

TNR

The
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Citizen
SAILOR

Twice The Citizen

Gen. George Washington once declared "When we assumed the soldier, we did not lay aside the citizen."

Better words have not been spoken in the description of the 'Citizen Sailor'. Sailors with dual jobs, dual lives and often times, dual talents fill our Navy Reserve force with the dedication needed to serve in their uniquely diverse lives.

In this issue of "The Navy Reservist", you'll learn some of the history of the 'Citizen Sailor' and what they mean to the growth of our nation.

You'll see how the history and traditions of the 'Citizen Sailor' are as historically rich as our nation itself. You'll read about the Citizen Sailor's first call to action on June 12, 1775 and how more than a century later, Citizen Sailors would be recognized as an official Navy Reserve Force on March 3, 1915.

You'll read about some of your fellow Reservists in today's Navy and how they're serving their country in dual roles. From the theater professor, who also serves as a Boatswains Mate 3rd Class, teaching American culture at Kuwaiti universities to dentists who brought their skills to Operation Arctic Care, there is seemingly no task the Citizen Sailor cannot handle.

As a fighting force that encompasses roughly 20 percent of the entire Navy team, it is important to recognize how vital the Citizen Sailor is to the nation's well being- both in the military and in their civilian roles.

So the next time you drill with a fellow shipmate of yours, take time to learn what else it is they do for your nation. There's a chance that they may also be your police officer, your postal clerk or your bus driver. They could be the teacher of your children, your home-builder or your local deli owner.

Most importantly, remember to thank them for serving their country twice. Thank them for bringing their civilian talents to the Navy Reserve team and in turn bringing their Navy values to the civilian sector. Basically, thank them for being twice the citizen.

A Letter from the EDITOR



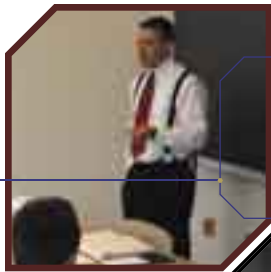
Hull Technician 2nd Class Matt Itoney watches for any sign of movement during a perimeter defense demonstration as Equipment Operator 2nd Class Joe Beck remains concealed in the background. The two Navy Reservists are members of Amphibious Construction Battalion Two, Detachment 205.

U.S. Navy photo by
Mass Communication Specialist 1st Class
Robert Carr

Mass Communication Specialist 2nd Class Ryan Hill

TNR - EDITOR

12 Lessons Learned



Cmdr. Jonathan C. Smith holds a doctorate in Political Science and is operations officer for NR NAVCENT 0174 at Naval Air Station, Jacksonville, Fla.

Theater director, producer & professor, Boatswain's Mate 3rd Class Christopher Carter Sanderson uses theater to bring Kuwaiti and U.S. students together.



18 The Play's The Thing

20 Waterfront Weekend



Aboard the USS Kearsage (LHD 3), a two-day event gave Reservists insight to see their ratings in action among their active-duty counterparts.

The first action of Citizen Sailors came in 1775, when citizens of the coastal town Machias, Maine, took control of a British schooner.



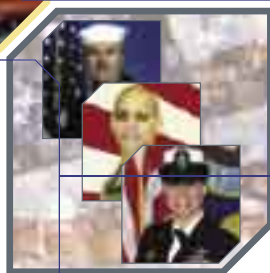
22 Citizen Sailor Origins

26 Operation Arctic Care



Fifteen Navy Reservists along with 60 U.S. military members bring health care to six villages on the island borough of the Kodiak.

Spotlighting our Reservists;
Construction Electrician 1st Class
Frank Drewer,
Yeoman 1st Class Jesus Morales and
Senior Chief Quartermaster
Patrice Frede



11,15,25 Reservist Profiles

Our Cover:

Thanks to all the great photographers who intentionally or un-intentionally provided images of our Citizen Sailors.



Graphics by Bryan W. Bordonon

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Quotes Of Note

"Each man must do all in his power for his country."

~ Capt. Isaac Hull,
USS Constitution, 1813



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The Navy Reservist is always looking for good action photos of Navy Reservists (minimum 300 dpi) that tell a story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph, including their respective rating, rank and command. Photos should also include a visual information record identification number or VIRIN. Information about VIRINs is available online at www.mediacen.navy.mil/vi/virin.htm. 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 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.



Vice Adm. John G. Cotton
Chief, Navy Reserve

Rear Adm. Lothrop S. Little
Commander, Navy Reserve Forces Command

Cmdr. Kelly Watson
Force Public Affairs Officer

Lt. Adam Bashaw
Deputy Force Public Affairs Officer

June 08

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

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

Bryan Bordonon
Creative Director / Graphic Designer



Sailors Matter

GMCM(SW)
Alan D. Kromanaker,
NOSC Madison, Wis.

"Having many and broadened educational backgrounds will often lead to different perspectives, ideas, and solutions to solve a problem and accomplish the mission."

The Citizen Sailor: Wearer of Many Hats

I have always been amazed by the quality of the typical Navy Reservist and by the caliber of knowledge, skills, and abilities (KSAs) each and every Reserve Sailor brings to their job. This is especially true when a Sailor's skills in the civilian workforce not only compliment what they do in the Navy, but actually enhance what they do. The mission benefits, the unit benefits, and the Navy benefits because of the specialized training, education, and current practices the Citizen Sailor brings to the job.

In many instances, there are direct equivalencies from the civilian job to the Navy job. The medical professions are a good example of competencies that, on the surface, correlate directly from civilian job to Navy job. After all, nursing is nursing, dentistry is dentistry, and so on. So how does the Citizen Sailor enhance the Navy's workforce? Often, the Reservist will have received specialized training through their civilian employer they wouldn't get through the Navy. Advanced education is also a key component the Reserve Sailor often brings to the Navy job. Having

many and broadened educational backgrounds will often lead to different perspectives, ideas, and solutions to solve a problem and accomplish the mission.

The real benefit to the Navy is when all this specialized training and advanced education comes together through diversity in the workforce, often through mobilization.

It is here that the diversity in the workforce blends together, either painlessly or through much tribulation. Ideas are presented, experiences are shared, and current practices throughout that profession are exposed and implemented. The construction trades, human resources, and the medical professions are but three that come to mind. Each of these require continuing education that, when brought to the Navy, enhance the working environment.

I've often said that in today's Navy Reserve force you can throw rank and rate out the window because of the KSAs Reserve Sailors bring to the Navy. I've worked with a third class petty officer who held

a masters degree and was in charge of procurement for the University of Illinois – Chicago library system. I've worked with a Builder Second Class who owned his own roofing company. I've sat next to a master chief in a Command Master Chief course who was the District Attorney for Denver County. Of course, I could go on but I won't because each of us can identify many other individuals who bring the same type of skills to the Navy.

Of all the jobs in the Navy I can think of that illustrate the concept of being a Citizen Sailor, bringing above average skills to their Navy job, there is none that can match that of the nurse/corpsman. There are many licensed registered nurses that, because they graduated from a two-year nursing program, cannot be commissioned as a nurse in the Navy. These licensed registered nurses get deployed as hospital corpsmen and provide nursing care to their patients. The KSAs they bring to the job benefit the mission, benefit the Navy, and most importantly, benefit the Sailors in their care.



Hospital Corpsman 1st Class Brenda Bonaccorso, a Navy Reservist attached to USNS Comfort (T-AH 20), prepares equipment prior to performing dental work on a patient.

U.S. Navy photo by
Mass Communication Specialist 2nd Class
Elizabeth R. Allen

Berthing Accommodations

*Written by
Cmdr. Michael Coleman,
Policy Board Member*

Drilling Reservists must constantly balance the demands of civilian careers, Navy careers, and family life. Occupational and family obligations often compete with a Reservist's time and resources to serve the Navy. The Navy Reserve Policy Board (NRPB) works to give

Reservists the best possible chance for success in balancing all these efforts.

The Navy needs your skills, knowledge, abilities, and most especially your unique combination of Navy and civilian expertise. Policies are reviewed to ensure Reservists receive equal opportunity

to contribute their expertise, regardless of home location, civilian occupation, or family status.

If you have recommendations to improve policy, submit your ideas to your local policy board or to:

CNRF NRPB Point of Contact:
NRPB@navy.mil

Use of Berthing When Away from Assigned NOSC

Issue: Some members of a Reserve Unit based in Washington, DC routinely support projects for active Navy organizations in Norfolk, Va. Unit members who travel more than 50 miles from home to perform drills are authorized berthing at no personal expense, as arranged by the Navy Operational Support Center (NOSC) in Washington, DC. If berthing can be provided in Norfolk, these Reservists could travel to Norfolk vice Washington to perform drills in direct operational support of the Active Navy. A recommendation was made to revise the policy to allow Reservists traveling more than 50 miles from home to obtain berthing when drilling in areas away from their assigned NOSC.

Resolution: If drills are regularly performed at a location other than the assigned "administrative" NOSC, the drill location may be designated in writing as the "permanent" drill site by the NOSC commanding officer. To be eligible for berthing, a Reservist must:

- Travel 50 miles or more from their residence to the site where drills are performed;
- Be in a drill status and perform drills at the "permanent" or "administrative" drill site;

- Perform eight-hours of scheduled drills (exclusive of meals) on the day following use of berthing, or four four-hour drills within a 48-hour period.

The "permanent" drill site may not be changed just to get around using IDTT orders. IDTT should be performed on funded orders for many legal and accounting reasons.

Berthing is not authorized for "no-cost" IDTT orders. Any shortage of IDTT funding needed to support Navy requirements should be highlighted up the chain of command.

Navy Reserve policy allows flexibility for unit commanders to provide berthing for legitimate drilling situations. However, abuse of berthing privileges could result in a less flexible policy. In most cases, unit commanders will lean towards approval of requests for utilization of berthing, if the request is not purposely avoiding the established IDTT process, and if approval of the berthing request is the right thing to do for our Sailors.

More details are provided in Commander Navy Reserve Force Publication P4000.1B (COMNAVRESFORCOM P4000.1B), Section V, Chapter 1 - "Commercial / BQ Berthing of Drilling Reservists", paragraphs 5101 to 5103.

The Rental Car Blues

Written by
Yeoman 1st Class Edgar Lluveres



Graphic by Bryan Bordelon

itinerary's information prior to your initial departure flight, make sure the information is accurate. In reference to the rental car, compare the rental contract (showing the costs you will be charged) against the SATO itinerary. The rental car rate should match the itinerary. Question the rental car company if the rates don't match. If there is a discrepancy and it's not resolved by the rental car company, call us at (800) 537-4617 (Option 1) or CTO New Orleans at the number listed on the itinerary.

Alleviate the rental car blues by following these tips.

1 IT'S MANDATORY

Make rental car reservations through NROWS which uses the Commercial Travel Office (CTO) for rental car reservations. Neglecting to do so can be troublesome and cause unnecessary headaches. Each time a member independently submits their reservation they run the risk of the following problems:

- If you reserve a rental car on your own you run a chance of not getting reimbursed. You also won't be automatically covered with government insurance. If you do book your own rental car a letter requesting reimbursement needs to be initiated by your supporting NOSC to CNRFC N33 justifying their action.

2 NOT PREVIOUSLY AUTHORIZED

When this situation occurs,

contact your NOSC/OSO to request authorization. The NOSC/OSO will determine if the request is valid and will generate an order modification if necessary. Second, contact the SATO after hours number (1-800-537-4617) and request a rental car reservation PRIOR TO getting a vehicle. As soon as practical, follow up with your NOSC/OSO to check the status of the order modification. Be aware that if you obtain a rental car through SATO without NOSC/OSO authorization or the NOSC/OSO determines that your request is not valid, you will be personally responsible for payment of the rental car charges.

