska, uses hand scalers to remove plaque and tartar buildup during a teeth cleaning at the Yukon-Kuskokwim Health Corporation clinic in Bethel, Alaska.

Right: Tech. Sgt. Aaron Gause of the 354th Medical Group at Eielson Air Force Base, Alaska, performs a dental cleaning at the Yukon-Kuskokwim Health Corporation clinic.

people living in the port city of Bethel and 55 distant villages, travel is limited to bush planes, boats and, in the winter, snowmobiles. During the coldest months of the year, rapidly changing weather conditions include freezing rain, ice and subzero temperatures as low as 25 degrees below zero. Winds can get as high as 60 miles an hour.

For Navy Reserve medical and dental personnel who participated in a joint medical readiness exercise called Operation Arctic Care, a mission in America's last frontier is anything but routine.

Since 1995, Operation Arctic Care has tested the ability of Navy, Marine Corps, Army, Air Force and Army National Guard members – both active duty and Reserve – to deploy and operate as one team in a harsh environment.

The exercise is also a medical outreach, offering no-cost health care and veterinary support to underserved native communities across Alaska. Villages do have health clinics, but getting an appointment with a doctor, dentist or other specialist often requires flying to the nearest large city such as Anchorage, Alaska. A ticket and lodging is expensive for those living at or below poverty level.

Each year, Arctic Care rotates to a different area of the state; Bristol Bay, Kodiak, Kotzebue, Nome and the interior are among the cities and regions that have benefited from it.

This year, the Navy took the lead in planning and conducting Arctic Care, which is sponsored by the Innovative Readiness Training (IRT) program under the Office of the Assistant Secretary of Defense for Reserve Affairs. Nearly 200 military health-care providers volunteered for the operation, bringing their equipment and expertise to the Yukon-Kuskokwim Delta.

"Arctic Care '09 was a tremendous learning experience for all of us, working side by side with the other service branches to provide the best care possible to the region," said Capt. Patty Reisdorfer, the exercise's lead planner.

In little more than a week, Arctic Care teams saw 3,503 patients in 10 villages and Bethel – 1,042 by general and specialty medical doctors, 1,059 by dentists, and 1,402 by optometrists.

The mission footprint began, with two Marine Corps electricians and one Air Force biomedical technician who traveled to Western Alaska and installed wiring connections for video teleconferencing at local clinics, Reisdorfer said. The hook-ups made it possible for the exercise's 11 designated villages to communicate with the Arctic Care command cell at the Yukon-Kuskokwim Health Corporation in Bethel.

The advance team didn't stop there. They also wired clinics in other villages for a total of 33.

A month later, mixed teams of doctors, dentists and optometrists began deploying to 15 villages, where they treated patients during the day and bunked in schools at night.

During the operation the volunteers spent countless hours through both night and day together. "We've gotten to know each other well," said Capt. Cynthia Heins, commanding officer of Operational Health Support Unit Headquarters Camp Pendleton, the exercise's host. Heins spent





Left: Hanson Alexie, 3, hugs his grandmother, Carole Alexie, during her health physical in Mountain Village, Alaska.

Below: Cmdr. Nancy Moya of Pueblo, Colo., attached to Operational Health Support Unit Bremerton Detachment P, checks Carole Alexie's heart-beat during a health physical.



Why are you in the military? What's it like? How does a Meal Ready-to-Eat (MRE) taste?

"We talked with them about career paths, what we do in the Navy, what we do in our civilian jobs and emphasized staying in school," said Lutton, a paramedic and firefighter from Southern California. "I just came back from Iraq, and a lieutenant asked if I'd be interested in coming here because I'm also a CPR instructor. I said, 'Definitely.'"

Besides CPR classes, Lutton and other medics taught on topics such as nutrition and healthy eating, handwashing and infection control, alcohol and drug abuse prevention, tobacco and smoking cessation, bullying and healthy relationships, self esteem and suicide prevention.

"We all took a briefing we're familiar with," explained Air Force Tech Sgt. LeTroy Mays of the 445th Aerospace Medicine Squadron. "I set broken bones, did lab draws and helped people with preventative care. This is one of the best trainings I've done."

Villagers were especially eager to see veterinarians. Dog bites are a leading cause of injury in the Yukon-Kuskokwim Delta. Every year, bites and maulings cause dozens of injuries and hospitalizations – sometimes even

death. Children are usually victims of these attacks.

Teams from the Army's Alaska District Veterinary Command at Fort Wainwright visited nine villages and vaccinated 2,991 animals – mostly canines. They also spayed and neutered 77 animals at pet owners' request.

Staff Sgt. Christiana Ramos participated in two previous Arctic Care missions: Nome in 2006 and Kotzebue in 2007. "We encourage people to have their animals spayed or neutered so

a week practicing medicine in Kwethluk, a village of 730 whose name comes from the Yup'ik word for river.

At the local clinic, Heins treated an assortment of cases, ranging from a broken finger and ear infection to hypertension and congestive heart failure. Down the hall, an Air Force optometrist and optometry technician conducted eye exams. In the next room, a Navy dentist and an Air Force dental tech did teeth cleanings, fillings and extractions.

"I love being part of joint exercises, because I like getting to know the other services," Heins said. "These types of experiences teach us how to work as a well-oiled machine in the event we have to go someplace quickly."

The Kwethluk team also connected with the villagers they came to help. From the minute Heins' team arrived via helicopter, they felt welcome, she said.

"All the kids were waiting at the edge of the runway. They came up and

grabbed my hands, wanting to show us to the school. Everyone was waving as they went by on their snowmobiles. The local priest came out to say hello to us and thank us for helping. The teachers got together and fed us a spaghetti dinner. Folks greeted us with open arms."

In Mountain Village, Hospital Corpsman 2nd Class Chris Lutton of the 4th Marine Division made fast friends with the school's kindergarten through 12th-grade students, sharing breakfast and lunch with them every day. They had all kinds of questions:

they don't have too many pets running around," Ramos said. "Some do; others are not too keen on it, but they definitely want to have the vaccinations."

