

JULY 2013

TNR

THE NAVY RESERVIST

NECC: Worldwide Expeditionary Force PAGE 10

The Evolution
of MCAST
PAGE 18

NAVELSG —
Anytime, Anywhere
PAGE 22

Reserve 'Bees
Can Do!
PAGE 24

Up in Flames
PAGE 26

8
**NAVY EXPEDITIONARY COMBAT
 COMMAND (NECC)**

10
**NECC: WORLDWIDE
 EXPEDITIONARY FORCE**
 Meet the Navy's most diverse community.
 The green uniforms aren't the only thing
 different about NECC.

18
THE EVOLUTION OF MCAST
 Navy's civil affairs and maritime security
 unit prepares for transition from active to
 Reserve component.

22
**NAVELSG — ANYTIME,
 ANYWHERE**
 Reserve expeditionary logistics is about moving
 cargo around the world to support
 the warfighter.

24
RESERVE 'BEES, CAN DO!
 SeaBees are forward deployed around the
 world building, and fighting, for the fleet.

26
UP IN FLAMES
 The Sailors at NOSC Pittsburgh got a rare
 opportunity to train with local firefighters.



8



18



22



24



26

COMPARTMENTS

2 FOCUS ON THE FORCE

16 BACK TO BASICS

4 CAREER

28 BOOTS ON THE GROUND

**5 PROFILES IN
 PROFESSIONALISM**

30 ACRONYMS

6 PAY

**34 RC PHONE
 DIRECTORY**

7 REVIEW BOARD

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

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

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



FOCUS ON THE FORCE

**Vice Adm.
Robin R. Braun**

► **Vice Adm. Robin Braun**, Chief of Navy Reserve, inspects a recruit drill platoon at the weekly pass-in-review graduation at Recruit Training Command (RTC).

(U.S. Navy photo by Mass Communication Specialist 1st Class Doug Mappin)



Shipmates, This edition of TNR has many articles about our Navy Reserve expeditionary forces and their outstanding accomplishments while serving at the “tip of the spear.” Operating forward, especially in combat situations, demands strong leadership throughout the chain of command. Recently, I spoke to a group of prospective commanding officers, executive officers and command master chiefs attending our Navy Reserve Unit Management course in Norfolk. I’d like to share with you some of the leadership themes I spoke about.

People are the Navy Reserve’s most important asset and we have an obligation to develop Navy leaders- at all levels. Effective leadership is essential to mission accomplishment, unit cohesiveness and morale. From our young Sailors serving in their first leadership roles as supervisors, to our senior officers serving in command, the development of our own personal leadership skills is a continuous, career-long process.

CNO recently promulgated the first Navy Leader Development Strategy. The outcome will provide leadership training tailored to each phase of our Navy careers, from E-1 to O-10, since the roles and responsibilities of leaders vary by rank and position. The strategy integrates experience, education, training and personal development through a continuum of leader development, based upon leader development outcomes - what we expect of our leaders, at all ranks.

We need to instill in our people what it means to be a shipmate by aligning their thought process along the lines of “Ship, Shipmate, Self” in the way they approach their daily activities. I want you to reach into the heart of every Sailor YOU lead and get them to understand that the actions of each of us affect the lives of all – and that only through teamwork, esprit de corps and discipline can we as a Navy Reserve accomplish our varied missions. We all know that there are some fundamental tenets of leadership that are timeless – the most important of these is trust. Trust is the foundational element that allows all other attributes of leadership that we prize to come to fruition. The essence of this effort to develop our people has to be grounded in building trust – trust in our subordinates, trust in ourselves and trust in our leaders.

We need to recognize the talent and potential of each of our Sailors, and more than just encourage, we need to insist that they grow in their abilities to think, make decisions and act within their levels of authority. We need to ensure that we are developing our Sailors to be strong leaders of character who are not afraid to make bold decisions, to think differently about the problems we face and to develop innovative solutions to our strategic, operational and fiscal challenges.

I challenge you to take some time out of your next drill weekend or scheduled training event to discuss what leadership means for each rank and position in your unit. Senior Sailors, listen to what your junior Sailors have to say. Junior Sailors, speak up! Have a conversation about your unit and what it means to lead, for you and the Sailors under you.

The outcome is straightforward. We will enhance our ability to develop Navy Reserve Sailors as leaders of character who epitomize our Core Values and are imbued with our Navy Ethos.

I hope to see you on the waterfront, flight line, or in the field.

Vice Adm. Robin R. Braun, Chief of Navy Reserve

A handwritten signature in black ink, reading "Robin R. Braun".

Force Master Chief (AW) Chris Wheeler

► **Force Master Chief
Wheeler** addresses Sailors at a recent all hands event.

(U.S. Navy photo)



Shipmates, As we focus our attention on our Navy Reserve expeditionary forces, I want to congratulate all of our men and women who are serving in these elite units. Over the years you proved time and again, that a force that is focused and trained can accomplish great things. While it is important to be fully trained and ready to do the mission, I would like to say that we cannot forget that it is our people that make us great.

Very often as we focus on mission requirements and unit success, we tend to neglect or overlook the needs of the very people that enable that success-our Sailors. Many years ago, I learned this lesson the hard way.

I first met Marty when I was our shop’s Leading Petty Officer. Marty was a fellow first class, an Aircrewman and although he did not work in our shop we did share the same rate and he would spend time in the workcenter. We would discuss our jobs, study for advancement and plan assignments for the drill weekends. Marty was good at his job. He knew his rate and he loved to fly. He also loved to fish and he often shared his fishing stories with everyone in our shop. Our squadron was always in the running for being the best squadron in the Wing and we won many awards, including the Battle “E.” It was people like Marty that made our squadron stand out among the other elite units.

Like everyone, I was busy at work and with a wife and three kids at home. Marty was married, but we never hung out together outside of work, that is at least not during the first two years that we served together. In the third year we did go out on a couple’s dinner and I met his wife for the first time. They seemed happy. That was the only time we hung out. One time he did invite me to his home to see his Bass boat. It was shiny and new and I could tell he loved it and took great care of his “baby.” To me it seemed that he had it all, a great job, a wife that he loved, and hobby that he enjoyed. “Seemed” is the appropriate word, because one Monday morning Marty did not show up for work. Over the weekend, Marty killed himself. It was shock to us all. Why would someone who had it all do such a thing?

It is still hard to believe even after all these years that he is gone. Marty may have seemed like he had it all, but we learned too late that he did not. The fact is that no one’s life is perfect. We all have our own problems and issues. The question is who do we turn to when it all becomes too much? I wish Marty would have turned to someone but Marty was a private person and he did not want to share with anyone that he had problems. I wish he would have. Perhaps he would still be here with us and perhaps we would go fishing in his shiny Bass boat.

As you go about your day, take the time to talk with your Shipmates. Even if they seem like they have it all, ask them how everything is going. If you are going through tough times, talk with someone- don’t hold it in. It is okay to share, if not with someone in your unit then go seek help elsewhere. Military One Source is always there 24/7 to listen – to help. Temporary problems no matter how big are never big enough to end your own life over. Every Sailor can make a difference-every Sailor matters.

Force Master Chief (AW) Chris Wheeler

A handwritten signature in black ink, reading "Chris T. Wheeler".



Enlisted Personnel Record Review

This article was compiled by CNRFC N15 from products produced by the OPNAV N16 Fleet Introduction Team, in coordination with NPC PERS 80 and PERS 3.

Ensuring your military records are current is a vital part of a successful career. You must personally verify that your Navy personnel records document your performance and achievements accurately. Failure to do so directly impacts your opportunities for retention and advancement. Your personnel information is maintained in several different online systems, and it is important to view and verify your records at least once a year and six months prior to Selection Board Review.

IMPORTANT: A common misconception is that when one personnel record, such as your NSIPS Electronic Service Record (ESR) or your FLTTPS Electronic Training Jacket (ETJ), is updated, the others are updated automatically. This is not true and you may need to correct each record individually.

Official Military Personnel File (OMPF)

Your OMPF contains electronic images of documents generated throughout your career, from time of entry until final separation. View, download and print official documents via *OMPF- My Record*, which is accessed via BUPERS Online (BOL) at <https://www.bol.navy.mil>. OMPF documents are used in the Selection Board Review process.

Electronic Service Record (ESR)

The ESR contains personal, training, education, awards and performance information. When required by regulation, some ESR data is printed as NAVPERS forms and filed in your OMPF. Your ESR, which is located at <https://nsips.nmci.navy.mil>, is NOT used in the Selection Board Review process, although documents printed from your ESR and accepted into OMPF are reviewed by Board members.

Prepare for an Enlisted Selection Board Review

Two reports available via BUPERS Online verify that your career achievements are available for Selection Board members to review.

The Performance Summary Record (PSR) summarizes your personnel data and performance history:

- PSR Part I: Personnel Data Summary (previously titled "Enlisted Summary Record")
- PSR Part II: Evaluation Summary (Pre-1996 Form)
- PSR Part III: Evaluation Summary (1996-Present)

View, download and print copies of your PSR via BUPERS Online

Continuity Report

The Continuity Report is a tool that indicates whether or not all your performance evaluations and fitness reports have been received by Navy

Personnel Command and are available for Selection Board Review.

Perform the following:

- Using CAC and CAC-enabled computer with Internet access, log into BUPERS Online at <https://www.bol.navy.mil>. When asked to verify your PKI, choose the DoD CA-XX certificate, not the email certificate.
- Select FITREP/Eval Reports, then click Performance Evaluation Continuity under "Reports: Individual Continuity".
- If you have any evaluations missing, it will be annotated in the "Missing Periods" section. You should have no missing periods and no gaps in continuity.
- If you have any issues accessing your continuity report, contact PERS 32 at (901) 874- 4881/4882/3313 (DSN 882).

If you discover errors or missing information, contact your command Personnel Office, CPC or servicing PSD.

For more information about Selection Boards go the NPC website at <https://www.npc.navy.mil>. On the top navigation menu, hover over **Boards**, click **General Board Info > Preparing for Boards**. View the current NAVADMIN specific to your Selection Board.

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.



OS2 (AW) Donte T. Hemmans

Hometown:

Lancaster, Calif.

NOSC: Port Hueneme

Unit: Undersea Warfare Operations Det Zulu" under "NOSC"

Brief description of your Navy job: I am a member of the Operations Department in Undersea Warfare Operations Detachment Zulu. I participate in exercises and train to supplement theater anti-submarine warfare watches worldwide contributing to the mission of the Submarine Force Reserve Component.

Brief description of your civilian job: I am a full time student at the University of Phoenix pursuing my Bachelor of Arts in Criminal Justice, and going through the process of joining the Los Angeles county Sheriff's department.

What has been your greatest Navy achievement? My greatest achievement in the Navy thus far is advancing to E-5 in four years. Receiving my Air Warfare pin is also a great achievement. I earned my AW pin with VFA-105 in Virginia. I had to work with all the different aviation rates in order to learn the functions and everything about the F-18 Super hornet. There was an oral board and written test involved as well as a final oral board in order to get pinned. The whole process took me about four months.

