

September  
2009  
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No. 8

# TNR

Ready Now.  
Anytime,  
Anywhere.





# NAVY RESERVE

*Ready Now. Anytime, Anywhere.*

Hello Readers,

It's that time of the year again. The time some Sailors run the treadmill a bit harder, work the weights a little more and are a bit more careful about what they eat.

## A Letter from the EDITOR



That's right — it's the time of year for the bi-annual Physical Fitness Assessment (PFA). So it's time to put down that doughnut and start doing some abdominal crunches!

Of course, realistically you'd want to start preparing for your PRT much sooner than September. But hey — it's never too late to jump onto the fitness-train! For example, just look at the story of MAI Sonny Tannenbaum on page 10 of this issue. He was almost 40-years-old when he decided to stop living a sedentary lifestyle and start living a life of fitness. His story may surprise you and certainly might inspire you as well.

This month's "Culture of Fitness" is another example of the importance of a fit and healthy lifestyle. Check it out to learn some pretty sobering facts about the health of Americans.

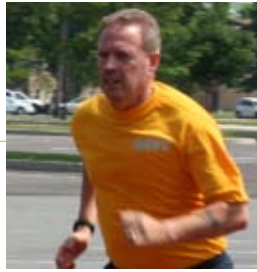
Of course, nothing encourages fitness like the spirit of competition. And the spirit of competition is alive and well with the Reservists on the Navy rifle team, as you'll see on page 26.

It's important to remember our Navy Reserve Force is tasked with being "Ready Now. Anytime, Anywhere." Part of that readiness means being physically ready.

Are you up to the challenge?

Jim Vorndran  
Editor-in-Chief

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75 Master Chiefs meet and discuss major topics that affect Sailors and their families.

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Talisman Saber is a biennial combined training activity designed to train Australian and U.S. forces in Combined Task Force operations.

## 24 Field Dentistry



Competing as part of the U.S. Navy Marksmanship Team (USNMT) is an exercise in concentration, skill and personal dedication.

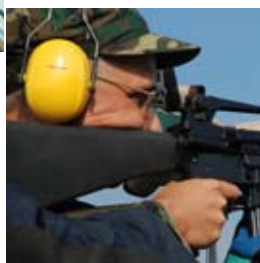
Re-joining the military at 43, Sonny Tannenbaum proves it's never too late to start living a life of fitness



When Lt. Cmdr. Kobena Arthur arrived in Iraq for the first time, he pledged to make an impact in the far reaches of western Al Anbar.



Sailors from the 4th Dental Battalion, 4th Marine Logistics Group conducted their two-week annual training in support of Javelin Thrust 2009.



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**Our Cover:** Cmdr. John Edgerly fires from the 200 yard line during a rifle competition. Photo by Mass Communication Specialist 2nd Class (SW/AW) Elizabeth Merriam



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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](http://www.mediacen.navy.mil/vi/virin.htm). Submissions should be received eight weeks prior to publication month (i.e. October 1st for the December issue). Material will not be returned.

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

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



Vice Adm. Dirk J. Debbink  
Chief, Navy Reserve

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## September 2009

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## Sailors Matter

# Senior Enlisted Academy

Written by  
Navy Counselor Master Chief Robert Neuman  
Course Director, Naval War College

**“Blessed is the leader who seeks the best for those he serves.”**

**Author unknown.**

**T**he Senior Enlisted Academy (SEA) non-resident course is dedicated to educating present and future leaders of the Navy.

The curriculum facilitated at the SEA enhances the leadership qualities of those who grace the rooms of Tomich Hall.

There is no doubt the people who come here have proven themselves in the field and the fleet. It is the intent of the SEA to enhance those qualities, so senior enlisted leaders continue to grow.

The job of senior enlisted is to mentor those around them and encourage people to take advantage of opportunities. The SEA non-resident course is an extremely challenging opportunity. It amazes me; even with today's focus on education, we have senior enlisted Sailors who opt not to attend the SEA and Master Chiefs who do not make it a priority for their eligible Chiefs.

This leads me to my next point; making a difference. There are many ways for leaders to make a difference in our commands and in our people's lives. The best way for Command Master Chiefs and Senior Enlisted Leaders to do this is to stay educated on all that is available for our Sailors. Where we are needed most is helping the people who are missing opportunities, not advancing, not getting qualified or not contributing 100 percent to the mission.

Lastly, I would like to talk about return on investment. The return for educating Chief Petty Officers comes in many forms. The confidence of an educated and trained Chief Petty Officer in everyday situations is apparent

compared to someone who has been thrown into a position. The problem solving ability, decision-making ability as well as the knowledge of programs and policies of senior enlisted leaders is vital to mission success. The educated and trained senior enlisted leader is a resource for a commanding officer to rely on for sound decision making and pointed advice.

The Navy SEA non-resident course provides our best and brightest an opportunity to grow into a more effective leader.

Billets to the SEA are available throughout the year. To enroll in the SEA non-resident course, candidates must submit a NAVPERS 1306/7 and section "A" of the Special Program Screening form. Applications should be forwarded to the first Force or Fleet Master Chief in the candidate's chain of command.

Class dates are:

Sept. 28; Nov. 30; Jan. 25, 2010; Mar 1; Apr 19; Jun. 7; Aug. 9; and Sept. 20.

Note to Chiefs: Ten percent of SEA billets are reserved for Chiefs who have an early promote on their most recent Fitness Report and are Senior Chief eligible.





## Back to Back Travel

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

**A** little more than a year ago our office ran a few monthly columns explaining the ins and outs of traveling as a Reservist. We thought we would bring back this column because traveling in the Navy Reserve is an important part of accomplishing your mission. We are committed to providing you with immediate and flexible customer service so you can report for duty.

We understand the nature of Navy business takes you away from home at least once a year, but many times more than once. If, during travel, you have an emergency as a result of an immediate family member's death or illness, Force Travel will do everything we can to get you home within 24 hours.

Another example of emergency travel is if your tickets have not been purchased by the time you travel. You should receive an itinerary between three to 10 days prior to travel but that does not guarantee tickets have been purchased. The best way to ensure you don't run into problems with a flight is to verify your reservation with the airline two days prior to travel. If you need to conduct emergency travel due to a family situation or a problem arising at the airport, contact Force Travel.

Any other travel issues, not within a 24 hour window of scheduled travel, should be handled through your unit and Navy Operational Support Center chain of command.

Fulfilling the Navy mission for many selected Reservists requires traveling throughout the year. In some cases, that may mean back-to-back orders. An example would be doing an Active Duty Training immediately following an annual training (at the same location). When applying for back-to-back orders, all travel arrangements should be requested on the first set of orders. When applying for the two sets of orders through NROWS, you should complete the application process on the second set of orders first. This may seem strange, but you need

the tracking number from the second leg so you can submit your travel arrangements on the first set of orders.

Once you have the tracking number (from the second set of orders) you would enter a comment in the comment block of section seven, of the first leg application, stating "Member is on back-to-back orders." Then enter the order tracking number and dates of your second set of orders. Submit all travel arrangements on the first set of orders.

If a rental car is authorized, the request should be entered on both sets of orders.

We at Force Travel are committed to getting you to the right place at the right time. We intend to continue providing you with the information you need in future issues of TNR.

**Any other travel issues, not within a 24 hour window of scheduled travel, should be handled through your unit and Navy Operational Support Center chain of command.**



Written by Ms. Carol Tracy

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

**A**ssociation with the military can have its fair share of transition. You know all the scenarios that would apply here. When children are involved in these ongoing changes in routine, you need to focus on finding balance.

Surely you've heard it before, but I'll say it again as a reminder; kids need routine.

Routines can also come in the form of rituals. This is when you can take a more lighthearted attitude and create some endearing moments and memories with your family while playing the role of the single parent when a spouse is deployed.

**In the midst of dealing with a parent deploying, try to plan something positive to offset life's difficult moments.**

It is important to find rituals you can do as a complete family, and then add a few that are unique to when it is only you. For example, we didn't usually have hot dogs for meals. The kids thought it a real treat to have hot dogs with mac and cheese so when my husband would go out on deployment we would plan a 'mac-dog' night. It gave them something fun to look forward to.

In the midst of dealing with a parent deploying, try to plan something positive to offset life's difficult moments. Include the kids in planning activities. Bearing the "bite your tongue" philosophy on parenting, ask them what things they consider fun to do as a family. For the most part, your kids can come up with simple ideas that do not have to cost a lot of money. Here are some ideas my family has used:

**Movie night:** This will cost you either a DVD rental or cost nothing if you watch a favorite TV show. Get whatever the kids consider a treat and pick a night that works for all.

