

TNR

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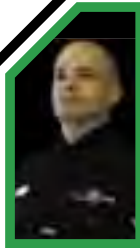
**TAKING
CARE
OF OUR
OWN**

The Navy Reservist Submission Guidelines

A Letter from the EDITOR



U.S. Navy photo by
Mass Communication Specialist Seaman
Brandon Morris



With this month's *The Navy Reservist* issue focusing on 'Taking Care of Our Own' theme, you will find the majority of this magazine lauding the efforts of those who look after Reserve member's families. The Navy takes care of the Reservist families because the Reservist takes care of the Navy.

Logically, it only makes sense we, as a magazine, take care of those who submit articles and photos to *The Navy Reservist*. You are taking care of us. Since there are great Reservist stories to be told and images to be seen fleet-wide, it only makes sense our entire audience be aware of the submission policies for these stories and images. If you have any questions concerning the submission policies, you may contact the editor at ryan.hill1@navy.mil or by calling (504) 678-1240.

Photo Submissions: Due 5th of the month.

High-resolution 300 dpi. 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 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 want the ORIGINAL photo to edit it to fit into our page layout requirements.

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

Story Submissions: Due 5th of the month.

Monthly columns are at least 500 words. More is okay, we'll edit it to fit.

Feature stories are 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.

To our *The Navy Reservist* submitters, thank you. It would be impossible to produce this publication without your help. Your hard work and dedication makes *The Navy Reservist* such a useful magazine. We get calls complimenting the magazine and asking for more copies. Let's continue to work together to give our Reserve fleet the magazine and recognition they deserve. In other words, let us "Take Care of Our Own"!

Mass Communication Specialist 2nd Class Ryan Hill
TNR - EDITOR

16 Poster Pullout



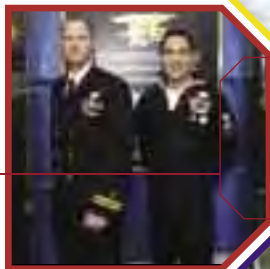
CHINFO posters are designed to inspire our own.

Some deployed Reservists are helping ease the burden back home.



18 Tango The Tigershark

20 No Reserve Reservist Heroes



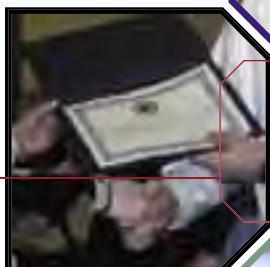
SEAL Team THREE – Bravo Platoon Reservists in Iraq rush in neglecting their own personal safety.

Altruistic individuals learn how to develop and support Sailors, their families and Navy civilians.



22 Ombudsmen

24 Returning Warrior Workshop



Reservist post-deployment workshop offers survival strategies, telling your story, stress management and family/couples coming together assistance.

Golden years Sailors and their spouses live the "good life," having their needs met and doing it in style with fellow military retirees.



28 Armed Forces Retirement Home

Our Cover:

A Sailor aboard the guided-missile destroyer USS James E. Williams (DDG 95) kisses his child for the first time after returning from deployment.

U.S. Navy photo by
Mass Communication
Specialist Seaman
Ash Severe



Compartments

- 02... Sailors Matter
- 03... Money Matters
- 04... Taking The Helm
- 05... Focus On Families
- 06... Culture Of Fitness
- 07... N6 Tech Talk
- 08... Career Counselor Corner
- 09... A View From The Bow
- 10... Policy Board
- 11... Notable
- 12... Profiles In Professionalism
- 14... Back To Basics
- 30... Checklists
- 32... RC Phone Directory

"Take it, lad. You need it more than I do."

~ Chaplain George S. Rentz, giving his lifejacket to a Sailor during the sinking of the U.S.S. Houston (CL 30)(CA 30), 1942.



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

NEWS ONLINE ... The Navy Reservist current and past issues can be accessed online at <http://navyreserve.navy.mil>. Navy Reserve News Stand, a Web site featuring Navy Reserve news and photos, plus links to Navy fleet pages, can be viewed at www.news.navy.mil/local/nrf.

CHANGE OF ADDRESS ... Selected Reservists with address changes need to provide updates to the NSIPS (Navy Standard Integrated Personnel System) via their NOSC Personnel Office.