Who has been your biggest influence since joining the Navy: My biggest influence since joining the Navy was my Admin Officer Lt. Twitty during my term at Carrier Air Wing 3 (CVW-3), which is the staff command that oversees seven squadrons. He was prior enlisted and encouraged me to pursue the Mustang route as well as mentored me in my personal life.

What do you enjoy most about the Navy: I enjoy the traveling the Navy does and meeting people from all walks of life.

Most Interesting place visited since joining the Navy: Dubai was the most interesting place I visited since joining the Navy because it was so modern. The world's largest mall was amazing it took me two and half days of liberty to see it all. I saw cars I only saw in magazines driving around in Dubai. All the architecture of the skysire buildings and the five-star hotels were beautifully done.

Current Hobbies: Working out and keeping up with NFL and NBA statistics of players and transactions made in the leagues as far as trades and contract deals. Those sports are my favorite topics of conversation.

To nominate a Sailor, email the editor, johnny.i.michael@navy.mil, for a submission form. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



OS2 (SW) Ismael Robles-Beltran

Hometown: Bayamon, Puerto Rico

NOSC: Jacksonville, Fla.

Unit: NR Commander, US Naval Forces, Southern Command/Commander, 4th Fleet

Brief description of your Navy job: As my unit's equal opportunity manager, I provide guidance to promote positive command morale and quality of life by providing an environment in which all personnel can perform to their maximum abilities, unimpeded by institutional or individual biases based on race, color, ethnicity, national origin, gender or religious stereotypes.

Brief description of your civilian job: I am an operations clerk with VP-30 at Naval Air Station Jacksonville, responsible for the proper buildup, formatting and release of the daily flight schedule for the squadron. I also contribute to top customer service by helping officer and enlisted students and staff log flying hours, and to verify qualifications in their flight jackets prior to being scheduled for flight training.

What has been your greatest Navy achievement? Joining the Navy changed my life for the better, but having someone say to me, "I know I can count on you," would definitely be my greatest achievement.

Who has been your biggest influence since joining the Navy and why? My biggest influence since I've joined the Navy would be every Sailor I've met and become friends with. This is because I learned from others' mistakes and successes during the time I've spent with them.

What do you enjoy most about the Navy? What I enjoy the most about the Navy is definitely the deployments. If it wasn't for the Navy, I'd never have gotten to visit so many countries or had the opportunity to work in and know about their different cultures.

Most interesting place visited since joining the Navy: I've enjoyed every country that I have had the opportunity to visit. I've always tried to make the most of my time there and learn something about the culture, in order to take something positive about the experience with me.

Current hobbies: Because I am currently working towards getting my biomedical degree, my current hobbies would be studying and more studying until graduation. In the limited spare time that I do have, I enjoy working out at the gym, as well as maintaining an efficient lifestyle through fitness and healthy dieting.

Getting a Good Start to a Successful Mobilization

Written by Lt. Cmdr. Anne Commerton, Lt. Cmdr. Trey Brady and Personnel Specialist 1st Class Daryl Roberts, Navy Personnel Command, PERS-4G1 Reserve Mobilizations

BAH Entitlement Problems & PLEAD

Undoubtedly, the most stress inducing issue we see involves Reservists' home addresses, or "Place from which ordered to Active Duty" (PLEAD). Simply put, this is the address on the member's mobilization order and the address for which a mobilized member will receive BAH entitlements. Mobilized Reserve Sailors are paid basic allowance for housing (BAH) based on the location that the Sailor was residing as of the Date/Time/Group (DTG) on the mobilization order. PLEAD is based on the home address listed in NSIPS/RHS at the time the order was issued. If the member did not make an attempt to change their address prior to the DTG on their MOB order, a change of PLEAD, and thus a change of BAH entitlements will not be authorized.

A Sailor can choose to move to a higher or lower BAH area after their mobilization order is issued, but their BAH entitlement while mobilized will not be changed from the original address on their order.

Moving After The DTG On A Mob Order

A PLEAD change will not be authorized. However, the NRA/NOSC can request a transportation modification to the member's order via NESA (nesa@navy.mil). PERS-4G1 will then issue a modification authorizing the NRA/NOSC to arrange transportation

from the member's new residence to the NRA/NOSC for reporting on orders. The member must also request a demobilization modification via their NRA/NOSC to get transportation authorized back to their new correct address once their mission is complete.

TRICARE Pre-Alert entitlement

Mobilized reservists are entitled to no cost TRICARE Select (Pre-Alert) benefits for the member and their family from the date the order is issued but no earlier than 180 days prior to their initial report date. The activation should be automatic. However, due to the use of multiple, non-communicating systems, this may not always occur automatically. Members with orders are encouraged to call the 1-877-TRICARE (1-877-874-2273) after receiving their order to verify their status.

CAUTION: If a member performs AT/ADT for greater than 30 days in the period after the mobilization order is issued and before the mobilization report date, TRICARE Pre-Alert benefits may be suspended. Notify NESA at the number on your order to restart your TRICARE Pre-Alert benefits.

Courtesy Mob/Demob

Frequently members are not assigned to the NRA/NOSC closest to their home. To facilitate completing pre-mobilization medical and check-in requirements closer to their home, a member can request a "courtesy mobilization" at

the NRA/NOSC closest to their home. The NRA/NOSC to which the member is assigned and the NRA/NOSC to which the member is requesting to be processed must BOTH agree to this arrangement.

Rank/Rate On A Member's Order

An order modification is not required if the member's rank/rate is not correct or updated. The pay record should reflect the correct rank/rate but just as a precaution, officers should bring a copy of their Appointment Letter, and enlisted members should bring their profile sheet as proof of promotion.

POV Travel

If a member is mobilized to an INCONUS ultimate duty station, per Member Information, paragraph (10) of their mobilization order, they are authorized to drive their POV from their home to their Ultimate Duty Station and all the intermediate stops (I-STOPS) en route. ○

Our mission is to ensure your mission success.

Want to Make a Policy Change?

Provided by the Navy Reserve Policy Board

What does the Navy Reserve Policy Board (NRPB) do for me?

As advocates for all Navy Reservists, the Board examines current policies and makes recommendations for change to better enable ready and fully integrated support to the Fleet.

Where does the NRPB get ideas for change?

From you! The Navy Reserve Policy Board actively solicits recommendations year-round, and Sailors may submit recommendations online by clicking, "Want to make a Policy Change?" on the CAC-protected Navy Reserve Homeport.

How does the NRPB decide what to change?

We consider a myriad of factors in our deliberations, but we primarily focus on the same foundational questions:

- What is the benefit of a suggested change to the Navy Reserve?
- Is the change good for the Navy as a whole?
- How does this balance the personal benefits to members of the Reserve against the costs and value to the Navy?
- Is the change consistent with Navy Total Force policies?
- How does the change contribute to Force readiness and support to the Fleet?

Ultimately, we guide our deliberations by considering how a suggested change affects the everyday Sailor and overall mission readiness!

Who is on the NRPB? Who deliberates on the changes that I recommend?

The Board is composed of a highly diverse group of 16 Reservists—mostly Selected Reservists—representing various communities and geographies. We are approximately one-fourth enlisted and three-fourths officers, and the Navy Reserve Force Master Chief and the Reserve Force Sailor of the Year are automatically members.

How does the NRPB execute changes to Navy Reserve policies?

We meet every quarter, both in person and sometimes virtually, to deliberate on policy recommendations. If the Board decides to accept a recommendation, we forward to RADM Cutchen and VADM Braun. Many times, our leaders concur with the changes we recommend, and they subsequently go to the staff at CNRFC or OPNAV for immediate action and subsequent implementation. If the recommendation requires changes to policies outside the Navy Reserve and the OPNAV staff, the recommendation is forwarded to the National Navy Reserve Policy Board (NNRPB) for potential action at the Secretary of the Navy level. The NNRPB may subsequently forward

Many times, our leaders concur with the changes we recommend.

its recommendations to the Reserve Forces Policy Board at the Secretary of Defense level.

How do I join the Navy Reserve Policy Board or the National Navy Reserve Policy Board?

Every year, the NRPB and the NNRPB conduct a coordinated call for new member applications through standard Naval message traffic and GovDelivery announcement, and both Boards meet separately and select applicants to join for three-year terms.

How can I stay up to date on the work of the Navy Reserve Policy Board?

Right here in TNR! This article kicks off a quarterly update that the CNRF Navy Reserve Policy Board will provide all Navy Reservists, and we will share examples of the impact that your ideas are making on our Navy Reserve! ○

NECC

[Rear Admiral Sandy Adams introduces NECC]

I am a Reserve Sailor who is a proud member of the approximately 15,000 Reserve Sailors who serve in our Navy's expeditionary force around the world. Together, we serve under Navy Expeditionary Combat Command (NECC).

In this issue of TNR, you will learn about NECC Reserve Sailors and the ways they support critical expeditionary missions. Our Reserve Sailors work in hardware-equipped units and conduct challenging unit and individual training to ensure they are ready to deploy forward when needed. The Chief of Naval Operations said our Navy's mission is Warfighting First, Operate Forward, and Be Ready. Navy Expeditionary forces are all about that!

You will read about some of the outstanding and difficult missions that our units have performed, particularly since 9/11. Our Reserve and active Sailors answered the call after 9/11 to build our forces and deploy to Iraq, Afghanistan and other important locations around the world. They served bravely, and we are proud of their service and performance record.

You will also learn that, like other parts of our military, we are having to reduce both our active and Reserve Navy expeditionary forces. We are currently in the process of reducing from 30,000 total Sailors in 2012 to approximately 20,000 in 2015. This is what our nation and Navy needs us to do now. However, I can assure you that Navy expeditionary forces will continue to be a critical capability for the nation, and Reserve Sailors will continue to be an important part of that capability.



Rear Admiral Sandy Adams
Reserve Deputy Commander
Navy Expeditionary Combat Command

NECC

[WORLDWIDE EXPEDITIONARY FORCE]

By Mass Communication Specialist 3rd Class Heather Brown, Navy Expeditionary Combat Command Public Affairs

Reserve Sailors encounter the same risk, perform the same missions and provide a very effective fighting force at a great value to the taxpayer.

▼ Sailors assigned to Maritime Expeditionary Security Squadron (MSRON) 11 patrol Long Beach harbor while providing anti-terrorism and force protection support during an on-load operation of the Military Sealift Command chartered container ship MV American Tern (T-AK 4729).
(U.S. Navy photo by Mass Communication Specialist 2nd Class Joshua Scott)

Navy expeditionary forces have a long and proud history of supporting missions around the world, and its Reserve Sailors have played an important part in that history. Navy Expeditionary Combat Command (NECC) and NECC Pacific serve as the type commanders for the Navy's expeditionary forces responsible for the readiness, manning, training and equipping of those forces. NECC expeditionary Sailors number about 27,000, and more than half of NECC Sailors are Reservists.

"Our force is 56 percent operational Reserve Sailors who are trained and equipped to the same standard(s) as their Active Component counterparts," said NECC Force Master Chief Jeff Covington. "They routinely deploy as a unit or augment an active duty unit, with no loss of time or operational momentum. All NECC Reserve Sailors encounter the same risk, perform the same missions and provide a very effective fighting force at a great value to the taxpayer."

