

TNR

The
Navy
Reservist

October
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Creative
Training

Let's Get Creative!



The Center for Information Dominance (CID) Corry Station color guard stands by to present colors for the retirement ceremony for CID Corry Station Director of Training Lt. Cmdr. Darrel Bishop at the National Museum of Naval Aviation atrium on board Naval Air Station Pensacola.

U.S. Navy photo by
Gary Nichols

Hello Readers,

We've got another fine edition of TNR to inform you on what your fellow Reservists are doing to make your Navy stronger than ever. This month, we focus on creative training.

In order to augment the traditional static lectures and crowded seminars, the Navy is becoming engaged in a more creative method of training today's Sailors. These days, Reservists are learning with an active hands-on approach to become skilled Sailors. With more out-of-the-box thinking, the interest level becomes higher and the Navy becomes stronger as a whole.

In this October issue, you'll read about how Reservists improve their firearm accuracy without firing a single round, and how mock trials help a legalman learn their trade. You'll learn about how one country's sunken sub becomes a diving units' training opportunity. And you'll find out how a land-locked mid-western NOSC unit is able to conduct real world coastal security training without leaving Idaho. Plus, we have the second edition of Capt. Larry Jackson's realistic look at the life of a mobilized Reservist in our "Boots on the Ground" series.

These stories are just a few examples of how creative training can educate, keep Sailors engaged and save the Navy money. Perhaps some of these stories might influence your NOSC or unit to think of creative ways to keep your Reservists ready for whatever task may lie ahead. Who knows — you may even come up with a training method the entire Navy can get behind!

So sit back and enjoy, and don't be afraid to think creatively.

Mass Communication Specialist 2nd Class Ryan Hill

TNR - EDITOR

Navy Diver 3rd Class Levi Hughes helps Navy Diver 1st Class Greg Lamar exit the former Soviet submarine Juliett 484.



Our Cover

US Navy photo by Mass Communication Specialist 2nd Class R.J. Stratchko

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12 Beamhit



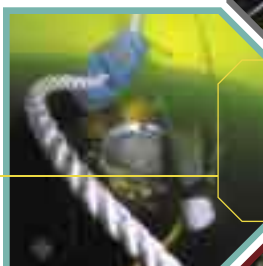
A laser marksmanship training system sharpens M-9, M-16 and shotgun operation skills using electronic scoring equipment.

An intensive six-week program offers fast-paced training in civil law and military justice taught by chief legalmen and JAG officers.



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Innovative readiness training program on sunken former Soviet submarine Juliett 484 offers a real-world training opportunity advantage.

A land locked state can prove to be a difficult sea-going rates training obstacle in simulating maritime expeditionary group protection.



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Reservist Capt. Larry Jackson's Middle East journal entries continues and gives a realistic account of what it's like to be deployed at the tip of the spear.

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Quotes of Note

"The contribution of the Navy individual augmentees in Iraq has been tremendous. Whether contributing their expertise in electronic warfare, with our explosive ordnance elements, as SEABEES, as advisors on Transition Teams, in medical elements, as liaisons with Coalition partners' forces, with the Multi-National Corps or Multi-National Force-Iraq Headquarters, or in a host of other important roles, these Sailors have performed magnificently. Indeed, our Navy and our military should be very proud of what these Sailors have done for our country and for the new Iraq!"

~Gen. David H. Petraeus
Commanding General,
Multi-National Force-Iraq

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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. Dirk J. Debbink
Chief, Navy Reserve

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

Lt. Adam Bashaw
Force Public Affairs Officer

October 08

Mass Communication Specialist 2nd Class
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Sailors Matter

CMDMC
Dwight Holt,
*Navy Reserve Professional
 Development Center*

Up The Navy Ladder

With exam season in full swing, it's important to know about the tools available to you to help advance your careers. Here's a rundown of some of the policies and tools that will help you reach the next step on your Navy ladder.

Tools for Professional Development Navy College Program (NCP)

In support of the four R's: Recruiting, Readiness, Retention, and Respect, the NCP signals the Navy's commitment to education by improving the enlistment appeal. They do this by demonstrating that Navy service and the goal of obtaining a college degree are compatible. The NCP helps Sailors apply themselves to new situations and challenges and better prepares them for advancement. This in

turn builds the Sailors' self-image, which produces higher quality Sailors. Sailors with a degree will receive education credit towards their exam score as long as their transcripts with degree information were forwarded directly from their academic institution to the NCP Center by Sept. 1.

Sailors E-4 through E-6 can earn addition points toward their final multiple score. Sailors will earn 2 points for an Associate's degree and 4 points for a Bachelor's degree. This will increase the overall final multiple score points with no reduction in points from other factors. Check your SMART transcript at <https://smart.navy.mil> to see this take affect.

The NCP provides opportunities to Sailors to earn college degrees by providing academic credit for Navy training, work experience, and off-duty education. The NCP mission is to enable Sailors to obtain a college degree while serving in the Navy.

Electronic Service Record (ESR)

Effective immediately all Sailors may request an ESR self-service user

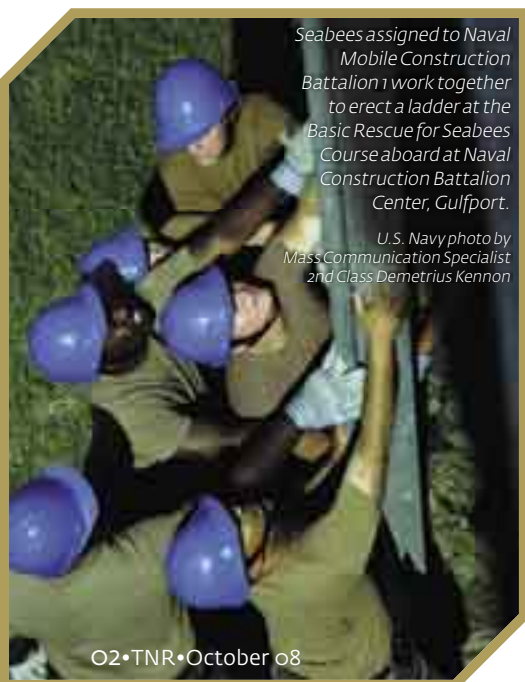
account at <https://nsips.nmci.navy.mil> or through the NMCI homeport portal by selecting the enterprise records management system link. This access provides the ability to review all personnel, training and awards data by choosing the view option in the ESR.

The deadline for administering Active Duty and FTS exams is Oct. 27, 2008, but this date was inadvertently omitted from NAVADMIN 126/08. The dates for the opening and closing of the TIR eligibility lists on the NEASOS web site can be found in paragraph 2 of NAVADMIN 090/08 and NAVADMIN 126/08.

For future reference, transcripts with degree information can be forwarded directly from the academic institution to the Navy College Center at:

**Navy College Center, N211
 VOLED Detachment, CPPD
 6490 Saufley Field Road
 Pensacola, FL 32509-5204
 Phone: (877) 253-7122 or
 (850) 452-1828/DSN 922**

Good luck shipmates!



Seabees assigned to Naval Mobile Construction Battalion 1 work together to erect a ladder at the Basic Rescue for Seabees Course aboard at Naval Construction Battalion Center, Gulfport.

*U.S. Navy photo by
 Mass Communication Specialist
 2nd Class Demetrius Kennon*

Thinking Out of the Suggestion Box

*Written by
Cmdr. Rick Tolley,
Policy Board Member*

Navy Reserve members have become very creative in finding new ways to conduct skills and currency training. Thinking “outside the box” to train with other Navy units, other military service units, or even civilian government agencies can certainly increase Force readiness.

Additionally, training with other organizations allows sharing of ideas for increased safety and efficiency. As these new ideas are rapidly adopted into the Navy Reserve, older policies may not always keep up with the pace. If you identify a policy which needs to be updated to enable better training

and efficiency, contact the Navy Reserve Policy Board (NRPB).

Your suggestions will help the entire Force stay mission ready, safe and efficient.

CNRF NRPB Point of Contact:
NRPB@navy.mil

Access to Free Language Training Software

Issue: The Army provides free language training software to their members via Army Knowledge Online (AKO). With increased emphasis on foreign language skills, can Navy members also gain access to free language training software?