Vice Adm. John G. Cotton
Chief, Navy Reserve

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

Cmdr. Kelly Watson
Force Public Affairs Officer

Lt. Adam Bashaw
Deputy Force Public Affairs Officer

May 08

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

Bryan Bordelon
Creative Director / Graphic Designer



Sailors Matter

HCMC (SW/AW/FMF)
Dianne Proctor,
Senior Enlisted
Safe Harbor Program

"Sailors enrolled in Safe Harbor receive a full range of services both during and after medical treatment."

Caring for our wounded, ill and injured Sailors' medical and non-medical needs is the highest priority for the Navy. I'm proud to be part of the Safe Harbor team, the Navy's focal point for case tracking, policy oversight, and, when needed, individualized case management for all Navy wounded, ill, and injured.

When Safe Harbor stood up in 2005, its mission was to provide comprehensive, enhanced non-clinical advocacy for Sailors who became severely wounded, ill and injured while in support of the global war on terrorism. Since then, Safe Harbor's mission has evolved and expanded to encompass a continuum of care for Sailors' physical and mental well-being, as well as administrative support. The Navy also assists those found medically fit for return to duty in resuming their military careers or in their transition to civilian life. The Sailor will receive follow-on Veteran's Administration care if not medically fit. This natural evolution fully supports and reinforces our "Sailor for Life" goal of assisting Sailors and their families throughout the recovery period and beyond.

The mechanism for entry into Safe Harbor varies because the needs of our wounded, ill, or injured Sailors are different. Entry is automatic for the severely ill or injured – for others, referral by a Sailor's physician, or Command may start the process based on individual needs and circumstances. Once enrolled, a case manager assists them in obtaining the resources needed to satisfy their

identified non-medical needs and to reach their personal and professional goals. For inquiries regarding referrals or if a severely wounded, ill, or injured Sailor is not immediately contacted, the Safe Harbor operations office can be reached by e-mail at safeharbor@navy.mil, or toll free at 877-746-8563. The Safe Harbor Web site provides additional program information and useful links.

Sailors enrolled in Safe Harbor receive a full range of services both during and after medical treatment. Some of the services are: pay and personnel, invitational travel orders for family members, warrior support, housing and lodging, child and youth programs, recreation and leisure, transportation needs, legal and guardianship information, education and training benefits, commissary and exchange access, respite care, traumatic brain injury and post traumatic stress disorder services and Traumatic Injury Protection under the Servicemembers' Group Life Insurance (TSGLI). In most cases, Sailors will not require services beyond medical care coordination and pay/personnel support. However, in the event of case complications or specific needs, non-medical case management is tailored

to meet the needs of the Sailor and the family.

Capt. Key Watkins, Safe Harbor's commanding officer, sums up the mission: "It is our job to ensure that these men and women who have sacrificed themselves for our country receive the best medical and non-medical care the Navy has to offer." Safe Harbor case tracking, policy oversight, and individualized case management ensure a non-clinical case management system tailored to each Sailor's unique challenges and circumstances. We will continue to improve and refine our program based on best practices and lessons learned and add additional programs to assist Sailors' reintegration with their family, community and command.

It is a privilege to be part of an organization helping 174 severely wounded, ill, and injured Sailors, and over 5,000 other ill and injured Sailors and their families on the road to better health and ensuring they get the best support the Navy can offer. If you have any questions about Safe Harbor, please e-mail me at dianne.proctor@navy.mil. Also, check out the Safe Harbor Web site at <http://www.npc.navy.mil/CommandSupport/SafeHarbor/>.

Common Consumer Financial Mistakes

Written by
Leslie Rhodes Jr.,
Certified Financial Counselor

In the age of consumerism, we live in a material world and are among the countries with the world's largest market economies. The G-7 countries, consisting of the United States, Japan, Germany, France, Britain, Italy and Canada, share a culture of consumption marked by not only rising levels of disposable income, but also rising levels of consumer debt and declining household savings rates. While economists claim consumer spending helps keep economies afloat, individually, rising levels of debt are cause for concern. Let's take a look at some easily avoided common financial mistakes.

