

TNR

The Navy Reservist

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2008
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FUTURE FORCE



NAVY RESERVE FORCE
**Sailor
of the Year**
the 2008

**Aviation
Electronics
Technician
1st Class
Kathleen
Reilly**



*Welcome to
the Future!*

A Letter from the EDITOR



In this edition of TNR we take a look at the direction your Navy Reserve Force is heading. With the constant change of the Navy around us and the continued increase in Active-Reserve integration, it only seems fitting to dedicate July's issue to the future.

In this issue you'll learn about the future of SPAWAR, the Space Cadre program and you'll see the uniforms Sailors will soon be wearing.

You'll also learn about our future Navy leaders in stories about the 2008 Reserve Sailor of the Year and the Full-Time Support Shore Sailor of the Year. Congratulations to all who competed for such an outstanding achievement.

We also want to take this opportunity to mention the future of our very own Navy Reserve Web site. The Reserve Force has been hard at work to bring its Sailors a much more useful and user-friendly Web site. Keep your eyes peeled because the new site is set to be up and running in the very near future. It will fall under the same address at <http://navyreserve.navy.mil>.

Also worthy of note is the new single sign-on feature of the Web site using your common Access card (CAC) and the issued CAC readers. Not only is using CAC more secure, the major benefit is you no longer need to manage multiple user names and passwords for Reserve Force applications (NROWS, Apply, NRRM, RTAR.)

Since DoD mandated cryptographic login (i.e. logging onto a Web site or application with your CAC), intrusions into .mil networks have dropped by 50 percent. Plus, it's just plain faster and easier! You can get the new CAC readers from your NOSC. To find out more about the new Web site and the issued CAC readers, check out this month's special two-page edition of Tech Talk.

Finally, TNR would like to recognize some hard-working Sailors that helped with this month's edition. A gracious 'Thank You' to MC1 Brian Brannon, MC2 Jason Trevett and MC3 Nancy diBenedetto for their work with the magazine.

Another Bravo Zulu goes to MC2 Trevett and MC3 diBenedetto for all of their work on the new Web site along with Lt. j.g. Meg Ferguson and IT3 Nicholas Hawkins. With hard working Sailors like these, the future of your Reserve force is in very good hands.

Mass Communication Specialist 2nd Class Ryan Hill

TNR - EDITOR

12 Navy Reserve Force Sailor of the Year 2008



Aviation Electronics Technician 1st Class Kathleen Reilly was awarded the honor out of five finalists in Washington, D.C.

Yeoman 1st Class Virginia Wright's impressive resume and bold determination are two reasons for her being celebrated.



18 FTS Shore Sailor of the Year 2008

20 Navy Uniforms, Next Generation



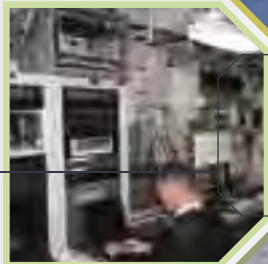
After five years of testing and surveys, the Navy adopts a new uniform designed for economy and comfort.

SPAWAR provides the Navy with better visibility into the battlespace in a rapidly changing world of IT.



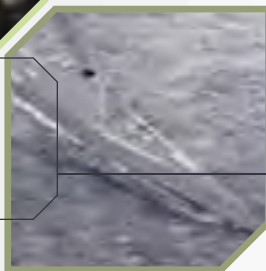
24 SPAWAR

26 Engage Reserve Space Cadre!



Reserve Space Cadre officers aid in the destruction of an out-of-control satellite threatening potential harm to earth with toxic fuel.

Our forever moving forward Navy is complex, sophisticated and technologically advanced now and in the future.



28 Future Force

Our Cover:
This issue spotlights the Future Force of the Navy Reserve. What better way to show this theme by highlighting the Reserve Sailor's optimism and duty they exude.

Graphics by Bryan W. Bordelon



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"The Navy has both a tradition and a future, and we look with pride and confidence in both directions."

~Adm. George Anderson,
CNO, 1 August 1961.



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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 Website 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
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July 08

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Sailors Matter

FORCM(FMF)
Ronney A. Wright
Force Master Chief,
Navy Reserve Force

"Do not miss the opportunity to lead and make a difference in a Sailor's life."

New Voyages

It is an honor and a privilege to have been selected as the 13th Force Master Chief of the Navy Reserve Force.

There are more than 100 Command Master Chiefs (SELRES and FTS) in the Reserve component, and they are the heavy lifters who represent more than 57,000 enlisted Sailors in this great force. I was honored to come to Washington, D.C., and interview for this position with three of them, each of whom came with proven deckplate leadership skills and experience. Any one of them would have done a fantastic job in this position. I can tell you in this position I will be leaning on my roots and look to this amazing group of leaders for guidance and support.

As they transition to a new life, please join me in thanking our 12th Force Master Chief, Dave Pennington, and his beautiful family for the endless encouragement and support to all levels of the Navy over the past 31 years. Fair winds and following seas, shipmate.

In assuming the watch as Force Master Chief, there are some items that I feel need to be addressed that will allow our Sailors to be

more efficient. These include the solidification of one pay and personnel system to ensure equity with the Montgomery GI Bill stipend. Another item to address is the funding for travel and per diem to support the current enlisted assignment and detailing process. This would allow Sailors with critical skills living in the mid west the opportunity to work where they are needed at the deckplate on the east or west coast.

Additionally, we have work to do when it comes to addressing the needs of the families and employers of Sailors during the entire deployment process and long after they have returned. We must continue to educate and support each other about operational stress, Post Traumatic Stress Disorder (PTSD), TRICARE Reserve Select, and how to navigate the administrative process to get the proper care when needed. Military One Source is available to you 24/7 at www.militaryonesource.com and (800) 342-9647 to help with any question, large or small, you or your dependents may have.

We have amazing Sailors who, with the support of their families and employers, continue to do great things all over the globe to support the global war on terrorism. I find it hard to express in words my sincere appreciation and gratitude for what the Sailors of the Navy Reserve are doing other than simply to say thank you for your honor, courage and commitment.

I can't foresee what will happen during the next three years, but I can say with confidence that the Navy Reserve, with senior leadership and your teamwork, will continue to be ready, relevant and responsive. Leadership has worked hard to align and integrate with the Navy to fill critical requirements. We must ensure that we as a force continue to move forward!

When you look in the mirror each morning, can you say with confidence you and your family are ready to support and defend the Constitution of the United States? Each of us will be in a leadership position for a limited time. Do not miss the opportunity to lead and make a difference in a Sailor's life.

U.S. Military - Bankruptcy and The Effect on Security Clearances?

Written by
Leslie Rhodes Jr., FFSC Financial Specialist

If you are unable to pay your debts, you may be entitled to file for bankruptcy under Chapter 7 (Straight Bankruptcy – Immediate Liquidation Plan) or Chapter 13 (Regular Income Plan) of the Federal Bankruptcy Code.

Chapter 7 involves liquidating all assets that are not exempt. Exempt property may include cars, work-related tools and basic household furnishings. Some property may be sold by a court-appointed official, a trustee, or turned over to creditors. You can receive a discharge of your debts under Chapter 7 only once every six years. Chapter 13 allows you, if you have a regular income and limited debt, to keep property, such as a mortgaged house or car that you otherwise might lose. In Chapter 13, the court approves a repayment plan that allows you to pay off a default during a period of three to five years, rather than surrendering any property.

Be aware that filing for bankruptcy may affect your security clearance. If financial irresponsibility is the reason you are filing for bankruptcy then you may be disciplined. Of course financial emergencies or unforeseen circumstances can happen to anyone and you would never be disciplined merely because you filed for bankruptcy in those situations. However, filing for bankruptcy could affect your security clearance (if you have one) or could affect you

obtaining one (status for a clearance is pending). Again, each and every case is evaluated, based on their own merit and individual circumstances.

The outcome depends on the circumstances that led up to the bankruptcy and a number of other factors, such as your job performance and relationship with your chain of command. The security section will weigh whether the bankruptcy was caused primarily by an unexpected event, such as medical bills following a

matter, your security clearance probably should not be a significant factor in making your decision about whether to file bankruptcy.

The amount of your unpaid debts, by itself, may jeopardize your clearance, even if you do not file bankruptcy. In that sense, not filing for bankruptcy may make you more of a security risk due to the size of your outstanding debts. By the same token, using a government-approved means of dealing with your debts may actually be viewed as an indication of financial responsibility. Eliminating your debts through bankruptcy may make you less of a security risk. There is no hard and fast rule here, with one exception; it is of vital importance to have a good reputation and rapport with your co-workers and your chain of command. Consequently, although you certainly have a right to file for bankruptcy, you should consider the potential negative consequences.

In conclusion, should you decide to file for bankruptcy, consider hiring a bankruptcy attorney to assist you in the process. However, your first stop should always be the legal assistance office for a more detailed evaluation of your options.

"...you should consider the potential negative consequences."



Graphic by Bryan Bordelon

serious accident, or by financial irresponsibility. The security section may also consider the recommendations and comments of your chain of command and co-workers. This is an issue that can be argued both ways, so as a practical



Seaman to Admiral Program (STA-21)

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

The theme for this month is Future Force and I thought it would be a great time to talk about Officer Program opportunities. Sailors today have proven themselves to be extremely capable of great accomplishments, especially in the area of education. The Navy currently has more Sailors enrolled in college now than in any other period of military existence. As a forward progressing Navy it is imperative we aggressively transfer this knowledge base to areas of leadership. Officer Programs such as the Seaman to Admiral Program (STA-21) are a great way to provide upward mobility for Sailors seeking unique challenges and increased responsibility.

