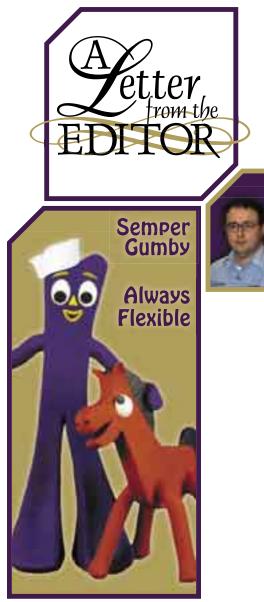


Blue to Purple



Gumby[™] and Pokey[™] © Premavision, Inc. and Prema Toy Co. Photo manipulation by Bryan Bordelon

Dear Readers,

This month we focus on Jointness. As the needs of the nation and the Navy evolve, we will find Navy Reservists working in more and more joint environments.

This could mean working with Soldiers, Airmen, Marines or Coast Guardsmen. It could mean working in a combined environment with the armed forces of our partner nations, or it could mean both.

Working jointly could mean your unit, ship or squadron working with these other forces or it could mean you working alone in an individual mobilization billet.

Our motto should be 'Semper Gumby' - always flexible. We go where the Navy needs us to go and often we do the jobs that no one else can do.

In order to fulfill these increasingly diverse Navy missions, we must always be growing professionally and personally.

Whether it's taking classes, learning new languages or just reading a book about something new, you have to keep your mind strong - just like your body. Exercise that mental muscle, you can't know everything, but you had better know how to learn and get up to speed quickly in any situation. Doing things the way we always have costs dollars, and too often it costs lives.

And we had better know how to get along. Not everyone is like us. We have to find our common strengths and together accomplish the missions that we couldn't accomplish by ourselves.

Are you up to the challenge?

Mass Communication Specialist 1st Class William Lovelady TNR - EDITOR

Joint Watch



Joint Combat Assessment Team is crash scene investigators deducing in theater crash causes.

Ultra-C

Narmy Training

Reserve Sailors and Guardsmen unite establishing the Sector Command Center-Joint increasing Maritime Domain Awareness.



Welcome to Unit-Level Training and Readiness Assessment-Certification. the ultimate tent camp mobilization-

For two Reserve Sailors. Camp Bucca has provided a unique career experience and challenging deployment.

Naval Mobile Construction Battalion Seabees and Wing Support Squadron

272 Marines complete the repair of Iraq's Camp Taqaddum airfield.

ready experience for 158 Reservists.



Reservists heading to assignments in Iraq, Afghanistan, Kuwait and the Horn of Africa get joint training combat skills from Army Soldiers.



Irag Seabees

Our Cover: Marine Cpl. Justin Lefan, center, watches Navy

Explosives Ordnance Disposal Specialist 2nd Class Corey Baughmann left, measure off 15 feet of time fuse for Explosives Ordnance Disposal Specialist 2nd Class Christopher 2nd Cla: Blount



Compartments

- oz... Sailors Matter
- o3... Money Matters
- **04**... Travel Smart (New Column)
- **05**... Focus On Families
- o6... Culture Of Fitness
- o7... N6 Tech Talk
- **o8**... Career Counselor Corner
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Little Takes The Helm

Onboard, on course and onward with Rear Adm. Lothrop S. Little.



Contents are not necessarily the official views of, or endorsed by, the U.S. Government, DOD or the U.S. Navy. This monthly magazine is prepared by the Public Affairs Office of Commander, Navy Reserve Forces Command, New Orleans. Contributors may send news and images by mail to: *The Navy Reservist*, COMNAVRESFOR (NooP), 4400 Dauphine Street, New Orleans, La. 70146-5046 or by e-mail to mwor_trr@navy.mil. Telephone inquiries should be made to (504) 678-1240 or DSN 578-1240.

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

navyreserve.navy.mil. Navy Reserve News Standard, 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.



Vice Adm. John G. Cotton Chief, Navy Reserve

Rear Adm. Lothrop S. Little

Cmdr. Kelly Watson

Lt. Adam Bashaw Deputy Force Public Affairs Officer

April o8

Chief Mass Communication Specialist James A. Vorndran ... Editor-in-Chief

Mass Communication Specialist 1st Class William Lovelady ... Editor

Mass Communication Specialist 2nd Class Ryan Hill ... Editor

Mass Communication Specialist 2nd Class (SW) Kurt Eischen ... Photo Editor

Bryan Bordelon

Expectations of the First Class Petty Officer



Sailors Matter

MCPON Joe Campa, Master Chief Petty Officer of the Navy "Deckplate leadership is not a concept exclusive to the Chief's Mess. By the time first class petty officers are selected for chief, they will have demonstrated their abilities to develop our Sailors and support our Navy's mission." aster Chief Petty Officer of the Navy Joe Campa recently put out his expectations for the Navy's front line enlisted leadership - the first class petty officers.

First Line Leadership

First class petty officers are fully engaged deckplate leaders who drive mission accomplishment daily. They lead the adherence to Navy standards through personal example and commitment to teaching their Sailors. They must challenge, mentor and measure their division and command success through team performance and deckplate results.

Rating Expertise

First class petty officers are developing experts who learn from their chiefs and train their divisions. They demand consistent procedural compliance and accuracy from themselves and from those they lead.

Professionalism

First class petty officers are the Navy's first line professionals who execute the right things at the right time for the right reasons.

• Integrity governs all their actions, from leadership through watchstanding,

and is the foundation upon which consistent mission accomplishment is built.

• Their commitment to our profession is seen through dedicated self-improvement and a passion for excellence in themselves and all Sailors.

Communication

First class petty officers clearly communicate standards to the Sailors they lead, while consistently keeping the chain of command informed. The deckplate triad of division officer, chief petty officer and first class petty officers is only effective with their input and deckplate perspective.

Loyalty

First class petty officers are visibly loyal to the command, Sailors, peers and themselves. They take opportunities to provide feedback and actively support guidance. They create circumstances which give their Sailors the opportunity to succeed.

Heritage

First class petty officers are proud of our shared history. They take opportunities to weave it into daily events, so our Sailors understand that a commitment to excellence is a time-honored tradition that connects our past while forging the foundation of our future.



Religious Program Specialist 1st Class Rubert Cleridor reads the 2008-09 voting assistance guide during a Federal Voting Assistance Program workshop at the Navy legal office at Naval Station Pearl Harbor.

> U.S. Navy photo by Mass Communication Specialist 2nd Class Michael A. Lantron



Special Tax Benefits for U.S. Armed Forces Personnel

Words by Leslie Rhodes Jr., FFSC Financial Specialist

o matter how much or how little financial planning you do, one of the largest hurdles you will face on a regular basis is staying on top of your tax obligations. A tax headache is only one mistake away, be it a missed payment or filing deadline, an improperly claimed deduction, or incomplete records.

The normal deadline to file individual tax returns (Form 1040. Form 1040A, or Form 1040EZ) or to request an Automatic Extension (Form 4868) is April 15, 2008. However, if you are a member of the military, you may be afforded special tax benefits that may not be available to other taxpayers. These special tax benefits include the following:

Non-Taxable **Combat Pay** Now Eligible for **IRA** Contributions

Military personnel who receive nontaxable combat pay while serving in combat zones may make contributions to IRAs based on that compensation.

These individuals may also make retroactive contributions for 2004 and 2005 providing the contributions are made by May 28, 2009, and the individual was otherwise eligible to make the contributions. For instance, for Traditional IRA contributions. the individual should be under the age of 70.5 for the year the contribution applies.

Extension for IRS Compliance Actions

- 1-16E1259 -

The IRS identifies taxpayers who are serving in a combat zone so that compliance actions, such as audits or enforced collections are suspended for those individuals, until 180 days after the taxpayer leaves the zone.

To ensure that the IRS is able to identify these individuals a notification should be sent to the IRS by the taxpayer, his/her spouse, authorized agent or representative to *combatzone@irs.gov*. The e-mail should include the taxpayer's name, state-side address, date of birth and date of deployment to the combat zone.

Social Security numbers should Remember not be included for security purposes. For more information, please see IRS Publication 3 (Armed

The Date:

Forces' Tax Guide) at www.irs.gov for details.

Non-Taxable Combat Pay Election

Members of the armed forces who served in a combat zone are eligible to exclude certain pay from their income. However, the individual can elect to include those amounts in income for the purpose of receiving the earned income tax credit (EITC).



Automatic Extension

If you are serving in a combat zone, you receive an automatic extension for filing your tax return, paying taxes, filing claims for refunds, making contributions to your IRA and correcting excess contributions to IRAs.

If you feel you will be unable to file your tax return by the deadline, apply for a six- month extension.

April 15th always seems to arrive before people feel they are ready for it, but there is a simple way to extend this daunting deadline for tax returns. If you are unable to complete your returns by that deadline, you can file Form 4868, an application for automatic extension, with the IRS.

When you file for an extension, you are simply asking for more time to complete your tax forms. The IRS is not granting you more time to pay any taxes that are due. If you owe taxes as of April 15, expect to pay interest and possibly a penalty on the amount due if you choose to take the extension. Whether you are subject to a penalty depends on the amount of taxes owed after April 15.