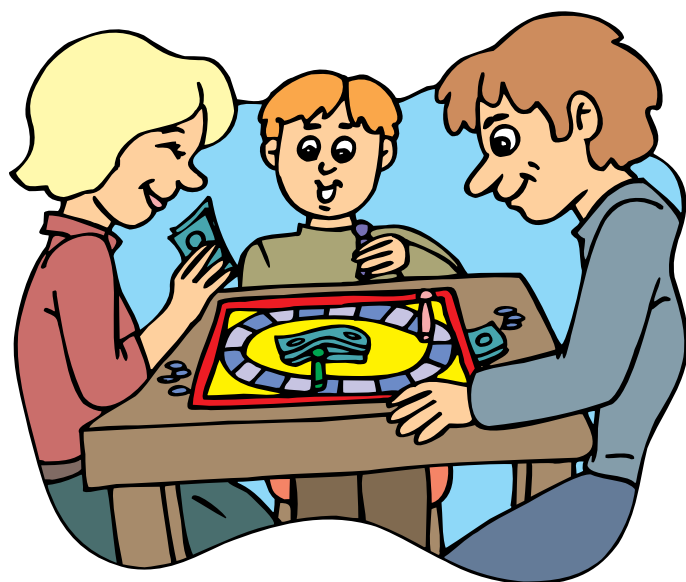
**Reading out loud:** I have fond memories of our family gathering in the living room while my dad read a chapter or two of a book. We would then guess together on what was going to happen next as we had to wait for the next chapter to be read. Find out what your kids are interested in. You can search the topic of interest online and find

all kinds of books that would be complementary. If purchasing books is not in your budget at the time, check them out at your local library.

**Game night:** No matter what the age, you can find a game that will keep all parties together for an enjoyable time. Focus should be on having fun, not winning.

Because we had a young son at four-years-old, we chose to play Crazy Eights. Not only did he like playing, but he learned about matching numbers, colors and suits.

Routines, rituals and traditions are what bond us together and form favorable memories of growing together. Give this a priority in your family and you will never regret having done so.





# Diversity – It's Good for Business, and Necessary for the Navy

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

It might seem like there is an increased amount of conversation about diversity in the workplace these days. You might even be wondering why there is so much interest in diversity.

Diversity has been given a number of definitions, but to the Navy, it's this: Diversity is all the different characteristics and attributes of individual Sailors and civilians that enhance the mission readiness of the Navy.

What does this mean?

Uninformed individuals might believe that diversity really means equal opportunity, affirmative action, or having more minorities in the workplace. Others understand that diversity of ideas, skills, backgrounds and education is imperative if we are to remain a relevant and superior naval force.

If we were all bread-bakers, there would be no maintenance people to keep bread machines working. If we were all jet pilots, who would drive the ships? Without introverts, when would we find peace and calm? If we had no innovators, how would we have the cutting-edge technology we use every day? And who could imagine a Navy with all officers and no enlisted, all Sailors but no civilians, or all old salts and no young bloods?

It would not make sense, no more so than any other lack of diversity.

On the demographic front the nation is changing, and so must our Navy if we want to stay afloat. Some 50 percent of all children under the age of five-years-old are racial or ethnic minorities. One in three Americans is a member of a minority group, and this will increase to greater than 50 percent by 2042. Additionally, nearly half of the American workforce is women – a percentage that has been steadily increasing throughout the last 20 years. These trends are expected to continue.

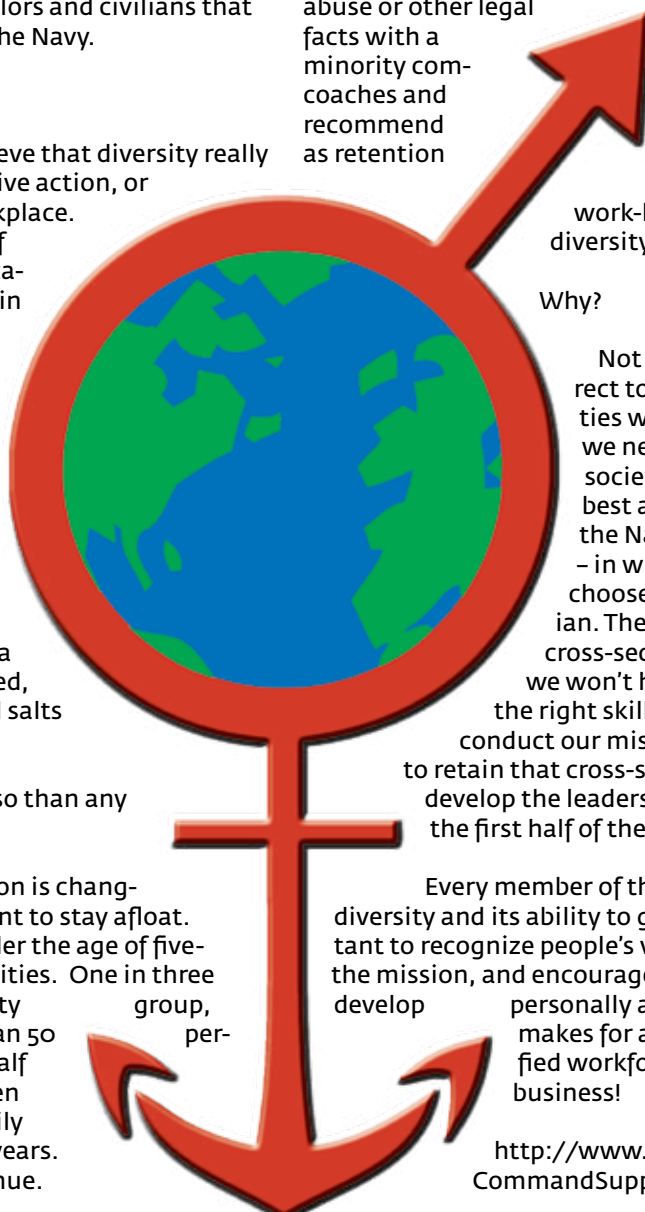
Women make up more than 15 percent of the active-duty force and number more than 146,000 across the Navy Total Force (active, Reserve, civilian) – and the doors are wide open for more. At the same time, the overall recruitable market is shrinking. Approximately three-quarters of today's youth are ineligible for military service due to obesity or other medical concerns, alcohol or drug abuse or other legal issues. Combine these reduced propensity in minorities for parents, other influencers to military service, as well problems among women and millennials relating to work-life balance, and we have a diversity problem.

Why?

Not because it's politically correct to see more women or minorities within our ranks; but because we need to pull from across our society to ensure we get the best and the brightest to join the Navy for a lifetime of service – in whatever component(s) they choose: active, Reserve or civilian. The problem is, without a good cross-section of America in the Navy, we won't have enough personnel with the right skills, education and abilities to conduct our missions. Also, if we are unable to retain that cross-section, we won't be able to develop the leaders necessary to see us through the first half of the century and beyond.

Every member of the Navy contributes to its diversity and its ability to get the job done. It is important to recognize people's value and contribution to the mission, and encourage all to seek opportunities to develop personally and professionally. This makes for a stronger and more satisfied workforce. That's just plain good business!

<http://www.npc.navy.mil/CommandSupport/Diversity>





# LEADERSHIP

## The Importance of Recognition Programs

Written by

Cmdr. Stephen P. Ferris

Center for Personal and Professional Development

An important aspect of leadership emphasized in the coursework offered by the Center for Personal and Professional Development is ensuring a unit's strongest performers are recognized for their efforts. Recognition helps to maintain the motivation and energy of proven Sailors while encouraging others to improve their own performance.

The Navy's recognition program is well developed and provides a number of awards that can be given to Sailors. These awards are designed to recognize heroism, exceptionally meritorious service, outstanding achievement, or other acts which are above and beyond what is normally expected. Awards help distinguish Sailors from their peers. Consequently, an awards program can be a highly effective way to improve unit performance while developing the next generation of leaders for the Navy.

The most common awards available to a command to recognize its Sailors for superior performance are the following:

### Bluejacket of the Quarter (Year)

This award recognizes the command's outstanding third class petty officer during a quarter or throughout the entire year.

### Sailor of the Quarter (Year)

This award recognizes the top second and first class petty officers in a command. Some commands separate this into junior (E5) and senior (E6) awards to provide more opportunities for recognition.

