

TNR

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Reservist

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Living and Working in the Republic of KOREA



A Letter from the EDITOR



Deputy Commander, Navy Reserve Forces Command Mr. Kent Hudgens and his wife on their 2003 BMW R1200 CLC.

“I’ve ridden motorcycles for more than eight years - I’m currently on bike number three and have loved every second of ownership. When you follow the rules and drive safely, owning a motorcycle can be a source of great pleasure and economy. If you ignore any one element, the fun can turn into tragedy. Before you buy, you MUST become an EXPERT on the rules. Ride safely and professionally.”

Hello Readers,

I have been getting many e-mail recently from our readers and wanted to thank each of you who take the time to contact us at TNR with feedback, kudos and suggestions. So, I want to take this opportunity to extend an invitation to all of our readers to contact me either by phone or e-mail and let me know how we are doing. This is your magazine so naturally we appreciate your thoughts. You can contact me at either 757-322-5624 or james.vorndran@navy.mil.

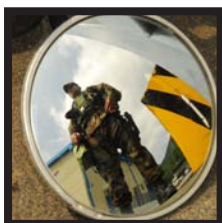
In addition to the feedback we get from you we also get many e-mails each month telling us that you are either not receiving TNR or it is being mailed to the wrong address. Our mailing list comes from the Navy Standard Integrated Personnel System (NSIPS), so please make sure your home address is current in NSIPS. We here at TNR cannot make changes to our mailing list. With that said, we keep an additional list in our office for a limited number of special request subscriptions or commands that want to be added to our mailings. We are happy to fill those requests (see above methods to contact TNR).

Now on to the business of the month: I was discussing our February issue about Safety with the Safety Director here at CNRFC and wanted to relay some great information to you regarding Motorcycle Safety Training. According to ALNAVRESFOR 003/09, SELRES personnel can request Active Duty for Training orders to take motorcycle safety courses at the nearest military installation. The training is mandatory for riders. If you choose, you can also take a civilian course while on ADT orders, but then the training costs would be paid by the member. Summer is here and I know you are shining up those bikes so I encourage you to take advantage of this great opportunity.

Have a safe summer.

Jim Vorndran
Editor-in-chief, TNR

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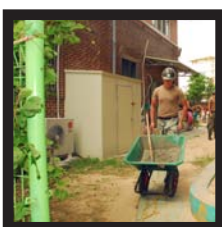
Reserve Sailors help defend the Republic of Korea.

The difficulties of having the right equipment and people in the right place at the right time.



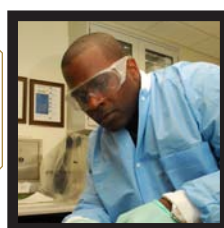
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Seabees in Korea display a "Can Do" attitude in training and working.

Combat medicine has come a long way since M.A.S.H.

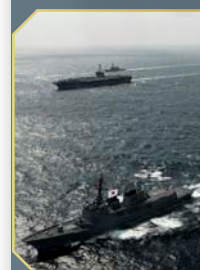


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Capt. Larry Jackson discusses "Operation Charge of the Knights" in Basra.



On our Cover: The John C. Stennis Carrier Strike Group and naval vessels from the Republic of Korea steam in formation during a PHOTO Exercise marking the end of Exercise Foal Eagle 2009.

U.S. Navy photo by Mass Communication Specialist 3rd Class Josue L. Escobosa

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

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

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



June 2009

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An Admiral's View



Exciting Changes in the Republic of Korea

Written by:

Rear Admiral Thomas S. Rowden
Commander, U.S. Naval Forces Korea

Sailors serving on the Korean Peninsula have a significant positive impact at the strategic level when it comes to the relationship with one of our oldest and strongest allies, the Republic of Korea (ROK), as well as with other countries throughout Asia.

The recent economic situation highlights the fact that economic and political stability in Asia is essential to global stability and prosperity. It is exciting to be the U.S. Navy in the ROK during this exceptionally dynamic time.

On April 17, 2012, the Korea military and civilian leadership will take operational control (OPCON) of forces defending the ROK during contingency and the U.S. military will take a supporting role in the defense of the ROK. The ROK/U.S. alliance is strong and will only get stronger as we work towards OPCON transfer. U.S. Army Gen. Walter Sharp, commander of United Nations Command/Combined Forces Command/U.S. Forces Korea, said it best: "That will be a historic day for the Republic of Korea, when the ROK military assumes the lead role for the defense of the ROK with the U.S. standing side by side."

While we will always strive for diplomatic solutions, the ROK/U.S. Navy team will be prepared for any contingency situation. If we are called to "fight tonight" we will "fight and win."

To be successful, every Sailor serving in the ROK will need to work together, with no distinction between Active or Reserve Sailors.

Commander, U.S. Naval Forces Korea, the ROK Navy, and Commander, U.S. 7th Fleet are fully engaged in the planning and training required for a smooth transfer of OPCON. We will use each Ulchi Freedom Guardian and Key Resolve/Foal Eagle exercise, as well as operational planning teams to improve our proficiency.

If we are called to "fight tonight" we will "fight and win."

Our interoperability is also improving as the ROK Navy develops into a blue water Navy.

In 2007, the ROK Navy launched its first Aegis destroyer and a new assault landing ship, and in 2008 they launched their second Aegis destroyer. They will build at least one more Aegis ship. Another great testament to the ROK Navy's commitment to regional stability is their recent deployment of a destroyer to the Horn of Africa to conduct anti-piracy missions as a member of Combined Task Force 151.

The strength of the ROK/U. S. alliance for the past 58 years has preserved the peace, promoted democracy and allowed the Republic of Korea to grow into a vibrant democracy and economic powerhouse. Being a part of our nation's on-going commitment and witnessing the dramatic changes occurring in this key strategic area is an honor and privilege.

Sailors Matter



Training for Korea

Written by:
CMDRCM (SS/AW) Shawn Sarver,
Regional/Naval Component Command Master
Chief

Everyone benefits when we give Sailors the tools they need to accomplish the mission. The Active/Reserve integration in Korea is essential for our preparation for a contingency situation.

Since there are only 350 U.S. Active Component Sailors serving in joint and Navy commands throughout the Republic of Korea it is vital to have a Reserve contingent that is trained and ready to perform the mission here. This is why there are approximately 1,000 Reserve Sailors connected to Korea. Their primary mission is to fill command and control positions on short notice in Korea during a contingency.

The challenge with training is that every Sailor must receive comprehensive training to fill their position in Korea while also getting their required Navy training completed to allow them to advance and have a well rounded career. This is a challenge for all Sailors regardless if they are in the Active or Reserve component. The limited training time available to a Reservist just compounds this problem more.

The goal of CNFKs Reserve training program is to give every Sailor a predictable long-range-training plan that will allow them to be fully trained and obtain the professional education required for advancement. This can only be done by getting a comprehensive list of schools required and skill

sets required for each individual billet assigned to CNFK. The logical group to set up this training plan is the Chiefs, who are the experts in their rate.

To maximize the value of each training period, the integrated Active/Reserve Chief's Mess developed a long term training plan for enlisted Sailors. Upon arrival to the unit, Sailors receive their three year training plan. The general framework is:

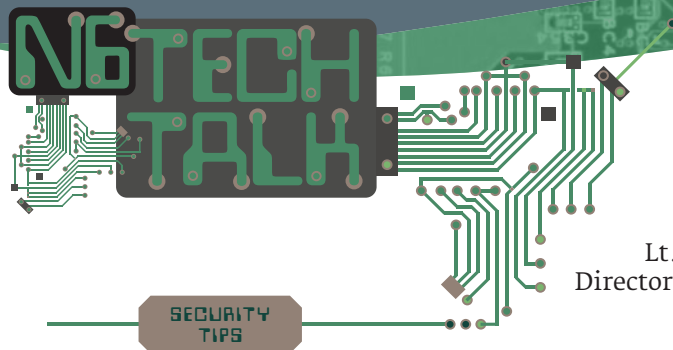
Year 1 (or 2): Spring Exercise Key Resolve / Foal Eagle

Year 2 (or 1): Fall Exercise Ulchi Freedom Guardian

Year 3: Other training that enhances mobilization readiness and rate knowledge

The training plan will improve readiness by ensuring that every Sailor practices the skills needed during the two annual exercises conducted in Korea and will also ensure that each Sailor gets the professional development needed to advance in the Navy. Drill weekend training can also be tailored to the Sailor's upcoming exercise. For the third year, commands will be able to request special school funds and secure class quotas for hard to get classes far in advance.

Predictability is another benefit of the training framework. Reserve Sailors will be able to tell their families and employers when they plan to be activated over the next three years shortly after checking into their new command.



Written by:
Lt. Cmdr. Bill Batson
Director, Information Assurance

NRWS SharePoint Migration Update

The Navy Reserve Web Site (NRWS) is getting a facelift. NRWS will be displaying a new look and feel after it's migration to SharePoint 2007.

What is SharePoint?

SharePoint is a Web-based collaboration and document management platform from Microsoft. It is used to host Web sites that can access shared workspaces and documents, as well as specialized applications such as wikis and blogs from within a browser.

SharePoint integrates closely with applications in the Microsoft Office suite and adds various features such as hierarchical organization of content areas, enhanced navigation, Single Sign On, personalization features and indexed search.

SharePoint can also be used to create specialized document-specific libraries, such as Microsoft PowerPoint slide libraries, where users can share specific slides from a presentation as well as their design. As you can see there are many benefits that will be coming to you as a user of the NRWS.

Did I mention – Enterprise Search, Web content management, records management, workflow routing, calendars and discussion groups?

How will this affect users?

New opportunities to collaborate in the administration and operation of our force will be abundant. To comply with Navy security rules, Common Access Card (CAC) authentication will be the norm.

When the private side is migrated, if you are eligible for a CAC, you will need to use it for authentication to the Web site. One of the benefits of CAC authentication in the new SharePoint environment is Single Sign On. CAC users who login to the NRWS will no longer need to have a separate user name and password when accessing Navy Reserve applications. No more RTAR/NROWS/APPLY usernames and passwords.

Reserve members not eligible for a CAC, such as non-drilling IRR members and Ombudsmen, will be issued an alternative token (see TNR Dec 2008) that will also allow authentication without a user name and password. Your Navy Reserve Web team is getting Single Sign On for everyone!