Resolution: Great suggestion! Free language training software recently became available on Navy Knowledge Online (NKO). The software, “Critical Language-150” (CL-150) provides tools for learning, maintaining and improving foreign language skills. To access the free CL-150 language training software: log onto NKO, then select “Transparent Language” located under the “Personal Development” tab.

The CL-150 software can be downloaded and installed on personal computers. The software can be opened but not installed on NMCI and

Macintosh computers. Free access to CL-150 software is available to active duty and Reserve Sailors, and Navy civilians.

For additional cultural awareness training, especially prior to deployments, visit the Center for Information Dominance (CID) Language, Regional Expertise and Cultural Directorate (CLREC) web page on NKO. Select your region of interest from the bottom of the menu on the left side of the page.

https://wwwa.nko.navy.mil/portal/page?pa_f_communityId=c080690010

If you're unable to download the software and want to order the digital training materials, or just need further information, contact clerc@navy.mil.

Written by
Mass Communication Specialist 2nd Class Leticia Fritzsche
Fleet Public Affairs, Pacific

Nearly 1,000 Navy Reservists and family members attended a day-long series of presentations and displays as participants in the San Diego area Navy Reserve Family Preparedness Day at the Bob Hope Theatre onboard Marine Corps Air Station Miramar recently.

“The Navy has stepped up and mobilized to support the Army and Marine Corps,” said Rear Adm. Michael J. Browne, the event’s kick-off speaker. “But the Chief of Naval Operations realized at the outset that we must take care of our families.”

“Ensuring Navy Reserve families are prepared for a deployment of their Sailor is part of 360 degree readiness” said Capt. Eric Young, Navy Operational Support Center (NOSC) San Diego commanding officer and one of the event’s hosts.

The event included speakers from TRICARE, Military One Source, the Navy Family Accountability and Assessment System, Fleet and Family Support and Military Financial and Family Life counselors. The keynote speech was delivered by Rep. Susan Davis from the 53rd District-California. Davis chairs the House Military Personnel Subcommittee. In addition, information booths at the midday meal site were manned by Veterans of Foreign Wars, Operation Prepare, United Concordia Dental, Homefront

San Diego and other organizations that support Sailors and their families.

“This was a great opportunity to learn what we really need to do to be prepared,” said Storekeeper 3rd Class Michael Saenz, who attended the event with his two children Tatiana and Arlene.

Volunteers from the Navy Legal Service Reserve Unit had six attorneys available to advise with

family care plans, special powers of attorney, and wills. Many of those documents were completed on site. The response to the availability of legal experts to develop wills and powers’ of attorney overwhelmed the legal staff, who stayed until everyone who wanted services was helped.

“I had several Sailors tell me that the easy availability of legal services alone made the day



Sailors sign their muster sheets during Family Preparedness Day at Mills Park. The all day event provided transition and emergency information from legal, financial, and medical to families attending.

U.S. Navy photo by
Mass Communication Specialist 1st Class Maurice Dayao



Lunch is served to hundreds of Sailors and family members during Family Preparedness Day at Mills Park. The all day event provided transition and emergency information from legal, financial, and medical to families attending.

U.S. Navy photo by
Mass Communication Specialist 1st Class Maurice Dayao

worthwhile" said Capt. Ken Ireland, Commanding Officer of NOSC North Island, one of the sponsors of the event. "In fact, one Sailor told me she was pricing those services on the outside and that we prevented her from having to spend more than one thousand dollars to get her documents completed."

Amanda Sue Quiroga, spouse of

Mass Communication Specialist 1st Class Mario A. Quiroga, says that her husband is going to Iraq

for six months. After listening to the speakers talk about financial readiness and the other support available to families, she felt a little more confident about the transition and had advice for others.

"My advice to moms and dads staying home with their families is to stay busy," said Quiroga. "List what needs to be done in your mind, do one thing at a time and finish it." She said this approach gave her a sense of accomplishment and lessened her level of anxiety.

Some family members expressed concerns on how to prepare for a deployment. Fortunately, many of the resource providers made phone or internet services available to provide counseling or other support to family members of deployed

"I had several Sailors tell me that the easy availability of legal services alone made the day worthwhile."

Sailors in need.

In the final event of the day, Davis reassured Reserve Sailors and their families that Congress supports them.

"Your service as a Reservist, or a spouse coping with a first time deployment, is no less challenging or valuable than an active duty member or spouse so the benefits and securities provided to you and your families should be no less adequate."



New Reserve CMS/ID Capabilities

*Written by
Chief Mass Communications Specialist Maria R. Escamilla,
CNRFC Navy Reserve Career Tools*

An upgrade to Career Management System/Interactive Detailing (CMS/ID) is scheduled to be released this month featuring new functions bringing the Navy Reserve parity with the active component.

According to Senior Chief Hull Technician (SW) Don Pellinen, Navy Reserve Forces Command CMS/ID lead, "There will be system-wide changes to CMS/ID, across the board for both the Reserve and active component. With CMS/ID, all Sailors can be proactive in their career planning and job assignment. CMS/ID advertises jobs for Selected Reservists, Full-Time Support and active duty — all driven by the Navy's manpower requirements."

Jobs advertised include Hot Jobs, Guard 2000, Global War on Terrorism support assignment jobs and jobs offering assignment incentive pay.

Both Reserve and active Sailors use CMS/ID to keep track of personal and professional information, search job listings, apply for jobs and express their career goals.

In addition, Career Counselors, Command Representatives and Detailers/Enlisted Assignment Coordinators use CMS/ID to guide and make informed decisions concerning job assignments.

The upgrade will expand functionality for existing user roles within CMS/ID (Reserve): Reserve

Component (RC) Sailor and Enlisted Assignment Coordinator. The RC Counselor and Command user will be added as new roles.

New functions for the RC Sailor include the ability to update the user profile, Sailor home page and duty preference pages. They can also receive and acknowledge alerts delivered via e-mail messages through the system, compare jobs and view job details from the home page. Reservists can also recalculate qualification match indicators and view qualification match indicator and policy match indicator messages using "gates and flags."

Gates and flags ensure job applicants are in line with Navy policies. A policy violation triggers a gate which prevents the Sailor from putting in an application for which he is ineligible. A gate stops the Sailor's job application process, and only the detailer or enlisted assignment coordinator can override the gate and make the application on behalf of the Sailor. An example

of a gate would be an E-2 Sailor applying for an E-9 job.

A flag alerts the Sailor that certain actions are required or that adverse personnel data may limit selection opportunities. Triggering a flag does not stop the application process, but at this point the Sailor must decide whether or not to move forward with the application. Some examples include issues with security clearances, high year tenure or applying for a job outside of the projected rotation date window.

Other new functions allow RC Sailors to view their application history listing all the jobs applied for to-date. They also have the ability to view application status and there's a new alert/notification history listing all communications sent or received via CMS/ID.

In addition, RC Sailor users will be able to input comments on each job they are applying for. For example, a Reserve Hospital Corpsman could let the Enlisted Assignment Coordinator know that he's a certified Emergency Medical Technician when applying for a job. They could also list other qualifying factors that would increase the chances of being selected for the job.

Command Career Counselors (CCC) have user roles in CMS/ID to help guide Sailors with their job applications and career goals. The upgrade will provide a new RC Counselor role where unit Counselors will access a CCC home page, view job details, compare jobs and search for Sailors. They



"Command Career Counselors have user roles in CMS/ID to help guide Sailors with their job applications and career goals."



will also be able to view personnel details, submit applications for Sailors, compare multiple Sailors, sort applications and view applications by unit identification code. Another new user role will be for the command representative. This allows commands to view and comment on Sailor applicants, helping ensure the command receives Sailors best qualified to support the command mission. Representatives logged in under the command role will use CMS/ID to help manage onboard personnel by viewing the command home page. Once there, they can view Sailor details, compare jobs and Sailors, update job comments, sort applications, compare applicants without applicant identity and rank and view comments on applicants.

The Enlisted Assignment Coordinator role will be updated so users can view the detailer home page and apply on a Sailor's behalf. They can also view Sailor details, update job comment and send

notifications to the Sailor.

Other new features will include the ability to view drill history, performance evaluation history and Physical Readiness Information Management System data.

Finally, users will be able to bind their Common Access Card (CAC) to CMS/ID. This will allow users to log in with their CAC and personal identification number rather than typing in an account name and password.