The information provided here is only a guideline, and must not be construed as tax or legal advice, financial planning services or estate planning services. Individuals, businesses or any other parties should consult with their financial professional, tax professional or legal professional for advice related to their specific needs.

Take the benefits you are due!

Traveling Smoothly



Words by CNRFC Travel

his new column will address any pertinent changes and updates to getting you out-and-about.

NEW NROWS TECHNICAL HELP DESK HOURS

Due to budget cuts, hours of operation for the NROWS Technical Help Desk have been reduced.

Their New Hours:

Monday - Saturday 0800-1800 (Central) The Force Travel (CNRFC N33) Duty Phone is still covered 24/7.

Call 1 (800) 537-4617 Option 1, then either Option 1 for Force Travel Duty Phone or Option 4 for the NROWS Technical Help Desk.

ORDER MODIFICATIONS -

Order modifications are for official purposes only. We are receiving too many modification requests for personal convenience. Order writing specialists need to engage with the traveler and ask questions (i.e. who, what, why). Many of the phone calls and questions we receive can be handled at the NOSC level thereby allowing N33 to focus on travelers with emergent situations.

INTERNATIONAL FLIGHTS/ SEATING -

We have limited flights and seating for international travel. Short fused changes and modifications to international travel could cause travelers either to lose their current seats or tie up seats that could have been booked for other travelers. Keep in mind that a new ticket will tie up additional funds for two billing cycles (two months), and that international flights can cost thousands of dollars.

NEW ORLEANS HURRICANE TRAINING -

In the coming months Force Travel (N33) will schedule and conduct training in the event of a hurricane or other emergency that would normally require CNRFC to evacuate New Orleans. This training is for Force Travel N33 Staff only. During this training N33 will not be able to support travel more than ten days out, otherwise all operations will continue as normal. CNRFC N33 will send out messages via LISTSERV prior to the scheduled trainings.

MASS TRAVEL REQUESTS (MTR)-

Canceling your NROWS application or order does not

cancel the MTR. The POC for MTR is YN2 Hickman for group exercises and buses, jesse.hickman@navy.mil, DSN 678-5999 or COM (504). When requesting cancellation of an existing Mass Travel Request (MTR), you must call NAVPTO at 504-678-1399. Failure to contact NAVPTO to cancel an MTR will result in penalties and fees that may be assessed to your activity.

RENTAL CARS -

When a rental car is needed and has not been authorized on your current orders, travelers must take the following actions:

 Call your NOSC for approval and to start the order modification.
Call SATO at (1-800-359-9999) to book the rental car reservation in accordance with the JFTR.

A modification to the traveler's orders authorizing the rental car will be needed prior to filing a travel claim. Reimbursement letters are not necessary if the traveler utilizes SATO to make the car rental reservation. If you obtain a rental car from SATO and your chain of command did not authorize it, you will be responsible for all rental car expenses and will not be entitled to reimbursement.

Focus@nFamilies

Joint Family Support Assistance Program

ne of the Department of Defense's latest programs, the Joint Family Support Assistance Program (JFSAP), may not be well known to all the military family members it's aimed at helping.

What some do not realize is that JFSAP is available to all military families, active duty, Guard and Reserve.

The goal of the program is to facilitate the connection of families to each other, to supportive military and community resources, and to improve community awareness of military families' experiences and needs.

The primary focus of support will be family members who are geographically dispersed from a military installation.

Locations

Alabama, Arkansas, California, Colorado, Florida, Hawaii, Indiana, Minnesota, Nebraska, New Hampshire, Ohio, Oregon, Tennessee, Texas and West Virginia have been selected to be part of this pilot program. The JFSAP team will be located at each state's National Guard Headquarters.

JFSAP provides mobile, high quality, effective family assistance.

Personnel

Each JFSAP site will have five key staff sections:

- 1. Child and Youth Consultant
- Reach out to families with children to assess their needs and offer parenting and child development education, support, counseling and referral.
- Facilitate the connection of families to supportive military and civilian resources.
- Inform school staff and other community groups about the issues impacting military children, e.g., deployment stress, family separation.

2. Military Family Life Consultant

- Provide direct short-term, non-medical, solution-focused counseling services to individuals, couples, families, and groups for situations resulting from commonly occurring life circumstances.
- Provide psycho-educational groups addressing life skills and military lifestyle topics.
- Support mobilization, demobilization and reintegration activities.

3. Operation Military Kids

- Connect military children and youth with appropriate youth programs where they live.
- Provide support and assistance to geographically dispersed youth and families of all military personnel.

Words by Pat Nicholson, Force Family Support Program Manager

- 4. Military OneSource (MOS) Consultant
- Serve as MOS regional expert on resources available in the communities where members and families reside.
- Coordinate financial counseling for families.
- Connect members and families to one-on-one counseling.

5. Red Cross

- Assist MOS to identify community resources and provide referral.
- Understand and support needs related to rural health care.

JFSAP staff will partner with military, state and local resources to: assess needs, identify resources address gaps, enhance and build community capacity.

For those who do not live in a state that is part of this pilot program, there are numerous resources available to you from all service components. To find out more, contact your local command ombudsman. The ombudsman is a critical link between the command and command families. A trained volunteer that is dedicated to assisting and helping families with issues that arise not only while members are deployed but also while they are home. They have a toolbox full of resources and can provide you with information and referrals to meet most of your needs no matter where you live.

Carbohydrates 101

Words by Lt. Wil Wooten



any people are confused about the differences between simple and complex carbohydrates and many popular diet books seem to only make it more confusing.

Carbohydrates are one of three macronutrients in our diets that provide calories. The other two are protein and fat. Carbohydrates provide most of the energy needed in our daily lives, both for normal body functions such as heartbeat, breathing and digestion and for exercise such as cycling, walking and running.

Carbohydrates are considered simple or complex based upon their chemical structure and both types contain four calories per gram. Both are also digested into a blood sugar called glucose, which is then used to fuel our bodies for work or exercise. In the past few years, simple carbohydrates have become known as the 'bad' carbs, while complex carbs seem to be designated as the 'good' ones. Although this is based on more hype than science, here are the reasons why:

- Simple carbohydrates are digested quickly. Many simple carbohydrates contain refined sugars and few essential vitamins and minerals.
 Examples include fruits, fruit juice, milk, yogurt, honey, molasses and sugar.
- Complex carbohydrates take longer to digest and are usually packed with fiber, vitamins and minerals. Examples are vegetables, breads, cereals, legumes and pasta.

By now most people understand that simple carbohydrates, not including fruits (strawberries, grapefruit, lemon, kiwi, and oranges) fruit juice, milk, yogurt and honey are bad because they are high in sugar. Sugar goes beyond natural fruits we digest and the white stuff or corn syrup we put into our coffee or tea in the morning.

One type of sugar is high fructose corn syrup (HFCS). This is found in soft drinks and most processed grocery products. HFCS is possibly worse for you than common table sugar, but the government uses HFCS because the cost of importing sugar into the United States is high.

High fructose corn syrup is a sweetener made from corn and can be found in numerous foods and beverages on grocery store shelves in the United States. Contrary to its name, high fructose corn syrup is not high in fructose. At the time high fructose corn syrup was developed, the only sweetener in all other corn syrups was glucose; none contained fructose. So the name "high" fructose corn syrup, in comparative terms, makes sense and is entirely appropriate. But when compared to table sugar (sucrose), high fructose corn syrup is not at all "high" in fructose. In fact, high fructose corn syrup is nearly identical in composition to table sugar, which is composed of 50 percent fructose and 50 percent glucose. High fructose corn syrup is composed of either 42 percent

or 55 percent fructose, with the remaining sugars being primarily glucose and some higher sugars. High fructose corn syrup is used in foods and beverages because of the many benefits it offers."

Although, most experts recommend that 50 to 60 percent of the total calories in our diet come from carbohydrates. The bulk of the carbs we consume should be complex and most of the simple ones should come from fruits and milk or yogurt, which also contain vitamins and minerals.

Avoid getting the bulk of your carbs from refined foods high in sugar, since they are usually low in the nutrients we need to maintain health and energy levels.

How can consumers avoid sugar when it is found in virtually all types of processed foods? The easiest way to avoid HFCS is by reading the ingredient lists on food and beverage labels and opting for foods without it. Also, become aware of alternatives. One alternative may be to completely avoid any added sugar. I believe natural sugars such as strawberries, grapefruit, lemon, kiwi, and oranges are a better choice.

In short, despite regular exercise, the foods we eat affect our health. Therefore, decreasing the amount of high fructose corn syrup may be the trade-off to staying healthy and enjoying the results of living a life of both fitness and wellness.

"The bulk of the carbs we consume should be complex and most of the simple ones should come from fruits and milk or yogurt."

All Thumbs



Words by Lt. Cmdr. Bill Batson Director, Information Assurance Commander, Navy Reserve Forces Command N64 william.batson@navy.mil

elcome again to the latest installment of Tech Talk. I would like to clarify some of the issues I have been writing about lately, specifically thumbdrives.

A lot of you have read my columns and have seen where Department of the Navy Chief Information Office (DoN CIO) has prohibited the use of personally owned computing devices for the storage of Personally Identifiable Information (PII) and For Official Use Only (FOUO) material. This policy went into effect October 1, 2007. Some folks have interpreted that to mean that the Navy was going to issue them a thumbdrive or external hard drive to carry around all their information. Nothing could be farther from the truth.