3 VALUABLE ITINERARY

Have your SATO itinerary with you at all times, especially when you pick up your rental car. Never leave home without it!

4 IMMEDIATELY CHECK

It is prudent to verify your

5 THE BUDDY SYSTEM

When traveling as part of a group, as long as you are all on orders, then all of you can be listed as additional drivers of a single rental car at no additional cost. Each one of you is then covered under government contract for Collision Damage. This is true even for those whose orders do not authorize rental cars and whose names do not appear on the rental agreement. Orders authorize rental cars to ensure specific individuals get reimbursed for the expense, and such authorization is not needed to authorize individuals as additional drivers. Properly licensed drivers 18 years and older may rent and operate vehicles.

6 PRE-PAID

Avoid this unnecessary extra cost and fill the tank yourself before returning the vehicle. Local gas stations probably offer cheaper gas rates.

7 HOORAY, ON ORDERS FOR MORE THAN 30 DAYS!

When you must rent a vehicle for longer than 29 days, you must return that vehicle and obtain a new agreement with the company every 29 days. If you are on back-to-back orders and a rental car is required for the duration of both orders, make sure your itinerary reflects the accurate return date or drop-off date.

8 NEED A LARGER CAR?

CTO will normally arrange a compact car unless the mission requires a larger vehicle. If you need a larger vehicle, it needs to be justified; i.e. carrying equipment, etc. in the travel comments section of your NROWS order application. Especially with OCONUS orders, avoid using American-domestic

In 1916, Nebraskan Joe Saunders was supposedly the first person to start a rent-a-car business when he lent out his Ford Model T to a traveling salesman needing transportation for a date with a local girl.

Source:
library.duke.edu



Graphic by Bryan Bordonon

terms such as full-size or SUV, and use your explanation to help CTO identify your best-sized vehicle.

9 FENDER BENDERS

If you are in an accident be sure to report it to the rental car company and the police immediately. Also, provide the following information to the NAVPTO Transportation Officer when an accident occurs:

- Copy of orders
- Copy of rental agreement
- Police Report
- Individual statement of what happened

As a government traveler, you are covered under the insurance provided by the rental car agency. Conversely, if the accident occurs while not in the line of official business, or you were proven to be negligent, you may be liable for any damages. As mentioned above, independently procuring your own reservation places the liability on you.

There are 1.9 million rental vehicles servicing the U.S. market.

Source:
ezinearticles.com



Graphic by Bryan Bordonon

Every PFA cycle many Sailors fall short of making the weight standards and fail the Body Composition Assessment (BCA) portion of the Physical Fitness Assessment. For some this is a reality check and for others it means administrative separation from the Navy. In the Fall ‘07 cycle 1,275 members of our Reserve Force were found to be out of BCA standards. This is 1,275 too many!

Some Sailors fight the “battle of the bulge” cycle after cycle. They try many different diets, Atkins, South Beach, etc.

In his book, “Quit Digging Your Grave With a Fork and Knife”, former Arkansas Governor Mike Huckabee, wrote, “a focus on weight loss will probably lead to failure. Instead, your focus needs to be on actual health and fitness.”

The book is a witty, humorous, and relatively short read about Huckabee’s journey to a healthier lifestyle. He talks about growing up on fried chicken, fried okra, fried catfish, fried potatoes, fried everything. He also talks about a heart-to-heart chat he had with his doctor who informed him if he didn’t make serious changes in the way he was taking care of his body, he would need to find six very good friends who were fit to be pallbearers for his premature funeral.

Huckabee’s life changing success is evident as you see pictures of the “old” governor and the “new” governor. In his own words, his book “is not intended to supplant

your favorite diet plan, but to supplement it.” Modeled in the 12 step format similar to Alcoholics Anonymous he offers “12 Stops” toward getting fit as well as “12 Stops” for food choices.

12 STOPS Toward Fitness

1. Stop Procrastinating
2. Stop Making Excuses
3. Stop Sitting on the Couch
4. Stop Ignoring Your Body Signals
5. Stop Listening to Destructive Criticism
6. Stop Expecting Immediate Success
7. Stop Whining
8. Stop Making Exceptions
9. Stop Storing Provisions for Failure
10. Stop Fueling with Contaminated Food
11. Stop Allowing Food to be a Reward
12. Stop Neglecting your Spiritual Health



12 STOPS for Food Choices

1. Stop Consuming Trans Fats
2. Stop Avoiding Fruits & Vegetables
3. Stop Eating Refined Sugar
4. Stop Eating Highly Processed Foods
5. Stop Large Portions
6. Stop Skipping Meals
7. Stop Ignoring Calories
8. Stop Eating Only Three Meals A Day
9. Stop Dehydration
10. Stop Eating Fried Foods
11. Stop Eating High-Glycemic-Index Foods
12. Stop Depriving Yourself of Good Grains

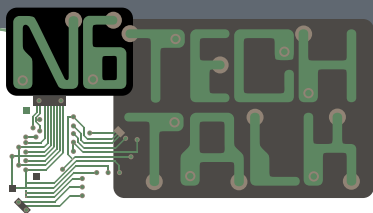
Mitt Romney, former governor of Massachusetts, said “Governor Huckabee’s inspiring story is a call to action for anyone who has ever struggled with managing their weight. His good-natured humor and understanding shined through, and his advice is sound, straightforward, and easy to follow.”

Former President Bill Clinton said, “Governor Mike Huckabee has proven that self-discipline, diet, and exercise can lead to a happier, healthier lifestyle. I commend him for working to become fit and strong, but more importantly, for his efforts to provide an example for young people and adults alike.”

In 2004 Huckabee said, “Historically, telling liberty-loving Americans what they can and cannot do has not proven very successful. What does work is changing the culture so that individual choices become cultural choices and ultimately the behavioral norm.”

“Your focus needs to be on actual health and fitness.”

For Sailors struggling to control their weight, this book will challenge you to change your actions and attitudes on a permanent basis. The Navy has and will continue to stress and encourage a culture of health and fitness. Will you be part of that culture that not only eliminates BCA failures, but embraces physical fitness and a lifestyle of better health and wellness? Begin to stop!



You CAN Take It Home With You

Words by

Lt. Cmdr. Bill Batson

Director, Information Assurance

Commander, Navy Reserve Forces Command N64

william.batson@navy.mil

Welcome again to the latest installment of Tech Talk. The winds of change are blowing in RESFOR and there are some things you need to know.

First, a little history. The Saturday before hurricane Katrina struck New Orleans, all RESFOR IT applications running in New Orleans were switched over to our Continuity of Operations (COOP) site at NAS JRB Fort Worth. If you didn't notice that they had switched, that's because the COOP plan worked as advertised. The datacenter at SPAWAR Systems Center (SSC) New Orleans was heavily damaged during the hurricane, requiring a complete rebuild. Now, over two years later, the SSC datacenter is up and running and ready to host RESFOR's IT applications. RESFOR's applications are migrating to a section of the datacenter that will be inside the NMCI enclave, called the extended DMZ. This migration is in line with NETWARCOM's Legacy Network Reduction effort.

By now, a few of you are wondering, "What does this have to do with me?" A lot, actually. I have written in the past about how network security rules have been changing over the past few years and how networks are a warfighting tool that need better protection. Some of those security rules are coming to an application near you. By the time you read this, most of our applications will have migrated

into the NMCI eDMZ, including the newest version of the Navy Reserve Web Site (NRWS). In the eDMZ, we will have to change how we authenticate users into applications.

For users that have a CAC, you will have to start using it to login to Navy Reserve applications, most notably the NRWS, NROWS, RTAR and APPLY. Users who do not have a CAC will be allowed to use a username and password, but that "exceptions list" will be closely managed. Those folks will have to use their username and password to get into NRWS and any application they want to go to behind the NRWS. This "double login" reduces the risk of unauthorized network intrusion through password compromise. The NRWS portal will be ready by 01 June and full migration and CAC enforcement is expected by 01 July.

One benefit for the CAC user is that with the new version of NRWS, we will be starting a Single Sign On solution for our applications. Single Sign On means that once you authenticate to the NRWS and, for example, want to put in an AT application in NROWS, click on the NROWS link on the NRWS page and you are automatically logged into your account

in NROWS. That means one less username and password combo to remember.

For all you who have gotten a CAC reader for you home computer and installed it and are using it, good job! You're ahead of the game and these changes won't have a big effect on you. (And CAC authentication makes you better looking, too!) Those of you who do not have a CAC reader, contact your NOSC to get a reader. We have updated software that will ease installation on a PC with XP or Vista. We also have a reader that works plug and play (pun intended) with Mac OS X 10.4 and 10.5. Get used to using it from home. It is the wave of the future.

Thanks for all your help out there.





Navy Credentialing Opportunities

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

Some occupations have certain professional and technical standards. The process of meeting these standards and earning official recognition (in the form of credentials – licenses or certifications) is called credentialing. Private and government organizations set credentialing standards to ensure that individuals meet the standards for their profession. These organizations are generally called credentialing boards.

Licensure and certification are the two primary types of credentialing.

LICENSURE

Governmental agencies – federal, state, or local – grant licenses to individuals to practice a specific occupation, such as a medical license for doctors. State or federal laws or regulations define the standards that individuals must meet to become licensed. Licenses are typically mandatory.

CERTIFICATION

Non-governmental agencies, associations, and even private sector companies may grant certifications to individuals who meet predetermined qualifications. These qualifications are generally set by professional associations (for example, National Commission for Certification of Crane Operators) or by industry and product-related organizations (i.e. Novell Certified Engineer). Certification is typically

an optional credential, although some state licensure boards and some employers may require certification. For many occupations, more than one organization may offer certifications.

Credentialing is important because:

- Federal, state, or local law may require specific credentials to legally perform some jobs.
- Employers may choose to hire only employees who have certain credentials, or to pay those employees more.
- Credentials may improve an employee's prospects for promotion.
- Credentialed servicemembers demonstrate to prospective civilian employers that their skills are on par with their civilian peers.
- Civilian credentialing can contribute to military career development, and may be accepted for self-development requirements and in performance evaluations.

In general, there are three possible scenarios for recognition of military training and experience. The credentialing board may explicitly recognize military training and experience and will give complete or partial credit. They may not explicitly recognize military training and experience, but will evaluate it upon request. Or they may refuse or be unable to recognize training or experience other than the traditional civilian forms or as

specified by law or regulation. The Navy Credentialing Opportunities On-Line "Navy COOL" Web site was launched in June 2006 as a hub for comprehensive information to guide Sailors in pursuing occupational credentials related to their Navy work experience and training.

Navy COOL catalogs detail information on occupational credentials, including certifications, qualifications, licenses, apprenticeships and growth opportunities, which correspond with every Navy rating, job and occupation, and outlines the paths to achieve them.

COOL is also for Education, Career and Transition Counselors providing guidance on education, professional growth, and career requirements and opportunities. It has become a valuable resource for Navy Recruiters who want to show potential recruits the opportunities for professional growth and civilian career preparation available through Navy service. This tool has also been extremely helpful for employers and credentialing boards interested in how military training and experience prepares Sailors for civilian credentials and jobs.

For more information regarding the Navy COOL program visit <https://www.cool.navy.mil>.

Additionally, refer to NAVADMIN 193/06 or contact the Navy Credentials Program Office via e-mail at crry_cqcredentials@navy.mil.

PROFILES IN PROFESSIONALISM

Hometown: Philadelphia, Pennsylvania

Brief description of your job: Leading petty officer for the Aviation Training Department at the NOSC. I am also the non-prior service coordinator and the Command fitness leader.

