

TNR

THE NAVY RESERVE

AUGUST 2011

Providing Valued Capabilities

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NAVY RESERVE
Ready Now. Anytime. Anywhere.

Ready Now!



From the newest Recruit to our new Force Master Chief, every Navy Reserve Sailor matters! Your skills and readiness allow us to provide valued capabilities.

Volume 3, Issue 8

Providing Valued Capabilities

August 2011

Shipmates,

This month marks the first Ready Now! newsletter co-authored by our new Navy Reserve Force Master Chief, FORCM(AW) Chris Wheeler. FORCM Wheeler most recently served as the command master chief of Naval Air Force Reserve and as staff command master chief for Naval Air Force, and brings a wealth of leadership and operational experience. Our August focus area is a topic our Naval Air Force Reserve knows quite well: providing valued capabilities to the Navy and Marine Corps Team, and Joint Forces, from peace to war.

Providing valued capabilities is one of the Navy Reserve's core competencies. We deliver timely, relevant, cost-effective operational capabilities, through our people and equipment, which are valued by the Navy. We deliver capabilities that are recognized as top-quality. Our ability to provide capabilities on demand gives the Navy tremendous flexibility. And we provide those capabilities in a highly cost-effective manner.

Our capabilities scale to the task at hand, from several squadrons to a single Sailor. We saw this in our support of Operation Tomodachi this spring after an earthquake and tsunami struck Japan. Navy Reserve Fleet Logistics Support (VR) aircraft played an important role in moving people and supplies. And on the scene, CDR Richard Kondo, a Navy Reserve Sailor trained in nuclear power and fluent in Japanese, acted as a liaison between the Japanese nuclear power officials, the U.S. Navy and other U.S. government officials. Capabilities come in all shapes and sizes. Whether operating as part of a unit or as an individual, **every Sailor matters!**

Navy Reserve Sailors can provide valued capabilities because they have current, relevant skills and capabilities. We bring Navy training and civilian skill sets when we report for duty and we keep our skills current. Our Sailors are led by engaged leaders who know their people and what they can do. When an opportunity arises, these leaders know where to look to find the right people with the right skills who are available to help. Great leaders challenge our Sailors to be their best and look for ways to serve.

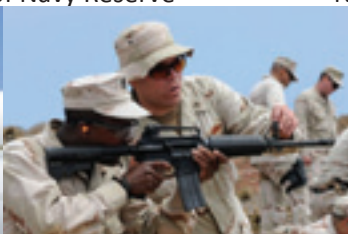
Our Navy Reserve Sailors are supported by proactive commands who look to their Reserve Component for valued capabilities. They see RC Sailors as a source of both innovation and corporate knowledge. Some use their Reserve Sailors to test new concepts, procedures and ideas. Others rely on the Navy Reserve to conduct major multinational exercises, year after year, where they establish and maintain important, enduring relationships with our allies and partner nations.

The Navy Reserve's reputation for providing valued capabilities has earned the support of Navy leadership and our Congress, who understand that the Navy Reserve provides capabilities at exceptional value. This support is vital for our very existence: America will invest resources in our Navy Reserve only if the Nation perceives that we are ready, accessible, and cost-effective.

We have the privilege of serving our Navy and our Nation by providing valued capabilities. We do this in peace and in war, with one Sailor or thousands of Sailors who are "Ready Now – Anytime, Anywhere!"

VADM Dirk Debbink
Chief of Navy Reserve

FORCM (AW) Chris Wheeler
Navy Reserve Force Master Chief



TNR

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The Navy Reserve 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 Reserve 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.

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COVER PHOTO: Master-at-Arms 2nd Class Omar Davila, attached to Maritime Expeditionary Security Squadron (MSRON) 1, listens to instructions during morning quarters. Photo by Mass Communication Specialist 2nd Class Arif Patan.

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> 'Bees in the Box

Letter from the Editor



Shipmates,

This month we gave TNR a focus on how the Navy Reserve provides valued capabilities to our military. In doing research, we realized Navy Reserve Sailors make up 17 percent of our total force, yet the Navy Reserve only accounts for three percent of personnel spending.

In this issue we have a story about 44 Reserve Sailors who supported the Office of Naval Research (ONR). By employing Reserve Sailors, ONR was able to save \$350,000. Because these Reserve Sailors were able to quickly get to their assignment and be flexible with their schedules and taskings, they delivered excellence through their part-time service.

Another story we have this month is about how Navy Reservists were instrumental in managing a system that provides more effective surveillance in Afghanistan. The Reserve Sailors provided a simple solution at a lower than expected cost.

At the end of the magazine, Chief Weatherspoon has another story about her time in Afghanistan. Weatherspoon continues to give us an inside look at our Seabees who support overseas contingency operations. We have been running her stories since last year and look forward to the few remaining "Bees in the Box" columns she will write

for us. As her run comes to an end, we sent a request on Facebook for future columnists. We had some great responses so look for some different stories from Afghanistan and Africa in the coming months. Speaking of Facebook, the Navy Reserve has a Facebook page. In fact, it is one of the busiest pages out of the hundreds of Navy related pages. It is often the quickest way to get out important stories of what Reserve Sailors are doing, learn about policy updates or just to ask or answer questions from other fans. I encourage all Reserve Sailors to join the group. Go to www.facebook.com/U.S.NavyReserve to become a member. Or, at the top of the Navy Reserve homeport you can find a link by clicking on the Facebook icon.

Have a great month.



Jim Vorndran
Editor-in-chief
The Navy Reserve Magazine

FOCUS ON FAMILIES

Providing Family Support

Written by Mass Communication Specialist 2nd Class KATRINA PARKER
NAVY REGION MID-ATLANTIC RESERVE COMPONENT COMMAND



The total welfare of Navy members and their families is imperative to maintaining the strongest Navy in the world. Families are the backbones of their Sailors. The Navy Reserve focuses on the well-being of service members and their families by providing outstanding services before, during and after a deployment.

Pre-deployment Readiness Conferences (PDRFC) are events offered by each Navy Operational Support Center to ensure Sailors and families can tap into resources from federal, state and county agencies for assistance. PDRFCs focus on providing information to help you get the resources you need so your families are prepared. Military OneSource, TRICARE, Employer Support of the Guard and Reserve, Red Cross and Department of Veterans Affairs are a few agencies you will have direct access to. Seminars focus on maximizing benefits, legal aid and employment support. It is a great time for you and your families to ask questions and go directly to the source of the information you may need now or later.

During a your deployment, one great support program is the Navy Family Ombudsman program. The program links family members with a direct representative of their Sailor's command. This volunteer serves as a vital resource for Navy families and in many cases is the primary point of contact between families at home and the command. A strong command ombudsman makes sure your family has all the information they need to tackle the challenges of being part of a military family. They are specially trained to improve mission

readiness through family readiness. When families have questions or simply need to reach out to someone, a command ombudsman is invaluable.

Following a deployment, Returning Warrior Workshops (RWW) are great events. A lot of hard work is put into making these events the most beneficial for you and your family following a mobilization. They are designed to honor individual augmentee Sailors and supports these members with reintegration and reunion after deployments. RWWs address the stresses that come from these situations and include topics like warrior transitions, spiritual and emotional well-being, telling your story, couples reconnecting, and financial management and stress management techniques.

A very popular part of the weekend is a breakout session called "Improving the Process." All participants are encouraged to voice their opinions, concerns and suggestions about the mobilization and demobilization process. This whole weekend away is an opportunity to focus on reintegration and provide a perfect atmosphere for open communication. The venues are four or five star, the food is gourmet and the information is invaluable. It is critically important that the Navy values what families do and what they may potentially do in the future. That is why they have invested the time and resources for such an event.

Military readiness isn't only about service members; it is about the family too. Reserve Sailors can't do their jobs as well as they need to unless their families are supporting them in that effort. It is our job to make sure families receive the care and support they need in order to succeed.

LEADERSHIP

Providing Valued Capabilities

Written by Cmdr. STEPHEN P. FERRIS



The Navy Reserve is tasked with providing valued capabilities to either support existing active duty strengths or to create new ones. The Reserve Force is especially capable of accomplishing this goal since it draws from both military and civilian skills. Leadership can blend the dual strengths of its Sailors to provide the capabilities the active component (AC) expects. Leadership has tools and techniques it can use to improve the abilities of its personnel and provide the skills most required by the AC.

Recruitment: Perhaps the single most important activity leadership can do is provide strong unit recruitment. Although recruitment for the Navy Reserve is a national effort, units can compete in attracting the most talented Reserve Sailors from those who are presently serving. Leadership can alert Sailors to the training, leadership, and travel opportunities unique to their unit. Reservists have a choice regarding which unit to serve, and leadership should compete to recruit the highest quality Sailors available.

Retention: Leadership must keep Sailors engaged and excited about service in the unit. Meaningful training, fair assessment, and flexibility in managing the work, family and Reserve triad are critical aspects that result in high levels of Sailor retention.

Effective Training: Reserve Sailors are only able to provide the capabilities the active force requires if they are properly trained. Effective training is rate appropriate, realistic in scope, professional in delivery, and fairly assessed. This kind of training enables a unit to offer the capabilities for which it is tasked.

Innovation: Unit leadership should introduce innovative education and learning activities. Stale training programs can be refreshed with leading edge internet-based instruction, related

civilian educational programs, practical exercises, and resources from the other services. The key is to make unit training challenging, current and relevant. With a continuously changing war-fighter environment, it is easy for training programs to become obsolete unless leadership proactively manages them.

Anticipate Needs: Leadership should anticipate skills and requirements needed for the future. Hockey great Wayne Gretsky once said he skated to where the puck was going to be, not where it was. Unit leadership should develop the capabilities of its personnel that will be needed in the future and not merely for the present.

Lessons Learned: Leadership should review the many after action reports, field assessments, and archived lessons learned to determine the skills required by the active force and to anticipate what the future might hold.

Best Practices: Leadership should study the best practices of other Navy Reserve units or similar units in the other services. Leadership should directly borrow those practices that fully apply, tailor others so they align with the unit's needs, and disregard those which are not relevant.

Identify Deficiencies: An important aspect of assuring the delivery of needed capabilities is to identify training deficiencies. Deficiencies can occur due to lack of time, resources, trainers or motivation. After identifying a deficiency, leadership must correct it. This will require focusing attention and resources on the deficiency and timely follow up to make sure it has been corrected.

Providing valued capabilities is essential for the Navy Reserve. Through the effective management of Sailors and unit training programs, leadership can assure this expectation is met.