The exercise's heartbeat, Reisdorfer said, is the Alaska Army National Guard, which transports teams by UH-60 Black Hawk helicopters. Poor visibility plagued the start of this year's mission, making it a challenge to get the first few flights out on time. Arctic Care is meant to simulate medical outreach operations in time of crisis, conflict or disaster.

Arctic Care '09 covered an area the size of North Dakota and South Dakota combined, with the farthest village, Alakanuk, approximately two hours away. National Guard Capt. Todd Miller, commander of Bravo Company 1/207th Aviation, said the challenge for his pilots was a winter landscape without much contrast.

"When the snow moves in, it's all tundra," Miller said. "There's not much to look at, and that's what you're dependent on. The brush is what tells you where you are over the ground. If you end up navigating your way over a good-sized lake and hit nothing but white snow, you can't tell if you're at 10 feet or 100 feet."

The weather forced Miller's crews to think on their feet, occasionally scrubbing a mission and quickly rescheduling others when conditions cleared up. "They practiced safety every step of the way," Reisdorfer said.

Not every Arctic Care team traveled to villages. In Bethel, the Naval Ophthalmic Support and Training Activity produced 610 pairs of eyeglasses.

From the villages, optometrists called in patients' prescriptions, and Hospital Corpsman Derek Gaudin and Army Spc. Thomas Cochran ground lenses and fit them to frames.

"Many of these people aren't fortunate enough to have the amenities we take for granted," Gaudin said. "It's cool to know we're able to help them in this way."

would have had to travel hundreds of miles for care.

Cmdr. Sandra Bierling, an obstetrician/gynecologist assigned to Operational Health Support Unit Bremerton Detachment P, spent weekends covering labor and delivery. She delivered some babies and for a few days was able to relieve Bethel's only two doctors.



Senior Airman Samantha Reed, an optometry technician at McConnell Air Force Base, tests a patient's peripheral vision at a health clinic in Kwethluk, Alaska.

At the walk-in Yukon-Kuskokwim Dental Clinic, Cmdr. David Greenman extracted impacted wisdom teeth and removed tissue lesions. An oral surgeon assigned to Operational Health Support Unit Portsmouth Detachment A, he said many patients had waited years for the procedures rather than fly to Anchorage.

"Each year Arctic Care just gets better and better because we bring in new resources," said Navy Capt. Karen Trueblood, who oversees the IRT program at the Pentagon. She considers it great preparation for overseas deployments.

"Everyone here knows their medical profession quite well," Trueblood said. "What

they don't know is how

to go into a strange location with no prior experience, learn to get along with the community and what to do when you're not in a hospital clinic like in the lower 48 states. You have to improvise here. Weather becomes a factor. Logistics become a factor. You're not in your comfort zone."

Trueblood added, "This is the first time the Navy's been involved to this extent, and it's just done a great job. This is how we go to war now; we fight as one."

As lead service, the Navy also provided colonoscopy and pediatric oral surgery teams to augment staff at the Yukon-Kuskokwim Delta Regional Hospital in Bethel, along with an audiologist, a mental-health clinician, a physical therapist, an emergency-room physician and an obstetrician/gynecologist.

"We were doing more work than the hospital's used to – up to 13 procedures a day – as people heard about us being here," said Capt. Jerone Landstrom, a doctor attached to Operational Health Support Unit San Diego Detachment K. As a surgeon and endoscopist, he detected two cases of colon cancer and removed several polyps in patients who otherwise





THE ELEVEN GENERAL ORDERS OF A SENTRY

A sentry stands force protection watch aboard the USS Mustin (DDG 89).

U.S. Navy photo by Gary Nichols

BACK TO BASICS

CNRFC Public Affairs

Story by Mass Communication Specialist 3rd Class Timothy Newborn

One of the first and most important things we all learned in Basic Training were the 11 General Orders of a Sentry. This list includes everything a Sailor needs to know and do in order to stand an effective watch and keep their ship or station safe. However, how many people remember them as well as they did during training? This month, let's take a refresher.

1.

To take charge of this post and all government property in view.

4.

To repeat all calls from posts more distant from the guard house than my own.

2.

To walk my post in a military manner, keeping always on the alert and observing everything that takes place within sight or hearing.

5.

To quit my post only when properly relieved.

PULL-OUT

6.

To receive, obey and pass on to the sentry who relieves me, all orders from the Commanding Officer, Command Duty Officer, Officer of the Deck and Officers and Petty Officers of the Watch only.

Aviation Boatswain's Mate 2nd Class Dusty Winkler keeps a look out while standing sentry aboard the USS Harry S. Truman (CVN 75).

U.S. Navy photo by Mass Communication Specialist 2nd Class Arturo Chavez

9.

To call the Officer of the Deck in any case not covered by instructions.

7.

To talk to no one except in the line of duty.

Master-at-Arms 2nd Class Ronald Perez stands watch on the USS Tarawa's (LHA 1) flight deck.

U.S. Navy photo by Mass Communication Specialist 1st Class Marvin Harris

10.

To salute all officers and all colors and standards not cased.

8.

To give the alarm in case of fire or disorder.

11.

To be especially watchful at night and during the time for challenging, to challenge all persons on or near my post and to allow no one to pass without proper authority.

TO REEF OR NOT TO REEF...

STORY AND PHOTOS BY MASS COMMUNICATION SPECIALIST RONALD KUZLIK



Above: Divers from Army and Navy Dive Companies prepare to enter the waters of the Atlantic Ocean off the coast of Fort Lauderdale.

Facing page: A Navy diver enters the water in order to attach a cable from a crane aboard the Army Landing Craft Utility (LCU) vessel. The "lift bag" is attached to the cable of tires and inflated to bring the tires to the surface.

Amyriad of boats on the waters off the coast of Fort Lauderdale, Fla., is certainly not an uncommon sight. It is also not uncommon for divers to ply the depths of the reefs that hug the Florida shoreline.

What might be uncommon, however, is the presence of a 175-foot Army landing craft utility (LCU) vessel and teams of Navy and Army divers.

