

TNR

THE NAVY RESERVIST

MARCH 2013

Reserve Support For IAs

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

Rear Adm. Bryan Cutchen
Commander, Navy Reserve Forces Command

Rear Adm. Douglas J. Asbjornsen
Commander, Naval Air Force Reserve
Deputy Commander, Naval Air Forces

Jim Vorndran
Editor-in-chief

Cmdr. Tom Cotton
Force Public Affairs Officer

Johnny Michael
Deputy Force Public Affairs Officer

Lt. Meg Ferguson
Naval Air Force Reserve Public Affairs Officer

Chief Mass Communication Specialist (SW) Sarah Langdon
Public Affairs Chief Petty Officer

Mass Communication Specialist 1st Class (SW/AW) Corey Lewis
Public Affairs Leading Petty Officer

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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 <http://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.



Warrior Transition Program Opens in Germany: Rear Adm. Kevin D. Scott, center, cuts the ribbon for the newly relocated Warrior Transition Facility. (Page 10)



A Wave from the Past: Retired Senior Chief Yeoman April Maletz presents WAVES National founder Jeannie Harrington Dicks with a 1950 edition of The Bluejacket's Manual. (Page 14)



Returning Warrior Workshop: Sailors and their guests visit various resource tables at a Returning Warrior Workshop. (Page 24)



Sailor to Soldier in 19 Days: Staff Sgt. David Garland from Task Force Marshall, Charlie Company, gives final instruction to students going through convoy training. (Page 12)



Navy Reservists Key to 57th Presidential: The U.S. Navy Ceremonial Guard, part of the president's escort, marches in the inauguration parade for the 57th Presidential Inauguration. (Page 22)



Crash: VP-62 Skipper Cmdr. Gerald Dearie helps crash a 727...all in the name of science. (Page 26)

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FOCUS ON THE FORCE

Vice Adm. Robin R. Braun



Shipmates,

Last month we released the Navy Reserve 2013 Strategic Plan, which includes three focus areas aligned with Chief of Naval Operations' Sailing Directions:

- Deliver a Ready and Accessible Force
- Provide Valued Capabilities
- Enable the Service of Our Sailors and Civilians

I'd like to highlight the strategic initiatives that will further the goal of each focus area:

Deliver a Ready and Accessible Force: The first initiative entails exploring commercial Cloud computing options to improve web access. Our goal is to evaluate this capability for its potential to offer greater flexibility for Sailors to securely access the Navy network, enable innovation, improve productivity, and simultaneously lower costs.

Another initiative within this focus area is a review of the Cross Assignment process to determine if there is a more efficient way to assign Navy Reserve Sailors. The intent is to identify possible adjustments in current policies and processes that would allow cross-assigned personnel an enhanced quality of service.

Provide Valued Capabilities: The Future Use of the Navy Reserve initiative focuses on developing a Reserve Component structure and employment strategy that identifies for the Active Component how to best utilize the Navy Reserve as part of the Total Force.

In a separate initiative, we will examine how the Navy Reserve can actively support the Littoral Combat Ship and Ballistic Missile

Defense programs. Both of these capabilities are fundamental to the future of naval warfare.

Enable the Service of our Sailors and Civilians: One initiative centers on Reserve Component familiarization. Our intent is to improve key Navy influencers' and individual Sailors' knowledge of the Navy Reserve's structure, capabilities and value so it can be more effectively employed.

A second initiative within this focus area is a review of the Direct Commission Officer (DCO) indoctrination program and its effectiveness in preparing Reserve officers. We will conduct an end to end process review to ensure that training is aligned, relevant, and standardized to address current operational requirements.

These focus areas build on our past and current efforts to provide essential naval warfighting capabilities and expertise that are strategically aligned with mission requirements. This year's initiatives will help ensure the readiness, innovation, and agility of our Force.

This is just a snapshot of the FY13 Navy Reserve Strategic Plan. I encourage you to review the entire plan on the Navy Reserve Homeport (www.navyreserve.navy.mil).

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

THE FORCE

Force Master Chief (AW) Chris Wheeler



Shipmates and Families,

During the past eleven years, more than 64,000 of you were mobilized and performed an Individual Augmentation (IA). Today there are 3,209 Reserve Sailors supporting overseas contingency operations. The missions cover the entire spectrum of Navy Reserve support. The missions range from Maritime Expeditionary Security Squadrons providing port security to Naval Meteorology and Oceanography Reserve Activity units forecasting weather conditions for globally deployed assets.

With Reserve Sailors on Individual Augmentee orders around the world we often find Sailors in roles (not related to their training) attached to another service. When this occurs, we need to ensure we stay connected to our shipmates. When our Reserve Sailors know there is someone back home who cares they can concentrate on the mission while deployed.

One of the benefits of having our Sailors deployed during the past eleven years is that we have captured many lessons learned and we use those lessons to make future deployments more manageable for service members and their families. Our Navy Reserve Homeport www.navyreserve.navy.mil has captured those lessons and provides a wealth of information dedicated to those who will soon be deployed, are currently on an IA deployment, or for those who have returned from an IA assignment.

The website identifies critical resources for Sailors, Families, Commands and Employers. These resources cover the predeployment, Boots on Ground and redeployment (demobilization) phases. In addition, this website connects you to the IA Facebook

and Twitter pages, where you can ask questions and share knowledge with other IAs and IA families. This ability to reach out to others, to share information and experiences is invaluable.

Our Sailors have answered the call, and will continue to answer the call, when our country needs them the most. Our families have endured long separations and our employers have displayed their patriotism above and beyond what was required. One truth is sure, the orders may say "Individual" but as you can see from these resources, Reserve Sailors who go are never going alone. All you have to do if you are mobilized is to reach out and take advantage of the many tools that are just a few clicks away.

Thank you to all who have put country before self. Your service matters!

Force Master Chief (AW) Chris Wheeler

Letter from the Editor



Shipmates,

This issue of TNR is very near and dear to me in many ways. Because it is about supporting mobilized Reservists. What the Navy Reserve does to support our people is not just the blanket statement “Support our Troops.” The Navy Reserve has a true commitment to supporting you. Predeployment readiness training is one way to start. This program has gone through some changes during the last year or so to make it even more worthwhile to deploying Sailors and their families.

That is the before — now for the during.

The Navy Reserve ombudsman program is strong. Navy Operational Support Centers and units have ombudsman. These volunteers are trained, committed and have the tools to help families when a loved one is deployed. I urge everyone to meet their ombudsman prior to deployment and make that connection before you need their support.

And finally, the after.

Returning warriors have two helpful programs to ease the transition back home. First, the Warrior Transition Program is a five day stop in Germany to unwind, decompress and relax. But this stop also offers returning Warriors a chance to talk to people trained to help with any transition issues.

The last program I want to write about is probably the one that is nearest to my heart. The Navy’s Yellow Ribbon Reintegration Program holds Returning Warrior Workshops throughout the year at different locations across the country. I have written many times about these workshops and have spoken with dozens of people who have attended. Please, shipmates, if you haven’t been, do so soon. RWWs are a great experience for you and a guest to spend a weekend talking to people who have had similar experiences to you. It is also a weekend for you and your guest to be honored. You do great work for our nation, and the people at home do a great job supporting you. Honoring you during an RWW is just a small way for the Navy Reserve to say thanks you.

My best wishes to you and your families.

VR/R/WR,

Jim Vorndran
Editor-in-chief
The Navy Reservist Magazine

PROFILE IN PROFESSIONALISM

careers, skills and services they provide to the fleet. To nominate a Sailor, email the editor, nwor_tnr@navy.mil, for a submission form. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



Ludwig R. Williams
HOSPITAL CORPSMAN 2ND CLASS

Hometown: Las Vegas

NOSC: Jacksonville, Fla.

Unit: Pacific Command Joint Intelligence Operations Center

Brief description of your Navy job: I am the billet control number coordinator and point of contact for incoming

personnel. In addition, as the assistant command fitness leader.

Brief description of your civilian job: I am a magnetic resonance imaging technician working at Landstuhl Medical Center. I provide diagnostic exams to wounded warriors, active-duty personnel, spouses and retirees.

What has been your greatest Navy achievement? When I provided humanitarian care to the indigenous peoples of Peru, while stationed with the USS Boxer (LHD 4). The Boxer was

participating in Continuing Promise 2008, where she operated in Guatemala, El Salvador and Peru.

Who has been your biggest influence since joining the Navy? Most of the chief petty officers I have met have influenced me the most since joining the Navy. The chiefs tend to know the most about both the officer and enlisted side of the Navy.

What do you enjoy most about the Navy? Having the experiences of serving on a ship, and to experience the many different cultures around the world.

Most interesting place visited since joining the Navy: I have visited many countries since joining the Navy, but Peru is still the most interesting place I have visited. It was the most satisfying for me, personally.

Current hobbies: My current hobbies include Salsa and Latin dancing, as well as ballroom dancing.



Angela Garcia
INTELLIGENCE SPECIALIST 1ST CLASS (AW)

Hometown: Poughkeepsie, N.Y.

NOSC: Pearl Harbor, Hawaii

Unit: Pacific Command Joint Intelligence Operations Center

Brief description of your Navy job: As my unit assistant career counselor I provide career guidance, counsel Sailors on veteran benefits, education programs

and career opportunities. I also assist with career development boards and Fleet RIDE applications.

Brief description of your civilian job: I am a full-time student at Hawaii Pacific University enrolled in the Master's of Human Resource Management Program.

What has been your greatest Navy achievement? Being able to be successful in each position I have held and being able to influence and motivate others along the way.

Who has been your biggest influence since joining the Navy?

My family has been the biggest influence since joining the Navy,

because they are always behind me regardless of the decisions that need to be made. My biggest influence in the Navy in general was Lt. Ho, a previous division officer aboard the USS Theodore Roosevelt (CVN 71), because he always motivated me to want to be more and do more for myself and my personnel.