CULTURE OF FITNESS

Size it Up

Written by Lt. Wil Wooten and
Chief Mass Communication Specialist PAUL G. SCHERMAN

Maintaining or losing weight often comes down to how we eat, not what we eat. You can exercise with weights and do cardio for hours but if you eat more than you burn you will still gain weight. The First Law of Thermodynamics states that energy can neither be created or destroyed; it can only be transformed. So if we look at calories as energy: energy in is the food we eat and energy out is our daily activities, including exercise. So if you are trying to maintain your weight, you have to burn what you eat. If you are trying to lose fat, you need to burn more than you eat. It's that simple. Really.

If energy in = energy out, then there is no change in mass.

If energy in > energy out, then there is an increase in mass, or weight gain.

If energy in < energy out, then there is a decrease in mass, or weight loss.

Understanding the First Law of Thermodynamics makes it very clear that carbohydrates, fats and proteins by themselves are not behind anyone's growing waistline – excess calories are. The reason people gain weight is because there is an energy imbalance. It's not the type of food you eat, it's how much.

An excess of 500 calories a day adds up to 3500 calories at the end of the week – that's one pound of body fat. So if you are eating healthy you still may be getting too many calories.

What is a serving of (lean) protein? Can you look at a scoop of rice or bowl of pasta and tell how many servings of grain there are? A typical restaurant meal is two to four times larger than the government's recommended serving size and often has at least 60% more calories than the average meal made at home.

The number of servings you need each day from each food group depends on your calorie needs and is based on age and sex. Check out www.choosemyplate.gov to determine your calorie needs and servings. Below are some general daily recommendations.

Focus on Fruits: 2-3 cups of a different variety of fruits

Example: 1 cup = small apple, 8" banana, ½ cup orange juice

Vary your veggies: 2.5-3 cups of dark leafy greens, orange veggies, beans and peas

Example: 1 cup = raw spinach, baked sweet potato, ½ cup cooked black beans

Calcium rich foods: 3 cups low-fat or fat free milk low-fat yogurt, low-fat cheese

Example: 1 cup = 1.5oz cheese, 8oz yogurt

Whole grains: 3 oz whole grain cereals, breads, rice, pasta

Example: 1 oz = 1 slice of bread, 1 cup cereal, ½ cup rice or pasta

Lean protein: 5-6 oz meat, poultry, dry beans, eggs, and nuts

Example: 1oz = 1 oz meat, poultry, fish, 1 egg, 12 almonds

A medium apple or orange is the size of a tennis ball.

A medium potato is the size of a computer mouse.

A cup of rice is the size of a tennis ball.

An average bagel is the size of a hockey puck.

A cup of fruit is the size of a baseball.

Three ounces of meat is the size of a deck of cards.

A cup of pasta is the size of a tennis ball.

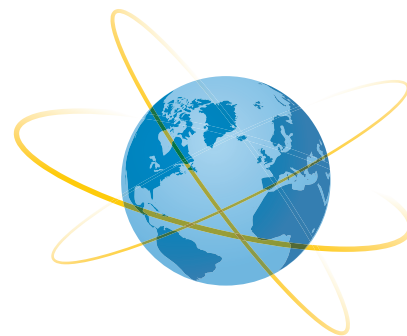
Three ounces of grilled fish is the size of your checkbook.

One ounce of cheese is the size of four dice.

One teaspoon of peanut butter is the size of the tip of your thumb.



TRAVEL SMART



Travel Assistance

Written by Yeoman 1st Class (SW/AW) AUDREY JENNINGS

Your bags are packed, you have your orders in hand and you arrive at the airport. You check in at the ticket counter. You discover that although you have a reservation and a Scheduled Airline Ticket Office (SATO) itinerary, your tickets haven't been paid. What do you do?

Let's start with how this could be avoided. The week before travel, a member should verify the Defense Travel System (DTS) authorization has been signed, reviewed, and approved. Within three business days of travel, members have three ways to verify a paid ticket:

- You should receive a second itinerary from SATO with an e-ticket receipt (a 16 digit number) that confirms the various flights and shows the ticket has been paid.
- You can go to www.virtuallythere.com to ensure you have an itinerary with the e-ticket receipt number.
- You can call the airline and verify the ticket has been paid.

Although the ultimate responsibility is on the member to verify their travel is good to go, units/commands have the tools to assist you. Each NOSC/squadron should run a DTS depart status report and a DTS routing status report weekly. These reports will identify who is traveling and when, and will report the ticket status.

You've tried to avoid unpaid tickets, but what if it happens anyway? Call your NOSC or the NROWS/DTS Travel Help Desk (800-537-4617) for assistance.

There are many reasons your ticket may not be paid or issued, which can have a major affect on your travel. If you are not able to travel, an order modification will be needed. If you're at a

location without internet access, contact your unit/command and they can create and route the modification for you.

Here's, what you should not do if this happens: Don't use your government travel charge card (GTCC) to buy the ticket without approval from your unit/command and CNRFC N33 Force Travel. You will need to call the travel help desk (800-537-4617). They will contact the N33 duty section for review and approval. Please note: missing flights, not approving orders in time or personal convenience are not reasons authorized for GTCC use. If a member uses their GTCC without authorization from CNRFC N33, they may be liable for all costs.

So what happens if everything worked as planned but you missed your flight?

If you miss your flight and another flight is available on the same day, with the same airline, at the same government rate, you can work directly with the airline to reschedule. However, if a flight has not met all of these conditions, you will need to contact your command, submit an order modification for the next business day. Travel should be schedule mid-day or later to allow time for the orders to route through the system. When a modification is required, you must also contact your fund approver as there is the potential for additional costs.

Note: Missing flights due to late arrival at the airport does not constitute an emergency.

If you need assistance when traveling, remember your unit/command is standing by to assist you. The NROWS/DTS help desk (800-537-4617) is available 24/7 for assistance.

MONEY MATTERS



Planning for Financial Emergencies

Written by Cmdr. CAROLINE S. TETSCHNER

A Small Sum Saved Goes a Long Way

When my eight year old daughter, Abigail, first started receiving a weekly allowance, she would invariably spend it right away. Of course, she never got much for the small sum of money. She quickly learned if she didn't give in to the immediate temptation, she could save and get something of better quality. Last summer she saved her weekly allowance and eventually had enough to purchase a, hand-held video game unit. After budgeting her allowance and holding off on impulsive spending, she ended up with a higher quality and longer-lasting product.

Budget for Emergencies

While adult budgeting is more complex, the same approach of discipline, saving, and planning is critical to ensure financial security. This is especially true when it comes to saving for emergency situations. What would happen if you lost your job tomorrow? Or if your car broke down and required major mechanical work? Or if a family member suddenly needed long-term hospitalization? Is there a long-term care plan for a parent or grandparent who might be entrusted to your care? Any one of these situations would put most of us into a financial tailspin. A recent figure from a major insurance company revealed 50 percent of Americans have less than one month's expenses saved for emergencies. By planning for the unplanned, you can establish a financial safety net to avoid a major pitfall.

Start With a Simple Goal

Even if you have nothing saved in your rainy day fund, start with a simple goal to begin the process. Aiming to save just \$1,000 is a good way to begin your emergency savings plan. How do you get that \$1,000? The best way is to look at what you're spending. How many of us stop at a coffee shop on the

way to work for that double non-fat latte? This daily \$4 ritual, replaced with a commuter mug from home, will save \$1,000 a year! What about purchasing lunch every day? There's another easy \$1,000 – \$2,000 annual savings. Take an honest look at your spending habits and I bet you can quickly and almost painlessly carve out \$1,000 savings in no time.

Once you've pulled together that initial \$1,000, continue the habit of saving. To provide yourself a realistic safety net, plan to have at least three to eight months' worth of living expenses on-hand. As an example let's say your monthly rent plus food, gas, insurance and other regular expenses totals \$3,000. If you have \$9,000 in your "emergency fund," you'll be covered for three months of expenses in the most dire of circumstances with no money coming in at all.

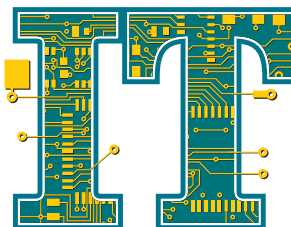
Putting the "Value" in "Providing Valued Capabilities"

As Navy Reserve Sailors, our value to the fleet comes from the capabilities aligned with Navy, Marine Corps and joint force mission requirements. In other words, we have what the mission needs. In order for us to be consistently mission ready, we need to be vigilant about the personal and financial situations that can have a major bearing on our Navy lives. There's an old saying: "by failing to plan, we plan to fail." While we always hope to have good health, good jobs and financial security, any of these can quickly turn on a dime with a crisis situation. Planning for those events enables us to stay on solid financial ground.



Cmdr. Caroline Tetschner
Commander, Navy Reserve Forces Command
Public Affairs Officer

GETTING IT TO THE SAILOR



Beware of Phishing

Written by Lt. JOHN GUZMAN, NAVY RESERVE FORCES COMMAND N6

Phishing is an illegal activity in which criminals attempt to solicit sensitive information from unsuspecting users by impersonating a trustworthy person or organization via email.

These emails appear authentic and will take you to websites that have the look and feel of the valid website. Once there, users are asked to provide info such as their account number, social security number, user name and password. The goal is for attackers to obtain information that will assist them in conducting criminal activities while evading existing security measures. These emails appear to come from legitimate sources like the Department of Navy, Navy Knowledge Online, Navy Federal Credit Union, banks, etc. or perhaps a social networking site such as Facebook. The following is an example of a phishing attempt:

*From: Bank of America Alert
Sent: Saturday, July 30, 2011 1:08 AM
Subject: Bank of America Alert: Verify Your Online Account
Importance: High*

*Dear Valued Online Banking Customer,
In the last few days, our Online banking security Team observed multiple logons to your account, from Different Blacklisted I.P addresses, therefore we are Issuing this security warning. Your Online Banking Access has been Blocked, to prevent further unauthorized access for your safety, we have decided to put an extra verification process to ensure your identity and your account security.*

Please click on the link below to activate and secure you online banking. this System Maintenance is for your safety and protect your internet banking against unknown users which leads to several losses of our customers funds recently. Bank of America

works hard to safeguard your account and personal information. That's why from time to time we may ask you to verify your identity online. This verification process will only take a few moments.

//www.bankofamerica/sitekey/securitygrade/www.herbalicious.com/vti_log/log/www.bankofamericacom/online/sitekeya/index.html

Sincerely, Bank of America Online Banking

Because your reply will not be transmitted via secure email, the email address that generated this alert will not accept replies. If you would like to contact Bank of America with questions or comments, please sign in to Online Banking and visit the customer service section.