First, the Navy does not have the funding to ensure that everyone has their own external storage device. Secondly, not everyone has a requirement to store Navy data on an external storage device.

This is an area that we really need to scrutinize in detail. A lot of Reservists write to me saying "we've always done it like this," or "we've never done it that way." Changing the habits that have caused the loss of PII and FOUO data is important. Protecting data is what this is all about. Not everyone needs to, (or should), carry around all the files that they deal with on a drill weekend all the time. We need to seriously look at what we are carrying around and ask ourselves, "Do I really need to have this information available all the time?"

If not, it is probably best to store it on the network and access it when you need it. It's hard to lose it if you don't take it out of the NOSC. If you do have a valid requirement to carry PII and FOUO information, you should do it on a Navy furnished thumbdrive, and the information must be encrypted.

Instructions for encrypting with WinZip are on the CNRFC N64 page of the Navy Reserve Website. Remember that carrying a list containing 25 or more names containing PII requires permission in writing from the Information System Security Manager. For those who are involved in the biometric thumbdrive pilot, the drive will encrypt the information for you and uses your fingerprint to control access to the drive; but you still need to encrypt the files for compliance with DoN CIO direction.

Being on the NMCI network affords the opportunity to store information in the shared drives, personal drives, and in e-mail. That information can be retrieved from any NMCI computer on the network. Items stored in your email inbox can be retrieved with Outlook Web Access (OWA) on your home computer.

A quick word of caution: DoN CIO prohibits the storage of PII and FOUO on personal computing devices, including your home computer. Working on them on your home computer is permissible as long as they are stored on a government provided external device. This includes OWA. You can keep files in your inbox, up to your mailbox size limit.

I would also be remiss if I didn't remind everyone that DoN CIO and DoD policy prohibits the use of commercial e-mail accounts to conduct official Navy business.

Thanks for all your help out there.



Cross Pollination



he CNO provided guidance for 2007-2008 wherein he stated the Navy will remain a powerful component of joint warfare by exploiting cutting edge technology and cooperating closely with the other services. He expressed the need to ensure we have a superbly trained team of diverse Sailors ... who are grounded in our warrior ethos, core values, and commitment to mission readiness and accomplishment. To achieve this goal a few initiatives will be discussed that are in place to achieve increased interservice personnel training and provide continued service opportunities.

The Department of Defense has implemented a new joint qualification system (JQS), which will help identify military personnel who possess the abilities needed to succeed in the joint/interagency environment. This new program will allow DoD to better incorporate an officer's joint experiences and qualifications into assignment, promotion and development decisions.

Inherent in this new system is the ability to recognize the skills that aid U.S. military efforts to respond to national security threats, as well as interagency, combat operations and humanitarian crises at home and abroad.

While officers may still earn designation as a Joint Qualified Officer, formerly known as a Joint Specialty Officer, by completing the requisite joint professional military education and a standardjoint duty assignment, officers may also earn qualifications by accumulating equivalent levels of joint experience, education, and training. The experience-based system awards points in tracking the progression through successive qualification levels, while accounting for the intensity, environment, and duration/frequency of each joint activity.

The system encourages officers' career-long development of joint expertise because it recognizes experiences earned from commissioning to retirement. Earning these joint qualifications is vital for officers who wish to advance their careers to the highest level. As of Oct. 1, 2008, active component officers must have completed a full joint duty assignment and be designated a joint qualified officer in order to be appointed to the rank of general or flag officer.

The JQS also represents a "total force" approach that allows active and Reserve component (RC) officers to earn the same joint qualifications. Recognizing the RC lacked the opportunity to receive joint credit since the inception of the GNA in 1986, RC officers who served in qualifying joint assignments under provisions of title 10 U.S.C., chapter 38 in effect from Oct. 1, 1986, until Sep. 30, 2007, may be awarded joint duty credit. Additionally, all officers may self-nominate their joint activities for point recognition dating back to Sep. 11, 2001, enabling the recognition of joint experience outside of traditional joint duty assignment positions. For more information go to the Joint Exercise Training Division Website

Words by Chief Navy Counselor John B. Stokes Career Resources, Navy Reserve Force

at www.dtic.mil/doctrine/mission_ statement.htm.

Army's Blue to Green Program

The Army is seeking qualified candidates for the Blue to Green program. Opportunities exist for commissioned officers, enlisted personnel and selected cadets from the Navy interested in continuing their service to the military in the active Army. For additional information on the Blue to Green Program, call Mrs. Rodriguez at (703) 325-4471.

Navy personnel can also request an Interservice Transfer and continue to serve on active duty in the Army. Officers will retain their current grade and date of rank, and receive branch specific training as needed. For more information on interservice transfers, visit the Website at http: //198.97.189.85/HRC_edit/Active/ opdistacc/IST/CIST.htm.

Interservice transfers from the Navy Reserve into the Army Reserve or Army National Guard are also possible. For further information on officer interservice transfers into the Army Reserve or National Guard contact Mrs. Hutsko at (703) 325-3764 or DSN 221-3764 or Capt. Smart at (703) 325-4380 or DSN 221-4380.

For questions about enlisted interservice transfers contact Mr. Teach at (703) 695-7520 or Mr. Green at (703) 695-7490. Officer questions pertaining to Blue to Green/interservice transfer bonuses and eligibility requirements should contact Chief Warrant Officer Wolf, at *jennifer.wolf@us.army.mil* or call 703-325-8750.



Hometown: Fremont. California

Brief description of your job: I do vehicle maintenance and take care of all the generators that run the camp.

What has been your greatest Navy achievement: Patrol leader qualification as a new Sailor with an inshore boat unit.

Who has been your biggest influence since joining the Navy: Senior Chief Noble Powell, because he started as a second class and now he's a senior chief. He goes for the gusto and does whatever he can. He's just a good role model.

What do you enjoy most about the Navy: Traveling to different places. Most interesting place visited since joining the Navy: Kuwait City, Kuwait. Current hobbies: Wood carving and fishing.

We have many talented people in our Navy. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they are providing to the fleet. E-mail the editor, nwor_tnr@navy.mil, for the submission form if you'd like to nominate a Sailor. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



Engineman 1st Class **Sharon Ploor**



U.S. Navy photo

Hometown: Sherrill, New York

Brief description of your job: I work as a cook at Hancock Air Force Base. We cook all varieties of lunch and breakfast. Most of the time I'm LPO of the cooks there.

What has been your greatest Navy achievement: Putting on 2nd Class. Who has been your biggest influence since joining the Navy: Chief Culinary Specialist Bill Saylor, he turned my career around. He believed in me, he believed in my talents, he let me showcase what I'm able to do. He gave me a second chance in my Navy career.

What do you enjoy most about the Navy: Different cultures of people, the change of what's going on, working together with other interesting people as a working unit.

Most interesting place visited since joining the Navy: Souda Bay, Greece. Current hobbies: Bowling, softball and spending time with my kids and wife.







Words by Lt. Cmdr. Maria Magno

he APPLY season is well underway. The process began Jan. 7 when the APPLY Website opened for online registration. All Officers, regardless of paygrade or status, are required to register. As a reminder, the Website address to the APPLY database is: http://navyreserve.navy.mil/Public/ Staff/WelcomeAboard/default.htm.



Important!

All officers review their APPLY record, as well as their official OSR prior to the convening date of the APPLY Board. It is imperative that your record is complete and up to date as competition is very keen.

If you have any questions or concerns, please contact Lt. Cmdr. Maria Magno at *maria.magno@navy.mil*or Chief Personnel Specialist Heidi Romagosa at *heidi.romagosa@navy.mil*. The following updated timeline is a quick reference for all Officers to set their schedules and calendars by:

March 31	Deadline for submission of Board membership and Board support application packages to COMNAVRESFORCOM (N12) http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/ default.htm.
April 30	Deadline for COMNAVRESFORCOM (N12) to notify Board Members and Support staff personnel of selection via e-mail.
June 15 -July 31	First day for application and "dreamsheet" update. COMNAVRESFORCOM (N12) will freeze the billet file to stabilize billets from being deleted or created while final applicants are creating their dreamsheets.
July 31	Final day for application and "dreamsheet" updates. On-line APPLY registration closes at 2400 (CST).
August 1	Delivery deadline for all Reserve Officer APPLY applicants to submit supplemental package to the President of the APPLY Board. If mailed or delivered, must be received by NAVPERSCOM Customer Service Center (PERS-ooR) personnel by 1900 (CST), Aug. 1, 2008. The hours of customer service will be from 0700 to 1900 (CST).
August 10	Delivery deadline for all O-6 Reserve Officer APPLY applicants to submit their FITREPS to the President of the APPLY Board. If mailed or delivered, must be received by NAVPERSCOM Customer Service Center (PERS-ooR) personnel by 1900 (CST), Aug. 10, 2008. The hours of the customer service center will be from 0700 to 1900 (CST).



Spring, When A Sailor's Focus Turns To Policy Board Issues!