What do you enjoy most about the Navy? What I enjoy the most in the Navy has changed along my career. From the locations that I have been blessed to visit to the people I have been able to work with. They all leave a lasting impression.

Most interesting place visited since joining the Navy: While visiting Marseille, France I discovered that I am a risk taker. When I went skiing for the first time and accidentally went down the black diamond slope in the French Alps.

Current hobbies: Spending time with my family, reading, skiing, hiking, riding my motorcycle and sudoku.

NOTABLE



Ensure Your Awards Are In Your Record

Written by Mass Communication Specialist 2nd Class Andrea Perez,
Navy Personnel Command Public Affairs

Changes to how the Navy processes awards make it easier for Sailors to confirm their personal decorations and medals are reflected in their Official Military Personnel File (OMPF).

All personal awards, Navy and Marine Corps Achievement Medal and higher, should be showing in a service member's record.

"In the past, award citations or certificates received directly from the member for the OMPF were not accepted, since they were required to be mailed from the command authorized to enter the award into NDAWS (Navy Department Awards Web Service)," said Jim Giger, head of Records Management Policy Branch, Navy Personnel Command (NPC). "Sailors will now be able to send in copies of their own award citations or certificates for their OMPF if the award is accurately reflected in NDAWS."

Before a Sailor requests a missing award citation or certificate be added to their OMPF, they should verify the award is recorded in NDAWS by visiting the awards website at <https://awards.navy.mil> and launching the "Personal Awards Query."

If a Sailor's award is recorded in NDAWS, but missing in their OMPF, they should mail a legible, clean copy of the signed award citation, or certificate in the case of Navy and Marine Corps Commendation and Achievement Medals, with the service member's full social security number printed in the upper right hand corner, to:

Navy Personnel Command
PERS-313
5720 Integrity Drive
Millington, TN 38055-3130

According to Giger, if a Sailor's award is not reflected in the NDAWS database, the citation will not be accepted by NPC for entry into the service member's OMPF. To resolve

this conflict, a Sailor must contact their command's NDAWS coordinator, since only NDAWS coordinators can enter approved awards into the NDAWS database.

The NDAWS coordinator will need a copy of the award citation/certificate and, if available, a copy of the orders from the service or joint approval authorities. Once an award is entered and reflected in the database, the NDAWS coordinator will then submit the award citation or certificate to NPC for entry into the service member's OMPF.

Awarding authorities must submit a completed OPNAV Form 1650/3 and award citations or certificates to their NDAWS coordinator for entry into NDAWS. A list of NDAWS coordinators is available on the U.S. Navy Awards website.

"It is important that only authorized personal awards are reflected in both NDAWS and in a service member's OMPF," said Giger. "And ensuring only those award citations or certificates that are accurately reflecting in NDAWS are included in the OMPF will increase the integrity of both NDAWS and the OMPF."

Sailors submitting a selection board package with an award citation or certificate not already in their OMPF, but recorded in NDAWS, will automatically have the award added to their OMPF. Those Sailors can expect to see the award citation added to their OMPF four to six weeks after the selection board has adjourned, said Giger.

Sailors can access their OMPF online for the most up-to-date service record information by visiting BUPERS Online at <https://www.bol.navy.mil>.

For more information, read NAVADMIN 016/13, visit the NDAWS Web Page or call the NPC Customer Service Center at 1-866-U-ASK-NPC. ■

CULTURE OF FITNESS



Does Lifting Heavier Weights Make You Stronger?

Written by American Council on Exercise (ACE)

Researchers and fitness professionals have often advised the path to improving strength and muscle size begins by lifting heavier weights. A recent study published in the Journal of Applied Physiology questioned that fitness dogma by suggesting you can get the same results with lighter weights, as long as you push yourself to fatigue.

Researchers in the Department of Kinesiology at McMaster University in Ontario, Canada, gathered 18 healthy, recreationally active men in their early 20s with no weight-training experience to test the theory.

Over the course of 10 weeks, the men were assigned a combination of three different programs that required them to complete as many repetitions as possible on the leg extension machine. Depending on their assigned program, the number of repetitions varied from one to three sets of 8-12 for heavy weights and three sets of 25-30 for lighter weights.

In each of the subjects, researchers found that doing more repetitions using lighter weights is just as effective at muscle building as the heavy-weight protocol. The only catch is that subjects must train to momentary muscular failure, otherwise known as a level of fatigue that results in the inability to complete the last rep with proper form.

Dr. Stuart Phillips, one of the study's researchers and a professor in the Department of Kinesiology at McMaster University, said your muscles react the same way upon reaching fatigue, regardless of whether you're performing your fifth rep with a heavy weight or your 25th with a lighter weight.

"Since most resistance training programs are designed to make you stronger, all you need to do to make all your muscle fibers grow is to load and work to fatigue," Phillips said.

Despite this new evidence, many fitness experts remain unconvinced that lifting lighter weights is as effective at improving strength as with using heavy weights, particularly since it contradicts a broad body of past research.

Dr. William Kraemer, director of research at the Human Performance Laboratory at University of Connecticut and a leading expert on strength training said the study "goes against solid research acquired since the 1950s showing that to build optimal strength you have to lift heavy loads."

In light of the controversy, there may still be some common ground. Most fitness experts agree that lifting lighter weights may often be the best choice for people who are deconditioned or have joint or other health problems.

Dr. Jeffrey Potteiger, dean of graduate studies at Grand Valley State University in Michigan, believes strength training is a matter of individual preference. For the average person who just wants to maintain his or her strength level, he suggests doing "a total-body workout, two to three days a week consisting of two to three sets for each body part using a weight that can lifted comfortably."

To explore more research, find workouts that fit your fitness level or browse healthy recipes that will help on your fitness journey, visit ACEfit.com. ■

SOY//FTS

Introducing your Navy Reserve Shore Sailor of the Year

Naval Aircrewman 1st Class (NAC/AW) John Reynolds

How long have you been in the Navy? I was on active duty for 12 years and six years in the Reserve.

Describe your Navy job: I am a C-40A Loadmaster/Evaluator. My current assignment is instructing the Navy's C-40/C-9/C-20 Loadmaster Course in Ft. Worth, Texas.

What is your greatest achievement in your Navy career? Being selected as the 2011 and 2012 Reserve Force Shore Sailor of the Year.

Who has been your biggest influence since joining the Navy? I would have to say, without a doubt, my family. I have the most supportive wife and daughter that anyone could ever ask for. I also have two active mentors that I speak with often. The first is my current chief, Chief Naval Aircrewman (NAC/AW) "Sonny" Lopez and a retired Senior Chief Aviation Structural Mechanic (AW) Tim Tannheimer.

What do you enjoy most about the Navy? I enjoy making a difference in the war effort. Transporting cargo and troops to the fight gives me a great sense of accomplishment. I also appreciate the endless opportunities that the Navy offers.

What does this mean to you and your family? In my opinion, being selected as the SOY is not about me. It is about all of the time,

effort and sacrifice that others have invested in my career. This is a culmination of efforts from my family and chain of command. This is something for all of us to be proud of!

As the Navy Reserve approaches its 98th birthday, what has been its greatest contribution? The creation of a force of patriots who are willing to put their civilian lives on hold, at the drop of a hat, to ensure the continuation of freedoms that we, as Americans, continue to enjoy.

What attitude or mindset do you bring to the Navy everyday? I bring the mindset that we should all do two things a day as Sailors: Give guidance or assistance to someone in need, and learn something about the Navy or your rate that you did not know when you came to work that morning.

Why did you join the Navy? Because I knew that I needed direction and stability in my life. I saw how the Navy had helped relatives and family friends succeed in life and I wanted to be a part of something bigger than myself.

Why do you continue to serve? Because I love my job and doing what you love to do while

serving my country is a definite "Win-Win" situation. I appreciate everything that the Navy has done for me and I feel that I should be giving back at least as much as I have received.

How do you think the SOY program benefits the Navy? I think that it is a well publicized program that causes Sailors to want to achieve more and to reach that next level in their career. It was definitely a motivator for me and I hope that it will continue to motivate others to reach their potential for them personally and professionally.

What do you want your legacy to the Navy to be? Like my mentors, I just want to be remembered as a Sailor who helped folks advance in their careers and leave the Navy better than when I joined. ■





Warrior Transition Program



▲ Rear Adm. Kevin D. Scott, center, cuts the ribbon for the newly renovated Warrior Transition Program. The facility is designed to assist Sailors going back to their families and jobs after deploying to a combat zone. U.S. Navy photo by Chief Mass Communications Specialist Gino Carr.

For the past five years, Sailors returning from Individual Augmentee deployments in Kuwait, Iraq and Afghanistan turned in their gear and went through a mandatory decompression period at Camp Arifjan Kuwait, aptly named the Warrior Transition Program (WTP). Far away from the sounds of rockets or gunfire, they participate in workshops designed to reset the combat zone mentality and prepare them for homecoming. Relaxation, pool time and contact with family back home is strongly encouraged, but while WTP ensured ample access to gym facilities, phone and computer stations, the Sailors were still surrounded by sand and heat and gravel. They were still in the Middle East.

In December 2012, that changed. Now, when redeploying Sailors leave theater, they leave the desert behind and head to the more temperate climes of Sembach, Germany for their transition. Instead of sleeping in tents or trailers they rest in actual rooms. Instead of gravel and sand, they see roads, sidewalks and green grass. They have left the Middle East behind.

The Navy developed the WTP to facilitate IA Sailors' return and ease the reintegration process with families, commands and communities following a war zone deployment. The program involves a series of briefs and interviews to help Sailors make the transition back to the United States or their next duty station overseas.

"The overwhelming care and concern the Navy has for the health and welfare of its Sailors coming off extended arduous IA duty is evident in the attention and top-notch facilities they have provided via this Warrior Transition Program move," said Cmdr. Larry Henke, director of WTP.

The facility move was celebrated at the opening of the new WTP facility with a ribbon cutting ceremony by Rear Adm. Kevin D. Scott, commander, Task-Force Individual Augmentee (IA).