What has been your greatest Navy achievement: Directing the NPS program because we are literally taking civilians and making them into Sailors. They have no idea what the military is or what it is involved in. We teach them all the military knowledge we know; marching, wearing their uniform properly and things like that. Seeing them succeed has been great.

Who has been your biggest influence since joining the Navy: My father, he has never been in the service but his work ethics taught me well. His generation never had the opportunities I have now. His example motivated me and has been long-lasting.

What do you enjoy most about the Navy: The camaraderie. I got out for a long time and once out, I realized I was missing that part. The different people you meet and work with are what I enjoy the most. The traveling also is nice.

Most interesting place visited since joining the Navy: I love the history of Egypt, the pyramids and the statues. Israel is just a beautiful country, the people were so nice.

Hometown: Portsmouth, Virginia

Brief description of your job: Set up a little mini-mart for the troop's morale and welfare to give them a little taste of home while they're away.

What has been your greatest Navy achievement: Going to Kuwait twice. The first time we went out there, we did mobile mail, helping Sailors get their mail and send their packages out for Christmas.

Why did you join the Navy: I did eight years in the United States Marine Corps, then I decided to further my career and join the Navy because I wanted an adventure and to see the world. Basically what I do is customer service, I just love helping people.

Who has been your biggest influence since joining the Navy: My dad because he has always taught me to strive for the best in life.

What do you enjoy most about the Navy: Helping my fellow shipmates. Helping them advance in their skills and improve their way of life.

Most interesting place visited since joining the Navy: Yokosuka, Japan.

Current hobbies: I collect movies and music.

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.



**Aviation Ordnanceman
1st Class (AW)
Ivan Dominquez**



**Ship's Serviceman
2nd Class
Steven Anderson**

Words by
Pat Nicholson,
Force Family Support Program Manager

Disasters such as wildfires, mudslides, floods, tornadoes, hurricanes and earthquakes can occur anywhere. The best defense from any disaster is to be prepared and have a plan. Once you determine what types of disasters you and your family might likely face at your duty station, you may want to hold a family meeting to discuss what type of preparations need to be made.

Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team. Draw a floor plan of your home. Mark two escape routes from each room in the event of a fire and make sure to designate a “rally point” where everyone knows to meet after you exit the premises. Post emergency phone numbers near phones. Pick one out-of-state and one local friend or relative to be the family contact for family members to call if separated during a disaster. Teach these phone numbers to each family member, including children and older adults. Quiz your kids every once in a while to verify they are retaining this important information, and know how to use it when you are not there (babysitters included).

Naval Services FamilyLine has developed a new Guidelines Series book titled “Are You Ready? Guidelines for Navy Family

Emergency Preparedness.” This book is available by ordering directly from Naval Services FamilyLine at www.lifelines.navy.mil/Familyline (case sensitive). This book will assist in your preparations in developing a family emergency plan.

An important step in preparing for disaster is to ensure your DEERS information is up to date and correct. Now more than ever, the quality of your DEERS information will have a direct effect on the Navy’s ability to take care of you and your family’s needs. As of June 1 the Navy converted it’s electronic mustering tool from the BUPERS Online Disaster Mustering Tool (BOL/DMT) to the new and improved Navy Family Accountability and Assessment System (NFAAS) online tool. NFAAS was developed by Task Force Navy Family following the sprawling hurricane season of 2005 and provided excellent disaster management during the recent San Diego wildfires disaster.

The NFAAS system has become the single reporting system for Navy family members to inform the Navy regarding their status after a declared emergency.

It is important to remember that NFAAS takes its personnel input directly from DEERS. Therefore, it is important to remember that if you make changes in NFAAS, these changes will not carry over to your official DEERS information files.

You can view your current DEERS information by logging onto <https://www.dmdc.osd.mil/appj/address/indexAction.do>. This link sends you to the DMDC Web site, where you can log in using your CAC card or the sponsors SSN and UPDATE your address and phone numbers. Significant DEERS updates must be done in person but making sure that NFAAS has the right address and phone number data is critical and can be achieved through this DEERS portal. Always have your information current to be prepared in case of a disaster.

If you find yourself in a situation where a Navywide personnel muster is being ordered, or if you find yourself in a disaster situation, you can reach the NFAAS website by logging onto <https://www.navyfamily.navy.mil> to view your information.

If you discover your personal information to be incorrect, you must go back to your DEERS information and make appropriate corrections. Service members or family members in a military or federally declared disaster area may log on to the NFAAS website or call the Emergency Call Center at 1-877-414-5358 to report their current status.

No matter where your duty station is located, disaster preparedness is a central part of family readiness. Include all family members and pets in your plan. Don’t wait until it is too late. Take time now to develop a plan and be prepared!

“The best defense from any disaster is to be prepared and have a plan.”



Reserve Seabee Builds His Career Upon A Lifelong Dream

Story by
Mass Communciation Specialist
2nd Class Ron Kuzlik,
Navy Reserve Public Affairs

Like so many others in his generation, Frank Drewer joined the Navy after seeing the Navy recruiting advertisement, "It's Not Just a Job, It's an Adventure!"

While still 17-years old, Drewer contracted with the Navy to fulfill a lifelong dream to join the Navy and see the world.

Three months after graduating from Crisfield High School in Maryland in June 1980, he started his Navy adventure when he shipped off to boot camp at Recruit Training Command Great Lakes, Ill.

During his tour of active duty, Drewer completed Navy submarine school in Groton, Conn., graduated from torpedoman's mate "A" School at Naval Training Center, Orlando, Fla., and was later assigned to the nuclear-powered attack submarine USS Sculpin (SSN 590).

He rose rapidly through the ranks and was discharged as a first class petty officer when he left the active duty Navy in 1984.

Upon returning to Maryland, Drewer went to work for his father's electrical company, where he first started learning the trade from his father when he was just 12-years old.

However, after working in the civilian sector for several years, Drewer continued to miss the camaraderie of the Navy.

By this time, Drewer had become a master electrician in his civilian career, and was qualified to work on all kinds of residential, commercial and industrial projects. Since he was now self-employed, he was also concerned about retirement

benefits and a pension.

In 1997, he returned to the Navy as a part-time Sailor, affiliating with the Navy Reserve at Navy Reserve Center (NRC) Wilmington, Del., as a utilitiesman 3rd class assigned to Naval Mobile Construction Battalion (NMCB) 21 Det 0221.

Again, he continued to rise through the ranks. He changed his rating from utilitiesman to construction electrician, and was promoted to petty officer first class.

As a Reserve Seabee, he deployed to Iraq in 2003 in support of Operation *Iraqi Freedom* and the Global War on Terrorism. He also served as the communications chief on NMCB 21's field exercise at Camp Shelby, Miss., in 2003. Currently, Drewer is the battalion training chief and Seabee Combat Warfare pin coordinator for his detachment.

Whether the vice president of commercial operations or a Construction Electrician 1st Class, Drewer's work ethic exemplifies the best of the best.

For his efforts and dedication to duty, Drewer was

named the NMCB 21 Sailor of the Year, and 7th Naval Construction Regiment Sailor of the Year in FY2007.

NMCB 21 executive officer Lt. Cmdr. John Adams explained why Construction Electrician 1st Class Drewer was selected as battalion and regimental SOY.

"He is an inspirational leader and motivator who unselfishly and consistently gives 110 percent every time, all the time."

"When you look to the heart and the backbone of the Navy Reserve and why we are as effective as we are it's because of leaders like Construction Electrician 1st Class Drewer and the actions he takes every day for the Navy."

"He is an inspirational leader and motivator who unselfishly and consistently gives 110 percent every time, all the time."

Story by
Mass Communication 2nd Class Jason Trevett
Classroom photos courtesy of Presbyterian College
U.S. Navy photo by Mass Communication Specialist
2nd Class (SW/AW) Sunday Williams

When students first start their semester in one of Jonathan Smith's courses, he doesn't usually tell them he has a second career.

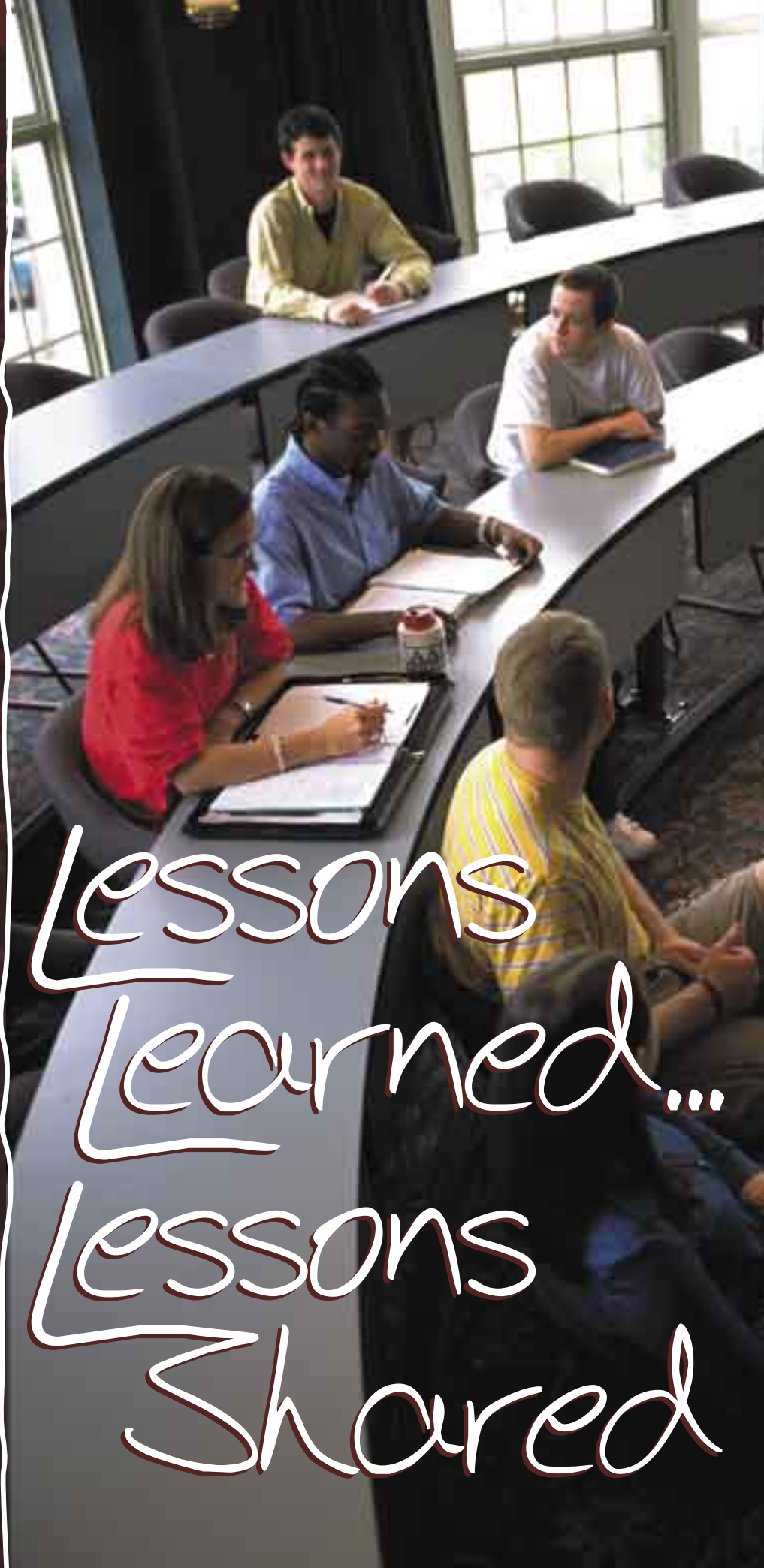
A career that complements his strong understanding of academic research and allows him to get firsthand multinational experience and knowledge most college professors would never have access to.