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One of the first hints of a phishing attempt is the use of poor English and grammar and spelling errors throughout. If you rest (do not click) your mouse over any hyperlinks you might notice the site indicated and the actual site you will be taken to will be different. If there is doubt to the authenticity of an email, the recipient should contact the institution via a valid phone number to confirm the email is valid. Some institutions have email addresses set up for users to forward suspected spam so these emails can be investigated. Users should copy and paste the suspected spam email into a new email and not forward the original message. NMCI spam reporting procedures are at: <https://www.homeport.navy.mil/support/articles/report-spam-phishing/>

Preventive measures include digital signatures, training, and reporting any suspected incidents. DoN users are required to digitally sign any emails requiring proof of data integrity. This includes message that tasks or requests DoN users to provide personal or sensitive information.

PROFILE IN PROFESSIONALISM

We have many talented people in our Navy Reserve. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they provide to the fleet. To nominate a Sailor, e-mail the editor, james.vorndran@navy.mil, for a submission form. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



Richard F. Brooks
MASTER-AT-ARMS 1ST CLASS

Hometown: East Patchogue, N.Y.

NOSC: Long Island, N.Y.

Unit: Submarine Group 10 Force Protection Detachment 2

Brief description of your Navy job: Unit leading petty officer and firearms line coach. I currently serve as president of the NOSC's First Class Petty Officer's Association. I also assist the Reserve center in organizing color guard details and funeral honors.

Brief description of your civilian job: I am a police officer with the Suffolk County Police Department.

What has been your greatest Navy achievement? Being selected as submarine force Reserve component force protection Sailor of the year for 2010.

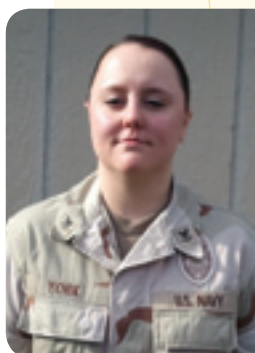
Who has been your biggest influence since joining the Navy? My family, who sacrifice so much of their own time so that I can do my job as a Reservist. Many of the chief's and my shipmates at the NOSC, specifically Master Chief

Master-at-Arms Scott McKendrick, Senior Chief Logistics Specialist Steven Goerges, and Senior Chief Operations Specialist Jeffrey Callahan, who have been great mentors to me. They have given me opportunities to take on additional responsibilities throughout my career.

What do you enjoy most about the Navy? There have been many but Egypt and Singapore for their history and culture.

Most interesting place visited since joining the Navy? The camaraderie and sense of family within the Reserve force. I have the privilege of serving with an outstanding group of individuals who bring so many different skill sets to our unit and the Navy. Their commitment and sacrifice are second to none.

Current hobbies: Spending time with my family, playing basketball, and reading about Naval and American history.



Chandra York
MASTER-AT-ARMS 2ND CLASS

Hometown: Medford, Ore.

NOSC: Springfield, Ore.

Unit: Navy Cargo Handling Battalion Five Delta

Brief description of your Navy job: During my deployment I worked at the theater field confinement facility. My job was to ensure the safety and security for the inmates and the guards. It is my job to be able to work in stressful situations, and to adhere to all of the rules set down for me. The experience has taught me valuable lessons about leadership and discipline.

Brief description of your civilian job: I work at CDS in Medford, Ore. which is a consolidated graphics company. I am a business associate of a competitive leadership development program. The program is a three year rotating process, which enables associates to learn and grow as leaders in the company.

What has been your greatest Navy achievement? My greatest Navy achievement was being selected to participate in the Navy Reserve 96th anniversary in Washington D. C.

Who has been your biggest influence since joining the Navy?

My father has been my greatest influence since joining the Navy. He gave me my first chevrons, and has been there for me each step of the way.

What do you enjoy most about the Navy? I enjoy being a part of something that is so important to the United States. I like hearing veterans speak about their experiences, and how it impacted their lives forever.

Most interesting place visited since joining the Navy? Kuwait was the most interesting place I have ever visited. It was the first time I had left the United States. It was interesting because everything is written in another language, and the people and lifestyles are so different.

Current hobbies: I enjoy reading and writing, fishing, hiking, camping, snowboarding, and listening to music. I am learning to play guitar, and I love to cook. I really enjoy the outdoors and staying active.

Reserve Sailors Assist ONR

Written by: Alex Bernstein, Intern, NSWC PCD Public Affairs



The MK18 sonar is prepared for launch off a rigid-hulled inflatable boat during the 2011 Mine Countermeasures Science and Technology Demonstration of the Office of Naval Research. Photo by Craig McDonnell.

A team of 44 Reservists assisted with an Office of Naval Research (ONR) Mine Countermeasures (MCM) science and technology (S & T) demonstration held at Naval Surface Warfare Center Panama City Division (NSWC PCD).

The Reservists provided unmatched support enabling ONR staff to execute their mission of demonstrating the future capabilities of autonomous and unmanned vehicles. NSWC PCD has year-round test capabilities and this demonstration gave them an opportunity to test and evaluate the newest technologies.

A multi-national attendance to the demonstration provided opportunities to collaborate on best practices of the research and development. Demonstrations like this allow ONR to transfer technology to the fleet.

“Our main mission was to escort foreign nationals, but we also provided project support. Many of our Sailors took advantage of the projects they were doing in research and development (R&D). A few had the opportunity to drive the remote operated vehicles,” said Master Chief Hull Technician Jeffrey Edens of Eleanor, W. Va. “Coming to Panama City was really great and seeing the R&D side of the house, something we typically don’t get to see, was a bonus for us. I’ve done a lot of annual trainings and this was one of the best.”

According to Fire Controlman 1st Class Dan Nicholson, also of Eleanor, W. Va., the Reservists played a crucial role in the physical aspect of the demonstration as well as fiscally.

“The biggest impact is the cost saving for ONR, because they didn’t have to fund it. The Navy is supporting R & D through a different avenue,” Nicholson said. “By utilizing Reservists, ONR saved \$350,000 in personnel costs.”

The Reserve Sailors arrived on station quickly and provided support so ONR personnel could work solely on the demonstrations.

“The demo has been a great success, and I believe the Reserve community played a big role in that success,” said Edens. “The Reserve force had personnel available at short notice. When the project leaders needed personnel, they were there within a phone call. I’m very proud of all the Sailors; they’ve done a great job.”

A portion of the demonstration risked cancellation until Reserve expertise was identified.

“When we arrived ONR was short a boat coxswain. Fortunately, we had two in our group. That is proof positive the Reserve force is ready for anything,” said Nicholson.

Another unplanned element of the demonstration was tackled and conquered by Reservists.

“Our Reserve team had to adapt quickly and be flexible during the event. There were lithium batteries that needed to be handled and maintained. We took a few hours to train a few of our crew and they handled the job expertly,” Nicholson said.

In addition to a successful demonstration, the Reservists were incredibly impressed with the NSWC PCD staff.

“Knowing what they are doing at NSWC PCD, no matter what service you are in, is awesome,” said Edens. “The civilian staff here has been outstanding; they’ve supported us as much as we’ve supported them. It’s been a good two weeks and I hope I’m fortunate enough to do it again.”

Retirement Benefit Seminar Prepares Reservists for Career-End

Story and photos by Mass Communication Specialist 1st Class Larry Foos, Navy Region Southwest Reserve Component Command Public Affairs

Throughout a Navy Reserve career, much attention is focused on being ready. Staying current on general military training, medical readiness, physical fitness and job specific training keeps Reserve Sailor's hands full.

One area of being ready which might not be as obvious is being ready at the end of a career. The Navy Reserve career counselor force is doing something about that. During the last couple years, each regional Reserve component command has pushed to increase awareness of what a Reserve Sailor needs to know at retirement.

Recently, Navy Operational Support Center (NOSC) Los Angeles held its third retirement benefit seminar. Approximately 100 Navy, Air Force, Army Reservists and Guard members and dependents throughout the Southwest region attended.

The one-day seminar involved joint coordination between career counselors for Navy Region Southwest Reserve Component Command (NRSW RCC) and NOSC Los Angeles. Reservists and guardsmen received an overview of the many benefits available and steps necessary to prepare for retirement. Many Reservists do not have the opportunity to attend transitional retirement workshops to help them with the decisions and financial planning needed. This seminar helped fill that gap.

"I think the seminar was good for me," said Lt. Elizabeth Yoe, who is nearing the end of her 28-year active and Reserve Navy career. "It taught me things I didn't remember and that I should find out more information before I go out the door."

The seminar included nine speakers from a wide-range of topics, including financial planning, disability benefits, retired activities office information, TRICARE health information and many other topics. There was also much audience interactivity, a question-and-answers segment, and informational booths on site. Those included American Red Cross, Psychological Health Outreach, Military OneSource, Post-9/11 GI Bill and military personal finance information.

Several senior leaders, both officers and enlisted, participated in the seminar, including Rear Adm. Mike Shatynski, vice commander, Naval Surface Forces.

This is the third retirement benefit seminar in the Southwest region dating back to last year. Due to the positive feedback, NRSW RCC hopes to schedule them twice each year.

To find out more information about retirement benefit seminars in each region, contact your local command career counselor.



Operation Odyssey Dawn and Unified Protector

Written by COMMANDER, U.S. NAVAL FORCES EUROPE-AFRICA AND U.S. 6TH FLEET NAVINFO PUBLIC AFFAIRS

Photos by Mass Communication Specialist 2nd Class DANIEL VIRAMONTES



Reserve Sailors are all too familiar with the challenges faced balancing commitments to families, civilian employers, and military duties. Extend that military commitment 30 plus days and the task is even more daunting. Couple this with a deployment to a hostile conflict with less than 72 hours notice, and the task becomes unprecedented. This is precisely the mission that fell to the Sailors of the U.S. Sixth Fleet Reserve force.



The U.S. 6th Fleet flagship USS Mount Whitney (LCC/JCC 20) steams past Mount Etna supporting Joint Task Force Odyssey Dawn.



Liaison officers from coalition countries meet with Joint Task Force Odyssey Dawn staff members aboard the amphibious command ship USS Mount Whitney (LCC/JCC 20) to discuss command and control of military operations.

The call came from Commander, U.S. 6th Fleet (C6F) Operational Support Officer, Cmdr. Kevin Parker. Parker contacted Capt. Tom Reck, interim director, C6F Reserve Force and Commander, U.S. Naval Forces Europe-Africa/U.S. 6th Fleet (CNE-CNA-C6F) Det. 802.

The U.S. 6th Fleet was tasked to lead a coalition of forces in Operation Odyssey Dawn, a United Nations effort to protect the people of Libya from their oppressive leader.