With the completion of operational missions in Iraq, the Navy considered options on how to best support the reintegration of IA's returning from assignments throughout the region. Eleven

Facility Opens in Germany



▲ Rear Adm. Kevin D. Scott, center, prepares to cut the cake for the newly renovated Warrior Transition Program. The facility is designed to assist Sailors going back to their families and jobs after deploying to a combat zone. U.S. Navy photo by Chief Mass Communications Specialist Gino Carr.

months prior to the move, Central Command directed Navy Central Command to move the WTP operation to a facility designed to accommodate and better serve the larger number of IAs in Iraq and Afghanistan. Renovations for the new facility began in April 2012 and Installation Management Command-Europe (IMCOM-E) helped with the program's transition to its new home.

"The transportation hub at Ramstein Air Force Base and the available resources in the Kaiserslautern Military Community in Germany provided a logical place to transfer the WTP mission due to its location and available infrastructure," Scott explained. "We look forward to working with our sister services in the future to continue to meet the needs and requirements of our returning warriors."

The new facilities include barracks rooms with shared bathroom facilities, a computer lab, Wi-fi, gaming and exercise rooms, and a media room that also serves as a movie theater. According to Scott, while attending the facility, Sailors of all ranks and warfare designators, including staff, guards, medics, explosive technicians, postal clerks, working dog handlers, Seabees and more are supported by WTP staff.

"While there have been many improvements and a change in location to WTP, it's not the building, it's the people that make the difference in WTP," said Lt. Valerie Vestal, WTP staff nurse.

For more information on the Warrior Transition Program, go to <http://www.public.navy.mil/ia/Pages/wtp.aspx>.



▲ Machinery Repairman 3rd Class Erica Jordan passes out inventory sheets to returning Individual Augmentee (IA) Sailors as they prepare to turn-in gear during the Warrior Transition Program (WTP). WTP is a five-day program where Sailors attend workshops, decompress, turn in gear and meet with staff chaplains and nurses to discuss their 'down-range' experience following their IA assignment. The WTP is moved from Camp Arifjan in Kuwait, to Sembach Kaserne in Kaiserslautern, 13, to better serve returning Sailors. U.S. Navy photo by Mass Communication Specialist 1st Class Lewis S. Hunsaker

SAILOR TO SOLDIER IN 19 DAYS

Written by Chief Mass Communication Specialist (SW) Sarah Langdon,
Commander, Navy Reserve Forces Command Public Affairs



▲ From the kneeling position a Sailor takes aim at a 200 meter pop-up target during M16 rifle qualifications. U.S. Navy photo by Chief Mass Communication Specialist (AW) Gino N. Carr.

A Sailor filling an Individual Augmentee (IA) billet in Afghanistan lies low on the ground, hidden by rocks and sparse shrubs, with one eye closed and the other peering intently through the scope on his rifle as he zeroes in on a target in the distance. He is well trained, comfortable even, despite the bulk of his gear, the assortment of packs and bulging pockets and the glare of the sun on his glasses.

He appears experienced and brave. This Sailor is on a security detail for some isolated outpost in the mountains. Life has changed greatly for this Sailor. Roughly a month before this mission he was home in Wichita, Kan., teaching science to his fifth grade students.

Today, when Sailors fill IA billets, there's a better than 50-percent chance they are selected Reservists. In the near future, the percentage of Reserve Sailors filling Navy IA "Boots on the Ground" missions in Afghanistan, Africa and elsewhere around the globe will increase to 90 percent. So how does a teacher, or a stay-at-home mom, make the transition from drilling Reservist to combat warrior? The answer is simple — you send them to the Army.

Navy Individual Augmentee Center for Training (NIACT), at the Army's McCrady Training Center at Ft. Jackson, S.C., is one of 11 sites for IA Sailors to train in weapons handling, evading capture, first aid in the field and convoy operations.

"A few years ago about 50 percent of these Sailors were active duty pulled from ships and shore commands," said Army Capt. Michael Hassien, officer-in-charge of NIACT. "The other 50 percent were SELRES who stepped out of the classroom or from jobs as accountants or policemen to gear up, pack up their rifles and head into the combat zone for active service. Today more than 50 percent of Sailors being trained to fulfill missions in Afghanistan and the Horn of Africa are Reservists, and we expect that percentage to increase."

NIACT and its Navy Liaison Office (NLO) are run solely by Reservists who volunteer to mobilize for one to several years to support IA training. The Army cadre is also comprised of mobilized Reservists from Task Force Marshall (TFM), a battalion-sized training force made up of mobilized Army Reserve units from across the United States. TFM members typically provide basic skills refresher training to Individual Ready Reserve soldiers, so with those skills they are perfect for training servicemembers with little or no combat experience.

"You have an Army drill sergeant providing instruction during an evolution and the company of Sailors may not realize that he, too, is a mobilized Reservist. In fact, all of the Army drill sergeants and the NLO members are mobilized Reservists," Hassien said. "We have the Reserves training the Reserves to successfully deploy in theater and manage the complete logistical pathway from mobilization to training to execution."

Army Sgt. 1st Class Robert Isom, one of the TFM drill sergeants, said that although the drill instructors are Reserve Soldiers from different places, they pride themselves on presenting a unified training team that is committed to preparing Sailors for their missions in theater.

“Although we come from different locations, we merge together here as a solid unit,” Isom said. “We want to give them good training and prepare them for going into the combat zone.”

In addition to Army drill sergeants, the Sailors receive training from civilian contractors. Together they form a team of highly trained warriors who bring talents and experiences from the battlefield to bear in a unique training environment.

“All of the folks giving the training are combat veterans, mainly Army, and they do it very well,” Hassien explained. “They have been out there, done it, seen it, and have a very unique perspective. They walk the walk and talk the talk, so the Sailors get to find out what it’s really like.”

Command Master Chief Mark Seifert, senior enlisted advisor for NIACT, describes the program as a collaborative and combined effort between the Navy and Army to prepare Sailors for the field.

“Our theme is Sailor to Soldier in 19 days,” Seifert said. “We bring in Navy IAs and train them in basic combat skills through Task Force Marshall, which is part of the 171st Infantry Brigade. We provide all the administrative control functions including

travel arrangements, orders, mission changes and cancellations. Task Force Marshall is our training force for Sailors who are going to go on missions throughout the world and fulfill the needs of the Army.”

During their time at NIAC, Sailors receive their weapons and protective gear and learn how to use them. They are trained on land navigation, escape and evasion techniques and receive cultural awareness training. The cadre takes them through drills where they encounter groups of people with some posing as enemy combatants. The Sailors have to determine who the enemy is and how to react. They are also taught how to spot an insurgent wearing an improvised explosive device. Weapons qualifications on the shooting ranges are a requirement, but Sailors also practice firing at moving targets, clearing buildings, and setting up a security perimeter around a convoy.

“It’s good interaction between the Army and Navy,” Siefert said. “Many of our Reservists have never deployed as ‘Sand Sailors’ and it gets them into the mindset and indoctrinated into Army culture. We need to appreciate how and why Soldiers do what they do. These are non-traditional Navy missions and many folks have never qualified on an M4 [rifle], performed land navigation or ridden in convoys. There is a real danger out there and we have a responsibility to train them to protect themselves and each other.”



▲ Sailors prepare to cover a constantine wire for safe passage during their Army Warrior Task exercise completion of the 3 week course. Sailors will deploy to various locations world wide in combat support and combat service support missions. U.S. Navy photo by Chief Mass Communication Specialist (AW) Gino N. Carr.

While the majority of these Sailors are going to billets at bases or Forward Operating Bases, the training program aims to give them the skills they need in the event of something unexpected. It also ensures that they are comfortable enough with their weapons to use them effectively.

“Hopefully they never have to use them [skills], but if they do, they’ve seen it — it’s not entirely new. If there’s a breakdown of their vehicle we want that training to kick in and for them to be able to react,” Hassien said. “I had one woman who came to me because she was terrified of guns. She had never handled one and was afraid to even touch it. We set her up with extra practice time and worked with her. Once she was over her fear and was comfortable handling the gun, she was confident and skilled enough to qualify. Ultimately the goal is to have to have every Sailor, active or Reserve, integrate with the Army and meet the needs of the mission.”

Logistics Specialist 2nd Class San Luis, assigned to Disposal Remediation Team-1 in Fort Lewis, Wash., completed IA training at Ft. Jackson prior to heading to Afghanistan to work at one of the Defense Logistics Agency’s disposition site camps.

This is not Luis’ first deployment. In 2010 he went on a five-month deployment to Kuwait with Maritime Expeditionary Security Squadron 9 for his first mobilization. He enjoyed the experience and the training so much that he chose a unit in line to deploy for his next assignment.

“I joined my unit knowing they were going to deploy. I wanted to learn different skills and I know I’ll learn them more quickly in that environment,” Luis said. “This really is an opportunity, and as a petty officer 2nd class I think this kind of deployment will

help me be a leader. I’ll be able to share what I learn in theater and help out my colleagues and fellow Sailors.”

Like many Reservists, Luis notes the experiences gained during a mobilization are rewarding in more ways than one.

“It helps in my civilian job too,” Luis added. “This kind of challenge teaches you how to build good relationships and your civilian bosses know that you will work hard and do a good job for them.”

Luis is just one of many Reservists who voluntarily apply for an IA deployment. According to Hassien, that’s a common characteristic of the Reserve IA Sailor.

“It’s no longer involuntary recall, almost every Reservist has volunteered and wants to go — whether its Qatar, Kuwait, Afghanistan or Djibouti,” Luis said. “For these Sailors it’s so much bigger. It’s about them having a chance to give back. They are true patriots and Americans who want to give back in the best way. It’s not about them — it’s about the team. Ask one of these Sailors how he came to be on an Army base in South Carolina and he will more than likely say he volunteered.”