NECC commands numerous organizations with unique expeditionary capability. They include the Naval Construction Forces (NCF), Coastal Riverine Forces (CORIVFOR), Navy Expeditionary Logistics Support Group (NAVELSG), Navy Expeditionary Intelligence Command (NEIC), Maritime Civil

Affairs and Security Training (MCAST) Command, Explosive Ordnance Disposal (EOD) and the Expeditionary Combat Readiness Center (ECRC), which manages the Navy's Individual Augmentation (IA) program for both active and Reserve Sailors. "NECC Reserve units or detachments exist in 23 states," said Rear Adm. Michael Tillotson, commander, NECC/NECC Pacific. "We provide the resources and support to ensure they are trained to the same standards as their Active Component counterparts. We need NECC Reserve units to be ready to operate forward when needed."

Today, NECC has nearly 650 mobilized Reservists conducting missions mainly in the Central Command (CENTCOM) area of responsibility.

▼ Sailors from Navy Cargo Handling Battalion (NCHB) 1 haul a medical vehicle during Trident Arch 2013 at Naval Stations Yorktown-Cheatham Annex, Va. April 18, 2013.

(U.S. Navy photo by Boatswain's Mate 2nd Class Nelson Doromal Jr.)



“Our Reservists will continue to be where the action is, working as part of the Navy total force.”

“NECC cannot provide sufficient capacity to operational commanders without the Reserve Component,” said Covington. “Our Reservists will continue to be where the action is, working as part of the Navy total force.”

[Naval Construction Force]

With nearly 14,000 Sailors, the NCF, also known as Seabees, is the largest force within NECC command. More than 7,000 are Reservists who serve in units across 15 states. Although the number of active and Reserve Seabee Battalions is in the process of being reduced, Seabees will remain the largest force within NECC and will remain a critical capability for the Navy.

Seabees date back to 1942 and work by their motto, “We build, we fight.” Seabees build and repair a vast variety

of facilities including, but not limited to, aircraft runways, weapons storage areas, bridges, roads, schools, medical clinics, piers, underwater and above, as well as constructing border outposts and expeditionary camps. The NCF is organized under two groups based out of Gulfport, Miss., and Port Hueneme, Calif.

“The Naval Construction Force fully integrates our active and Reserve personnel to allow for maximum engineering capability to our combatant commanders,” said Capt. Dean A. Tufts, commodore, Naval Construction Group 1. “Active or reserve, a Seabee is a Seabee. Without our Reserve Component regiments and battalions in the deployment rotation, we could have not sustained our operational tempo over the past 12 years.”

Reserve Seabees have been an integral part of the NCF’s efforts in the Global War on Terror since their first deployments to Iraq in 2003. During the past 10 years, every reserve Seabee battalion has deployed to support Operations Iraqi Freedom and Enduring Freedom. Their construction efforts in building facilities to support troops has improved the quality of life for countless deployed service members, and their force protection efforts have saved countless lives.

Currently, Reserve Seabees from Naval Mobile Construction Battalion (NMCB) 15 are deployed to Afghanistan. As the International Security Assistance Force continues to drawdown, NMCB 15 is completing numerous important projects

including drilling water wells, camp maintenance and various deconstruction projects.

Reserve Seabees from NMCB 23 recently embarked aboard the High Speed Vessel Swift (HSV 2) with Southern Partnership Station 2013. They built a new school and repaired six others throughout the Dominican Republic, El Salvador, Panama, Guatemala, Peru and Haiti. NMCB 23 Reservists also built a women’s clinic in Guatemala and a school in Honduras as a part of exercise Beyond the Horizon.

[Coastal Riverine Force]

Another important NECC capability is the CORIVFOR, which protects ports, harbors and ships. Of the roughly 5,600 CORIVFOR Sailors, approximately 3,000 are Reserve Sailors serving in units across 15 states. Maritime Expeditionary Security units and Riverine units were reorganized as CORIVFOR squadrons in 2012. As part of that change, three Reserve Maritime Expeditionary Security Squadrons were identified for disestablishment as part of NECC force reductions. Out of the seven remaining CORIVFOR squadrons, four are Reserve.

CORIVFOR Sailors operate in harbors, rivers, bays, across littorals and ashore to protect, escort or monitor the Navy’s high-value assets, such as ports, harbors and ships. They are also capable of working in conjunction with Amphibious Readiness Groups, Expeditionary Strike Groups, Carrier Strike Groups, Global Partnership Stations and Military Sealift Command ships.

CORIVFOR Reservists have been on a constant deployment rotation since October 2000. Until 2004, they were solely responsible for force protection missions overseas. They have also consistently been on standby for continental United States missions such as Fleet Week security support, U.S. Navy high-value unit port visits, and ship commissioning support. Currently, CORIVFOR Reservists are providing mission support in Kuwait, United Arab Emirates (UAE), Bahrain and Djibouti.

[Navy Expeditionary Logistics Support Group]

Aiding U.S. forces as well as their allies is NAVELSG in Williamsburg, Va. They deliver expeditionary logistics capabilities around the world with mobilization-ready Navy Reserve forces and active duty Sailors. NAVELSG provides a wide range of supply and transportation functions critical for peacekeeping, crisis response, humanitarian assistance and combat service support missions.

“NAVELSG is made up of more than 3,600 Sailors, 89 percent of whom are drilling Reservists,” said Rear Adm. Mark Belton, commander, NAVELSG. “They participate in operations and exercises in every part of the world and bring a passion and dedication to everything they do that is simply amazing.”

Today, Reservists from Naval Cargo Handling Battalion (NCHB) 11 are deployed to Kuwait, Afghanistan, Bahrain, Japan and Germany as well as Reservists from NCHB 3 in Bahrain.

► Chief Master-at-Arms Joe Nunes, center, a maritime civil affairs instructor, guides a member of the Cape Verdian coast guard into proper formation during boarding team training aboard the Cape Verdian patrol boat NP Guardian (P511) during Africa Partnership Station (APS). APS is an international security cooperation initiative, facilitated by Commander, U.S. Naval Forces Europe-Africa, aimed at strengthening global maritime partnerships through training and collaborative activities in order to improve maritime safety and security in Africa.

(U.S. Navy photo by Mass Communication Specialist 1st Class Felicito Rustique)



In 2010, NAVELSG Reservists provided rapid response to aid in Haiti after a 7.0 magnitude earthquake. Within the first 48 hours, they had delivered more than 200 pallets containing nearly 100,000 rations of food and more than 313,000 bottles of water. They also delivered blood donations, medical supplies and immunizations.

One unique operation NAVELSG has conducted for the past 50 years is Operation Deep Freeze. Once a year, NAVELSG ensures a safe delivery of life-sustaining cargo to research scientists and residents at McMurdo Station, Antarctica. They work around the clock in sub-zero temperatures with negative-degree wind chill factors to deliver a year's worth of supplies for the National Science Foundation's United States Antarctica Program.

[Navy Expeditionary Intelligence Command]

Working closely with all NECC commands is NEIC, which provides unique adaptive intelligence capabilities. NEIC has approximately 300 Sailors, of which 180 are Reserve. They deny the enemy safety and freedom of movement by providing relevant and timely actionable information to expeditionary, maritime, joint and combined forces. With NEIC's assistance, other friendly forces are able to fix and

destroy the enemy within the operational environment.

NEIC has access to various areas and environments from blue to green water, coastal littorals and far in-land, whereas traditional intelligence, surveillance, and reconnaissance (ISR) assets do not have the access or capacity to operate in the same vicinities.

NEIC has assisted a variety of forces with ISR. In 2011, NEIC participated in Operation Bold Step, a Fleet Synthetic Training (FST) exercise with the USS George H.W. Bush Carrier Strike Group, Maritime Expeditionary Security Squadron 10, Riverine Squadron 3 and MCAST, who all trained in a mock village to conduct simulated close-air support missions and suppression of simulated enemy forces.

[Maritime Civil Affairs And Security Training Command]

In 2009, when MCAST Command was formed in Virginia Beach, Va., they said "People are our platform." To this day, MCAST still works by their motto and is dedicated to establishing and enhancing relations between military forces, government and non-government organizations and the civilian population. Approximately 300 of the 550 MCAST Sailors are Reserve Component. Many Reserve sailors have deployed to El

Salvador, Djibouti and Kenya conducting sea survival training and site assessments to aid in improving the country's schools, police and communities.

MCAST Sailors provide military maritime training to foreign militaries. This training supports security cooperation and foreign internal defense missions in areas such as small boat operations and tactics, maritime combat operations, weapons handling, anti-terrorism/force protection, maintenance and construction, and officer and non-commissioned officer professional development and leadership.

"The Reservists attached to MCAST have diverse experiences and education, and this diversity allows for greater versatility at fulfilling missions abroad," said Lt. Cmdr. Miguel Rios, officer-in-charge of Maritime Civil Affairs Team 210, Maritime Civil Affairs Planner. "For example, a Reservist with a background in marine science can lend their expertise in fisheries and resource management to help put a village on the path to economic independence. Or, someone with a background in diplomacy and national security is able to provide valuable insights for visiting U.S. leadership, who can then use that information to communicate our will and commitment to partner nations. MCAST missions are global and the diverse experience is necessary."

[Explosive Ordnance Disposal]

Navy EOD is the only maritime expeditionary EOD and Mobile Diving and Salvage (MDS) capability within the Department of Defense. Nine percent of EOD personnel are Reservists, and both active and Reserve components are composed of highly-trained technicians who are experts in explosives, diving and parachuting. They are capable of rendering safe all types of explosive devices, including conventional, improvised, chemical, biological and nuclear. They also are capable of demolition of hazardous weapons and explosives by using detonation and burning techniques.

"Since 2001, Explosive Ordnance Disposal Operational Support Unit (EODOSU) 10 and Reserve Explosive Ordnance Disposal Group 2 have provided tremendous ordnance clearance and area search platoon support to IAs for a myriad of requirements in Afghanistan, Iraq and stateside," said Lt. Cmdr. Patrick Smith, commanding officer, EODOSU 10.

EOD Reservists have been deployed to provide Anti-Terrorism/Force Protection (ATFP) diving at ports, harbors and U.S. assets in UAE, Bahrain, Kuwait, Afghanistan and other various locations around the globe. EODOSU 10 has conducted 27 deployments since 2001, totaling 105 Reservists.

In October 2013, EODOSU 10 will be disestablished and NECC will no longer possess Reserve EOD forces. The enlisted Reserve EOD force will primarily shift to Naval Explosive Ordnance Disposal Technology Division Reserve Unit, where the main focus is exploitation of improvised explosive devices (IED's) from the battlefield and extracting intelligence from the devices.

"The Reservists attached to MCAST have diverse experiences and education, and this diversity allows for greater versatility at fulfilling missions abroad."

[Expeditionary Combat Readiness Center]

The ECRC, based at Joint Expeditionary Base Little Creek-Fort Story, was established under NECC in 2006 to direct the Navy's Individual Augmentee (IA) program in support of Overseas Contingency Operations (OCO). An IA can be an active or Reserve Sailor. Of the 105,281 IAs who have deployed since 9/11, 69,240 have been Reservists. Most IAs are deployed within the CENTCOM region, and many are also serving in the 53-nation U.S. Africa Command, particularly in the Horn of Africa area.