Words by Chief Yeoman Andre Martin

he Spring season brings many familiar traditions such as spring break, the start of baseball season, and the annual meeting of the Commander Navy Reserve Force Navy Reserve Policy Board (CNRF NRPB). Your NRPB meets this month in New Orleans to consider policy issues received from regional policy boards, and issues directly from Reservists via NRPB@navy.mil. As advocates for Reserve Sailors, the NRPB examines policy issues and recommends appropriate policy actions to better enable ready and fully integrated support to the fleet. Over the last year, the NRPB reviewed over 50 policy issues and recommended 30 issues for further evaluation/resolution. In addition, the board revised the NRPB's governing instruction to update board member selection procedures, and added a process to allow yearround policy issue submission.

The NRPB consists of 15 members competitively selected from across the entire Reserve Force. The 11 Selected Reservists and 4 Full-Time-Support members of the 2008 NRPB meet face-to-face once a year, then continue receiving and working policy issues throughout the entire year. Representing a wide range of Navy Communities, the 11 officers and 4 enlisted members serve on the NRPB in addition to their primary assignments in the Navy Reserve. Navy Communities Represented on the 2008 NRPB

- Submarine Force
- Naval Special Warfare (SEAL)
- Surface Warfare
- Aviation
- Intelligence
- Information Professional
- Engineering Duty Officer
- Fleet Support
- Chaplain
- Medical
- Legal
- CNRF SOY

Policy issues may be submitted year-round, by all levels of the Navy Reserve. Submissions containing improvements and innovations that increase Navy Reserve readiness or effectiveness are especially desired. You can make a difference by submitting your recommendations to address Navy Reserve policies. When proposing a policy change, consider the following questions:

- Benefit to the Navy Reserve?
- Good for the Navy as a whole?
- Balance benefit to Reserve Sailor with cost and value to the Navy?
- Consistent with Total Force policy?
- Contribute to increased Force readiness?

Policy issues may be sent to your local NOSC, community boards or sent directly to the NRPB e-mail address listed above. For further information regarding policy issue submissions to the NRPB, see Commander Naval Reserve Force Instruction (COMNAVRESFORINST) 5420.5K.

CNRF NRPB Point of Contact: *NRPB@navy.mil*





Onboard, On Course, Onward!

Rear Adm. Lothrop S. Little Is New Commander Navy Reserve Forces Command

by Mass Communication Specialist 2nd Class Ryan Hill photos by Mass Communication Specialist 2nd Class Kurt Eischen

"Twice the citizen."

"I see a growing role for Reservists."







Change of Command ceremony Feb. 8, 2008.

t's been a busy beginning to 2008 for Rear Adm. Lothrop S. Little. In February, Little was frocked to Rear Admiral and one week later he took

over Commander Reserve Forces Command, relieving the retiring Rear Adm. Craig O. McDonald.

Before assuming command, Little served as McDonald's Chief of Staff.

"I think because I've worked here already for a year and a half plus I know more about the staff, I have a better appreciation initially of what needs to be done and what we can do," Little said.

So what needs to be done? Little's plans over the next couple of years range from continuing to man the fleet through Reserve recruiting efforts, to increasing the diversity of the Navy by using Reservists as conduits between the Navy and the public, and moving his command from New Orleans to Norfolk.

Diversity is a large part of Little's vision of the Navy Reserve Force. "Our Reserve component is the only part of the Navy that is present in all 50 states," Little said. "They're dualhatted. They're regular citizens that do regular jobs in all our communities around America and then they're part of the Navy. They're better placed than most of our Navy Sailors to interact with our communities and with our people at the grassroots level to enhance the CNO's diversity efforts. Many of our Reservists are involved in education billets out in society. They have jobs with schools and universities and they are an entrée for the Navy into those areas."

The phrase "twice the citizen" is one Little uses often. It is how he describes his Reserve Sailors and the flexibility they offer the fleet. This flexibility is important to the country and its goals, especially when it comes to the CNO's plans for maritime strategy.

"The maritime strategy is a flexible strategy to protect our nation's interest," Little said. "Most of America's commerce and imports come by sea. Ninety-five percent of our goods and services come into the United States by sea and we need a Navy to keep our sea lanes and lines of communication open and that's what the Navy does. By being multitalented, our Reservists are twice the citizen by having civilian careers plus their Navy careers. They're even more flexible in being able to help out that maritime strategy by being on short notice for emergencies."

"I see a growing role for Reservists," Little said. "Not in size but in the ability to fill shortfalls and help out the active component (AC) in a very challenging time. The AC has to spend a lot to build up the fleet but yet you have to man the fleet. That's going to create a crunch on the AC side and the Reserves are uniquely situated with all their skills. For the money you can get a lot of service out of that Reservist. We're going to have a vital active-Reserve force for the next 20 years because the Navy needs it."

With the increased expectations of the Navy Reserve Force, it is important to make sure the Sailors within that force are well taken care of. This is also part of Little's vision of the future for the Reserve component. In Little's estimation, the move to Norfolk is one part of an improvement in the quality of life for the Reserve Sailor.

"I think it's going to highlight their service in a more advantageous way than it has previously because we will be there with United States Fleet Forces (USFF) which is the commander of all our fleets," Little said. "It really is the heart of the Navy - Navy ships, Navy planes and Navy people. It's going to let the operators see what the Reservists can offer more readily than we do now. By sitting with USFF every day at the planning table and the execution table, our Sailors' accomplishments are going to be highlighted on an everyday basis instead of just once in a while. They're going to get a lot more credit for all the good things they do. That's going to be an immediate benefit from moving to Norfolk."

More benefits have arrived or are in store for Reservists aimed at getting them the same kind of benefits as their active-duty counterparts. Navy Reservists now have Tricare medical benefits.

"We're also working with the AC and with the other Reserve components of the other services like the National Guard, the Army Reserve and the Air Force Reserve to make sure that all the benefits that are available to any DoD component are available to our Reservists," Little said. This would help out in situations where a Navy Reservist was in a location where there weren't any Navy facilities but with an Army or Air Force medical facility or family service center nearby. "If things are going well at home, the family's taken care of and things are going smooth then the Sailor isn't distracted at work, is safer, is able to fulfill commitments and is more enthusiastic," Little said. "We want our Sailors' families to be taken care of so they feel good about their daily lives because that makes a better and more productive Sailor."

Little offers advice to the Reservist Sailor on how to improve quality of life. "Get qualified. Be aggressive. Be heard. Take advantage of the Navy school and education course opportunity. Apply for joint education, apply for in-rate training. The more qualified you are the faster you get promoted and the more useful you are to the Navy." Reservist Contributions at Joint Navy and Coast Guard Surveillance Facility

team of Reserve Sailors and Guardsmen united together at Naval Air Station Jacksonville to establish the Sector Command Center-Joint (SCC-J) to increase Maritime Domain Awareness and secure waterways around the third largest fleet concentration area in the United States.

SCC-J is a combined Navy and Coast Guard watch center with personnel assigned from Sector Jacksonville, Navy Region Southeast, Fleet Area Control and Surveillance Facility Jacksonville, and Second Fleet. The SCC-J mission is to leverage each partner's assets and capabilities in order to produce a more accurate and timely common operating picture to detect, assess, warn, defend and recover from threats, while enhancing Maritime Domain Awareness and facilitating Homeland Defense and Homeland Security. Story by Lt. Rebecca Rebarich, SCC-J Public Affairs Officer The Navy tri-base area and Coast Guard Sector Jacksonville's areas of responsibility overlap from Kings Bay, Ga., to Port Canaveral, Fla. Due to the significant shared interests and responsibilities with coinciding capabilities in security and safety, the collaboration between Navy and Coast Guard in a joint facility is a force multiplier with closer coordination of information, enhanced situational awareness, and coordinated command and control.

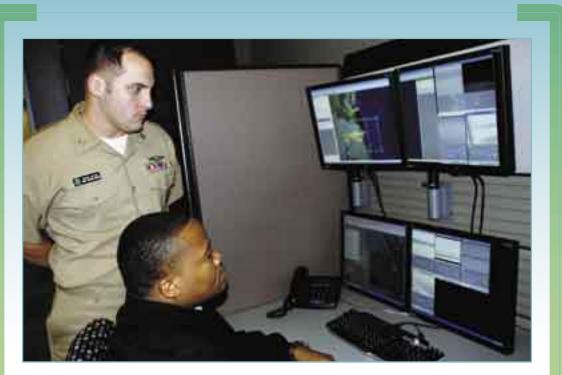
Two other SCC-J, located in Seattle and San Diego, differ from the SCC-J in Jacksonville. SCC-J Jacksonville incorporates the Navy's Fleet Area Control and Surveillance Facility Jacksonville (FACSFAC JAX).

"FACSFAC JAX has established air and surface surveillance watches that support the Coast Guard Sector Jacksonville mission," Lt. Kevin Levija, a Homeland Defense Watch Officer said. "By integrating each of the command's assets, we are able to support each command's mission while providing seamless

The initial Navy and Coast Guard Team at SCC-J Jacksonville is comprised of active-duty and Reserve personnel.



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Lt. Kevin Levija and Quartermaster 2nd Class Darkeum Canmu monitor cameras at the Sector Command Center- Joint Jacksonville.

oversight in critical areas."

SCC-J at NAS Jacksonville is the first to have a Homeland Defense Watch Officer (HLDWO), equivalent to a Navy Tactical Action Officer, working alongside a Coast Guard Maritime Domain Awareness Supervisor.