Now is the time to prepare for CAC authentication. If you do not have a CAC reader for your home computer, request one through your NOSC. CNRFC has distributed over 10,000 readers in the last few months. There is new ActivClient software on the CAC/

PKI page of the CNRFC N64 page on NRWS (CNRFC Home Page, N6, N64, PKI/CAC). It is build 34 and solves some Vista and XP issues. We even have readers for Mac users. (Mac users should ask for the SCR331 reader, not the ActivCard reader.) Instructions are also on NRWS.

There will be other changes. Wikis, blogs, Web parts, discussion groups, workflow and a few other new terms will soon be added to your vocabulary. Don't worry, we will provide a NRWS SharePoint 2007 conversion terminology list and definitions (secret decoder ring!). Site owners and contributors have been receiving a formalized course since October 2008.

If you are a site owner and/or contributor and require training please notify your echelon N6.

When is the deployment?

We entered beta testing in April and when all exit criteria have been met the site will be deployed for all our users – most likely this summer.

What to expect?

New and improved methods for sharing documents and more efficient ways to accomplish the things you need to do. Happy collaborating and communicating!



Living, working and appreciating another culture

Written by
ISC(SW/AW) Charity Cotton
Leading Chief Petty Officer for Commander,
U.S. Naval Forces Korea DET CHINHAE

Living, working and enjoying an Asian culture, not only for myself but for my children, is an experience of a lifetime. After arriving in Korea, the smell of kimchi and the open markets with live fish and fresh vegetables quickly became part of an average day that we became accustomed to appreciating.

The school children in Korea actively pursue an open dialogue of English, whether walking down the street or sitting in a restaurant. Most Koreans, young and old, are interested in Americans, almost as much as we are interested in their everyday life.

Korean students have a study habit my children have also come to appreciate, if not emulate. Korean students attend school 11 months out of the year for about 10 hours a day. Most school-age Koreans take public transportation when they start school at the young age of five.

I am also thankful of the fact my children are safe in Korea. The Korean culture values their children as the next generation to make a living for the family.

Working side by side with a Korean is sometimes a challenge

because of the language barrier. You quickly learn that “yes” does not mean what we, as Americans, are accustomed to. “Yes” simply means that your question has been heard and acknowledged. Even with some minor difficulties in communication, Republic of Korea/U.S. relations remain strong and constant and working alongside our allies brings a sense of pride.

While living in Korea, seeing laundry hung from the balcony, the sleeping mats on the floor rather than a bed and sitting on the floor at a local restaurant is the norm. The more we learn about the Korean culture the more living here becomes less “foreign.” You as Reservists have opportunities to work in the far corners of the world (Anytime, Anywhere) which should give you an appreciation of the great amount of Diversity the world offers. Next time you travel, I challenge you to learn as much as you can about the differences and similarities you have with the people you meet.

U.S. Navy photo by Mass Communication Specialist 1st Class Bobbie G. Attaway



Left: Religious Programs Specialist 1st Class Ayore Riaunda of Commander U.S. Naval Forces Korea (CNFK) carries one of the children from the Pulip Maeul Home for the severely handicapped during a joint community relations project.

Right: USS Blue Ridge (LCC 19) Culinary Specialist 2nd Class Jouse Milan plays with a child at the Social Welfare Foundation during a community relations project.



U.S. Navy photo by Mass Communication Specialist Seaman Heidi McCormick



Calculating COLA

Written by
Lt. Cmdr. Pamela S. Bou, CNFK
Public Affairs Officer

Being stationed overseas can affect a military pay check in more ways than a service member might expect.

Sure, pulling foreign money out of an ATM overseas can feel like winning the lottery with each bill having more zeros than the average American pay check. But when exchange rates are factored a service member's paycheck may not be enough to stand up to the high cost of living in areas like Korea. To ensure service members can afford the average cost of living for their duty station the military has Cost of Living Allowance (COLA).

COLA, is a variable financial supplement designed to equalize purchasing power between service members living overseas and their continental U.S. counterparts.

When the strength of the U.S. dollar increases, service members' purchasing power increases, therefore their COLA decreases. Conversely, when the strength of the Korean Won increases, service members' purchasing power decreases, causing COLA to

increase to compensate. The overall effect is that service members living overseas maintain a constant

The general COLA equation is:
(Spendable Income) x (COLA index) = COLA received

purchasing power, even though the money they receive each paycheck fluctuates.

While COLA may change as often as every pay period, the overall trends are easy to identify.

Factors that help determine spendable income include the local prices of food, housing, transportation, communications, household care, clothing, medical

requirements and recreation. It does not include savings, life insurance, taxes or gifts and donations.

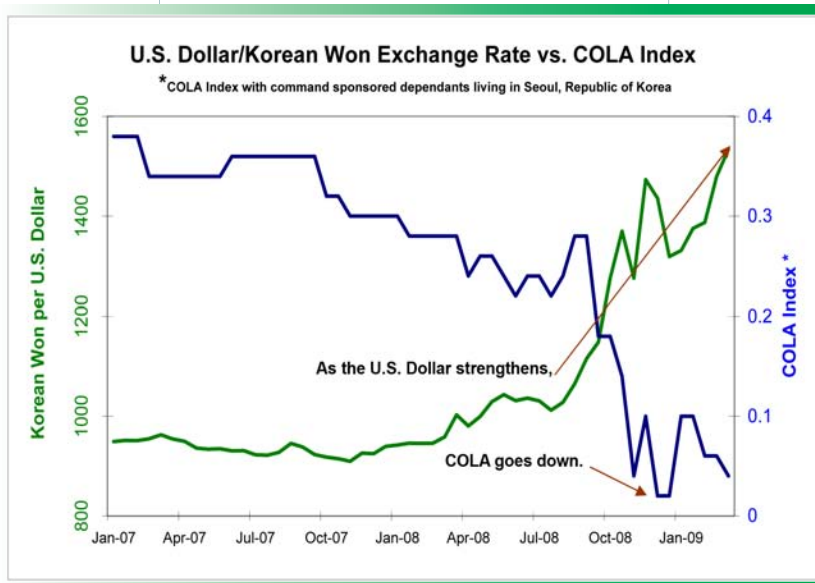
The COLA index is determined by living pattern surveys conducted every three years; market basket surveys conducted annually; and the local currency exchange rate, which is reviewed every pay period. The currency exchange rate is usually the most variable factor in the COLA index.

The chart below shows the average historic U.S. dollar to Korean Won exchange rate and the COLA index for service members living in Seoul, Korea with command sponsored dependents. The COLA index is inversely proportional to the exchange rate.

Understanding that COLA

may fluctuate every pay period will help service members budget accordingly and make responsible financial decisions.

To calculate COLA rates for different service stations visit
<http://www.defensetravel.dod.mil/perdiem/ocform.html>





The flight to Korea and Beyond

Written by
Navy Counselor 1st Class (AW/SW) Michael Macias,
CNFK Physical Fitness Assessment Coordinator



Sometimes it is hard to pass the time during a long flight, especially if you do not have much room to stretch out.

There are many things that can help break the monotony: reading a book, watching movies, or simply taking a nap. But another alternative is in-flight stretching, which will also improve your ability to continue your normal exercise routine once you arrive in Korea.

When traveling to Korea, some activities to keep your circulation going are:

- Stretch your arms up high, interlock your fingers, lean slightly to the left and right
- Neck rolls, which can alleviate tension in your neck or relieve a minor headache

and also allows your shoulders to relax

- Take off your shoes, rotate your ankles and scrunch and flex your toes. Try tracing out the alphabet with your big toe

All of these simple exercises will not disturb your surrounding neighbors. If you would like to do more stretching, you can use common areas to conduct trunk twists, toe touches and other standing stretches.

Staying hydrated as you travel will also help you recover from your trip faster and continue your normal exercise routine in Korea.

Once in Korea, the military installations provide facilities for you to start or continue an exercise routine that would benefit your lifestyle. Most gyms

have modern exercise equipment as well as classes such as spinning, yoga and aerobics.

If you like to exercise off base, you can be adventurous by walking to the Seoul Tower or up the numerous hiking trails throughout the Korean mountains to boost your cardiovascular system. Often, the hiking trails will also have basic exercise equipment along the way to provide more variety to your workout.

The Republic of Korea provides many avenues, on and off base, to ensure you get your desired work out to meet your exercise goals. If you are serving in Korea for two weeks or two years, you should always be able to meet the Navy's physical fitness standards and continue your exercise and health program.



Written by
Lt. Cmdr. Pamela S. Bou,
CNFK Public Affairs Officer

The Republic of Korea is a place of superlatives: One of the oldest civilizations in the world, it is the most electronically connected to the Internet, with one of the highest overall literacy rates, whose students were best in problem solving in 2003 and had top reading scores in 2006. Unknown to most Korea is currently the largest ship builder in the world. But Korea can be extremely misunderstood.

Korea changes so quickly that even people who have visited often are surprised when they arrive.

The 2009 version of the Republic of Korea:

Reservists working on bases won't have much of a culture shock because Active Component Sailors are encouraged to bring their families when they accept orders to Korea. The Army is working to ensure soldiers and airmen have the same opportunities.

Because of the number of family members the military bases and posts have modern support facilities: housing, child development centers, daycares, post offices, commissary, movie theaters, bowling alleys, libraries, hobby centers, self-help facilities, restaurants, gyms, pools, and thrift stores.

The DoD schools rank as some of the best in the world offering talented and gifted classes, special education, extracurricular activities and clubs, advanced placement classes and sports.



Ex-patriots often refer to the military installations as "Little America," but people would miss so much if they never left base.

Off base:

Special events and festivals are held year round: the Cherry Blossom festival in the spring, Mount Sorak in the fall, Lunar New Year, Chusok (the harvest holiday), and numerous local events like the Mud Festival, Kimchi Festival and Pottery Expo.

Even when nothing special is going on, places like water parks, indoor amusement parks, hot springs, aquariums, zoos, parks, musicals, and museums make great family trips. There are also many locations to go skiing, snowboarding, rafting, hiking and biking.