This unassuming professor of political science also serves as an intelligence officer in the U.S. Navy.

Cmdr. Jonathan C. Smith holds a doctorate in Political Science from the University of South Carolina and works as the Political Science department chair and pre-law advisor at Presbyterian College, a private liberal arts college in South Carolina.

"The students enjoy what he brings to his lectures because he stays current and engages them," said Larry Mulhall, a retired Army Lt. Col. and director of campus police for Presbyterian College. "He brings his own real life experiences from the Navy to help his students explore the events and decisions that will make history today."

Smith, 39, is currently the operations officer for U.S. Naval Forces Central Command (NAVCENT) 0174 at Naval Air Station, Jacksonville, Fla. The 20 member unit compiles intelligence products in support of NR NAVCENT, located in Manama, Bahrain.



Lessons
Learned...
Lessons
Shared



"I think his teaching background has had a huge impact on Cmdr. Smith's development of the junior officers in our unit," said Lt. Cmdr. Chip Walker, who serves as Smith's deputy. "He is heavily involved with senior enlisted training, and he works closely with the senior enlisted leaders and junior officers to help them to one day achieve a command position of their own."

The intelligence products the Reserve unit produces are typically extended analytical products that are strategic in nature, such as country analysis, for the 5th Fleet area of responsibility.

"Cmdr. Smith approaches these types of research products with an open mind, drawing on his extensive academic research experience that helps him make judgments after we have given him our inputs," Walker added.

As an intelligence officer, Smith has assisted in the selection of enemy targets, such as during the beginning of combat operations in Iraq when he mobilized in 2003 as the officer in charge for combat assessment for Joint Analysis Center (JAC) Royal Air Force Base Molesworth.

Smith was told he would be asked to deploy to London just 30 minutes before he walked into an interview with the college's board of trustees to inquire about his application for tenure.

"I found out later that day that I did get tenure, but it was a nervous situation to sit down before the board in charge of the college, the people who have the power to retain or dismiss you," Smith said.

"We had to do some scrambling to fill in for him," said Tom Weaver, a colleague at Presbyterian. "While he was gone we had an adjunct professor fill in for him. The college is very supportive with Jonathan's Navy Career, as is the faculty."

Between 1998 and 2007 Smith deployed on several six to eight-week intervals as Chief, Targets Branch, Joint Reserve Intelligence Support Element, Fort Gillem and to Joint Analysis Center (JAC), Intelligence Directorate, Headquarters, U.S. European Command.

As the Targets Branch Chief for NR EUCOM JAC 0167, he was directed to explore the feasibility of training drilling Reservists to attain certification from the National



Cmdr. Jonathan C. Smith holds a doctorate in Political Science from the University of South Carolina and works as the Political Science department chair and pre-law advisor at Presbyterian College.

Geospatial Agency (NGA) in precision-point mensuration. Personnel with this certification are critical in precision strike operations, according to Smith.

His team developed a training program and system plan to train a cadre of Reserve target analysts to achieve the NGA certification.

"The NGA certification training program was a testament to the drive and talent of some of the finest intelligence analysts I have ever worked with," Smith said.

As the first Reservist to qualify as a Joint Analysis Center Target Materials Quality Control Officer, Smith cleared a backlog of production and posted more than 140 quality assured target materials for theater operators and planners. He also helped the JAC focus its targeting capabilities by developing a theater strategy that fully integrates Reservists today.

Smith was awarded the Defense Meritorious Service Medal for his accomplishments.

He says editing and revising is a big part of producing quality intelligence products, and that his job as a political science professor has helped enormously in that regard.

"Of course you do a lot of grading as a professor, so that is where my quality control skills come into play," Smith said. "There is a lot of work in correcting intelligence background information. We want to be precise and quality research methods must be adhered to."

Smith is often asked to give briefs since he spends hours speaking each week in the classroom. He has taught classes at Presbyterian College since 1997 specializing in American politics, foreign policy, Constitutional law and Russian politics.

The college is located in Clinton, South Carolina between Greenville and Columbia. The small town lifestyle has been a great environment for his family, he says.

As a Reserve intelligence officer, Smith has had an extremely varied

and successful career, but his students also reap rewards from his background often without knowing of his Navy accomplishments.

"He has helped me a lot along the way with learning about American politics," said Hollis Chappell, one of Smith's students. "He took us to the primary elections in New Hampshire this year to work on the different presidential campaigns. His class discussion are easy to relate to because he gives examples and relates them to local things to make it easier to understand."

Smith recently completed a half Ironman triathlon, just to see if he could do it. He completed it in just over six hours. He says it's important that he keep a degree of fitness to stay competitive in his career.

"The Navy intelligence community just naturally fit with my interests and what I was learning about in college," Smith said. "So I pursued it, and am happy that I did."

TNR

"He brings his own real life experiences from the Navy to help his students explore the events and decisions that will make history today."





Reserve Sailor Marshaled His Career Path

Story by
Mass Communication Specialist
2nd Class Ron Kuzlik,
Navy Reserve Public Affairs

When Jesus M. Morales graduated from George Washington High School in 1986, the crime rate in New York City was escalating. Drugs, gangs and prostitution was at its peak. He joined the Navy because he did not see any opportunities for success in such an environment.

After completing boot camp at Recruit Training Command Orlando, Fla., and Yeoman "A" school in Meridian, Miss., Morales was assigned to the fast frigate USS McCandless (FF 1084) homeported in Norfolk, Va., and then later at National Defense University, Information Resources Management College (Joint Staff) in Washington, D.C.

Morales left active duty, and soon affiliated with the Navy Reserve. He became a police officer in Leominster, Mass., and using his education benefits under the GI Bill, graduated from Worcester State College with a bachelor's degree in Criminal Justice and Political Science. He later became a sworn Special Deputy U.S. Marshal, currently employed with the Department of Justice, Justice Management Division, Justice and Protective Services Operations in Washington, D.C.

As a Special Deputy U.S. Marshal, he is responsible for executing the functions and exercising the authority of the Attorney General and the Department Security Officer in administering security regulations prescribed by laws and Executive Orders.

His career in the Navy Reserve has had him serving as an operations clerk with a Navy transport squadron at the former Naval Air Station South Weymouth, Mass., as well as various administrative and operations billets at Naval Submarine Base New London, Conn., Naval Station Mayport, Fla., and NOSC Orlando, Fla.

Following Hurricane Katrina, he volunteered to support hurricane victims by providing force protection and law enforcement duties.

As Embark Security Team LPO and Unit Admin LPO attached to Embark Security Detachment 222, he deployed to Naval Support Activity (NSA) Bahrain in support of Operation *Iraqi Freedom/Vigilant Mariner*.

Just three weeks after returning home from NSA Bahrain, he again deployed with Navy Expeditionary Logistics Support Group Forward Headquarters FOXTROT to Camp Patriot, Kuwait Naval Base, Kuwait.

Currently, as a yeoman first class petty officer, he is on orders as lead yeoman and administrative assistant, Office of Global Maritime Situation Awareness at U.S.

Coast Guard Headquarters in Washington, D.C.

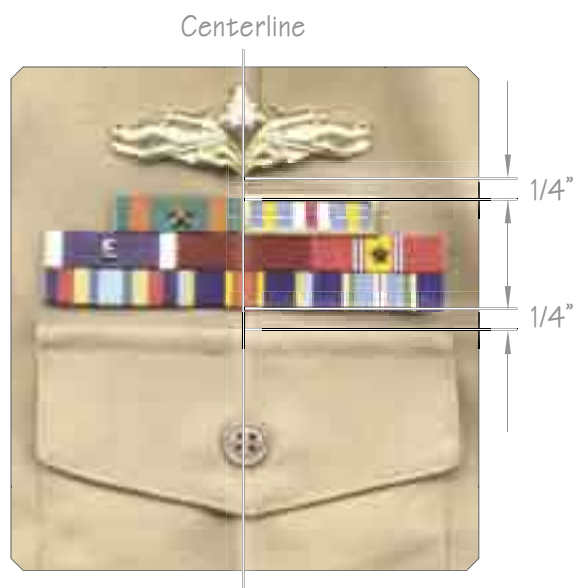
"It is our responsibility as leaders to develop our younger Sailors to achieve their goals both in the Navy and out of the Navy in their civilian lives."

"Be all you can be," says Morales. "Find a mentor that can take you under his or her wing to develop you into the best Sailor that you can be. It is our responsibility as leaders to develop our younger Sailors to achieve their goals both in the Navy and out of the Navy in their civilian lives." According to Rear Adm. Lee J. Metcalf, Director, National Office, Global Maritime Situation Awareness, Morales embodies the traits that make him an outstanding civilian and Sailor.

"Prized for his yeoman skills, law enforcement background and extraordinary knack for bringing order amongst chaos, YN1 Morales proves every day the added value the Reserve Component brings to the Navy mission." **TNR**

CNRFC PUBLIC AFFAIRS BACK TO BASICS

This month we will take a little refresher on the proper wearing and displaying of ribbons on a uniform. These measurements apply to all ranks and are taken from the Navy uniform regulations NAVPERS 15665I.



THE RIBBON RACK

Ribbons are worn in order of precedence, from highest to lowest, inboard to outboard. Ribbons are worn in rows of three. If not in multiples of three, the uppermost row contains the lesser number. Arrange the center of this row over the center of the one below it. The bottom of the ribbon rack shall be placed 1/4 inch over the left breast pocket. On uniforms with no left breast pocket, place ribbon rack in the same relative position as if there were a pocket.

If the Sailor has more than three ribbons, he may wear only three ribbons as long as they wear the three most senior ribbons. To determine the level of ribbon precedence, check the ribbon and medal precedence chart at http://buperscd.technology.navy.mil/bup_updt/508/unireg/Awards/index.htm.