Six Navy Reserve officers and one senior chief petty officer with experience in Naval Coastal Warfare, Surface Warfare, and Intel are assigned to SCC-J to establish the HLDWO position that is expected to convert to active duty billets next fiscal year. The HLDWO responsibilities include liasioning with other Navy and Coast Guard commands for homeland defense and security, as well as establishing lines of communication with local, state, and federal law enforcement.

Rear Adm. David W. Kunkel, Commander, U.S. Coast Guard District Seven, recognized the Reservist and active duty Navy, Coast Guard and civilian personnel for their contributions to SCC-J. He presented the Coast Guard Meritorious Team Award to the SCC-J Team for the creation of operating procedures and establishment of sensor packages to monitor maritime approaches to the ports of Northeast Florida and the facilitation of greater communication among regional Coast Guard, "By integrating each of the commands assets, we are able to support each command's mission while providing seamless oversight in critical areas."

> DETECT ASSESS WARN DEFEND

Department of Defense commands and the local port community.

Since April 2007, the SCC-J Team has actively monitored 200 vessel escorts and numerous vessel security boardings with little impediment to the efficient flow of commerce. The team was recognized for the identification and prevention of unauthorized vessels entering the Port of Jacksonville.

"This is a significant accomplishment and major milestone in the Coast Guard/ Navy partnership designed to maximize our Maritime Domain Awareness and leverage the capabilities of both services in order to provide the best homeland security and defense to the nationally vital ports of Jacksonville and Kings Bay," Capt. Paul Thomas, Commander Coast Guard Sector Jacksonville said.

Senior Chief Operations Specialist James Stephens said the experience at SCC-J is "a unique opportunity to work alongside the Coast Guard on a new project. I worked with Coast Guard personnel while assigned to Mobile Inshore Undersea Warfare Unit 114 in Kuwait and have learned that a Navy/Coast Guard team operating together is in the best interest of protecting our waterways."



Fire Classifications

Words by Mass Communication Specialist 2nd Class Ryan Hill

ires are classified according to the nature of the combustibles (or fuels) involved. The classification of any particular fire is of great importance since it determines the manner in which the fire must be extinguished. Fires are classified as being either class ALPHA, class BRAVO, class CHARLIE, or class DELTA fires:

MATERIALS:	Wood, paper, cloth, upholstery and similar materials.	1 A
EXTINGUISH:	Water, using high or low velocity fog, solid streams or high pressure water mist.	
NOTE:	Class A fires leave embers or ashes and must always be overhauled.	

ATERIALS:	The vapor air mixture over the surface of flammable liquids, such as gasoline, jet fuel, paint, oil, diesel oil, fuel oil, thinners, solvents, lubricating oils and greases.	6/1
EXTINGUISH:	Aqueous film-forming foam (AFFF), Halons (Monobromotrifluormethane) 1211 and 1301, Carbon Dioxide (CO2), water fog or dry chemical Purple-K-Powder (PKP).	OV
NOTE:	The agent used will depend upon the circumstances of the fire.	

Navyphoto by Mass Comi

EXTINGUISHING METHODS

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METHOD	FIRE TETRAHEDRON COMPONENT AFFECTED
COOLING	HEAT
SMOTHERING	OXYGEN
STARVING	FUEL
INTERRUPT COMBUSTION	UNINHIBITED CHAIN REACTION

CHARLIE:	(CLASS C)	b) Cathlau
MATERIALS:	Electrical equipment and wiring.	cialist Seaman Kyle
EXTINGUISH:	Non conducting extinguishing agents, such as Potassium Bicarbonate (PKP), CO2 and Halon 1211.	on Specialist Se
NOTE:	CO2 and Halon 1211 are preferred because they leave no residue.	U.S. Navyphoto by Mass Communicati

DELTA: (C	LASS D)	
MATERIALS:	Combustible metals; magnesium, titanium and sodium.	
EXTINGUISH:	Special techniques have been developed to control this type of fire. Apply large amounts of water on the burning material to cool it down below its ignition temperature. However, a magnesium fire can be smothered by covering it with a large volume of dry sand.	scommunication Sociality and
NOTE:	If possible, jettison the burning material overboard.	

Air Force Capt. Francis Marino, Joint Combat Assessment Team, inspects the rotor of an Army MH-60 Black Hawk helicopter, using the aircraft as a model to gather information on battle damage that occurred to another MH-60 from enemy fire. By identifying the angle of the bullet that struck one helicopter, Marino and his team can discern the probable spot from which the enemy stood during the attack. Marino is deployed from Wright-Patterson Air Force Base, Ohio.

CRASH SCENE INVESTIGATORS

Story by Mass Communication Specialist 1st Class William Lovelady

Photos by Tech. Sgt. D. Clare



The team is currently comprised mostly of Navy Reserve and Air Force officers, but there are efforts to include Marine Corps assessors and members of the Army Shoot Down Assessment Team in the near future. They provide valuable feedback about local enemy capabilities and potential aircraft vulnerabilities to the operational and intelligence communities.

Occasionally, team members go 'over the wire' with

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the first wave of an aircraft recovery team when an aircraft is down and the location is still hostile. Those first few minutes, or hours, may be the only opportunity JCAT has to assess battle damage in the chaotic aftermath of an incident. In Baghdad, the team is lead by Navy Capt. Kirby Miller. "Being on the JCAT is probably the most rewarding job one can have in the Navy Reserve. To be imbedded with and directly supporting the warfighter is a privilege that few can understand. No matter the service involved, the JCAT is accepted as an integral part of the team," Miller said.

JCAT assessors determine whether a crash was caused by mechanical failure or enemy fire. Post-incident interviews with members of the flight crew provide much information about what happened. In addition to interviews, or if there are no survivors, JCAT members conduct a forensic examination of the crash site and whatever remains of the aircraft-much like a crime scene investigation. "We look at all damage to determine what is battle damage and what is associated with mechanical failure or crash. Then we focus on the battle damage to look for characteristics of threat weapons damage," said Lt. Shawn Denihan, a JCAT assessor. Sometimes ruling out certain types of weapons is the first step toward identifying the weapon used in the attack.

"There are several specific methods we use to assess aircraft battle damage. For a catastrophic shoot-down all that may be left after the post-impact fire is a pile of burnt metal, with debris spread across the area that came off the aircraft as it fell. Or, it may be a single bullet hole that wasn't found until the aircraft returned to base.

"What we are looking for are the tell-tale signs of something hitting the aircraft. We are looking to see if the holes in the fuselage skin are from something going in or something coming out. Sometimes we find components that were ejected from the aircraft after a hit or if perhaps it is due to a mechanical failure. More

> Navy Lt. Cmdr. Mark Roach, incoming Joint Combat Assessment Team officer-in-charge (left), discusses the battle damage to an Army MH-60 Black Hawk helicopter with Navy Lt. Shawn Denihan, Joint Combat Assessment Team officer-in-charge, during the team's data gathering process. The data collected helps determine the likely placement of enemy forces during the attack and provides a wide range of information impacting aircraft operations in the area of responsibility.

than once we have been called in to look at an aircraft and have determined the damage was the result of mechanical failure, not enemy fire," Denihan said. "Bullets are very predictable and we have templates that let us match up bullet hole sizes. But if it was something with a warhead, we are looking for fragment holes or even pieces of the missile itself."

"Every threat has its own signature. When we train to be on JCAT, we learn how these threats affect aircraft and look for tell-tale signs of damage," Cmdr. Kevin Askin, officer in charge for the JCAT Iraq detachment said.

Bullets tear through the aircraft skin like poking a pencil through a sheet of paper. The paper tears and gets pushed in. Missile fragments travel at such high velocity they burn through the skin. There is no tearing, just a hole. Also, because warheads throw fragments in a pattern, JCAT members have computer based models that help them match a fragment pattern with a type of weapon and then back out the trajectory to find the location of where the weapon was fired, and where it hit the aircraft. Since aircraft rarely fall straight to the ground when hit, the crash site could not only cover an area of several miles, it could be miles from where the aircraft was hit.

"We say that if you took an airplane, put it in a box, shook it up, and tossed it on the floor, you'd start to understand what a crash scene looks like," Denihan said. "We have to be able to pick up the pieces and find out what we're looking at and identify the source of aircraft damage."

JCAT data has both near and long-term impact. In the near term, it identifies threats to aviation forces and provides that information to the operational and intelligence communities. That information allows the war fighters to make decisions on how, when, and where they need to fly to mitigate the threat. JCAT assessors validate the survivability features in the current U.S. fleet of aircraft. In the longer term, battle damage data is real world feedback for the acquisition community.

TNR

Navy Lt. Shawn Denihan, a Navy Reservist deployed from Naval Air Station Pawtuxet River, Md., discusses with Air Force Capt. Francis Marino, JCAT assessor, the likelyangle of attack the enemy used to fire upon the helicopter. Lt. Cmdr. Mark Roach (left), also a Navy Reservist, is deployed from Naval Air Weapons Station China Lake, Calif.

Reservists Undergo the ULTRA Expeditionary Experience

Story and photos by Lt. Penny Cockerell, Navy Expeditionary Logistics Support Group Public Affairs

s Navy Reservists trickled into Williamsburg, Va., from three time zones, the "tent camp" crew and Navy Expeditionary Logistics Support Group (NAVELSG) was already managing the unexpected.

Winter rains uncovered plenty of holes in the canvas tents, and grassy paths had turned to mud, requiring hastily constructed sidewalks made of wooden pallets.