In the early 1970s, as many as two million tires were placed over an area of approximately 31 acres a little more than a mile offshore. The intent was to have a means of waste tire disposal while simultaneously creating an artificial reef habitat for marine life.

Unfortunately, the tires were unstable during storms and marine organisms didn't colonize the artificial reef as well as intended. So the military came into the scenario. They used Innovative Readiness Training (IRT) to fix the problem. IRT is a Joint/Interagency service program conducted and funded under the auspices of the Office of the Assistant Secretary of Defense/ Reserve Affairs (OASD/RA)

The importance of IRT initiatives such as the Osborne Reef Waste Tire Removal Project is to provide training opportunities for active duty and Reserve component military personnel to work together while yielding benefits to the community where the training takes place.

The programs are partnered with civic and community general-

engineering and infrastructure, transportation, or healthcare service needs traditionally outside the realm of the Department of Defense.

"The IRT projects are outstanding joint exercises and a win-win situation for everybody," said Capt. Patty Reinsdorfer, IRT Navy Program Manager. "The different branches of the military engage in training side-by-side while providing important services for civic projects."

A trial tire removal project began June 2007 and ran for 20 days.

Nearly 40 military divers removed approximately 10,500 tires, according to Pat Quinn, Natural Resource Specialist with Broward County's Natural Resources Planning and Management Division.

The first full phase of the tire removal project began April 2008. Divers retrieved nearly 44,500 tires during that phase.

Kenneth Banks, manager, Broward County (Fla.) Marine Resources Programs made an official request of the Army and Navy Dive teams for 2009.

"Due to the high cost of carrying out a large project such as this, it

would not be feasible for a single government entity to undertake the entire project," Banks said. "The participation of the military is critical to its success."

Florida's state budget includes \$2 million to remove the tires. The military divers would do their share of the work at no cost to the state by making it part of their training.

In all, approximately 60 active and Reserve component divers worked on the project. Nearly 17,000 tires were recovered by the end of August. This year's total was less than expected due to the loss of three weeks availability of the LCU for the mission.

The project is taking place in what is designated Priority Area 1, the most abundant tire concentration area which is thought to contain almost 300,000 tires.

Diving to depths of 70 feet for up to 40 minutes at a time, divers would string 80 tires to a metal cable. A "lift bag" would then be attached to the cable of tires. The bag would be inflated and rise to the surface.

The lift bag and its treasure of tires would then be towed to the LCU, where a crane aboard the landing





Left: Tires that have been raised from 70-foot deep waters of the Atlantic Ocean are loaded onto open bed trailer trucks aboard an Army Landing Craft Utility (LCU) vessel.

Below: Divers retrieve tires from 70-foot deep waters and string about 80 tires at a time to a metal cable. A "lift bag" is attached to the cable of tires and inflated to bring the tires to the surface.



craft lifts the cable of tires, loading them onto open bed trailer trucks aboard the boat.

The retrieved tires are then off-loaded and transported to a facility where they will later be ground up for use in road projects and burned for fuel, among other uses.

The Navy was represented by active and Reserve component Sailors from three different commands. Explosive Ordnance Disposal Operational Support Unit (EOD-OSU) 10, Fort Story, Va., Navy Experimental Dive Unit (NEDU) Detachment, Great Lakes, Ill., and Mobile Diving and Salvage Unit 2, Norfolk, Va.

According to Lt. Cmdr. Jeremy Sword, Platoon Officer-in-Charge for EOD OSU 10, the line of work was quite different from their usual mission. "We usually do anti-terrorism and force protection work. This type of project is what salvage divers normally do.

"Once you get to 20 feet below the surface there's just a huge expanse of tires in all directions. It's like a huge underwater scrap heap. It was a well run operation between the Army and Navy. Overall it was really good," Sword said.

Navy Diver 1st Class Paul Ford from NEDU agreed. "Working alongside the Army and the EOD divers gave us a lot of training in areas we don't normally go. The job was labor intensive, but it's a relatively easy job and it gave us a chance to hone in our skills. At the same time, we have a great opportunity to work on

a worthy project to help clean up the environment."

Army 1st Lt. Robert Meyer of the Army's 544th Engineering Dive Team/U.S. Army Dive Company based in Fort Eustis, Va., appreciates the benefits derived from working on a joint exercise.

"We worked with a lot of civilian and government environmental agencies as well as our partner military services," Meyer said. "We got to see the different way each organization does things and got to learn and assess each other's capabilities as well as limitations.

"This project was the type of project we usually don't deal with. We might recover a sunken tug boat in a harbor or something, but this was different. This project had an environmental impact associated with it and we got to be a part of making an improvement to the situation."

Today, as a result of the failure of the Osborne Reef Project and other similar projects most U.S. states have enacted restrictions on or have completely banned tires from being used in artificial reefs, according to the Gulf and Atlantic States Marine Fisheries Commission.

During this year's tire retrieval season, participants were recognized for their previous contributions to the project.

Principal Deputy Assistant Secretary of Defense for Reserve Affairs David L. McGinnis presented the Coastal America Partnership Award with special recognition from the President of the United States to the project participants. The award went to the U.S. Navy, Army, Coast Guard, National Oceanographic and Atmospheric Administration and the Florida Dept. of Environmental Protection for their work on the Fort Lauderdale reef project.

"This project is an example of how creative military and community leaders can employ funding available to train our active duty, National Guard and Reserve members and at the same time make a positive impact on our environment," McGinnis said.

"DoD's Innovative Readiness Training program provides partnering opportunities like this one – the training and certification of military divers – and many others, that benefit communities all across the United States."

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.

Aviation Electronics Technician 2nd Class Efren de la Cruz

Hometown: Brownsville, Texas

NOSC: NAS North Island

Unit: HSC-3 SAU

Brief description of your job: I perform turnaround maintenance on avionics for the MH-60s helicopter.

Civilian job: I work for Northrop Grumman Electronics Systems as a test technician repairing units for military and commercial applications.

What has been your greatest Navy achievement: I performed maintenance on F-14 aircraft while on deployment. I was responsible for all squadron aircraft.