Korea also has diverse shopping. From open air markets with street vendors crowded into every available

space with negotiable prices to high end malls with movie theaters, restaurants, aquariums and arcades that are so "Western" it is easy to forget that you are in Korea. Shopping in Korea is a great adventure.

Getting around Korea is simple once you learn the basics of the Seoul subway system and the Korean bullet train. Taxis are also available anytime and are very affordable. Since Korea has a very low crime rate, most places are safe to travel at any time of the day or night.

Just in case you run out of things to explore in the Republic of Korea, the middle of Northeast Asia is a convenient starting point for travel to other countries. Morale Welfare and Recreation, and the United Service Organization offer trips to the Great Wall of China, Mt. Fuji in Japan, the beaches of Thailand and shopping in Hong Kong and Singapore.



COMREL Impact

Written by
Chaplain Louis M. Urban, Lt.,
Commander, Fleet Activities Chinhae Religious Coordinator



U.S. Navy photo by Mass Communication Specialist Seaman Heidi McCormick

USS Blue Ridge (LCC 19) Sailors interact and teach English to children at the Social Welfare Foundation during a community relations project.

You have heard the saying “might is right.” Don’t be deceived. Every mighty kingdom has fallen over time. The Bible says, “don’t be overcome with evil, but overcome evil with good.”

“COMREL” is a community relations project where military members interact with the local community, often doing manual labor to make tangible improvements. On a daily basis, COMREL projects change the face of the earth. The men and women who participate in these projects greatly impact our world.

When U.S. service members show up with smiles on their faces and

a willingness to work at a COMREL site, lives are changed.

Host country individuals who are involved with COMREL projects sometimes see Americans in a whole new light. They experience, first hand, the kindness that Americans can display.

These interactions can even take place in countries with policies that oppose the United States. A seed will have been planted and a tender spot for a new friend will exist. The way to change the world is through one life at a time.

A COMREL project site gives the perfect location to start this process of change.

When participating on a COMREL project, do not expect to leave as the same person you were when you arrived. There is a good chance you will leave sweaty, dirty or covered in paint, but the joy you will experience is worth it. You will make new friends and some of your best “war” stories

will come from these experiences. You will have cherished memories you will often share with friends and family back home. COMREL projects will help shape you into a better person.

You might find you are not so quick to complain about the way things run back home. Are there areas which need to be improved? Sure, there are. Now your eyes might be open to see those areas more clearly. You might also receive a greater appreciation of what you have compared to the majority of the world. The best part of being home might be even better.

My hat goes off to all the true heroes of the world—the men and women who serve in our military forces doing great things. The movie stars might have their fame, the sports stars might have their money, but to those who keep the golden rule, “do good unto others,” shall receive something that no one can ever take away: a true lasting impact in the world’s history.

For the COMREL volunteers out there, stand proud—for you have done awesome work. Also keep track of the volunteer hours because Sailors with sustained and direct support may qualify for the Military Outstanding Voluntary Service Medal and everyone will know their contribution.

“Standing the Republic

Written by:

Capt. Joseph Sharp, USN
Commanding Officer, NR CNFK HQ
Deputy Commander, U.S. Naval Forces Korea

A traditional Navy retirement ceremony has the reading of “The Watch.”

This is an honor paid to the retiree for standing the watch during his or her career. It is also a reassurance to the retiree that Sailors they have trained will continue to perform their duties despite the absence of a senior shipmate. “The Watch” states “... has stood the watch, so that we and our fellow countrymen could sleep soundly, in safety each night, knowing that a Sailor would stand the watch. Today, we are here to say, ‘The watch stands relieved.’ Relieved by those you led, guided and trained ..., you stand relieved, we now have the watch.”

For service members stationed in the Republic of Korea (ROK) standing their watches is very important to them to help defend ROK. Approximately 350 active-duty officers and enlisted Sailors are stationed in Korea. These active-duty Sailors are augmented by over 1,000

Reserve Component (RC) Sailors living across the nation. This group of diverse individuals come from various backgrounds as they ‘stand the watch’ in support of ROK today and every day.

As a member of the Navy Reserve, Chief Information Systems Technician Robert Teddy of Ventura, Calif., was active in the Republic of Korea recently in preparation for the spring exercise, Key Resolve/Foal Eagle 2009.

Teddy’s job is to maintain and install communications and information technology equipment at locations throughout the Korean Peninsula.

“It is rewarding, but very hard work,” Teddy said. “Everyone on the Commander, U.S. Naval Forces Korea (CNFK) staff has been really supportive of my efforts as I travel all over the peninsula to install the equipment. My phone was ringing twenty-four seven with requests to take care of problems and it was really rewarding to be able to get things done.”



U.S. Navy photo by Mass Communication Specialist 1st Class Bobbie G. Attaway

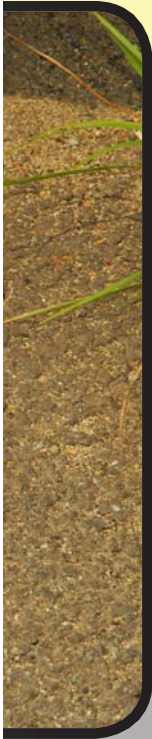
Chief Warrant Officer John Paul San Nicolas, of Guam, checks gate security during Ulchi Freedom Guardian (UFG) 2008 at Fleet Activity Command, Chinhae.

Being between civilian jobs allows Teddy to spend extended time in Korea and fill a critical billet. Standing the watch in the ROK takes many forms and ongoing RC support filling important short term requirements is how Teddy is standing his watch in Korea today.

The CNFK mantra is to be prepared to defend the ROK, if required. This mantra includes training to operate in combat. Many Reservists have recent experience in combat environments, as exemplified by the 27 CNFK Sailors who are currently mobilized. CNFK recognizes that these mobilizations bring vital experience to the Korean



Watch” in the of Korea



Peninsula as well as support the ongoing wars in Iraq and Afghanistan. Master at Arms 1st Class Luis Arellano of Douglas, Ariz., has extensive combat experience and is standing the watch in Korea today.

“Being mobilized in 2003 and then working as the Regional Security Manager for Northern Iraq in 2005 as a civilian has taught me many important lessons, lessons in life about dedication to our great nation. I can use my experiences to benefit CNFK,” Arellano said. “There are many things that we can do better in Korea because we’ve learned lessons in Iraq.”

Arellano’s efforts supporting CNFK were recently recognized by his selection as Navy Operational Support Center Port Hueneme, Calif. and Navy Region Southwest Reserve Sailor of the Year.

Hospital Corpsman 3rd Class Samuel T. Drummond from Waterloo, Iowa, is also standing the watch today. Like many Reservists, he brings his own diverse experiences to CNFK to increase effectiveness and enhance war fighting capability. Drummond used to be a Marine and deployed to Iraq and earned his Combat Action Ribbon. He has attended Combat Trauma Management and other corpsman courses.

“My experiences and schools have taught me confidence, and about unit integrity and the

importance of small team leadership and accountability,” Drummond said.

During CNFK’s mission to provide the command element to oversee and direct Navy medical resources Drummond feels that his medical teams effective command and control is further enhanced by his real world ‘boots-on-the-ground’ experience.

Reserve components often overcome unique challenges caused by their dual jobs and infrequent

It is rewarding,
but very hard
work.

interaction with active duty counterparts. Lt. Cmdr. Matt Farrell, Assistant Officer in Charge of CNFK Det. A, who drills at NOSC Des Moines, Iowa, is familiar with the training challenges of preparing for war while drilling thousands of miles away from his gaining command. Farrell feels the best way to train is to perform Inactive Duty Training with other Reserve Korea units.

“With so many CNFK detachments located around the nation, some units are always doing

great training. We can leverage that training by traveling to other CNFK detachments and participating,” Farrell said. “Weapons qualifications and training requiring access to secure networks are good examples.”

Farrell’s feels his experience as a combat P-3 pilot and mission commander has taught him how to adapt and manage change. Coming from an environment where mission assignments sometimes changed in midflight, he knows how to confirm requirements, communicate effectively and make best use of resources to accomplish new mission objectives.

These are just some of the Sailors who are standing the watch in ROK today. When they retire or transfer they will be able to do so knowing that the training and knowledge they passed on to their shipmates will help support the Navy mission of protecting ROK despite the fact that they have moved on.



PROFILES IN PROFESSIONALISM

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

Hometown: Corona, Calif.

NOSC: Port Hueneme, Calif.

Unit: Commander Naval Forces Korea

Brief description of your job: Medical Petty Officer. I ensure the medical readiness of the unit by managing the unit's electronic medical records.

Your civilian job: Department Administrator Kaiser Permanente.

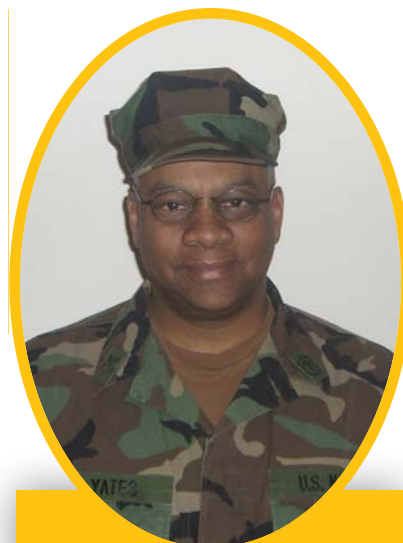
What has been your greatest Navy achievement: Participating Medical Civic Assistance Program, Operation Cobra Gold 2007.

Who has been your biggest influence since joining the Navy: Senior Chief Hospital Corpsman Jeffrey Canter. His leadership, knowledge, time and effort has inspired me to model his career path.

Most interesting place visited since joining the Navy: Washington, DC, Thailand, United Kingdom, and Republic of Korea.

What did you enjoy most about the Navy: Camaraderie and teamwork. Sailors have the ability to be given a mission with members from different units, backgrounds, skills and knowledge and rapidly come together and form a cohesive functional team.

Current hobbies: Bicycle riding, reading, camping, & hiking.



U.S. Navy photo

HM1 Adrian Yates

Hometown: Newark, Ohio

Unit: Commander Naval Forces Korea

Brief description of your job: As an Operations Specialist I have various duties such as Common Operating Picture Operator, SPA-25G Operator, Computer Aided Dead Reckoning Operator and Navigator Plotter.