Personnel Specialist 3rd Class Tamara Torres-Maymi is another Reserve Sailor who volunteered to go to Afghanistan. She requested her IA billet to gain experience and to get more training for her job

in the Reserve. In her civilian career she works for a security department in Mayport, Fla., and has a 10 year-old daughter. For Maymi, filling an IA billet is a win-win for the Navy overall, especially with regard to improving the skills and knowledge of a Reservists’ military job.

“I wanted the experience and it will benefit me in my rating,” explained Maymi. “There’s a lot of structure in the Reserve and I use the training in my civilian job. I think it’s a good opportunity and it gives us the chance to be exposed to other things. Many Reservists don’t have prior active duty service so they’re not as experienced or don’t have the background. There are many



▲ Navy and Air Force students practice crawling under constantine wire just before beginning their Army Warrior Task. U.S. Navy photo by Chief Mass Communication Specialist (AW) Gino N. Carr.

opportunities to go back and teach others and I think it's better for everyone that we have this chance."

Maymi feels that sending Reservists like her also benefits the active component. Deploying Reservists to fill IA billets ensures that mission essential billets in the active force won't be gapped.

"They already have a job and an important military position so when they are pulled it's hard to fill that position," Maymi said. "With us [Reservists] coming in, instead of active duty, it's better. I would just tell anyone doing this to be open-minded, flexible and that it's a great opportunity. Take everything you've learned and just enjoy it."

The plan for Navy IAs is to decrease the number of Sailors with boots on the ground. Reserve IAs should continue at the same numbers as recent years allowing active component Sailors to stay at their commands and fulfill their core mission.

"With downsizing and with the mission in Iraq pretty much

complete, we've reduced the footprint for Sailors in general," Seifert said. "The Navy wants to get the active duty component back to doing what it does, such as operating Navy vessels. So in 2014 to 2015 we will see 85- to 95-percent rate of Reservists filling the needs of those missions."

Siefert appreciates the willingness of Reservists to fill these billets and how easily the Reservists integrate into the training and missions.

"MANY OF OUR RESERVISTS HAVE NEVER DEPLOYED AS 'SAND SAILORS' AND IT GETS THEM INTO THE MINDSET AND INDOCTRINATED INTO ARMY CULTURE. WE NEED TO APPRECIATE HOW AND WHY SOLDIERS DO WHAT THEY DO. "

"They look forward to serving and they all seem to be eager and anticipate doing the mission. We appreciate that and it makes the training that much more valuable," Siefert said.

Putting aside any military service rivalry, Siefert is proud that all members of the services are part of one team.

"I think the Army cadre here does a great job of training them. We get great feedback from the cadre instructors on our Sailors," Hassien explained. "The AC and RC integration is seamless to the Sailors and Soldiers. Nobody knows who is Reserve and who's active. ■



▲ Staff Sgt. David Garland from Task Force Marshall, Charlie Company, gives final instruction to students going through convoy training while attending NIACT. IA Sailors attend this training prior to deploying overseas in support of OIF. U.S. Navy Photo by Chief Mass Communication Specialist (AW) Gino N. Carr.

This month TNR is focusing on how all the branches of service render their flag honors on their respective installation. In our current military, you will most likely find yourself conducting a joint mission on an installation different from your own. This Back to Basics provides the knowledge you may need in the future. The Basic Military Requirements Manual was referenced for this edition.



BACK TO BASICS

Colors

Written by CNRFC Public Affairs

On Navy, Marine Corps and Coast Guard bases

At commands ashore and aboard ships of the Navy and Coast Guard not under way, the ceremonial hoisting and lowering of United States Flag at 8 a.m. and sunset are known as morning and evening colors.

You will render honors as follows:

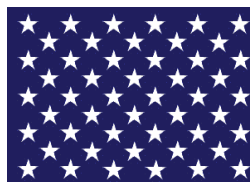
- If in ranks, you'll be called to attention or order arms.
- If in uniform but not in ranks, face the colors and give the hand salute.
- If driving a vehicle, stop and sit at attention but do not salute.
- If a passenger in a boat, remain at attention, seated or standing. The boat officer or coxswain salutes for the boat.
- If in civilian clothes or athletic uniform, face the colors at attention and salute by placing your right hand over your heart.
- Aboard Navy ships or naval shore activities, when the national ensign is hoisted and lowered or half-masted for any occasion, the motions of the senior officer present are followed.

Five minutes before morning and evening colors, the preparative pennant (prep) is hoisted.

Ceremonies for colors begin when prep is hauled to the dip (the halfway point).

Ships not under way also hoist and lower the union jack on the jackstaff, at the ship's bow, and at morning and evening colors. The union jack is the rectangular blue part of the United States Flag containing the stars.

At morning colors, hoisting the ensign begins when the National Anthem starts.



The national ensign is hoisted "smartly" to the top of the flagstaff.

At evening colors, lowering of the ensign also starts at the beginning of the music. Hoisting and lowering of the ensign are completed at the last note of the music.

The national flag is always hoisted smartly and lowered ceremoniously

"Carry on" is sounded at the completion of the music.

If a band is not available for colors, "The Star-Spangled Banner" is played at morning colors and "Retreat" is played at evening colors.

For ships without a band or a bugler, "Attention" and "Carry on" are signals for beginning and terminating the hand salute.

Sometimes the music for colors from another U.S. ship can be overheard aboard your ship. When this happens, and no band or bugler is aboard your ship, the command to "Carry on" should not be given until the music being overheard is completed.



After morning colors, if foreign warships are present, the national anthem of each country represented is also played. If your ship is visiting a foreign country, the national anthem of that country is played immediately following morning colors, followed by the national anthems of any other foreign nations represented. You should show the same respect for national anthems of foreign countries as you do for our own.

On Sundays, authorized holidays, and other days proclaimed by the president, the largest national ensign in the ship's or station's allowance is flown. This ensign is referred to as holiday colors. When the holiday colors are flown on a U.S. ship not underway, the union jack flown is the same size as the blue field in the holiday colors.

On Army and Air Force Installations

"Reveille" was originally conducted as "Troop" in 1812 and was designed to muster the unit or for roll call and additionally to signal sentries to leave off night challenging. It was not originally intended specifically as honors for the flag.

Today, reveille is conducted to honor the U.S. flag as it is raised in the morning. Honors (salute) during reveille should be rendered similar to the procedure for retreat. Army and Air Force commands may conduct a command reveille or command retreat ceremony to help honor special days or events (Memorial Day, Veteran's Day, POW/MIA Day).

Reveille is conducted at different times on Army posts and Air Force bases. The time is set according to the installation commander. It can be as early as 6 a.m. or as late as 7:30 a.m.

The bugle call sounded at "Retreat" was first used in the French army and dates back to the Crusades.

Retreat was sounded at sunset to notify sentries to start challenging until sunrise, and to tell the rank and file to go to their quarters. During the 18th century, command retreat was a daily occurrence, not to honor the flag but as a signal for units to call the roll as a final accounting before reveille the following morning.

Today, retreat is conducted in the evening, and again, the times vary according to the commander of the installation. The bugle may sound as early as 5 p.m. or as late as 6 p.m.

The ceremony remains a tradition in today's military by marking the end of the military day and honoring the flag as it is lowered. The bugle call "Retreat" precedes the flag ceremony.

At the first sound of the bugle, face the flag, or sound of the bugle if the flag is not visible and stand at parade rest. When you see the flag being lowered or hear the bugle call "To the Colors" or the national anthem, come to attention and render a salute. Hold a salute until the flag is lowered or music ends.

Civilians should stand at attention, facing the flag or music with their right hand over their heart. Vehicles should stop during both reveille and retreat. Passengers should remain quietly seated. ■

▼ Information Systems Technician 2nd Class Domingo Porrata, left, and Sonar Technician (Surface) 3rd Class Ryan Butsch conduct morning colors aboard the guided-missile destroyer USS Cole (DDG 67). U.S. Navy Photo by Mass Communication Specialist 1st Class Julie Matyascik.





A WAVE FROM THE PAST: SENIOR

Story and photos by Chief Mass Communication Specialist (SW) Sarah Langdon, Commander, Navy Reserve Forces Command Public Affairs

I recently had the opportunity to interview retired Senior Chief Yeoman April Maletz for a TNR article in honor of Women's History Month. She has 27 years of service under her belt, 12 on active duty and 15 in the Reserve. I first met her last year during my chief petty officer (CPO) induction season and was in awe of her passion for naval history.

Surrounded by Bluejacket Manuals, old, yellowed newspaper clippings and black and white photographs of uniformed women from World War II, Maletz picks up one of her latest acquisitions, and holds it up for me to see. It's an original Women Accepted for Volunteer Emergency Service (WAVES) newsletter from the mid-40s titled "Anchors Aweigh, A Bulletin for WAVE Enlistees from the 12th Naval District." She found the publication in a collection of WAVES and World War II items sold through an estate sale.

Maletz warned me from the outset that she hadn't had the opportunity to go through all of the artifacts she brought in the

two canvas bags, two large plastic bins and myriad boxes to my home. Now, after a lull in the conversation, she excitedly pores through the WAVES publication. Occasionally reading parts aloud, she comes to a page on how to sing "Anchors Aweigh" and gives a shout of triumph.

"I had three different WAVES from three different places tell me that 'Anchor's Aweigh' was sung together with, and in harmony with, the WAVES song," she gleefully holds up the booklet she has been reading and displays the page. "Here it is! I finally found it in black and white!"

She continues going through the booklet, not skimming, but reading word for word each page until she comes to a variation of a well-known tune titled, "Yankee Doodle Dandy's Daughter," and begins to read aloud.

"Yankee Doodle Dandy had a daughter, She was the apple of his eye, He gave her everything she ever wanted, But to help



CHIEF YEOMAN APRIL MALETZ

her Uncle Sam, she said, ‘Goodbye.’ In the beat of her heart is the Navy, As she proudly wears the colors blue and gold, As the flag waves above, O’er the land she loves, She salutes you, Ensign of Old.”