What do you enjoy most about the Navy: I enjoy the broad spectrum of individuals from all over the world that come together at HSC-3 SAU to defend our great country.

Who has been your biggest influence since joining the Navy: My biggest influence in the Navy is a former division officer of mine. He told me many times the Navy needed my talents and so did his aircraft.

Current hobbies: Working out and salsa dancing.



U.S. Navy photo by Mass Communication Specialist 1st Class Michael Moraitis

Aviation Machinist's Mate 2nd Class Jose Garibay

Hometown: Long Beach, Calif.

NOSC: NAS North Island

Unit: HSC-3 SAU

Brief description of your job: Maintain HS-60 drive trains, turbines and related components such as hydraulic systems and main rotors.

Civilian job: Airframe and Power Plant Inspector with Los Angeles County.

What has been your greatest Navy achievement: Being part of the finest Navy in the world. Knowing we can provide the service with the needed aircraft for the mission.

What do you enjoy most about the Navy: I enjoy the sense of belonging to the finest military branch. I also respect and enjoy my fellow Reservists.

Who has been your biggest influence since joining the Navy: My former commanding officer, P.J. Bernard. He showed me Reservists count.

Current hobbies: Playing with my 3-year-old daughter.



U.S. Navy photo by Mass Communication Specialist 1st Class Michael Moraitis

Water, Water Everywhere...

Story and photos by Mass Communication Specialist 2nd Class Patrick Gordon

In a small compartment, a pipe bursts and water rushes over all its inhabitants. Soon after, water pours from the bulkhead and overhead.





Facing page: Engineman 2nd Class Arcides Cruz, left, and Engineman 1st Class (SW) James Warner instruct Plebes on the proper use of a maul and plug.

Above: Hospital Corpsman 2nd Class (SW) Bryan Armock instructs Plebes on the proper way to enter and exit a scuttle.

"Water's filling the room. It's up to our knees! What do we do?" shouts one Plebe.

"Use your hands until you can get a patch," yells another.

"Plug that hole! Plug that hole," the first Plebe responds.

Lucky for all involved, this was just a training exercise completed in a three-story damage control trainer and run by Reserve Sailors of the Navy Operational Support Center (NOSC) in Baltimore.

Their students are midshipman candidates, known as Plebes, from the U.S. Naval Academy. They are in the midst of Plebe Summer training; a six-week orientation to military life that transitions them from civilians to midshipmen.

The NOSC Baltimore staff and Sailors from the Naval Academy train the Plebes in damage investigation, pipe patching, shoring bulkheads and structural damage repair. Sailors teach the Plebes the importance of these skills in a shipboard damage control environment.

"This training creates a stepping stone for the Plebes so they get familiarization with damage control. As they progress through their careers, they are going to be in charge of repair lockers at their commands. It serves as a start to the ultimate realization everyone is a firefighter in the Navy," said Electricians Mate 1st Class (SW) Carlos Mobley, Training Department Leading Petty Officer at NOSC Baltimore.

Mobley stressed the importance of damage control training, not just as it relates to the Plebes, but as it relates to the development of all Sailors, the readiness of the Fleet and its war-fighting capabilities.

"It is important to everyone in the fleet, because when you're out to sea you don't have a fire department you can call on. All you have are your shipmates. It is important for everyone to realize it is everyone's responsibility to combat the casualty; be it fire, flooding, man down or whatever the case may be," said Mobley. "Everyone has to be able to respond and respond correctly.

That will ensure everyone will come back home alive and safe.

The damage control instructors from NOSC Baltimore were serious while conducting the training, reminding the Plebes they might be called upon to utilize the training to save their lives and the lives of those around them.

"After this training, they have an idea of how to control an emergency situation," said Engineman 1st Class (SW) James Warner, a damage control training instructor at NOSC Baltimore. "Everyone in the fleet is going to be in a position where they might see some kind of damage on a ship. We break it down for them so they are mentally and physically able to handle that kind of emergency if they are put into that kind of situation."

Warner cited how important these exercises in damage control are when a real emergency occurs.

"The training we are providing here at the NOSC gives the Plebes practical, hands-on, on-the-job training," said Warner. "It really gives them a realistic idea, so when they go on board a ship and see damage as new officers in the fleet, they have hands-on practical experience. It's going to prepare them. In the event of damage they have to take the lead, be able to assess damage and lead others. They won't be blindsided by it."

The damage control trainers appreciate the scope of their training and their role in building the future of the Navy. "The Sailors here at the Navy Operational Support Center are doing exactly what that name suggests, lending operational support to the fleet as a whole," said Hospital Corpsman 2nd Class (SW) Bryan Armock, a damage control training instructor at NOSC Baltimore. "These midshipmen are going to take what we teach during Plebe Summer with them when they become officers and future leaders of other Sailors and Marines."

When Plebe Summer is completed, the Sailors of NOSC Baltimore will have trained more than 1,200 midshipmen throughout a five-week period.

Hospital Corpsman 2nd Class (SW) Bryan Armock demonstrates the hazards of opening a hatch with water behind it.



MEMORIAL MISSION

NAVY OPERATIONAL SUPPORT CENTER AKRON PUBLIC AFFAIRS



Once a month, a group of Sailors, airmen and soldiers depart from the Cleveland airport on a mission of great importance. It is their last mission; a mission they've been waiting more than 60 years to complete.

They are going to their memorial.

The World War II Memorial in Washington, D. C. was not completed until 2004, nearly six decades after the end of hostilities, and well after the dedication of memorials honoring Korea and Vietnam. Sadly, many of those part of the Greatest Generation never had the opportunity to see this memorial. Today, these veterans are dying at a rate of more 1,000 a day.

The Honor Flight Network, founded in 2006, provides free transport to Washington, D. C. for veterans of World War II and other wars so they may visit their memorials. From Northeastern Ohio, Honor Flight Cleveland coordinates flights for 75 veterans each month from April through October.

Reservists and full time support staff from Navy Operational Support Center (NOSC) Akron participate and support Honor Flight Cleveland in a variety of ways. Every service branch in the Cleveland area sends personnel to a morning reception at Cleveland Hopkins airport. The reception is hosted by the United Service Organization (USO) of Northern Ohio.