The Joint Task Force (JTF) would lead from the command and control ship USS Mount Whitney (LCC/JCC 20) and C6F required substantial Reserve force augmentation to fill critical billets.

The detachment had been planning for more than a year for such a contingency, knowing a rapid response force to support a standing joint forces maritime component commander (JMCC)/JTF was part of their expertise.

"Starting last year, we trained people to be watch officers with the C6F staff," said Cmdr. Burt Yaroch, Det. 802 operations officer. "This allowed us to rapidly fill positions in Naples when the active duty staff went forward to the Mount Whitney and to fill critical JTF positions. But for an operation of this scale, our unit couldn't staff it alone."

Exercise planners quickly put out the call to all the C6F Reserve units. They began shifting personnel from other commitments,

such as exercises Judicious Response and Austere Challenge.

The recruiting effort reached out to personnel from Detroit, New York, Denver, Chicago and Pittsburg. Within 72 hours, 10 augmentees were on their way to Naples and 60 Sailors were on station within two weeks. The Reserve Sailors brought manning to 100 percent at military bases in Germany, Italy, and at sea on board Mount Whitney and amphibious assault ship USS Kearsarge (LHD-3).

"The response and support from Navy Operational Support Center (NOSC) Atlanta, and the other NOSCs around the country, was phenomenal," said Cmdr. Doug Sasse, Det. 802 exercise planner. "We really couldn't have done this without them. It was truly a team effort."

Reck was proud of the way the entire C6F Reserve component stepped up and answered the call. He said when the initial call went out, the response was immediate.

"I was very impressed with the number of people who raised their hands," said Reck. "It just spoke volumes of the dedication and readiness of our 6th Fleet reserve force. We strive to be flexible, responsive and to serve across a wide spectrum of operations."

Vice Adm. Harry Harris, U.S. 6th Fleet Commander, echoed Reck's sentiment. "The Navy Reserve again has done a

spectacular job in manning key billets in named combat operations," Harris said. "As has been my experience over the past decade, their integration is seamless and contributions immeasurable."

One of the Sailors who answered the call and was able to deploy for 30 days was Electrician's Mate 1st Class Cartina Johnson-McClattie. Though Johnson-McClattie had never served on board a ship before, she joined the crew of the Mount Whitney and learned a lot during this underway period. Johnson-McClattie now has a better understanding of what takes place during real time missions.

"If you are mobilized to an operation, always be prepared for a schedule change," said Johnson-McClattie. "Without this flexibility, mission readiness is reduced."

Information Systems Technician 1st Class Randolph Gilstrap, who was one of the rapid response deployers, was needed for his expertise in computers.

"I filled the role of collaboration officer where I worked for the information management and knowledge management department," Gilstrap said. "I assisted with the build out of collaboration services to assist leadership in the quick turnaround of information sharing. This was essential in the fast paced environment of Odyssey Dawn."

In addition to his primary responsibilities, Gilstrap assisted the different department representatives with the set and maintenance of their collaboration sites and libraries. This included product information flow and data storage.

Capt. Chip Magner, the surface warfare officer mentor for Det. 802, was deployed to Mount Whitney as the “Strikes and Fires” cell lead.

Magner, the only Reservist leading the cell, talked about how the strike and fire cell processed information from all maritime, air and land assets. They then compiled a target list based on relevant intelligence and rules of engagement. Once the target package was developed each day, it was then presented to the JTF commander.

“We had the enormous responsibility of describing targets we could or could not strike to a four star admiral,” Magner said. “Another huge challenge was sorting out the Odyssey Dawn boundaries in the beginning days of the operation.”

There were several different challenging scenarios that presented themselves when the operation began. Once the information was defined and clarified from the administration, “Strikes and Fires” cell members adopted a more detailed and customized plan. That is when they realized they needed additional staff in their cell.

“I recruited four very sharp enlisted senior petty officers, and they made a huge difference,” said Magner. “If we didn’t have them during some of the day to day battle damage assessments, we would not have been able to provide the commander the proper information when he needed it.”

The JTF Odyssey Dawn was later turned over to the North Atlantic Treaty Organization (NATO), but the Reserve and U.S. 6th Fleet Sailors are still on station. They continue to rotate new personnel into theater. The Reservists augment more than 39 watch floor and liaison officer positions. By the end of May, Reserve Sailors provided 572 man-days in support of Operation Odyssey Dawn, and more than 1,000 man-days in support of the NATO-led mission Operation Unified Protector.

“CNE-CNA-C6F was called by our nation to stand up a JTF in support of a United Nations mandated mission, and the Reserve force was called upon to augment that effort,” said Reck. “We answered the call quickly and have continued to provide qualified support since that time.”

The muster of C6F’s Reserve forces to provide support for Odyssey Dawn was greatly valued, cost-effective and unmatched for quality. Short of a recall or mobilization, this effort has been almost unprecedented in the Navy Reserve. The Navy Reserve provided support of the highest magnitude for an extended period. They demonstrated the cohesive nature of the C6F Reserve relationship.

“We continue to work closely with our 6th Fleet active component staff to find ways to best support the normal operational routine of a three and four star staff,” said Reck. “We train and lean forward to enable a rapid response of the Reserve component to again contribute to the 6th Fleet total force.”

An MH-60C Seahawk lands aboard the amphibious command ship USS Mount Whitney in support of Joint Task Force Odyssey Dawn.



One common and important use of lines in the Navy is mooring. Mooring is defined as securing a ship to a pier or to a mooring buoy, or by anchoring. In order to properly moor a ship to a pier, certain standardized procedures make the operation efficient and knowledge of the appropriate terminology is essential. Standard commands, the deck fittings, and the lines themselves all are referred to in ways that must be understood by Sailors in order to take part in the operation or to stand watches properly once a ship is moored.

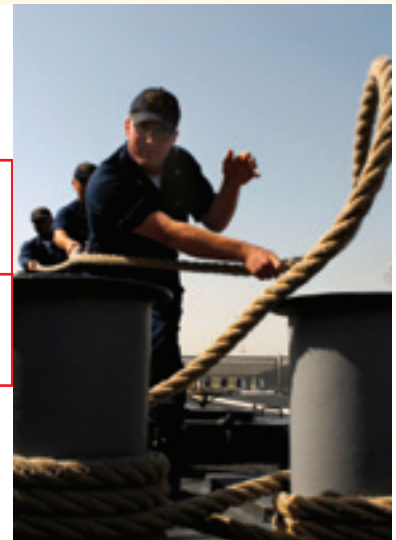
Deck Smarts

BACK TO BASICS

Written by Chief Mass Communication Specialist JAMES VORNDRAN

Bitts

Cylindrical shapes of cast iron or steel arranged in pairs on the ship's deck and/or on the pier which are also used to belay lines.



Padeye

An eyebolt welded on a plate that is fastened down to the deck. Commonly used to chain aircraft to a flight deck.

Cleat

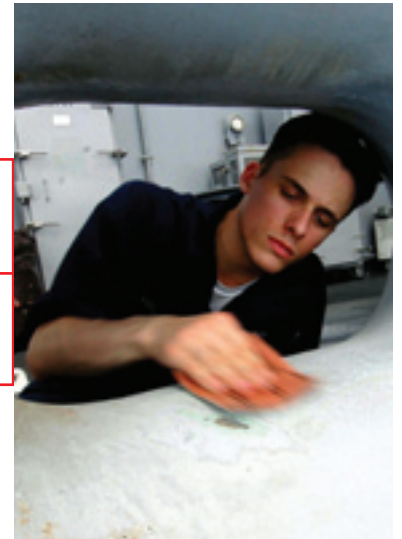
A deck fitting consisting of a pair of projecting horns for belaying (securing) a line.





Davit

Boats carried aboard ships usually are handled by powerful cranes and booms which hook onto slings attached to hoisting points built into the strong parts of the boat's structure. Boats stowed at davits are lowered and hoisted by the davit machinery in a safe and timely manner.



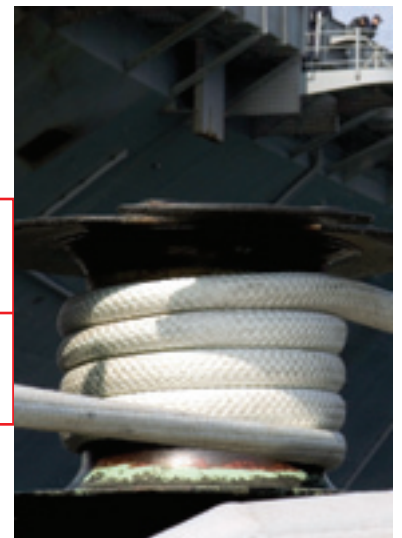
Chock

A fitting mounted securely to the deck or cabin top through which lines are led. Lines are not secured to it but instead are passed through. Chocks come in three varieties — open, closed and roller.



Bollard

A heavy cylindrical object with a bulbous top and a horn that is found on piers but not on ships. The eye or bight of a mooring line can be passed over it and, because of its design, the line will not slip off.



Capstan

Drum which rotates, and around which a hauling line is wrapped several times.

No Limits

NAVAIR's latest surveillance technology is more than just hot air.

**Written by Ens. Greg Melville
Navy Public Affairs Support Element East**



A PGSS is prepared for launch.
Photo by Staff Sgt. Vanessa Valentine.

The request to the Naval Air Systems Command (NAVAIR) was urgent. Commanders in Afghanistan were asking for a more effective surveillance system for their forward operating bases (FOB). They wanted something that could track people approaching from thousands of yards away and spot the potential planting of improvised explosive devices (IED). Cameras placed on top of small towers would have been easy targets and couldn't see far enough. Drones were too costly for the job, and couldn't be constantly present. NAVAIR's task was to find a cheap, effective solution, and fast.

One idea NAVAIR engineers considered was to use a balloon. An easy-to-transport mini blimp when inflated with helium could float more than 2,000 feet high. Attach a camera to it, tether it to the ground, and the forward operating bases would get a drone's eye view of the surroundings. It seemed almost too simple to be the solution.

But in this case, simple worked. The result was the Persistent Ground Surveillance System (PGSS), a 75-foot-long balloon that looks like a mini white version of the Goodyear Blimp. There are now 31 PGSS models being used in combat zones and more in transit. Each one is overseen by a Navy Reserve Sailor who serves as the officer in charge (OIC) for the civilian contractors who operate and maintain them. The program is yet another example of NAVAIR's ability to rapidly create new unmanned aviation systems, and its deep reliance on the Reserve to achieve its missions.

From the moment the request came to NAVAIR's special surveillance program for a high-flying surveillance solution for FOB's, the clock was ticking. "In less than 60 days we had put together a working demo model. Then we were asked to do four. Then four grew to 14, and 14 to 41," said Larry Hollingsworth, the national director of avionics for NAVAIR. "Our first system went operational in eight months from the project turn-on."