As she comes to the last line, her voice breaks and she is quiet. Her eyes fill with tears. “Say ‘hello’ to our men on the ocean, Send the word around to all our Fighting Braves. Tell them they’re not alone, they will find at home, A shipmate in the WAVES.”

“I’m sorry,” she says. “That last line really hit me. It really says it all right there. This country really was together for a common goal. This was the first time that an entire country saved the world. And because they allowed the women in the Navy to release a ‘man to sea,’ they were supporting their men, not only on the home front, but they were also supporting our men by being in the same service... wearing the Navy blue. And the guys knew they

could come home and we would still be there for them. The tie-in for the Navy and how that line was written was just so poignant.”

I pick up on her use of “we” when referring to women who served approximately 70 years ago. Of course she wasn’t there in 1945 when the men came home, but her passion for the subject places her squarely into the story nonetheless.

Maletz became involved with the WAVES in 2003 after a friend invited her to a local meeting. Her journey since then has allowed her to become friends with some of the greatest women in American naval history. She carries a scrapbook with her, a gift from one of her friends, former Senior Chief Personnel Specialist Betty Hand. Inside are pictures of Maletz with the first female master chief petty officer in the Navy, Retired Master Chief Yeoman Anna Der-Vartanian, who passed away Aug. 4, 2011 at the age of 90, and with WAVES National founder Jeannie Harrington Dicks.

She speaks with warmth and familiarity about the character, humor and personality of these women, and loves to share the stories they've relayed to her. For many they are names in women's naval history, but to Maletz, they're her friends.

"I've been so lucky to have met and am blessed to call my friends former WAVES – to have them tell me their history, and I have to pass it on," she says. "To be able to learn something from someone that was there, to feel how they felt at that moment, and then pass that first-hand information to a group is so much fun – it fuels my passion to learn more and get out and meet more veterans. To pass on their legacy is humbling and amazing all at the same time. I think that is why I love talking with the World War II veterans. I need to hear it from them to pass it on. It is a circle that never ends, and as long as I have my 'toys,' and I have first-hand stories I'll keep passing the history on. History is a living thing that needs to be passed on — one generation at a time."

When Maletz, says "toys" she means items such as her books, her CPO anchors — of which she has nearly 20 from different eras — and a growing collection of "Ruptured Duck" and World War II Sweetheart pins. I was already familiar with

the Ruptured Duck pins having listened to her naval heritage presentation the year before. She had explained to our CPO selectee class that they were worn on uniforms by World War II servicemen and women and on those about to leave the military with an honorable discharge.

Although Maletz is committed to WAVES history, the WAVES isn't what started her naval history kick. The initial spark,

she tells me, was when she was preparing for her promotion to chief in 2003 during a naval heritage presentation given by one Master Chief Aviation Machinist's Mate Selby Stokes.

"Selby Stokes was this massive man, not fat, not by any means. He was just huge and he just had this way of talking that you just listened. I was terrified of him," she recalls. According to Maletz, he produced a 1917 Bluejacket's Manual and proceeded to read a section she never knew existed. Maletz was in awe.

"This was real Navy history — his history. He had a book that had been handed down to him by his father-in-law — a battleship Sailor, and by God in those days the battleships were the only ships. He opened the manual to page 737 — 'Part Four, 'A Short Talk with Chief Petty Officers.'"

"I'VE BEEN SO LUCKY TO HAVE MET AND AM BLESSED TO CALL MY FRIENDS FORMER WAVES – TO HAVE THEM TELL ME THEIR HISTORY, AND I HAVE TO PASS IT ON."



▲ Retired Senior Chief Yeoman April Swingly Maletz presents Women Accepted for Volunteer Emergency Service (WAVES) National founder Jeannie Harrington Dicks with a 1950 edition of The Bluejacket's Manual at the WAVES National convention. Dicks lost her original copy years ago during a move. WAVES National was founded in 1978 to bring together women from all sea services. U.S. Navy photo by Mass Communications Specialist 3rd Class William Jamieson.



▲ Retired Senior Chief Yeoman April Maletz looks through a WAVES newsletter from World War II. Among her collection are original editions of the Havelock and Conning Tower, internal publications produced by and for members of WAVES to inform women of relevant news.

She pulls out a shiny, new white-covered Bluejackets Manual.

“Look, I want to show you something,” she says. At first I’m confused as I can’t see why a brand new and obviously 21st century Bluejacket Manual would be so exciting to her – until she opens it up to the inside cover. I realize it’s a 1917 reprint and is inscribed by one of the chiefs in my CPO selectee class, Chief Culinary Specialist Michael Edwards. I called him a few days after the interview and asked him about it.

“April was kind of like my third mentor after my induction sponsors,” Edwards said. “I was always able to talk to her and ask her opinion. We had one conversation once where she referenced the 1917 edition and had mentioned that she had lost or given her copy away sometime in the past. I had already ordered the reprint online after a master chief said I should read it, so I went back and ordered the another one for April which was actually the last copy available online. I inscribed it and after the pinning I gave it to her to say thank you for everything she did.”

As I’m looking at the book, she tells me that it has become a regular tool for her to use to explore the text and its history.

We spent the next few hours going through the different WAVES newsletters – reading them page by page, sharing funny comments and cartoons as we came upon them. At one point Maletz stumbles upon an abbreviation, “MS” in one of the publications and comments that she hasn’t figured out what it stands for (we later discover it stands for midshipmen school). Of course I jump up to get my laptop to “Google,” because that’s what we do now, we hit the Internet for the answer.

“Sit back down,” she barks at me and laughs.

I sit.

“Let’s read,” she says.

I dutifully pick up my bulletin.

“And see if we can find the answer here first.”

That’s when it clicks for me. For Maletz it’s really about the puzzle — the connecting of dots, the finding of clues in different places, one piece at a time that makes this so much fun for her.

It’s about bringing the words, and as a result, the people to life. It is to understand what it means to hold a book that was once in the hands of a 20-year-old seaman on the deck of a ship in the middle of a war.

What makes some of these documents so unique is that you can’t “Google” them and make a real connection. Not only is there no online edition of the WAVES Bulletin from 1943, there is something to be said for hearing the crackle of aged paper as you flip through it. You can’t smell the faded history of a letter written 73 years ago by a WAVES mechanic to her husband through a picture on the Internet. You can’t feel the hollowed-out back of a 1944 chief’s anchor unless you can hold it in your hand.

Maletz realized the value of collecting these artifacts was not just for their historical significance, but also their ability to put us in a moment now long past. Twelve hours into our interview and my bedtime is also long past, but before we conclude I thank her for giving me this opportunity to connect with history in a new and meaningful way.

Maletz retired April 1, 2010, but her involvement with the Navy is still going strong. She’s been an active member of the local WAVES chapter, the “Tidal WAVES”, and the assistant director (Southside) for Honor Flight Historic Triangle Virginia (HFHTVA). HFHTVA, or Honor Flight VA, is a non-profit organization which works to bring World War II and terminally ill veterans to Washington D.C., to visit the World War II Memorial. ■



▲ This booklet was provided to new WAVES enlistees to tell them what they could expect as they assumed their role in the Navy with the 12th Naval District.



Navy Reservists Key to the 57th Presidential Inauguration

Written by Lt. Michael Sheehan, Joint Task Force-National Capital Region Public Affairs



On April 30, 1789 members of the U.S. Army, local militia units and revolutionary war veterans escorted George Washington from his home in Mount Vernon, Va. to his first inauguration ceremony in New York City. The very first presidential inauguration in U.S. history set the tone for all others that followed; the U.S. military honors its democratically elected civilian commander in chief.

On Jan. 21, 2013, the U.S. armed forces continued the centuries old tradition of providing military ceremonial support to the commander in chief during the 57th Presidential Inauguration. Working for U.S. Northern Command Joint Task Force – National Capital Region (JTF-NCR), more than 5,000 service members from the five branches of the military, including Navy Reservists from across the United States, surged into the national capital region to plan and execute all military ceremonial support for the inauguration.

Reservists filled the majority of positions the Navy was tasked with supporting. In total, 152 of the 160 Navy billets were staffed by selected Reserve Sailors from across the nation. Reserve Sailors worked directly with both JTF-NCR and Naval District Washington (NDW) providing inaugural support in many areas. They worked in joint team ceremonies, joint team special events, intelligence, operations, logistics, administration, public affairs, the JTF-NCR command group, provost marshal, personal military assistants, the Navy liaison office and the Navy Ceremonial Guard.

Unlike previous inaugurals, the 57th Presidential Inauguration was not being supported by a stand-alone DoD task force. The former model of standing up the Joint Task Force – Armed Forces Inaugural Committee was replaced by the more streamlined JTF-NCR. The new JTF incorporated the entire inaugural planning and staffing into the already existing structure of Joint Forces Headquarters — NCR, an organization that falls under Army District Washington's commanding general, Maj. Gen. Michael S. Linnington, and built to coordinate military response and support in the national capital region in the event of an emergency.

"The Reserve talent pool lends itself very well to these short term types of missions. Because the requirement is every four years, using a ready pool of talented Sailors from the Reserves just makes sense. With Reservists, we are not locked into a specific NEC or even designator as we would be with active-duty Sailors, we can leverage civilian skillsets to accomplish the job too," said Master Chief Electronics Technician Tat Huen, Navy liaison officer.

Reserve Sailors began augmenting NDW as early as March 2012 by standing up the liaison office (LNO). Working from the Washington Navy Yard, they began identifying the support and staffing requirements as detailed in the joint manning document. The LNO office set standards for selecting individual Sailors, interviewing all interested candidates and screening members' current service photographs, previous five years of physical

fitness assessment scores and fitness report or evaluation records. In August 2012, the first eight Sailors arrived in Washington, D.C. to begin their work with JTF-NCR in operations, logistics and public affairs.