Here, the veterans start their day by sharing their stories with today's warriors. Many veterans wear ribbons and medals earned in campaigns long ago; others can still wear their dress uniforms. Veterans from every service branch are represented. Navy veterans are not difficult to find, since many wear their command ball caps.

Lt. Cmdr Colin McLean, commanding officer of NOSC Akron, recalls several Navy veterans he had the opportunity to meet.

"One walked up to me, saw the (aviator) wings on my chest and said 'Hey Commander, do you fly from carriers?' When I responded yes, he replied 'I was a plank owner on Shangri-la; did you ever hear of her?' I told him yes, and his eyes lit up. That same day, several of my staff met a chief who had been a coxswain driving a landing craft at Omaha Beach. His story about the trips he took ferrying soldiers was incredible," McLean said.

At the Cleveland airport, the recognition doesn't end with the USO's reception. The airport authority makes an announcement recognizing their service and asks everyone in the terminal to stand and applaud as they pass. These proud men, many in their late eighties and early nineties, stand taller, while others who had previously been in wheelchairs stand

to march through the terminal. The sincere applause from those waiting at their gates for flights is just the beginning of a remarkable day.

Several NOSC Akron Sailors have served as guardians for the day-long trips. Senior Chief Personnel Specialist Shelly Piecuch, the NOSC's Reserve Senior Enlisted Advisor, and Chief Petty Officer Operations Specialist (SW/AW) Jack Newman, leading chief for Atlantic Submarine Force Operations Detachment Charlie, served as guardians during one trip. Even though each guardian is responsible for paying their own expenses, the trip is worth it, according to Newman. "To spend a day with the veterans and to see the memorial with them, it really grabs you."

More sailors are standing by to serve as guardians for this year's trips. Honor Flight Cleveland is always in need of health care professionals due to the age and the health of many veterans. Both active duty and Reserve Corpsmen and Nurse Corps officers have received training so they may assist during upcoming trips. Additionally, the expense for medical assistants to serve as guardians is much less restrictive than for other guardians.

Knowing that operating funds were scarce, Newman approached the Honor Flight Cleveland board of directors with ideas for fundraising. With the assistance of other Akron Sailors, he organized a successful fundraiser which was publicized over local radio that exceeded all previous fundraising efforts. Newman expects to continue these efforts.

As Newman says, these World War II veterans are all so humble, they deserve so much.



Sen. Robert Dole greets an Ohio Honor Flight at the World War II Memorial in Washington, D.C. Photo by Stephen R. Brown.

Innovative Readiness Training

Story and photo by Mass Communication
Specialist 1st Class Matt Grills



Hull Technician 1st Class Randy Sands of Charleston, S.C., watches the approach of an Alaska Army National Guard UH-60 Black Hawk off Western Alaska's Nelson Island.

The Office of the Assistant Secretary of Defense for Reserve Affairs responded to President Clinton's call to "rebuild America," in June 1993 by establishing a directorate for civil-military programs.

Working with the armed forces, the directorate focused on three areas in which the military could strengthen its readiness while helping meet domestic needs: education and job training, health and medical services, and civil engineering projects.

The initiative became the Innovative Readiness Training program (IRT). The goals of IRT are to provide military personnel, primarily the Reserve components, with "hands-on" readiness training opportunities that simultaneously benefit communities. IRT also introduces the military and its capabilities to communities throughout the United States.

IRT programs are conducted in the United States and its territories and possessions, usually by combat support and combat service support units such as medical, dental and engineering. They include:

Operation Arctic Care, which provides medical, dental and veterinary care for underserved native Alaskan communities. Past missions have included the Navy, Marine Corps, Army, Air Force and their Reserve components, as well as the Coast Guard and the U.S. Public Health Service. Military teams coordinate their efforts with Alaska's native health corporations.

Underwater net removal in Puget Sound, a joint-service deep-sea diving and marine engineering project led by Coastal America and the Northwest Straits Commission. Navy and Army dive teams receive unique dive training by participating in the removal of derelict fishing gear.

Construction of a roadway, water lines and sewer lines by Navy Reserve Seabees for the Elko Band of the Te-Moak tribe of the Western Shoshone Indians in Nevada. A new road and drainage system was expected to stop land erosion and the spring flooding of low areas and cut emergency response time.

Operation Alaska Road, which constructed 14.5 miles of roadway through the rugged terrain of Annette Island. The island is Alaska's only federally recognized Indian reservation. The interagency project was coordinated by U.S. Alaska Command and the Federal Highways Department.

Operation TransAm, an interagency, Air Force Reserve-led transportation project to transfer and deliver excess military medical supplies, material and equipment from DoD installations and facilities for redistribution to Indian Health Services facilities.

Yurok tribe power lines, an Army Reserve project to construct aerial power lines for the California Yurok Reservation's nearly 500 homes. Platoons installed power lines and transformers, put up power lines, and provided terminal hook-ups.

There's a Doctor in the House

Written by Mass Communication Specialist 2nd Class Ryan Hill
Photos by Mass Communication Specialist 2nd Class Leslie Long



The Navy Reserve likes to encourage Sailors to pursue further education. A Sailor with a bachelor's degree is a valuable asset to the Reserve Force. Full Time Support Chief Personnel Specialist (AW) Mary Kraft is a gold mine.

Kraft, the Leading Chief Petty Officer of Junior Officer assignments at Commander, Navy Reserve Forces

Command (CNRFC), received her doctorate in Philosophy June 2009. Earning the title "PhD" came with some struggles along the way.

"I have two children, so they suffered," Kraft said. "My son is 16 and my daughter is nine and I've been going to school for 10 years so they didn't see a lot of me. I had to do all my school work in the evenings and on the weekends so there was very little family time. I owe my husband a lot because when he wasn't deployed he would help take care of the kids."

Despite the struggles with juggling a military career and the pursuit of her doctorate, Kraft found a way to set aside some time for her family.

"When my daughter was four, we started movie night every Friday at home," Kraft said. "I didn't do school work Friday night. We'd watch a movie as a family and we've been doing that since she was four. On the weekends, she would get an hour of my time. For that hour, we would do whatever she wanted."