"Since 9/11, the U.S. Navy Reserve has shouldered a huge part of OCO, deploying to all sorts of missions all over the globe," said Capt. Eric Jabs, ECRC's former commanding officer.

ECRC has enhanced the deployment process by breaking it up into four manageable phases. The first phase is pre-deployment, which provides pre-requisite information required to complete before leaving their parent command such as, medical and dental screenings, assisting with pre-deployment general military training and uniform issue. After all the pre-deployment preparations are done, ECRC mans, trains and equips Sailors by providing training with the U.S. Army across seven Army bases that lasts from three to 40 weeks. The third phase is boots on ground, where IA Sailors are deployed and ECRC stays in contact and provides them with any needed assistance throughout their deployment. ECRC also has an IA family support program that serves as a conduit for IA families to access information and direct support throughout the deployment.

The final phase is redeployment/demobilization. This is when ECRC will aid the IA's return to their parent command by hosting multiple Returning Warrior Workshops, a one-week program that assists IA Sailors in transitioning from a combat environment back to home by going through a series of briefs and lectures.

"The Navy Reserve continues to answer our nation's call to arms," said Jabs. "Although the number of IAs has gone down, the bulk of OCO missions are now borne by Navy Reservists living up to the force motto: 'Ready Now. Anytime, Anywhere!'" ○



◀ Reserve component Sailors assigned to Explosive Ordnance Disposal Operational Support Unit (EODOSU) 7 use a Man Transportable Robot System "Talon" Mark 2 to approach a suspected bomb maker's building during a mobility exercise at Naval Air Weapons Station China Lake. EODOSU-7 conducts training for reserve and active component personnel to prepare them for future mobilizations and deployments.

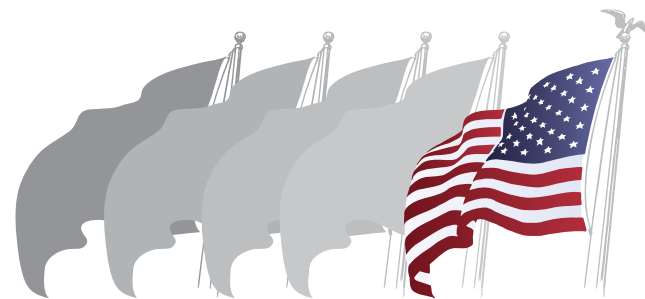
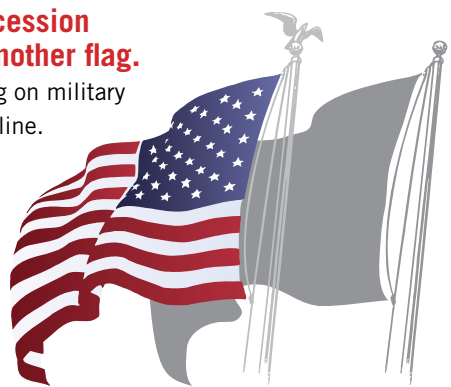
U.S. Navy photo by Mass Communication Specialist 2nd Class Joshua Scott

Displaying the Flag

This month's Back to Basics illustrates the proper care and exhibition of our national ensign.

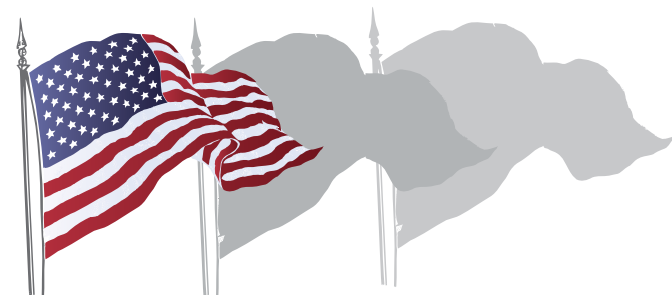
In procession with another flag.

U.S. flag on military right of line.



In procession with other flags.

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



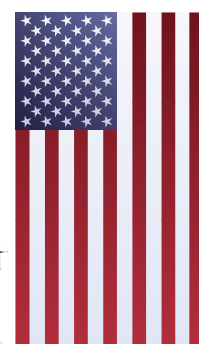
With other flags on same halyard.

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



Staffless but flag-like.

Hanging staffless, the U.S. flag's union should be uppermost and to the viewer's left.

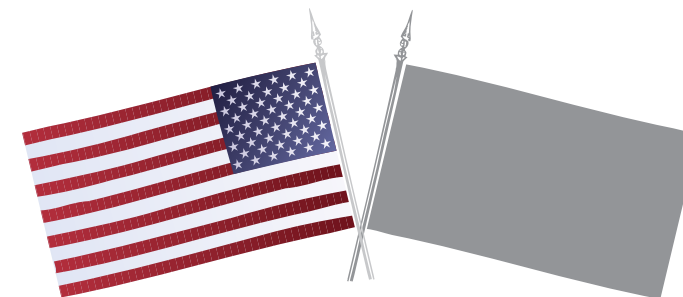


Over center of a public street.

Suspended vertically with the union to the north in an east and west street or to the east in a north and south street.

When flown at half-staff.

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



With another flag on wall.

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



On staff projecting horizontally or at angle from a building.

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

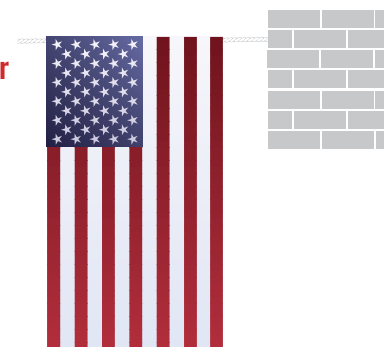
With group of other flags.

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



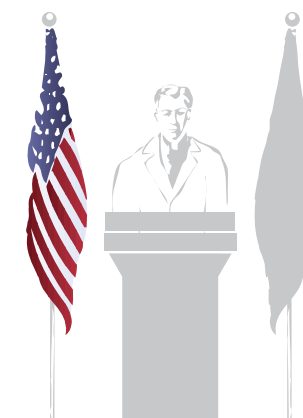
Suspended from a rope over a sidewalk.

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



Unstaffed flag on wall behind and above the speaker.

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



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

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



Prepares for Transition from Active Component to

Reserve Component

Story by Ensign Bobbie A. Camp, Navy Reserve Public Affairs, U.S. Fleet Forces Command

Maritime Civil Affairs and Security Training (MCAST) Command is undergoing a transition with its Maritime Civil Affairs (MCA) capability from being staffed by primarily active duty personnel to mostly Reservists this year.



▲ Maritime Civil Affairs Team (MCAT) 214 meets with a role player for a simulated key leader engagement during a pre-deployment, unit-level training exercise in Moyock, N.C., March 27. Maritime Civil Affairs and Security Training (MCAST) Command mans, trains, equips and deploys Maritime Civil Affairs (MCA) and Security Force Assistance (SFA) teams to support international maritime security and stability and prepares regionally aligned planner, teams, specialists and trainers to support Navy Component and Joint Task Force Commanders' security cooperation plans. (U.S. Navy photo by MC1(EXW) Matt Daniels)



Reserve personnel already have
civil affairs-applicable skill sets and
utilizing this expertise is considered
to be a wise use of taxpayer funds.

The transition, which is set to be completed Oct. 1, does not impact the MCAST mission nor is it anticipated that it will affect the demand from all across the globe for MCA services – services where a Reservist's skills can prove invaluable.

Boatswain's Mate 2nd Class Jamal Campbell, of Fort Lauderdale, Fla., can attest to using his civilian experience while conducting MCA as part of a Maritime Civil Affairs Team (MCAT) in Mombasa, a city located on the east coast of Kenya.

"In country, we would meet with the district fisheries officer," said Campbell. "I felt that since I did that in the civilian side with my sociology background, and having had the MCAST mission instilled in me, I was very comfortable in this role. Also, the chief of the village would tell me what was wrong with the village, so that I could help figure out how to solve their problems."

The decision to transition the command from active duty to Reserve component personnel is modeled after the U.S. Army Reserve, which conducts more than 80 percent of the U.S. Army's civil affairs missions. Reserve personnel already have

civil affairs-applicable skill sets and utilizing this expertise is considered to be a wise use of taxpayer funds.

Campbell, who deployed in November 2011 for six months, helped to promote safety, security, and stability to Kenyans in the area. He also worked with non-government organizations and local beach management units (BMUs).

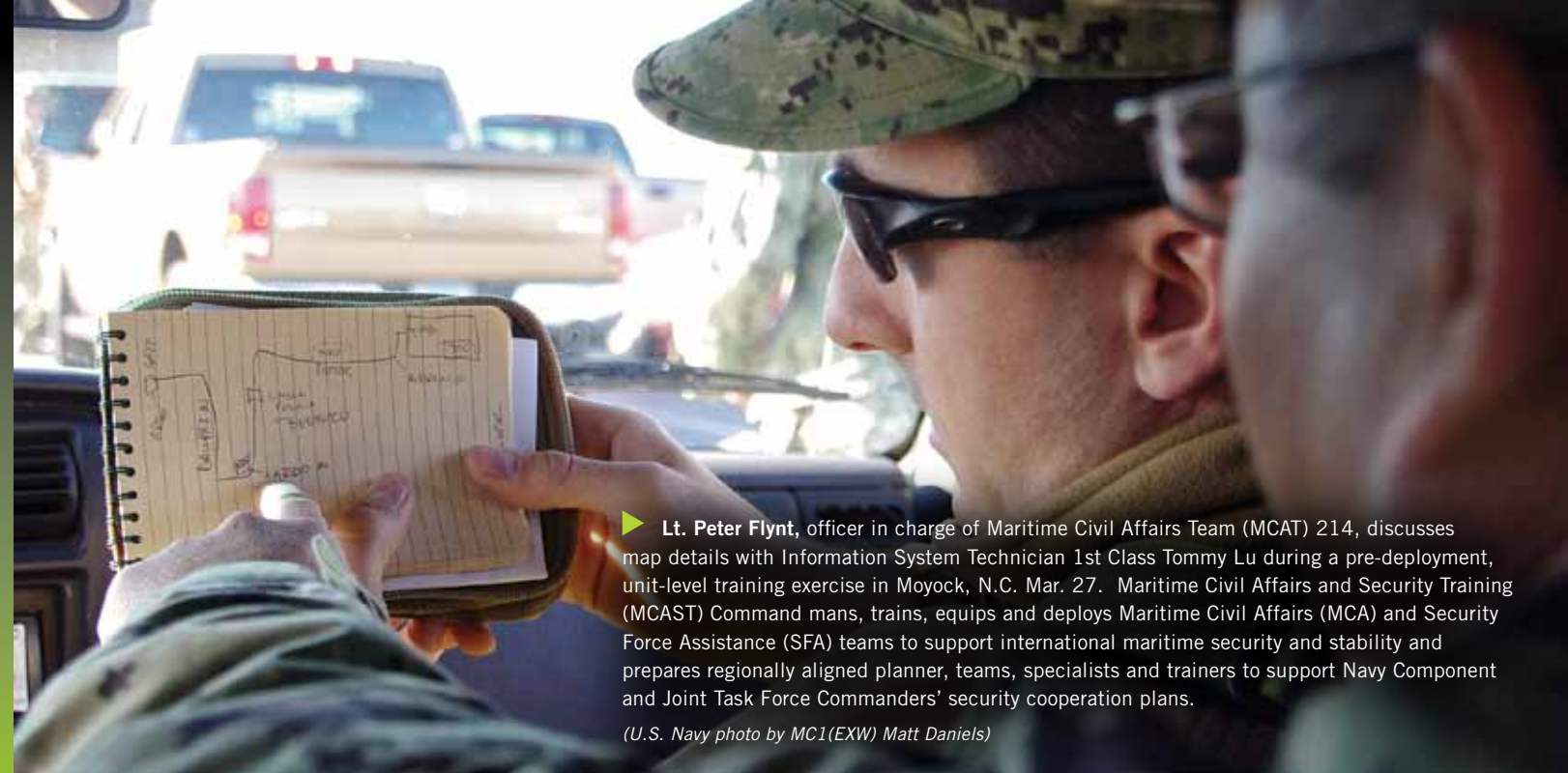
"The BMUs are a union for the local fisherman," explained Campbell. "We taught them navigation, how to survive if they fell overboard and what to do if they became stranded in the middle of the ocean. We also taught them floating techniques, such as the back and side stroke. Additionally, we taught them how to fill their clothes with air to stay afloat, and helped them use mirrors as a tool to signal for help."