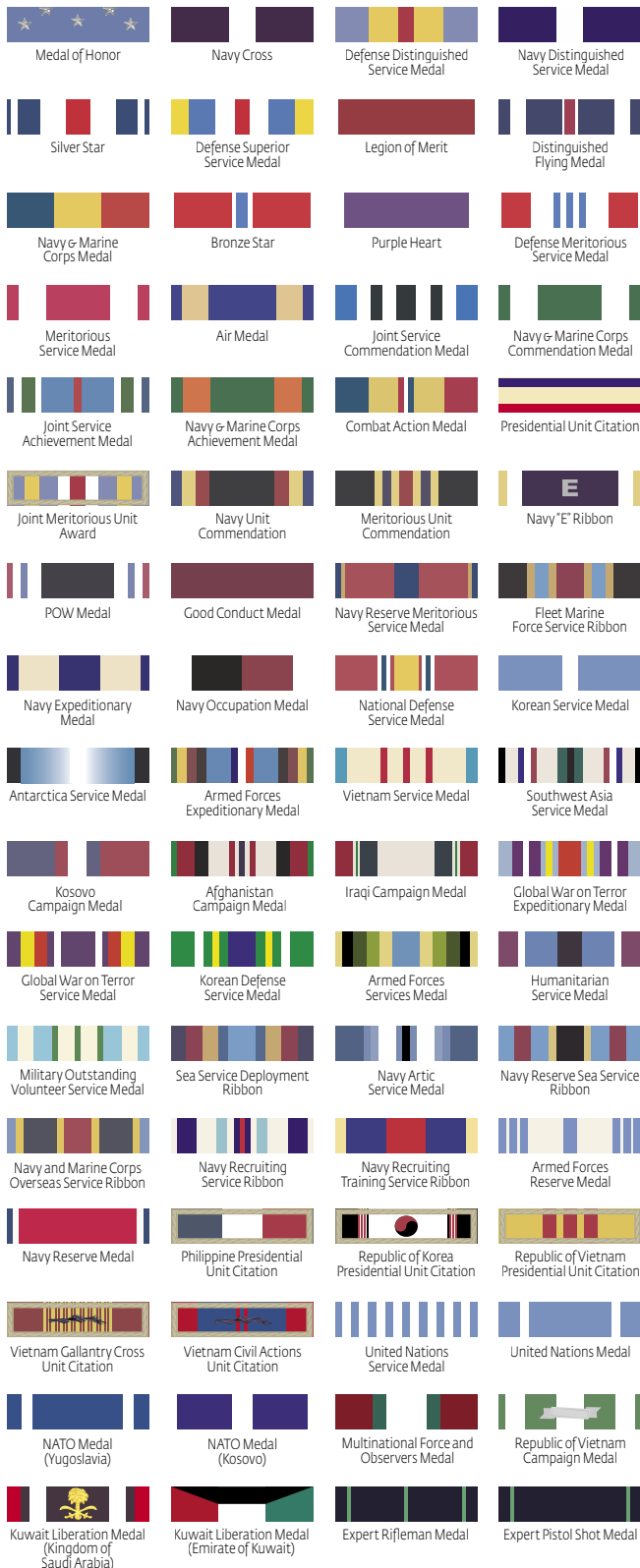
Ribbons Worn With Pride!

Words by
Mass Communication Specialist 2nd Class Ryan Hill

Note: Photo representations are not to scale.

- (1) Breast insignia are worn on the left side of the uniform in a primary position, or a primary and secondary position.
 - (a) Primary position with ribbons or medals. The insignia is centered above ribbons or medals with the lower edge of the device 1/4 inch above the top row of ribbons or medals.
 - (b) Primary position without ribbons or medals. The insignia is centered above the left pocket with the lower edge of the device 1/4 inch above the top of the pocket. For Navy coveralls and utilities the insignia is centered above the left pocket with the lower edge of the fabric strip approximately 1/4 inch above the "U.S. NAVY" tape strip <article 3101.6>.
 - For Dinner Dress Jackets, men center the insignia on the left lapel, 3 inches below the notch; women center the insignia on the left lapel down one-third the distance between the shoulder seam and coat hem.
 - (c) Secondary position with ribbons or medals. The insignia is centered below ribbons with the top of the device 1/4 inch below the top of the pocket or pocket flap, or centered below medals with the top of the device 1/4 inch below the lowest row of medals.
 - (d) Secondary position without ribbons or medals. The insignia is centered 1/4 inch below the top of the pocket or pocket flap.
 - For Dinner Dress Jackets, center the insignia on the left lapel, 1/4 inch below the primary insignia.
- (2) If wearing only one device, place it in the primary position.
- (3) Personnel with multiple qualifications, may wear two insignia, placing one in the primary position and the second in the secondary position, within the following guidelines:
 - (a) Only one insignia from any single category of insignia listed above <paragraph 5201.2.a.> is authorized for wear at the same time.
 - (b) Warfare qualification insignia take precedence over other qualification insignia and are placed in the primary position.

RIBBONS ORDER OF PRECEDENCE

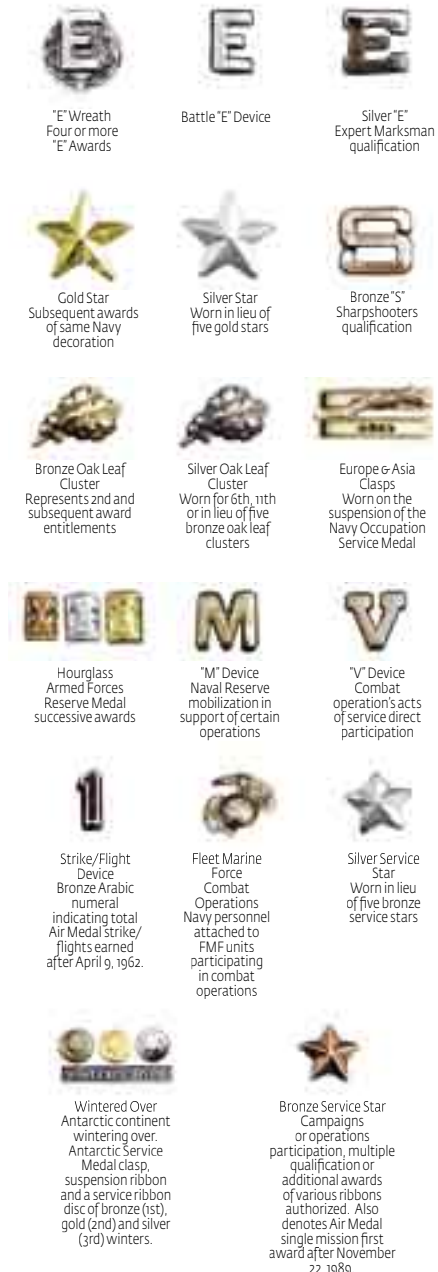


RIBBON DEVICES

Center a single device on the ribbon: stars with two rays pointing down, oak leaf clusters as horizontally as possible with the stems of the leaves pointing to the wearers right. Place multiples of the same attachment in a horizontal line close to and symmetrically about the center of the ribbon.

A silver oak leaf cluster is worn in lieu of five bronze oak leaf clusters.

A silver star is worn in lieu of five gold or five bronze stars.





Navy Coastal Warfare (NCW) provides dozens of missions every week. On many of them, Boatswain's Mate 3rd Class Christopher Carter Sanderson is found standing his watch.

The Play's The Thing

Story and Photos by
Chief Boatswain's Mate
Kirk D. Grill



What you might not guess is that he is a successful theater director, producer, and professor when he is not working with his Navy unit, NCW Squadron 21, Inshore Boat Unit 22. What is even more remarkable is that he has brought the world of New York theater into the service of Navy, and Embassy interests in Kuwait.

The U.S. Embassy in Kuwait has had a program for speakers called the American Corners for some time. The purpose of the program is to bring interesting talks to several Kuwaiti universities on topics of American culture, American business, and American law. U.S. citizens living and working in Kuwait have participated as speakers in American Corners from time to time, but never in the numbers that Embassy personnel would like to see. Until now.

Initially, Sanderson reached out to the Embassy to help him get in touch with the Theatre Department of the American University of Kuwait (AUK) and its program director Christopher Gottschalk. Professor Gottschalk was already familiar with the Embassy program and with the idea of helping U.S./Kuwaiti relations by using the

cultural medium of theatre. His Kuwaiti-American Drama Initiative would soon be bringing a production featuring Kuwaiti and American students to New York.

The Embassy put the two in touch, and an initial meeting and classroom visit led to the invitation to speak. The lecture was on Sanderson's New York theater company, Gorilla Rep NYC, Shakespeare and theatrical productions in New York and the U.S. With PowerPoint slides at his back, Sanderson delivered the lecture to approximately 75 Kuwaitis and citizens of other Gulf states.

"The students and faculty were great. They laughed at my bad jokes and asked really great questions about it all," Sanderson remarked afterwards. "The feeling of goodwill in the room was palpable, and I was very flattered to be asked back to teach again in January. They even had a copy of my book in the library and asked me to sign it!"

The success of this initial contact resulted in a letter of support to NCW Squadron 21's Commodore, Captain Brian LaRouche from the Embassy's Charge D'Affairs. Further consultation

with Tunisia M. Owen, Cultural Officer of the US Embassy, made it clear that others in NCWRONFWD 21's Reserve membership had backgrounds that the Embassy felt would make them great speakers for the American Corners program, and a beautiful partnership was born.

Squadron 21's involvement in the program will be serving the maritime strategy by providing increased trust and confidence in Navy personnel and the U.S. mission in theater. This confidence is a major asset to the command everyday. Trust was already evident at the first guest lecture that Sanderson gave at AUK and will be carried forward as more Navy members visit the Kuwaitis and speak on their civilian careers.

With Secretary of Defense Robert M. Gates talking about "soft power," NCWRON 21 is ready to deliver. "We have a reporter for a major newspaper in the Squadron, a lawyer soon to be a judge, and any number of certified CPR trainers who will make fascinating speakers," enthused Sanderson, "it has all been such a fortunate series of connections. Look what Navy Reservists can do!" **TNR**

USS Kearsarge

Story and Photos by Mass Communication Specialist 1st Class Barrie Barber,
U.S. Fleet Forces Command Navy Reserve Public Affairs

A Reservists' Real-life Classroom



Sailors aboard the amphibious assault ship USS Kearsarge (LHD 3) man the rails as the ship returns to homeport after a six-month deployment.

U.S. Navy photo by
Mass Communication
Specialist Seaman
Tristan Miller

U.S. Navy Reserve Hull Technician 3rd Class John Wright arrived aboard USS Kearsarge (LHD 3) looking for answers on Navy life.

When he left, the Citizen Sailor said he would join the active-duty side when his Reserve contract ends.

"It kind of cleared up the misconceptions I had about my rating," said Wright, of Navy Operational Support Center Raleigh, N.C. "Staying on the ship kind of cleared everything up, and I decided it's what I wanted to do."

Reservists from throughout the Eastern United States came aboard USS Kearsarge in March for a "Waterfront Weekend" while the 844 ft. long and more than 40,000-ton amphibious assault ship was moored at Naval Station Norfolk, Va. The two-day event gave them a chance, among other experiences, to practice putting on firefighter gear and see their ratings in action among their active-duty counterparts in the fleet.

Normally home to a crew of nearly 1,200 officers and enlisted and 2,000 Marines equipped with Harrier



Chief Aviation Ordnanceman (AW) Louis LaDelia gives a tour of the flight deck of the USS Kearsarge (LHD 3) to Navy Reservists during a "Waterfront Weekend" at Naval Station Norfolk, where they learned "Navy-Life" firsthand.

jump jets, helicopters and hovercraft, 29 Reservists had center stage from the flight deck to the boiler compartment.

The hands-on training showed "the Navy is more than just a brick wall at a Reserve center," **Chief Operations Specialist Richard Neubauer** said.

"You're actually living and breathing the actual shipboard life,"

added Neubauer, home-based at NOSC Raleigh, N.C. "It has given them confidence that, 'I'm part of the Navy team.'"



Navy Operational Support Center Charlotte Seaman Recruit Brandy Hamilton prepares to don a firefighting mask.

Master Chief Storekeeper Sandra W. Hughes, Waterfront Weekend coordinator, said no other training initiative lets Reservists stay aboard a warship for a weekend.

"That's a golden opportunity," she said.

For the first time, commissioned officers joined the crew of Citizen Sailors.

"I wanted to open it up to everybody," Hughes said. "The ships have opened their arms and they're ready to support whomever."

Ens. Erica Pereira, of NOSC

Navy Reservists from the eastern United States lived the "Navy-Life" on March 14-16 aboard the USS Kearsarge (LHD 3).



"You're actually living and breathing the actual shipboard life."

Orlando, Fla., is an electrical engineer in the civilian world. As a Kearsarge Sailor, for the weekend at least, she was part of the ship's wardroom.

"Whenever I get deployed aboard a ship, I'll know what to do," she said.

For **Lt.j.g. Timothy Nguyen**, it was the first time inside the cavernous hangar and mess decks of a large warship.