Getting through 10 years of limited time with her family was a team effort.

"It was tough," Kraft said. "They were extremely supportive. Both of my kids want to go to college now. Now that I'm done, my daughter loves it because we do lots of stuff. She has all my time now."

According to Kraft, it makes sense for Sailors to further their education if they want to remain "Ready Now. Anytime, Anywhere."

"Being more educated can help you lead people, so that's how you're always ready," Kraft said. Ready now, anytime, anywhere also applies to after you get out of the Navy. That motto should continue with you. Once you're a civilian, you're going to need an education. The Navy is providing you with the tools – you just have to do it. That way you are ready now and ready later when you finish your Navy career."

Kraft is ready now and she'll be ready when she retires from the Navy. Her goal is to advance to senior chief in the Navy. In her civilian life, she wants to get her foot in the door by teaching psychology one night a week at a university.



BOOTS

by Capt. Larry Jackson

On the Ground

LOG ENTRY TWELVE

I can recall with stunning clarity the moment at which fate doomed me to my second bout of food poisoning.

Several of my colleagues and I had convoyed to the Iraqi National Training Center in Besmaya—about 60 kilometers from Baghdad—to observe a ceremony for the 12th Brigade 3rd Infantry Division, a joint Arab-Kurd unit that was graduating from basic training. General Hussain wanted to address the troops on their accomplishments and to herald it to the media as a milestone in the country's ethno-sectarian reconciliation.



After watching the graduation ceremony, General Hussain moved out from under the shaded dais reserved for the VIPs and into the blazing sun to speak. Because the speech

had to be translated into Kurdish it took twice as long, and since the audio system worked only sporadically many of the troops couldn't hear what was being said, but they were stoic about the sound issues.

Afterwards, we rode a short distance to a newly constructed obstacle course. Local dignitaries joined General Hussain in the ribbon cutting and then about a dozen Iraqi soldiers began to run the course in the

115-degree heat. As they approached the third obstacle in the course, which had a dozen, the U.S. Navy lieutenant next to me said, "They've never run the whole course before; they're gonna be sucking wind before they're even halfway done." I laughed, "It's the Iraqi way."

In fact, by the sixth obstacle, the group had lost its cohesion, and by the time the first man got to the eighth obstacle, others were still working their way through the sixth. Still, all finished, sweating profusely and several with blistered hands, but proud.

In planning the day, we had originally hoped for an early start, since it would get the majority of the troops out of the heat before it got too bad. Starting early would also get us off of the base before Arab hospitality would demand that the base commander host us for lunch. This was primarily out of consideration for the commander, who received no extra funds to host large groups, but who was doing so fairly regularly. Unfortunately, the ground convoy—forced on us by uncertain weather—meant that lunch was going to be at Besmaya.

We had lunch in the Commander's conference room. A large table in the middle of the room was set with meals laid out under plastic wrap. Off to the sides were smaller tables for the support staff (like me). As General Hussain, the two coalition force generals, and the base commander sat down, I offered my seat to an Iraqi Army officer, and stepped to the back of the room where I thought I might be able to surreptitiously eat the Cliff Bar I had in my



Lt. Gen. Hussain (center) cuts the ribbon on the new obstacle course at Iraq's National Training Center at Besmaya.



Lunch is served. Lt. Gen. Hussain Dohi is under the Iraqi flag and Brig. Gen. Steve Salazar is under the U.S. flag.

backpack. But after a few minutes Hussain spotted me, pulled up a chair next to him at the head of the table and said, "Come, Captain Jackson, eat!"

I accepted my sentence with outward gratitude and inward dread.

Truthfully though, I was flattered by his attention and enjoyed the conversation between him, the coalition generals and the base commander. At times the conversation was difficult for me to follow due to the language barrier. But it's not an Arab-English barrier; it's an Army-Navy language barrier, because though I've learned more than I ever thought I would about Army training, it's still not in my veins and much remains unclear.

But one thing was very clear to me: I wasn't eating enough for Hussain. (I am quite thin, and consequently, Iraqi generals and concerned mothers are compelled to push food on me.) He pointed to a fried patty of cornmeal on his plate and urged me to eat it. I did. Then he began pulling meat off of the chicken in front of him and put it on my plate. I ate it. A little later, he motioned at a cylinder of lamb and said, "Good. Eat." I ate that, too.

When chai tea was served at the end of the meal, I figured that if you're in for a penny you might as well be in for a pound, and I downed two cups. The water used to make this chai was probably not as clean as the water we're constantly warned at U.S. forward operating bases not to use even to brush our teeth. If it

was properly boiled, I'd be ok. If not...well, I'd find out.

I found out the next day when I awoke feeling feverish and queasy. I went to the bathroom and then back to bed, a process which was to be repeated several more times. By evening I was able to go to the dining facility (DFAC) to eat a little soup and some bread. The next day I went to the combat support hospital and asked for Cipro, since it had worked well the last time I had food poisoning.

When I got to work the following day, I found I wasn't alone. Though one of the U.S. Army generals stubbornly insisted that Iraqi food never makes him sick and that his food poisoning had come from the Phoenix DFAC, everyone else who had eaten at Besmaya had come down with food poisoning.

"Advisors sacrifice their intestinal health for the good of the country," a senior advisor once said to me. As an advisor, it just comes with the territory—it's like getting seasick aboard ship in heavy weather—and compared to the sacrifices my brothers in arms are making out in the field, it's a cakewalk.

May your sacrifices be small and your rewards be large.



(L to R) Sgt. Maj. William High, Col. Al Dochnal, and Brig. Gen. Steve Salazar have a brief contest on the newly completed obstacle course at Besmaya.



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).