"We arrived in D.C. and reported to Fort Lesley J. McNair," said Senior Chief Builder Joseph Pehanick, a selected Reserve Sailor from Scranton, Pa. who worked in the JTF-NCR logistics directorate. "There was nothing really here for us. We literally had to start from the ground up. We moved in furniture, had data lines installed and studied the continuity reports left for us by the folks who worked the 56th inauguration."

After the election on Nov. 6, 2012, the tempo and intensity of inaugural related work picked up for both JTF-NCR and NDW. The LNO ramped



▲ The U.S. Navy Ceremonial Guard, part of the president's escort, marches in the inauguration parade for the 57th Presidential Inauguration. DOD photo by Marv Lynchard.



▲ Master Chief Personnel Specialist Terence Jefferson (right), acting officer in charge of the Navy Reserve Usher Detachment, inspects Equipment Operator 1st Class Terrance Graves. The Reservists work with Joint Task Force National Capital Region in Washington, D.C. to support the inauguration. DoD photo by Sgt. Katryn Tuton.

up staffing by identifying 50 Sailors needed as drivers during the month of January, 45 Sailors to serve as ushers during the inauguration day swearing-in ceremony at the U.S. Capitol, four military assistants and three Sailors serving with the Navy Ceremonial Guard.

Support for the inauguration allowed some selected Reserve Sailors unique opportunities, particularly the three Sailors serving with the Ceremonial Guard. The Guard normally is staffed by anywhere between 150 and 180 Sailors, most fresh out of boot camp or “A” school. But during the months leading up to the inauguration their ranks swelled to around 300, requiring additional help and leadership in the form of senior enlisted Reservists. Chief Master-at-Arms Anthony LaFrenier, of Naval Construction Battalion Center Gulfport, Miss.; Electrician’s Mate 1st Class Jason Daniels, of Navy Operational Support Center (NOSC) Baltimore; and Hospital Corpsman 1st Class Ronnie Heen, of NOSC West Palm Beach, Fla., were brought in to provide the 300 junior Sailors leadership, but they also decided to attempt to qualify themselves as Ceremonial Guard members. If they succeed, they would become the first Reservists to wear the white braids of the Navy Ceremonial Guard.

“It’s a tremendous honor,” Daniels said. “I was on drill teams throughout high school, but I was a submariner so I never had an opportunity to do something like this while I was on active duty. It’s interesting that I get to be part of the Ceremonial Guard now that I’m a Reservist.”

On Jan. 3, 2013, more than 150 Reserve Sailors conducted an indoctrination with NDW. During the meeting the Sailors were welcomed to the area by Chief of the Navy Reserve Vice Adm. Robin Braun and Navy Reserve Force Master Chief (AW) Chris Wheeler.

Braun thanked them for their commitment to the Navy Reserve mission, and congratulated them on representing the Navy Reserve. She also reminded the Sailors of how small the Reserve world is, recognizing Sailors in the room who had deployed multiple times and even some who she had seen in her stops in different cities since becoming the Chief of the Navy Reserve the previous August.

On inauguration day, Reserve Sailors escorted VIPs to official inaugural functions, provided transportation and logistical support to parade units, coordinated, marched in the parade and ushered spectators to their seats at the swearing-in ceremony.

Aviation Electronics Technician Airman Keshia Powell of NOSC Miami was one of the 45 Reserve Sailors chosen to be an usher on Capitol Hill. The Navy contingent was exclusively Reservists, serving alongside active-duty service members from other military branches, including members of the Army and Coast Guard Ceremonial Guard units.

“It’s really important to take advantage of opportunities the Reserve gives you,” Powell said. “Always be prepared because you never know what the Navy might throw at you.”

The Reserve Sailors who worked the 57th Presidential Inauguration continued the long, unbroken tradition of our military honoring its commander in chief. They served as a reminder to everyone of how the citizen Sailor takes his or her place in history. ■



▲ Hospital Corpsman 3rd Class Kristofer Gonzalez, originally from Dallas, Texas, disassembles a Talon II Litter System before the start of the 57th Presidential Inaugural Parade ceremony. U.S. Army photo by Sgt. Amber I. Smith.



Returning Warrior Workshop

▲ Rear. Adm. Robert O. Wray, Jr. (second from left), president, Board of Inspection and Survey, raises his water glass for a toast during the Banquet of Honors at a Returning Warrior Workshop (RWW) hosted by Region Mid-Atlantic Reserve Component Command in Raleigh, N.C., RWWs provide Reservists and active-duty Sailors with resources to help them with the reintegration process after returning from deployments. U.S. Navy photo by Mass Communication Specialist 2nd Class Maddelin Angebrand.

The well being of Navy Reservists, their families and communities, by connecting them with resources before, during and after deployment, is a job the people of the Yellow Ribbon program are passionate about.

Navy Reservists who deploy are very familiar with pre deployment combat training, and even the end of deployment Warrior Transition program, but training conducted by the Yellow Ribbon program starts well before mobilization and continues well after.

Post-deployment reintegration is a critical time for members of the Reserve, as they often live far from military installations and members of their units.

Held at a hotel away from military bases and every day distractions, RWWs foster a relaxing environment for returning warriors and a guest.

"This is about the whole family. We want to honor not just the Sailor, but the Sailor's guest as well for their support of the Sailor," Eric Harris, Navy Region Mid-Atlantic Reserve Component Command Warrior and Family Support Program Specialist said.

Harris, in his role with RWWs, shows a deep passion for the program. He also recruits people with that same passion to be presenters during the weekend.

"We have presenters who understand our mission of honoring our Sailors and families. We look for dynamic presenters who understand military life," Harris said. "We look for presenters who can keep people focused – get them fired up about working on some very difficult issues."

Sailors and their families experience complex, emotionally challenging and emotionally draining reintegration and reunification issues. Harris understands this struggle and finds presenters who can help the attendees feel comfortable opening up about these challenging issues.

"Given the high tempo of Reserve deployments, it is important for family members to understand all the things Sailors have to go through," Harris said.

RWWs are not about training, they are about discussion and perspective – about communicating, sharing and welcoming.

The minute an attendee walks through the hotel door where the workshop is being held, they feel welcomed.

"Facilitators meet attendees at the hotel door and tell them 'We are so delighted to have you here,'" Harris said. "We continue that on Friday evening through a video called 'Celebrate What's Right With the World.' What it does is start us off for the whole weekend by creating an environment and mindset for the weekend - that RWWs are about discussion. We want them to feel invited — not mandated — but invited to really participate, get involved and share their story."

This video is designed to be inspirational by using stunning photography and powerful dialogue to help viewers approach their lives with celebration, confidence and grace.

"The whole video is about perspective. The way you look at things really determines your emotional response and the behaviors you have," Harris said. "If you alter the way you see and think about a situation it will have a dramatic impact on your ability to overcome challenges and meet demands of any particular time."

Powerful messages that ring very true to the unique situations Navy families experience when a loved one returns from a deployment.

"I get emails from Sailors and spouses that say, 'This weekend was the best experience I have had with the Navy. I get it, where I didn't get it before,'" Harris said.

The emails to Harris go on and say how a spouse now gets the

dedication and commitment of their loved one. They understand the desire to go back on deployment because they are using all the skills they have been training for over the years.

“One Navy wife emailed me that she was seeing it from her own perspective and not her spouse’s perspective. She said getting an eye on this different view had helped her tremendously,” Harris said.

As the weekend progresses, the attendees discuss and learn about warrior transitions, spiritual and emotional well being and reconnecting. Some of the sessions are private and confidential with counselors.

To create an atmosphere of sharing, especially in a confidential setting, Reservists keep their uniforms at home and all attendees — from admirals to seamen and their guests — wear civilian casual attire. The workshops are held in a comfortable setting to promote relaxation and open sharing. Attendees are told rank does not apply. Around each table, communication is on a first name basis and each person, warrior and guest, shares their deployment stories with their group.

To end the workshop the warriors and guests are invited to the final “Banquet of Honors.”

Harris and his coworker, Yellow Ribbon Reintegration Program Specialist Arlene Poe, know their work is making a difference when they hear from attendees. They recently received a message from a spouse that wrote, “That banquet of honors was powerful. That was the first time anyone said thank you for “my” service. It gave credence to all the sacrifices that I have made. I don’t think I came looking for that, I came looking for help for him and ended up getting help for myself.”

It is messages like these that motivates Poe to spread the word about RWWs.

“Recently a Sailor, before they departed, gave me a great big hug, and told me that the weekend was so memorable and changed his life,” Poe said.

It is people like that Sailor who Poe wants to help spread the word.



▲ Sailors and their guests visit various resource tables at a Returning Warrior Workshop. U.S. Navy photo by Mass Communication Specialist 2nd Class Maddelin Angebrand.

“Word of mouth from other members is the best way to tell our story,” Poe said. “When a Sailor comes up and tells a shipmate the program is awesome then we get results. I had one Sailor tell me it was the first time he had slept well in 18 months. When you hear things like that from a shipmate you know at that point the program is worthwhile.” ■

Contributing to this article were Mass Communication Specialist 1st Class Charles White, Navy Region Southeast Reserve Component Command Public Affairs and Jim Vorndran, Commander, Navy Reserve Forces Command Public Affairs.

Returning Warrior Workshop Dates

Mar 15-17, 2013	Phoenix	Jun 21-23, 2013	Seattle
May 3-5, 2013	Pittsburgh, Pa.	Jul 12-14, 2013	New Orleans
May 31-Jun 2, 2013	Sacramento, Calif.	Jul 26-28, 2013	Baltimore
May 17-19, 2013	San Antonio	Aug 9-11, 2013	Madison, Wis.
May 17-19, 2013	Kansas City, Mo.	Aug 23-25, 2013	Palm Springs, Calif.



Image courtesy of the Discovery Channel

CRASH

Written by Johnny Michael
Commander, Navy Reserve Forces Command Public Affairs

Pilot school lesson one: Land Safely. Navy Reservist Cmdr. Gerald Dearie didn't miss that lesson, but one day instead of successfully landing a plane he successfully crashed. Think there is no such thing as successfully crashing? Dearie and his coworkers would respectfully disagree.