In the past, there were more than a dozen different paths for Sailors to become commissioned officers, STA-21 being just one of them. This wide array of programs lacked uniformity in benefits, selection procedures, educational opportunities and program requirements. This created a very confusing web of program applications, deadlines and choices for fleet applicants and, quite frankly, was very cumbersome for the Navy to manage and administer. Consequently, there were countless Sailors in the fleet who would make outstanding commissioned officers, but due to program restrictions, educational background, or financial concerns, they did not apply.

For all of these reasons and more, the Navy combined most of

these current commissioning paths into one consolidated program that preserves the Seaman to Admiral name made popular by Admiral Boorda: Seaman to Admiral-21. The STA-21 Commissioning Program is designed to meet the goals of the Navy in the 21st Century, while at the same time creating a fair and equitable system for outstanding active duty Sailors. This allows Sailors to receive a top-notch college education and become commissioned officers. They can choose from Unrestricted Line (URL), Special Duty Officer Intelligence, Special Duty Officer Information Warfare – (formerly Cryptologic), Nurse Corps (NC), Medical Corps (MC), Supply Corps (SC), or Civil Engineer Corps (CEC).



"The Navy currently has more Sailors enrolled in college now than in any other period of military existence."

Since 1994, the STA-21 program has undergone several changes to meet the needs of the Navy and its Sailors. STA-21 has always been a commissioning program in which participants maintain the pay, benefits and privileges they enjoy in the active duty U.S. Navy, Full Time Support (FTS) and Selected Reserve (SELRES). All while receiving a scholarship to attend a top-notch university. Upon completion, each of these Sailors goes on to rewarding careers as Naval officers.

The deadline for submission of applications for the FY-09 STA-21 program was 1 July 2008. Deadline for submission of additional documentation to an applicant's package is 1 August 2008.

Service members who may have been impacted by the DANTES testing suspension are allowed to submit a partial application package. They may submit without their American College Test (ACT) or Scholastic Assessment Test (SAT) scores only. They must submit no later than 1 July 2008. Please review NAVADMIN 137/08 regarding restoration of paper-based testing ashore procedures in its entirety, as it addresses current SAT and ACT procedures.

Additionally NAVADMIN 127/08 FY-09 SEAMAN TO ADMIRAL-21 Program Announcement will provide complete STA-21 application procedures and guidelines.

For more details regarding this program and other officer opportunities please visit the STA-21 Website at www.sta-21.navy.mil/ and the Officer Training Command Website at <https://otcn.netc.navy.mil/>.

All other questions concerning this program should be directed to your Command Career Counselors or to the Naval Service Training Command Officer Development division at (850) 452-9563 or e-mail at pnsc_sta21@navy.mil.

Written by
Pat Nicholson,
Force Family Support Program Manager

Reunion is an exciting time. However, what you plan and the realism of what actually occurs can sometimes be very different. Will the family of the past be the same? Or will the family of the present need to make adjustments? While the service member was away, each member of the family may have shifted roles in order to compensate for his or her absence. As in all separations, you will encounter a period of reintegration where roles and relationships are reshaped.

When you return home it is a major event in your life and for those around you. Reunion can cause more stress in people's lives than mobilization. The stress usually comes from the changes that have taken place and concern about what life will be like after you have been reunited.

As a spouse, consider the following during this transitional period:

- The service member may have been subjected to a daily routine or regiment and may find it hard to get back into the routine of everyday life.
- Be aware there could be changes in their diet, sleep habits and their interests.
- Talk openly about any problems which exist.
- Find people who can help with emotional support.
- Avoid excessive blame for

readjustment problems.

- Address the needs and concerns of everyone in the family unit.

Reunion is a time of excitement, joy and readjustment for children also. They will be excited and may feel anxious if they believe they did not live up to their deployed parent's expectations.

Military OneSource now has three new deployment support DVD's for military children.

For younger children:

Sesame Street DVD kit,

Talk, Listen, Connect: Deployments, Homecomings, Changes

You can also download videos and music from

www.sesameworkshop.org/tlc/.



For school age children:

Mr. Poe and Friends Discuss Family Reunion After Deployment

This video is designed to help school-age children understand they are not alone as they experience family separation. Mr. Poe provides guidance to children and family members as they discuss the challenges and accomplishments during the stages of deployment.



For youth and teens:

Military Youth Coping with Separation: When Family Members Deploy



The video program helps older children and adolescents learn about coping strategies for dealing with feelings and emotions during deployment challenges.

Individuals may request copies by calling 1-800-342-9647 or going to the Military OneSource Website at www.militaryonesource.com.

As you prepare for the return and reunion, remember you are not in this alone. There are many resources available during these difficult times. Contact your local command ombudsman for assistance. They are a critical link between the command and command families.

Your ombudsman is a trained volunteer dedicated to assisting and helping families with issues arising not only while you are deployed but also while you are home. They have a toolbox full of resources and can provide you with information and referrals to most of your needs regardless of where you live.

Additional Help:



Coming Home: What to expect, how to deal when you return from combat.

~Booklet, 32 pages, fully illustrated and color.



Soon when you log into the Navy Reserve Web Site (NRWS), you will see some major changes. NRWS will make collaboration, management and file sharing easier for all. The new site also allows users to better locate relevant content and provides for comprehensive control over the storage, security, distribution, use and management of electronic content. The new site was built using the products and technologies of Microsoft SharePoint 2007.

What is SharePoint?

SharePoint is a Web-based collaboration and document management platform. It is used to host Web sites, which can be used to access shared workspaces and documents as well as specialized applications such as wikis, blogs and many other forms of applications. SharePoint integrates seamlessly with applications in the Microsoft Office suite and adds various features such as hierarchical organization of content areas, enhanced navigation, single sign-on, personalization features, and indexed searches. Users will spend less time searching for information on the new Web site.

It can also be used to create

document-specific libraries, such as Microsoft PowerPoint slide libraries. This allows users to share specific slides from a presentation as well as their own designs. As you continue to explore the new site, you will find there are many new benefits including: enterprise search, Web content management, records management, workflow routing, calendars and discussion groups.

Seamless Application Integration and User Authentication

- *CAC users do not need to use a separate user name and password to access Navy Reserve applications on the new Navy Reserve Web site. Your CAC with your pin will now get you everywhere you need to go.*
- *If you have a CAC, you will need it to login for authentication when the new Navy Reserve Web site comes online. CAC authentication makes login to Navy Web sites more secure because it eliminates the use of passwords and identifies all users.*
- *All NOSCs can provide CAC readers and software for Windows and Mac operating systems.*
- *CAC readers are easy to install and use. The latest Symantec and McAfee versions of anti-virus, anti-spyware and firewall software are also available for download on the INFOSEC page of the Navy Reserve Web site.*

All current NRWS functionality will remain, and as you will see, there are many new features too. In the next phase for the private side, a forms server will be included that will allow the Web-based completion and routing of frequently used forms such as awards packages, special request chits and leave chits to name a few.

How Will This Affect Users?

New opportunities to collaborate in the administration and operation of our force will be abundant. To comply with Navy security rules, Common Access Card (CAC) authentication will be the norm. If you are eligible for a CAC after the private side migration, you will need to use it

I'm a PC...



for authentication to the Web site. A benefit of CAC authentication in the new SharePoint environment is single sign-on access. CAC users who login to NRWS will no longer need to have a separate user name and password when accessing Navy Reserve applications.

Personnel ineligible for a CAC, such as non-drilling IRR members

New Web Site Requires Extra Security

Written by

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Director, Information Assurance

Commander, Navy Reserve Forces Command N64

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and

Mass Communication Specialist 2nd Class Jason Trevett

And I'm a MAC
CAC Reader.



and Ombudsmen will be on an exceptions

list. These users will have to use a username and password for access to all applications on NRWS. The Department of Defense designated approval authority requires two-factor authentication for access to applications. A CAC with your PIN will get you everywhere. Otherwise, two logins (NRWS + application) will be required.

Now is the time to prepare for CAC authentication. If you do not have a CAC reader for your home computer, request one through your NOSC. CNRFC has distributed more than 10,000 readers to NOSC's and RCC's in the last few months, and there are more than 60,000 currently in use by Reservists. There is new ActivClient software on the CAC/PKI page of the CNRFC N64 page on NRWS (CNRFC Home Page, N6, N64, PKI/CAC). It is build 34 and solves some Vista and XP issues. We also have readers for Mac users. (Mac users should ask for the SCR331 reader, not the ActivCard reader.) Instructions are also on the NRWS. The Mac CAC reader requires no software installation.

Other Changes!

There will be other changes such as new terminology. For example, OUAdmins will become

site owners. Editors are now contributors. Wikis, blogs, Web parts, discussion groups, workflow and a few other new terms will soon be added to your vocabulary. Don't worry, we will provide a NRWS Content Management System 2002 to SharePoint 2007 conversion terminology list and definitions. Site owners and contributors will be receiving a formalized course before the deployment of the new environment. General users can go to the tutorial and view the "Quick Tips" of the week section on the Web site.

What To Expect?

New and improved methods for sharing documents and more efficient ways to accomplish those things you need to do.

Happy collaborating and communicating!



The new Navy Reserve Web site will support enhanced comprehensive controls over the storage, security, distribution, use and management of electronic content.

Why The CAC?