Campbell hopes to one day deploy with MCAST on another humanitarian mission and is willing to waive his five year dwell period in order to do so.

"I am staying with this command, because I want to deploy again," said Campbell. "My deployment was amazing. I was



◀ **Maritime Civil Affairs Team (MCAT) 214** meets with a role player for a simulated key leader engagement during a pre-deployment, unit-level training exercise in Moyock, N.C., March 27. Maritime Civil Affairs and Security Training (MCAST) Command mans, trains, equips and deploys Maritime Civil Affairs (MCA) and Security Force Assistance (SFA) teams to support international maritime security and stability and prepares regionally aligned planner, teams, specialists and trainers to support Navy Component and Joint Task Force Commanders' security cooperation plans. (U.S. Navy photo by MC1(EXW) Matt Daniels)



▶ **Lt. Peter Flynt**, officer in charge of Maritime Civil Affairs Team (MCAT) 214, discusses map details with Information System Technician 1st Class Tommy Lu during a pre-deployment, unit-level training exercise in Moyock, N.C. Mar. 27. Maritime Civil Affairs and Security Training (MCAST) Command mans, trains, equips and deploys Maritime Civil Affairs (MCA) and Security Force Assistance (SFA) teams to support international maritime security and stability and prepares regionally aligned planner, teams, specialists and trainers to support Navy Component and Joint Task Force Commanders' security cooperation plans. (U.S. Navy photo by MC1(EXW) Matt Daniels)

able to help the local populace and work with the community. I was able to see things that the average tourist would not see. I would be talking with the local nationals in their home, sitting with them, eating and drinking with them, but also taking notes on how to make their lives better.”

“Most of our Sailors do a dwell waiver,” said Lt. Cmdr. Julian Carswell, MCAST Operational Support Officer. “Out of the goodness of their hearts, almost all of our Reservists are waiving their dwell, because they love the mission.”

MCAST Sailors deploy in a five-man MCAT, which consists of one officer and four enlisted personnel. The officer can be of any designator, but for the enlisted personnel it consists of four specific roles.

“You have a corpsman, communicator, constructionman, and coxswain,” explained Carswell. “There is more specialized experience needed on the enlisted side.”

These five-man teams are deployed either at one time or are mobilized to support ongoing missions. Altogether, there can be a total of 25 Reservists deployed at one time. Carswell discussed that there is a need for more billets in the future to help alleviate the command's growing mission.

MCAST Commanding Officer Capt. Marc Gordnier stated that even though the transition will officially take place this fall, there are currently 240 selected Reservists assigned to the command in one of the six Reserve detachments. Carswell added that the command is growing to approximately 280 billets in 2014.

“There is more demand for our services than there are personnel, so we are selective with our missions. We only take the missions where we can have the greatest impact,” explained Carswell.

Funding will not change once the active component transitions to a Reserve component. Annual training funds and drill weekend funds are mandated. There are also inactive-duty training travel funds available for Reservists who are not local to the drilling locations.

“About once a quarter, Sailors who do not drill locally, will receive paid orders to come to that site to drill with MCAST,” stated Carswell. “So, even if one of our Sailors doesn't live near one of our six locations, they can still come and drill once per quarter with MCAST.”

MCAST Operations Officer Cmdr. Jason Stevens, who coordinates the day-to-day movements of teams and conducts operational planning for the command, explained that Reservists who will deploy with MCAST have two locations available where they can train.

“Reservists either report directly to the Expeditionary Combat Skills course in Gulfport, Miss., or they come directly to Virginia Beach, Va., where they will begin the pipeline of approximately five months of team-based training,” he said.

Once team-based training is complete, Sailors then mobilize for six-and-a-half to seven months before reporting back to MCAST for post-deployment briefs and gear turn-in.

MCAST also deploys teams that respond to humanitarian assistance and disaster response missions. These teams are on-call and available to go out on short notice.

“Our advance team is ready to go and can realistically be out the door in 24 hours,” said Stevens.

Stevens went on to say that if these types of missions are extended for longer periods of time, such as for a major incident like the 2011 Haiti earthquake, then additional Reservists will likely be called into service.

MCAST also deploys teams that respond to humanitarian assistance and disaster response missions. These teams are on-call and available to go out on short notice.

Sailors deployed from MCAST are representing their country and though the training is hard, it is also rewarding.

“This is an adventure to say the least,” explained Engineman 1st Class Denis Curko, team communicator for MCAT 212 deployed in support of Combined Joint Task Force – Horn of Africa (CJTF-HOA). “This is an opportunity to make a real difference in the world and to affect and improve society. It is not your normal job. I am an ambassador of the United States, and I am thankful for the opportunity to take part in such an important and impactful mission.”

Navy Reservists have been associated with MCAST since before the command's official establishment in 2009 (it was previously the Maritime Civil Affairs Group, which was established in 2007). While there will be some challenges, such as training, equipment, manning and certification, the command is prepared for the transition.

“We've updated our training plan for certification of the civil affairs teams, and we have looked for opportunities for Reservists to engage in some pre-deployment exercises for operational experience,” said Gordnier. “Additionally, here at headquarters, we are working on making the processes for orders and travel more efficient.”

While the mission of MCAST remains the same, the Reserve Sailors completing the MCA mission will be a valuable asset going forward.

“We have had great success with Reservists, either alone or in a combined team of active and Reserve. The maturity and the experience factor that a lot of these Sailors bring, is a huge asset to our mission,” said Gordnier. ◉



NAVELSG Reservists

Expeditionary Logistics and Cargo, Anytime, Anywhere!

By Chief Mass Communication Specialist Lucy M. Quinn, Public Affairs Officer,
Navy Expeditionary Logistics Support Group

Reservists make up 89 percent of the 3,600-member-strong Navy Expeditionary Logistics Support Group (NAVELSG) and are essential to the supply and transportation functions critical for peacekeeping, crisis response, humanitarian assistance and combat service support missions around the world.

The Middle East, Antarctica, Japan, Europe - these are just a few of the locations where NAVELSG provides mission support. More than 40 rates are represented at NAVELSG, with many Sailors working outside their rates. The heaviest concentrations are in Boatswain's Mates (BM) and Logistics Specialists (LS). It's common to find Sailors who have been with NAVELSG for a long time. They've "gone green," referring to the Navy Working Uniform Type III they wear.

Navy cargo handlers perform challenging jobs as they work with heavy equipment and cargo.

"I've been doing cargo since I was 17, and was a longshoreman for 20 years before the Navy," said Boatswain's Mate 1st Class Eric Harris, with Navy Cargo Handling Battalion (NCHB) 11 since 1998. "I joined the Navy Reserves late because I was a single father. There's nothing like seeing a cargo ship come in, so quiet you wouldn't know it's there."

NAVELSG is organized into 11 NCHBs and five regiments located around the U.S. NCHB 1 is the only active duty battalion. Each Reserve battalion is on a 48-month Fleet

Response Training Plan leading to a Unit Level Training Assessment and designation as an Independent Unit Ready for Tasking (IURT) – deployable.

The majority of training is conducted at "Cargo University" at Naval Weapons Station Yorktown-Cheatham Annex, Williamsburg, Va., where NAVELSG headquarters and NCHB 1 are located. Experienced subject matter experts lead students through the training pipeline for port terminal operations and cargo handling, air terminal operations and cargo handling, expeditionary fuel operations, cargo transport, ordnance handling and reporting, warehousing, tent camp operations and support, expeditionary communications, weapons qualifications and more. The training cycle for shipboard cargo handling is particularly extensive. It takes approximately three years for a Reservist, depending on operational tempo, to earn certification as a Ship Supervisor.

In addition to the classroom, there are opportunities for hands-on training. The facility includes forklift and crane simulators, then students move to the equipment like the 123,000 pound Kalmar Rough Terrain Container Handler (RTCH), the shipboard twin pedestal cranes based on land at Cheatham Annex (CAX), the air cargo site, and real-world operations at the CAX pier or Newport News shipyards. NAVELSG Sailors can also earn the Expeditionary Warfare Specialist (EXW) qualification.

One of the more unique missions for NAVELSG is Operation Deep Freeze. Several Reservists have had the opportunity to augment NCHB 1 and support the annual resupply mission of the National Science Foundation at McMurdo Station, Antarctica. Sailors work 12-hour shifts, often in harsh weather, offloading a year's worth of supplies and back-loading refuse and equipment for retrofit.

"Antarctica was so cool," said Logistics Specialist 1st Class Tammy Fowers, NCHB 3, who supported Operation Deep Freeze in 2011. "You're driving along and only seeing ice, and then you see the man-made McMurdo Station. The Antarctica mission is there for good science and that the Navy is a partner supporting it is awesome. The experience and camaraderie are priceless and our missions are real."

In 2010, the world responded to the devastation in Haiti following a powerful earthquake, and NAVELSG was a major component of Operation Unified Response. Reservists from NAVELSG helped load a ship at CAX with emergency supplies (medical, water, food, shelters) and then offloaded those supplies in Guantanamo Bay, Cuba.

"It was an awesome feeling," said Logistics Specialist 1st Class Darrel Collins, NCHB 13. "We know our training supports the warfighter. We showed our versatility, helping people in need."

Collins also volunteered to spend two weeks in Haiti as a truck driver transporting supplies to distribution areas.

"That was the expeditionary environment we train for," said Collins. "Tents, no air conditioning, and hot! But, it was so rewarding to see the smiles on the faces of people in need when we showed up with water, food and tents."

For NAVELSG Reservists there are many opportunities to learn skills and support real-world missions within and outside their rates.

"There's travel and plenty of opportunity for work," said Chief Aviation Ordnanceman Scott Mitchell, NCHB 8.