"It's a big step for me," said Nguyen, a Reservist at NOSC Manchester in New Hampshire.

The Sailors were eager to learn, said **Operations Specialist 3rd Class Caitlin Cannon**, a Kearsarge Sailor, who helped teach them how to don and operate firefighting gear, complete with masks and oxygen tanks.

"If they decide to go active-duty, this will help them in the long run," she said.

Information Technician 2nd Class Wilma Young listened to her husband, Ambrose, tell sea stories about serving in the Navy. She decided to follow his lead.

"Now I feel like I'm getting the visual for all that yapping he did



Navy Operational Support Center Charlotte Machinery Repairman 3rd Class Ahmad Johnson is shown the finer points of their craft by Machinery Repairman 3rd Class Nicholas Cassata

all those years," said Young, assigned to NOSC Norfolk, Va.

Her time aboard Kearsarge was a lesson in itself for the civilian school teacher. "It's on point, it's well-organized and very well structured," she said.

Master at Arms 3rd Class Ian Sullivan, a non-prior service Reservist, drove from his home in West Virginia to Naval Station Norfolk and found a classroom on the sea, too.

"I just never really thought about the impact that an LHD can have on the fleet," said Sullivan, who is assigned to NOSC Eleanor in his home state. "I like to learn things and just being aboard ship you learn so much just by your daily routine."

Perhaps the biggest adjustment:

Living in the confined space in the berthing compartment.

"It's tight, but sometimes you have to be out of your comfort zone to really appreciate things in life," he said. "I wanted to say my Navy experience included being aboard a ship and understanding what living on a ship was like." **TNR**



Navy Operational Support Center Raleigh Reservists Master-at-Arms Seaman David Oliveri (left) and Hull Technician 3rd Class John Wright undergo firefighting training.

The words "Citizen Sailor" are often used to describe Navy personnel who serve under Reserve status. These are men and women who have volunteered their time to help keep the United States free. Under drill status they join their active counterparts in fulfilling the Navy's Maritime Strategy, the commitment by the maritime services to work cooperatively with allies in realizing the shared vision of mutual security, stability and prosperity.

Regardless of the job a Sailor performs as a civilian, the lessons learned in that field can assist the Navy. Aviation Serviceman Chief Petty Officer John Malagon works as a Transportation Specialist for Los Angeles County. He was recently called to active duty and trained



Citizen Sailors

Contributing Since the Beginning



Story by
Mass Communication Specialist 1st Class
Jose Lopez, Jr.



with the U.S. Army 405th Civil Affairs Battalion. After his training he deploys to Afghanistan.

"It is vastly different to compare military and civilian duties," Malagon said. "I believe one of the most substantial contributions we as Sailors bring is a strong aptitude and ability to adapt."

The East Los Angeles native served as Non-Commissioned Officer-in-Charge for the CJ-9 directorate, Combined Forces Command Afghanistan. He served a one-year tour of duty in country before returning to his civilian life.

Not all personnel who serve in the Navy Reserve have had the chance to serve as active Sailors. However, some have unique civilian careers that benefit the Navy while in and out of uniform. Yeoman 2nd Class Andrew M. Serafico of Sparks, Nev., has one of these careers.

"As a veteran's representative, I am able to inform our Sailors the benefits that are available to them once they leave military service," said Serafico, a service representative with Veteran's Affairs who sees military personnel on a regular basis as a civilian. "My job essentially bridges the gap for personnel leaving the military and entering the civilian world."

The U. S. Navy Reserve Force was established in 1915 after a Congressional campaign launched by then Secretary of the Navy Josephus Daniels and his assistant, Franklin D. Roosevelt. Daniels had noticed the interest of U. S. Citizens in defending its shores during the Spanish-American War of 1898. However, this was not the first time Citizen Sailors had taken arms in defense of the nation.

The first recorded action of Citizen Sailors came in 1775, when citizens of



the coastal town of Machias, Maine, took control of the British schooner Unity. They put to sea and engaged the British schooner HMS Margaretta. The Americans overpowered the British with muskets and pitch forks. In this case, local citizens with very little or no experience contributed greatly to the nation. Nowadays those who join the Navy do so in a less dramatic way, but it is still a decision that affects their lives.

"To be honest, it was just a spontaneous decision I made," said Storekeeper 3rd Class Petty Officer Joann B. Consiglio of Harlingen, Texas, who works as an assistant physical education teacher at an elementary school. She served with Inshore Boat Unit 1 patrolling the shores of Kuwait during her first enlistment. "One day I went to find out more about the Navy Reserve and I liked what I heard and felt I was up for the challenge."

Like Consiglio, nearly two hundred years earlier, Citizen Sailors would "feel up to the challenge" and see action in the War of 1812 and Civil War. But it was their participation in the Spanish-American War that started a movement to establish a Reserve force. The volunteers assisted in coastal defense and aboard ships. By the war's end, 263 officers and 3,832 enlisted personnel from various state Naval Militias had answered the call to serve.

The story is not much different in maintaining the goals of the Navy's Maritime Strategy. Since the terrorist attacks in New York City and Washington D.C., men and women from around the nation have joined the services. Many serve under Reserve status, where they can

practice a profession in their local community and fill the ranks of the Navy when called.

Like their active duty counterparts, Reserve Sailors, or "Citizen Sailors", must also make great sacrifices to serve their country. When called upon, a Citizen Sailor must follow U. S. Navy Regulations and in some cases give up liberties guaranteed by the Constitution. If called to deploy, like many Sailors in the past, they must leave their families behind to ensure the success of their mission.

"My family has always supported my military obligation," said Malagon regarding his recent deployment. "When you have that, it can only benefit the member and help them stay strong."

For those who have yet to be called, the feelings involved with the separation may be new.

"Though I have never been away, I

believe the biggest thing I would miss would be family, friends and the comforts of home," said Serafico. "Like anyone who has been deployed, I'm

sure my family would miss me, but know that I am doing what I have always wanted; to serve my country as a Sailor in the U.S. Navy."

Since the birth of the United States, Citizen Sailors have answered the call to serve. They have fought side-by-side with their active duty counterparts across the globe. At this time the Reserve Force represents 20 percent of the total Naval Force. There are approximately 700,000 men and women serving as Citizen Sailors in support of the Navy as ready Reserve, standby Reserve and retired Reserve. Of those, approximately 6,000 are mobilized in support of operations with the fleet.

Like their active duty counterparts, some Reserve Sailors serve on the front lines with Soldiers, Airmen and Marines. With the Maritime Strategy, Sailors must adapt and serve in areas they were not traditionally required to in the past. In Afghanistan, Malagon served for a three star Army general.

"Not a day went by without seeing first hand the professionalism and courage displayed in the execution of our duties and some, may I add ... at a great cost," he said.

TNR





Reserve Sailor Brings The Navy Core Values to Civilian World

Story by
Mass Communication Specialist
1st Class Barrie Barber,
*U.S. Fleet Forces Command
Navy Reserve Public Affairs*

Senior Chief Quartermaster Patrice M. Frede brought the core values of the Navy to her civilian job, but the camaraderie and commitment to a cause greater than herself brought her back in uniform in the Navy Reserve.

In the civilian world, she is the director of development for the College of Allied Health Sciences at East Carolina University, where she focuses on fundraising.

"If someone would have asked me a year ago what being in the Navy has to do with fundraising, I wouldn't have had a good answer," said Frede, who's affiliated with Navy Operational Support Center Raleigh, N.C.

"Today, however, it is entirely apparent to me that the Navy's core values guide me in what I do every day," she said. "Honor in that I am accountable to the donors for my actions, courage to respect the donors' intent and commitment to best practices in the stewardship of our donors' generosity."

Frede was a laid-off assistant bank manager 15 years ago when she joined the active-duty Navy. She completed boot camp and Quartermaster "A" School in Orlando, Fla., and then reported to USS Santa Barbara (AE 28) as "the oldest seaman aboard" at the age of 30.

Determined to eliminate that title, she eventually climbed the ranks to petty officer second class.

When she married and returned to the civilian world, the Navy wasn't far behind.

"Within one month," she said, "I was in the Reserve recruiter's office. I missed the camaraderie and the sense of belonging to something that stands for the greater good."

"It is actually what I learned in the Navy that I took into the civilian world, not only our core values of honor, courage and commitment," she said, "but also appreciating individuality, a sense of conviction and concern for the welfare of others."

Frede was among about 30 Reservists who reported aboard USS Kearsarge (LHD 3) moored at Naval Station Norfolk, Va., during a "Waterfront Weekend." The Citizen Sailors learn what life is like aboard a warship.

"Waterfront Weekend allows me the chance to do what others have done for me," she said. "It's about giving our people an opportunity to do something that not everyone can do. It's about helping Sailors learn and watching professionals grow. For that weekend they

are part of the crew. They eat, shower and sleep on the ship. They even participate in drills, duty-section training, regular duties of the crew and they partnered with a 'mentor' in their rate for one-on-one training.

"Each time we bring a group of Sailors onboard a ship," she added, "it is truly an amazing thing to watch how in just three days, they go from being unsure of themselves crossing the Quarterdeck for the first time, to smartly requesting permission to go ashore at the conclusion of the evolution. They even seem to walk a little taller and a little prouder as we watch them and wonder if they realize they are the future of our Navy."

"I missed the camaraderie and sense of belonging to something that stands for the greater good."

TNR



When Lt. Cmdr. Victoria Kou signed up for Operation Arctic Care 2008, she expected to do only routine health care among native Alaskans – a change of pace from her day job as an emergency medicine doctor in Summit, N.J.

That wasn't the case in the remote village of Karluk, population 32, where Kou found herself doing just what she does back home: racing the clock, this time to coordinate a medical evacuation for an elderly woman whose heart condition took a sudden turn for the worse.

"It's what you hope won't happen," Kou said. "You're in these extreme austere conditions without basic

medical diagnostic capabilities that you take for granted in the lower 48 states. There was no ambulance service, only an outdated clinic with limited supplies, and you could only get to the town by air. The weather was horrible, snow and high winds. "Thankfully, we were able to get her to emergency care quickly via the Coast Guard. The entire village was incredibly grateful."

Kou's unexpected evac is a perfect snapshot of why Arctic Care remains a priority of the Innovative Readiness Training program, under the Office of the Assistant Secretary of Defense, Reserve Affairs. Since 1995, the mission has annually sent teams of military health-care providers – Navy, Army, Air Force and their Reserve components, along with uniformed members of



Alaskan Villages Benefit from Joint Military Medical Outreach

Story by
Mass Communication Specialist
2nd Class Matt Grills

U.S. Air Force Photos by
Master Sgt. John R. Nimmo, Sr.

the U.S. Public Health Service – into Alaska’s most medically underserved communities. There, they examine and often treat residents who under most conditions don’t receive localized frequent care, all while testing their ability to deploy and operate as a joint force.

This year Arctic Care went to six villages on the island borough of Kodiak: Akhiok, Karluk, Larsen Bay, Old Harbor, Ouzinkie and Port Lions. About 75 U.S. military members participated. Fifteen were Navy Reservists, including five officers from the planning team for next year’s Arctic Care.

“This is a popular mission, because it’s always rewarding, always fun and always different,” Air Force Lt. Col.

LEFT: U.S. Navy, Army and Air National Guard health-care providers prepare to board a Coast Guard helicopter from Air Station Kodiak for transport to the village of Larsen Bay, Alaska, March 6, 2008. Joint military teams provided medical, dental, optometry, veterinary and mechanical services to six medically underserved island communities as part of Operation Arctic Care 2008, an annual training event sponsored by the Innovative Readiness Training program under the Office of the Assistant Secretary of Defense for Reserve Affairs.