"That depends on how you want it crashed," said retired Navy Lt. Cmdr. Chip Shanle. "A rather large smoking hole is easy, but to fly a defined scientific profile with no fire...not so much."

Dearie, commanding officer of Patrol Squadron (VP) 62, is one of a team of aviators who purposely smashed a perfectly good Boeing 727 into the sands of the northern Mexican desert during an experiment filmed last year. The result was the television show "Plane Crash" that aired on the Discovery Channel.

Dearie was working for his civilian job for the company, named appropriately enough, Broken Wing. A group of mostly retired military aviators, Broken Wing had been hired by freelance producer Geoff Deehan to act as technical advisors during the planning of the crash and to fly the plane from takeoff until it achieved a stable flight path. They were also tasked with developing the remote control system that would assume control of the 727 before crashing it into the ground.

Prior to the part where the plane becomes a mangled heap on the desert floor, the flight crew had to parachute out of the remotely operated jet airliner.

"A training plan was created in which we would use tandem rigs and qualified jumpmasters," said Dearie. "We met at Perris Valley skydiving center to receive training on tandem jumps. Once those jumps were complete, including a high speed exit that mimicked our jump from the 727, I felt very confident that we could execute the jump safely. The final week of the project just happened to overlap my 43rd birthday. My wife was not ecstatic about the idea, but she said, 'Well, it's a once in a lifetime opportunity and makes a hell of a birthday present.... call me when it's over.'"

According to Deehan, he first floated the idea of crashing a plane to the people at British television company Channel Four. NASA conducted a similar experiment in 1984, but the results were mixed. They crashed a Boeing 720 but did not account for the catastrophic conflagration caused by too much jet fuel and the manner of the impact. While some data was captured, the project was considered a failure and had not since been repeated.

"I went and talked to a number of people in the aerospace industry and the question was simple: if we could do this, would you learn anything useful at all? And they all said, 'well, sure we would,'" Deehan explained. "We know a huge amount about how these structures behave, and the stresses and strains of various sorts, but there's no real substitute for seeing how they behave as an integrated whole. What we don't know is what the interaction between the various pieces of the airplane look like once you've bolted it and welded it and riveted it all together."

Deehan got the go ahead and Channel Four brought the production company Dragonfly Productions in to handle putting together a production of this magnitude. It was then that he began researching who might be able to handle the actual crashing of the plane.

"I started off looking for stunt companies who might be able to do this and there are plenty of those," said Deehan. "On the west coast you can find people who do things like the DC-3 crash in 'Quantum of Solace.' Tantalizingly, during the course of that, what popped up was a company who were not just stunt flyers but they were real military. Navy aviation people who not only were proper pilots, but these guys were single-seater fighter pilots at some stage of their lives."

Broken Wing offered a one-stop shop for the producer. While Hollywood stunt crews handle crashes of all varieties in film, this production was based on the premise that the crash served science first and entertainment second. As such, he needed a level of expertise not normally associated with stunt crews to ensure the capture of the data critical to the experiment – Broken Wing's résumé made his decision easy.

"Most of our guys were or are military," said Shanle. "Dave Kennedy is a retired captain, Bill Warlick is a retired commander, Jerry Dearie you know. Mac [Sean] McDonald and Chris Joachims were Marines. Joel Lambert was a SEAL, my son Leland III was in the infantry, 10th Mountain and my son David is in Air National Guard in Missouri. Charlie Berry flew DUSTOFF [medevac] in Vietnam where he earned the Silver Star."

Deehan noted that Kennedy in particular played a pivotal role in determining where the experiment would take place and what kind of aircraft would work

best for the production. The location and aircraft decisions were intertwined, and there were many options available.

"Buying a second hand passenger aircraft is not a simple task," Deehan said. "There are plenty of them for sale, and we could have bought one in Russia, and trashed it in Russia. But the prospect of turning up in Kazakhstan with a suitcase full of dollar bills and being confronted with an old Tupolev and a bunch of large Russian gentlemen with submachine guns was not terribly attractive."

Once the team settled on a 727 and the desert of northern Mexico, the other challenge was to determine how to best capture data useful to advance the study of plane crash safety. The producer brought on a team of scientists from various agencies and universities to participate in the planning and execution of the experiment.

Finally, with all of the pieces in place and nearly five years of planning behind them, the crew assembled in the desert to orchestrate what would normally be considered a catastrophe. Despite a weather delay on the appointed day and a malfunction with the plane designated to fly alongside the jet, the experiment went off without a hitch.

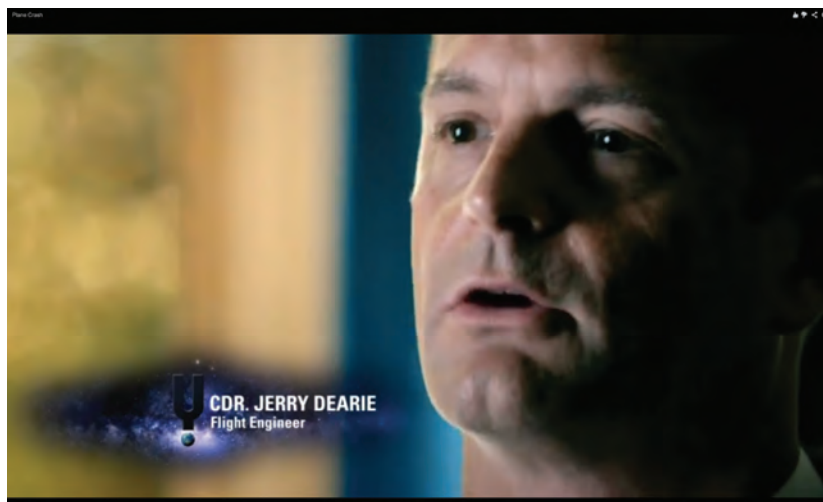
From the 19 cameras placed inside the passenger jet and two stationed aboard nearby helicopters, video footage from nearly every conceivable angle was captured for scientific analysis. When the huge jet airliner careened into the desert floor it snapped into several pieces before settling into several distinct, smoking piles. Sensors captured the trauma experienced by the crash test dummies strapped into seats inside the cabin, but no actual persons were hurt during the event.

Mission complete.

Prior to the terminal descent, however, Dearie and the other members of the flight crew safely parachuted away from the doomed plane. Now the list of aviators who can claim that they have intentionally crashed a jet airliner to advance our

understanding of safety includes the VP-62 Skipper and his colleagues at Broken Wing.

What's more, they can even watch themselves over and over on Discovery Channel which still reruns the special. The crash of course, not themselves — pilots have never been into that sort of thing. ■



▲ Cmdr. Gerald Dearie, commanding officer of VP-62, was the flight engineer during the television production, "Plane Crash." Image courtesy of the Discovery Channel.



Master-at-Arms 2nd Class Natiya Kazemi has been in the Navy for a little more than five years and recently began her first mobilization. Originally from Maui, Hawaii she relocated to Las Vegas in 2002. She is a member of Reserve unit Commander, Fleet Activities Yokosuka and drills at Navy Operational Support Center, Las Vegas.

Finally, our validation day — it was now official; we received our certificates, and Army combat training was complete. Everyone was extremely impatient and on edge. I wanted to get this deployment started, and the idea of settling into Afghanistan was amazing. At this point, I still didn't know what base would be my final destination — which made me a little irritable.

When we got to Manas, Kyrgyzstan we expected challenges, lost bags, things to be unorganized and the normal Hurry! Hurry! Wait! However, none of that happened. Manas was great. Fifteen minutes after we arrived, we received a 30-minute brief, followed by a quick bag unload and then we were off to the open-bay barracks. The next day we processed our travel claims, which took 15 minutes and we completed any unfinished business like getting our Eagle Cash cards, which are used instead of cash for purchasing items in Afghanistan.



▲ A familiar sight at Manas Air Force Base, Kyrgyzstan is U.S. Marines and Sailors seated in an Air Force Boeing C-17 Globe Master III military transport aircraft for travel to their final destination of their Operation Enduring Freedom deployment. U.S. Marine Corps photo by Lance Cpl. Sean M. Searfus.

SAILING IN THE SAND

CHAPTER 2: VALIDATION DAY

We were in Manas for three days and most of our time was open. The edge was lifted and the anxiety diminished. We were almost to our final destination.

So, as you can imagine, the day we left Manas, we thought it would be (as the Army would say) “too easy” of a day. Unfortunately, that wasn't the case; everything that could've gone wrong went wrong. We started with a 3.5-hour flight delay, followed by lost bags and no one to pick us up at the airfield in Kandahar. After another three hour wait at the airfield, we were very happy that the Navy jumped in and assisted us, even though we were attached to the Army. After the Navy retrieved us, I was sent to a temporary building for a few days and the guys were sent to Tent City. I remember thinking, “be flexible, we made it and in a few days I'll be unpacked.” After two days of calls and assistance from Commander, U.S. Naval Forces Central Command, we were finally integrated with the Army.

Again, I did my best to have low expectations of our living conditions. I thought I would be in a tent or an extremely old and used room. Well, I hit the jackpot. I was assigned to a newly built Conex (Relocatable Living Buildings) that would fit up to three people. Now all I had to do was wait for my roommate. I remember when I found out she was an E-8 (master sergeant in the Army); the only thing that ran through my mind was, “I'm an E-5; I'll have to switch rooms. Awh!” I was so close to unpacking, but I would have to wait a little longer.