What has been your greatest Navy achievement: When I graduated OS "A" school I was meritoriously promoted to Petty Officer Third Class due to my class scores.

Who has been your biggest influence since joining the Navy: Throughout my time with the Navy Legal Service Northwest, Lt. Alan Fowler encouraged me to always do my best and take every available opportunity to advance my career.

Most interesting place visited since joining the Navy: The most pristine, untouched landscape I have ever seen was in the Marshall Islands. This beautiful land has left a permanent impression on my life.

What did you enjoy most about the Navy: The ability to meet new and exciting people while traveling around the world and experiencing different cultures has been fantastic.

Current hobbies: Though I do enjoy the time I spend with my family and friends, I also love the great outdoors. I live for the opportunity to go horseback riding, hiking, and mountain biking.



U.S. Navy photo

OS2 Ashley Klinbriel

THE LOGISTICS

LOGISTICS

U.S. Navy photos by Mass Communication Specialist 1st Class Bobbie G. Attaway



Chief Petty Officer Don Christensen, of St. George, Utah, asks assistance from a Korean Air representative at Chinhae International Airport after completing his annual training in support of Ulchi Freedom Guardian (UFG) 2008 at Fleet Activity Command, Chinhae.

Logistics is, very simply, having the right thing in the right place at the right time. In military terms, logistics is requirements, determination, acquisition, distribution and maintenance. Like a logic puzzle, the concept is simple, but each time you add another variable finding the solution gets more difficult.

Exercise Reception, Staging, Onward movement and Integration, (RSOI) was renamed Key Resolve in 2008 to reflect the transition to a Republic of Korea (ROK)-led exercise program which will be complete in 2012. Despite the name change, military logistics are still heavily involved with managing U.S. force flow onto and throughout the Korean Peninsula.

The U.S. Army in the ROK is in charge of the Korean Peninsula RSOI process. Navy

Written by
Lt. Cmdr. Pamela S. Bou,
CNFK Public Affairs Officer

logisticians at the Logistics Resource Center (LRC) in Daegu help coordinate Navy requests and resources during the defensive exercises conducted in the ROK twice a year.

"Working in the LRC has opened my eyes to the big picture of what we do and how it impacts war fighting capability of our forces in Korea should we ever need to be here in a contingency," said Storekeeper 1st Class Corliss Boettcher, a Reservist on Commander, Naval Forces Korea staff.

A major role of the LRC is to know the best group to contact when forces have a logistical requirement. In the ROK, there are many resources available for logisticians: U.S. Army, Air Force, Navy and Marine Corps assets, ROK Army, Air Force,

The USS John C. Stennis (CVN 74), home ported in San Diego, Calif., pulls into the Korean port city of Pusan.



U.S. Navy photos by Mass Communication Specialist 1st Class Bobbie G. Attaway

Navy and Marine Corps assets or Wartime Host Nation Support (WHNS) assets. WHNS is an international agreement between the United States and foreign governments that allows use of civilian assets in time of crises.

The resource used will depend on the needs of each individual unit. A Seabee unit will obviously have different needs than a medical unit, but food and fuel are universal needs. Prioritizing needs and determining how to allocate limited resources is another variable logisticians will encounter.

"The ROK is unique in that Navy logisticians get a chance to conduct operations and learn in a joint and combined environment," said Lt. j.g. Jeff Fernandez, CNFK staff. "Planning for a ship to get underway and resupplied is completely different than planning ground logistics in a joint/combined environment during a contingency."

Coordinating with major logistic commands in the Pacific area of responsibility is another training opportunity. Navy logistics training includes understanding the capabilities of

Commander, Logistics Group Western Pacific in Singapore, the Commander, U.S. 7th Fleet's principal logistics agent in Southeast Asia.

Another variable in the "logic puzzle" is connecting military units with their equipment. Some equipment is prepositioned in the ROK, or prepositioned on Military Sealift Command ships. Other gear might arrive on commercial or military transport, but at a separate time or place from the forces.

"Coming to Korea during the exercise is critical to our ability to execute our mission," said Chief Storekeeper Mark A. Cashion, CNFK RC staff.

Sailors can learn useful skills during non-exercise times as well. In June 2008, 15 Reserve Sailors spent two weeks in the ROK visiting critical sea ports and command centers which U.S. forces would most likely use upon entering the ROK in a contingency situation.



U.S. Navy photos by Mass Communication Specialist 3rd Class Josue L. Escobosa

The USNS 1st Lt. Jack Lummus (T-AK 30011), a Military Sealift Command asset, is prepositioned in Guam and Saipan and carries a full range of Marine Corps cargo. U.S. Marines conducted maintenance on the equipment during Key Resolve/Foal Eagle 2008.

2009
U.S. Navy photos by Mass Communication Specialist 1st Class Todd Macdonald



The USNS 1st Lt. Jack Lummus (T-AK 30011), a Military Sealift Command asset, is prepositioned in Guam and Saipan and carries a full range of Marine Corps cargo. U.S. Marines conducted maintenance on the equipment during Key Resolve/Foal Eagle 2008.

"The beauty of the Reservist training plan was for them to see the complexity of the Peninsula outside of the exercise," Fernandez said. "They got a great overview from all the organizations they would work with if they had to come here during a contingency."

Just seeing the geography of Korea helped some Reservists understand and plan for some of the difficulties of moving throughout Korea. The ROK is very mountainous and most of the population is concentrated in major cities. Knowing potential problems helps Sailors identify feasible alternate plans when required.

"There is no better way to learn the lay of the land other than to come here," Cashion said. Many CNFK Reservists are now serving in Iraq and Afghanistan. The supply and

logistics lessons learned in the ROK are excellent preparation for other theaters. Logistics is a logical process, and practice in any form improves performance in a variety of situations. Even something as simple as learning acronyms in a joint environment can help Sailors.

"Key Resolve 2009 is excellent training and has opened my eyes to issues that I will need to deal with in my upcoming deployment to Afghanistan," Storekeeper 2nd Class Irene G. Lara said.

Like any logic puzzle, once the solution is presented, it seems very simple. But the training value does not come from studying the final solution, but from working the problem from start to finish.

1950

June 25, 1950 - North Korea invades Republic of Korea south of the 38th Parallel

September 15, 1950 - Gen. Douglas MacArthur launches the Incheon Invasion

March 15, 1951 - U.S./U.N./R.O.K. forces retake Seoul.

July 27, 1953 - Cease fire agreement signed ending combat engagement. The resulting void

Oct 1, 1953 - Mutual Defense Treaty

July 1, 1957 - Communist

In 1968



Dynamic Change Moving Toward

el.

sion.

ed at Panmunjom. Troops pull back from last
becomes the Demilitarized Zone (DMZ).

Treaty signed in Washington by the Republic of Korea and the United States.

Commander, U.S. Forces Korea and Commander, U.S. Naval Forces Korea established.

5, R.O.K. supports U.S. Armed Forces in Vietnam.

In 1991, R.O.K. provided medical and transportation support during the Persian Gulf War.

In 2004, the Yongsan relocation plan signed, starting OPCON transition process.

2007- R.O.K. and U.S. agree on OPCON transition date of April 17, 2012.

Oct - Dec 2007 - Korean Transition Task Force:
R.O.K. and U.S. Sailors identify maritime mission areas.

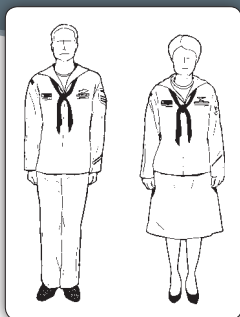
August 2008 - Exercise Ulchi Freedom Guardian:
R.O.K. Forces take lead command and control role.

January 2009 - Rehearsal of concept drill
held in Busan to test and revise draft plans.

March 2009 - R.O.K. ship de-
ployed to the Horn of Africa
for anti-piracy mission.

Changes in Korea and OPCON Transition

2012



REGS TO THE INCH

*Note:
Photo representations are not to scale.*

This month we continue our close look at the Navy uniform. The E-6 and below neckerchief and service stripe proper placement is spotlighted. Measurements are taken directly from the Navy Uniform Regulations NAVPERS 156651. **TNR**



NECKERCHIEF

A 36-inch square made of plain black silk, or synthetic fabric is folded diagonally from corner to corner and rolled continuously to end. The large square knot is tied at the bottom of the V-neck jumper opening, with the ends even. Upper edge of the knot should be even with the point where the collar opens.

BACK TO BASICS

by CNRFC Public Affairs

SERVICE STRIPES (HASH MARKS)

- Sew service stripes on the left sleeve of dress blue, dress white, dinner dress blue jacket and the dinner dress white jacket with the lower ends to the front.
- The lower end of the first stripe is two inches from the end of the sleeve. The trailing edge of the stripe is in line with the trailing edge of the rating badge.
- The stripes are at a 45-degree angle. When more than one stripe is authorized they are placed 1/4-inch apart.
- Stripes are either scarlet, gold or blue as specified. All personnel wear one stripe for each four years of active duty service or Reserve service in an active status in any of the armed services.



TYING THE NECKERCHIEF



*U.S. Navy photos by Photographer's Mate 2nd Class Kurt Eischen
Personnel Specialist 3rd Class Joshua Rayner aptly demonstrates.*



1. Iron to smooth finish, no wrinkles or creases.



2. Fold neckerchief diagonally to form triangle, seams inside.



3. Hold taut. Place first two fingers of left hand across corner, thumb below. Fold up and over fingers to the left.



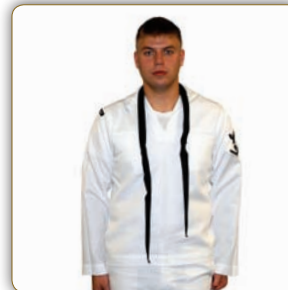
4. Place the first two fingers of right hand across corner, thumb below. Fold up and over fingers to the right.



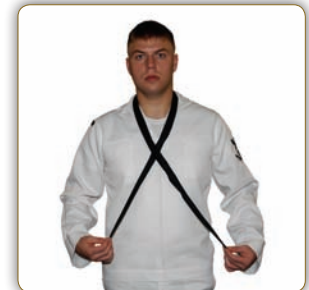
5. Repeat Step 3.