### Letter of Appreciation

This letter is an award that recognizes exemplary service rendered above and beyond the call of duty, but does not merit a medal.

### Letter of Commendation

This letter is for service of a greater magnitude than recognized in a letter of appreciation, but still not deserving of a medal.

### The Navy and Marine Corps Achievement Medal

This award can be awarded for either professional or leadership achievement. When presented for professional achievement, the act or service must clearly exceed what is normally required or expected in the position. When a Navy and Marine Corps Achievement Medal is awarded for leadership achievement the service must be of sufficient duration and reflect the individual's effort towards mission accomplishment.

Beyond the immediate recognition and inclusion on evaluations, some of these awards provide points towards advancement. The Navy Enlisted Advancement System grants promotion points for awards and medals. These points count toward a Sailor's final multiple score.

A maximum of two points for letters of commendation signed by a flag officer or Senior Executive Service officer is credited to the awards factor for E-4, E-5 and E-6 candidates. Each letter, however, is worth only one point. A Navy and Marine Corps Achievement Medal is worth two points.

Leaders at all levels must strive to ensure the Sailors under their supervision are recognized for their efforts. Such recognition can help individuals advance, directly contribute to the retention of valuable Sailors and result in a higher level of mission accomplishment. The Navy has an abundant set of awards that can be used to accomplish this. It is the responsibility of leadership to make the best of these recognition opportunities.







# THE CHALLENGE OF MOBILIZATION AND DEPLOYMENT



Written by  
Capt. Robert L. Young  
Regimental Chaplain  
1st Naval Construction Regiment

**O**verseas contingency operations have created a new set of challenges for today's Navy Chaplain.

As the regimental chaplain of the 1st Naval Construction Regiment (1NCR), these challenges manifested themselves when the regiment began mobilizing at Port Hueneme, Calif.

Along with the other issues involved in mobilizing Reservists for war, our Religious Ministry Team (RMT) had additional

challenges: Prepare our Seabees for the moral, spiritual, and emotional stress of war. Develop positive working relationships with subordinate battalions' RMTs. Impress upon Sailors and their families the high value the Navy places on them in accomplishing its mission.

Fortunately, the regimental RMT has major assets. Excellent information is available on minimizing combat stress, combat decision-making, the nature of war and the special challenges of handling human remains. The essential points are easy to summarize in briefs and brochures for those who can not attend the classes.

A key component of developing good working relationships with the battalion chaplains is to provide them with usable tools they can adapt to their own units and effective mentoring.

During some of the sessions, the regimental Religious Programs Chief (RPC) meets with Religious Program

Specialists to provide mentoring. It is a gratifying experience. The relationships we established there

facilitated smooth coordination in Iraq and Afghanistan. The battalion RMTs already knew their regimental chaplain and RPC were committed to providing them the support they needed to be successful.

Our major opportunity to reach out to our Seabee families was the regimental Family Day shortly before

deployment. We were determined that the Family Day must be exceptional and communicate the importance of the families to our command. We arranged with United Through Reading to have camera equipment available for the Seabees to be recorded reading a story to their children.

Port Hueneme is located about an hour and a half from Hollywood and we took advantage of our location. We were able to arrange a visit from celebrity guest, Miss Karri Turner, who played LT Sims on the TV series JAG. Sims signed autographs and posed for photographs with 1NCR Sailors and their families. As we had hoped, her presence helped our Seabees and their families be recognized and feel appreciated.

This preparation proved to be more important than I had anticipated as the 1NCR made history in an unprecedented re-deployment from one theater of war (Iraq) to another (Afghanistan).



Seabees from Naval Mobile Construction Battalion (NMCB) 17 load a patient into a UH-60 Blackhawk medical evacuation helicopter during a mass casualty drill. Mass Communication Specialist 2nd Class Kenneth W. Robinson

## The Power of Focus

Written by  
Maj. Elaine Gullotta  
Public Affairs Officer  
National Committee for Employer  
Support of the Guard and Reserve

**M**isperceptions can lead to horrendous outcomes. The perception you have about something may seem very real to you, whether what you are perceiving is true or not. For example: have you ever been in a situation where someone was looking at you and talking so you thought they were talking about you? It wasn't until later you realized they weren't talking about you at all. In that situation, did you focus on the scenario – picturing it over and over like a movie in your head? Maybe you were asking yourself, “why are they talking about me?” as you felt your anger rising. Even though the event didn't happen, the experience – and the anger – were very real.

The reason this happens is because our minds function much like a missile seeking out a target. You give your mind a goal and it automatically seeks out that goal no matter what. If the goal is to figure out why someone is doing something hurtful to you, your mind will seek out answers to that question. Then when the answers to that question pop into your mind, you become convinced they are accurate.

We control what we concentrate on or where we focus. That can be done in any number of ways. For example, if you become irritated, change your focus

by finding someone else to talk to about something unrelated. You could also go work out or just decide in any situation you will assume the best rather than assuming the worst.

The best way to change your focus is to change the questions you are asking yourself about the situation. Thinking, after all, is nothing more than a series of asking and answering questions.

Let's re-examine the initial scenario. If you ask yourself why someone is trying to hurt you, your brain will provide lots of plausible answers. But if you ask a better question such as, “what else could this mean?” your brain will provide a very different answer. The bottom line is, ask better questions and you'll get better answers.

Lastly, if you ever find yourself frequently angry, sad or overwhelmed, look at the pattern of questions. We tend to ask the same questions over and over, which generate the same answers and feelings. Instead of asking yourself “why does this always happen to me?” try asking something more empowering such as “what's good about this situation?” and see how much happier you will be. Make this a habit for the next 30 days and you will be amazed at how much more empowered you feel.





## All Eyes on You!

Written by  
Personnel Specialist Chief (AW) Chad Helms

**T**hrough the years, the Navy has seen many changes in our mission requirements, filling billets many of us never thought we would support. Boots on the ground did not seem a reality for the Navy. Our Full Time Support and Selected Reserve Sailors are participating in missions that support global and joint efforts worldwide. In doing so, it is our duty to be at peak physical readiness at all times. Do you remember hearing about the Sailor who was part of the three-mile club, doing only the minimum to get by each physical readiness test cycle? That mentality will not work in these times.

All eyes on you! This is a statement I want to bring home. From the most junior seaman to the most senior officer, shipmates are watching. They are



Chief petty officer selectees run in formation during an early morning fitness session at Fleet Activities Yokosuka, Japan. Chief petty officer induction prepares chief selectees to preserve the credibility of the chief petty officer community and prepares them for leadership. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Michael R. Mulcare

motivated by your efforts. We represent a diversity of culture like no other organization in the world. We pride ourselves on the creativity and ideas our people have to offer. You may ask where you fit into this equation. That's easy! Show up loud and proud at physical training. We all have something to offer. Whether you are a Chief Petty Officer who enjoys the camaraderie or a seaman apprentice who wants to be part of something bigger, everyone matters.

All eyes on you! The Navy's culture of fitness requires a consistent commitment by each Sailor to maintain a healthy lifestyle. This lifestyle directly affects many aspects of our lives. The National Center for Health has been tracking America's obesity problem for more than four decades. The following statistics support the growing concern regarding the obesity problem in America: Between 1962 and 2000, the number of obese Americans grew from 13 percent to an alarming 31 percent. Sixty-three percent of Americans are overweight with a Body Mass Index (BMI) in excess of 25.0.

Childhood obesity in the United States has more than tripled in the past two decades.

According to the U.S. Surgeon General Report, obesity is responsible for 300,000 deaths every year (American Sports Data, Inc January, 2004).

Ask yourself if you are ready for the challenge. If you are put into a position where other lives depend on you, will you be ready? We are all familiar with the phrase, "I proudly serve my country's Navy combat team with Honor, Courage and Commitment." All eyes are on you!



# PUTTING THE CULTURE OF FITNESS INTO PRACTICE

**WRITTEN BY MASS COMMUNICATION SPECIALIST 2ND CLASS RYAN HILL  
PHOTOS PROVIDED BY MASTER AT ARMS 1ST CLASS SONNY TANNENBAUM AND SSGT RUSS DUTCHER, U.S. AIR FORCE**



It was 1971, during the Vietnam War, when an 18-year-old New York kid named Sonny Tannenbaum joined the Air Force to serve his country. At 5 feet 11 inches tall, he weighed all of 122 pounds and

struggled with the physical aspect of the military lifestyle. He never played sports and barely had the strength to complete the military Physical Readiness Test (PRT). He scored below average on his first PRT. Three years later, he left the Air Force and began life as a civilian.