CAC enforcement is a DoD directive from the Joint Task Force Global Network Operations: User names and passwords are stored in a hidden folder on your computer. Though this information is encrypted, there are ways of cracking these codes. And once a username and logon is compromised, hackers have everything they need for unauthorized access to Navy information. Cryptographic logon, as represented by CAC authentication, is much more secure. Without the card, there is no access. And even with the card, if the wrong PIN is input three times, the card will automatically lock, requiring it to be reset by an authorized administrator.



Our Future Navy Chaplain Corps

Written by

*Lt. John M. Miyahara, CHC, USN
Chaplain Candidate Program Director
COMNAVRESFORCOM*

"You are the ear that we want to bend, the helping hand we want to grasp, and the shoulder we want to lean on. You serve us and our spiritual needs every bit as much as you serve the national security needs of this great country."



Adm. Mike Mullen, Chairman of the Joint Chiefs of Staff, said these words to a group of military chaplain endorsers at the Pentagon in January of this year. Adm. Mullen's words highlighted the important role of the chaplain in our country's armed forces.

Navy chaplains have been serving our country since 28 November 1775 when the Continental Congress authorized the ship commanders of the thirteen United Colonies to have chaplains aboard. Since then, chaplains have been providing religious ministries to Sailors, Marines and their families while also advising commands on ethical, religious and moral issues. In support of the free exercise of religion by the Constitution, chaplains provide services in their own traditions and

help facilitate religious ministries for Sailors and Marines outside of the chaplain's religious tradition. Chaplains serve all Sailors and Marines, regardless of religious or non-religious preference.

The Chaplain Candidate Program Officer (CCPO) program is the primary entry point into the active and Reserve components of the U.S. Navy Chaplain Corps.

The CCPO program is managed in the COMNAVRESFORCOM Force Chaplain's office. The CCPO office works closely with Navy Recruiting Command and the Naval Chaplain's School. They provide training for CCPO

candidates enrolled in graduate theological programs and preparing to become ordained clergy in their

religion. CCPOs are probationary officers who are assigned to the Inactive Ready Reserve. Chaplain candidates undergo the same basic training as direct commission active and Reserve component chaplains. The major difference between CCPO's and direct commission officers is CCPO's do their training during their summer breaks. There are opportunities for on-the-job training with Navy, Marine Corps and Coast Guard units. Once a CCPO completes their training, ecclesiastical requirements and graduate theological education, a packet is submitted for review by the Chief of Chaplain's office to supersede into the Chaplain Corps.

Currently there are 150 CCPO's enrolled in the program. CCPO's are men and women preparing to become Imams, Rabbis, Priests and Pastors who represent the diverse peoples of our Navy and country.



U.S. Navy photo by Mass Communication Specialist 3rd Class Chad J. McNeely

Chaplain Lt. Patricia Coley, center, leads Sailors in song during an Easter sunrise service aboard the aircraft carrier USS Kitty Hawk (CV63).

U.S. Navy photo by Mass Communication Specialist 3rd Class Juan Antoine King



PROFILES IN PROFESSIONALISM

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, ryan.hill@navy.mil, for the submission form if you'd like to nominate a Sailor. Please include a high-resolution (300 dpi) 5"x7" digital photo of the candidate.

Hometown: New Orleans.

Brief description of your job: I am a culinary specialist working in Admin handling pay issues, creating a mail merge program for awards, processing service records and serving as muster reports petty officer for my department.

What has been your greatest Navy achievement: Helping develop leadership of junior enlisted and preparing non-prior service members for school or boot camp.

Who has been your biggest influence since joining the Navy: Cmdr. Iverson, my CO, he introduced the Navy way of doing things to those of us who were non-prior service.

What do you enjoy most about the Navy: Being part of something bigger than myself and the pride I take in my job.

Most interesting place visited since joining the Navy: Kuwait.

What are your hobbies: Reading medieval fiction, community service through my Delta Sigma Theta sorority, tutoring math to lower income New Orleans teenagers.



**Culinary Specialist
2nd Class
Delisa Simon-Lloyd**

Hometown: Ocala, Florida.

Brief description of your job: Providing communications and monitoring for flight operations.

Who has been your biggest influence since joining the Navy: There was an old master chief on my first ship. He was the most inspiring and squared-away Sailor I've ever met.

What do you enjoy most about the Navy: The friendship, camaraderie and meeting new people.

Most interesting place visited since joining the Navy: Greece.

What are your hobbies: Investing in business ventures.



**Information Systems
Technician 1st Class
Courtney Wilson**

Changing Attitudes Now For A Better Tomorrow

Written by
Lt Wil Wooten
and Hospital Corpsman 1st Class Tremaine Luster

The year is full of opportunities to give gifts with birthdays, anniversaries and holidays. This year, try giving your family and friends something different, something worthwhile, and something that will last for years. Try giving them a healthier you!

There are invariably many ways with which we all can become healthier. One way is to control our diets. Not specifically to lose weight, but to adopt a healthier lifestyle. The goal here is to strive for longevity and add good years to your life and the life of others around you. According to the Centers for Disease Control and Prevention, the life expectancy for men is 74.7 years and 80 years for women. This is a long time to have to suffer for poor habits that can be controlled today. Some ways to control our diet are to consume more colorful fruits and vegetables, learn how to establish portion control, and to become a more nutritionally educated consumer. Special care needs to also be paid to the preparation of our food. A small amount of butter is fine on steamed vegetables, but try not to overdo it. Hopefully, incorporating these and other small changes can help prevent heart disease, diabetes, hypertension, high cholesterol and obesity.

Another way in which we can become healthier is to break the harmful habit of smoking tobacco. The goal here is to make your quality of life better now and for the future. The time our children, loved ones,

or significant others spend with us is greatly cherished. Curbing the nicotine habit may be beneficial to increasing your overall level of activity. This will allow you the energy to play ball with your son, throw a frisbee with your daughter, or roll around in the yard with your grandchildren without being totally out of breath. The negative effects of this drug are widely known, but many of us still choose to ignore them. The Navy offers a voluntary smoking cessation classes to its members to help combat this problem. This training is a valuable tool any shipmate can use in his or her quest to becoming a healthier individual.

As most of us know, the Navy has placed strong emphasis on physical fitness and weight. Staying physically fit plays a vital role in maintaining your health as you continue to age. In the days of fast food, video games, and internet availability, many of us are living a sedentary lifestyle that is very difficult to change.

It is time for people to create an environment of fitness within their households so their spouses, partners, and children benefit from the advantages of being active. Some advantages include a better ability to deal with stress, a sense of accomplishment, improved self-confidence, and a sense of togetherness when partnered with a friend or family member, or in a group. Activities can include walking to your local grocery store, taking the stairs at work, or

signing up for that special dance class you always wanted to take. Small steps lead to big things, so don't be discouraged if your goal is not achieved quickly. Perseverance is key when dealing with setbacks, no matter how difficult the goals appear to be.



**Give Your Family and Friends
A Healthier You!**

Even though we all get caught up in our careers, we must remember family is the most important part of our lives. Potentially, many of these tips have the ability to create a healthier you so possibly more quality time can be spent with family and friends. So, the next time you decide to give a gift to a loved one, remember that you are more important than any material possession. Time, affection, and dependability are more important to family than many realize. We all should continue to inspire, continue to evolve, and continue to motivate through our actions. Hoorah!

Notable

Nation's Largest Armed Forces Parade

Story and Photos by
Mass Communication Specialist 1st Class Will Jones

Navy Reservists and Full Time Support personnel from Navy Operational Support Center (NOSC) Spokane marched in the Spokane Lilac Festival on May 17, 2008. It hosted the largest armed forces torchlight parade in the nation, celebrating 70 years of tradition. This year the festival's theme is "Salute to Service." The parade was attended by more than 150,000 spectators and the event was broadcast overseas to the armed forces. The festival's mission is to honor the military, nurture our youth and promote the Spokane region through ambassador outreach.

For more information please visit
www.spokanelilacfestival.org.



NOSC Spokane Navy Reservists and Full Time Support personnel 'high-five' and shake hands with the parade crowd as they march in Spokane's 2008 Armed Forces Day Torchlight parade on May 17. The parade is the largest armed forces day parade in the country and is part of the City of Spokane's annual Lilac Festival.



NAVY RESERVE FORCE

Sailor of the Year 2008

Story by Mass Communication Specialist 1st Class Mark O'Donald
Photos by Mass Communication Specialist 1st Class Roger S. Duncan

It wasn't the first time the Navy Reservist had visited the Pentagon's solemn Reflection Room. Nor was it the first time she had read the stone-etched names of those who perished there on that fateful day in September 2001. But for Aviation Electronics Technician 1st Class (AW/NAC) Kathleen A. Reilly it was the first time doing so as a finalist of the 2008 Navy Reserve Sailor of the Year (RSOY) competition.

"I get choked-up every time I see this," said Reilly, "But being here as part of this unique group brings a new meaning for me."

Reilly and four fellow finalists were brought together in Washington, D.C. to share a Navy experience like no other; a hectic two-day schedule filled with office calls, board interviews and a chance to see the nation's capital with the best Sailors the Navy Reserve has to offer. Culminating in a recognition ceremony at the Fort Myer

Officers Club, no one was more surprised than Reilly when Chief of Navy Reserve Vice Adm. John G. Cotton announced the petty officer's name as the 2008 RSOY. "All through this process, I have wondered what it takes to stand out," said Reilly, "I still don't know why I was selected but am truly honored. I am proud just to be associated with this group." Along with the accolade, Reilly will be meritoriously promoted to chief petty officer in a ceremony at the Pentagon in July.