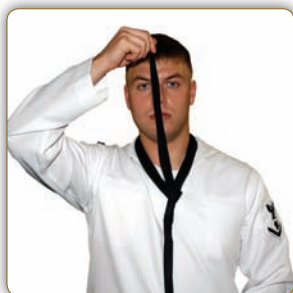
6. Take beginning roll in both hands. Roll toward center until completed.



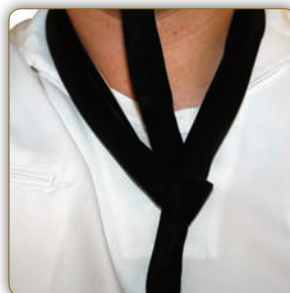
7. Place around neck, right end about four fingers longer than the left.



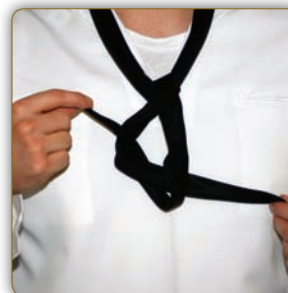
8. Cross long end over short at the "V."



9. Draw long end back up, over and down to the left.



10. Cross long end over short end.



11. Bring long end back and through the formed loop.



12. Shape knot as shown. Top of knot even with bottom of "V." Ends same length.



SEABEES CAN DO IN KOREA

Written by Capt. Paula C. Brown, CEC,
Navy Reserve Commander, Navy Engineering Forces Korea,
Commanding Officer

Seabees take pride in their image as hard-working, hard fighting Sailors who can do anything following their motto, "Construimus Bantuimus" translated as we build, we fight.

Established during World War II, Seabees have worked in the Republic of Korea (ROK) since their arrival there in the 1950s during the Korean War.

The Seabees in ROK today embody many of the same work ethics and attitudes of the first Seabees to arrive in Korea although their role there has changed from fighting to training as they work with the ROK navy to improve regional peace and stability.

The combined joint exercise Key Resolve / Foal Eagle 2009 (KR/FE09) is a recent example of Seabees working with the ROK navy. Seabees from Underwater Construction Team (UCT-2) and Seabees from Naval Mobile Construction Battalion (NMCB) 40, Det. Chinhae participated in the exercise training



Left: A Seabee from Naval Mobile Construction Battalion 133 (NMC 133) pushes mixed concrete in a wheel barrel during repairs on the Jinhae Hope Children's Home.

with their ROK counterparts. "The ROK navy personnel are very good workers and they learn really fast. It was great working with them despite the language barrier," Engineering Aide 3rd Class (SCW) Carolina Forero from NMCB 40



Below: A Seabee from Naval Mobile Construction Battalion 133 (NMC 133) takes a break from making repairs on the Jinhae Hope Children's Home to swing on a merry-go-round with Korean children.

U.S. Navy photos by Mass Communication Specialist 1st Class Bobbie G. Attaway

said. "We overcame the language barrier with sign language. It came in handy!"

Although the ROK navy does not have a unit directly comparable to the Seabees, NMCB 40, Det. Chinhae worked with equipment operators from the ROK navy public works department training with them on horizontal construction building roads and airfields. They also practiced building the Southwest Asia hut and timber bunker during FE09 which was the first experience with vertical construction which for many in the ROK navy.

"I was able to see a sea hut and bunker for the first time, build it and demolish it after the exercise was over," Construction Electrician Constructionman Apprentice Christine Fritz from NMCB 40 said. "I really

enjoyed building the sea hut the most. It was a smooth process and well organized. I had a lot of fun."

For the Seabees, demolishing their construction projects so they can reuse the construction materials is routine and allows them to be fiscally and environmentally responsible.

"I learned the basic components of construction. As an Engineering Aide (EA) I don't get to do much first hand construction like builders (BU) do," Forero said. "It was a great experience."

The ROK navy Sailors shared their experience with airfield

damage repair which was one of the horizontal training evolutions conducted during FE09. ROK navy's heavy equipment such as the backhoe, dump truck, front end loader and fork lifts were used throughout the four-day-training event.

"We worked through all obstacles with the can do attitude," Construction Electrician 3rd Class Matthew Calder from NMCB 40 said. "I believe it was a great learning experience for all personnel involved."

In four days the ROK and U.S. team trained together and were very successful in completing the final timed evolution in less than the required time.

"I enjoy watching our younger guys with the Korean navy as they teach each other about our different ways of doing things," Chief Steelworker (SCW) Martin Villalpando, Assistant Officer in Charge of NMCB 40 said. "They are all proud to be here learning, teaching and a lot of laughing too."



Above: Seabees from NMCB 5 work with members of the ROK 11/75th Bridge Seoul Construction Co. as they move a 700-pound transom beam.



Left: Seabees assigned to NMCB 5 and soldiers from the ROK 11-75th Bridge Seoul Construction Co. carry a section of a medium-girder bridge during Exercise Key Resolve/Foal Eagle 2008.

U.S. Navy photos by Mass Communication Specialist 3rd Class Nancy C. diBenedetto



A Seabee from Underwater Construction Team (UCT) 2 and a Republic of Korea Navy (ROKN) Sailor come up to the surface after completing an underwater welding demonstration.

A Seabee from Underwater Construction Team (UCT) 2 prepares to remove his mask after completing an underwater welding demonstration with a Republic of Korea Navy (ROKN) Sailor.



As part of KR/FE 09 training, the navies also practiced diving together to inspect underwater support and telecommunications cables.

"UCT-2 did joint training in two locations in the southern part of the Peninsula to learn about each others capabilities," Lt. Ray Oviedo, Commander, U.S. Naval Forces Korea (CNFK) staff said.

"They trained on underwater harbor and pier inspections, underwater welding and underwater demolition." For the ROK navy, harbor inspections are conducted as part of regular pier maintenance. Inspections are also conducted to assess pier damage after an enemy attack.

"Underwater welding is employed to repair piers, bridg-

es or any other underwater structure that requires steel support," Oviedo said. "The opportunity to train with a foreign unit was valuable."

All of this team work is reminiscent of the Seabee legacy when determined Seabees built and repaired pontoon docks and other structures during the Korean War. They constructed new camps, roads, tank farms, airstrips, permanent waterfront structures and did many less traditional tasks, such as clearing mined tunnels and performing repair work on nearby ships.

The Korean Peninsula was a very successful proving ground for the U.S. Seabees with more than 10,000 Seabees serving during the Korean War.

The recent field training during the combined exercises

is a different type of proving ground for the ROK navy Sailors. ROK navy leadership is exploring the possibility of establishing a ROK navy construction battalion. No matter how the ROK military is structured, Seabees will continue to work and train with their Korean counterparts.

"As a Navy liaison officer I was fortunate to work with a core group of subject matter experts and gurus in their fields," Lt. Cmdr. Jeremy Groves, CNFK RC staff, liaison to U.S Forces Korea during KR/FE09 said. "I learned a lot from these senior officers on issues regarding procedures for contingency construction in a joint environment."

Establishing a good working rapport and building a common understanding of naval engineering capabilities are



Seabees from NMCB 7 Detail Chinhae clear out logs from last year's mushroom harvest at Aikwangon Residence for the Mentally and Physically Disabled.

critical parts of the twice annual exercises conducted in Korea. These opportunities to strengthen knowledge, trade past experiences and gain a better understanding help everyone coordinate more efficiently.

"I have learned so much and have a much greater appreciation of the Korean navy and their cultures," said Cmdr. Michael A. Miner, CNFK RC staff, liaison to Commander, ROK Fleet Headquarters during KR/FEog.

Work for Seabees in the ROK is not limited to the exercise periods. The continued presence of an active-duty Seabee detachment in Chinhae allows the small, robust unit

to make a huge impact.

The Seabee detachment lives and works on Commander, Fleet Activities Chinhae (CFAC), the only U.S. Navy base in the ROK. Their primary mission is base construction projects, but they also schedule time to perform community relations projects.

The Seabee detachment routinely provides humanitarian outreach to local schools and orphanages in several locations. Some of their projects are general community projects, but the most successful projects use their building, concrete and construction skills.

The impact of these projects is best expressed in a personal thank you note from ROK Chief of Naval Operations, Adm. Jung Ok-Keun, to Commander, U.S. Naval Forces Korea, Rear Adm. Thomas S. Rowden, Sept. 2008:

"I was deeply impressed by the news of the volunteer activities conducted by the engineers of CFAC. For taking the time out of their demanding schedules

to visit and repair the facilities of the 'House of Hope,' a child foster institution located in Chinhae, and presenting the children with thoughtful gifts, I would like to convey my appreciation on behalf of the Republic of Korea navy.

"The stories of U.S. Navy servicemen providing dreams and hopes to orphans for the past 60 years touch the hearts of the Korean people and I am confident they will contribute significantly in strengthening the ROK-U.S. alliance."

Seabees have continued to evoke greatness by their very capable work, their kind-hearted humanitarian assistance projects and by their hard play as well. Throughout their history in Korea, Seabees have proven even though their mission may change, they're continuing to live by their motto "Construimus Batuimus" and will continue to build and fight for generations of Seabees to come.

Seabees from Naval Mobile Construction Battalion FORTY (NMCB 40) are building a sea hut.



A Tasty Way to Explore Korea

Written by: HMCS Jeffrey N. Canter
Command Senior Chief for NR CNFK HQ
and
Lt. Cmdr. Peter C. Bradford
JAG for NR CNFK HQ

Reservists serve anywhere in the world and come across many different cultures in at their duty stations. So knowing a host country's culture may help with transitioning to an unfamiliar environment. Sailors serving in the Republic of Korea often confront an eating dilemma; eat food that is familiar and generally American - or explore the local cuisine.

The benefit of choosing local cuisine is that you have an entertaining and tasty way to learn the culture. In Korea, meals include a pleasant emphasis on hospitality, service and respect that surround an eating experience.

When in Korea, there are many different places where a Sailor can have that delicious experience. The local Moral, Welfare and Recreation offices at U.S. Army Garrison - Yongsan in Seoul, and at the Commander, Fleet Activities Chinhae provide a wealth of resources on local restaurants. They have information about the food specialties that each establishment offers, as well as price ranges. The locals are also very willing to make recommendations on where to go depending on your tastes.