Welcome to the ULTRA C short for Unit-Level Training and Readiness Assessment-Certification, the ultimate tent camp mobilization-ready experience, where some 158 Reservists from Navy Cargo Handling Battalion-14 (NCHB-14) spent two weeks living in tents on the wooded grounds of Navy Weapons Station Yorktown-Cheatham Annex.

As the skies cleared, Sailors found their cots and became oriented with their new home for the next two weeks, known affectionately as "Camp Pride." Soon, their expeditionary skills would be challenged like never before.

"This is extremely organized, down to the minute," Capt. Mark Sakowski, NAVELSG Deputy said. "It's our first event of this type, so they're the test case. But I guarantee you in the next few years it's just going to get better and better."

Building a tent camp is nothing new, nor is training for mobilization in an expeditionary setting.

What is new is combining the two in a real-world setting, where Reservists who will soon be mobilized become not only trained, but certified in expeditionary warfare. Certification does not earn these Sailors the expeditionary warfare pin (EXW), however, it does prepare them to live, work and fight in an expeditionary environment.

The Navy provided most of the training, but help also came from the Army with their simulated ship at Fort Eustis, and

fuels training site at Fort Lee. Civilians also provided air cargo training at Naval Station Norfolk's Air Mobility Command (AMC), which is run by the Air Force.

Navy Expeditionary Combat Command's first ULTRA C is designed to pre-certify Sailors for mobilization and give them real-world expeditionary living skills in a tent camp environment.



Reservists weren't the only ones learning. The ULTRA C also gave NAVELSG's Expeditionary Support Unit (ESU) on-the-job training in building and running a largescale tent camp – which is no small feat.

The Navy Expeditionary Combat Command (NECC), NAVELSG's parent command, had acquired tent camp skills for its various forces, but not to the level that NAVELSG is hoping to achieve.

NAVELSG is working to become the tent Rear Adm. Sharon Redpath, NAVELSG commander donned an apron one evening and helped the cooks serve

camp providers for most of the Navy's expeditionary forces. NAVELSG's training and expeditionary units, combined with continuous troop rotations of Reservists to Kuwait and Iraq, make this brown-water Navy component ideal for the mission.

Now Reservists anticipating

deployment can become pregualified in such things as field combat and medical skills, pistol and rifle qualifications and operating equipment in their area of expertise.

Cargo handlers trained as hatch teams to load and unload containers off a simulated ship provided by the Army at nearby Fort Eustis. Fuels cargo crews learned their trade with a realistic setting of fuel bladders, tankers and other fuels equipment used in deployment.

Much new, untested tent camp gear was cracked open for the exercise: Galley trailers, burner units, H-45 space heaters, an environmental control unit, laundry units, showers and heads - not to mention the meshing of



Duggan, the tent runs the camp like time, like a small,

"But in time," he added, "we will be able to deploy to any part of the world and do this."

Behind the scenes of the ULTRAC is the Training and **Evaluation Unit** (TEU), which oversees the air, surface and fuels cargo missions as well as basic life support in the tent camp. Their mission is to certify cargo handling battalions as ready for mobilization. Headed by Lt. Cmdr. Dennis Collins, the TEU evaluated itself on how well the job

Test Cas

personalities who rarely spend such concentrated time together.

"This is one of the biggest challenges I've had in my 21 years in the Navy," said Cmdr. Pete camp "mayor" who a small city – at the wet city.

gets done.

TEU formed a "white cell" with leaders from various components who met before dawn and after dark each day of ULTRA C, usually around a dimly lit table in the command and control tent.

Discussions centered on how to evaluate scenarios, whether to modify criteria for certification or whether to scrap a current instruction and write another.

Meanwhile, Sailors living in the tent camp endured record-high and below-normal temperatures, extreme winds and their share of rain. Still, morale remained high, partly because of a nightly movie and a "Texas Hold



As a component of the Navy Expeditionary Combat Command, NAVELSG adopted many expeditionary measures already in place at NECC to create the ULTRA C and improve on it.



'Em" card tent to pass the time before bed.

Even the chow was experimental. The United Group Rations resemble MREs for the masses, but are hot and served in a chow line – and Sailors said they weren't bad. Rear Adm. Sharon Redpath, NAVELSG Commander, gave them her approval when she donned an apron one evening and helped the cooks serve dinner.

"We lived on MREs for 17 or 18 days in the field, so this is pretty nice," Builder 1st Class Lemuel Hatcher said as he went through the line.

Another goal of the ULTRA C is to build camaraderie among Reservists who operate out of three Reserve Component Commands and six Navy Operational Support Centers from California to Texas.

"Fifty percent of our Sailors were not here in 2004. It's their first chance to be in expeditionary conditions and

practice with Sailors who have been mobilized," NCHB-14 Command Master Chief Valencia Moon said.

Moon observed one experienced Sailor show another how to prepare an MRE. That, she said, is what this is all

about.

Sailors also switched tents every few days to get to know other Sailors.

These NCHB-14 Sailors expected meaningful training and evaluation – and they got it, Cmdr. Jon Watson, NCHB-14 commanding officer said.

"Our troops are happy and engaged, they want to be here



and they view it as an opportunity to get ready for mobilization," Watson said. "When that happens, it's a success in my eyes." Administratively, NCHB-14 brought all training records to scrub for missing documents and

requirements.

Hospital corpsmen learned the field basics they'll need to deploy. Same with cargo handlers, tent maintenance workers, communications experts, electricians, culinary specialists – the whole team.

"We're all helping to find possible roadblocks and solutions that work for the TEU and work for us," Moon said. "The solution ladder is not just a bunch of khaki. I've got E-6s, E-5s, even E-4s who are comfortable with the command and who speak up."

Machinist's Mate 2nd Class Jonathan Stone said he stays engaged because of the camaraderie and the adventure, which he doesn't get as a U.S. postal worker in civilian life.

Tent life, he said, "is a little hard, but that's all right. It's no different than Kuwait, except colder." TNR



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SANDBOX SALORS Nake A Difference

Story by Army Capt. Corey Schultz

Navy Reservists Undertake Detention Operations at Camp Bucca

Working in the joint service environment is not without its own unique moments of humor. For instance, during the fall 2007 Army/Navy game, Navy personnel hung these signal flags on a Camp Bucca tower. Army personnel, not usually accustomed to signal flags, took a while to decipher the message. (In the interest of joint service cooperation, Navy personnel did reverse the flags to display a message more amenable to West Point graduates than alumni of Annapolis. For personnel not familiar with Navy signal flags and their meaning, they spell out G-O-N-A-V-Y-B-E-A-T-A-R-M-Y).

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The Sailors of NPDB 4 are landlocked and involved in a mission somewhat unusual to the Navy: detainee operations. Additionally, only a handful of the Sailors have Masterat-Arms ratings. The rest come from across all communities – surface, aviation, subsurface — active and Reserve.

For two Reserve Sailors, Camp Bucca has provided

a unique career experience. Both volunteered for a challenging deployment – and both found it.

Yeoman 3rd Class Kristina Grothe lives in Raleigh, N.C., where she drills with Embarked Security Detachment 262 (ESD 262). Since arriving at Camp Bucca she has worked as a controller in one of the compounds, a job very different from her duties at ESD 262, which included security for mariner ships, administration support and weapons handling of systems ranging from 9 mm pistols to 50-caliber machine guns to 40mm cannons.

Grothe, however, is a Sailor who actively seeks new and challenging experiences like her deployment to Camp Bucca. She joined the Navy Reserve relatively late in life when she already had a family.

"Navy's something I always wanted to do," Grothe said. "But I wanted to wait till my kids were in school and

I finished my degree." Grothe Managed to balance a large family and college classes with a Navy career. She and her husband have five children between the ages of five and 14. She recently completed an accelerated course of study in Business, graduating from American Intercontinental University with a 3.87 GPA after only 23 months.

"It's a full plate, especially with the kids, and my husband's schedules," Grothe admitted.

But all of this wasn't enough for Grothe. When the opportunity arose for Navy personnel to serve in Iraq, she didn't waste any time volunteering to deploy.

"I only joined the Navy in 2005," Grothe said. "And here I am."

Grothe's deployment to Iraq moved just as quickly once she volunteered for duty in July 2007.

"My command said, 'Do you want to go?' I said, 'Absolutely.' I applied on a Sunday, called Monday to follow up – and by Friday I was approved."

Grothe checked out of her NOSC and headed to Camp Shelby in Hattiesburg, Miss. On the way, she attended pre-deployment training in Gulfport, Miss., to learn about Operational Security concerns and skills to help her deal with the transition.

"It helped me get into the mentality I needed to come here," Grothe said.

Grothe trained at Camp Shelby for two and a half months, learning skills



far left:

Damage Controlman Fireman Nicholas Schwertfager processes a detainee's relative held at the Theater Internment Facility.

> U.S. Navy photo by Senior Chief Mass Communication Specialist Jon McMillan

Theater Internment Facility at Camp Bucca.

U.S. Navy photo by Mass Communication Specialist 2nd Class Kevin S. O'Brien U.S. Navy photo by Mass Communication Specialist 2nd Class Kevin S. O'Brien

Navy battalion at Camp Bucca.