Personnel Specialist 1st Class
Julia N. Rae
Operational Health Support Unit
- Dallas, Det-Q, NOSC Waco, Texas.
Returned from mobilization to Kuwait, Navy Customs Battalion Romeo. She received the Military Outstanding Volunteer Service medal for work within the community. Associate's of Arts degree.



Builder 1st Class (SCW/EMF)
Estephen D. Garcia
Naval Mobile Construction Battalion 28, Shreveport, La.
Served in Iraq and completed 32 projects in the Al Anbar province. He is a project manager for a commercial general contractor based in Houston, Texas. Bachelor's degree in mechanical engineering.



**Machinist's Mate 1st Class (SS)
James R. Greenwell**

Joint Regional Maintenance Repair Center Det. 113, NOSC Grand Rapids, Mich. He is a nuclear submariner who served as assistant ship's superintendent during USS Kitty Hawk's (CV-63) restricted availability. Bachelor's degree in applied systems technology.

"You are the best of the best," Cotton said, addressing the finalists, "and Petty Officer Reilly exemplifies the best in the best." He said that the selection process was not easy and each finalist exhibits the qualities to attain chief. "You are the standard bearers for our present and future force," he said. "I have no doubt you will all go a long way."

He also remarked how humbled he is to be a part of this year's event as it marks the last in his tenure as Commander, Navy Reserve Force. Reflecting on almost five

(NATOPS) Instructor for the Navy's S-3B Viking program, and as the first female special intelligence and radar operator supporting the Joint Chiefs of Staff and Special Operations Command.

Reilly began her Naval career with similar pioneering zest, as she was among a group of three women selected for airborne combat operations for the patrol squadron and fleet air reconnaissance squadron community during Desert Storm/Desert Shield.



**Master-at-Arms 1st Class
Preston D. Nokes**

NR Force Protection, Physical Security Unit FP2, NOSC Alameda, Calif. Returned from mobilization to Kuwait where he was the LPO for the Theater Field Detention Facility ASG-Kuwait. He works as a narcotics special agent with the Department of Justice, Bureau of Narcotics Enforcement cross-assigned from the California Highway Patrol. Associate's degree in criminal justice.

years of leadership, Cotton said, "We have come a long way and I have all of you to thank for that."

A native of Lexington, Mass., Petty Officer Reilly currently serves as a loadmaster and maintenance control Lead Petty Officer (LPO) for Fleet Logistics Support Squadron (VR) 53 at Naval Air Facility Washington with the C-130T 'Hercules' aircraft. A prior active-duty Sailor, she enlisted in the Navy Reserve in 2001 and has since served with Patrol Squadron (VP) 64 and VP-66 at Naval Air Station Willow Grove. "I enlisted in the Navy because I had always wanted to serve. To do my part has always been a goal," said Reilly. "I now consider being selected as a (RSOY) finalist to be my greatest Navy achievement to date."

While on active duty, Reilly served as maintenance technician aboard USS Abraham Lincoln (CVN-72) and USS Nimitz (CVN-68). She is also noted as being the Navy's first female Primary Naval Air Training and Operating Procedures Standardization

"The Navy has taken me places I could not have imagined," she said, "but my favorite place has got to be at sea aboard USS Abraham Lincoln. The very essence of what the Navy is about can best be found at sea."

In her civilian capacity Petty Officer Reilly is a professional staff member on the House Permanent Select Committee on Intelligence and serves as the committee's Central Intelligence Agency Program (CIAP) monitor. Her responsibilities include overseeing the CIA's budget, program and activities, and drafting legislation and preparing funding recommendation for the Committee's membership. Additionally, Reilly also staffs the Select Intelligence Oversight Panel of the House Appropriations Committee.

Petty officer Reilly holds a bachelor of science degree in aviation management and is working towards a master of arts degree in national security and strategic studies at the Naval War College. Her

personal awards include the Air Medal (two awards), Navy and Marine Corp Achievement Medal (three awards) and enlisted air warfare wings.

"We (finalists) each have different life and Navy experiences," said Reilly, "but we all grew up as shipmates. We all love the Navy and share that common strain of commitment and camaraderie."

A development of the Atlantic and Pacific Fleet Sailor of the Year programs initiated in 1972, the Chief of Navy

the Washington gathering was the first time they actually met.

"Even though we come from such different places," said nominee Personnel Specialist 1st Class Julia N. Rae, "we still feel like longtime pals. Being in D.C. together has just brought us closer."

Following a reception the evening before, the first full day of events began with physical training at dawn. Together, they ran. Beside the old brick walls of Arlington National Cemetery. Past the headstones where myriad heroes rest. Accompanied by their master chief mentors, the five Sailors arrived together at the Iwo Jima Memorial to be greeted by the sun rising over the nation's capital.

"At first, I thought RSOY was a competition," said nominee Machinist's Mate 1st Class James R. Greenwell. "But, after getting to know each other, I realized that this was really about being part of the best group of Sailors around."

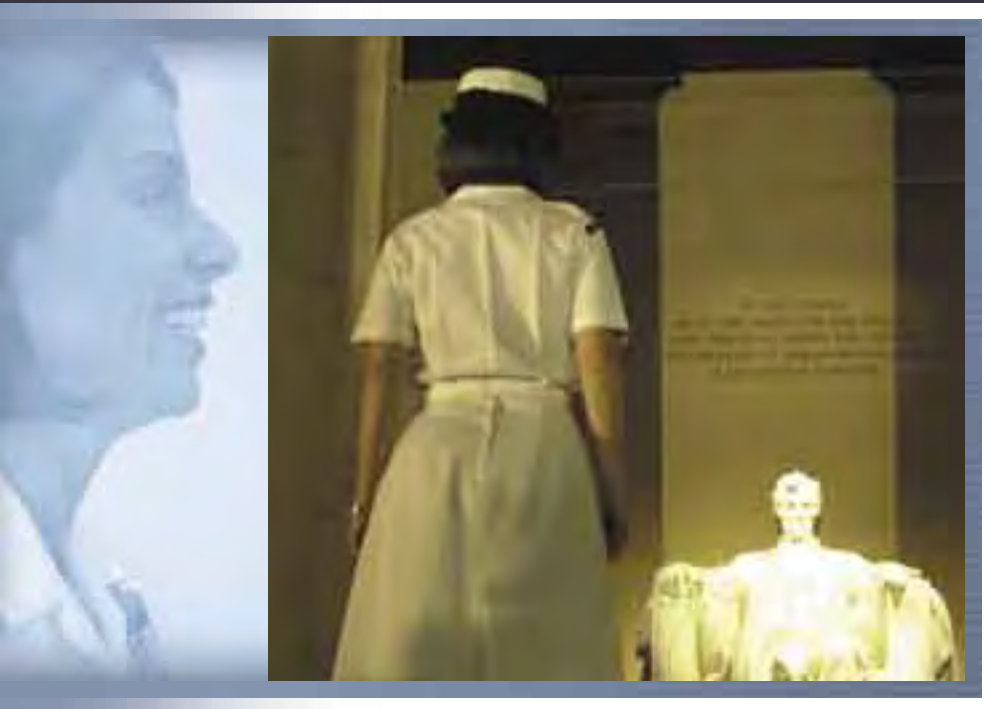
For most of the day the finalists moved as a team, from office call to office call. From the Navy Annex to the Pentagon. Along a multitude of hallways from the "A" ring to the "E" ring. As a team, they met high-ranking officials including the 74th Secretary of the Navy, the Honorable Donald C. Winter in his office.

"I am thankful to have you all doing what you are doing," remarked Winter. "Thank you all for your service and congratulations as being selected as the best of the force."

After experiencing the aura that is the Pentagon, nominee Builder 1st Class Estephan D. Garcia said, "To meet our leaders in the Pentagon is the military equivalent of being star struck. It is a real privilege."

The group also toured the White House's West Wing and the venerable Dwight D. Eisenhower Executive Office Building, along with the Vietnam, Korean and Lincoln memorials.

All the while accompanied by Navy Reserve Force Master Chief David



Reserve-sponsored RSOY program annually provides recognition to the Navy Reserve's most outstanding Sailors. As acknowledgment for their extraordinary individual performance, each of the five finalists receive numerous presentations and awards, including a Navy and Marine Corps Commendation medal.

This years' nominees are no exception. They have all proven themselves as outstanding Sailors; rising from diverse backgrounds to a caliber that deserves such recognition. Though they were in contact with each other months before,

Pennington and other master chiefs, the team was only separated for individual board interviews. One member of the board in particular was more than pleased to provide input. Boatswain's Mate Master Chief Edward J. Musilwycz enlisted in the Navy in 1944. In 1973 he made master chief and this year requested that he be an honorary member of the selection board. Master Chief Pennington acknowledged that request thereby adding another dimension to the RSOY experience.

it weren't for my people," he said. "My title might be LPO but it is my Sailors who make me an LPO."

Before the final announcement on the second day of the event, the team of five sat anxiously outside Vice Adm. Cotton's office. They waited to be called upon, one at a time, for an interview with the Reserve Force's highest-ranking Navy officer. From a window, the group had a view outside overlooking the Pentagon's Sept. 11 memorial. Although still under



"You are the best of the best, and Petty Officer Reilly exemplifies the best in the best."



Referred to by Vice Adm. Cotton as a great "Sailor for Life," Musilwycz is attached to Navy Operational Support Center, Toledo, Ohio. He has endless advice and anecdotes to all who will be his audience. For the finalists, though, he was very forthright. "Take care of your Sailors," he said, "and you will never go wrong. Involve them, train them. And never forget that you were once where they are."