"This CMS/ID release represents the Navy Reserve and the active Navy moving forward as a total force," said Pellinen.

Those with general questions about CMS/ID can contact their unit career counselor.

For technical issues, contact the CMS/ID help desk by calling toll-free (800) 537-4617 or by simply e-mailing jasshelpdesk.sscnola.fct@navy.mil.

To deliver feedback on the system to Senior Chief Hull Technician Don Pellinen please e-mail him at donald.pellinen@navy.mil.

Senior Chief Hull Technician (SW) Donald Pellinen, Navy Reserve Forces Command CMS/ID lead (standing, right) instructs a group of Selected Reservists (SELRES) on test-case scenarios. The Application Functional Testing team, comprised of SELRES volunteers from across the Force, meet at NOSC Memphis computer lab to assess a major upgrade of CMS/ID scheduled for release this Fall.

Pellinen worked with NOSC Memphis staff and units to test from mid-July through the end of August. Under Pellinen's guidance, testers logged into a beta version of the CMS/ID upgrade to run scenarios to ensure the system operated as designed. According to Pellinen, about 25 Sailors served on the functional testing team.

"The testing phase is a crucial step in the roll out of the new Reserve CMS/ID. The new release will bring the Reserve functional parity with the active component's, but any bugs in the upgrade must be worked out first," said Pellinen.

"So far we've found some glitches in the system," said Master-at-Arms 1st Class (AW) Robert Tebbetts, a SELRES Sailor assigned to Carrier Support Atlantic (CVN LANT) Det. 0174. "We reported problems to the Space and Naval Warfare Command (SPAWAR) developers and they fixed it. I want to make sure everything works the way it should when the upgrade comes out."

Darren Darby, CMS/ID project lead assigned to SPAWAR Systems Center explained, "It's normal to uncover software bugs during the testing phase so our developers can fine-tune the system." Darby went on to say that several phases of testing and refining are conducted to ensure the release will run error-free as required upon delivery.

"We are working closely with the SSC team," added Pellinen. "Their guidance and expertise have been phenomenal in developing this tool for our Sailors."

*U.S. Navy photo by
Mass Communication Specialist 2nd Class (AW)
LaTunya Howard*

Why Water Is Important

Water is our most important nutrient. It surrounds and is part of every cell in our bodies and is used in almost every bodily function. About 60 percent to 70 percent of your body weight is made up of water. The amount of water your body contains depends on your age, sex and lean body mass. The leaner you are, the more water you have because muscle holds greater amounts of water than fat.

Water Loss

Water is lost each day through basic bodily functions. The average adult loses about 2 ½ quarts of water a day through waste, perspiration and even breathing.

By exercising, you can lose even more water depending on the type, length, and intensity of exercise and the climate you work out in. You become dehydrated when your body's water supply cannot meet its demands. This can cause a variety of complications, including heat exhaustion and heat stroke. Although less life-threatening, dehydration also affects the body's ability to digest food and metabolize fat.

Dehydration and Thirst

By the time we experience thirst our body is on its way to becoming dehydrated. Signs of dehydration can be that tired or sluggish feeling, headaches, trouble concentrating, or constipation. It is important to drink water throughout the day to prevent this.

Water and Weight Loss

Water helps with weight loss if you choose to drink it over sodas and other high-calorie beverages. Often times, when you think you are hungry you may actually be thirsty. Next time you crave that afternoon snack or third cup of coffee, try sipping a glass of water first.

Another way water may help control weight is by making you feel more full. Eating foods with high water content can help increase the fullness factor, which means you are taking in fewer calories. High-volume foods such as fruits, vegetables, broth-based soups, and oatmeal can help curb your hunger. When water is bound to food it slows down absorption and lasts longer in the stomach. Approximately 80 percent of our water intake comes from drinking water and other beverages, and the other 20 percent comes from food.

The New Fluid Guidelines

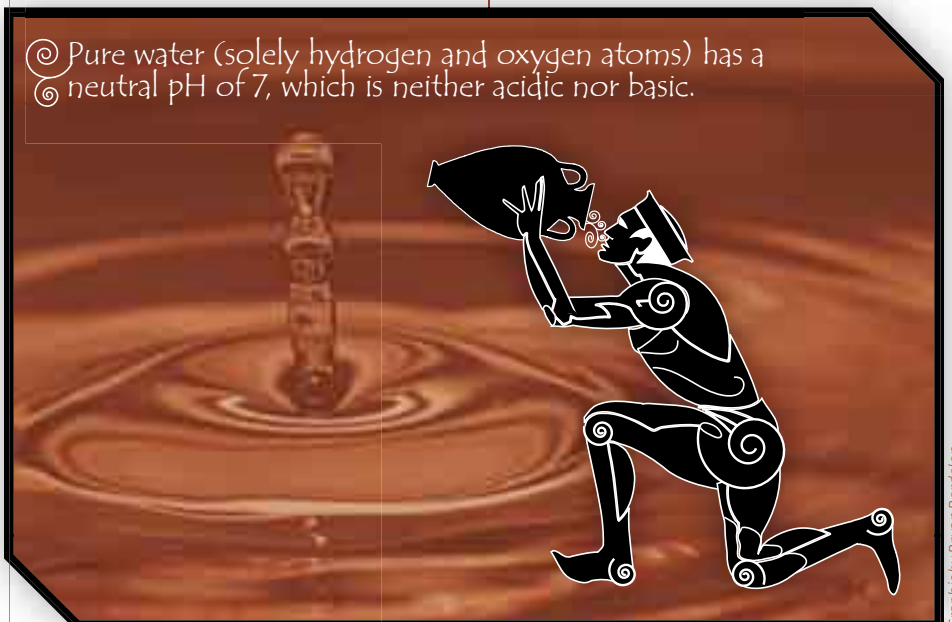
The recommendation that we drink at least eight 8-ounce glasses of water a day, also known as the 8 x 8, has been popular since the 1970s. There is no scientific research to back this up.

In February 2004, the Institute of Medicine issued new recommendations that say healthy adults may use thirst to determine their fluid needs. Exceptions to this rule include anyone with a medical condition requiring fluid control, athletes, and people taking part in prolonged physical activities or whose living conditions are extreme.

The new recommendation also states you don't have to necessarily drink water to stay hydrated. We can satisfy our thirst with many types of drinks.

Of course clean, refreshing, and calorie-free water is the healthiest beverage of choice.

© Pure water (solely hydrogen and oxygen atoms) has a neutral pH of 7, which is neither acidic nor basic.



Graphic by Bryan Borden

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.hilh@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: Miami, Florida

Brief description of your job: I'm HSL 60's calibration support equipment manager. I help track and maintain a \$6.5 million budget and ensure I have an adequate parts inventory for the flight operations of six H60B helicopters.

What has been your greatest Navy achievement: I would have to say recently being capped to 1st class after only five years in the Navy.

Who has been your biggest influence since joining the Navy: My entire command at HSL 60 has been a great influence, especially my maintenance senior chief ATCS Deese who keeps me on my toes with all my responsibilities here.

What do you enjoy most about the Navy: I enjoy the emphasis the Navy puts on diversity, and I have learned from that.

Most interesting place visited since joining the Navy: I haven't traveled a lot yet, but I went to New Orleans for training. I really enjoyed it.



**Storekeeper
1st Class
Yohanier Fernandez**

U.S. Navy photo

Hometown: Queens, New York

Brief description of your job: I perform flight quarters, damage control and ship watches and have even steered the ship.

What has been your greatest Navy achievement: When I was stationed on the USS Philippine Sea, I was part of the Visit, Board, Search and Seizure team. We stopped and boarded boats that we believed were performing illegal activities. I thought the mission was great and worthwhile. Especially after Sept. 11.

Who has been your biggest influence since joining the Navy: Chief Personnel Specialist Green Brown. He showed me how to be a better Sailor. He taught me to be true to my word, to work hard, and be fair and trustworthy.

What do you enjoy most about the Navy: The men and women that I serve with are among the best I have ever had the pleasure to work with.

Most interesting place visited since joining the Navy: England; downtown London was just like being back in New York.

Hobbies: I like to workout and work on cars. I am also a movie buff.