Korean table etiquette includes using chopsticks and the use of a long-handled spoon which is unique to Korea. If asked, most restaurant servers will demonstrate the use of chopsticks or will offer a fork for Western diners as an option.



Generally in addition to the main course a Korean meal will include the national dish kimchi (pronounced "kim-

chee"). Kimchi consists of fermented vegetables, typically cabbage, which has been cured over several months in a fiery chili paste. Quality kimchi is a source of pride



for the server and has been a traditional food sustaining Koreans for thousands of years.



An excellent initiation into Korean food is a classic main dish bulgogi (pronounced "bul go gee") which is a rough equivalent to Western barbecue. Bulgogi consists of cooking chopped pieces of beef or pork and cloves of garlic on a grill over a central burner or hot coals. The meal also includes banchan, or a variety of side dishes. Common side dishes are radish, spinach, tofu, egg soufflé. A plate of lettuce leaves accompany the presentation of banchan. Once the meat is cooked, a lettuce wrap is formed by putting the meat inside a leaf, along with a clove of cooked garlic, some bitter greens and chili paste, if preferred. Diners may also simply eat the cooked meat with a side of rice.

There are many unique and flavorful Korean dishes. Many Sailors enjoy exploring for new food and enjoy the great service and experience of "going native" while in Korea.

NAVY MEDICINE IN KOREA M*A*S*H VS EMF

For some Americans all they know about military medical care in Korea they learned while watching M*A*S*H; a popular 1970s TV show that covered the experiences of Army doctors working in a Mobile Army Surgical Hospital during the Korean War.

However, the differences between the lives of the TV characters on M*A*S*H and the reality of lives of service members working in Korea today are two very different stories.

Today Korea is a fully modern country. Seoul, the capital, is a thriving metropolis with coffee shops on every corner and rush hour traffic that rivals New York.

Just the same, the military is prepared to bring medical facilities to service members if the need arises.

The permanent U.S. Navy medical staff in Korea consists of a small group of active duty Sailors dedicated to maintaining ongoing personnel readiness.

"During non-exercise times I keep people up to date on their immunizations and we work together to improve how we do our Physical Health Assessments (PHA)," Hospital Corpsman 1st Class (SW/AW) Tommy Hill said. "A majority of what we do for the PHA accounts for 90-100 percent of our readiness."

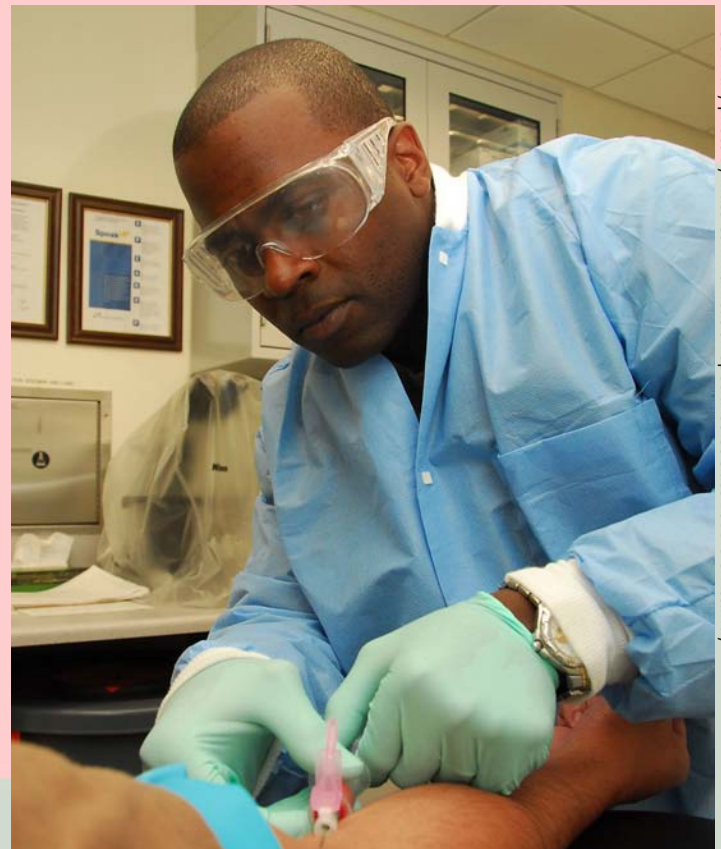
Contingency operations give reality the closest resemblance to the TV show, when medical personnel get the chance to go out in the field in Expeditionary Medical Facilities (EMF) and practice combat medicine. Thousands of U.S. Navy medical personnel, many of them Reservists, get called-up in support of combined and joint military operations ashore in Korea.

"During non-exercise times I normally only see active-duty Navy and Marines," Hill said. "During the exercises, I work with the other services and it is a

joint effort. My office is in the Troop Medical Clinic and even though we belong to different commands, we share space, resources and support each other the best we can."

The medical team's clientele will also expand to include all Sailors, Marines, soldiers, airmen and Allied Forces involved in the contingency operation. This helps the medical staff keep their skills up, should a combat force or other contingency occur in Korea.

Hospital Corpsman 1st Class Tommy Hill, of Columbus, Ga., draws blood from a patient during Ulchi Freedom Guardian (UFG) 2008 at Fleet Activity Command, Chinhae.



U.S. Navy photo by Mass Communication Specialist 1st Class Bobbie G. Attaway

"Expeditionary Navy medicine in Korea is an inclusive operation, connecting medical contingents from four U.S. services as well as Republic of Korea and United Nations forces. As an operational group, we have daily interaction with our Army, Air Force and Marine Corps counterparts," Master Chief Hospital Corpsman Daniel Sweeney said.

While the officers and corpsman assigned to Commander, U.S. Naval Forces Korea (CNFK) will not all be surgeons like "Hawkeye," the M*A*S*H main character, they will be more directly involved with the decision making and the planning of when and where an EMF will be set up.

"The wars in Iraq and Afghanistan have seen an evolution in new medical technologies now delivered onto the battlefield," CNFK surgeon, Navy Reserve Capt. Mike Radoiu said. "The move from larger and non-mobile facilities formerly called fleet hospitals, towards a more streamlined and flexible EMF has enabled our forces more latitude in combat medicine by allowing for movement of care to the wounded and staged to the fight."

Another advantage of the EMFs is they do not require dozens of acres of flat open land with certain pitch and drainage to be set up, which is useful because of Korea's uneven terrain. Therefore, today's effectiveness of battlefield care and the ability to airlift casualties quickly out of a theater of war have drastically improved since the Korean war.

The new mobile EMFs have further reduced the Navy and Marine Corps' reliance on large, permanent field hospitals. Consequently, the

logistic and engineering effort required to set up and maintain large field hospitals has also changed to a more nimble pre-packaged deployment strategy.

"An EMF is a lot easier to plan, coordinate, transport and set up," said Hospital Corpsman 2nd Class

Philip J. Ganaban, a preventive medicine technician training in Korea.

During exercise Trident Arch 2008, all fleet hospitals in the ROK were replaced with EMFs as part of a regularly scheduled maintenance and service life extension plan. EMFs prepositioned in the ROK now have a smaller, more flexible, capability to be mobile.

"The newer EMFs can take on a variety of sizes and scope of practice depending on the mission requirements. EMF sizes can vary from a very small 10 bed facility up to a 500 bed hospital," Radoiu said. "Size largely depends on the mission needs which can vary from a large facility focused on the treatment of large-scale trauma scenarios to a scaled down version of care, such as a humanitarian operation designed to care for refugees, displaced personnel and victims of civil unrest."

Setting up an EMF requires many joint work-force groups to come together. In preparation for an EMF site, environmental preventive medicine teams test air, water and soil for hazardous material and monitor for mosquitoes and other pests.

"Being a forward deployed preventive medicine unit member, none of this is new to me," Ganaban said. "However, what this exercise (Key Resolve 09) did was allow me, and I hope my team, to use skills we learned, in ways we medically trained for, in order to carry-out our duties during a real-world crisis should one ever arrive."

Despite fewer ground requirements, Seabees still need to prepare the site to guarantee a viable location. Supply and logistics personnel must move the medical equipment to the established location and then sustain this effort over a lengthy period of time. The Medical Task Group staff are still responsible for the proper coordination for most of these efforts.





Service members offload self-contained mobile hospitals from Military Sealift Command-contracted ship MV American Tern (T-AK 4729), in port at Yorktown Naval Station Cheatham Annex.

U.S. Navy photo by Lt. Penny Cockerell

"It takes a lot of man hours and very good coordination to make things happen," Ganaban said. "At first it seems overwhelming, but once everyone settles into their role and the paperwork is available, transition is very fluid."

Another aspect of the medical planning is the pre-existing ROK hospitals throughout the Korean Peninsula.

"In four contingency support exercises, I have visited two civilian hospitals, two ROK military medical facilities and hosted ROK Navy medical staff during visits to our facility. They were excellent learning opportunities and proved that despite some language barriers, we are all committed to the same goal; preserving life," Sweeny said.

Medical Task Group personnel must become familiar with contingency planning, medical logistics, medical intelligence and joint operations so that they can monitor, plan and direct the use of medical resources in support of combat and humanitarian operations. Situational awareness and the ability to adapt to a rapidly changing environment are essential in keeping U.S. and Allied forces able to sustain combat and stay

medically healthy during any possible support role. The officers and enlisted personnel of CNFK Medical Task Group stand ready to support the war fighters should it ever become necessary to defend the Republic of South Korea.



BOOTS

by Capt. Larry Jackson

on the GROUND

LOG ENTRY NINE

In the last week of March 2008, Prime Minister Nouri al Maliki launched a campaign against the Shiite militias who had a tight grip on the southern Iraqi town of Basrah. Known as "Charge of the Knights," the operation was the largest conducted by the Iraqi military since the invasion of Kuwait, and from my vantage point, it didn't seem to be going particularly well.



As the situation deteriorated in Basrah, things were also getting worse in Baghdad. Not only were we getting shelled regularly during the day, but militias began setting up check-points in the Red Zone intimidating the populace and forcing families to take shelter in their homes.