As a civilian, after reaching his mid-30s, Tannenbaum hit the opposite end of the spectrum. His weight went up to 182 pounds due to overeating, lack of exercise and a sedentary lifestyle.

"I remember feeling sluggish all the time," Tannenbaum said. "I was lacking sleep because I



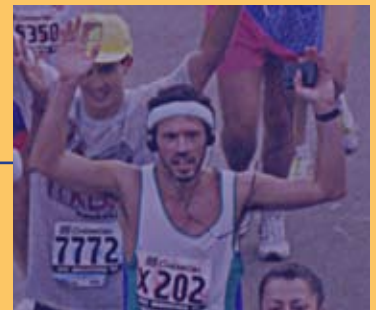
was going from one job to another. I finally gave up my second job and started eating better, getting more sleep and I joined a gym and started running. I started to feel better after a few weeks and maintained my workout routine."

It was 1991 when a 39-year-old Tannenbaum decided to make this change. Along with the running, he began reading bodybuilding and exercise magazines and started weight training. He enrolled in the New York City Marathon. He set a goal for under five hours for his first marathon and finished it in 4:57. He plans to run another marathon before he turns 60.

In 1996, Tannenbaum re-joined the military as a Navy Reservist at 43 years old. At this time, he weighed 176 pounds and scored an excellent on his first PRT back in the military.

Currently Tannenbaum is a Master at Arms 1st Class, and at 57-years-old he scored outstanding on his last PRT. At some point during his life, the scrawny kid turned overweight man from the Bronx decided living a life of fitness was the only way to go.

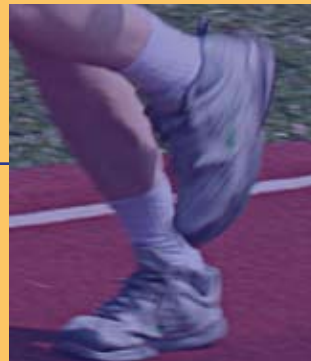
I started to feel better after a few weeks.





"There is no better feeling than when a friend or family member who hasn't seen you in a while notices you lost weight or says you've been drinking from the fountain of youth. You will also get better results on your PRT."

According to Tannenbaum, patience is the key to seeing improvement in a fitness culture. Persistence will eventually lead someone to his or her desired goals.



"It took me about three months to see some improvement," Tannenbaum said. "It took six months to notice a considerable difference in my energy and physical appearance. Overall, it took about a year to be where I felt I was in peak shape."

Tannenbaum did not achieve his current level of fitness on his own. Serving as a Sailor has helped him reach his fitness goals.

"As I was getting into my 40s and working as a New York state court officer [in my civilian job], I realized the hands of time were moving quickly and the demands of the job were getting greater," Tannenbaum said. "New York city courts are the busiest courts in the U.S. and probably the world. In Criminal Court, it is not unusual to process 130 or more prisoners a day. That's only in one courtroom before one judge. In Supreme Court, we handle mainly felons who commit crimes from grand larceny to murder. Staying in shape gives me the edge when all hell breaks loose in a courtroom."

Although Tannenbaum is a prime example of how somebody can drastically change their fitness lifestyle for the better, he'll be the first to say it takes more than just making the decision to do it. There has to be structure to keep motivated.

"I maintain a workout log to make sure I follow my routine and it also helps to see how I progress and improve my workout goals," Tannenbaum said. "It will motivate you to see progress. The best motivator is when you see results. It may not happen soon, but it will sneak up on you if you stick with it."

"The Navy Reserve helped me immensely in physical preparedness by providing incentives, structure and team support," Tannenbaum said. "During my assignment at the Amityville NOSC, they were able to get new workout equipment. This gave Sailors incentives to use the gym."

In Tannenbaum's eyes, the importance of physical fitness to the fleet cannot be overstated.

"Being physically fit strengthens our team effort to what our mission goals are," Tannenbaum said. "Whether it's piracy on the high seas, civil unrest in the Middle East or acts of terrorism domestically and abroad, we now more than ever should be at wartime readiness and staying in shape is part of that. We as Sailors should be 'Ready Now. Anytime, Anywhere,' and being physically fit will put us there."

**The Navy Reserve  
helped me  
immensely in  
physical  
preparedness.**



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](mailto:james.vorndran@navy.mil), for the submission form if you'd like to nominate a Sailor. Please include a high-resolution (300 dpi) 5"x7" digital photo of the candidate.

## Aviation Electronics Technician 2nd Class (AW) Nancy Hutchins

**Hometown:** Pinon Hills, Calif.

**NOSC:** NAS North Island

**Unit:** HSC-3 SAU

**Brief description of your job:** Maintaining, troubleshooting and repairing avionic systems on MH-60S helicopters.

**Civilian Job:** Full time student majoring in business at Chaffey College

**What has been your greatest Navy achievement:** Serving as avionics night shift supervisor as part of 2515th Naval Air Ambulance Detachment at Camp Buehring, Kuwait.

**What do you enjoy most about the Navy:** The opportunity to travel and have new and exciting experiences.

**Who has been your biggest influence since joining the Navy:** ATC McQuade has helped and motivated me in achieving my collateral duty inspector qualification.

**Current hobbies:** Scuba diving



U.S. Navy photo

## Naval Air Crewman 1st Class (AW/NAC) Edmund Simpliciano

**Hometown:** Imperial Beach, Calif.

**NOSC:** NAS North Island

**Unit:** VR-57 Conquistadors

**Brief description of your job:** I am a loadmaster for the C-40 and operations specialist.

**Your civilian job:** Customer service manager, American Airlines San Diego, Calif..

**What has been your greatest Navy achievement:** I had the opportunity to serve my country when I was mobilized with HCS-5. Also, becoming an Aircrewman with VR-57.

**Who has been your biggest influence since joining the Navy:** Retired Navy Capt. Singzon has been the biggest influence in my life. He has supported me and pushed me to do the best I can.

**Current hobbies:** R/C planes and helicopters. I also enjoy surfing.



U.S. Navy photo



# EXERCISE IN CONCENTRATION

**STORY AND PHOTOS BY**

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



Gen. James T. Conway fires the ceremonial opening shot signaling the beginning of the 48th annual Interservice Rifle Match.

**O**n a hot summer day the U.S. Navy Marksmanship Team (USNMT) is lined up with the top shooters from the Marine Corps, Army, Air Force and National Guard to compete in an Interservice Rifle Match in Quantico, Va.

After the ceremonial opening shot is fired, half of the members take position on a small grassy knoll 200 yards from the moving targets and the other half move to the target area to score.

For these competitors, being marksmen is an exercise in concentration, skill and personal dedication. The USNMT consists of both Reserve and active duty Sailors who each have their own jobs to attend to but still make the effort to train and compete outside of their official military duties.

Although they are all from different communities across

the Navy, the team members share common beliefs in dedication to the sport.

“It takes a lot of personal time and a lot of dedication to be at this level of competition,” said Lt. Cmdr. Michael Overfield, a Reserve team member from Bangor, Wash. “The Navy doesn’t have a full-time team unlike some of the other branches. Most of the guys do it as a hobby.”

As the competitors set up their equipment for the first round members from different teams joke and talk as if old friends. Many of these competitors have met before at other matches. Today the discussion is about new ways to care for their gear and how to cobble together a portable rig to carry it. Newer participants talk mostly to members of their own team as they try to get a feel for the event.

While there is a competitive rivalry between the





Left: Cmdr. Mike Glancey USNMT OIC takes his turn firing from the 200 yard line.

Below: At the end of a round targets are marked with colored pegs to show where the target was hit and a chalk board is hung from the top with a score.

branches, they have mutual respect for each other because they know they are competing with the best.

“There are top teams here from the Reserves and from each branch of the service,” Master Sgt. Gary Diefenderfer, non-commissioned officer in charge of the All Guard Rifle Team. “Some teams are combined like our team. We represent both Air Guard and Army National Guard. We work together to train our team members because a team is only as strong as it’s weakest shooter. One of the biggest things we try to instill in our fellow service members to pass down the information to everyone no matter what branch of service.”

As the teams shoot together from the 200, 300 and 600 yard lines, Army members spot for Air Force Shooters, members of the USNMT record scores for National Guard participants and when a gun jams a Marine Corps weapons technician hurries to help the shooter clear his gun and get back on the line. These participants may be on different teams but they work together in their favorite competition.