The PGSS can carry a payload of 150 pounds and float, tethered to the ground, above an FOB for as long as two weeks. They can reach an altitude reaching higher than the top of the Sears Tower in Chicago. Attached to its belly is a camera that detects approaching vehicles and people from several miles away. The PGSS is also surprisingly durable. Even if small arms fire were to reach it, a puncture wouldn't cause it to pop. Instead, the crew on the ground could detect the decrease in pressure and compensate for it, allowing the vessel to maintain its altitude. The most eye-opening aspect of the PGSS, though, is the price to operate it. The cost per hour is about one percent of flying a drone.

"People may have been skeptical about the PGSS at first, but once they saw the videos taken from the balloon, they were very excited about it," said Reserve Cmdr. Charles Sweeney who served in Afghanistan as an OIC with the surveillance program. "There

are countless stories of IEDs being placed by insurgents who were detected by the PGSS. In an ideal situation, you catch someone plant the IED, watch where they go, and then uncover an entire organization of insurgents.”

The PGSS system is just one example of NAVAIR’s swift response to surveillance needs. A more famous one is the development of the Tiger Shark Unmanned Aerial Vehicle. In 2005 the drone went from the drawing board to being operational within seven months. Since that time, the Tiger Shark has logged more than 20,000 flight hours on 4,000 missions. NAVAIR engineers have continued to make tweaks and improvements along the way. The latest enhancement is the recent creation and addition of an IED-detecting radar to the drone. The overall system is called the Copperhead.

Both the Copperhead and the PGSS were built exclusively with the aid of small defense contractors, not giant corporations.

“The smaller companies are more adaptable and flexible to rapidly innovate compared to bigger companies,” said Capt. Dan MacInnis, commanding officer of the Navy Reserve unit dedicated

to supporting NAVAIR’s PGSS and Tiger Shark programs. “Bigger companies are geared toward bigger programs of record. They’re less able to move quickly.”

The PGSS and Tiger Shark have something else in common: both are overseen by Reserve Sailors in the field. Hollingsworth says reserve personnel have the advantage of bringing unique technical skills, often gained in the civilian world, to the job. “We pick people with strong backgrounds, and specific experience that would apply. Some organizations would put an all-contractor team out there. But we don’t do that. We have a military OIC who will better liaison with the FOB commander.”

And both surveillance systems serve as models for future aerial programs—both in their quick development and, just as important, the use of Reserve Sailors.

“There are game-changing technologies being deployed in the war on terror, and the Navy Reserve is playing a big part — not just in development, but also in how they’re being used in the field,” MacInnis said. “This is an admirable thing.”

A Tiger Shark unmanned aerial vehicle returns from a mission supporting forces in theater. U.S. Navy photo.





Shark Tank 2011

Story and photos by
Mass Communication Specialist
2nd Class Arif Patani

Gunner's Mate 2nd Class Leonard Lasoya fires a shotgun during a live fire exercise on San Clemente Island, Calif.

It is hammered into recruits' heads in basic training they need to remain flexible. "Adapt and overcome" is a phrase we are all used to hearing.

One group of Sailors who seem to exemplify this best is the Reservists attached to Maritime Expeditionary Security Squadron (MSRON) 1.

"We have the same demands and the same operational requirements as any active duty unit," said Lt. Timothy Anderson, based out of Naval Air Station North Island, Calif. "This is not a support role here with MSRON, this is literally a go out and do it role."

Located 75 miles off the coast of southern California, Reserve Sailors attached to MSRON 1 set up camp on San Clemente Island for Shark Tank 2011, throughout the month of June.

The month-long exercise was first held in 2010. It was shaped by organizers as a way to create a real-life environment where Sailors could learn and apply expeditionary skills required while deployed.

"Our first goal is to setup a schoolhouse," said Shark Tank 2011 Training Officer, Lt. Dustin Burton. "We want to create a place where we can teach Sailors the basic skills required to perform in various expeditionary environments."

Gunner's Mate 1st Class Phil Scott, attached to Maritime Expeditionary Security Squadron (MSRON) 1, provides small arms training during Shark Tank 2011.



Organizers say Shark Tank is still maturing, but the exercise plays an essential role in the future success of the Maritime Expeditionary Security Force community.

“Our community, more than anything, needs an ascension program. We want a program to take blue-water Sailors and teach them how to operate in a brown-water environment,” said Anderson, a co-creator of the exercise. “Prior to Shark Tank we took guys from the big deck ships who were hard-working and well-intended, but they didn’t know how to operate in an expeditionary environment. That’s why we created Shark Tank.”

The camp MSRON 1 set up on San Clemente Island simulated a forward operating base like they would see while deployed. It included all the basics. Sailors lived and worked out of tents. There was a medical tent, an administration tent and an information technology department. The site also included a maritime operational center, a tactical operational center and a patrol boat house. Throughout the camp there are entry control points for security.

The exercise itself was broken up into stages. During the first two weeks of the exercise, students spent the majority of their time in the classroom. The Reserve Sailors went through a number of courses to familiarize themselves with their new environment. The courses included weapons training, combat lifesaver, detainee handling, boat safety, tactical movements, basic land and sea navigation, field safety, tent setup, combat mindset and nonverbal communication.

“The first two weeks is about assessing your individual combat skills (ICS),” said Chief Intelligence Specialist Bill Cuellar. “How to put together and break-down a tent. How to handle a 9 mm pistol and a .50-cal. We go over use-of-force, rules-of-engagement and how to treat a sucking chest wound. All the things you may come across on the battlefield. By drilling and training, you will be able to exercise those skills in a real-life situation.”

For Master-at-Arms 2nd Class Christopher Thomas, a San Antonio school district K-9 handler and policeman, Shark Tank offered him a place to tighten up his skills.

“Of course we break down weapons and do tactical movements at our Navy Operational Support Center in San Antonio, but we learn how

Top: Gunner’s Mate 2nd Class Eddiemike Gomez, Constructionman Electrician 1st Class Isreal Yocopicio and Electrician’s Mate 2nd Class Romer Ramos pump lube oil for their camp generator.

Middle: Chief Personnel Specialist Takeshi “Taco” Oho assists his team as they launch a 34-foot SeaArk patrol craft into the water.

Bottom: Lt. Cmdr. Christopher Burns conducts training with his Sailors before a live fire exercise on San Clemente Island, Calif.





to do things better here,” said Thomas. “I’ve learned a lot about land navigation, firefighting, and a ton of medical stuff. It’s really all about going back to the basics.”

Once the students completed their time in the classrooms, the squadrons transitioned to a field exercise where they applied the skills learned from the previous two weeks.

During the ICS portion of Shark Tank, students were tested to make sure they were up to standards. The field exercises ensure Sailors know what they are doing, while also making sure senior leadership is training Sailors the right way.

“Standardization of training across the organization is probably the best way to put it,” said Anderson. “The leadership is tested to see if our trainers and senior instructors are teaching the same knowledge, to the same level of effectiveness, across the board.”

Like certifications in surface warfare, field exercises and expeditionary warfare training is just another step to ensure the squadron is ready for deployment.

Once deployed, MSRON squadrons can be found in Guam, Bahrain, Kuwait, the United Arab Emirates, and the Horn of Africa.

“As an expeditionary unit we are capable of deploying anywhere in the world,” said Burton. “We are responsible for establishing force protection watches both on land and at sea to protect high-value assets.”

Burton added that the high-value assets could include military bases, commercial and military vessels, or even entire high-traffic ports, harbors and bodies of water.

Being attached to a go out and do it type of command requires a lot of sacrifice on the part of any Sailor, but for the Reservists attached to MSRON 1, it’s all about attitude.

“I’ve been on active-duty deployments, and they’re fun and enjoyable, but for those deployments we didn’t have a choice,” Anderson said.

“With a Reserve deployment, especially something as large as a security squadron, the call goes out and people volunteer.



Top: Sailors attached to Maritime Expeditionary Security Squadrons (MSRON) 1 and 11 set up camp on San Clemente Island, Calif.

Middle: Aviation Boatwain's Mate 2nd Class Carlo Santana fires a machine gun during a live-fire exercise off San Clemente Island, Calif.

Bottom: Master at Arms 2nd Class Jessica Labue participates in small arms training.



“When you take a 90-plus percent force who have volunteered specifically for this mission, the whole dynamic changes,” he said. “I find people will work longer and harder and they will smile and laugh the whole time. The vast majority chose to go on that deployment—it’s a total game changer.”

Like any other deployable unit in the Navy, MSRON is on a cycle. For Reservists, it’s not always the deployment that is the hardest aspect to get used to—it’s learning to be successful in the Navy, as well as in their lives in the civilian world.

“It is difficult,” said Cuellar. “You’re expected to know everything about the expeditionary world. Especially as a chief, you’re expected to be an expert in your field. When I come into the Reserve world I’m supposed to be an expert on intelligence and be up on current events. You just do the best you can with the time you have, but no matter what, you have to be on your job.”

Cuellar is not in a unique situation when it comes to MSRON Sailors either. MSRON Sailors come from diverse military and civilian backgrounds. From boatswain’s mates to intelligence specialists, and civilian truck drivers to owners of successful businesses, everyone plays a role in the MSRON mission.

In the end, Anderson says it’s these diverse backgrounds and the ability to juggle multiple tasks that make MSRON such an effective force.

“If you take this squadron out anywhere in the world it is literally a can do anything force,” said Anderson. “I’ve got guys who have been SWAT cops, teachers, and people who used to be submariners. You give me any twelve people here, picked at random, and I can pretty much get anything done with them. Somewhere in there I can find the strengths I need, and you don’t get that anywhere else but a Reserve squadron.”

“Our goal is to be mission ready,” said MSRON 1 Commanding Officer, W.K. Dailey. “The work required is tremendous and the commitment level must be extraordinary, but we get it done.”

Top: Machinist’s Mate 1st Class Charles Scott, attached to Maritime Expeditionary Security Squadron (MSRON) 1 and Gunner’s Mate 2nd Class Paul Adkins, attached to Naval Special Warfare Support Activity (NSWSA) 1, set up an M-14SSR Sniper Rifle during a live-fire exercise on San Clemente Island, Calif.

Middle: Service members attached to Maritime Expeditionary Security Squadrons (MSRON) 1 and 11, get ready to transport to the firing range.

Bottom: Service members attached to Maritime Expeditionary Security Squadron (MSRON) 1 perform patrol craft exercises off the coast of San Clemente Island, Calif.