That mantra is echoed by RSOY nominee Master-at-Arms 1st Class Preston D. Nokes. He knows that people are what it is all about. "I would not be here now if

construction, reverence to each of those killed in the terrorist attack was apparent. 184 victims. A group as diverse as the Navy itself and the very society for which it protects.

"The diversity and skill set that Navy Reservists bring to the force is the way forward for the Navy," said Reilly. "We must develop a more diversified Navy culture from gender and ethnicity to the jobs we do. As leaders and Sailors we can continue to make that happen, and I am proud to be a part of that team."

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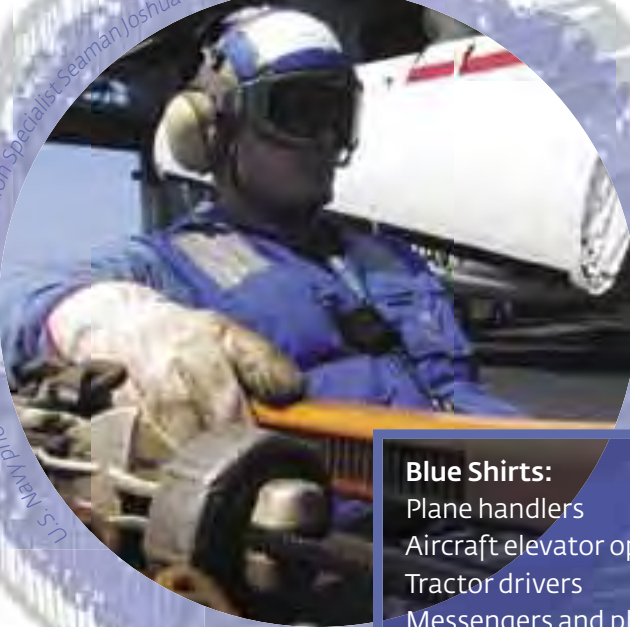
BACK TO BASICS

Flight Deck Color-coded Jersey Guide

Written by
Mass Communication Specialist 2nd Class Ryan Hill

The flight deck of a U.S. Navy aircraft carrier is an extremely busy place.

As flight operations commence, an array of Sailors work the entire flight deck, resembling a well-choreographed ballet. Many Sailors wear colored shirts differing from the traditional Navy uniform. These colors represent clearly-defined roles performed during flight deck evolutions. In this month's Back to Basics, we'll look at the color spectrum of these uniforms and the job each Sailor executes.



Blue Shirts:
Plane handlers
Aircraft elevator operators
Tractor drivers
Messengers and phone talkers



Brown Shirts:
Air wing plane captains
Air wing line leading petty officers



Yellow Shirts:
Aircraft handling officers
Catapult officers
Arresting gear officers
Plane directors

PULL-OUT

Specialist 2nd Class James R. Evans

Purple Shirts:
(nicknamed "Grapes")
Aviation fuel handler



U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Cole

White Shirts:

Air wing quality control personnel
Squadron plane inspectors
Landing Signal Officer (LSO)
Air Transfer Officers (ATO)
Liquid Oxygen (LOX) crews
Safety observers
Medical personnel



U.S. Navy photo by Mass Communication Specialist 3rd Class Ricardo J. Reyes



Green Shirts:

Catapult and arresting gear crews
Air wing maintenance personnel
Air wing quality control personnel
Cargo-handling personnel
Ground Support Equipment (GSE) troubleshooters
Hook runners
Photographer's mates (now MC's)
Helicopter landing signal enlisted personnel

Red Shirts:

Ordnancemen
Crash and salvage crews
Explosive Ordnance Disposal (EOD)



U.S. Navy photo by Mass Communication Specialist 2nd Class James R. Evans

story and portraiture photos by
Mass Communication Specialist 3rd Class Amie Irwin



FTS Shore Sailor of the Year

About eight years ago, a young Sailor walked into her Chief's office and said, "I want your job. I want to know everything you know."

The bold determination and initiative demonstrated in that office years ago are two of the attributes that still define Yeoman 1st Class Virginia Wright, this year's 2008 Navy Reserve Force Full Time Support (FTS) Shore Sailor of the Year (SOY).

Wright earned the title for her role as leading petty officer of command services at Navy Region Northwest Reserve Component Command (RCC NW) Everett, Washington.

"I didn't even think I would get Sailor of the Quarter at my command. Every step along the way has been surprising," said Wright.

Wright's resume included volunteering as an Individual Augmentee to Baghdad, Iraq, from November 2006 to June 2007. While there, she was assigned as non-commissioned officer-in-charge, operations officer for Multi-National Corps-Iraq, Inspector General



Office. She earned a Joint Service Commendation Medal for her service there.

Though surprising to her, Wright's selection has been considerably less surprising to those who know her well, and to those who would meet and judge her for the FTS SOY board.

"She knows exactly what needs to be done in her rating, but even more so as a Navy leader," said RCC NW Command Master Chief (AW) Rodney Shepard. "She's a perfect example of what the chief's mess wants to see a first class doing, and that is to already perform at a chief's level."

"YN1 Wright had some very stiff competition. Each meeting the expectations one would have of a SOY," said FTS SOY board member and director

of the CMC Management Office, Command Master Chief (SW/AW) Jackie DiRosa. "However, YN1 Wright tipped the scales with the depth and conviction of her answers. It was easy to tell she was very engaged in her command and with her Sailors - she spoke passionately about the successes of her Sailors and her commitment to their development."

The other two finalists were Yeoman 1st Class Dana



“The goal I have now is the same goal I’ve had since the day I came in. It was stated in my very first career development board. I plan to retire as a Master Chief. It may be a very bold goal, but it’s my goal.” ~Yeoman 1st Class Virginia Wright

Axson, RCC Southeast, and Electrician’s Mate 1st Class Ryan Kelly, Navy Operational Support Center Quincy.

“All nominees are winners, however for that one final select through a fair and unbiased process it means this Sailor is meeting every expectation our leaders are looking for in today’s Navy and will be one of the leaders in the future I am sure,” said CNRF Command Master Chief Kenneth Rummel, who sat on the FTS SOY board.

Wright says she is working with that very thought in mind.

“The goal I have now is the same goal I’ve had since the day I came in. It was stated in my very first career development board. I plan to retire as a Master Chief. It may be a very bold goal, but it’s my goal,” she said.

“I think she may even surpass her goal as long as she stays focused on taking care of her Sailors because she’s just that good,” said Yeoman Master Chief (AW)

Maria Ortiz, director of RCC NW command services and Wright’s LCPO.

While anchors may be in the future, right now the FTS SOY is focused on the work at hand. A work Wright says is enriched daily by the other Sailors she works with and has been strengthened by those who have guided her, including that chief who, eight years ago, held her accountable to her desire to excel and challenged her to the limit each and every day.

“I was speechless when I got the call that I had won. Finding out that you were selected is a pride and an honor that you simply can’t put into words,” Wright said. “It all comes back to the fact that you were acknowledged by your peers and your leadership. If it wasn’t for the Sailors I work with, Master Chief Ortiz and my CMC, I wouldn’t have made it as far as I did.”

TNR



NAVY UNIFORMS: THE NEXT GENERATION

story by
Mass Communication Specialist 1st Class Matt Grills,
Fleet Public Affairs Center Atlantic

Next Generation of Navy Uniform Arrives.

Five years after canvassing the fleet for suggestions on new and more practical uniforms for the 21st century, the Navy will be rolling out a year-round service uniform for Sailors E-6 and below this summer to be followed by BDU-style, working uniform for all ranks this winter.



In addition, the Navy's first physical fitness (PT) uniform – a gold shirt and blue shorts, with "NAVY" in reflective lettering on both articles is now being distributed to designated locations around the Fleet in three phase increments. Reserve enlisted Sailors will be issued the PT uniforms by their operational support centers.



In 2003, then-Chief of Naval Operations Adm. Vern Clark established Task Force Uniform (TFU), charging it with reviewing uniform and uniform policy requirements with an eye towards reduction and to develop proposals and associated costs for a new year-round E1-E6 Service Uniform and a Working Uniform for all ranks. TFU conducted two Navy-wide surveys and hundreds of interviews with Sailors, as well as command site visits and seven-month wear tests. More than 60,000 Sailors provided feedback, and their message came through loud and clear: 'we have too many uniforms, and they're too difficult to maintain.'

The Navy responded, and commands are preparing to adopt the new uniforms in waves according to region. Reserve Sailors can expect to wear them later this year or early next year. The new Navy Working Uniform (NWU) replaces the utilities, wash khakis, woodland greens (non tactical),

aviation greens and winter working blues.

With a digital print pattern incorporating Navy blue, deck gray, haze gray and black, the NWU is a wash-and-wear 50/50 nylon and cotton blend. The majority of Sailors surveyed preferred a BDU-style uniform, one that doesn't show spots, stains or heavy wear like a solid color uniform and allows mending of small tears in fabric, saving money in replacement costs.

Worn with a blue cotton T-shirt, the new Navy Working Uniform basic components include: an eight-point cover, a black web belt with closed buckle, black smooth leather boots, unisex pullover sweater, Gortex Parka with removable black liner. Suede no-shine boots are optional wear while assigned to non-shipboard commands.

"Besides reducing seabag requirements and providing ease of maintenance, a camouflage-style uniform puts us more in line with our sister services in terms of our appearance," said Master Chief Arthur Rivers, assistant head for the Navy's Uniform Matters Office.