“I think we need to hold more competitions. There is a strong brotherhood here and we need to do this more often,” said Major Jon Casillas, officer in charge, of the Army Reserve Rifle Team. “It helps with joint service preparation. By talking with each other we learn things about the other services we wouldn’t know otherwise. At the same time marksmanship is the most basic skill a military person should know.”

Together the participants gather their rifles and gear as they switch places with team members in the pits. It’s their turn to shoot as the first group sits underneath the



targets in a cement bunker. Bullets wizz overhead as they raise and lower the targets. They mark where the last shot hit and how many points it’s worth. The training never stops.

Experienced members explain how placing the markers in different locations on the edge of the target indicates different scores. The shooter’s are not able to read the numbers on the target when they shoot from 600 yards. “When the competition started, the commandant actually charged all of the shooters to take back the knowledge of what they learn here to their commands and help members of their command qualify and



become better shooters,” said Cmdr. Mick Glancey, USNMT officer in charge.

Glancy explained he feels the knowledge the participants gain during the competition will make them better service members and could save their lives in the field if they are forward deployed.

“We have more than 30,000 Sailors in ground combat operations in Central Command (CENTCOM) Area of Responsibility which is more than we have on the ships in CENTCOM right now. They are carrying weapons. They are going on patrols with the Marines and the Army. What we take back gives my shooters the confidence and competence so when they go into harm’s way they’re going to be well taken care of. I hope they pass these skills and their confidence in weapons onto their shipmates to see them through any of the challenges they face.”

At the end of the day the participants come out of the pit and meet their teams on the grassy knoll. The teams meet and talk about how to improve and make tomorrow even better. Some of them will compete again at the start of the national rifle matches in Ohio. Others will fly home at the end of the tournament and go back to work. Most participants paid for their own plane tickets and hotel rooms. Their commands support their drive to compete but cannot provide funding.

The competitors hope they will be able to generate more interest with their commands by bringing their skills home and training others. At the least, they hope they might find some new teammates. Though they like seeing old friends at the events new faces are always welcome and will help keep the competition alive.

“Everyone who does this feels this is an important sport. They are personally dedicated to recognizing the value of the skills they have and passing them along to other service members,” Overfield said. “Most of them are also very interested in training and coaching others and trying to get them into the sport. Since we all share that in common we’re almost instant friends when we’re out here shooting together, regardless of service.”

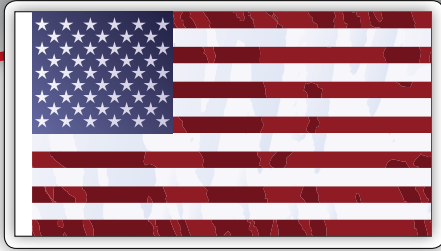


Above; Cmdr. John Edgerly, Navy Team fires from the 200 yard line.

Right: Cmdr. Jeff Mason, Navy Team works with Gunnery Sgt. Oscar Nunez of the Marine Corps Rifle Team to mark their target so the shooter can see his score.







# FLAG DISPLAYING

# BACK TO BASICS

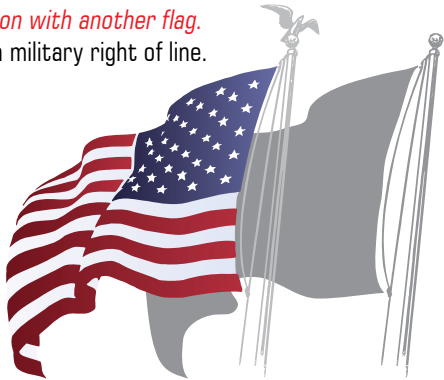
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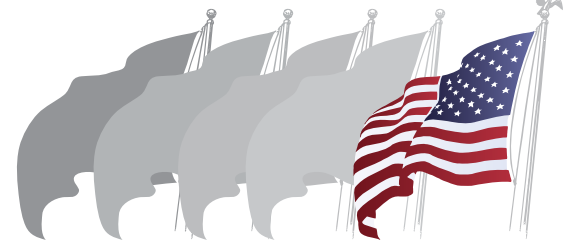
**T**his month's "Back to Basics" illustrates the proper care and exhibition of our national ensign.

*In procession with another flag.*  
U.S. flag on military right of line.



*In procession with other flags.*

Should be either on the marching right; (the flag's own right) or, if there is a line of other flags, in front of the center of that line.



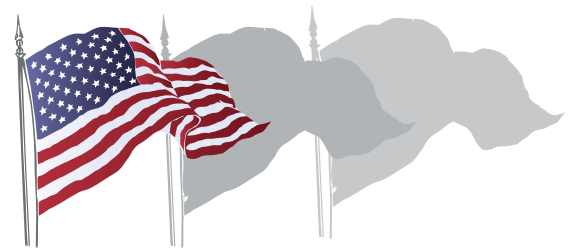
*With other flags on same halyard.*

U.S. flag above, no such flag or pennant may be placed above the U.S. flag or to the right of the U.S. flag (the viewer's left). When the flag is half-masted, both flags are half-masted, with the US flag at the mid-point and the other flag below.



*With two or more flags in line.*

U.S. flag at right of all other flags and flown from separate staffs of the same height. The flags should be of approximately equal size.



*Staffless but flag-like.*



*Over center of a public street.*

Suspended vertically with the union to the



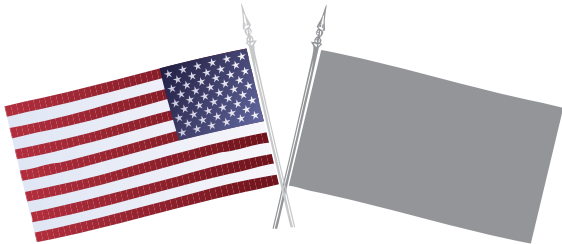
north in an east and west street or to the east in a north and south street.



## PULL-OUT

### *When flown at half-staff.*

The U.S. flag should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day. By "half-staff" is meant lowering the flag to one-half the distance between the top and bottom of the staff. Crepe streamers may be affixed to spear heads or flagstaves in a parade only by order of the President of the United States.

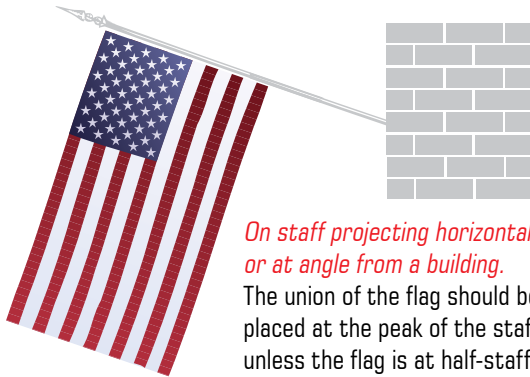


### *With another flag on wall.*

Should be on the right, the flag's own right (viewers left) with U.S. flagstaff in front of other staff.

### *With group of other flags.*

U.S. flag in center and above all other flags.

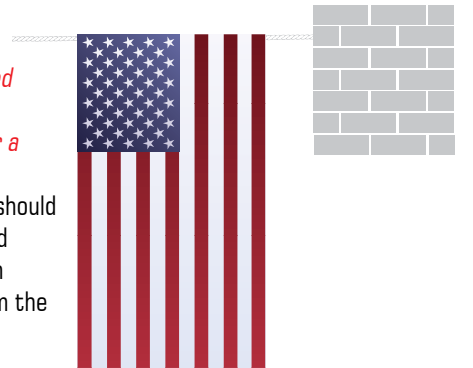


### *On staff projecting horizontally or at angle from a building.*

The union of the flag should be placed at the peak of the staff unless the flag is at half-staff.

### *Suspended from a rope over a sidewalk.*

U.S. flag should be hoisted out, union first, from the building.



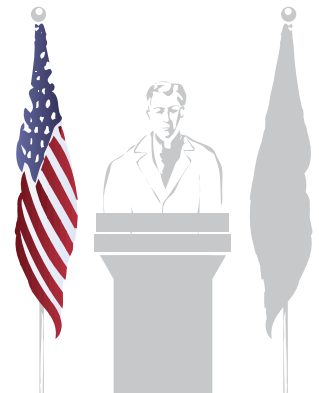
### *Unstaffed flag on wall behind and above speaker.*

Should be displayed flat, (indoors or out), horizontally or vertically, the union should be uppermost and to the flag's own right, that is, to the viewer's left. Bunting of blue, white and red.



### *Staffed in a church or public auditorium on or off a podium.*

Should hold the position of superior prominence, in advance of the audience, and in the position of honor at clergyman's or speaker's right as he faces the audience. All other flags on his left.