The Evolution of U.S. Fleet Forces Command

Written By Lt. j.g. MIKE SHEEHAN
COMMANDER, U.S. FLEET FORCES COMMAND PUBLIC AFFAIRS



U.S. Fleet Forces Command is evolving and so, too, is the nature of how its Reserve component (RC) Sailors will execute their mission.

Commander, U.S. 2nd Fleet (C2F) and Commander, U.S. Fleet Forces Command (USFF) are merging into a single consolidated command allowing the Navy to more effectively use its resources. While the structure of the Reserve units is changing, operational support requirements will continue and the Navy Reserve is playing a critical role in the realignment.

The RC is creating a new model to support the consolidated USFF, guided by three key principles. First — the Reserve alignment with USFF will be operationally focused. Second — the merger will create new opportunities for day-to-day support, continuum of service and advancement for Reserve Sailors. Third — no Reserve Sailor will be disadvantaged by the timing of the merger.



Operationally Focused

Reserve Sailors will see unique opportunities in the new USFF structure. They will play an increased role in future operations, exercises and direct partnerships with the active component (AC) during real world day-to-day and crisis and contingency operations. They will provide direct support to USFF's Maritime Operations Center (MOC).

The consolidated USFF will retain the operational focus formerly executed by C2F's AC and RC. The nature of USFF's mission will change to one that also functions across a full spectrum of operations. USFF's mission will evolve from its traditional role of manning, training and equipping the fleet to encompass C2F's operational and tactical capabilities. The evolved missions range from humanitarian assistance to anti-piracy, as well as keeping sea lanes open. The AC and RC mix will enhance these missions.

"This is an exciting new support model," said Rear Adm. Robert Wright, Reserve deputy commander and chief of staff of USFF. "The new structure will give the Reserve a tremendous opportunity to provide direct support in execution of the maritime strategy."

The RC support model will result in increased opportunity to provide surge support during crises periods. USFF's RC units will be fully integrated and ready to provide seamless support as demonstrated in real world situations such as humanitarian assistance missions to Operation Unified Response and the Haiti Earthquake relief efforts.

"As the corporate knowledge of MOC operations on the Reserve side increases we become that much smarter when these scenarios arise in the real world," said USFF RC merge team director Capt. Michael Crane. "If and when they do, the Reserve units will be positioned to provide invaluable support to the entire USFF command."

Opportunities for day-to-day support and the Continuum of Service and Advancement

Although the number of Reserve units currently supporting C2F and USFF will be reduced from 34 to 28, those 28 units will have an increased role in USFF's operations. As a result, there will be increased opportunities for Reserve Sailors to contribute to operational readiness and support the transition of new capabilities to the fleet.

Sailors in the consolidated units will be executing the majority of their annual support at USFF alongside AC Sailors. Opportunities specific to the Reserve in the Navy's global force for good will be plentiful at USFF, which will result in a substantial increase in the overall corporate knowledge and career enhancement of RC Sailors.

One specific benefit for senior personnel is the new structure will have more command opportunities for commanders.

Junior officers and enlisted will benefit from being uniquely placed to perform real world operations both in the MOC and with forward units executing crisis response missions.

"This is the unit where the fully engaged Reservist will want to be assigned," said Wright. "Sailors who like to be involved, who like to be at the tip of the spear, and who like to work alongside their active-duty counterparts will want Fleet Forces to be their home."

"THIS IS THE UNIT WHERE THE FULLY ENGAGED RESERVIST WILL WANT TO BE ASSIGNED."

Facing pages: The Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) arrives in San Diego Bay. Photo by Mass Communication Specialist 2nd Class Michael Barton. This page: The littoral combat ship USS Freedom (LCS1) leaves the city of Cartagena following a four-day security cooperation port visit. Photo by Lt. Ed Early.

No Sailor Will Be Disadvantaged due to the merger timing

The overarching goal throughout the merger process was to minimally impact Sailors while building a consolidated RC that meets the needs of USFF and the Navy as a whole.

“It’s critical that we, as leaders, take care of our Sailors,” RADM Wright said. “Change can sometimes be a painful, but necessary process. We need to make sure we are doing everything we can to make certain this process works for our Sailors.”

In the extremely rare event the merger causes a situation where a Sailor could potentially be disadvantaged, affected Sailors will be able to look for a new assignment using APPLY, JOAPPLY or the Career Management System. In all cases, current RC unit commanding officers are expected to be in close communication with their Sailors to explain options and help facilitate changes so Sailors can continue their service.

In total, 254 billets will be going away as a result of the consolidation. A large number of these billets are currently unfilled. Filled billets affected by the merger are being looked at by the merge team to determine the best outcome for each billet.

“What we are working hard to ensure every Sailor is taken care of,” said Lt. Cmdr. Kevin Crow of the merge team. “We don’t want a situation where a Sailor is moved into a new unit and ends up with a ‘1 of 1, not observed’ fitrep or eval just as he or she is going up for promotion.”

As the process unfolds, all personnel will have access to detailed information concerning the merger. Updates to the merger will be posted on websites, the Navy Reserve Facebook page, Admiral Harvey’s blog and many other media and social media channels.



'Bees in the Box

Story and photos by
Chief Mass Communication Specialist
Terrina Weatherspoon

Let me tell you something about going to war. It's fear of the unknown – and let's face it – it's fear of the known. And when you get those orders to deploy with a Reserve unit, it's even scarier. Because at least in an active-duty unit you are training together, side by side, with people you've most likely spent some time getting to know. When you get orders to augment a Reserve unit, you can pretty much guarantee you aren't going to know anyone.

I said, pretty much guarantee. Because there is that off chance you will know someone. And that someone could have been an active-duty ensign back when you were an active-duty seaman apprentice stationed on the beautiful isolated coral atoll, Diego Garcia.

During our first PT session, before ever leaving the good ol' U.S. of A, I spotted him.

I walked right up to the tall, pale lieutenant commander who was in the middle of a calf stretch.

"Sir, do you remember me?" I asked.

"You look familiar," he said. "Like I've seen you on TV or something."

"Diego Garcia!" I said excitedly. "I was on TV there. You were a supply guy."

I found out he had come a long way from being the supply guy. He had gotten off active duty, and become a logistics manager for Lowe's in his civilian career, balancing his time between North Carolina and abroad. He was on this deployment as our regiment's supply officer-our logistics department head.

And that is not a bad person to know.

He was promoted to full commander before we left for Afghanistan. From then on, Cmdr. Ellis Brewer became my unofficial mentor. If I had a problem, he had a solution. It wasn't always a solution I would consider using, but it was a solution. He was there to provide banter and candor, and even honest to goodness advice during times on our deployment when I really seemed troubled.

For some reason, the fact that he knew me when I was active duty in the first few years of my career made him a subject matter expert on me. Even with such limited experience as to who I really was, it felt like he knew me.

However, that supply guy was a busy bee! During morning meetings with the commandant, he had the most slides. Between supply and intel, our morning meetings started out long and only got longer as we progressed in our deployment.

Brewer was in charge of everything logistics related. This means every time someone traveled outside the wire, he was in charge of making sure their flights were booked and tracked. Every time a VIP arrived, he was in charge of making sure berthing and travel arrangements were procured. Every time a battalion at a forward operating base needed a piece of equipment, he was in charge of making sure that piece of equipment arrived and was in good working order. Laundry facilities, meal cards, phone cards are all tracked by logistics, and ultimately, Brewer. Even my 12-disk CD burner that, trust me, I was in desperate need of toward the end of deployment, was tracked by the man himself.

Amidst all that was required of him on a daily basis, he became one of the first officers to get his Seabee combat warfare pin. Second only to Lt. Cmdr. Gerald Wilson, who was also a member of the supply department and one of Brewer's partners in awesomeness. His other partner being the infamous Lt. Mike Griffith whom I wrote about in an earlier post and who also got his Seabee combat warfare pin. It was obvious 3rd Naval Construction Regiment's supply department had it going on.

However, there was something else that Brewer had going on. Anti-bacterial hand soap. He was addicted to it. He did not want to get his hands dirty. As you can imagine, in Afghanistan, that was near impossible. Therefore, hand sanitizer was always in close proximity. Every office had a bottle, or six. In a world where you can never find enough of anything you need, you could always – ALWAYS – find hand sanitizer.

During the morning meetings, he would come in, rubbing his hands together. You could tell he had just applied the cleanser. Then he would wave his hands around letting it dry, all the while moving his chair out

with his right leg, turning it toward him with his elbows, sitting down and scooting himself up to the desk without ever touching anything. It was an art. And like many of us would point out, a little obsessive compulsive, which was not a diagnosis he would disagree with.

Whether actually obsessive compulsive, or something else not yet diagnosed by a professional, Brewer was able to make the lives of the men and women serving in our task force better. For me, he was one more sign that there was a place for me in the Seabees.

MCC Terrina Weatherspoon left active duty as a Chief in January 2008 after 13 years of service, and affiliated with the Navy Reserve in March of 2009. She is currently deployed to Kandahar, Afghanistan with the Third Naval Construction Regiment "The Leaders" out of Marietta, Ga. The regiment heads up Task Force Keystone, one of the largest engineering efforts in Afghanistan.

Clockwise from top: (Left) Cmdr. Ellis Brewer in formation with his department. (Top) Cmdr. Ellis Brewer, Supply Officer, 3 NCR. (Bottom) Lt. Cmdr. Gerald Wilson and Cmdr. Ellis Brewer, 3 NCR Supply Department.



Activation and Mobilization Checklist

Required documents for you and your family.

• PAY/DIRECT DEPOSIT/ALLOTMENT

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

• SERVICE RECORD/PSD

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

• LEGAL

- ☐ Location of current valid will.
- ☐ Copy of current power(s) of attorney.
- ☐ Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits.
- ☐ Social Security Numbers for self and family members.

• SECURITY CLEARANCE

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

• MEDICAL

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

Complete appropriate Medical Screening documents:

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

• PERSONAL

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

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

Navy Reserve Travel and Pay Processing Checklist

What you need to know.

• MESSING AND BERTHING

Verify whether you will be reimbursed for commercial or government berthing and messing:

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

• SELRES PAY AND ALLOWANCE (FOR AT AND ADT ORDERS)

Upon reporting for duty, submit to that Command's local PSD:

- ☐ Orders with Command Endorsements (Note: Orders must be imprinted with the word "ORIGINAL").
- ☐ Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (requirement varies by PSD).
- ☐ Electronic Funds Transfer (EFT) Certificate.