Future plans call for Sailors operating in tactical land environments requiring camouflage uniforms to wear either woodland



or desert digital patterns.

The year-round Service Uniform (SU) for E-6 and below includes a short-sleeve khaki shirt for males and a khaki over-blouse for females, made from a wash-and-wear 75/25 polyester and wool blend, with permanent military creases (males only), black trousers for males, black beltless slacks for females with optional beltless skirt, and a black unisex garrison cap. Silver anodized-metal rank insignia will be worn on the shirt and over blouse collars for E2 through E6 and cap devices will

be worn by E4 to E6 only. Replacing the rating badge with a collar device that can be taken on and off a uniform makes it easy to convert for promotion. The service uniform's non-vertical match – tops and bottoms are different colors – is in line with equivalent uniforms of the other service branches and is considered more practical for year-

round wear.

"Sailors are pretty satisfied," Rivers said. "In conversations I've had with those who have seen and worn the new service uniform, a good number of them have said they're quite pleased."

The service uniform also includes, for optional wear, a black relaxed-fit Eisenhower-style jacket with a knit stand-up collar and

epaulets, on which petty officers will wear large, silver anodized-metal rank insignia or gold if authorized.

The new PT uniform is designed for command PT activities and the semi-annual physical fitness tests. The gold shirt is moisture

wicking and odor-resistant

polyester with reflective lettering on back and front. The Navy blue shorts are also nylon moisture wicking and odor resistant, and come in six- and eight-inch lengths. They also have reflective Navy lettering, with side pockets and a hidden identification card pocket inside the waistband.

"The PT uniform is a huge success, in my opinion," Rivers said. "Looking out across the field and seeing the blue and gold, you'll know those people are Sailors."

The total projected cost of Task Force Uniform is approximately \$433 million over a five-year period with estimated savings in the uniform budget of \$22M between 2010 and 2013. An increase in clothing replacement allowance rates coincides with the introduction of the new uniforms, so Sailors will be able to purchase them when they are introduced to the fleet.

Due to contracting, production and manufacturing challenges, introduction and distribution of the new uniforms will happen by region over a designated period of



time rather than by simultaneous multiple-site deliveries. The service and working uniforms will be available through Navy Exchange Uniform Centers and temporary off-site locations until all regions are fully outfitted. The outfitting of accession commands will happen separately and independent of the regional rollouts.

Phased fleet availability of the service uniform starts this summer. Phased fleet availability of the new Navy Working Uniform starts this winter.

Even as the Navy introduces these changes, others are still on the drawing board. Designated officers and chiefs are currently wear testing a Service Dress Khaki uniform and E1-E6 Sailors have wear tested new concepts of the Service Dress Blue and White crackerjack style uniforms.

The Service Dress Khaki uniform is being

evaluated in its traditional style and a contemporary style (for females). Last worn during the Vietnam War era, while the E-6 and below service uniforms have hidden zippers in the male Service Dress Blue uniform and hidden jumper zipper and new piping for Service Dress White.

"The Navy will continue to look at and evaluate uniform components," Rivers said. "I've been in this office two months and realized we never really stop, because we're constantly getting feedback and recommendations from Sailors in the fleet that have some great ideas to improve uniforms, uniform components or uniform regulations. It's something that's always going on."

To learn more about the Navy's new uniforms, go to www.npc.navy.mil/commandsupport/usnavyuniforms.

For more news from Navy Region Mid Atlantic, visit www.navy.mil/local/cnrma/.

TNR



SPAWAR

DELIVERING **KNOWLEDGE SUPERIORITY**
TO THE **WARFIGHTER**



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

Space & Naval Warfare Systems Command, or SPAWAR (pronounced SPEY wawr) using the Navy acronym for this highly sophisticated yet little known activity, sounds like something that might be taken right from Star Wars.

As the Navy's premier Command, Control, Communications and Computers, Intelligence, Surveillance and Reconnaissance (C4ISR) command for acquisition and lifecycle management of communications and warfare systems, SPAWAR is dedicated to delivering knowledge superiority to the warfighter.

In the rapidly changing world of information technology (IT), team SPAWAR-developed and fielded capabilities provide the Navy with better visibility into the battlespace, more information to help the decision-making process and the flexibility to have the right information sources available to meet the needs of the fleet.

With headquarters in San Diego and field activities in San Diego, Norfolk, New Orleans, Charleston, S.C., and Chantilly, Va., and offices across the globe, SPAWAR is a team of more than 7,500 IT professionals and support staff of both Navy and civilian personnel and Reserve

component Fleet Support Teams (FSTs) dedicated to supporting this mission.

Being the principal supplier of C4ISR capabilities to the Fleet, current and future Fleet readiness is the primary objective of all SPAWAR personnel, whether they be military, civilian or contractor team members.

"SPAWAR's mission of providing the warfighter the right information at the right time and for the right cost is essential to the Navy's successful execution of its Maritime Strategy," said Commander, Space and Naval Warfare Systems Command Rear Adm. Michael C. Bachmann,. "Our philosophy is 'the right capability at the right time for the right cost.'"

The Navy Reserve has more than 300 Sailors assigned to 13 SPAWAR and four SPAWAR Space Field Activities dispersed at 17 Navy Operational Support Centers from coast to coast.

The Reserve component Sailors include experts in the engineering and technical fields, many of whom are employed full-time in their civilian careers at SPAWAR. They bring tremendous value-added capabilities, including a flexibility to scope available resources for problem solving.

SPAWAR has taken advantage of this broad range of technical expertise and talent by having almost 100 percent full integration between the Reserve component units and the active component and civilian personnel at the gaining command. As a result, the active component has relied heavily on support and assistance from the Reserve component Sailors as a force multiplier to leverage their limited resources.

As the Navy Reserve continues to change the way it responds to needs of the fleet, so too does the SPAWAR Reserve component.

The Reserve component supports SPAWAR in installation of C4ISR and IT systems aboard Navy surface ships and submarines. They assist in ensuring that the requisite systems and strike capabilities are installed and fully operational before every deployment.

Reserve component IT experts train Sailors on maintenance and operation of 21st Century shipboard IT systems, thereby increasing fleet readiness and operability.

In addition, the SPAWAR Reserve component has been a key player in many high profile mission-critical projects:

- ▼ *Ensured the Navy and Marine Corps' more than 25,000 IT systems were ready for Y2K in the year 2000.*
- ▼ *Coordinated installation of C4ISR systems in the Navy Operations Center at the Pentagon which was destroyed during the terrorist attacks of Sept. 11, 2001.*
- ▼ *Manned SPAWAR's Special Operations Center ensuring full integration of all C4ISR systems during Operation Enduring Freedom.*

"SPAWAR's Reserve component is an essential part of our Team," explained Rear Adm. Bachmann. "They provide the skills, knowledge and experience which greatly enable our ability to complete our mission. Our SPAWAR Reserve component has been fully integrated into our Fleet support programs and they are indispensable in enhancing fleet C4ISR readiness."

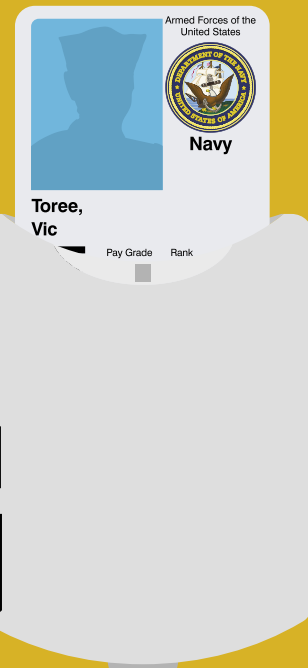
"Requirements always outpace resources, so our agility in being able to respond to the warfighter's requirements combined with what is technically possible is a strength that benefits both the warfighter and the Navy Reserve."



OPPOSITE: Information Systems Technician 1st Class Welling and Information Systems Technician 2nd Class Healis replace a power supply onboard USNS Mercy (T-AH 19).

TNR

THE MISSING LINK



Now you can link up with ALL your Navy Reserve Web sites by obtaining a Common Access Card (CAC) reader. Your CAC will provide you a single sign-on capability, making it easier and more secure than using the old username/password system. All NOSCs can provide CAC readers and software for Windows and Mac operating systems. They are easy to install, and you can get free anti-virus/anti-spam/firewall software to protect the computer on which you use your CAC reader. Contact your NOSC admin office for more details.

When President George W. Bush gave the order for the Navy to destroy an errant satellite filled with thousands of gallons of toxic hydrazine, Reserve Cmdr. Warren Vaneman was under orders as the senior representative for the National Reconnaissance Office (NRO) at U.S. Pacific Command (PACOM).

Rising into the sky on a plume of fire and smoke, the modified tactical Standard Missile 3 streaked from the vertical launch tubes of USS Lake Erie (CG 70) on station in the Pacific Ocean. The critical planning Vaneman and other team members contributed helped ensure all systems worked as advertised so that the joint operation involving PACOM, the Missile Defense Agency, U.S. Strategic Command (STRATCOM) and NRO was an incontrovertible success as the missile impacted the satellite approximately 243 nautical miles above the sea.

As a representative of the Navy Reserve Space Cadre, Vaneman brought his knowledge of satellite systems, Surface Warfare Officer experience, and background in ballistic missile defense to bear on the job at hand.