# COALITION OF AID

WRITTEN BY: PETTY OFFICER 2ND CLASS MICHAEL MARIE WITH CONTRIBUTIONS BY JIM VORNDRAN, EDITOR-IN-CHIEF, TNR  
PHOTOS BY: CAPT. PAUL GREENBERG, REGIMENTAL COMBAT TEAM 8

When Lt. Cmdr. Kobena Arthur arrived in Iraq for the first time, he pledged to make an impact in the far reaches of the western Al Anbar desert.



Reserve Marines from 2nd Battalion, 25th Marine Regiment, Regimental Combat Team-8 provide security and oversight as Iraqi city councilmen distribute food aid to widows and their children in Rutbah, Iraq. USMC photo Capt. Paul L. Greenberg.



Lt. Cmdr. Kobena Arthur, the 2nd Battalion, 25th Marine Regiment chaplain, and imam Mahmoud Ahmed Nudin Obid, a religious leader in western Al Anbar Province, pray together during a meeting at the Rutbah City Council. They are assisted by Arabic linguist Dani Morjan. USMC photo Capt. Paul L. Greenberg.



Arthur, battalion chaplain for 2nd Battalion, 25th Marine Regiment, Regimental Combat Team 8, focused his efforts on aiding more than 200 Rutbah-area widows through a weekly food distribution program.

More than a half-ton of rice and 627 parcels of food have been delivered to the city and redistributed to the local widows by the Iraqi Police and city council since Arthur's arrival in Iraq. Each parcel contains enough food for a family of four to eat well for several weeks.

"This program is unique in its own way simply because we have the imam who has bought into it," Arthur said. "Once it had the imam's support, it took off," he said.

Mahmoud Ahmed Nudin Obid, the imam of Rutbah, worked closely with Arthur for more than six months. Many of the women helped by Arthur's initiative were widowed during the initial Coalition invasion of Iraq or during the insurgency that ravaged the city in recent years. Some of their husbands were shot at checkpoints. Others were killed while planting improvised explosive devices or during bombing attacks. A handful died of natural causes, Obid said.

Rutbah, about 20 miles east of Arthur's base at Camp Korean Village, is a city of approximately 20,000 people, and the largest population center in the 2nd Battalion's area of responsibility.

According to both the Bible and the Holy Koran, Christianity and Islam each stipulate the faithful should take care of their respective society's widows and orphans.

"According to the Koran, if you help the crying of the widows, God will bless you," Obid said. "We must take care of them. This is our religion. We love everybody. Our God orders us to open our hearts toward others. There is no difference between Christians, Jews and Muslims. Our goal is to live and work in peace."

Obid became the first Muslim religious leader to visit Camp Korean Village since Marines first occupied the base in 2004. Obid is a member of the local city council, but generally meets with the chaplain as a religious peer.

The two occasionally discuss doctrine, but more often outline and coordinate Coalition assistance to the local widows. Together, they determine how they can work to improve the quality of life for the people of Rutbah.

"Coalition troops won favor with the local Iraqis by not overlooking religious issues or ignoring the fact Islam is woven into almost every facet of everyday life here," Obid said. He said, "Time and additional aid from the U.S. will help the widows overcome their resentment for their losses."

Regardless of how the women became widows, Arthur and Obid are working together to help them - no questions asked.

Arthur didn't stop with simply providing food to the region's widows.

"At some point the coalition force will not be here. I want the project to continue so I took it to the next level. If we are not here to provide food I had to find

a way for the widows to earn money for themselves,” Arthur said.

He met some resistance from Iraqi religious leaders because women are not allowed to work. When Arthur approached the imam about teaching women a skill so they could make a living, he was soundly told to forget it. “I am not going to back off,” Arthur said.

“When I explained both my religion and theirs tells us to help others, they realized they had no choice,” Arthur said. “Their religious views were more important than the cultural views of women not working.”

Arthur set off to provide sewing machines to widows so they could do some simple sewing and take care of themselves and their children. The women and their families would no longer have to rely on public support.

To implement his program Arthur also worked to get city council support. He not only got that support but was able to sell his idea to the city engineer and mayor. “All of the sudden everyone was on the same page,” Arthur added.

Arthur’s program began with recruiting widows who wanted to be a part of what he set out to achieve. The independence the women found made the program grow in ways Arthur never imagined.

“Sewing to make money for the family was initially set out to be for widows only, but now it has grown to be a woman-to-woman program,” Arthur said.

Arthur’s success exceeded his initial goals. When the community saw the impact of Arthur’s program, changes started happening that were not limited to food and making money. The city now provides four meeting rooms in the city council building for woman to meet.

“The city has an opening on the city council and they want it to be filled by a woman. This is unheard of in this area,” Arthur said. “The women are so excited. Every woman in the city wants to be a part of this.”



Navy Chaplain Lt. Cmdr. Kobena Arthur unloads a box of food at the city council building in Rutbah, Iraq. The Marines and sailors of 2nd Light Armored Reconnaissance Battalion and 2nd Battalion, 25th Marine Regiment delivered about 60 boxes of non-perishable food, as well as bags of milk, juice fresh fruit and other items to less-fortunate families in Rutbah. USMC photo Capt. Paul L. Greenberg.



# Talisman Saber 2009

Written by

Mass Communication Specialist 1st Class Maurice Dayao and  
Mass Communication Specialist 1st Class Jose Lopez, Jr.

A U.S. Air Force C-130 Hercules aircraft lands just before sunset at Rockhampton Airport and taxis on the runway to the flight tower. The plane and its crew are then met with a small team from the Australian Quarantine Inspection Service (AQIS) who enter and inspect the inside of the aircraft.

Since the United States has declared sovereign immunity, meaning no Australian government official can board any U.S. aircraft or vehicle to perform any official function, U.S. Sailors assigned to the Reserve unit Naval Cargo Handling Battalion 10 (NCHB 10) have been AQIS certified to perform these duties for Talisman Saber 2009 (TS09).

TS09 is a biennial combined training activity designed to train Australian and U.S. forces in planning and conducting Combined Task Force operations, which will help improve Australian/U.S. combat readiness and interoperability.



U.S. Navy Chief Storekeeper Tony Moore, a certified Australian Quarantine Inspection Service member and assigned to Naval Cargo Handling Battalion (NCHB) 10, looks for forbidden items inside a U.S. Air Force C-130 Hercules aircraft during an inspection at Rockhampton airport in Queensland, Australia. NCHB-10 is participating in Talisman Sabre 2009, a biennial joint military exercise between the U.S. and Australia focusing on operational and tactical interoperability. U.S. Navy photo by Mass Communication Specialist 1st Class Maurice Dayao.





U.S. Navy Sonar Technician Surface 2nd Class Theodore Lucero, a certified Australian Quarantine Inspection Service member and assigned to Naval Cargo Handling Battalion (NCHB) 10, looks for forbidden items inside a U.S. Air Force C-130 Hercules aircraft during an inspection at Rockhampton airport in Queensland, Australia. U.S. Navy photo by Mass Communication Specialist 1st Class Maurice Dayao.

NCHB-10, comprised of 11 Reservists performing AQIS duties, is onboard the USS Essex (LHD 2), USS George Washington (CVN 73), USS Tortuga (LSD 46), and USS Denver (LPD 9). AQIS inspectors are also in two Australian cities; Townsville and Darwin. U.S. Navy Sonar Technician (Surface) 2nd Class Theodore Lucero and Chief Storekeeper Tony Moore have performed numerous inspections on U.S. incoming aircraft at Rockhampton Airport during TSo9. As quarantine inspectors, their duties give them authority on who or what is allowed to exit the plane.

"We have positional authority to carry out orders regardless of who is on the vehicles," Lucero said. "We are being utilized very well because basically we are the sole representatives from the U.S. government. Yet we inspect for Australia."

The inspection is meticulous, with Lucero and Moore inspecting every inch inside the aircraft looking for plants, insects and forbidden food items. All cargo and spaces within the aircraft are scrutinized from top to bottom. The inspection team interviews the aircrew and passengers during the process with questions regarding their health

and origin. With two team members inside, another team makes a visual inspection for any foreign objects on the outside.

As an AQIS inspector during Talisman Sabre, Lucero has been constantly working with members of the Royal Australian Air Force. The exercise is designed to promote operational and tactical interoperability between U.S. and Australian forces.

"Working with the Aussies has been great," Lucero said. "I've never enjoyed working with any other country more than I have with the personnel here. I have great respect for them."