BOTTOM: Virginia Air National Guard Lt. Col. Thomas Koertge, commander, 192nd Medical Group, performs a dental screening on Sarah Muller, 15, in Ouzinkie, Alaska, March 6, 2008. Looking on is U.S. Air Force Lt. Col. Jason Hall, chief, Medical Support Division, Headquarters Air Force Reserve Command, as he coordinates Coast Guard helicopter support to get a medical team to a neighboring village.

Jerry Arends of Fargo, N.D., Operation Arctic Care 2008 officer in charge said. “People volunteer to come here, so you start out on a positive note.”

That certainly helped in Kodiak, where adverse weather prevented use of the Alaska Army National Guard’s

UH-60 Black Hawk helicopters to deliver personnel and supplies. In the end, medical teams arrived at their destinations via chartered fishing boats, Coast Guard helicopters, a local airline and the island’s Civil Air Patrol. Immediately, teams began scheduling appointments for local residents, who enthusiastically greeted their military guests with potluck dinners and makeshift quarters in school gyms and community centers.

“We have people here who would not have access to medical care otherwise, so Arctic Care is a real godsend,” said Judy Raymond, mayor of Port Lions, a commercial fishing village of about 190 people.

“I look around and see some residents who haven’t been out in quite some time. One woman called me and said it wasn’t just care she had received but conversation, and she appreciated that.”

During the week, optometry had the highest number of patients, with 224 eye exams given and 114 vision screenings for students in kindergarten through 12th grade.

Back at a lab at U.S. Coast Guard Integrated Support Command Kodiak, a two-person team from the Naval Ophthalmic Support and Training Activity (NOSTRA) in Yorktown, Va., received prescriptions by fax and produced 232 pairs of free eyeglasses in just a few days.

“Thankfully, we were able to get her to emergency care quickly via the Coast Guard. The entire village was incredibly grateful.”



Meanwhile, Navy dentists and dental technicians were busy doing cleanings, fillings and extractions, seeing 188 adults and children.

"I had patients in every chair all day, except for lunch hour," said Capt. Ruth Bialek of Glenview, Ill., whose civilian job is dental officer at Recruit Training Command Great Lakes.

When her team landed at Port Lions, they found only dental equipment – "no supplies, no instruments, nothing," Bialek said. Because local dentists are responsible for both Kodiak and its scattered communities – some two or more hours distant – they take their instruments with them from village to village.

"The Air Force and the Army came through with a lot of stuff," Bialek said. "Everybody brought something different to the table."

Surprising to her was the large number of non-native residents hoping to be seen. The Kodiak Area Native Association, or KANA, provides health and social services for the borough's natives, called Alutiiq. Because of cost and distance – an hour or longer by air – those needing to see a doctor often wait until KANA comes to their village. Non-natives, however, must fly to Kodiak or even Anchorage for treatment.

"The non-beneficiary residents of our remote villages don't have access to our chronic care," said Cmdr. Preston Van Curen of the U.S. Public Health Service and KANA's pharmacist. "When Arctic Care comes to the island, it's a big bonus for those people."

Chief Hospital Corpsman Aimee Arnold of Lebanon, Pa., spent a week in Ouzinkie, a mostly native fishing village of about 200 people. As a dental hygienist in her civilian job, she was eager to teach local children how to have healthy teeth and gums.



"This is a popular mission, because it's always rewarding, always fun and always different."

"We got to go into the school and do oral education, and the students were wonderful," Arnold said. "They love asking questions. I think one of them is probably going to end up being a dentist. He knew how many teeth are in the mouth, which were the molars and which were the incisors."

In their off hours in Ouzinkie, members of the military teams played basketball with younger residents and were even treated to an Alutiiq dance by native children.

Hospital Corpsman 2nd Class Sandra Boeshore, also from Lebanon, Pa., saw nearly 50 patients. She spent her time in Ouzinkie and Larsen Bay doing much of what she does in her civilian job as dental technician: set up, clean up, fillings and sterilizing instruments.



TOP: Navy Reserve Lt. Cmdr. Victoria Kou of Summit, N.J., performing a check-up on John Pestrikoff, age 93. He is one of a vanishing group of trilingual Alutiiqs born when the Russian America part of Alaska was still adjusting to the new ways of the Americans. He speaks English, Russian and Alutiiq, the native language.

CENTER: Navy Reserve Cmdr. Richard Brinker, left, consults with Army Capt. Michael Bingham on an X-ray of an incoming patient in Port Lions, Alaska.

RIGHT: Capt. Ruth Bialek of Glenview, Ill., is assisted by Hospital Corpsman 2nd Class Dominador Fabros of San Leandro, Calif., as she performs a patient's dental cleaning.

Photo by Air Force Staff Sgt. Celena Wilson

Handing out toothbrushes and toothpaste at Ouzinkie's school, and encouraging curious children to think about a career in dentistry, Boeshore enjoyed answering questions about her life back home – and hearing what it's like to live in a small Alaskan community.

"Just as we started forming relationships, it was time to go on to the next village," she said. "You leave knowing you helped people and

educated them. Whether or not they use the skills you teach them, you know you provided it for them. It was a great experience."

Besides medical and dental support, Arctic Care provided for villagers' four-legged friends. Staff from the U.S. Army Veterinary Service's Alaska District walked door to door, performing 422 vaccinations, 378 dewormings, 30 spays and neuters, and four surgeries. In addition, they visited schools to teach dog-bite prevention and proper handwashing techniques.

As Arctic Care has grown, so has its array of services. This year the Air Force sent a physical therapist, a dermatologist and a psychiatrist. Future missions are hoped to include a nutritionist.

Because many villagers captain their own fishing boats, CPR and first-aid classes also were offered, with nearly 100 students certified.

For the first time, three Marine Reservists – all Power Pro specialists – accompanied medical teams to the villages. There, they inspected and repaired generators, and instructed others in preventive maintenance.

"Our mission was to make sure we could fix a problem, and if it happened again, make sure they knew how to fix it," said Lance Cpl. Kenneth Helsper of Wichita, Kan. "For the most part, they were glad we were there."

For Lt. Cmdr. Tim Russell of Oakland, Calif., assistant officer in charge for Operation Arctic Care 2009, the week was a crash course in learning how to bring together the right people and the right resources for a joint military operation that, from a health-care perspective, literally saves lives.

"We've got a good jump on next year's exercise," Russell said. "What we've seen is that we must get involved in the communities as early as we can so that we can get an idea of their true needs."

Next year's Arctic Care is scheduled for Bethel and its surrounding communities, in Alaska's interior. "When they say 'surrounding' in Alaska, that's an area the size of North Dakota or South Dakota," Russell said. "We'll be busy."

After working in Port Lions all week as a dental technician, Hospital Corpsman 2nd Class Dominador Fabros of San Leandro, Calif., said the experience has reminded him that these Alaskan villagers – natives and non-natives alike – are Americans, too.

"This mission surprised me," Fabros said. "I didn't expect that within our own back yard there are people who need our help." **TNR**



"We have people here who would not have access to medical care otherwise, so Arctic Care is a real godsend."



ACRONYMS

You Should Know These

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

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

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

DCO - Direct Commission Officer
DDS - Direct Deposit System
DEERS - Defense Eligibility Enrollment Reporting System
DEMOB - Demobilization
DFAS - Defense Finance and Accounting System
DOD - Department of Defense
DONTFS - Department of the Navy Total Force System

ECRC - Expeditionary Combat Readiness Center
EOS - Expiration Of Service
ESG - Expeditionary Strike Group
ET - Equivalent Training

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

IA - Individual Augmentee
IADT - Initial Active Duty Training
IAG - Information Assurance Group
IAP - In Assignment Processing
IDT - Inactive Duty Training
IDTT - Inactive Duty Training Travel
IED - Improvised Explosive Device
IMAPMIS - Inactive Manpower and Personnel Management Information System
IRR - Individual Ready Reserve
ISAF - International Security Assistance Force

JCS - Joint Chiefs of Staff
JRB - Joint Reserve Base
JSAG-I - Joint Services Action Group - Iraq
JSOC - Joint Special Operations Command
JSOTF - Joint Special Operations Task Force
JTF GTMO - Joint Task Force Guantanamo Bay
JTF HOA - Joint Task Force Horn of Africa

MCAG - Maritime Civil Affairs Group
MEPS - Military Entrance Processing Station
MESF - Maritime Expeditionary Security Force
MILPERSMAN - Military Personnel Manual
MIUW - Mobile Inshore Undersea Warfare
MNFI - Multi-National Forces Iraq
MNSTC-I - Multi-National Security and Training Command - Iraq
MOB - Mobilization
MRE - Meals Ready to Eat
MTT - Military Transition Teams

NAF - Naval Air Facility
NAS - Naval Air Station
NAT - New Accession Training
NAVELSG - Navy Expeditionary Logistics Support Group
NAVSTA - Naval Station
NAVET - Navy Veteran
NCO - Non-Commissioned Officer



NCS - National Call to Service
NEC - Navy Enlisted Classification (or Code)
NECC - Navy Expeditionary Combat Command
NEX - Navy Exchange Service
NMPS - Navy Mobilization Processing Site
NOBC - Navy Officer Billet Classification (or Code)
NOE - Notice Of Eligibility
NOSC - Navy Operational Support Center
NPQ - Not Physically Qualified
NR - Navy Reserve
NRIP - Navy Reserve Intelligence Program
NROTC - Naval Reserve Officer Training Corps
NROWS - Navy Reserve Order Writing System
NRWS - Navy Reserve Web Site
NSA - Naval Support Activity
NSIPS - Navy Standard Integrated Personnel System
NSPS - National Security Personnel System

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

PAYPERSMAN - Navy Pay and Personnel Procedures Manual
PCS - Permanent Change of Station
PFA - Physical Readiness Assessment
POC - Point of Contact
POV - Privately Owned Vehicle
PRC - Presidential Reserve Callup
PRD - Projected Rotation Date
PRIMUS - Physician Reservists in Medical Universities and Schools
PRT - Physical Readiness Test or Provincial Reconstruction Team
PSD - Personnel Support Detachment

RBSC - Reserve Billet Sequence Code
RC - Reserve Component
RCC - Reserve Component Command
RCCPDCS - Reserve Component Common Personnel Data System

RCHB - Reserve Cargo Handling Battalion
RESFORON - Reserve Force Squadron
RIAC - Reserve Intelligence Area Commander
RIPO - Reserve Intelligence Program Officer
RHS - Reserve Headquarters System
RTB - Reserve Transition Benefits
RTSS - Reserve Training Support System
RUAD - Reserve Unit Assignment Document
RUIC - Reserve Unit Identification Code

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

TAR - Turn Around Ratio
TOC - Tactical Operations Center
TRUIC - Training Reserve Unit Identification Code
TSC - Combatant Commanders Theater Security Cooperations

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

VTU - Volunteer Training Unit



Gunner's Mate 1st Class Jimmy Seago, assigned to Mobile Inshore Undersea Warfare Unit One Zero Eight (MIUWU 108) mans an M-60 machine gun while patrolling the port of Ash-Shu'aibah, Kuwait. MIUWU 108 is made up entirely of Reserve units, providing seaboard anti-terrorism protection for the harbor.