**Seaman
Charles D. McCain**

U.S. Navy photo



Excercising Your Spiritual Fitness

Written by
Capt. Mark Jolivette,
Chaplain Corps, USN
CNRFC Chaplain's Office

You might hear a chaplain say something about Spiritual Fitness. That phrase makes sense to those who have religious sympathies or background. It might not be so clear to those not connected to a church, synagogue, mosque, temple or other center of spiritual worship. Why should Spiritual Fitness be part of our proverbial sea bag?

As I have traveled to a number of Navy Operational Support Centers, I explain this concept includes everyone, church-goer or not, by sharing a story from my childhood. I was 9 years old, in the cold December of Iowa excitedly waiting for the Christmas gift exchange. One of my strong interests was baseball. There were regular summer pick-up games across the street from our house. My first purchase out of personal savings was a Ted Williams model baseball glove. If I could have verbalized God's plan for my life, it was very clear: I'd be playing outfield for the New York Yankees.

It came time for Christmas presents to be opened. A nine year old cringes at the thought of receiving pajamas. I hoped for a model car or airplane, or more baseball gear. They were not the gift. The present came flat and small. I opened an envelope, thinking this was not going to be a very special holiday.

I was so wrong. In the envelope was this writing: "For your birthday, you will get to see the Yankees play



Chaplain Lt. Barbara Wood partakes in communion during a Sunday morning service aboard Nimitz-class USS Abraham Lincoln (CVN 72).

U.S. Navy photo by Aviation Electronics Technician Airman Ashley Houpp

baseball." My father, anticipating the first season of the new Minnesota Twins baseball team, had purchased tickets for the game on July 10th, Yankees versus Twins at the old Metropolitan Stadium.

The story isn't meant to be about Christmas. It is about Spiritual Fitness. Specifically it is about faith. For six months, I could live expectantly telling friends I was going to see the Yankees play baseball. I had absolutely no doubt about that. Why? For one simple reason: my father had promised, and my father would not lie about my gift.

Faith, simply defined, is time lived between words spoken and words being kept. Faith means clinging to the promise of the word. Faith is at the center of

each core value: Honor, Courage, Commitment. Faith is at the heart of every relationship, whether in our marriage, our family, or with our shipmates. Will we keep our words? Will we live believing those persons whose words impact our life will keep them? That's the everyday experience of faith. Spiritual Fitness at its heart concerns promise keeping and promise making, and the faith we keep with one another and with God.

Any chaplain will gladly talk about faith in spiritual terms. Any chaplain will also gladly talk about the faith commitment necessary for all our Navy experience. We will talk and pray about how to keep faith in one another as well as with the Almighty.

Let's do that.

Votable Notable

Have You Registered To Vote?

Written by
Federal Voting Assistance Program

If you want to vote in the upcoming General Election, you must act now. Time is running out to register and request an absentee ballot for this Nov. 4, 2008, election. If you need to register and request an absentee ballot, just fill out the Voter Registration Ballot Request Form (Federal Post Card Application, FPCA, SF 76) and send it to your local election office.

To fill out the Voter Registration/Ballot Request Form, go to the Federal Voting Assistance Program's (FVAP) Web site www.fvap.gov.

The site has specific instructions for all 50 states and five territories covered under the Uniformed and Overseas Citizens Absentee Voting Act. There, you will find detailed and easy-to-follow instructions for filing out your Voter Registration/Ballot Request Form, along with information on where to send it.

You are encouraged to use the new automated tool at the Federal Voting Assistance Program's Web site to fill out the Voter Registration/Ballot Request Form. Find it by clicking on the link in the Quick Links section of the FVAP homepage. This tool will help you complete the form using only the

specific information your state requires. In participating states and jurisdictions, you may also be able to send the form to your local election office and receive your blank ballot via a secure server.

You can also pick up a Voter Registration Ballot Request Form from your NOSC's or RCC's Voting Assistance Officer, or you may contact the Navy Reserve Force Voting Assistance Officer, Lt. Adam Bashaw, at adam.bashaw@navy.mil.



Naval Support Activity Bahrain Command and Voting Assistance Team Coordinator, Legalman 1st Class Greg J. Dorsey, helps Sailors registering to vote at the Desert Dome Food Court. The voting team offers registration booths, command voting assistance officers and federal post card applications at the NSA Bahrain Post Office.

U.S. Navy photo by
Mass Communication Specialist Seaman Joseph Eballo



LEFT: Master at Arms 2nd Class Eric Tucker

BOTTOM: Master at Arms 1st Class (SS) John Smith along with other participants take aim with the 9mm pistol striving to increase their accuracy.

BEAM



HIT

Story and photos by

Mass Communication Specialist 2nd Class Ryan Hill

Taking Aim At Innovative Training

Reservist Master at Arms 2nd Class Eric Tucker slowly raises his 9 mm handgun and points it in front of him. He holds his breath as he lines up the site on the top of his firearm to the intended target. Waiting until the opportune moment, Tucker squeezes the trigger. A direct hit. He squeezes the trigger again. Another good shot. Successful, Tucker slowly lowers his weapon.

Tucker is not in the desert firing at a terrorist. He isn't at his post at the Navy Operational Support Center (NOSC) in

Meridian, Miss. shooting at a dangerous assailant either. He's in a gymnasium in Belle Chase, La. His weapon makes no gunshot sound as he fires because there are no bullets in his gun. Instead, a laser is fired at his intended target, which is a sensor a mere five feet away.

Tucker is training in a class that uses the T3 Beamhit Laser Marksmanship Training System. When a student in this class fires the weapon, it emits a laser. The targets read the location where the laser hit and feed this

information to a computer. The computer shows the accuracy of the student's shots in real time. The firearms used in the class are real weapons modified with the lasers. This helps make the look and feel of the firearms realistic.

The Navy Reserve teaches Tucker and many other Reserves basic firearm operation with this system, but they learn more than how to fire a gun in this class. The T3 stands for "Train the Trainer." This means that at the conclusion of the five-day course, participants will not only be trained in how

to handle firearms, but will also be able to train fellow Reservists on using the same equipment. The course is taught at the Navy Reserve Professional Development Center, New Orleans. Instructors of the course are the only ones able to certify trainers.

"Students will be able to go to their NOSC's and teach basic marksmanship fundamentals with the M-9, M-16 and shotgun using the electronic scoring equipment provided with the gear," said Chief

Electronics Technician (SW) Chris Hazucha, training operations instructor. "When students leave, these guys can set up equipment and actually run a Navy qualification course. The same thing they would do on a range as far as a Navy qualification course, as well as the shotgun practical weapons course."

Students of the class are also trained how to be range safety officers, line coaches and are taught how to use the computer scoring device. This makes the transition to using the real thing go much smoother.

"They know everything by the time they get out to that range and that is going to make lives of range safety officers easier,"

Hazucha said. "You can train people on it and ramp them up before they even put a real weapon in their hand so when they go to a range they'll know the actual course of fire instruction- all of the sequences, the calls and the commands.

When they go out on a range, they know what's coming."

Reservists who already have their firearm ribbons can use Beamhit as their annual refresher training needed to keep current on those qualifications. Those who don't have the ribbons can't get them with Beamhit, but the training still provides important lessons to the art of shooting.

"We're trying to provide enough training and information so when Reservists get out there and have a real weapon in their hands, they know what they're doing," Hazucha said. "They know the fundamentals down pat."

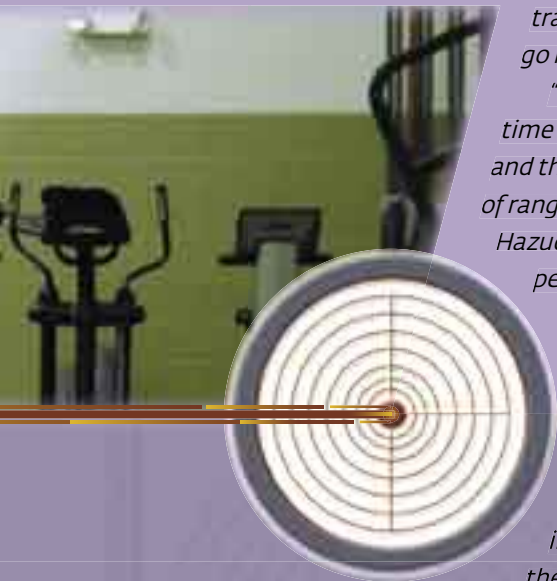
They know how to breathe, they know how to aim, they know how to squeeze the trigger properly, they know how to hold their stance and they know the basic marksmanship fundamentals."