Moore also believes the value of the exercise is clear. "We're probably working more with the Australians than any other group in this exercise because we're actually representing the Australians," he said. "It's allowed us to do many more things than we've done in the past."

While in Australia, NCHB-10 falls under Joint Mobility Control Center, an active component (AC) unit. Despite the increase in integration between



the AC and Reserve Component, a difference still exists between the two forces.

“There’s always a little bit of a culture difference between active duty and Reserves,” Lucero said. “There’s a little bit of a challenge to it at first but once we come and work together and they see what I’m capable of, and I see what they’re capable of. There’s a great deal of respect both ways.”

The transition coming from a Reserve unit and integrating into an active one is eventually overcome.

Master Gunnery Sgt. Gary S. Teicher, assigned with U. S. Marine Corps Forces, Pacific, and the liaison between AQIS and American units said, “It’s been a pretty good experience working with the Reserves. It was a challenge at first getting them their assignments, but once we got over that they integrated well.”

In Gladstone, Australia, another Reserve unit contributes to TS09. Dressed in full blast gear, members of San Diego’s Navy Reserve Explosive Ordnance Disposal Expeditionary Support Unit 1 (EODESU 1) search a pier for suspicious items. “We started out on the roads and bridges that lead to the port,” said Cmdr. Joseph

Mandichak, commanding officer for EODESU1.

Leading men and women in removing potentially explosive materials is far from his civilian profession as a certified financial planner. “It takes time to identify something suspicious. It’s definitely a lot different than what any of us do as civilians,” said Mandichak.

The EOD unit is working with Australian divers that have them identifying a bomb on the wharf and diving to check the pylons under the pier for other explosives.

“Being out here is fulfilling,” said Senior Chief Explosive Ordnance Disposal Technician (EWS) Kim Sorrell, a police officer with the Coronado Police Department. “We all want to contribute to the exercise and go out of our way for our country. Many of these guys have been deployed quite a few times already and here they are, serving again.”

Along with the contingent of U. S. Navy Reservists, TS09 included more than 10,000 Australian land and naval forces and 20,000 U.S. Air Force, Army, Navy, and Marine Corps servicemembers.



Senior Chief Information Systems Technician Kevin McClure, assigned to Explosive Ordnance Disposal (EOD) Unit 1, checks the line attached to a mock improvised explosive device during a training exercise at the Port of Gladstone, in Queensland, Australia. U.S. Navy photo by Mass Communication Specialist 1st Class Maurice Dayao.



# Dental Readiness Brought to the Front Lines

Written by: Cpl. Zachary J Bolden

**M**ost people have anxieties about going to have dental work done at the dentist's office. Luckily, for the 14th Marine Regiment, the dentist office came to them, on the artillery firing range.

Sailors from the 4th Dental Battalion, 4th Marine Logistics Group (4th MLG) conducted their two-week annual training in support of Javelin Thrust 2009, a Marine Forces Reserve training exercise at various locations across the United States.







U.S. Navy Capt Dan Sakel, dental officer and officer-in-charge of the Javelin Thrust dental operations out of 4th Dental Company Fort Dix, NJ and U.S. Navy Lt Cmdr Robert "Tim" Reeves, a dental officer with Headquarters Detachment 4th Dental Company based in Fort Worth, Texas perform fillings on two Reserve Marines during the Marine Forces Reserve training exercise Javelin Thrust June 6-20 at Fort Hood, Texas. The 4th Dental Battalion was supporting Javelin Thrust efforts by keeping the reserve Marines up to par with their dental readiness. Photo by Cpl Zachary J Bolden

Their task was simple; provide dental care to all of the Reserve Marines carrying out various missions. The dental care, conducted in a tactical field tent, included general check ups, cleanings, root canals and extractions.

"We are providing a full range of dental care to the Marines," said Hospital Corpsman 2nd Class Edgardo Gonzales, a Reservist with Detachment 1, 4th Dental Battalion in Long Beach, Calif. "The best part is, we are offering free services to these guys who don't always have insurance to cover this work."

Javelin Thrust gave the dentists the objective to attend to as many Reserve Marines they could for the two week annual training operation.

"Our mission is to keep the Marines as healthy as we can and to keep them as actively involved in their mission as possible," said U. S. Navy Capt. Dan Sakel, a dentist and the officer-in-charge of 14th Dental Company, 4th Dental Battalion of Fort Dix, NJ.

Since the 4th MLG was supporting the 14th Marine Regiment, this brought the dentists to the artillery ranges where the batteries of the 14th Marine Regiment were carrying out live fire exercises.

"For Javelin Thrust we were able to go to the artillery ranges and do preliminary exams on the Marines, which was great because they could stay in the field and not be taken away from their mission at hand," Sakel explained.

"We always say 'if they can't bite, they can't fight' in the dental field," joked Sakel.

The 4th Dental Battalion deployed its field x-ray

equipment, which allows the dentists to conduct a full examination of the patient.

Sakel and his team of dentists and assistants set out to ensure all of the Reserve Marines are in good dental health prior to returning back to their home-of-record after their annual training.

"These annual trainings all consist of the same work for the dental guys," said Gonzales. "We just get a change of scenery, which is one of the best parts about the military."



# TAKING THE



# NAVY FORWARD



Force Master Chief (FMF) Ronney A. Wright poses with the attendees of the annual Command Master Chief Continuum at Little Creek NAB in Norfolk, Virginia.

**W**hen Force Master Chief (FMF) Ronney A. Wright hosted the annual Command Master Chief Continuum at Naval Amphibious Base Little Creek this year, approximately 75 Reserve Command Master Chiefs (CMDCM) gathered for four days of discussions on policy, standards, leadership, individual initiative and objectives.

The main objective of the continuum was to understand the challenges that affect the enlisted community and hold an open dialog to create a principle for how master chiefs guide their Sailors.

"I think it's been a very motivating experience and the attendees will go back to their commands and hit the deck plates running. The feedback I'm getting from the attendees is we hit the topics they wanted to hear,"

Wright said. "They're going to go back to their commands knowing they can do the right thing for their Sailors, better than before, because our Sailors are our future."

Vice Adm. Dirk J. Debbink, Chief of Navy Reserve Commander, Navy Reserve Force, gave the opening speech in which he told the master chiefs he believes the Navy Reserve is the most ready of any Reserve component, "It's all about a ready accessible force with valuable capabilities. We're generating the right capabilities for the Navy. The question is, how do we deliver? We deliver by following the Strategic Plan we rolled out in March," he continued. "I believe the Sailors want to be ready. I think the Sailors have been telling us 'I want to be ready. Help me make being ready more accessible.'"





Force Master Chief Ronney A. Wright and attendees of the annual Command Master Chief Continuum participate in group PT at the gym at Little Creek NAB in Norfolk, Virginia.

Many of the accessibility issues and policies the CMCs discussed were the most recent updates in training, community management, records management and deployment preparations.

“I think it’s great to come here to talk about what’s going on with the entire Navy Reserve and to interact with your peers and find out how other people are doing things,” said Sgt. Maj. Joseph A. Staudt, senior enlisted advisor assigned to the Office of the Assistant Secretary of Defense for Reserve Affairs. “When you have the enlisted leadership together like this, it’s almost like you have the whole Navy Reserve working together to find out what the issues are and find the solutions to fix those issues.”

The first activity of each day started at 6 a.m. in the base gym where master chiefs lined up to participate in physical training (PT) as Wright addressed the group, “We’re representing all of the great enlisted out there. If we can’t do it right, how can we expect them to do it right? We’re setting the standard.”

“The PT piece was great and innovative. A lot of commands just do basic calisthenics and runs geared toward the physical readiness test itself,” said Maritime Expeditionary Security Squadron 9, CMDCM (AW/NAC) Glenn Welling. “It’s great to come

up with innovative, varied, exciting and fun ways to engage in a physical fitness program. I think it is a great way to start every day of the conference and it’s something we can take back to the commands.”

When the participants weren’t gaining a new understanding of PT, full time support detailing, leadership training or manpower issues, they spent their time networking. Welling said he believes networking is an important tool that helps him serve his Sailors better.

“We all have our core group of confidants and people we reach out to. This is an important opportunity to come together and reinforce those ties. I’ve met a lot of new folks here and nothing can replace a conference where you’re face to face and rekindling old relationships and developing new ones. Now I know a handful of new people. If I have issues or questions, I know where to look.”

“Bottom line, we have great Sailors serving around the globe. This week was just a small representation of what those Sailors are all about,” Wright said. “I feel these leaders are the right leaders. They are in place to take our Navy to the next step. As we retire and move on, we’re making sure we’re building those E-6 and E-5s to replace us. That’s what the Navy and the armed services are all about; training your replacement.”