"Cargo is exciting," added Logistics Specialist 2nd Class Nelson Sweeting, NCHB 8. "You learn something new every day and the work is never the same. There's always something different, the cargo, weather, the platform you're working on."

Sweeting is a police officer with the New York City Police Department. He chose the cargo world because he wanted something different.

NAVELSG offers opportunities for officers as well.

"As a Reserve junior officer, it's such an education because you deal with all the command-level departmental N-codes unlike most reserve supply units which are self-contained," said Lt. Matthew Lipsky, NCHB 10. "And, NAVELSG is a supply command, headed by a Navy Supply Corps Flag officer."

NAVELSG delivers expeditionary logistics capabilities with mobilization-ready Navy Reserve Forces and active duty Sailors and provides a wide-range of supply and transportation functions critical to support missions around the world. NAVELSG is part of Navy Expeditionary Combat Command, a global force provider of adaptive force packages of expeditionary capabilities to joint warfighting commanders.○



▲ **Reserve Sailors** from Navy Cargo Handling Battalions FIVE and FOURTEEN (NCHB 5, NCHB 14) simulate fueling operations on a helicopter training platform. NCHB-5 and NCHB-14 are part of Navy Expeditionary Logistics Support Group (NAVELSG). The training was part of the battalions' Unit Level Training and Readiness Assessment. (U.S. Navy photo by Chief Mass Communication Specialist Lucy M. Quinn)



▲ **Capt. Grafton Chase**, right, commander of Navy Expeditionary Logistics Support Group, Lima rotation, takes cover during a combat skills scenario. Lima rotation is engaged in intensive training at Naval Weapons Station Yorktown, Cheatham Annex, to prepare for an upcoming deployment. (U.S. Navy photo by Chief Mass Communication Specialist Lucy M. Quinn)



▲ **Sailors assigned to Navy Cargo Handling Battalion One** work with Soldiers from the Army 332nd Headquarters and Headquarters Company to move cargo from the Military Sealift Command crane ship SS Cornhusker State (T-ACS 6) to the deck of U.S. Army landing ship USAV Aldie (LCU-2004) during exercise Joint Logistics Over the Shore 09. (U.S. Navy photo by Petty Officer 1st Class Brian A. Goyak)



▲ **Steelworker 2nd Class Donald Lockhart**, a Naval Reservist from Malden, Mass., works on a frame in the welding shop. Petty Officer Lockhart drills with Naval Mobile Construction Battalion Two Seven (NMCB 27), Detachment 16, in Quincy, Mass., and is on annual training with NMCB 5 deployed in Rota, Spain.

(U.S. Navy photo by Journalist 1st Class Scott Sutherland)

By Daryl Smith, Public Affairs Officer,
Naval Construction Force

With the motto, “We Build, We Fight,” the Navy Seabees provide a wide range of responsive military construction in support of operating forces, including roads, bridges, bunkers, airfields and logistics bases.

The Naval Construction Force is a combination of active duty and Reserve Seabee units. There are nearly 14,000 Seabees under Navy Expeditionary Combat Command (NECC) and NECC Pacific, and about half are Reservists. Twelve Reserve Naval Mobile Construction Battalions (NMCB) across the U.S. are organized under three reserve Naval Construction Regiments (NCR). They receive the same training as their active duty counterparts, which are based in Port Hueneme, Calif., and Gulfport, Miss.

Seabees are forward-deployed around the world providing engineering and construction support across the full range of military operations, from general engineering support in Afghanistan to promoting regional stability and partner capacity through engineer civic action projects in Africa, Europe, South America and the Pacific Theater.

Approximately 1,500 active duty and 300 Reserve Seabees are currently deployed to 25 major detail sites worldwide performing construction in support of five different combatant commanders.

Seabees are heavily involved in humanitarian efforts to help build partnerships in underdeveloped parts of the world.

Reserve Seabees have recently been utilized extensively in the U.S. Southern Command area of responsibility.

Reserve 'Bees CAN DO!

Members of the battalion built a women's clinic in Guatemala and a school in Honduras as part of exercise “Beyond the Horizon.”

“They love us and absolutely appreciate us being here, which makes it all worthwhile,” said Equipment Operator 2nd Class Tynita Russell.

Seabees are also known for their disaster relief and recovery efforts where they have aided victims of hurricanes, earthquakes, floods and other natural disasters around the world and here at home. In the wake of Hurricane Katrina on the Gulf Coast, Reserve Seabees from NMCB 18, based in Washington state, worked side-by-side with their active duty counterparts. They cleared massive amounts of debris at Naval Air Station Meridian, Miss., and surrounding roads and manned a shelter set up for evacuees from the Gulfport, Miss., area.

Seabees are also well-known for their wartime efforts, which go back to their creation during World War II. After the events of Sept. 11, 2001, Seabees were among the first units to deploy to Afghanistan. Since that time, active and Reserve Seabees have built force protection, troop housing, border outposts, roads, bridges, forward operating bases, expeditionary camps, medical clinics and municipal facilities in Afghanistan, Iraq and Kuwait.

NMCB 15, a Reserve battalion based in Belton, Mo., deployed to Afghanistan in March 2013 for a six-month

deployment in support of Operation Enduring Freedom. As the International Security Assistance Force continues to drawdown, NMCB 15 is spearheading engineering retrograde operations. NMCB 15 is completing numerous projects, including the drilling of water-wells, camp maintenance and various deconstruction projects.

“We just won't be in one forward operating base,” said Cmdr. Anthony Spinler, NMCB 15 commanding officer. “Whether it is a squad of twelve or a large detachment of 100 or more, we tailor ourselves to the task at hand. That's one of the things that make Seabees unique.”

Active and Reserve Seabees receive a variety of training to ensure they have the know-how to get the job done. Seabees receive two major types of training: technical training, which supports their individual Navy rate, and military training, which includes various weapons and defensive techniques. There are also two modes of training: individual skills development and unit level training events

After a two-month boot camp, the enlisted Seabees attend “A” school for their specific rating, which ranges from two to three months. Once Seabees join a unit, they have the

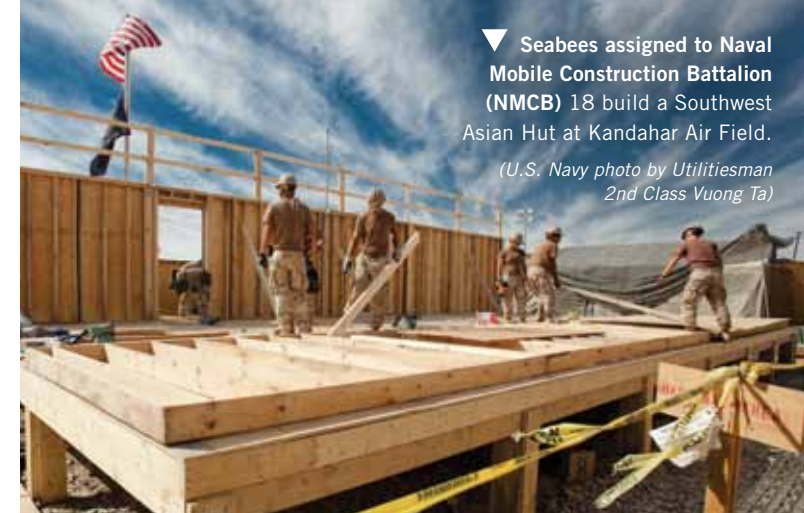
opportunity to attend additional military and technical skills training hosted by the Naval Construction Group or the Naval Construction Training Center. Seabees also continue to develop their individual skills and abilities through the execution of job qualification requirements and personnel qualification requirements in areas associated with their career field or their warfare specialty.

Both Reserve and active duty units conduct very similar training events during their Fleet Response Training Plans (FRTTP). Both execute Embarkation Exercises, Communication Exercises, Command Post Exercises, Field Exercises and Integrated Exercises. The Reserve FRTTP cycle lengths are longer to account for the fact that their time spent conducting Navy training is significantly less in a given year than their active counterparts. ○



► **Engineering Aide 2nd Class Jeni Sadler** writes down survey coordinates while engineering Aide 1st Class Wilson Beatingo shoots a line during construction of a Southwest Asian Hut at Kandahar Air Field. Both Seabees are assigned to Naval Mobile Construction Battalion (NMCB) 18.

(U.S. Navy photo by Utilitiesman 2nd Class Vuong Ta)



▼ Seabees assigned to Naval Mobile Construction Battalion (NMCB) 18 build a Southwest Asian Hut at Kandahar Air Field.
(U.S. Navy photo by Utilitiesman 2nd Class Vuong Ta)

The Seabee community is made up of seven enlisted ratings.

Engineering Aide (EA) — Engineering Aides assist construction engineers in developing final construction plans. They conduct land surveys; prepare maps, sketches, drawings and blueprints; estimate costs; perform quality assurance tests on common construction materials such as soils, concrete and asphalt and perform other engineering technician functions.

Equipment Operator (EO) — Equipment Operators are construction workers who operate heavy transportation and construction equipment such as trucks, bulldozers, backhoes, graders, forklifts, cranes and asphalt equipment.

Steelworker (SW) — Steelworkers rig and operate special equipment used to build metal structures. They lay out and fabricate structural steel and sheet metal and work with concrete reinforcing steel bars. They perform welding and cutting operations, read blueprints and use special tools.

Utilitiesman (UT) — Utilitiesmen are involved with plumbing, heating, steam, compressed air, fuel storage and distribution systems. Their work also includes water treatment and distribution systems, air conditioning and refrigeration equipment, and sewage collecting and disposal facilities at Navy shore installations around the world.

Builder (BU) — Builders make up a large segment of the Naval Construction Force. They work as carpenters, plasterers, roofers, concrete finishers, masons, painters, bricklayers or cabinetmakers.

Construction Electrician (CE) — Construction Electricians build, maintain and operate power production facilities and electrical distribution systems of Naval installations.

Construction Mechanic (CM) — Construction Mechanics repair and do maintenance on heavy construction and automotive equipment such as trucks, bulldozers, rollers, cranes, backhoes, graders, pile drivers and other heavy equipment and vehicles. CMs also prepare detailed maintenance records, acquire repair parts and maintain cost control data.

NOSC PITTSBURGH STAFF TEAMS UP WITH PITTSBURGH AIRPORT FOR



◀ NOSC Pittsburg
Sailors form a three-man
hose team, fighting a
simulated fuel spill.

FIREFIGHTING TRAINING

By Personnel Specialist 2nd Class Melly Ramirez and Aviation Machinist's Mate 3rd Class David Magnus

As part of an interagency training effort, Pittsburgh International Airport Aircraft Rescue and Firefighting (ARFF) and Navy Operational Support Center (NOSC) Pittsburgh teamed up to train on fighting fires during an aircraft major fuel oil leak. The experience was an opportunity to brush off the critical skills Sailors learn during at boot camp, as well as at sea.

The opportunity was originally presented to the NOSC by Rep. Tim Murphy during a recent tour of ARFF's state-of-the-art facility. Murphy, a Reservist who actively trains at both Naval Air Facility Washington and NOSC Pittsburgh, said that he continually looks for training opportunities that benefit Sailors.