The Beamhit system shows how important the seemingly simple things like breathing and squeezing the trigger are and how much they factor into a shooter's accuracy. Beamhit allows the option to leave the laser on the firearm on all the time. When this is done, the shooter can see the affect that breathing has on their aim. This helps them realize the importance of holding their breath when shooting. It also lets them see the affect that quickly jerking the trigger has as opposed to the more accurate method of slowly squeezing the trigger.

"It's very helpful," Hazucha said.

"It puts the theory into practice so the person can actually see it. When they don't have that and they're shooting, they don't actually see the affects these things have until after they've shot."

There are other advantages to training with Beamhit before attempting live fire. The system saves the Navy money in many areas, including ammunition costs and manpower hours needed for range time. It's also completely portable and can be operated with batteries so it can be used almost anywhere. The targets are mountable and can be placed virtually anywhere. Training can also be conducted in limited spacing. The distances of five, seven and 15 yards used on a live firing range for the 9 mm portion can be simulated with five, seven and 15-foot firing lines with Beamhit. This is done by using



"They know the fundamentals down pat."



LEFT: Master at Arms 2nd Class Mary Lloyd

BOTTOM: Sailors go through different weapon firing stances.

FAR RIGHT: Sailors scores are registered in real-time on the Beamhit software.



BEAM HIT

scaled down targets that simulate further distances.

Beamhit also utilizes 'shoot or no shoot' video scenarios, which teaches students how to handle real world situations. This is done by playing a video on a large screen in front of the student. One example uses video of a demonstration at a gate. The demonstration starts to escalate and then a man with a gun comes around from the back and eventually fires in the student's direction. When training in these situations, the student is taught the proper time to draw their weapon and when to fire at an assailant. The training evolution is recorded so it can be looked over afterwards to determine if the student made the safe and proper decision. Since the student is just firing a laser and their target is nothing more than a video, the student gets to learn how to

handle an extremely dangerous situation without putting anyone in any actual danger. This interactive training in real world danger shows the safety benefits of using Beamhit.

"Nobody is going to get hurt using this unless they hit themselves on the head with the weapon," Hazucha said. "But we treat it as if it's real. Students will have that weapons discipline in their minds. They'll know a real firearm can kill them or one of their shipmates if they don't operate it properly."

Does success with Beamhit translate to success on an actual firing range? Hazucha believes it does.

"I will tell you that this gear works," Hazucha said. "I have



"The Beamhit system shows how important the seemingly simple things like breathing and squeezing the trigger are and how much they factor into a shooter's accuracy."



two guys down there who had zero M-16 and very little 9 mm training. After training with this equipment we got them out on the range and they scored expert on M-16 without actually firing one until that day. That's a small case study and I haven't been able to consistently prove that. But I challenge Reservists to train their people on it and then get them some live-fire time and see the results. The only thing this system can't give you is sound and recoil because there are no live rounds. But we're sacrificing sound and recoil to be able to train whenever we want. I think it's a no-brainer." Once a Reservist knows everything about using Beamhit, the next step is to take this knowledge and pass it on to other Reservists in their NOSC. Each NOSC has the equipment and Navy Reserve Force instruction states

that at least one person from each NOSC needs to have T3 Beamhit training. With more Reservists better prepared for actual live fire, there is a stronger Reserve force ready for whatever they're called to do. "I'm going to take this back to my unit and get people ready for mobilization," Tucker said. "This is excellent training for those that aren't comfortable with live fire. It's one step below so it gets them prepared for the next step." That next step is just one more thing to get Reservists prepared to support the Global War on Terrorism. "When they get mobilized and they go to Iraq, Kuwait or Afghanistan, they're already going to know what they're doing," Hazucha said. "We're going to send better prepared Sailors out there to support."

TNR



CNRFC PUBLIC AFFAIRS BACK TO BASICS

Boot Camp: Your Introduction Into The U.S. Navy

Written by
Mass Communication Specialist 1st Class(SW/AW) Rebecca Kruck

Each person who enlists in the Navy will begin his or her career at Recruit Training Command (RTC) Great Lakes, Ill. The 1628-acre facility, located about 40 miles north of Chicago, has been training Sailors since July 1911. Since this month's issue of **TNR** is devoted to "creative training," we'll take a look at what may be the most important training many Sailors go through.

Before beginning formal training participants at RTC will be screened medically, dentally and administratively. They will also receive a thorough round of inoculations and an initial issue of uniforms. Initial processing begins on receipt day and is followed by what are called processing days (P-days).

During P-days recruits will be taught the basics of watch standing, will be given paragraphs of information to memorize, and will start to learn to organize their gear and their life. P-Days conclude with a commissioning ceremony in which the division receives its guidon (divisional flag displaying division number). This ceremony marks the official start of training.

training (PT). The PT program includes 1-hour daily workouts, 6 days a week. Training alternates between strength and conditioning exercises, which focus on building your body's major muscle groups and cardiovascular endurance exercises.

represents another important part of boot camp and will provide the opportunity for hands-on practice of the lessons learned in the classroom. A typical day of instruction includes several 40-minute periods with 10-minute breaks between periods. Topics covered in the classroom training include: chain of command, code of conduct/ Geneva Convention, drug/ alcohol abuse, first aid, general orders and ship familiarization. Recruit trainees will learn how to handle and shoot the M9 service pistol and M870 shotgun properly. Also covered in both classroom and hands-on training are basic seamanship, basic water survival skills, basic shipboard damage control, firefighting and anti-terrorism.



U.S. Navy photo by
Bryan W. Bordelon

Before recruits can graduate boot camp, they must pass a Navy Physical Fitness Assessment. Males will be expected to run 1.5 miles in under 12:15, perform at least 54 curl-ups and at least 46 push-ups in 2 minutes. Females will be expected to run 1.5 miles in under 14:45 perform 54 curl-ups and 20 push-ups in 2 minutes. They must also be within approved body composition measurements for their height and weight.

Technical training



U.S. Navy photo by
Bryan W. Bordelon



U.S. Navy photo by
Chief Mass Communication Specialist
Chris Desmond.



U.S. Navy photo by
Mass Communication Specialist 1st Class
Richard J. Brunson



U.S. Navy photo by
Chief Mass Communication Specialist
Chris Desmond.

One of the biggest parts of "boot camp" is physical



U.S. Navy photo by
Bryan W. Bordelon



U.S. Navy photo by
Mass Communication Specialist 2nd Class
Tim Altevogt

U.S. Navy photo by
Bryan W. Bordon



U.S. Navy photo by
Chief Mass Communication Specialist
Shawn P. Eklund

U.S. Navy photo by
Bryan W. Bordon



U.S. Navy photo by
Seaman Apprentice
Scott A. Thornbloom

and their compartment and their gear have been judged as "ship-shape," they will participate in the traditional pass in review, or graduation, ceremony. Upon leaving boot camp many will report to a class "A" school, where they will learn the skills of their particular rate, or job.

Not all time spent at RTC is training. Recruits will have several administrative periods during which they will make pay arrangement, be fitted for uniforms, and determine the initial path of their Navy career. Recruits are also given the opportunity to attend their church of choice as Catholic, Jewish, Protestant and several other religious services are available.

Once recruits have completed the weeks of training, passed academic and physical readiness tests



U.S. Navy photo by
Chief Mass Communication Specialist
Shawn P. Eklund



U.S. Navy photo by
Seaman Apprentice
Scott A. Thornbloom



U.S. Navy photo by
Bryan W. Bordon



U.S. Navy photo by
Mass Communication Specialist 1st Class
Richard J. Brunson

One of the many things recruits are expected to memorize in boot camp is the Sailor's Creed. This credo embodies the Navy core values of Honor, Courage and Commitment. All Sailors are expected to live by it as long as they are members of the U.S. Navy.