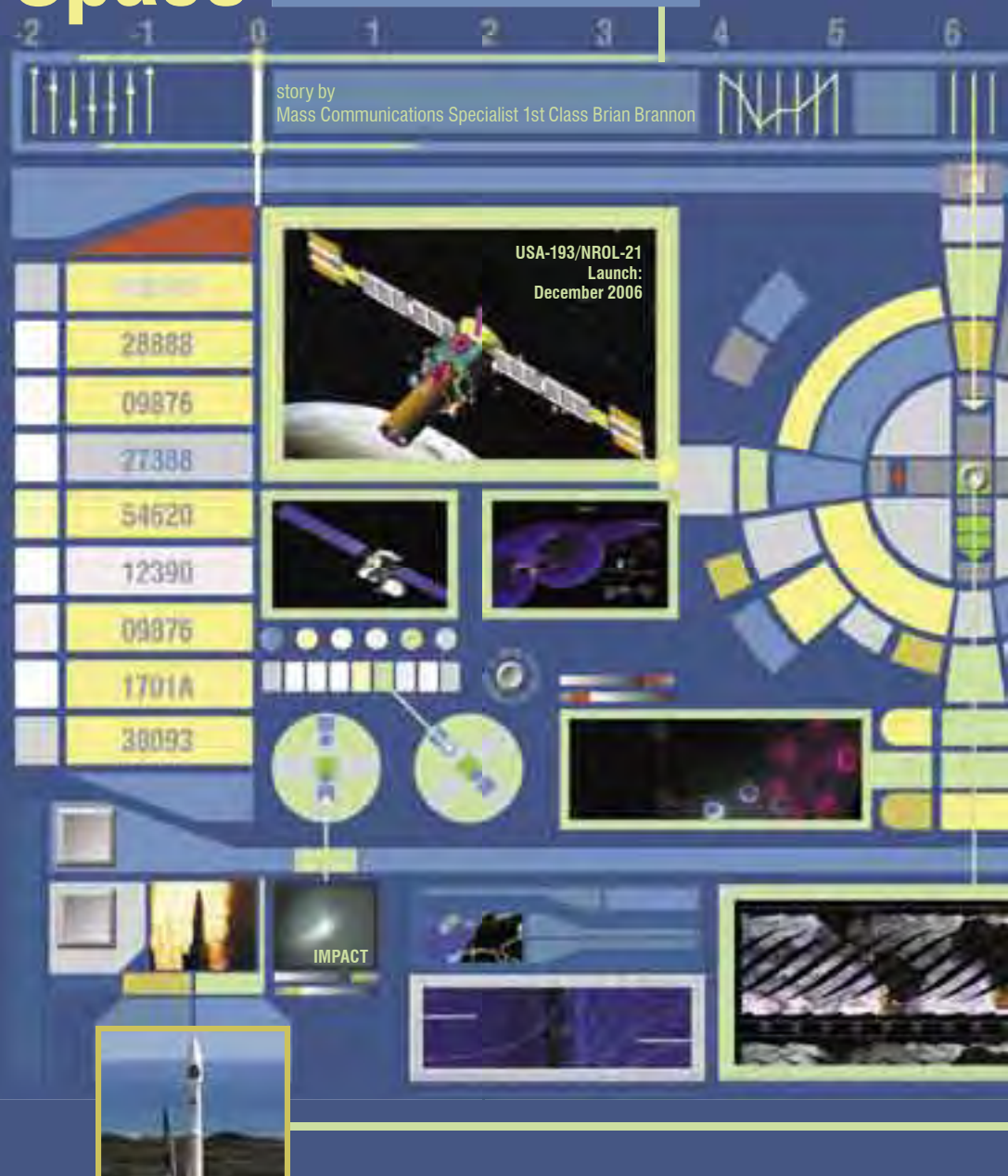
"Attempting to intercept

Reserve Space Cadre Guides Way To Space



A single modified tactical Standard Missile-3 launches from the U.S. Navy AEGIS cruiser USS Lake Erie (CG 70), successfully impacting a non-functioning National Reconnaissance Office satellite approximately 133 nautical miles over the Pacific Ocean, as it traveled in space at more than 17,000 mph.

story by
Mass Communications Specialist 1st Class Brian Brannon



an out-of-control satellite, moving at 17,000 miles an hour, is more difficult than shooting a bullet with a bullet," Navy Reserve Space Cadre Advisor Lt. Cmdr. John Risko said.

But as part of the team of technical experts of the Navy Space Cadre, Vaneman was able to interface with various agencies, contractors and Naval personnel to coordinate the gigabytes

of complex calculations that culminated in a direct hit which obliterated the hydrazine tank and left debris no larger than a football to incinerate as it re-entered the atmosphere.

"Cmdr. Vaneman is just one example of how our highly-trained Reserve Space Cadre members can seamlessly support the fleet to bring space capabilities to the fight," Risko said.

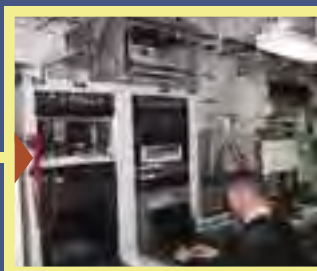
In addition to assisting the SPAWAR Space Field Activity at the NRO and STRATCOM, the more than 135 Reserve Space Cadre officers also support the Naval Network Warfare Command and its Mission Operations Center. These officers represent varied communities, from surface, submarine and aviation warfare, to fleet support, intelligence, engineering, aerospace and information warfare.

whether they work with the Department of Defense, the intelligence community, the Department of Energy, or the National Aeronautics and Space Administration.

In support of active duty requirements, members of the Space Cadre lend their expertise during satellite testing, sea and field exercises, training and installation of technical equipment for carrier battle groups and standing watches on Navy space operations.



Chief Information Systems Technician Robert Hopp



"To ensure that space systems meet the ever-changing requirements of operational users, there must be qualified space professionals that can articulate requirements, develop and implement technologies needed to enable new systems, acquire and field the systems and effectively operate them to take full advantage of their capabilities," Risko said.

Nearly half of the Space Cadre officers have graduate degrees, and many have civilian jobs that correspond to their Reserve careers,



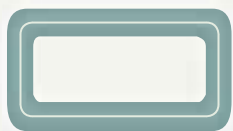
As the demand for the technical and mission-oriented requirements of the Space Cadre continue to increase, new members are continually needed. Serving in the Reserve component of the Navy Space Cadre opens the door to cutting edge assignments and career opportunities, with some billets requiring a Space AQD (VS 3 or 4) for consideration.

For more information, contact Lt. Cmdr. John Risko at john.risko@navy.mil. **TNR**

FUTURE FORCE SOPHISTICATION SPECULATION

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





n the afternoon of October 13, 1775, in Philadelphia, Pa., the Continental

Congress approved funding to fit out two sailing vessels, each carrying ten carriage guns as well as swivel guns, and a crew of eighty Sailors. It is unimaginable they would have considered the meager beginnings of the Continental Navy would, nearly 223 years later, flourish into the “world’s greatest Navy.”

A Navy so complex, so sophisticated, and so technologically advanced, that it takes more than 340,000 Sailors, plus an additional 70,000 Reserve component Sailors to develop, operate and maintain more than 250 ships and another 4,000 aircraft at a variety of shore bases and stations around the globe.

Chief of Naval Operations Adm. Gary Roughead outlined our nation’s new maritime initiative, The Cooperative Strategy for 21st Century Seapower.

“The challenge for our maritime services is to remain a balanced maritime force, and apply seapower in a manner that protects our vital national interests while promoting

greater collective security, stability, and trust,” Roughead said.

He said that achieving this vision can be lumped into three areas of concentration.

“To build tomorrow’s Navy, to maintain the readiness of today’s Navy and to ensure that the policies that we have in place for our people continue to attract, recruit and retain the young men and women of America who can come to the Navy and fulfill themselves both personally and professionally.”

Roughead also foresees unprecedented cooperation and collaboration between the Navy, Marine Corps and Coast Guard both in the formulation and implementation of this strategy.

There are six key elements in this, the first maritime strategy published since the end of the Cold War.

- **Forward Presence** - Forward deployed forces in cooperation with our allies need to isolate, capture or destroy terrorists, their infrastructure, resources and sanctuaries.
- **Deterrence** - Deterring aggression must be viewed in global, regional and transnational terms via conventional, unconventional and nuclear means.
- **Sea Control** - The ability to operate freely at sea is one of the most important enablers of joint, combined and interagency operations and requires capabilities in all aspects of the maritime domain, including space and cyberspace.
- **Power Projection** - Properly sized forces, innovative technology.
- **Maritime Security** - Maintaining awareness of everything moving above, on and under the ocean is imperative to securing freedom of navigation on the seas for the benefit of all nations.
- **Humanitarian Assistance and Disaster Response (HA/DR)** - Relationships built in times of calm establish cooperation, common operating procedures and trust facilitating our ability to conduct rapid and sustained non-combatant operations to alleviate human suffering.

ELECTROMAGNETIC RAILGUN



to conduct Anti-Submarine Warfare (ASW), Mine Warfare (MIW), and Anti-Surface Warfare (SUW) missions. The first LCS ship, USS Freedom (LCS 1) was christened Sept. 24, 2006, and is scheduled to be commissioned in 2008.

This versatile 14,000 ton DD(X) multi-mission attack destroyer will replace today's Oliver Hazard Perry class frigates and Spruance class destroyers. With its 80 Peripheral Vehicle Launch System tubes for improved and enhanced Tomahawk missiles having a 1,000-mile range and two 100-mile range 155mm guns, it is designed to operate with a crew of 150. By comparison, a similarly-sized World War II cruiser required over 1,000 officers and enlisted Sailors to carry out its mission.