• SELRES TRAVEL CLAIM CHECKLIST (FOR ALL ORDERS: AT, ADT AND IDTT)

Submit the following to your Reserve Activity within five (5) working days of completing travel:

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

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

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

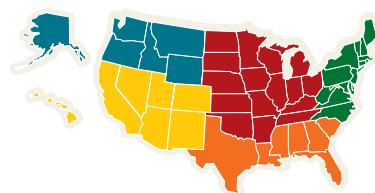
REF: JFTR VOL 1 and JTR VOL 2 / DODFMR VOL9 U2510

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



RC PHONE DIRECTORY

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



Chief of Navy Reserve
(703) 693-5757

Office of the
Chief of Navy Reserve
(703) 693-5757

Commander Navy Reserve
Forces Command
(757)445-8500

Force Equal Opportunity
Advisor and EO Hotline
Chief Dionn Henderson
1-877-822-7629
(757) 322-5679

Naval Air Facility, Washington
DC
(240) 857-4880

Naval District Washington RCC
(240) 857-4880

Baltimore, Md.
(410) 752-4561

Region Mid-Atlantic RCC
(757) 444-7295

Long Island, N.Y.
(631) 433-2532

Avoca, Pa.
(570) 457-8430

Bangor, Maine
(207) 974-1301

Buffalo, N.Y.
(716) 807-4769

Charlotte, N.C.
(704) 598-0447

Earle, N.J.
(732) 866-7288

Ebensburg, Pa.
(814) 472-5083

Eleanor, W. Va.
(304) 586-0326

Erie, Pa.
(814) 866-3073

Fort Dix, N.J.
(609) 723-7160

Greensboro, N.C.
(336) 254-8671

Harrisburg, Pa.
(888) 879-6649

Lehigh Valley, Pa.
(610) 264-8823

Manchester, N.H.
(603) 537-8143

New London, Conn.
(860) 625-3208

Newport, R.I.
(401) 841-4550

New York City, N.Y.
(718) 892-0312

Norfolk, Va.
(757) 318-4500

Pittsburgh, Pa.
(412) 673-0801

Plainville, Conn.
(860) 747-4563

Quincy, Mass.
(617) 753-4600

Raleigh, N.C.
(866) 635-8393

Richmond, Va.
(804) 271-6096

Roanoke, Va.
(866) 527-6595

Rochester, N.Y.
(585) 247-6858

Schenectady, N.Y.
(518) 399-2134

Syracuse, N.Y.
(315) 455-2441

White River Junction, Vt.
(802) 295-0050

Wilmington, Del.
(302) 998-3328

Wilmington, N.C.
(910) 762-9676

Region Southeast RCC
(904) 542-2486 x123

Amarillo, Texas
1-866-804-1627

Atlanta, Ga.
(678) 655-5925

Augusta, Ga.
(706) 733-2249

Austin, Texas
(512) 458-4154

Bessemer, Ala.
(205) 497-2600

Charleston, S.C.
(843) 743-2620

Columbia, S.C.
(803) 751-9251

Columbus, Ga.
(706) 322-4670

Corpus Christi, Texas
(913) 961-2241

El Paso, Texas
(915) 565-3993

Fort Worth, Texas
(817) 782-1805

Greenville, S.C.
(864) 423-5889

Gulfport, Miss.
(866) 502-1271

Harlingen, Texas
(956) 425-0404

Houston, Texas
(832) 380-7400

Jacksonville, Fla.
(904) 542-3320

Meridian, Miss.
(601) 679-3610

Miami, Fla.
(305) 628-5150

New Orleans, La.
(504) 697-9205

Orlando, Fla.
(407) 240-5939 x 2117

Pensacola, Fla.
(850) 452-1341

Puerto Rico
(787) 707-2324

San Antonio, Texas
(210) 225-2997

Shreveport, La.
(318) 746-9657

Tallahassee, Fla.
(850) 576-6194

Tampa, Fla.
(813) 828-1971

Waco, Texas
(254) 776-1841

West Palm Beach, Fla.
(561) 687-3960

Region Midwest RCC
1-847-688-4916

Akron, Ohio
(330) 376-9054

Battle Creek, Mich.
(269) 968-9216

Chattanooga, Tenn.
(423) 698-8955

Chicago, Ill.
(847) 688-3760

Cincinnati, Ohio
(513) 221-0138

Columbus, Ohio
(614) 492-2888

Decatur, Ill.
(217) 875-1733

Des Moines, Iowa
(515) 285-5581

Detroit, Mich.
(586) 239-6148

Fargo, N.D.
(701) 232-3689

Grand Rapids, Mich.
(616) 363-6889

Green Bay, Wis.
(920) 336-2444

Indianapolis, Ind.
(317) 924-6389

Kansas City, Mo.
(816) 923-2341

Knoxville, Tenn.
(865) 545-4720

Lansing, Mich.
(517) 482-9150

Little Rock, Ark.
(501) 771-0880

Louisville, Ky.
(502) 375-3329

Madison, Wis.
(608) 249-0129

Memphis, Tenn.
(901) 874-5256

Milwaukee, Wis.
(414) 744-9764

Minneapolis, Minn.
(612) 713-4600

Nashville, Tenn.
(615) 267-6345/6352

Oklahoma City, Okla.
(405) 733-1052

Omaha, Neb.
(402) 232-0090

Peoria, Ill.
(309) 697-5755

Rock Island, Ill.
(309) 782-6084

Saginaw, Mich.
(989) 754-3091

Sioux Falls, S.D.
(605) 336-2402

Springfield, Mo.
(417) 869-5721

St. Louis, Mo.
(314) 263-6490

Toledo (Perryburg), Ohio
(419) 666-3444

Tulsa (Broken Arrow), Okla.
(918) 258-7822

Wichita, Kan.
(316) 683-3491

Youngstown, Ohio
(330) 609-1900

Region Southwest RCC
(619) 532-1842

Alameda, Calif.
(510) 814-2605

Albuquerque, N.M.
(505) 853-6289

Denver, Colo.
(720) 847-6205

Fort Carson, Colo.
(719) 526-2964

Guam
(671) 339-6724

Las Vegas, Nev.
(702)632-1455

Lemoore, Calif.
(559) 998-3778

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(323) 980-7131

Moreno Valley, Calif.
(951) 656-1199

North Island, Calif.
(619) 545-2610

Pearl Harbor, Hawaii
(808) 471-0091

Phoenix, Ariz.
(602) 484-7292

Point Mugu, Calif.
(805) 989-7559

Port Hueneme, Calif.
(805) 982-6106

Reno, Nev.
(775) 971-6289

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(916) 387-7100

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(801) 736-4200

San Diego, Calif.
(858) 537-8040

San Jose, Calif.
(408) 294-3070

Tucson, Ariz.
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Region Northwest RCC
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Anchorage, Alaska
(907) 384-6525

Billings, Mont.
(406) 248-2090

Boise, Idaho
(208) 422-6236

Cheyenne, Wyo.
(307) 773-6500

Everett, Wash.
(425) 304-4777

Helena, Mont.
(406) 449-5725

Kitsap, Wash.
(360) 627-2203

Portland, Ore.
(503) 285-4566

Spokane, Wash.
(509) 327-3346

Springfield, Ore.
(541) 915-2391

Whidbey Island, Wash.
(360) 257-2922

VP-62
(904) 542-4461

VP-69
(360) 257-6969

Fleet Logistics, Support Wing
(817) 825-6438

VR-1
(240) 857-3410

VR-46
(817) 782-3420

VR-48
(240) 857-6814

VR-51
(808) 257-3289

VR-52
(215) 443 6600

VR-53
(240) 857-9029

VR-54
(504) 678-3061

VR-55
(805) 989-8755

VR-56
(757) 433-4065

VR-57
(619) 545-6920

VR-58
(904) 542-2380 x110

VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
(904) 542-8557

VR-64
(215) 443-6400

ETD Pacific
808-448-9278

ETD Sigonella
011-39-095-86-5289

Tactical Support Wing
(817) 782-5295

VAQ-209
(240) 857-7828

VAW-77
(504) 390-6288

VFA-204
(504) 678-3491

VFC-12
(757) 433-4919

VFC-13
(775) 426-3644

VFC-111
(305) 293-2654

HSC-85
(619) 545-7218

HSC-84
(757) 445-0861

HSL-60
(904) 270-6906

VP-30 SAU
(904) 542-3060

VAQ-129 SAU
(360) 257-2276

VAW-120 SAU
(757) 444-5072

VFA-125 SAU
(559) 998-1841

HSC-3
(619) 545-8196

HS-10
(619) 545-6600

VFA-106
(757) 433-9081

VFA-122
(559-998-3482

Operational Support
Offices and Reserve Force
Operations Allied Command
Transformation (NATO)
(757) 747-4071

Amphibious Group One
011-81-611-742-2377

Bureau of Medicine
and Surgery
(202) 762-3211

Center for Naval Aviation
Technical Training
(850) 452-9700

Comptroller of Navy
(202) 685-7000

Defense Intelligence Agency
(202) 231-4044

Defense Logistics Agency
(866) 204-4850

Destroyer Squadron Two
(757) 444-1452

Employer Support of the
Guard and Reserve (ESGR)
(800) 336-4590

Expeditionary Strike Group Two
(757) 462-7403 x 110

Expeditionary Strike
Group Three
(619) 556-1470

First Naval
Construction Division
(757) 462-8225 x 222

Fleet Activities Chinhae, Korea
011-82-55-540-2852

Fleet and Industrial Supply
Center Jacksonville, Fla.
(904) 542-1000 x144

Fleet and Industrial
Supply Center Norfolk, Va.
(757) 443-1610

Fleet and Industrial Supply
Center Pearl Harbor, Hawaii
(808) 473-7928

Fleet and Industrial Supply
Center San Diego, Calif.
(619) 556-6234

Fleet Air Mediterranean
011-39-081-568-4184

Fleet Forces Command
(757) 836-3644

Fleet Intelligence
Training Center Pacific
(619) 524-5814

Headquarters
US Marine Corps
DSN: 278-9360

Joint Chiefs of Staff
(703) 693-9753
(703) 695-1033

Joint Transformation Command
for Intelligence
(757) 836-7000

Judge Advocate General
(202) 685-5190

Logistics Group Western Pacific
011-65-6750-2645

Marine Forces Reserve
(504) 678-1290

Merchant Marine Reserve
Program
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Military Sealift Fleet Reserve
Support Command
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Mine and Anti-submarine
Warfare Command San Diego
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Fleet
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Naval Air Forces/Naval Air
Force US Pacific Fleet
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Naval Construction Forces
Command
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Naval District Washington
Headquarters
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Naval Education and
Training Command
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Naval Facilities
Engineering Command
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(401) 841-3771