On Wednesday, I had a meeting with an Iraqi Air Force major general at the National Defense College to discuss an upcoming event. After every meeting, we leave his office and walk down the darkened and empty corridors to the canteen, where we have a soda and the Iranian version of a Twinkie, and talk about past wars, our families and so on. I knew things out in town must be rough because neither of my translators had made it to work—I had to borrow Ninos, who is a U.S.

citizen. So, after this meeting, I asked the general how things were for him and his family. He told me that the militias had shut down his neighborhood, but that he had lied to get through. "Normally, I would've stayed home," he said through Ninos, "but today I came in because we had our meeting." I don't think I've ever been so honored.

With this in mind, when I next saw one of our local translators, I asked about his commute. He calmly told me about his complicated route to work; how he takes two buses, a cab and then walks the rest of the way. "Are there any militia checkpoints now," I asked. "Oh, yes," Sammy said, "but when they ask me why I must go to work, if I work for government, I lie and tell them I must open my shop." Mulling over Sammy's matter-of-fact statement, I wondered if I would have made it to work had the circumstances been reversed.

Friday, the Muslim Sabbath, was quiet, but on Saturday the downward slide continued. Things in Basrah were bad. The Iraqi Army was performing poorly and the Iraqi Police were worse. We were receiving reports that insurgents would merely walk up to checkpoints and threaten the soldiers or policemen manning the post, who would then turn over their weapons and occasionally uniforms and vehicle keys before abandoning their posts.

British and Iraqi officers confirm target locations during Charge of the Knights in Basra.



U.S. Army Photo

That evening, Col. Dick McEvoy, who I'm relieving, and I went over to the Ministry of Defense (MOD) to meet with General Hussain and the Deputy Chief of Staff for Operations. It was dark as we drove onto the Ministry grounds, the first time I had been there at night. I noticed colored lights on the trunks of many of the palm trees, as well as a couple of those little fake palm trees made from green Christmas lights. It was actually kind of appealing, though not exactly what a westerner would expect on the grounds of a country's defense headquarters.

When we entered the MOD, the halls were largely empty. "Rome is burning," Dick said, "and yet..." his voice trailed off as he swept his hand left to right through the deserted corridors. Hussain arrived shortly after we did, greeted us heartily, and then settled into

soon be leaving for home where burning dumps are far less common.

Entering the Training building, we passed two more unmanned checkpoints. The halls were empty, too. We saw a Ranger-trained Iraqi officer who speaks excellent English and is good friends with Dick. "It's bad," said the captain, who had been in touch with friends fighting down in Basrah. "My friend hasn't eaten in 24 hours," he said, "and army and police personnel are laying down their weapons and walking away. Here it's no better. Keep a round in your chamber, my friend."

We headed back to FOB Phoenix, sobered by our encounter.

At 11 a.m., there was an emergency meeting of the Joint Headquarters staff at the MOD. Dick and I walked over from FOB Phoenix. The meeting was crowded and, to my eyes, chaotic. I was with the senior leaders of the Iraqi military, but no one really knew what was going on in Basrah because the Prime Minister and Minister of Defense were both there; consequently, no one was reporting to Baghdad. Senior officers argued with one another over different accounts, or chimed in with information they had heard.

In time, I would learn this is just how Iraqis communicate. It's not our style, but it seems to work for them.

That was probably the most important thing to take away, because the meeting was a microcosm of the entire Charge of the Knights campaign: it wasn't how we would do it, but the Iraqis were doing their best, grappling with the best way to execute orders from the Prime Minister and to support the fighting troops with supplies, intelligence, medical and so on. Ultimately, we could provide guidance and assistance, but the Iraqis would have to wage the sustained fight, and they would need to do it in a

U.S. Army Photo



An Iraqi soldier with the 1st Iraqi Army examines one of more than 160 mortars found during Operation Charge of the Knights in Basra.

the meeting to discuss how best to support the troops in Basrah. With no translators, we didn't learn much, but were able to assist with a couple of issues anyway. We left an hour later, checked the car for IED's, and drove home.

On Sunday, we again had no translators, but General Hussain had a big staff meeting at 9 a.m., so Dick, Cmdr. Chris Peterson and I drove over to Forward Operating Base (FOB) Honor. As we passed through the gates, I said to Dick, "Look...no guards." It made me uneasy, but we continued, stopping by the burning dump to take a picture for Dick, who would

-CONTINUED NEXT MONTH-

ACRONYMS

You Should Know These

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

VTU - Volunteer Training Unit



Naval special warfare members test the capabilities of a new night vision target system.

U.S. Navy photo by Mass Communication Specialist 2nd Class Eric S. Logsdon

RC Phone Directory

Chief of Navy Reserve (703) 693-5757	Richmond, Va. (866) 527-6598	San Antonio, Texas (210) 225-2997	Rock Island, Ill. (309) 782-6084	Region Northwest RCC (425) 304-3338	VAW-77 (678) 642-9027	Fleet Activities Chinhae, Korea 011-82-55-540-2852
Office of the Chief of Navy Reserve (703) 693-5757	Roanoke, Va. (866) 527-6595	Shreveport, La. (318) 746-9657	Saginaw, Mich. (989) 754-3091	Kitsap, Wash. (360) 627-2203	VFA-204 (504) 678-3491	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1000 x144
Commander Navy Reserve Forces Command (757) 445-8800	Rochester, N.Y. (585) 247-6858	Tallahassee, Fla. (850) 576-6194	Sioux Falls, S.D. (605) 336-2402	Billings, Mont. (406) 248-2090	VFC-12 (757) 433-4919	Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1134
Force Equal Opportunity Advisor and EO Hotline Chief Dionn Henderson 1-877-822-7629 (757)322-5679	Schenectady, N.Y. (518) 399-2134	Tampa, Fla. (813) 828-1971	Springfield, Mo. (417) 869-7221	Boise, Idaho (208) 422-6236	VFC-13 (775) 426-3644	Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808)473-4627
Naval Air Facility, Washington DC (240) 857-4880	Syracuse, N.Y. (315) 455-2441	Waco, Texas (254) 776-1841	St. Louis, Mo. (314) 263-6490	Cheyenne, Wyo. (307) 773-6500	VFC-111 (305) 293-2654	Fleet and Industrial Supply Center San Diego, Calif. (619) 532-3439
Naval District Washington RCC (240) 857-4880	White River Junction, Vt. (802) 295-0050	West Palm Beach, Fla. (561) 687-3960	Toledo (Perryburg), Ohio (419) 666-3444	Eugene, Ore. (541) 342-1887	HSC-85 (619) 545-7218	Fleet Air Mediterranean 011-39-081-568-4184
Baltimore, Md. (410) 752-4561	Willow Grove, Pa. (215) 443-6331	Region Mid West RCC 1-847-688-4916	Tulsa (Broken Arrow), Okla. (918) 258-7822	Everett, Wash. (425) 304-4777	HCS-84 (757) 445-0861	Fleet Forces Command (757) 836-3644
Region Mid Atlantic RCC (757) 444-7295	Wilmington, Del. (302) 998-3328	Akron, Ohio (330) 376-9054	Wichita, Kan. (316) 683-3491	Fort Richardson, Alaska (907) 384-6491	HSL-60 (904) 270-6906	Fleet Intelligence Training Center Pacific (619) 524-5814
Amityville, N.Y. (631) 433-2532	Wilmington, N.C. (910) 762-9676	Battle Creek, Mich. (269) 968-9216	Youngstown, Ohio (330) 609-1900	Helena, Mont. (406) 449-5725	VP-30 SAU (904) 542-3060	Headquarters US Marine Corps DSN: 278-9360
Avoca, Pa. (570) 457-8430	Worcester, Mass. (508) 853-5522	Chattanooga, Tenn. (423) 698-8955	Region Southwest RCC (619) 532-1842	Portland, Ore. (503) 285-4566	VAQ-129 SAU (360) 257-2276	Joint Chiefs of Staff (703) 697-9121
Bangor, Maine (207) 974-1301	Region Southeast RCC (904) 542-2486 x123	Chicago, Ill. (847) 688-3760	Alameda, Calif. (510) 814-2605	Spokane, Wash. (509) 327-3346	VAW-120 SAU (757) 444-5072	Joint Transformation Command for Intelligence (757) 836-7000 Judge Advocate General (202) 685-5190
Brunswick, Maine (207) 522-1064	Amarillo, Texas 1-866-804-1627	Cincinnati, Ohio (513) 221-0138	Albuquerque, N.M. (505) 292-4141	Whidbey Island, Wash. (360) 257-2922	VFA-125 SAU (559) 998-1841	Logistics Group Western Pacific 011-65-6750-2645
Bronx, N.Y. (718) 892-0312	Atlanta, Ga. (678) 655-5925	Columbus, Ohio (614) 492-2888	Denver, Colo. (720) 847-6205	VP-62 (904) 542-2211	HSC-3 (619) 545-8196	Marine Forces Reserve (504) 678-1290
Buffalo, N.Y. (716) 807-4769	Augusta, Ga. (706) 733-2249	Decatur, Ill. (217) 875-1733	Fort Carson, Colo. (719) 526-2964	VP-69 (360) 257-6969	HS-10 (619) 545-6600	Merchant Marine Reserve Program (504) 678-0590
Charlotte, N.C. (704) 598-0447	Austin, Texas (512) 458-4154	Des Moines, Iowa (515) 285-5581	Guam (671) 339-6724	VR-1 (240) 857-3722	VFA-106 (757) 433-9081	Military Sealift Fleet Reserve Support Command (202) 685-5155
Earle, N.J. (732) 580-8545	Bessemer, Ala. (205) 497-2600	Detroit, Mich. (586) 239-6148	Pearl Harbor, Hawaii (808) 471-0091	Fleet Logistics Support Wing (817) 825-6438	VFA-122 (559) 998-3482	Mine and Anti-submarine Warfare Command Corpus Christi (361) 961-4858
Ebensburg, Pa. (814) 472-5083	Charleston, S.C. (843) 743-2620	Fargo, N.D. (701) 232-3689	Las Vegas, Nev. (702)632-1455	VR-46 (678) 655-6333	Operational Support Offices and Reserve Force Operations	Naval Air Force US Atlantic Fleet (757) 444-2928
Eleanor, W. Va. (304) 586-0326	Columbia, S.C. (803) 751-9251	Grand Rapids, Mich. (616) 363-6889	Lemoore, Calif. (559) 998-3778	VR-48 (240) 857-6814	Allied Command Transformation (NATO) (757) 747-4071	Naval Air Forces/ Naval Air Force US Pacific Fleet (619) 545-2017
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	Amphibious Group One 011-81-611-742-2377	Naval Construction Forces Command (757) 462-3943
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	Expeditionary Strike Group Two (757) 462-7403 x 110	Naval District Washington Headquarters (202) 433-0960.
Greensboro, N.C. (336) 254-8671	El Paso, Texas (915) 565-3993	Kansas City, Mo. (816) 923-2341	North Island, Calif. (619) 545-2610	VR-53 (240) 857-9029	Expeditionary Strike Group Three (619) 556-1470	Naval Education and Training Command (850) 452-4000
Harrisburg, Pa. (888) 879-6649	Fort Worth, Texas (817) 782-1805	Knoxville, Tenn. (865) 545-4720	Phoenix, Ariz. (602) 353-3002	VR-54 (504) 678-3700	Bureau of Medicine and Surgery (202) 762-3211	Naval Facilities Engineering Command (202) 685-9008
Lehigh Valley, Pa. (610) 264-8823	Greenville, S.C. (864) 423-5889	Lansing, Mich. (517) 482-9150	Point Mugu, Calif. (805) 989-7559	VR-55 (805) 989-8755	Center for Naval Aviation Technical Training (850) 452-9700	Naval Health Care Newport, RI (401) 841-3771
Manchester, N.H. (603) 537-8023	Gulfport, Miss. (866) 502-1271	Little Rock, Ark. (501) 771-0880	Port Hueneme, Calif. (805) 982-6106	VR-56 (757) 433-4065	Naval Personal Development Command (757) 444-2996	Naval Hospital Bremerton, Wash. (360) 475-4000
New London, Conn. (860) 625-3208	Harlingen, Texas (956) 425-0404	Louisville, Ky. (502) 375-3329	Reno, Nev. (775) 971-6289	VR-57 (619) 545-6920	Comptroller of Navy (202) 685-7000	Naval Hospital
Newport, R.I. (401) 841-4550	Houston, Texas (713) 795-5202	Madison, Wis. (608) 249-0129	Sacramento, Calif. (916) 387-7100	VR-58 (904) 542-4051	Defense Intelligence Agency (202) 231-4044	
Norfolk, Va. 757-318-4500	Jacksonville, Fla. (904) 542-3320	Memphis, Tenn. (901) 874-5256	Salt Lake City, Utah (801) 736-4200	VR-59 (817) 782-5411	Defense Logistics Agency (877) 352-2255	
Plainville, Conn. (860) 747-4563	Meridian, Miss. (601) 679-3610	Milwaukee, Wis. (414) 744-9764	San Diego, Calif. (858) 537-8040	VR-61 (360) 257-6595	Destroyer Squadron Two (757) 444-1452	
Pittsburgh, Pa. (412) 673-0801	Miami, Fla. (305) 628-5150	Minneapolis, Minn. (612) 713-4605	San Jose, Calif. (408) 294-3070	VR-62 (207) 921-1462	Employer Support of the Guard and Reserve (ESGR) (800) 336-4590	
Quincy, Mass. (617) 753-4600	New Orleans, La. (504) 697-2605	Nashville, Tenn. (615) 228-6893	Tucson, Ariz. (520) 228-6282	VR-64 (215) 443-6400	First Naval Construction Division (757) 462-8225 x 222	
Raleigh, N.C. (866) 635-8393	Orlando, Fla. (407) 240-5939 x 2117	Oklahoma City, Okla. (405) 733-1052		Tactical Support Wing (678) 575-6830		
	Pensacola, Fla. (850) 452-1341	Omaha, Neb. (402) 451-2098		VAQ-209 (240) 857-7828		
	Puerto Rico (787) 707-2324	Peoria, Ill. (309) 678-5755				