The time had come to meet and finally start working with the Army. The idea of working with other branches was interesting. I remember walking into the Support Operations building and being introduced to numerous leaders. One of the senior leaders, Lt. Col. James Nepute, requested a volunteer for his Plans section. As usual, without hesitation, I volunteered. I was so eager to be a part of a team. The mission was planning present and future retrograde and base closures. The first week was a struggle; I learned quickly the Army was very different. For the first month-

and-a-half, I felt lost and at times frustrated. Being a Navy Reservist and moving into an active-duty position was already new, but trying to understand a completely new way of being in the military was a challenge. The Army had me doing something completely different from my rating and out of my comfort zone. I had to admit that each and every day was getting harder and harder to stay motivated. This was another time that I

had to dig deep and adapt. After finally talking to other Soldiers, Airman and Sailors I realized I wasn't the only person feeling this way. We were all learning day by day.

By the sixth week, I finally moved to my second room. I was so happy to unpack and make my Conex into a temporary home. My new roommate moved in and she was an E-6 (staff sergeant in the Army) Diana Luna. I found I was blessed to have the perfect roommate. Luckily, like me, she was positive, focused and clean. Being that I owned my own home in the states, living with a roommate I didn't choose would be a new experience.



▲ Thousands of these site assembled structures of relocatable buildings in Afghanistan are put together with insulated steel interlocking panels placed on a concrete slab. The buildings, with showers and toilets, are a luxury compared to tents with an accessory latrine and shower building.

So, meeting someone that was encouraging, well grounded, family oriented and a true military professional was a turning point for my deployment. At this point I started to find my group — the two to three Soldiers I would eat with, work out with, and have as (the Army would say) my battle buddies. I enjoyed being around my Army roommate and Air Force co-workers.

Being in Kandahar is hard at times, but I look

at the glass half full rather than half empty. I had so many more responsibilities at home and having the break was a relief. Sure I had different responsibilities and pressures in the military, besides the combat aspect, but being on deployment surprisingly allowed me to structure my routines. I finally had the time to work out, eat properly, study for school, make church a weekly passion and truly think and appreciate my family. ■



▲ To Back Row- Army Chief Warrant Officer Christopher Shaffer, Master-at-Arms 2nd Class Natiya Kazemi, Army Lt.Col. James Nepute, Army Sgt. 1st Class Laurence Gardiner, Army Capt. Krishel Huang, Lt. David Cazares. Bottom Row- Air Force Staff Sgt. Brandon Elder, Army Capt. Steven Sickles.

Activation and Mobilization Checklist

Required documents for you and your family.

• PAY/DIRECT DEPOSIT/ALLOTMENT

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

• SERVICE RECORD/PSD

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

• LEGAL

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

• SECURITY CLEARANCE

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

• MEDICAL

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

Complete appropriate Medical Screening documents:

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

• PERSONAL

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

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

Navy Reserve Travel and Pay Processing Checklist

What you need to know.

• MESSING AND BERTHING

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

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

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

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

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

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

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

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

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

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

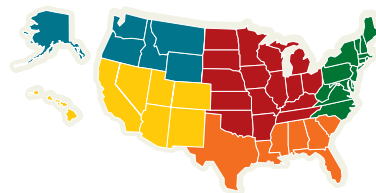
REF: JFTR VOL 1 and JTR VOL 2 / DODFMR VOL9 U2510

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



RC PHONE DIRECTORY

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



Chief of Navy Reserve
(703) 693-5757

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

Commander, Navy Reserve
Forces Command
(757)445-8500

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

Naval District Washington RCC
(240) 857-4880

Region Mid-Atlantic RCC
(757) 444-7295

Avoca, Pa.
(570) 457-8430

Baltimore, Md.
(410) 752-4561

Bangor, Maine
(207) 974-1301

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(732) 866-7288

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(888) 879-6649

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

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

Wilmington, Del.
(302) 998-3328

Wilmington, N.C.
(910) 777-2510

Region Southeast RCC
(904) 542-2486 x123

Amarillo, Texas
(866) 804-1627

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(678) 655-5925

Augusta, Ga.
(706) 733-2249

Austin, Texas
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Bessemer, Ala.
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(309) 697-5755

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

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

Toledo (Perryburg), Ohio
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Tulsa (Broken Arrow), Okla.
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Wichita, Kan.
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Fort Carson, Colo.
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Whidbey Island, Wash.
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Commander, Naval Air
Reserve
(619)-767-7379

VP-62
(904) 542-4461

VP-69
(360) 257-6969

Fleet Logistics, Support Wing
(817) 825-6438

VR-1
(240) 857-3410

VR-51
(808) 257-3289

VR-53
(240) 857-9029

VR-54
(504) 678-3061

VR-55
(805) 989-8755

VR-56
(757) 433-4065

VR-57
(619) 545-6920

VR-58
(904) 542-2380 x110

VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
(904) 542-8557

VR-64
(609) 754-1890

ETD Pacific
808-448-9278

ETD Sigonella
011-39-095-86-5289

Tactical Support Wing
(817) 782-5295

VAQ-209
(240) 857-7828

VAW-77
(504) 390-6288

VFA-204
(504) 678-3491

VFC-12
(757) 433-4919

VFC-13
(775) 426-3644

VFC-111
(305) 293-2654

HSC-85
(619) 545-7218

HSC-84
(757) 445-0861

HSL-60
(904) 270-6906

VP-30 SAU
(904) 542-3060

VAQ-129 SA
(360) 257-2276

VAW-120 SAU
(757) 444-5072

VFA-125 SAU
(559) 998-1841

HSC-3
(619) 545-8196

HS-10
(619) 545-6600

VFA-106
(757) 433-9081

VFA-122
(559-998-3482

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

Expeditionary Strike
Group Seven
011-81-98-954-1605

Bureau of Medicine
and Surgery
(202) 762-3211

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

Comptroller of Navy
(202) 685-7000

Defense Intelligence Agency
(202) 231-4044

Defense Logistics Agency
(866) 204-4850

Destroyer Squadron Two
(757) 444-1452

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

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

Expeditionary Strike
Group Three
(619) 556-1470

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

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

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

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

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

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

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

Fleet Forces Command
(757) 836-3644

Fleet Intelligence
Training Center Pacific
(619) 524-5814

Headquarters
US Marine Corps
DSN: 278-9360

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

Joint Transformation
Command for Intelligence
(757) 836-7000

Judge Advocate General
(202) 685-5190

Logistics Group Western Pacific
011-65-6750-2645

Marine Forces Reserve
(504) 678-1290

Strategic Sealift
Readiness Group
(800) 535-2580

Military Sealift Fleet Reserve
Support Command
(202) 685-5155

Mine and Anti-submarine
Warfare Command San Diego
(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
Newport, RI
(401) 841-3771

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

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

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

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

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

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

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

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

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

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

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

Naval Inspector General
Hotline
(800) 522-3451

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

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

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

Naval Meteorology
and Oceanography Command
(228) 688-4384

Naval Network
Warfare Command
(540) 653-5001

Naval Network Warfare
Command
(757) 417-6750

Naval Operational
Logistics Support Center
(717) 605-5790

Chief of Naval Operations
(703) 697-5664

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

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

Naval Personal Development
Command
(757) 444-2996

Naval Sea Systems Command
(202) 781-1748

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

Naval Special Warfare Command
(619) 437-2848

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

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

Naval Supply Systems
Command
(717) 605-3565

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

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

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

Naval War College
(401)-841-3304

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

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

Navy Expeditionary Combat
Command
(757) 462-4316

Navy Expeditionary
Logistics Support Group
(757) 887-7639

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

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

NIOC Norfolk, Va.
(757) 417-7112

NIOC Pensacola, Fla.
(850) 452-0400

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

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

Navy Installations Command
(202) 433-3200

Navy Munitions Command
(757) 887-4834

Navy Personnel Command
1-877-807-8199

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

Navy Region Guam
(671) 355-1110

Navy Region Southeast
(904) 542-2324

Navy Region Hawaii
(808) 473-4505

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

Navy Region Korea
011-822-7913-7251

Navy Region Mid-Atlantic
(757) 322-2800

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

Navy Region Hawaii
(808) 473-1168

Navy Region Midwest
(847) 688-2884

Navy Region Northwest
(360) 315-5123

Navy Region Southwest
(619) 532-2925

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

Office of Naval Intelligence
(301) 669-5557

Office of Naval Research
(703) 696-5031

Puget Sound Naval Shipyard
(360) 476-7683

Sealift Logistics Command
Atlantic
(757) 443-5758

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

Sealift Logistics Command
Pacific
(619) 524-9600

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

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

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

Submarine Group Nine
(360) 396-6530

Submarine Group Ten
(912) 573-3733

Submarine Group Two
(860) 694-5683

Submarine Squadron Eleven
(619) 553-8641

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

US Central Command
(757) 836-4180

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

US Fifth Fleet
011-973-724-383

US Fleet Forces Command
(757)-836-4180

US Joint Forces Command
(757) 836-6555

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

US Naval Forces Alaska
(907) 463-2248

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

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

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

US Naval Forces Korea
011-822-7913-5795

US Naval Forces Marianas
(671) 339-7133

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

US Naval Special Warfare
Command
(619) 522-2825

US Northern Command
(719) 554-5920

US Pacific Command
(808) 477-9138

US Pacific Fleet
(808) 474-8415

US Second Fleet
(757)443-9850

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

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

US Southern Command
(305) 437-1261

US Strategic Command
(402) 294-0246

US Third Fleet
(619) 767-4296

US Transportation Command
(618) 229-8269

Naval Reserve Intelligence
Command
Reserve Intelligence Command
Hdqtrs.
Fort Worth, Texas
(817) 782-7107

Naval Intelligence Reserve
Region Northwest
(360) 315-6001

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

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

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

Naval Intelligence Reserve
Region Southwest San Diego
(800) 873-4139

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

Naval Intelligence Reserve
Region Midwest
(847) 688-6273

Naval Intelligence Reserve
Region Midwest Det
Minneapolis
(847) 688-6273

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

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

Naval Intelligence Reserve
Region Washington
(240) 857-7878

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

Naval 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

SUBMISSION GUIDELINES

PHOTO SUBMISSIONS

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

STORY SUBMISSIONS

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

QUESTIONS AND SUGGESTIONS

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



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