At the heart of developing science and technology for the Navy and Marine Corps team is the Office of Naval Research (ONR) in Arlington, Va., with International Field Offices in London, England; Tokyo, Japan; Santiago, Chile; Melbourne, Australia and Singapore. The ONR continues to build bridges and create bonds between the

scientific community, government agencies and industry at home and abroad. While ONR's research benefits America's armed forces, there are continual spin-offs to the civilian community in many more areas such as medicine, communications, meteorology and security.

ONR is at the forefront of science and technology. They're developing capabilities to counter the use of improvised explosive devices against U.S. and coalition forces and researching and developing unmanned vehicles to remove humans from imminent danger scenarios. They're also supporting high priority efforts involving higher risk projects with potentially high payoffs such as the Electromagnetic Rail Gun (EMRG) and Tactical Satellite programs.

EMRG will replace the traditional use of chemical propellants or rocket motors in firing missiles or other projectiles. Instead, Navy ships outfitted with EMRG's will use electricity to launch projectiles farther and faster than any



USS FREEDOM LCS 1

The strategy calls for a 30-year shipbuilding plan that will establish a Navy structure designed to meet the requirements of national security and the quadrennial defense review for fiscal year 2020.

Roughhead envisions a Navy of 313 ships along with the commensurate personnel, aircraft and infrastructure in order to meeting security demands and strategy of the 21st century.

While the technology gap is closing, associated costs are rising, warned Roughhead. Wise investments in research and development must be achieved to maximize the return on investment. Unmanned systems, ballistic missile defense, anti-submarine warfare capabilities, and cyberwarfare are areas of special focus that could provide significant advantages in the future.

The Littoral Combat Ship (LCS) is designed

ship in today's fleet.

With no explosives required to fire the projectile or missile and no explosive warheads stored in the ship's magazine, there is an increased margin of safety on board ship for both personnel and the physical plant.

ONR's Naval Reserve Science and Technology Program (Program 38) taps into the unique Reserve component experiences and technical and operational area of expertise as a means of leverage to support the ONR and Naval Research Laboratory in providing capabilities and solutions to the warfighter.

"We are seeing the culmination of years of research coming together to bring focus to exciting new technology," said Chief of Naval Research, Rear Adm. Bill Landay. "Here at ONR we are striving to move science and technology from vision to results."

The need for a more specialized, technically superior, better educated, more culturally diverse and culturally aware Navy is of primary

importance as we continue to move forward into the 21st Century.

In order for the Navy to become an "employer of choice," changes must be made to the out-dated models of recruiting, assigning and compensating Sailors. Career paths will be made to accommodate greater range of learning and depth of experience that is required by the Navy. Improving personnel management along with placing continued emphasis on Sailor readiness and family preparedness will go a long way toward starting these improvements. This includes quality medical and dental care, pre-and post-deployment briefs for families of deployed Sailors, and strong support services and organizations.

"United States seapower is a force for good," Adm. Roughead observed. "The oceans and waterways of the world are and will increasingly become the domain for building a better tomorrow." **TNR**

Did you know the Navy Reserve has a school house?

It does! the Navy Reserve Professional Development Center is located aboard the Naval Support Activity in historic New Orleans. With 14 courses we are sure to have one you need!

Some of the courses we offer are:

- **Career Information (2 weeks)**
- **Reserve Medical Administration (1 week)**
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- **Senior Enlisted Development (1 week)**
- **Navy Reserve Order Writing System (2 days)**
- **Supply and Fiscal Support (3 weeks)**
- **Navy Leadership**

Our Website is located on www.navyreserve.navy.mil, click on commands, then click on find a command and look for "Professional Development Center."

If you have any questions, please contact Personnel Specialist 1st Class (SW) David Rast at david.rast@navy.mil or 504-678-9246.



RC Phone Directory

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Office of the Chief of Navy Reserve (703) 614-3047	Roanoke, Va. (866) 527-6595	San Antonio, Texas (210) 381-2297	Rock Island, Ill. (309) 782-6084	Kitsap, Wash. (360) 627-2203	VAQ-209 (240) 857-7828	Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1134
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Naval Hospital
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Command
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Navy Expeditionary
Logistics Support Group
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Navy Information
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Maryland
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NIOC Misawa, Japan
011-81-3117-66-2834

NIOC Norfolk, Va.
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NIOC Pensacola, Fla.
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Office of Naval Research
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Sealift Logistics Command Pacific
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Submarine Force
US Atlantic Fleet
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Commander
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Submarine Group Ten
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US Fifth Fleet
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US Fleet Forces Command
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US Joint Forces Command
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US Naval Forces Alaska
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US Naval Forces Europe
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US Naval Forces Southern
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US Naval Special Warfare
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US Northern Command
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US Pacific Command
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US Pacific Fleet
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US Second Fleet
(703) 696-6676

US Seventh Fleet
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US Sixth Fleet
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US Southern Command
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US Strategic Command
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US Third Fleet
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US Transportation Command
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Navy Reserve Intelligence
Command

Reserve Intelligence
Command Headquarters
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(800) 544-9962

Regional Intelligence
Area Northwest
Silverdale, Wash.
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Reserve Intelligence
Area Southeast
New Orleans, La.
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Area Southwest
Fort Worth, Texas
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Area Southwest
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Area Midwest
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Explosive Ordnance Disposal
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Explosive Ordnance Disposal
Group Two
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First Naval Construction Division
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Naval Coastal
Warfare Group

Naval Coastal
Warfare Group One
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Naval Coastal
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Chief of Naval Air Training

CAOSO
(361) 961-2409

CNRF CNATRA/FRS PM
(504) 678-1072

Photo Submissions:

Due 5th of the month.

High-resolution 300 dpi photos.

Set camera on the highest setting (TIFF, FINE and/or HQ). Shoot photos of action supporting the story. Posed shots or "grip-n-grins" are the least desirable. If the story is about people receiving awards, show us what they do that garnered said award.

Send us the original image. Do NOT tinker with it in Photoshop™ or other image-editing software. We will edit it to fit into our page layout requirements.

Include cutline information identifying the subjects and what they're doing in the photo. Also credit the photographer.

Story Submissions:

Due 5th of the month.

Monthly columns: at least 500 words.

More is okay, we'll edit it.

Feature stories: at least 600-700 words and need supporting photos. Feature-based stories will compel the reader to read the entire story. We do not want a straight-news story written in inverted pyramid newspaper style.

Questions and Suggestions:

Please contact the editor at

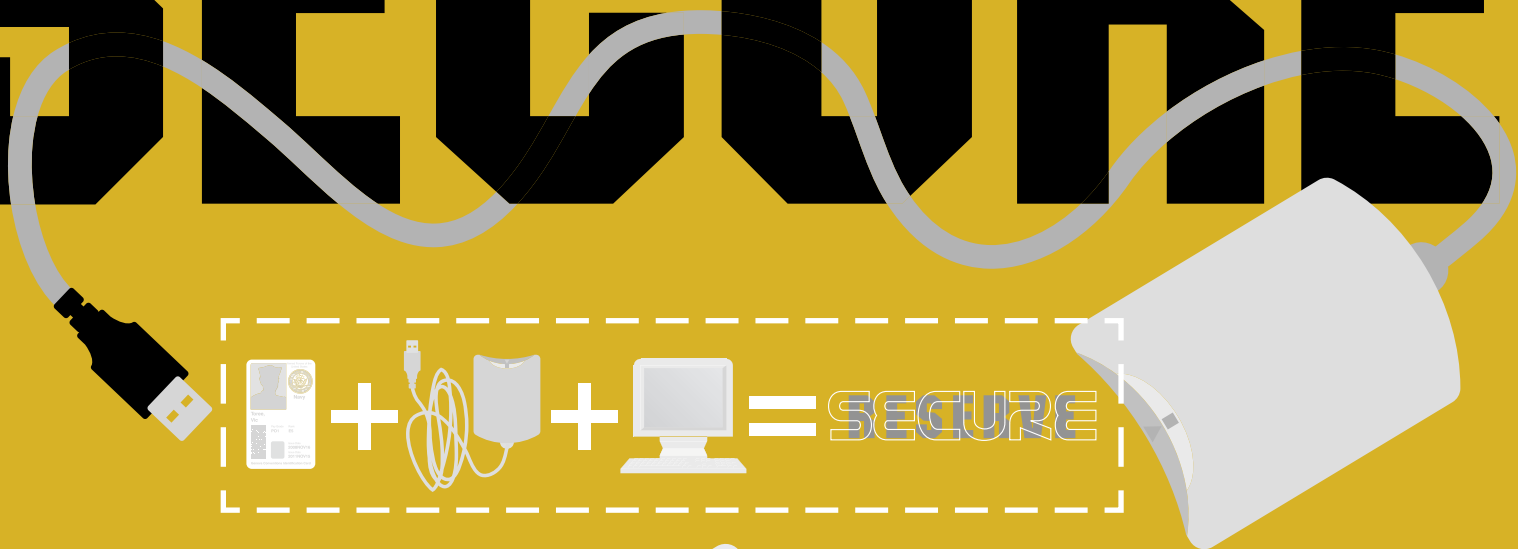
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oon your Common Access Card, or CAC, will be required to logon to Navy Reserve Web sites. CAC provides single sign-on capability, which is easier and more secure than using the old username/password system.

All NOSCs can provide CAC readers and software for Windows and Mac operating systems. They are easy to install, and you can get free anti-virus/anti-spam/firewall software to protect the personal computer on which you use your CAC reader. Contact your NOSC admin office for more details.



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