If any information in this Navy Reserve RC Phone Directory is in error, please
E-mail the editor at james.vorndran@navy.mil with the correction.

Camp Lejeune, N.C. (910) 450-3079	Naval Supply Systems Command (717) 605-3565	Navary Region Northwest (360) 315-5123	US Pacific Fleet (808) 474-8415	Command (757) 462-7400	Naval Coastal Warfare Group	(361) 961-2409
Naval Hospital Camp Pendleton, Calif. (760) 725-1288	Naval Support Activity, Bahrain 011-973-39-14-6793	Navy Region Southwest (619) 532-2925	US Second Fleet (757)443-9850	Explosive Ordnance Disposal Group One (619) 437-3700	Maritime Expeditionary Security Group One (619) 437-9475	CNRF CNATRA/FRS PM (504) 678-1072
Naval Hospital Charleston, S.C. (843) 743-7000	Navy Total Force (703) 695-9385	Navy Support Activity, Washington, D.C. (202) 433-3963	US Seventh Fleet 011-81-6160-43-7440 x4090	Explosive Ordnance Disposal Group Two (757) 462-8453	Maritime Expeditionary Security Group Two (757) 396-0513	
Naval Health Clinic Great Lakes, Ill. (847) 688-4560	Naval Surface Force US Atlantic Fleet (757) 836-3057	Office of Naval Intelligence (301) 669-5557	US Sixth Fleet 011-39-081-568-1267	First Naval Construction Division (757) 462-3658	Chief of Naval Air Training	
Naval Hospital Jacksonville, Fla. (904) 542-7300	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2950	Office of Naval Research (703) 696-5031	US Southern Command (305) 437-1109	----- CAOSO		
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 Strategic Command (402) 294-8141			
Naval Hospital Naples Italy 011-39-081-811-6000/1	Navy Criminal Investigation Service Espionage Hotline (800) 543-6289	Sealift Logistics Command Atlantic (757) 443-5758	US Third Fleet (619) 524-9537			
Naval Hospital Oak Harbor, Wash. (360) 257-9500	Naval War College (401)-841-3089	Sealift Logistics Command Europe 011-39-081-568-3568	US Transportation Command (618) 229-4278			
Naval Hospital Pensacola, Fla. (850) 505-6601	Navy Emergency Preparedness Liaison Officer Program (504) 678-4264	Sealift Logistics Command Pacific (619) 524-9600	----- Navy Intelligence Reserve Command			
Naval Hospital Yokosuka, Japan 011-81-46-816-5137	Navy Expeditionary Combat Command (757) 462-4316	Space And Naval Warfare Systems Command (619) 524-7323	Intelligence Reserve Command Headquarters Fort Worth, Texas (817) 782-7107			
Naval Inspector General Hotline (800) 522-3451	Navy Expeditionary Logistics Support Group (757) 887-7639	Commander Submarine Force US Atlantic Fleet (757) 836-1341	Regional Intelligence Area Northwest Silverdale, Wash. (360) 315-6001			
Naval Medical Center Portsmouth, Va. (757) 953-5000	Navy Information Operations Command(NIOC) Maryland (301) 677-0817	Commander Submarine Force US Pacific Fleet (808) 473-2517	Reserve Intelligence Area Southeast New Orleans, La. (504) 678-3411			
Naval Medical Center San Diego, Calif. (619) 532-6400	Navy Net-Centric Warfare Group (240) 373-3125	Submarine Group Nine (360) 396-6530	Reserve Intelligence Area Southeast Fort Worth, Texas (817) 782-5464			
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	Reserve Intelligence Area Southwest Aurora, Colo. (720) 847-6240			
Naval Meteorology and Oceanography Command (228) 688-4384	NIOC Norfolk, Va. (757) 417-7112	Submarine Group Two (860) 694-3696	Reserve Intelligence Area Southwest Jacksonville, Fla. (877) 882-7396			
Naval Network Warfare Command (540) 653-5001	NIOC Pensacola, Fla. (850) 452-0400	Submarine Squadron Eleven (619) 553-7033	Reserve Intelligence Area Southwest San Diego, Calif. (800) 873-4139			
Naval Network Warfare Command (757) 417-6750	NIOC San Diego, Calif. (619) 545-9920	US Central Command (757) 836-4180	Reserve Intelligence Area Midwest Great Lakes, Ill. (847) 688-6273			
Naval Operational Logistics Support Center (717) 605-5790	Navy Installations Command (202) 433-3200	US European Command 011-49-711-680-4002	Reserve Intelligence Area Midwest Minneapolis, Minn. (800) 353-4011			
Chief of Naval Operations (703) 697-5664	Navy Munitions Command (757) 887-4541	US Fifth Fleet 011-973-724-383	Reserve Intelligence Area Fourteen Marietta, Ga. (678) 655-6380			
Naval Operations Office of the Chief of Chaplains (504) 678-1394	Navy Office of Information (504) 678-6055	US Fleet Forces Command (757)-836-4180	Reserve Intelligence Area Mid-Atlantic Norfolk, Va. (757) 444-1352			
Naval Operations Office of Naval Intelligence (504) 678-1394	Navy Personnel Command 1-877-807-8199	US Joint Forces Command (757) 836-6555	Reserve Intelligence Area Sixteen Willow Grove, Pa. (215) 443-6651			
Naval Sea Systems Command (202) 781-1748	Navy Region Europe 011-39-081-568-4636	US Naval Forces Alaska (907) 463-2248	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610			
Naval Training Support Center Great Lakes, Ill. (847) 688-3536	Navy Region Guam (671) 355-1110	US Naval Forces Central Command 011-973-724-383	Reserve Intelligence Area Washington (240) 857-2030			
Naval Special Warfare Command (619) 437-2848	Navy Region Southeast (904) 542-2324	US Naval Forces Europe 011-44-207-514-4605	----- Naval Expeditionary Combat			
Naval Special Warfare Operational Support Group (619) 522-3232	Navy Region Hawaii (808) 473-4505	US Naval Forces Japan 011-81-46-816-3155				
Naval Station Rota Spain 011-34-956-82-3232	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 Forces Special Command (619) 522-2825				
	Navy Region Hawaii (808) 473-1168	US Northern Command (719) 554-5872				
	Navy Region Midwest (847) 688-2884	US Pacific Command				

Photo Submissions:

Due 5th of the month.

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

Story Submissions:

Due 5th of the month.

Monthly columns: at least 500 words.
More is okay, we'll edit it.

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

Questions and Suggestions:

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



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