• SAILOR'S CREED •

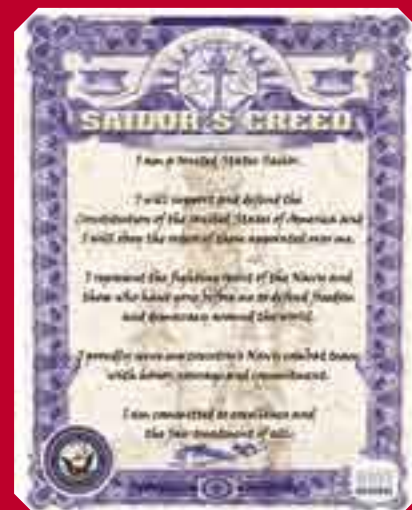
I am a United States Sailor.

I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.

I represent the fighting spirit of the Navy and those who have gone before me to defend the freedom and democracy around the world.

I proudly serve my country's Navy combat team with Honor, Courage and Commitment.

I am committed to excellence and fair treatment of all.



Graphic by Bryan W. Bordon

Chief Legalman Mark Adams, deputy Reserve legalman IA director, meets with Legalman 2nd Class Denise Oliveira, to discuss plans for continuing training and mentoring opportunities. All Reservists converting to Legalman are assigned a mentor to help guide them during their transition into the legal community.



RESERVE LEGALMAN:

Creative Training for Creative Service

story by **Mass Communications Specialist 1st Class Harrold Henck**,
Naval Justice School Public Affairs



With thousands of Sailors serving worldwide, it is crucial that none are distracted from their duties over legal matters. To alleviate such concerns, the Navy provides them with valuable support via the men and women who serve as legalmen.

The Job

The Navy's legalmen are trained paralegals who assist Judge Advocate General (JAG) lawyers with processing claims, conducting administrative hearings and performing many duties related to courts-martial and non-judicial punishment. They also assist Sailors with wills, taxes and powers of attorney.

"A great deal of law is procedural and this had led to a growing demand for trained personnel to assist JAG lawyers ... not only with court cases, but also to handle routine matters in the Navy's legal service offices," said Master Chief Legalman Thomas Giancola, who serves as manpower director for the Reserve legalman community.

Ironically, the legalman rate was closed for three years due to over-manning and a contemplated union with yeomen. Merger plans have since been dropped and the rating is now wide-open for hard-charging Reservists with an interest in law and a keen attention to detail.



Chief Legalman Edward Crews, Reserve Legalman Coordinator for the Naval Justice School, reviews student paperwork for errors. Attention to detail is vital when completing legal forms and conducting case research.

High-Caliber Training and Students

Offered annually each spring, the Reserve Legalman Accession Course at Naval Justice School in Newport, R.I., is an intensive six-week program that offers fast-paced training in multiple areas of civil law and military justice. Students engage in hands-on scenarios ranging from general legal assistance to criminal investigations and courts-martial. Experienced chief legalmen and JAG officers provide the instruction.

"The training includes lessons in Navy legal, administrative and clerical functions, as well as participation in practical applications," said Chief Legalman Edward Crews (SW/FMF) who is the Naval Justice School's Reserve course coordinator. "The goal is to adequately prepare Reservists to work alongside their active counterparts should they be mobilized or volunteer."

To accommodate Reservists' traditional two-week training schedules, students have the option of attending all six-weeks at once, or to break the school into three modules of two weeks annually. Last spring, 27 Reservists attended all or part of the school. Only those who completed all three phases, however, are considered fully trained legalmen. Until then, converting students perform in-rate training.

"I found the instructors to be tough but caring," said Legalman 2nd Class Melissa Tidmore, a paralegal with the US Attorney's Office in San Antonio, Texas. "Our competency is a reflection on their instruction, so they were very thorough. They really wanted us prepared to assume our duties in the fleet."

Most Reservists convert to legalman from other rates and, via their civilian experience, often possess a diversity of skills not found on active-duty. The most recent class included paralegals from a variety of professions including banking, immigration, civil and criminal law.

"A lot of Reservists come to us already trained as experts by virtue of their civilian or active-duty experiences," said Crews. "For us, the integration is the teaching and practical application. The experience and variety of the Reservist's expertise is hard to match – and they're always willing to share."



Students from Reserve Legalman Accession Class 08010 pose outside Naval Justice School in Newport, R.I. at the start of an intensive six-week course that offers fast-paced training in multiple areas of civil law and military justice. Reserve students, all of whom are converting from other rates, engage in hands-on scenarios ranging from general legal assistance to criminal investigations and courts-martial.

Cross-Pollination

Although many Reservists come with professional backgrounds, this is not to say they already know everything. On the contrary, many students speak highly of their training and of the valuable experience gained from their instructors and from each other.

"I have extensive experience ranging from DUI to capital murder cases," said Legalman 2nd Class Chad Stanberry, a criminal investigator with the Mecklenburg county public defender's office in Charlotte, N.C. "Being a legalman allows me to share my skills with my shipmates as well as learn new ones."

The chance to acquire new skills is also an incentive.

"I work with commercial real estate in the legal department at Bank of America in Raleigh," said Legalman 2nd Class Ethel Foster, a Reservist from North Carolina. "My legalman training has given me a new appreciation for court reporting and other skill sets that I had not previously been exposed to."

The opportunity to acquire these skills leads to a wide assortment of Reservists attracted to the legalman rate.

"This is a win-win for the Reserve: our students not only learn from their training, but they can also teach their shipmates new skills," said Giancola. "Our Sailors and the Navy reap the benefits."

Master Chief Legalman Thomas Giancola, Reserve Legalman Manpower Director, educates new legalman students about billet assignments and expected duties and rotations for their new careers.



Model Mentoring and Expanded Training

All new Reserve legalmen are assigned a seasoned shipmate to serve as their mentor and counselor. The mentor is always a senior participant who demonstrates the performance traits that lead to success in the Navy; in short, someone a legalman protégé would want to emulate.

"The goal is to give all new Reserve legalmen a better sense of how their career should progress, what milestones they should attain, and to give them resources to make appropriate career decisions," said Giancola.

To ensure that new legalmen have a chance to follow their mentor's plans, creative opportunities for training have also been implemented. Many billets have been reallocated and flex drilling is more routine. In addition, Reserve legalmen are fulfilling "tiger team" roles and going where they are most needed – to serve the Navy's needs as well as to gain the additional training they require to advance in their careers.

"We want our legalmen exposed to all aspects of the rate and to become well-rounded. In so doing, we are also learning how to best utilize the valuable experience the Reserve can offer the active duty," Giancola said.



"Our competency is a reflection on their instruction."

Growing Importance of the Rate

Every day the integration between active and Reserve becomes greater and more evident. Within the Legalman rate this fusion is even clearer. As one of the Navy's smaller communities, the needs of the Reserve to augment the active-duty are many and varied.

Although most are working in Navy legal service offices at home and abroad, a growing number of Reservists are fulfilling mobilized billets in Iraq, Afghanistan, Bahrain, and the Horn of Africa. While several IAs are supporting humanitarian and joint force operations, the majority are deployed in support of the global war on terrorism.

Chief Legalman Mark Adams, deputy director for Reserve mobilized support, noted that many Reserve legalmen are deployed to Iraq with Task Force 134, the body charged with detainee command and control. According to Adams, the



Legalman 2nd Class Chad Stanberry prepares a mock investigation report in preparation for filing charges of desertion and larceny for a simulated administration board exercise. Reservists must quickly become familiar with multiple types of reports and formats needed to perform their duties in the field.

Reservist's presence is helping the Iraqis to rebuild their correctional and law enforcement systems.

"Our Reserve legalmen are protecting due process rights of detainees as well as ensuring that those who should be released are, and the one's who shouldn't are not," Adams said.

"This is incredibly important work for our legalmen."

Whether providing legal assistance to Sailors, litigation work for JAG attorneys, or prosecuting those involved with the global war on terrorism, the Navy's Reserve legalmen are in high demand. The instruction they receive, from their initial accession at Naval Justice School, through their on-going mentoring and tiger team training, is paying off.

For more information about Navy legalmen, contact your command career counselor or the Reserve Legalman Community Conversion Coordinator, Senior Chief Legalman Erin Meadows, at erin.meadows@navy.mil. **TNR**

Did you know the Navy Reserve has a course for Reserve Unit Leaders?



Our Web site 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 Lt. Cmdr. Brock Miller at brock.miller@navy.mil or 504-678-2063.