Vice Adm. Dirk Debbink addresses the attendees of the Command Master Chief Continuum at Little Creek NAB in Norfolk, Virginia





# BOOTS

by Capt. Larry Jackson

## On the Ground

### LOG ENTRY ELEVEN

Through the months I've gradually accumulated observations that haven't made it into print; so, here are some of those observations put down in no particular order.

My translator, Joseph, is 40 years old with a beautiful wife and 2-year-old son of whom he is justifiably proud. He's been translating for the coalition for several years now and he has known General Hussain for about a year—more than twice as long as I have. I can tell General Hussain and the other generals on the staff trust Joseph. This is tremendously important in a country where militia and spies are known to be operating in our midst. Joseph is mature, smart and experienced, and the generals not only trust him, but also respect him.

One day I was having a discussion with about a half dozen one, two, and three-star generals. I was trying—quite unsuccessfully—to convey the concept of planning for more than one possible course of action to my audience. One of the generals was being particularly difficult, challenging nearly every assertion I made. At one point, he asked me a question, through Joseph, which I answered with about a sentence. Joseph listened to what I said, turned to the general, and proceeded to talk for two or three minutes, arguing vehemently with the general in Arabic while I looked on, completely unable to understand what was being said or why

it would take so long to translate a single sentence.

Later, I asked Joseph what the argument was about and Joseph said, somewhat sheepishly, "Well, I was elaborating a bit on your points." It turns out Joseph has a bachelors' degree in operational research and knows more about operational planning than I probably ever will. "I hate it when people don't understand the importance of planning," Joseph explained. Ever since, when the topic of planning comes up, I look to Joseph.

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Every day when we leave Phoenix Base with Joseph, he has to walk through security where he is searched on his way out. We pick him up on the other side of the checkpoint, and then drive to the compound where General Hussain has his office. We drop off Joseph at the check point, and he walks through where he is searched again. On the way out, the process is reversed. He also gets searched coming into and departing from the International Zone.

So, Joseph, my trusted translator and advisor, probably gets searched half a dozen times a day, six days a week. I've been meaning to ask him how he feels about this, but he'll probably just shrug and say something like, "It's life for us right now."

One day, I was waiting for Joseph at the checkpoint near General Hussain's office when I noticed a bird hopping about in the dusty sand that coats everything here, turning it a dun color. Joseph entered the car, breaking my reverie.

"Do you have any birds here that aren't brown?" I asked.



Iraqi soldiers receive mortar training in Basrah, Iraq.  
Photo by Capt. Larry Jackson.

"Yes," Joseph earnestly replied. "We have some black ones and some white ones, and some that are black and white."

I suppose there's a reason the Desert Camouflage Utilities (DCUs) we wear are brown.

\*\*\*\*\*

Speaking of DCU's, imagine you are working here where everyone is wearing a camouflage uniform of some sort. You have little else to do in your life but work and eat; so, eating is your social time with your friends and colleagues. You're rushing to a meeting when you see a friend from another part of the base; you have no time to chat, but it's getting close to lunch.

"See you in the Dining Facility (DFAC) at 1300?"

"Sure."

You finish your meeting and head for the DFAC, stopping first to clear your weapon and wash your hands (both mandatory, or the guard won't let you in). After getting your meal, you walk into the seating area to find your friend—the one wearing camouflage among the 200 other people wearing camouflage.

\*\*\*\*\*

When you look up in the sky at night (especially in the greater Washington, D.C. metro area where I live) you're probably pretty accustomed to seeing the winking lights of aircraft flying around. Not so here. You can hear the jets, but you never see them. The helicopters, all painted black, can be spotted in the reflected light from below as they make their approach to the Combat Hospital near my hooch. When they're at altitude, however, they are nearly as invisible as the jets. Every now and then you hear the lawnmower-like buzz of an unmanned aerial vehicle, but you don't see them either.

Hearing them is enough, though. It's a reassuring sound to those of us on the ground.

\*\*\*\*\*

One of the generals we work with was ecstatic the other day because he had three continuous hours of city power at his house the night before. He and his family were surprised after the power continued more than an hour, then amazed when it went on for another two hours.



Lieutenant General Hussain speaks at a graduation ceremony for newly trained cadets in Habbaniyah, Iraq. Photo courtesy MNSTC-I Public Affairs.

This is how families measure progress in Iraq.

\*\*\*\*\*

In conference rooms, where the chairs have wooden arms, the right arms on every chair will be scarred from being hit with our pistols when we get up and sit down.

\*\*\*\*\*

Food is plentiful, but mundane and repetitious. I can tell you what my choices will be for breakfast tomorrow morning. And the day after tomorrow, and the day after the day after tomorrow, and so on. My choices for lunch today will be my choices for lunch tomorrow, with some variation. Next Tuesday, the choices will be exactly the same as today.

\*\*\*\*\*

The sound of automatic gunfire still gets my attention, but now it's more a matter of figuring out whether it was a light, medium or heavy gun and how far away it was.

\*\*\*\*\*

The Australian ambassador bears an uncanny resemblance to Austin Powers. Have you ever tried to have a serious conversation about reconstructing a country while you're talking to Austin Powers?

I suspect he does it on purpose.





*Accelerate your mind!*

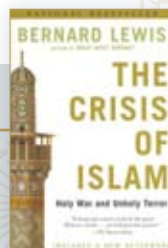
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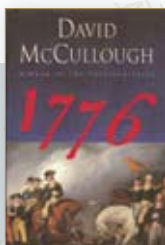
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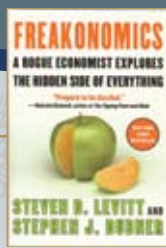
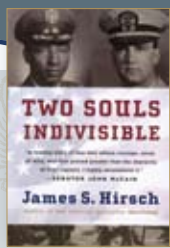
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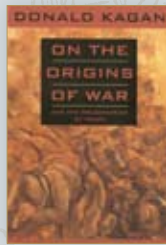
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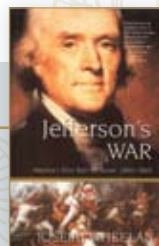
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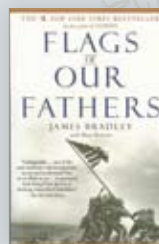
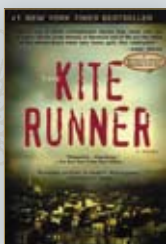
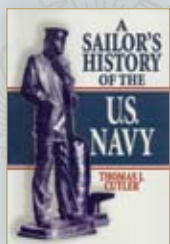
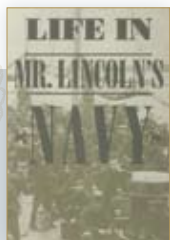
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Navy Reserve Intelligence  
Command

Reserve Intelligence  
Command Headquarters  
Fort Worth, Texas  
(817) 782-7107

Navy Intelligence Reserve Region  
Northwest  
(360) 315-6001

Navy Intelligence Reserve Region  
Southeast Det New Orleans  
(504) 678-3411

Navy Intelligence Reserve Region  
Southeast - Ft. Worth  
(817) 782-6464

Navy Intelligence Reserve Region  
Southwest - Jacksonville  
(877) 882-7396

Navy Intelligence Reserve Region  
Southwest  
(800) 873-4139

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

Navy Intelligence Reserve Region  
Midwest  
(847) 688-6273

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

Navy Intelligence Reserve Region  
Southeast Det Atlanta  
(678) 655-6380

Navy Intelligence Reserve Region  
Mid-Atlantic  
(757) 444-1352

Navy Intelligence Reserve Region  
Washington  
(240) 857-7878

Navy Intelligence Reserve Region  
Midwest Det Millington  
(847) 688-6273

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Navy Expeditionary Combat  
Command  
(757) 462-7400

Explosive Ordnance Disposal  
Group One  
(619) 437-3700

Explosive Ordnance Disposal  
Group Two  
(757) 462-8453

First Naval Construction Division  
(757) 462-3658

Naval Construction Forces  
Command  
(757) 462-3658

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Naval Coastal  
Warfare Group

Maritime Expeditionary Security  
Group One  
(619) 437-9475

Maritime Expeditionary Security  
Group Two  
(757) 396-0513

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Chief of Naval Air Training

CAOSO  
(361) 961-2409

CNRF CNATRA/FRS PM  
(504) 678-1072

## 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](mailto:james.vorndran@navy.mil)  
or call (757) 322-5624

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