U.S. Navy photo by Mass Communication Specialist 3rd Class Eric L. Beauregard

RC Phone Directory

Chief of Navy Reserve
(703) 693-5757

Office of the
Chief of Navy Reserve
(703) 614-3047

Commander Navy Reserve Forces
Command
(504) 678-5313

Force Equal Opportunity Advisor
& EO Hotline
Senior Chief Margaret Hoyt
1-877-822-7629

Naval District Washington RCC
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(410) 752-4561

Region Mid Atlantic RCC
1-866-444-7295

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VFC-13
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VFC-111
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HSC-85
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HCS-84
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HSL-60
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VP-30 SAU
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VAQ-129 SAU
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VAW-120 SAU
(757) 444-5072

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(559) 998-1796

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Expeditionary Strike Group Two
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Supply Center Jacksonville, Fla.
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Fleet Intelligence
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(619) 524-5814

Headquarters
US Marine Corps
DSN: 278-9360

Joint Chiefs of Staff
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(703) 693-9753

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Western Pacific
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Mine and Anti-submarine
Warfare Command Corpus Christi
(361) 961-4858

Naval Air Force
US Atlantic Fleet
(757) 444-8400

Naval Air Forces/
Naval Air Force
US Pacific Fleet
(619) 545-2734

Naval Construction
Forces Command
(757) 462-7441

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

Naval District Washington
Headquarters
(202) 433-0525

Naval Education and
Training Command
(850) 452-8580

Navy Expeditionary
Logistics Support Group
(757) 887-7639

Naval Facilities
Engineering Command
(202) 685-9355

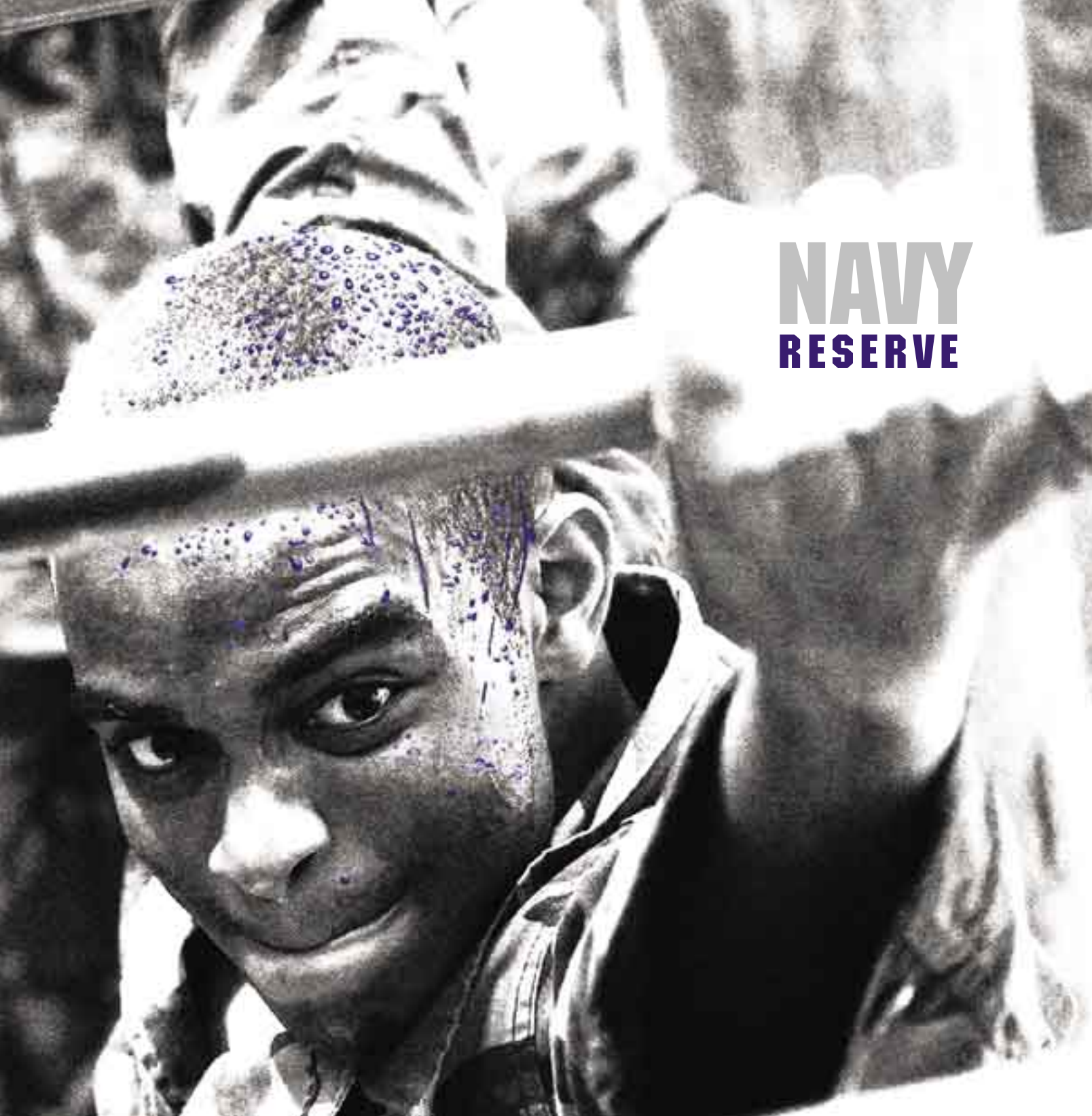
Naval Health Care New England (401) 841-3771	Naval Information Operations Command(NOIC) Maryland (301) 677-0817	Navy Region Singapore 011-65-57-50-2594	US Pacific Command (808) 477-2322
Naval Hospital Bremerton, Wash. (360) 475-4375	NOIC San Diego, Calif. (619) 545-9920	Navy Region Hawaii (808) 473-1168	US Pacific Fleet (808) 474-8415
Naval Hospital Camp Lejeune, N.C. (910) 450-3282	NOIC Pensacola, Fla. (850) 452-0400	Navy Region Midwest (847) 688-2884	US Second Fleet (703) 696-6676
Naval Hospital Camp Pendleton, Calif. (760) 725-1288	NOIC Misawa, Japan 011-81-3117-66-2834	Navy Region Northwest (360) 315-5609	US Seventh Fleet 011-81-6160-43-7440 x4090
Naval Hospital Charleston, S.C. (843) 743-7000	Naval Service Training Command Great Lakes, Ill. (847) 688-5410	Navy Region Southwest (619) 532-1239	US Sixth Fleet 011-39-081-568-1267
Naval Health Clinic Great Lakes, Ill. (847) 688-6699	Naval Special Warfare Command (619) 437-2848	Office Naval Intelligence (301) 669-4602	US Southern Command (305) 437-2987
Naval Hospital Jacksonville, Fla. (904) 542-7458	Naval Special Warfare Operational Support Group (619) 522-3232	Office of Naval Research (703) 696-6676	US Strategic Command (402) 294-8141
Naval Hospital Lemoore, Calif. (559) 998-2529	Naval Station Rota Spain 011-34-956-82-2483	Puget Sound Naval Shipyard (360) 476-7683	US Third Fleet (619) 524-9537
Naval Hospital Naples Italy 011-39-081-811-6099	Commander Submarine Force US Atlantic Fleet (757) 836-4700	Sealift Logistics Command Atlantic (757) 443-5653	US Transportation Command (618) 229-7084
Naval Hospital Oak Harbor, Wash. (360) 257-9991	Naval Supply Systems Command (717) 605-3565	Sealift Logistics Command Europe 011-39-081-568-3568	Naval Reserve Intelligence Command
Naval Hospital Pensacola, Fla. (850) 505-6601	Naval Support Activity, Bahrain 011-973-17-85-9019	Sealift Logistics Command Pacific (619) 553-7787	Reserve Intelligence Command Headquarters Fort Worth, Texas (800) 544-9962
Naval Hospital Yokosuka, Japan 011-81-6160-43-9549	Naval Surface Force US Atlantic Fleet (757) 836-3057	Space And Naval Warfare Systems Command (619) 524-7323	Regional Intelligence Area Northwest Silverdale, Wash. (360) 315-6001
Naval Inspector General Hotline (800) 522-3451	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2342	COMSUBPAC (808) 473-2517	Reserve Intelligence Area Southeast New Orleans, La. (888) 347-2606
Naval Medical Center Portsmouth, Va. (757) 953-5008	Naval War College (401)-841-7539	Submarine Group Nine (360) 396-6530	Reserve Intelligence Area Southeast Fort Worth, Texas (800) 548-4783
Naval Medical Center San Diego, Calif. (619) 532-6400	Navy Emergency Preparedness Liaison Officer Program (504) 678-4264	Submarine Group Ten (912) 573-3733	Reserve Intelligence Area Southeast Jacksonville, Fla. (877) 882-7396
Naval Medical Education and Training Command (301) 319-4966	Naval Expeditionary Combat Command (757) 462-7400 x167	Submarine Squadron Eleven (619) 553-7033	Reserve Intelligence Area Southwest San Diego, Calif. (800) 873-4139
Naval Meteorology and Oceanography Command (228) 688-4531	Navy Expeditionary Logistics Support Group (757) 887-7639	US Central Command (757) 836-4180	Reserve Intelligence Area Southwest Aurora, Colo. (720) 847-6240
Naval Network and Space Operations Command (540) 653-5001	Navy Installations Command (202) 433-4978	US European Command 011-49-711-680-4002	Reserve Intelligence Area Midwest Great Lakes, Ill. (847) 688-6273
Naval Network Warfare Command (757) 417-6750	Navy Munitions Command (757) 887-4541	US Fifth Fleet 011-973-724-383	Reserve Intelligence Area Midwest Minneapolis, Minn. (800) 353-4011
Naval Operational Logistics Support Center (717) 605-5790	Navy Office of Information (504) 678-6055	US Fleet Forces Command (757)-836-4180	Reserve Intelligence Area Fourteen Marietta, Ga. (678) 655-6380
Naval Operations (703) 601-1744	Navy Personnel Command 1-877-807-8199	US Joint Forces Command 757-836-6570	Reserve Intelligence Area Mid-Atlantic Norfolk, Va. (757) 444-1352
Naval Operations Office of the Chief of Chaplains (504) 678-1394	Navy Region Europe 011-39-081-568-4636	US Naval Forces Central Command 011-973-724-383	Reserve Intelligence Area Sixteen Willow Grove, Pa. (215) 443-6651
Naval Operations Office of Naval Intelligence (504) 678-1394	Navy Region Guam (671) 355-1110	US Naval Forces Alaska (907) 463-2248	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610
Naval Sea Systems Command (RTC) (847) 688-2405	Navy Region Hawaii (808) 473-4505	US Naval Forces Europe 011-44-207-514-4605	Reserve Intelligence Area Washington (240) 857-2030
Navy Support Activity, Washington, D.C. (202) 433-3963	Navy Region Japan 011-81-46-816-3155	US Naval Forces Japan 011-81-46-816-3155	
	Navy Region Korea 011-822-7913-5795	US Naval Forces Korea 011-822-7913-5795	
	Navy Region Mid-Atlantic (757) 322-2862	US Naval Forces Marianas (671) 339-5432	
		US Naval Forces Southern Command (904) 270-7354 x4304	
		US Naval Special Warfare Command (619) 437-3230	
		US Northern Command (719) 554-4120	



Having A Blast!

A member of Naval Special Warfare Group One, Reserve Detachment 219, fires a 60mm M-224 mortar during field exercises held at Camp Roberts National Guard Base near Santa Maria, Calif. Naval Special Warfare Group One, Reserve Detachment 219, homeported in Port Hueneme, Calif., is a Naval Reserve combat support detachment, which provides support to active duty Naval Special Warfare commands while forward deployed.

*U.S. Navy photo by
Mass Communication Specialist 2nd Class Brandon A. Teeple*



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