Naval Hospital
Bremerton, Wash.
(360) 475-4000

Naval Hospital
Camp Lejeune, N.C.
(910) 451-3079

Naval Hospital
Camp Pendleton, Calif.
(760) 725-1288

Naval Health Clinic
Charleston, S.C.
(843) 743-7000

Naval Health Clinic
Great Lakes, Ill.
(847) 688-4560

Naval Hospital
Jacksonville, Fla.
(904) 542-7300

Naval Hospital
Lemoore, Calif.
(559) 998-4481

Naval Hospital Naples Italy
011-39-081-811-6000/1

Naval Hospital
Oak Harbor, Wash.
(360) 257-9500

Naval Hospital Pensacola, Fla.
(850) 505-6601

Naval Hospital
Yokosuka, Japan
011-81-46-816-5137

Naval Inspector General
Hotline
(800) 522-3451

Naval Medical Center
Portsmouth, Va.
(757) 953-5000

Naval Medical Center
San Diego, Calif.
(619) 532-6400

Navy Medicine Manpower
Personnel Training and
Education Command
(301) 295-2333

Naval Meteorology
and Oceanography Command
(228) 688-4384

Naval Network
Warfare Command
(540) 653-5001

Naval Network Warfare
Command
(757) 417-6750

Naval Operational
Logistics Support Center
(717) 605-5790

Chief of Naval Operations
(703) 697-5664

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

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

Naval Personal Development
Command
(757) 444-2996

Naval Sea Systems Command
(202) 781-1748

Naval Training Support Center
Great Lakes, Ill.
(847) 688-3536

Naval Special Warfare Command
(619) 437-2848

Naval Special Warfare
Operational Support Group
(619) 522-3232

Naval Station Rota Spain
011-34-956-82-2222

Naval Supply Systems
Command
(717) 605-3565

Naval Support Activity, Bahrain
011-973-39-14-6793

Naval Surface Force
US Atlantic Fleet
(757) 836-3057

Naval Surface Forces/Naval
Surface Force US Pacific Fleet
(619) 437-2950

Naval War College
(401)-841-3089

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

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

Navy Expeditionary Combat
Command
(757) 462-4316

Navy Expeditionary
Logistics Support Group
(757) 887-7639

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

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

NIOC Norfolk, Va.
(757) 417-7112

NIOC Pensacola, Fla.
(850) 452-0400

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

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

Navy Installations Command
(202) 433-3200

Navy Munitions Command
(757) 887-4834

Navy Personnel Command
1-877-807-8199

Navy Region Europe, Africa,
and Southwest Asia
011-39-081-568-6777
DSN: 314-626-6777

Navy Region Guam
(671) 355-1110

Navy Region Southeast
(904) 542-2324

Navy Region Hawaii
(808) 473-4505

Navy Region Japan
011-81-46-816-3155

Navy Region Korea
011-822-7913-7251

Navy Region Mid-Atlantic
(757) 322-2800

Navy Region Singapore
011-65-67-50-2531

Navy Region Hawaii
(808) 473-1168

Navy Region Midwest
(847) 688-2884

Navy Region Northwest
(360) 315-5123

Navy Region Southwest
(619) 532-2925

Navy Support Activity,
Washington, D.C.
(202) 433-3963

Office of Naval Intelligence
(301) 669-5557

Office of Naval Research
(703) 696-5031

Puget Sound Naval Shipyard
(360) 476-7683

Sealift Logistics Command
Atlantic
(757) 443-5758

Sealift Logistics Command
Europe
011-39-081-568-3568

Sealift Logistics Command
Pacific
(619) 524-9600

Space And Naval Warfare
Systems Command
(619) 524-7323

Commander Submarine Force
US Atlantic Fleet
(757) 836-1341

Commander Submarine Force
US Pacific Fleet
(808) 473-2517

Submarine Group Nine
(360) 396-6530

Submarine Group Ten
(912) 573-3733

Submarine Group Two
(860) 694-5683

Submarine Squadron Eleven
(619) 553-8641

US Africa Command
011-49-711-729-4484

US Central Command
(757) 836-4180

US European Command
011-49-711-680-113

US Fifth Fleet
011-973-724-383

US Fleet Forces Command
(757)-836-4180

US Joint Forces Command
(757) 836-6555

US Naval Forces Africa
011-39-081-568-4634

US Naval Forces Alaska
(907) 463-2248

US Naval Forces Central
Command
011-973-724-383

US Naval Forces Europe
011-39-081-568-4634

US Naval Forces Japan
011-81-46-816-1110

US Naval Forces Korea
011-822-7913-5795

US Naval Forces Marianas
(671) 339-7133

US Naval Forces Southern
Command
(904) 270-7354 x4304

US Naval Special Warfare
Command
(619) 522-2825

US Northern Command
(719) 554-5920

US Pacific Command
(808) 477-9138

US Pacific Fleet
(808) 474-8415

US Second Fleet
(757)443-9850

US Seventh Fleet
011-81-6160-43-7440 x4090

US Sixth Fleet
011-39-081-568-4634

US Southern Command
(305) 437-1261

US Strategic Command
(402) 294-0246

US Third Fleet
(619) 767-4296

US Transportation Command
(618) 229-8269

Navy Reserve Intelligence
Command
Reserve Intelligence Command
Hdqt's.
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
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Navy Intelligence Reserve
Region Southeast -
Jacksonville
(877) 882-7396

Navy Intelligence Reserve
Region Southwest San Diego
(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
(847) 688-6273

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

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

Navy Intelligence Reserve
Region Washington
(240) 857-7878

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

Navy Intelligence Reserve
Region tMidwest Det Detroit
(847) 688-6273

Navy Expeditionary Combat
Command
(757) 462-4316

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

Maritime Expeditionary
Security Force

Maritime Expeditionary
Security Group One
(619) 437-9808

Maritime Expeditionary
Security Group Two
(757) 396-0513

Chief of Naval Air Training

CAOSO
(361) 961-3386

CNRF CNATRA/FRS PM
(757) 322-6751

SUBMISSION GUIDELINES

PHOTO SUBMISSIONS

Due 5th of the month. High-resolution 300 dpi photos. Set camera on the highest setting (TIFF, FINE and/ or HQ). Shoot photos of action supporting the story. Posed shots or “grip-n-grins” are the least desirable. If the story is about people receiving awards, show us what they do that garnered said award. Send us the original image. Do NOT tinker with it in Photoshop™ or other image-editing software. We will edit it to fit into our page layout requirements. Include outline information identifying the subjects and what they're doing in the photo. Also credit the photographer.

STORY SUBMISSIONS

Due 5th of the month. Monthly columns: at least 500 words. More is okay, we'll edit it. Feature stories: at least 600-700 words and need supporting photos. Feature-based stories will compel the reader to read the entire story. We do not want a straight-news story written in inverted pyramid newspaper style.

QUESTIONS AND SUGGESTIONS

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



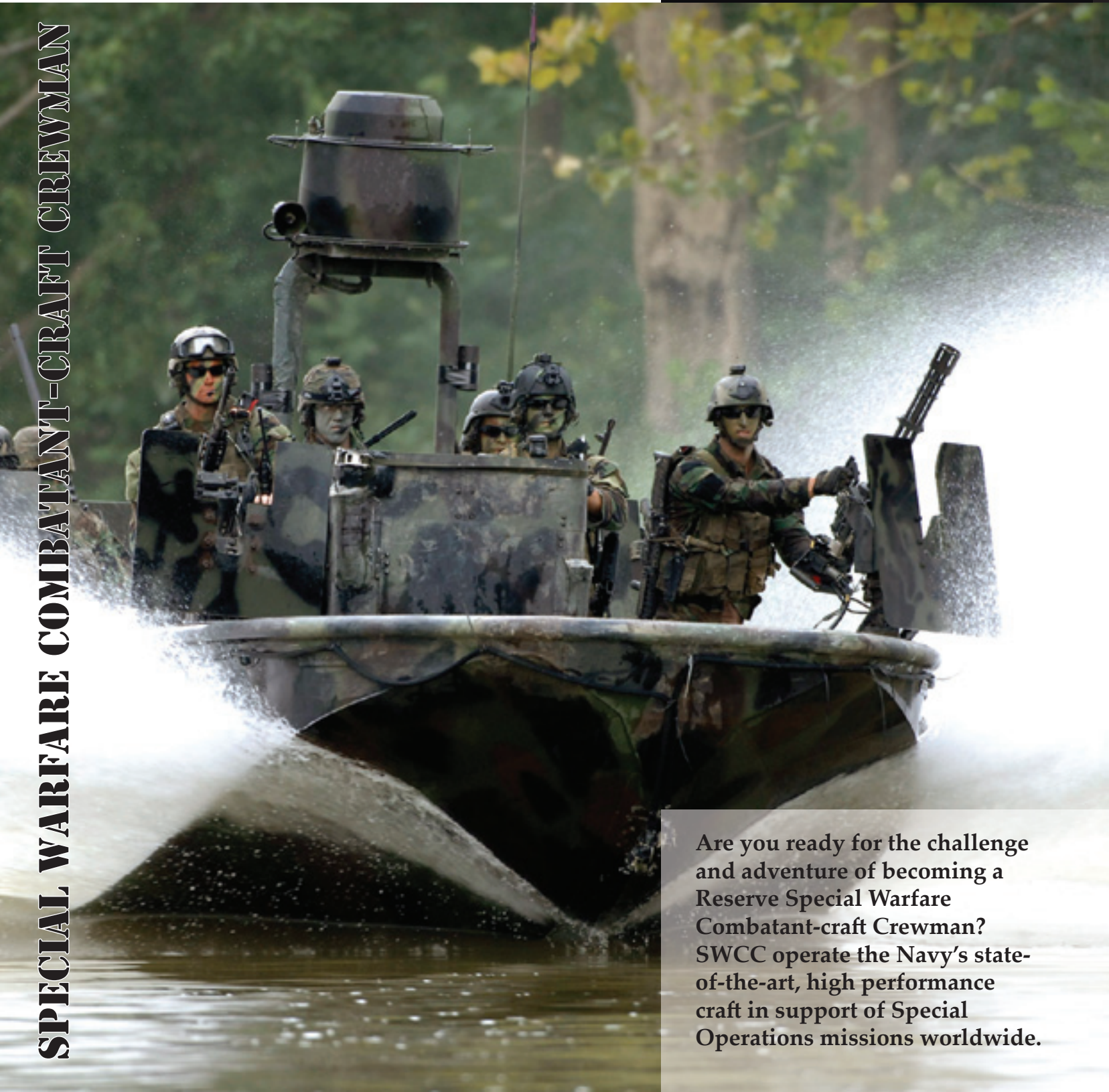
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