NOSC Pittsburgh commanding officer, Lt Cmdr. Denise Judge, and Senior Enlisted Leader Chief Engineman Steve Taylor recognized the opportunity as a team building event for the staff that could reinforce their year-old back to basics campaign. The training would also build valuable relationships in the community that would benefit both the Navy and Pittsburgh. Following coordination with the ARFF a date was set and a group of Sailors were selected to participate in the first iteration of what may be an ongoing cooperative training program.

The training event started with two hours of classroom time with the facility instructors. Topics included basic firefighting skills and the differences between civilian and military firefighters. After a few sea stories from the Sailors, the ARFF instructors got some valuable insight on the concept of being underway and not having the ability to dial 911.

Following the classroom training, the Sailors were broken-up into groups to tour ARFF's training facility. They were allowed into the control tower to see the LCD displays and learn how the fire they will fight is created as a simulated fuel spill spreads from the aircraft and the temperature of the fire increases. They also had the opportunity to walk-through the aircraft to see how the cockpit might look after a crash and to locate the power panels so they would understand how to simulate securing power.

By the end of the day, the Sailors were able to fully engage the aircraft fire and they were able to see firsthand the physical demands of being a firefighter.

The next stop on the tour was the gear room, where Sailors were able to get their fire fighting ensemble (FFE). For the five Sailors who transferred from ship tours, they were able to see that much of the equipment used in repair lockers, such as the familiar self-contained breathing apparatus (SCBA), is the same as what's used in civilian firefighting units. For the junior staff that haven't had the opportunity to serve in repair lockers, they were able to dress out and understand the amount of weight the FFEs, boots, gloves, helmet and SCBA added, and how difficult it can be maneuvering with the extra weight.

Once they dressed out, the Sailors were brought out to the training grounds to train on basic hose handling techniques. The importance of each position on the hose was explained and they were taught how to conduct a position change on the hose. It didn't take long for the Sailors to figure out the toughest position on the hose: The number two hoseman has the job of

not only supporting him or herself with the hose, but supporting the lead nozzlemen's stance, as well. The nozzleman must deal with the pressure from the water being discharged from the nozzle, which the number two hoseman must take into account.

The ARFF staff lit up the trainer and split the Sailors into teams of three. Moving around with the SCBA and the pressure of the hose, as temperatures began to rise, proved challenging, but exciting. By the end of the day, the Sailors were able to fully engage the aircraft fire and they were able to see firsthand the physical demands of being a firefighter. The training offered a reminder of the damage control responsibilities of everyone at sea, regardless of their rate.

"It was good training because we were able to get back to fundamentals which are what all of us learned in the beginning back in boot camp. Being able to learn things we could use in real life emergency situations can be useful like manning a fire hose on your own and techniques by which to attack a fire. I also enjoyed the opportunity of being able to learn about the similarities between us in the Navy and the firefighters who taught the course," said Personnel Specialist 3rd Class Bernard Alcindor.

"The training was really informative," said Personnel Specialist 2nd Class Grendel Zamora. "I enjoyed doing all the training scenarios they had prepared for us. People there are very knowledgeable and know their stuff. It was a good experience and I highly recommend it for anyone interested in truly learning something new. I liked putting on all the gear; it gives you a real sense of what the firefighters' job entails. It was also a great workout." ○

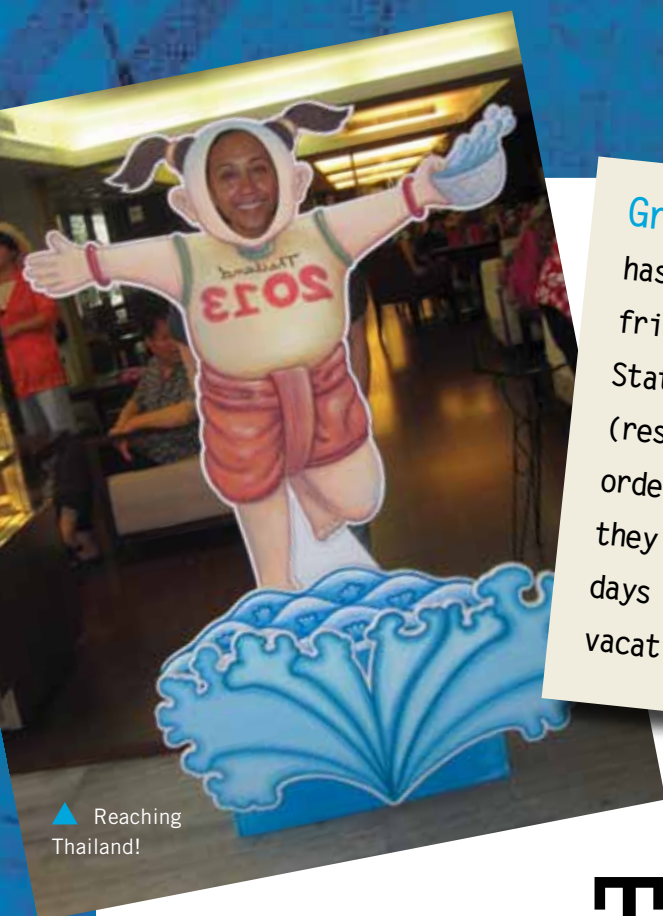


◀ Before fighting
the fire, Sailors
don their FFEs and
check their teams
for proper wear.



Boots on the Ground

By Master-at-Arms 2nd Class Natiya Kazemi



▲ Reaching Thailand!

Greetings from Afghanistan! Another month has gone by, and while we continue to miss family, friends and our lifestyles back in the United States, a few of us have been given the gift of R&R (rest and relaxation.) When a Sailor has been given orders for a year with 270 days of boots on ground, they qualify for two weeks of R&R. This means 15 days (not including travel time) home or 15 days of vacation time to any location anywhere in the world.

▼ I travel down the Mekong River while slowly adjusting to the relaxed pace of life in Laos. A predominantly mountainous country, they have unsurpassable views of the riverside villages, the tropical jungle and the mountains.



The military provides the flight to and from the destination as desired but all other expense are covered by the individual such as lodging and food. Being that my deployment was almost over, I decided to take advantage of this amazing

opportunity and travel on a tour of Thailand, Laos and Vietnam.

I joined the Navy to travel the world and while given this opportunity to pick any location in the world, I decided to choose a place that would be adventurous, but also a place with a fascinating history that would provide a glimpse into a different culture. Oh, yeah, and a great place to relax!

While each location would give me what I was looking for, I adopted a particular mindset for each country. I assumed Thailand would be the place to eat amazing food, shop like crazy and explore a popular and high traffic city. Laos would give me the culture change of daily life and allow me the time to relax. Vietnam would give me the history, knowledge and realization to appreciate the lifestyle I live and desire.

I was so excited about R&R that I was packed and ready to get on the plane a week before my trip. The torture of being asked for my itinerary everyday by other Sailors, Soldiers, Marines and Airmen was driving me crazy. I must have re-packed my bags at least five times to recheck what was already checked.

When you decide to do international or third world country trips, especially while serving in the military, you have to take many precautions to ensure that you have fulfilled all medical requirements and follow up with all brigade, country and DOD requirements. Certain things may take up to a month to receive, such as VISA's and clearance approvals, however, these are the steps needed to ensure a safe and successful experience.

The final result? A very memorable and rewarding experience. I was also able to cross off a few entries from the old bucket list such as riding an elephant and eating exotic foods such as scorpion, grasshopper and frog. The highlights include a Thai cooking class, staying overnight in a local village, visiting a few temples, cave tubing and absorbing the culture of three incredible countries.

After returning from a very enlightening, rejuvenating and enjoyable trip I was happy to feel missed and needed by the Brigade. Everyone was curious to my experience and I felt as if I was still on vacation, as I enthusiastically relived the experience though the highlights of my stories. I could now check R&R off my, to do list as it was time to get back into my daily routine.

A few days after my return to Afghanistan I was informed that my orders had been revised and I would be redeploying a month early. This was happening everywhere due to the withdrawal of coalition forces in Afghanistan. At first I didn't know how to react. I was excited and thought "Yippy! I'm going home" but then I thought, "Wow! That would give me around five weeks." Five weeks with a long list of things to accomplish.

THE BIG TO DO'S!!! Besides packing and sending most of my belongings home, I had to catch up with my online college classes that had started while I was on R&R. I also had to train my replacements and ensure that my detachment evaluation was completed and submitted accordingly.

Redeploying back to the states seemed to be another process of checklists and timelines. I didn't want to procrastinate and wait until the last minute because as usual anything could happen.

Multi-tasking isn't something new for me in the military. So, for the next five weeks I was back to balancing my redeployment tasks, my daily theater job and my new task of training my replacements. The Marines that were attached to this joint team were leaving in the next few days and everything was moving in the blink of an eye. This was starting to feel like déjà vu since I had just gone through the redeployment of the 593D SB CMRE Brigade, only this time I was leaving, packing, training and saying good bye.

Throughout my deployment I've enjoyed a remarkable amount of support from family and friends back home, sending care packages and gifts to sustain me during this deployment. I'm hoping to finally get to the bazaar and return the kind gestures by sending them Afghan souvenirs as tokens of my appreciation.

After eight months I've realized that this mission has been both challenging and rewarding but most importantly, I feel proud to have been a part of something that has never been done before and move into the second Brigade to continue the mission. ○

▼ It's a custom of Buddhist monks to get up early in the morning to collect food from local people. The monks also consider this to be the best time of day, believing that the sunrise brings happiness and prosperity.



▲ Getting ready to ride the Elephants in Bangkok.