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Yeoman 3rd Class Kristina Grothe

crucial to detainee operations such as forced cell extractions, HUMVEE and convoy operations and conducting night missions. She also learned detainee tracking and management systems: Detainee Management System and Biometric Automated Toolset System.

"The training there was very good," Grothe said. "It prepared us for almost every situation possible here. Daily operations here seem almost easier than the training." commander Adm. William Fallon.

At Camp Bucca, Jensen has a completely different mission. He is a Quad section leader in one of the detainee compounds managed by NPDB4 Bravo Company.

"Every day, I make sure the detainees get everything they need," Jensen said. "I make sure they get to medical, get food, get showers-- the basic things in life we take for granted."

Jensen noted that in some ways there are similarities between life

Culinary Specialist 1st Class Alan Jensen is another Navy Reservist at Camp Bucca. In his civilian life, he runs a therapy clinic in Honolulu, Hawaii, and drills with Naval Submarine Support Command Pearl Harbor. His various duties

include line



Culinary Specialist 1st Class Alan Jensen

handling, painting projects and other support services for submarines, like loading supplies on small boats to be delivered to the subs at the mouth of the harbor, saving them the time of docking pierside. As a culinary specialist, he also was involved with catering official events.

Jensen served on several subs, including USS Swordfish (SSN 579). He also served with Mobile Diving Salvage Unit ONE, and USS Frederick (LST 1184), when he was on active duty.

"Sub duty was good when I was younger," Jensen said. "This is a different thing all together."

Jensen also served at U.S. Pacific Command as the assistant leading petty officer for the flag mess. He worked for Adm. Dennis Blair, Adm. Thomas Fargo, and in 2004 he worked for current U.S. Central Command beneath the waves and duty in the desert.

"The hours are the same – we'd work 16 hour days on the sub," Jensen said. "Here at least you get a break every five or six days to catch up on your sleep." Jensen

found out about the Camp Bucca

mission in a roundabout way. He worked a customs mission in 2005, and a former shipmate who works at a mobilization station called him to ask about another deployment.

Jensen originally thought the deployment was another customs mission, but he was excited to come to Camp Bucca and work with detainees.

"I heard the deployment was at a detention facility, so I figured I'd try it," Jensen said.

Jensen was impressed by the quality of the training at Camp Shelby.

"It was intense, one thing right after another," he said. "The Army was great, they really wanted to help us learn, whether it was advanced improvised explosive device training or basics like shooting a rifle. All the training was very helpful."

Other training included typical

"soldier skills" like the Combat Lifesaver Course – which saved a life before the Sailors even left for Iraq.

Jensen told the story of another Sailor at Camp Shelby who went home for a week's leave, encountered a car that had been in a head-on collision, and actually saved the life of a police officer, applying some of the skills he learned in that the Combat Lifesaver Course.

Also like Grothe, Jensen has a family back in the United States, though his is much smaller: one daughter, a 17-yearold who is applying to Julliard and New York University for opera.

"She just cut a CD demo for university admissions," said Jensen, smiling. "And she's going to Japan over Spring Break to sing in Toyko. Her mom is taking her to New York this spring to apply for university, but when I come back, I'm taking her to Mexico to visit her grandma and the rest of the family.

"I miss her – but she knows what I'm doing here is important," Jensen said.

MAKING A DIFFERENCE AT BUCCA

Both Grothe and Jensen have learned the ropes and become experienced in the detainee mission.

The detainee compounds run by Navy personnel at Camp Bucca are jokingly referred to as the "waterfront," a reference to the sea service's typical area of operation. But there is no difference between operations there and in the other compounds, although one of the guard shacks has a Navy flair to its external paint. Even the detainees picked up that these guards were not Army MPs but Navy Sailors, and one of the quads used some spare cardboard and other art supplies to build a boat for display.

Grothe, the controller for one of the Navy compounds, works a 12-hour shift beginning at noon each day.

"It's very hectic," she said. "I have to

know where they all are at all times."

Detainees move about the detention facility for medical appointments and family visitation. They attend classes in civics, math, and basic literacy – Arabic and English — work on carpentry, masonry and general labor projects, and even go to religious retreats, four-day-long discussion programs facilitated by Iraqi imams. Grothe is responsible for their safe movement and accountability.

"I help them fill out their requests, find out exactly what it is they're trying to do and if we can accomplish it," she explained. "I make sure they get to their daily educational and work programs. And of course, to do this, I'm always on the phones, talking on the radio – getting things done."

Grothe works in a compound of detainees who have been assessed as more moderate. That is, they have given signs they intend to exchange violence for a commitment to building a more safe and secure nation after their eventual release.

"It's more of a rehabilitation compound," she said.

Detainees are allowed access to TVs and radios, and they like American movies, Grothe said. They can play ping pong, volleyball, do arts and crafts and they even have the opportunity to visit with other quads.

One detainee who stands out in Grothe's mind is known as Ali. He is one of the interpreters. Each compound has a detainee chief, who serves as a single point of liaison between the detainees and the guard force. The chief relays detainees concerns to the guards and also helps to hold detainees accountable for orderly behavior. Ali is vital to his chief, and he makes sure all the detainees understand what they're supposed to do.

Although he already speaks

very good English, Ali also has taken advantage of the educational programs at Camp Bucca. He attended the Religious Discussion Program, where Sunni and Shias together discuss the Quran, moderated by Iraqi imams. The goal is to build understanding and tolerance between the different sects.

"I think the schools are very effective," said Grothe. "For example, Freedom School, teaches basic English up to the third grade. We just

retested a guy who graduated the Freedom School English class a year ago and he still got 70 percent."

Jensen has had similar interaction with the detainees. He helps supervise some of the work details and distributes supplementary meals after the work is completed. "We have Halal

meals we give them," said Jensen. "Bagel chips, a peanut butter crunch bar, boxes of raisins and peanuts."

Jensen also noticed the creativity and craftsmanship some of the detainees possess.

"They'll decorate uniforms, put strings around them. They'll make a suit out of a blanket. How they do that, I have no idea."

His compound houses the detainees who are awaiting release. "We had a detainee we called Teacher who spoke very good English. We sent him home recently. When he got the news he was going home he came up and said, 'Thank you, I can go home, thank you for being so good to us.' I made sure I stood out there and shook his hand, wished him well when he left.

"I just treat them like I'd treat any other person," Jensen said. "I understand the importance of treating the detainees well."

In January, Shia detainees celebrated the festival of Ashura, a commemoration of a seventh-century battle in which the grandson of the prophet Mohammed, Imam Hussein, was killed. Though religious scholars trace the schism of Sunni from Shia



A Sailor and an Iraqi Correction Officer stand outside a Camp Bucca Theater Internment Facility building.

DoD photo by Army Capt. Corey Schultz.

to this divisive battle, at Camp Bucca, Sunni came together with Shia to reenact the battle.

"They visit from quad to quad," Jensen said. "A lot of the other detainees came to Ashura, and a lot of them came to the fence to see the reenactment. They have such a rich culture."

Grothe agreed.

"During Ashura, everyone was working together. In the Shia quad, they were putting on plays, and the Sunni quads were all watching the plays.

"This is a completely different world than what I thought it would be," Grothe said.

"I think it's a good thing we're doing here with the detainees," added Jensen. "I hope they go back home and spread the word, we're treating them well. I remember seeing a documentary about how we treated the German POWs, and how after the war, they were really instrumental in rebuilding Germany. Hopefully we'll have the same situation here. I'm praying for it anyway."





Soldiers Provide Combat Skills Training for Reservists Headed to War Zones

Story by Mass Communication Specialist 1st Class (SW/AW) John Osborne and Mass Communication Specialist 1st Class (SW) Stefanie Holzeisen-Mullen

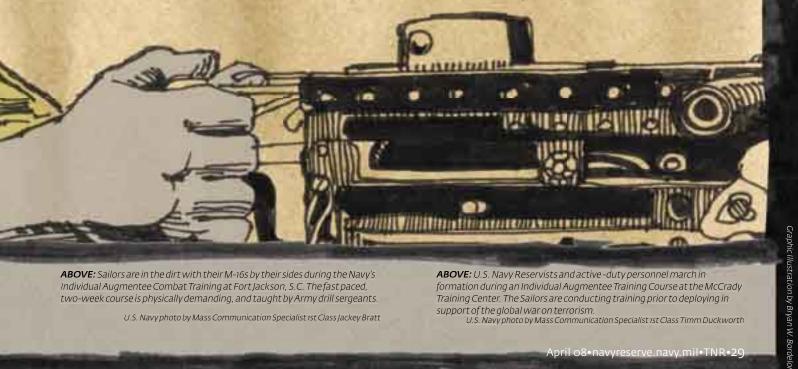
avy Reservists heading to assignments in Iraq, Afghanistan, Kuwait, and the Horn of Africa are getting the combat skills training they need from Soldiers in a joint training initiative at Fort Jackson, S.C.

With more than 10,000 Individual Augmentees (IAs) and mobilized Reservists serving in the U.S. Central Command area of responsibility, including active-duty and Reserve components, Commander, U.S. Fleet Forces Command Adm. Jonathan W. Greenert was quick to note that this type of duty is quickly becoming the norm for career Sailors and the Navy is working overtime to ensure the necessary training and support systems are in place. The evolution of this training is part of the Navy's shift to a more expeditionary force with the majority receiving orders to duty in Iraq and Afghanistan.