We do! The Navy Reserve Professional Development Center has the Navy Reserve Unit Management course (formerly Navy Reserve Unit Leader) designed to provide Reserve Unit CO, OIC and other Unit Leaders with executive knowledge from CRNFC subject matter experts centered on personnel management (N1), operations (N3), training (N7) and finance (N8).

SCHOOL IN DEPTH



JULIETT 484 SUBMARINE, K-77 DATA:
 LENGTH: 281.75 FEET
 BEAM: 31.2 FEET
 DISPLACEMENT: 3,174 TONS
 KEEL LAID: GORKY, U.S.S.R., JANUARY 31, 1963
 LAUNCHED: MARCH 11TH, 1965
 COMMISSIONED: OCTOBER 31, 1965
 ASSIGNED: SOVIET NORTHERN FLEET
 CREW: 12 OFFICERS, 16 NONCOMMISSIONED OFFICERS,
 54 CREWMEMBERS

story by **Mass Communication Specialist 2nd Class(SS) Paul Dillard**
Navy Expeditionary Combat Command Public Affairs

JOINT NAVY, ARMY OPERATION TO SALVAGE SUNKEN FORMER SOVIET SUB NEARS COMPLETION

U.S. Navy Expeditionary Combat
Salvage divers and a small
contingent of U.S. Army divers
worked since June 1 near Providence, R.I. to
raise the former Soviet submarine K-77, also
known as Juliet 484.

This was a unique opportunity to conduct real-world training in submarine salvage operations.

More than 100 active and Reserve Sailors and Soldiers, mainly from Mobile Diving and Salvage Unit 2 (MDSU 2) Norfolk and the U.S. Army Dive Company from Fort Eustis, Va., labored to raise the submarine from the bottom of the Providence River.

The 1960s-era Soviet cruise missile submarine-turned-museum sank at the

pier during a nor'easter on April 17, 2007. K-77 led a storied life prior to her sinking, including a brief stint as a floating vodka bar in Helsinki, Finland, and as the titular submarine in the Paramount film, "K-19: The Widowmaker."

Expeditionary Combat Salvage, a capability central to Navy Expeditionary Combat Command's



Navy divers enter the Providence River.
 U.S. Navy photo by Mass Communication Specialist 1st Class Eric Lippmann



©Paramount Pictures

adaptive force packages, has been made even more viable by Department of Defense Innovative Readiness Training (IRT) Program funding. IRT is designed to improve military readiness and to simultaneously help rebuild America.

"The IRT Program has made this possible, and gives us a big advantage over traditional training," said MDSU 2 Command Master Chief Ross Garcia.

"It gives a once in a lifetime opportunity to exercise a salvage capability that we typically can't simulate. We just can't go sink a submarine at will. The value of this training in assuring our ability to clear waterways for movement of military forces and civilian commerce is immeasurable," said Garcia, a master diver.

Referencing one of MDSU 2's many previous operations; Garcia explained, "Imagine the size of the catastrophe [of the bridge collapse] in Minnesota. In the Mississippi River there was commerce waiting on the river for the rubble to be cleared out of the way of the locks so that commerce could be delivered up river. These operations exercise our ability to clear waterways and to restore normality to maritime commerce and economic prosperity, and are easily linked to theater engagement opportunities and the Global Fleet Station concept."

If we could help smaller partner-nations to prosper by providing them the ability to utilize their harbors and waterways, we might instill in their minds that the United States is a nation that can help them to achieve increased levels of economic prosperity."

The joint aspect of the mission generated a great deal of excitement among the divers.

"I went to dive school back in 2000, and I had an integrated class with Army divers and have not had the opportunity to work with qualified Army divers since that class," said Navy Diver 2nd Class (DSW/SW/AW) Kevin Eppleman. "This is the first chance I've had to work with them in the fleet, and the joint operation is awesome. It's a lot of



Diver 1st Class Mark Sawyer assigned to Mobile Diving and Salvage Unit 2, Co. 21 stationed in Virginia Beach, Va., submerges below the surface of the Providence River beginning a dive on the sunken former Soviet submarine, Juliett 484.

U.S. Navy photo by Mass Communication Specialist 1st Class Eric Lippmann





● Army Sgt. Chaise Turner operates a cargo strap attached to the Juliett 484.

U.S. Navy photo by Mass Communication Specialist 1st Class Eric Lippmann

● Army Staff Sgt. Joshua West lowers himself down to the sunken former Soviet submarine Juliett 484.

U.S. Navy photo by Mass Communication Specialist 2nd Class Christopher Perez



fun to be working with your deep-sea brothers whether they be Army or Navy and we've had a great time so far."

In six weeks of salvage operations, Army and Navy divers made significant progress. On June 25, the submarine's 49-degree list as it lay in the mud was successfully corrected and the ship was righted to a five degree list.

First Lt. Matt P. Kazlowski, Army diver, recalled one of the many difficult tasks that had to be completed to correct the ship's list.

"I was securing the aft pumping patch, and in order to do that I had to enter the sub and move some of the hydraulic and pumping gear, so that was probably my most memorable dive" said Kazlowski. "Every single dive is in complete darkness and difficult. You have to have a good mental picture of what you're going to do prior to entering the water."

With the list corrected, divers prepared the ship for a controlled surface. Belly bands were run underneath the sub through tunnels dug by the divers.

"That required a lot of digging in the mud. We found that the best way to go was old-school deep sea-style, with a diver and a jet nozzle and just go from one end to the other. It can be a little dangerous, but we had backup jets standing by [as a safety precaution] in case there were any cave-ins," said Eppeleman. "Tunneling under the submarine, that's something you rarely get the opportunity to do as a Navy diver. You can spend 20-plus years and never get a chance like that and it really gets your heart pumping."

Once the belly bands were in place, they were attached to I-beams that connected

them to floating pontoons in preparation for the final raising of K-77.

Naval Sea Systems Command, out of the Washington Naval Yard, and Explosive Ordnance Disposal Expeditionary Support Unit 2 from Norfolk provided on site logistics and support for the operation.

TNR

"THE INNOVATIVE READINESS TRAINING PROGRAM HAS MADE THIS POSSIBLE, AND GIVES US A BIG ADVANTAGE OVER TRADITIONAL TRAINING."

JULIETT 484 SUBMARINE K-77:
TRAINING • MISSION • REC-1701

SCHOOL
IN
DEPTH

Reservist, Builder 1st Class Rob Anderson, stationed with NAVSEA Systems Explosive Ordnance Disposal Tech Support Unit in Indian Head, Md., signals that he is ready to descend.

U.S. Navy photo by Mass Communication Specialist 1st Class Eric Lippmann

U.S. Navy Diver 1st Class Mark Sawyer returns from diving in the cold and murky waters of the Providence River.

U.S. Navy photo by Mass Communication Specialist 2nd Class Christopher Perez

The Shadow Patrol

story and photos by
Information Systems Technician 3rd Class
Nicholas J. Hawkins



For many, the U.S. Navy is mostly known for the huge aircraft carriers and intimidating battleships that patrol the world's oceans. For U.S. inland states and communities, that Navy presence historically has a much smaller representation. Conducting real world Navy training in a land locked state can prove to be a difficult task, which in turn makes it more difficult to show a Navy presence in these cities and towns. Navy Operational Support Center (NOSC) Boise, Idaho, figured out a way to make their Navy presence grow much larger in their community while conducting some creative training in the process.

The need for this training increased when Navy Coastal Warfare Detachment 33 Foxtrot (NCW Det 33 F) joined the NOSC Boise family. This group needed a specific type of training. They needed the kind of training that would keep their skills fresh as one of the maritime expeditionary groups providing protection to U.S. property along waterfronts around the world. They needed an environment that would simulate missions conducted by sea-going rates while also reaching out to the community to let everyone know the Navy was in town. They looked at what was available to them in their area and found it at Lucky Peak.

A manmade reservoir eight miles northeast of Boise, Lucky Peak covers 4,200 acres and has more than 40 miles of shoreline. The summer hotspot attracts water skiers, wake boarders and boaters from a population of more than 350,000 in Ada County. Since the size of the lake spans three county lines, the Ada, Boise and Elmore County Sheriffs offices are responsible for patrolling and keeping the waterways safe for everyone. NOSC Boise saw Lucky Peak as the perfect opportunity to hone their maritime skills while showing a Navy presence in their community.