ACRONYMS

A

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

B

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

C

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

D

DECA - Defense Commissary Agency
DCO - Direct Commission Officer
DDS - Direct Deposit System
DFAC - Dining Facility
DEERS - Defense Eligibility Enrollment Reporting System
DEMOB - Demobilization
DFAS - Defense Finance and Accounting System
DOD - Department of Defense
DRT - Deployment Readiness Training
DTS - Defense Travel System

E

ECRC - Expeditionary Combat Readiness Center
EOS - Expiration Of Service
ESG - Expeditionary Strike Group
ESGR - Employer Support of the Guard & Reserve
ET - Equivalent Training
ETA - Estimated Time of Arrival
ETD - Estimated Time of Departure

F

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

G

GTCC - Government Travel Credit Card

I

IA - Individual Augmentee/Information Assurance
IADT - Initial Active Duty Training
IAP - In Assignment Processing
IDC - Information Dominance/Independent Duty Corpsman
IDTT - Inactive Duty Training Travel
IED - Improvised Explosive Device
IG - Inspector General
IMAPMIS - Inactive Manpower and Personnel Management Information System
IRR - Individual Ready Reserve
ISAF - International Security Assistance Force

J

JCS - Joint Chiefs of Staff
JRB - Joint Reserve Base
JSOC - Joint Special Operations Command
JSOTF - Joint Special Operations Task Force
JTF GTMO - Joint Task Force Guantanamo Bay
JTF HOA - Joint Task Force Horn of Africa

M

MCAG - Maritime Civil Affairs Group
MESF - Maritime Expeditionary Security Force
MILPERSMAN - Military Personnel Manual
MIUW - Mobile Inshore Undersea Warfare
MOB - Mobilization
MRE - Meals Ready to Eat
MTT - Military Transition Teams

N

NAF - Naval Air Facility
NAS - Naval Air Station
NAT - New Accession Training
NAVELSG - Navy Expeditionary Logistics Support Group
NAVSTA - Naval Station
NAVET - Navy Veteran
NCO - Non-Commissioned Officer
NCS - National Call to Service
NEC - Navy Enlisted Classification (or Code)
NECC - Navy Expeditionary Combat Command
NEX - Navy Exchange Service
NMPS - Navy Mobilization Processing Site
NOBC - Navy Officer Billet Classification (or Code)
NOE - Notice Of Eligibility
NOSC - Navy Operational Support Center
NPQ - Not Physically Qualified
NR - Navy Reserve
NRIP - Navy Reserve Intelligence Program
NROTC - Naval Reserve Officer Training Corps
NROWS - Navy Reserve Order Writing System
NRWS - Navy Reserve Web Site
NSA - Naval Support Activity
NSIPS - Navy Standard Integrated Personnel System

O

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

P

PAYPERSMAN - Navy Pay and Personnel Procedures Manual
PCS - Permanent Change of Station
PFA - Physical Readiness Assessment

POC - Point of Contact
POV - Privately Owned Vehicle
PRC - Presidential Reserve Callup
PRD - Projected Rotation Date
PRIMUS - Physician Reservists in Medical Universities and Schools
PRT - Physical Readiness Test / Provincial Reconstruction Team
PSD - Personnel Support Detachment

R

RBSC - Reserve Billet Sequence Code
RC - Reserve Component
RCC - Reserve Component Command
RCCPDCS - Reserve Component Common Personnel Data System
RCHB - Reserve Cargo Handling Battalion
RESFORON - Reserve Force Squadron
RESPERSMAN - Navy Reserve Personnel Manual
RHS - Reserve Headquarters System
RIAC - Reserve Intelligence Area Commander
RIPO - Reserve Intelligence Program Officer
RTB - Reserve Transition Benefits
RTSS - Reserve Training Support System
RUAD - Reserve Unit Assignment Document
RUIC - Reserve Unit Identification Code
RWW - Returning Warrior Workshop

S

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

T

TOC - Tactical Operations Center
TRUIC - Training Reserve Unit Identification Code
TSP - Thrift Savings Plan

U

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

V

VTU - Volunteer Participation Unit
VTU - Volunteer Training Unit

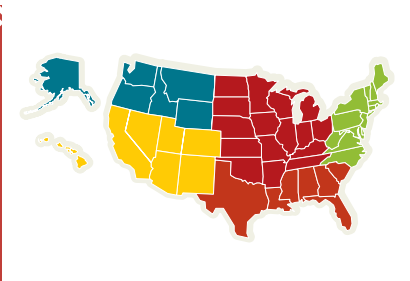
Y

YRPS - Yellow Ribbon Program Specialists

RC PHONE DIRECTORY

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

| | | |
|--|-------------------------------------|--|
| Chief of Navy Reserve (703) 693-5757 | Norfolk, Va. (757) 318-4500 | Hartlingen, Texas (956) 425-0404 |
| Office of the Chief of Navy Reserve (703) 693-5757 | Pittsburgh, Pa. (412) 673-0801 | Houston, Texas (832) 380-7400 |
| Commander, Navy Reserve Forces Command (757) 445-8500 | Plainville, Conn. (860) 747-4563 | Jacksonville, Fla. (904) 542-3320 |
| Force Equal Opportunity Advisor and EO Hotline Chief Steven Sawyer 1-877-822-7629 (757) 322-5679 | Quincy, Mass. (617) 753-4600 | Meridian, Miss. (601) 679-3610 |
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| | Cheyenne, Wyo. (307) 773-6500 |
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| Spokane, Wash. (509) 327-3346 | HSL-60 (904) 270-6906 |
| Springfield, Ore. (541) 915-2391 | VP-30 SAU (904) 542-3060 |
| Whidbey Island, Wash. (360) 257-2922 | VAQ-129 SA (360) 257-2276 |
| Commander, Naval Air Reserve (619)-767-7379 | VAW-120 SAU (757) 444-5072 |
| VP-62 (904) 542-4461 | VFA-125 SAU (559) 998-1841 |
| VP-69 (360) 257-6969 | HSC-3 (619) 545-8196 |
| Fleet Logistics, Support Wing (817) 825-6438 | HS-10 (619) 545-6600 |
| VR-1 (240) 857-3410 | VFA-106 (757) 433-9081 |
| VR-51 (808) 257-3289 | VFA-122 (559-998-3482 |
| VR-53 (240) 857-9029 | Operational Support Offices and Reserve Force Operations Allied Command Transformation (NATO) (757) 747-4071 |
| VR-54 (504) 678-3061 | Expeditionary Strike Group Seven 011-81-98-954-1605 |
| VR-55 (805) 989-8755 | Bureau of Medicine and Surgery (202) 762-3211 |
| VR-56 (757) 433-4065 | Center for Naval Aviation Technical Training (850) 452-9700 |
| VR-57 (619) 545-6920 | Comptroller of Navy (202) 685-7000 |
| VR-58 (904) 542-2380 x110 | Defense Intelligence Agency (202) 231-4044 |
| VR-59 (817) 782-5411 | Defense Logistics Agency (866) 204-4850 |
| VR-61 (360) 257-6595 | Destroyer Squadron Two (757) 444-1452 |
| VR-62 (904) 542-8557 | Employer Support of the Guard and Reserve (ESGR) (800) 336-4590 |
| VR-64 (609) 754-1890 | Expeditionary Strike Group Two (757) 462-7403 x 110 |
| ETD Pacific 808-448-9278 | Expeditionary Strike Group Three (619) 556-1470 |
| ETD Sigonella 011-39-095-86-5289 | First Naval Construction Division (757) 462-8225 x 222 |
| Tactical Support Wing (817) 782-5295 | Fleet Activities Chinhae, Korea 011-82-55-540-2852 |
| VAQ-209 (240) 857-7828 | Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1000 x144 |
| VAW-77 (504) 390-6288 | Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1610 |
| VFA-204 (504) 678-3491 | Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-7928 |
| VFC-12 (757) 433-4919 | Fleet and Industrial Supply Center San Diego, Calif. (619) 556-6234 |
| VFC-13 (775) 426-3644 | Fleet Air Mediterranean 011-39-081-568-4184 |
| VFC-111 (305) 293-2654 | Fleet Forces Command (757) 836-3644 |
| HSC-85 (619) 545-7218 | |
| HSC-84 (757) 445-0861 | |

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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

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Strategic Sealift
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(800) 535-2580

Military Sealift Fleet Reserve
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(619) 524-0114

Naval Air Force US Atlantic
Fleet
(757) 444-2928

Naval Air Forces/Naval Air
Force US Pacific Fleet
(619) 545-2017

Naval Construction Forces
Command
(757) 462-3658

Naval District Washington
Headquarters
(202) 369-7683

Naval Education and
Training Command
(850) 452-4000

Naval Facilities
Engineering Command
(202) 685-9499

Naval Health Care
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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

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|---|---|
| Naval Hospital Oak Harbor, Wash. (360) 257-9500 | Navy Criminal Investigation Service Espionage Hotline (800) 543-6289 |
| Naval Hospital Pensacola, Fla. (850) 505-6601 | Navy Emergency Preparedness Liaison Officer Program (504) 678-4264 |
| Naval Hospital Yokosuka, Japan 011-81-46-816-5137 | Navy Expeditionary Combat Command (757) 462-4316 |
| Naval Inspector General Hotline (800) 522-3451 | Navy Expeditionary Logistics Support Group (757) 887-7639 |
| Naval Medical Center Portsmouth, Va. (757) 953-5000 | Navy Information Operations Command(NIOC) Maryland (301) 677-0817 |
| Naval Medical Center San Diego, Calif. (619) 532-6400 | NIOC Misawa, Japan 011-81-3117-66-2834 |
| Navy Medicine Manpower Personnel Training and Education Command (301) 295-2333 | NIOC Norfolk, Va. (757) 417-7112 |
| Naval Meteorology and Oceanography Command (228) 688-4384 | NIOC Pensacola, Fla. (850) 452-0400 |
| Naval Network Warfare Command (540) 653-5001 | NIOC San Diego, Calif. (619) 545-9920 |
| Naval Network Warfare Command (757) 417-6750 | Navy Net-Centric Warfare Group (240) 373-3125 |
| Naval Operational Logistics Support Center (717) 605-5790 | Navy Installations Command (202) 433-3200 |
| Chief of Naval Operations (703) 697-5664 | Navy Munitions Command (757) 887-4834 |
| Naval Operations Office of the Chief of Chaplains (504) 678-1394 | Navy Personnel Command 1-877-807-8199 |
| Naval Operations Office of Naval Intelligence (504) 678-1394 | Navy Region Europe, Africa, and Southwest Asia 011-39-081-568-6777 DSN: 314-626-6777 |
| Naval Personal Development Command (757) 444-2996 | Navy Region Guam (671) 355-1110 |
| Naval Sea Systems Command (202) 781-1748 | Navy Region Southeast (904) 542-2324 |
| Naval Training Support Center Great Lakes, Ill. (847) 688-3536 | Navy Region Hawaii (808) 473-4505 |
| Naval Special Warfare Command (619) 437-2848 | Navy Region Japan 011-81-46-816-3155 |
| Naval Special Warfare Operational Support Group (619) 522-3232 | Navy Region Korea 011-822-7913-7251 |
| Naval Station Rota Spain 011-34-956-82-2222 | Navy Region Mid-Atlantic (757) 322-2800 |
| Naval Supply Systems Command (717) 605-3565 | Navy Region Singapore 011-65-67-50-2531 |
| Naval Support Activity, Bahrain 011-973-39-14-6793 | Navy Region Hawaii (808) 473-1168 |
| Naval Surface Force US Atlantic Fleet (757) 836-3057 | Navy Region Midwest (847) 688-2884 |
| Naval Surface Forces/Naval Surface Force US Pacific Fleet (619) 437-2950 | Navy Region Northwest (360) 315-5123 |
| Naval War College (401)-841-3304 | 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 Hdqtrs.
Fort Worth, Texas
(817) 782-7107

Navy Intelligence Reserve Region Northwest
(360) 315-6001

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

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

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

SUBMISSIONS

PHOTO SUBMISSIONS

Due 5th of the month. Send 3-5 photos. Set can be FINE and/or HQ. Tell the story. Posed photos desirable. If the photo wins an award, show us said award. Send photo with tinker with it in mind. Editing software preferred. Layout requirements: 1000x1000 pixels. Identifying the subject of the photo. Also send a short bio.

STORY SUBMISSIONS

Due 5th of the month. At least 500 words. Feature stories: 1000-1500 words. Supporting photos: 3-5. Compel the reader to read. Not want a straight pyramid news story.

QUESTIONS

Please contact navy.mil or call 1-800-451-NAVY.

| | |
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| 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 Midwest 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

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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 with johnny.i.michael@navy.mil or call (757) 322-5624.



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