"This is not a short-term process [individual assignments]," Greenert, said. "We have 10,000 now and are training to turn over that amount." This training is for Sailors E-3 to O-6 who have received mobilization orders to support the global war on terrorism in combat zones around the world. The two-week training course at Camp McCrady, part of Fort Jackson, teaches combat survival skills, convoy operations, forward operating base force protection, security procedures and urban combat operations.

"I feel very good about the people who are there," Greenert said. "They are very confident when they are done and they have good reason to be. I feel very good about the training."

Upon arrival for training, Reservists are immediately immersed in the Army atmosphere. Desert camouflage uniforms are issued along with body armor, Kevlar helmet and small arms. It is a vastly different ensemble from what they received at RTC Great Lakes when they entered the Navy.



ABOVE: Sailors are in the dirt with their M-16s by their sides during the Navy's Individual Augmentee Combat Training at Fort Jackson, S.C. The fast paced, two-week course is physically demanding, and taught by Army drill sergeants.

U.S. Navy photo by Mass Communication Specialist 1st Class Jackey Bratt

ABOVE: U.S. Navy Reservists and active -duty personnel march in formation during an Individual Augmentee Training Course at the McCrady Training Center. The Sailors are conducting training prior to deploying in support of the global war on terrorism.

U.S. Navy photo by Mass Communication Specialist 1st Class Timm Duckworth



"The Navy approached the Army to provide this theater-specific individual readiness training for Sailors being sent into combat zones," Army Lt. Col. Douglas Snyder said. As commander of Task Force Marshall (TFM), Snyder helped design and then executed the training program. "Sailors are not used to this type of operation, and we hope this training prepares them for what may await them when they get into theater."

A significant challenge for most Sailors is becoming familiar, comfortable and proficient with the various weapons they will carry and use in theater. This familiarization program, called weapons immersion, runs for several days and emphasizes basic weapons concepts, proper shooting techniques and safety principles.

While at Camp McGrady, Sailors live with their weapons, the M-16A2 (or M-4) rifle and the M-9 pistol. They also receive familiarization training on hand grenades, the M-249 Squad Automatic Weapon (SAW), M-240B machine gun, MK 19 grenade launcher and the fixed-position M-2.50-caliber machine gun.

"I got a lot out of it and more than I ever thought I would," former student, Personnel Specialist 2nd Class Annaiza Chandler said of the weapons training. "It was



an excellent experience. When I completed training I felt very confident."

The mentoring and instructor responsibilities for the program fall on Army drill sergeants, many of whom have already done one or more tours of duty in the Middle East. Their primary job is to put the Sailors in the mindset of a Soldier, so in addition to providing weapons training, the drill instructors push the Sailors to organize and operate as teams in patrol techniques, communications, land navigation, first aid, medical evacuation and urban assault scenarios.

"The Navy wanted their personnel to experience more realistic and intense training before being deployed, including more convoy and operational scenarios," Snyder said. "We are evolving the course on the run because we know there is an urgent need for these Sailors, but we want them trained properly and as thoroughly as we can within the time frame we have been given." **TRR**

Editor's note: This article has been updated to reflect the constantly evolving nature of training in support of the global war on terrorism.



TOP LEFT: Sailors prepare to enter a simulated building while training during a fast paced, two week course providing Sailors with basic combat skills.

U.S. Navy photo by Mass Communication Specialist 1stClass 3O•TNR•April 08 1st Class Jackey Bratt **TOP RIGHT:** Firing a M-250-caliber machine gun at the firing range during a Warrior Skills Training program by Army Cadre involving weapons, field medicine, convoy and urban assault tactics.

U.S. Navy photo by Mass Communication Specialist 2ndClass Roger S. Duncan **ABOVE:** Conducting a patrol and troop leading operations during the Navy's Individual Augmentee Combat Training at Fort Jackson S.C.



ecently a detachment of Seabees from Naval Mobile Construction Battalion (NMCB) 1 and Marines from Marine Wing Support Squadron 272, deployed to Camp Taqaddum (TQ), Iraq, closed the books on one of the Naval Construction Force's longest running projects: a complete repair to the TQ airfield, which consists of two 13,000 feet runways and miles of taxiways.

Presiding over the ceremony were, Marine Corps Brig. Gen. J.A. Kessler, Commanding General 2nd Marine Logistics Group (Forward), Marine Corps Brig. Gen. Timothy C. Hanifen, Commanding General 2nd Marine Aircraft Wing (Forward) and Navy Capt. Hans Probst, Commander 30th Naval Construction Regiment (Forward). Each spoke of the importance of the work that had recently concluded.

"We're out here today to celebrate the Seabees' accomplishment and partnership with the Marine Corps in finishing repairs on the Taqaddum runway," Probst said.

Already transferring up to two million pounds of passengers and cargo daily, the TQ airfield is one of the largest logistics hubs in the region, providing a huge boost to strategic and operational capabilities for coalition forces.

"This will mark the first time in more than two years that both 13,000-foot runways are open and operational at the same time," he added.

Seabees and Marines Rebuild-Reopen Taqaddum Airfield

Story and photo by Mass Communication Specialist 2nd Class Chad Runge Naval Mobile Construction Battalion 1 – Public Affairs

ABOVE: Capt. Hans Probst, Commander, 30th Naval Construction Regiment, speaks at a ceremony officially opening a newly renovated runway at Camp Taqaddum. For the first time in two years, the airfield is operating at its full capability. For the last three months, a group of Seabees from Naval Mobile Construction Battalion (NMCB) 1 worked feverishly to repair unusable parts of the runway.

The Seabees from NMCB 1 played an enormous role in bringing the project to such a grand finale.

"The Seabees that were here during this time were able to accomplish what four regiments and five NMCBs were participating in to complete," said Probst. "NMCB 18 took the initial tasking in 2005, the work kicked off in January 2006 with NMCB 133, then NMCB 74, NMCB 25, NMCB 4 and NMCB 1 finished the job on Jan. 8, 2008."

"We were the fifth battalion to work the project so a lot of Seabee effort went into this," Cmdr. Dean Tufts, NMCB 1's commanding officer said. "I am very proud that my Seabees were able to finish the massive Taqaddum airfield repair project one month ahead of schedule."

The Seabees on the project site knew the importance of their work, which pushed them through to the completion.

"The project was the Marine Expeditionary Force's number one priority because TQ is one of the main logistics hubs into Iraq," he added. "And now, for the first time in over two years, both TQ runways are completely open and operational."

The renovation of the airfield was no small feat.

"NMCB 1's portion of the runway repair project, valued at \$2.1 million, totaled 1 330 man days of the 13,000 man day project," detail officer in charge, Lt.j.g. Chris Casne said. "The completion of this project will increase flight operation capabilities at the airfield. Overall, the Seabees of NMCB 1 placed 2,159 cubic meters of concrete in just two short months."

"I am extremely proud of the effort and ingenuity that my Seabees put forth to bring this monumental project to a close," Probst said. "The fact that this airfield is now fully operational speaks volumes to the hard work, dedication and teamwork of the five active and Reserve battalions that worked on this airfield."

Camp Taqaddum officials couldn't be more pleased with the final product.

"I've had three Seabee detachments here during the last 11 months and they have all been superb," said Col. Barry Pearson, 2nd Marine Air Wing (Forward), Taqaddum Airboss. "I couldn't have asked for a better bunch of Sailors to work with. There is no better example of the concept of "one team, one fight."

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US Southern Command (305) 437-2987 US Strategic Command

(402) 294-8141 US Third Fleet

> (619) 524-9537 US Transportation Command (618) 229-7084

Naval Reserve Intelligence

Command

Reserve Intelligence Command Headquarters Fort Worth, Texas 1-800-544-9962

Reserve Intelligence Area One Oak Harbor, Wash

Reserve Intelligence Area Three New Orleans, La.

(504) 678-3411 Reserve Intelligence Area Four San Diego, Calif.

(619) 524-6432 Reserve Intelligence Area Five Aurora, Colo (720) 847-6225

Reserve Intelligence Area Six Fort Worth Texas (817) 782-6462

Reserve Intelligence Area Midwest Great Lakes, III. (847) 688-6273

Reserve Intelligence Area Nine Mt. Clemens, Mich

(586) 307-4501 Reserve Intelligence

Area Ten Minneapolis, Minn. (612) 713-4700

Reserve Intelligence Area Thirteen Jacksonville, Fla. (904) 542-3320

Reserve Intelligence Area Fourteen Marietta, Ga (678) 655-6380

Reserve Intelligence Area Fifteen Norfolk, Va. (757) 444-1352

Reserve Intelligence Area Sixteen Willow Grove, Pa. (215) 443-6651

Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610

Reserve Intelligence Area Nineteen Andrews AFB (240) 857-2030

If any information in this Navy Reserve RC Phone Directory is in error, please

First Naval Construction Division

(757) 462-8225 x 222

Naval Coastal

Warfare Group

Naval Coastal

Naval Coastal

Warfare Group One (619) 437-9475

Warfare Group Two

(757) 396-0513

Chief of Naval Air Training

CNRF CNATRA/FRS PM

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(361) 961-2409

(504) 678-1072

Navy Expeditionary Combat Command (757) 462-7400

Explosive Ordnance Disposal Group One (619) 437-3700

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