Reservists from NCW Det 33 F started getting the training they needed by shadowing the counties' sheriffs offices while they patrolled the lake. On drill weekends, this new team of Sailors and local police kept a keen eye on Lucky Peaks' waterways to make sure everyone was playing safe.

"This provides a great opportunity for the Sailors who don't necessarily have their sea legs yet to get out on the water and observe what it's like to conduct business in a real-life environment," said Lt. Cmdr. Raymond Fryberger, NOSC Boise commanding officer.

Along with getting their sea legs, these Sailors also receive a wide variety of training from their local law enforcement. The counties sheriff-departments involved are trained and prepared for marine patrol, K-9 investigations and SWAT operations. Along with their primary mission of water safety, they have been involved with drug operations, weapon search and seizures and domestic citations.

"This opportunity has been a great experience for us to see how local law enforcement compares to [Navy] law

enforcement practices,” said Master at Arms 1st Class Albert Hazen. “They’re nearly one in the same. It’s great to hear how they do things because we can associate the training to any previous training and tell [county sheriffs] how we do things. It’s great cross training.”

With the boating season open Memorial



ABOVE: Ada County Sheriff Deputy Tyler Briggs talks with local boaters about safety on the water as Master at Arms 1st Class Christopher Goff and Master at Arms 2nd Class Randy Herbert look on.

BELOW: Master at Arms 1st Class Albert Hazen rides along with Boise County Sheriff.

Day through Labor Day, Boise Sailors spent ample time gaining experience with local law enforcement in a live environment where anything can happen. Though these Reservists are far from the oceans, the Navy patrols are ready to sail the seven seas by maintaining readiness with some creative training.

TNR

“The opportunity has been great experience for us to see how local law enforcement compares to our (Navy) law enforcement practices. Nearly one in the same.”



BOOTS

by Capt. Larry Jackson

On the Ground

The following is our continuing feature story, written through journal-type entries from Capt. Larry Jackson, a Navy Reservist who is currently stationed in the Middle East. This realistic account documents what it's like to be deployed - from the preparation in the states to being stationed in the desert and experiencing what life is like there.

LOG ENTRY TWO

Reserve Friends,

I don't think it's possible to go through mobilization without having flashbacks to one's early days in the military. Whether it was bootcamp, Officer Candidate School, or midshipman orientation, everyone in my platoon at Camp McCrady shared stories of their first days in the Navy. There are

many similarities: group PT at ungodly hours of the morning; standing in formation in the rain, heat, cold; helping each other through the various tests and qualifications. It's actually a remarkable, (and you may think I'm insane for saying this) refreshing experience to have when you're more mature (ok... older) and further along in your career.

That said, I've gotta believe that the guys who aren't in shape are having a tough time. We walk everywhere, run some places, and carry our rifles at all times.



Our Individual Body Armor (IBA) is our constant companion. One of the women in my group got a letter from the guy she's relieving—a Cmdr. Paul Younes who is at the same command where I'm going—who wrote, "Your IBA will change your life."

Truer words were never spoken. In just a few weeks, I can already feel the changes in my upper body from heaving on my ungainly IBA 10-20 times a day. I really have no idea how combat troops essentially live in these things, though I suppose if someone's shooting at me, I'll just deal.

Although there are physical challenges here, the mental challenges posed by all the waiting are more difficult for me. Ever since the earliest days of warfare, waiting has been an essential element...but I don't like it.

There's the usual waking up early to get in formation to wait. But there's also waiting to clear our weapons before entering a building, as well as waiting for buses to take us to training. Once at the training site, we wait for instructions; then we wait to shoot; then we wait for others to shoot. And so it goes.

As I'm writing this, I'm actually waiting, since our plane to Kuwait didn't get off the ground.

At midnight, we got in formation and boarded buses in alphabetical order. By 0025, we were on our way: six cargo trucks loaded with gear, plus four buses driving 250 sailors in our IBAs through the pitch black night of rural South Carolina. At the airport, we rolled onto the tarmac and passed the antiquated DC-10 operated by Omni Air and went to the hangar to wait.

By 0200, it was clear something was amiss—one of the trucks was stuck under the plane. The driver had tried to drive under the wing and actually hit it. The tires on the truck were deflated and the truck removed from the plane. Mechanics and inspectors were called.

At 0300, we were told to load the six trucks' worth of gear into the cargo hold. At 0400, we began loading ourselves. Around 0445, the pilot told us he just needed to finish some paperwork and we'd take off.

Then someone spotted the mouse.

We were told to leave the plane and wait for an exterminator. I found myself wondering where we'd find a bug guy before dawn on a Saturday.

By 0600, there was still no Orkin guy; so, we retrieved our stuff from the plane and caught the buses back to Fort Jackson, where we are now...waiting to do it again tomorrow.



Well, it's Sunday, nearly 1500 and our plane is broken again. (Well, I guess the mouse issue yesterday wasn't a mechanical malfunction, though it certainly kept us from flying.) This time it's definitely mechanical: the aircrew damaged a fuel valve when they were trying to transfer fuel within the plane at the same time they were taking on fuel. The valve wasn't designed to do that and it decided to quit, much to the annoyance of 250 Sailors.

Columbia, S.C. isn't exactly a large airport and DC-10's aren't all that common around here, so, the valve had to be driven up from Atlanta. Once the crew realized it wouldn't get here until about now, they had to go back to the hotel to get their mandatory crew rest. Now we're scheduled to leave at 2100 tonight.

We'll see. As one of our classmates said, "Columbia must suck, because we can't get our plane off the ground."

I learned from Chief Buns, who is a UPS employee when he's not busy waiting for drill sergeants and planes, that rodent infestation grounds planes regularly when they're not used a lot. The little buggers chew on things that don't like being chewed on, and occasionally they wind up in machinery and get chewed up themselves, which can cause the machinery to fail, which



is bad if you're on a plane in the air.

This makes me feel a little better about the waiting.

At the moment, I'm back on Fort Jackson with 164 of our troops so that we could get a hot meal, shower and wash our uniforms and underwear. While in the chow line, standing behind 163 Sailors, I strike up a conversation with the Army recruit behind me in line. He's well-spoken and smart and totally motivated. I'm actually getting a better understanding of the Army from him when a sergeant major tells me I'm not supposed to talk to the recruits. Sigh. It's just another one in a series of cultural differences that will occur time and again in our transition from sea Sailors to sand Sailors.

We're rolling out of here at 1530 to get one more hot meal at 1600 so that we can be out of the chow hall in time for the recruits to come in at 1700. Then we'll go to the airport and...you guessed it...wait.

It's now Tuesday, 12 Feb, about 0230 Eastern time. We have finally landed in Kuwait, which very closely resembles a dusty parking lot...everywhere. I'm in the euphemistically named "Camp Virginia." But at least there's a shower, an Internet connection, and a McDonald's.

We had another delay courtesy of Omni Air, this time due to a faulty temperature sensor for the forward baggage compartment. This was a big deal because the working dogs were there. We finally departed Columbia at 0330—47 hours after we were slated to leave.

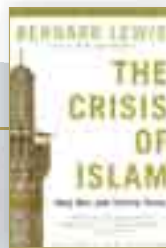
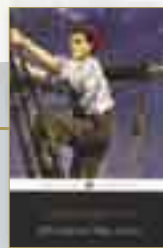
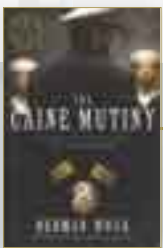
Other than a few hours sleep here and there, I've been awake for 72 hours.

-CONTINUED NEXT MONTH-

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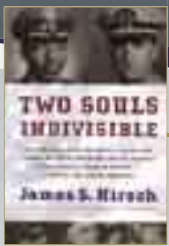
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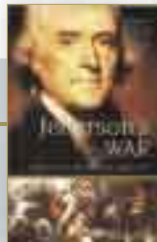
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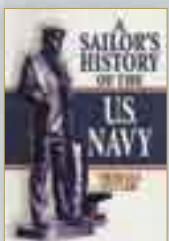


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Photo Submissions:

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
ryan.hill1@navy.mil
or call (504) 678-1240.



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