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

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 five (5) working days of completing travel:
- ☐ Completed Travel Voucher DD 1351-2 with ORIGINAL signature.
- ☐ Copy of endorsed orders.
- ☐ Second copy of endorsed orders (only required for IDTT processing).
- ☐ Receipts for lodging (regardless of amount) and all reimbursable expenses. Credit card receipts are not acceptable for rental cars--actual rental car receipts are required.
- ☐ Copy of SATO Travel Itinerary (if travel incurred).
- ☐ Completed Direct Deposit "verification" form with Electronic Funds Transfer (EFT) data.
- ☐ Certification of Non-Availability (CNA) for commercial lodging/meals from the BEQ/BOQ (if SATO has not already provided this on your Itinerary).
- ☐ Reserve Activity Authorizing Officer (AO) approval.

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

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

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

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



RC Phone Directory

Chief of Navy Reserve (703) 693-5757	Richmond, Va. (804) 271-6096	San Antonio, Texas (210) 225-2997	Rock Island, Ill. (309) 782-6084	Region Northwest RCC (425) 304-3338	VAQ-209 (240) 857-7828	Fleet Activities Chinhee, Korea 011-82-55-540-2852
Office of the Chief of Navy Reserve (703) 693-5757	Roanoke, Va. (866) 527-6595	Shreveport, La. (318) 746-9657	Saginaw, Mich. (989) 754-3091	Kitsap, Wash. (360) 627-2203	VAW-77 (504) 390-6288	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1000 x144
Commander Navy Reserve Forces Command (757) 445-8500	Rochester, N.Y. (585) 247-6858	Tallahassee, Fla. (850) 576-6194	Sioux Falls, S.D. (605) 336-2402	Billings, Mont. (406) 248-2090	VFA-204 (504) 678-3491	Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1134
Force Equal Opportunity Advisor and EO Hotline Chief Dionn Henderson 1-877-822-7629 (757) 322-5679	Schenectady, N.Y. (518) 399-2134	Tampa, Fla. (813) 828-1971	Springfield, Mo. (417) 869-5721	Boise, Idaho (208) 422-6236	VFC-12 (757) 433-4919	Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-4627
Naval Air Facility, Washington DC (240) 857-4880	Syracuse, N.Y. (315) 455-2441	Waco, Texas (254) 776-1841	St. Louis, Mo. (314) 263-6490	Cheyenne, Wyo. (307) 773-6500	VFC-13 (775) 426-3644	Fleet and Industrial Supply Center San Diego, Calif. (619) 532-3439
Naval District Washington RCC (240) 857-4880	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	VFC-111 (305) 293-2654	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	HSC-85 (619) 545-7218	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	HCS-84 (757) 445-0861	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	HSL-60 (904) 270-6906	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	VP-30 SAU (904) 542-3060	Joint Chiefs of Staff (703) 693-9753 (703) 695-1033
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	VAQ-129 SAU (360) 257-2276	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	VAW-120 SAU (757) 444-5072	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	VFA-125 SAU (559) 998-1841	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	HSC-3 (619) 545-8196	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	HS-10 (619) 545-6600	Merchant Marine Reserve Program (504) 678-0590
Earle, N.J. (732) 580-8545	Bessemer, Ala. (205) 497-2600	Detroit, Mich. (586) 239-6148	Pearl Harbor, Hawaii (808) 471-0091	VR-1 (240) 857-3722	VFA-106 (757) 433-9081	Military Sealift Fleet Reserve Support Command (202) 685-5155
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 (817) 782-3420	VFA-122 (559-998-3482	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	Operational Support Offices and Reserve Force Operations	Naval Air Force US Atlantic Fleet (757) 444-2928
Erie, Pa. (814) 866-3073	Columbus, Ga. (706) 322-4670	Green Bay, Wis. (920) 336-2444	Los Angeles, Calif. (310) 241-2100	VR-51 (808) 257-3289	Allied Command Transformation (NATO) (757) 747-4071	Naval Air Forces/ Naval Air Force US Pacific Fleet (619) 545-2017
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 6600	Amphibious Group One 011-81-611-742-2377	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	Bureau of Medicine and Surgery (202) 762-3211	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	Center for Naval Aviation Technical Training (850) 452-9700	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	Comptroller of Navy (202) 685-7000	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	Defense Intelligence Agency (202) 231-4044	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	Defense Logistics Agency (877) 352-2255	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 Logistics Agency (877) 352-2255	Naval Hospital
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	Destroyer Squadron Two (757) 444-1452	
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	Employer Support of the Guard and Reserve (ESGR) (800) 336-4590	
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	Expeditionary Strike Group Two (757) 462-7403 x 110	
Quincy, Mass. (617) 753-4600	New Orleans, La. (504) 697-9205	Nashville, Tenn. (615) 267-6345	Tucson, Ariz. (520) 228-6282	VR-64 (215) 443-6400	Expeditionary Strike Group Three (619) 556-1470	
Raleigh, N.C. (866) 635-8393	Orlando, Fla. (407) 240-5939 x 2117	Oklahoma City, Okla. (405) 733-1052		ETD Pacific 808-448-9278	First Naval Construction Division (757) 462-8225 x 222	
	Pensacola, Fla. (850) 452-1341	Omaha, Neb. (402) 451-2098		Tactical Support Wing (678) 575-6830		
	Puerto Rico (787) 707-2324	Peoria, Ill. (309) 697-5755				

Camp Lejeune, N.C. (910) 450-3079	Operational Support Group (619) 522-3232	Navy Region Northwest (360) 315-5123	US Pacific Command (808) 477-2322	Explosive Ordnance Disposal Group Two (757) 462-8453	Maritime Expeditionary Security Group One (619) 437-9475	Chief of Naval Air Training CAOSO (361) 961-2409
Naval Hospital Camp Pendleton, Calif. (760) 725-1288	Naval Station Rota Spain 011-34-956-82-3232	Navy Region Southwest (619) 532-2925	US Pacific Fleet (808) 474-8415	First Naval Construction Division (757) 462-3658	Maritime Expeditionary Security Group Two (757) 396-0513	CNRF CNATRA/FRS PM (504) 678-1072
Naval Hospital Charleston, S.C. (843) 743-7000	Naval Supply Systems Command (717) 605-3565	Navy Support Activity, Washington, D.C. (202) 433-3963	US Second Fleet (757)443-9850	Naval Construction Forces Command (757) 462-3658		
Naval Health Clinic Great Lakes, Ill. (847) 688-4560	Naval Support Activity, Bahrain 011-973-39-14-6793	Office of Naval Intelligence (301) 669-5557	US Seventh Fleet 011-81-6160-43-7440 x4090			
Naval Hospital Jacksonville, Fla. (904) 542-7300	Naval Surface Force US Atlantic Fleet (757) 836-3057	Office of Naval Research (703) 696-5031	US Sixth Fleet 011-39-081-568-1267	Naval Coastal Warfare Group		
Naval Hospital Lemoore, Calif. (559) 998-4481	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2950	Puget Sound Naval Shipyard (360) 476-7683	US Africa Command 011-49-711-729-4484			
Naval Hospital Naples Italy 011-39-081-811-6000/1	Naval War College (401)-841-3089	Sealift Logistics Command Atlantic (757) 443-5758	US Southern Command (305) 437-1109			
Naval Hospital Oak Harbor, Wash. (360) 257-9500	Naval Criminal Investigation Service Espionage Hotline (800) 543-6289	Sealift Logistics Command Europe 011-39-081-568-3568	US Strategic Command (402) 294-8141			
Naval Hospital Pensacola, Fla. (850) 505-6601	Navy Emergency Preparedness Liaison Officer Program (504) 678-4264	Sealift Logistics Command Pacific (619) 524-9600	US Third Fleet (619) 524-9537			
Naval Hospital Yokosuka, Japan 011-81-46-816-5137	Navy Information Operations Command(NIOC) Maryland (301) 677-0817	Space And Naval Warfare Systems Command (619) 524-7323	US Transportation Command (618) 229-4278			
Naval Inspector General Hotline (800) 522-3451	Navy Expeditionary Logistics Support Group (757) 887-7639	Commander Submarine Force US Atlantic Fleet (757) 836-1341	Navy Reserve Intelligence Command			
Naval Medical Center Portsmouth, Va. (757) 953-5000	Navy Expeditionary Logistics Support Group (757) 887-7639	Commander Submarine Force US Pacific Fleet (808) 473-2517	Reserve Intelligence Command Headquarters Fort Worth, Texas (817) 782-7107			
Naval Medical Center San Diego, Calif. (619) 532-6400	Navy Information Operations Command(NIOC) Maryland (301) 677-0817	Submarine Group Nine (360) 396-6530	Navy Intelligence Reserve Region Northwest (360) 315-6001			
Navy Medicine Manpower Personnel Training and Education Command (301) 295-2333	NIOC Misawa, Japan 011-81-3117-66-2834	Submarine Group Ten (912) 573-3733	Navy Intelligence Reserve Region Southeast Det New Orleans (504) 678-3411			
Naval Meteorology and Oceanography Command (228) 688-4384	NIOC Norfolk, Va. (757) 417-7112	Submarine Group Two (860) 694-3696	Navy Intelligence Reserve Region Southeast - Ft. Worth (817) 782-6464			
Naval Network Warfare Command (540) 653-5001	NIOC Pensacola, Fla. (850) 452-0400	Submarine Squadron Eleven (619) 553-7033	Navy Intelligence Reserve Region Southeast - Jacksonville (877) 882-7396			
Naval Network Warfare Command (757) 417-6750	NIOC San Diego, Calif. (619) 545-9920	US Central Command (757) 836-4180	Navy Intelligence Reserve Region Southwest (800) 873-4139			
Naval Operational Logistics Support Center (717) 605-5790	Navy Net-Centric Warfare Group (240) 373-3125	US European Command 011-49-711-680-4002	Navy Intelligence Reserve Region Southwest Det Denver (720) 847-6240			
Chief of Naval Operations (703) 697-5664	Navy Installations Command (202) 433-3200	US Fifth Fleet 011-973-724-383	Navy Intelligence Reserve Region Midwest (847) 688-6273			
Naval Operations Office of the Chief of Chaplains (504) 678-1394	Navy Munitions Command (757) 887-4541	US Fleet Forces Command (757)-836-4180	Navy Intelligence Reserve Region Midwest Det Minneapolis (800) 353-4011			
Naval Operations Office of Naval Intelligence (504) 678-1394	Navy Personnel Command 1-877-807-8199	US Joint Forces Command (757) 836-6555	Navy Intelligence Reserve Region Southeast Det Atlanta (678) 655-6380			
Naval Personal Development Command (757) 444-2996	Navy Region Europe 011-39-081-568-4636	US Naval Forces Alaska (907) 463-2248	Navy Intelligence Reserve Region Mid-Atlantic (757) 444-1352			
Naval Sea Systems Command (202) 781-1748	Navy Region Guam (671) 355-1110	US Naval Forces Central Command 011-973-724-383	Navy Intelligence Reserve Region Washington (240) 857-7878			
Naval Training Support Center Great Lakes, Ill. (847) 688-3536	Navy Region Southeast (904) 542-2324	US Naval Forces Europe 011-44-207-514-4605	Navy Intelligence Reserve Region Midwest Det Millington (847) 688-6273			
Naval Special Warfare Command (619) 437-2848	Navy Region Hawaii (808) 473-4505	US Naval Forces Japan 011-81-46-816-3155	Navy Intelligence Reserve Region Midwest Det Detroit (847) 688-6273			
Naval Special Warfare	Navy Region Japan 011-81-46-816-3155	US Naval Forces Korea 011-822-7913-5795				
	Navy Region Korea 011-822-7913-5795	US Naval Forces Marianas (671) 339-7133				
	Navy Region Mid-Atlantic (757) 322-2800	US Naval Forces Southern Command (904) 270-7354 x4304				
	Navy Region Singapore 011-65-57-50-2594	US Naval Special Warfare Command (619) 522-2825				
	Navy Region Hawaii (808) 473-1168	US Northern Command (719) 554-5872				
	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 cutline information identifying the subjects and what they’re doing in the photo. Also credit the photographer.

Story Submissions:

Due 5th of the month.

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

Questions and Suggestions:

Please contact the editor at
james.vorndran@navy.mil
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