The Common Mistakes

Although statistics may lead us to think overspending is normal, it is financially unwise and risky. Protect your income by being aware of these pitfalls.

Excessive Frivolous Spending:

Great fortunes are often lost one dollar at time. It may not seem like a big deal when you pick up that latte, buy a pack of cigarettes, eat dinner out or order a pay-per view movie, but remember, every little item adds up. Just \$25 per week spent on dining out costs you \$1,300 per year, which could have gone toward an extra mortgage payment or a number of extra car payments.

Never-Ending Payments: Ask yourself if you really need items you are paying for every month, year after year. Items like cable television, subscription radio and cell phones can force you to pay and

pay but leave you never owning anything.

Credit Cards: Living on borrowed money has become commonplace. An ever increasing number of consumers are willing to pay double-digit interest rates on gasoline, groceries and a host of other items consumed long before the balance is paid-in-full. Paying interest as a result of a failure to pay off credit card bills makes the price of the charged items a great deal more expensive.

New Cars: Thousands of new cars are sold each year, though few buyers can afford to pay cash for them. This inability means being able to afford the payment is not the same as being able to afford the car. Furthermore, by borrowing money to buy a car, the consumer pays interest on a depreciating asset, which amplifies the difference between the value of the car and the price paid for it. Even worse, many people trade in their cars every two or three years even though an increasing number of cars offer factory warranties that provide 100,000 miles or 10 years of coverage.

Buying More Car than You Need:

At times a person has no choice but to take out a loan to buy a car, but does any consumer really need a large SUV? Such vehicles are expensive to buy, insure and fuel. Unless you tow a boat or trailer, or need an SUV to earn a living, is it worth the extra cost of taking out a huge loan? If you need to buy a car and/or borrow money to do so,

consider buying one that uses less gas and costs less to insure and maintain.

Buying Too Much House: When it comes to buying a house, bigger is also not necessarily better. Unless you have a large family, choosing a home with 5,000 square feet may cause you to pay for more than you need or use. Taxes, maintenance and utilities on such a large home will put a significant, long-term drain on your monthly budget.

Refinancing Your Mortgage and

Taking Cash Out: Your home is your castle. Refinancing and taking cash out on it gives ownership of your castle to someone else. It also costs you thousands of dollars in interest and fees. Smart homeowners want to build equity.

Living Paycheck to Paycheck

The cumulative effect of all this spending puts people into a precarious position where they need every penny earned and one missed paycheck would be disastrous. Spending more than you earn is fiscally dangerous. Choose to make savings a priority.

The National Stats

The government reports the U.S. personal savings rate has declined nearly 10 percent from 1985 to 2005, while the debt-to-income ratio has nearly doubled.



Leadership Model

Written by
Capt. Daniel Miller
and Capt. Sean Coleman

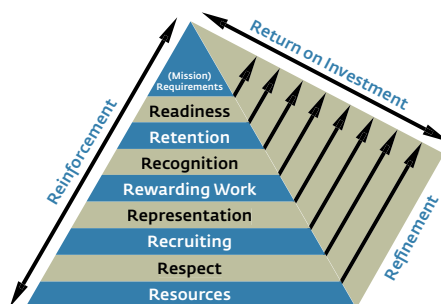
Everything we do in the Navy supports the broader mission. While those requirements will always remain our primary focus, lack of attention to any of the underlying responsibilities of the members of our Force will, in time, reduce the support for the tiers in the Leadership Model.

This model dramatically illustrates the concept of **Mission First, Sailors Always**.

- **Poor Readiness** will directly impact support for the mission requirements.
- **Low Retention** will quickly erode readiness. With six underlying tiers, too many things can adversely impact retention with the damage starting long before it can be seen in the numbers.
- **Lack of Recognition** of subordinates will eventually take its toll on retention of our best and brightest. Recognition is more than just an expression of thanks for having done a good job. It is a validation to the recipient and to the entire command of the importance of his or her contribution.
- **Rewarding Work** (*meaningful contribution – making a difference*) is the highest of motivators. With Rewarding Work, our members have the best opportunity for self-

fulfillment and recognition. Diversity is a Navy strategic initiative, proper

- **Representation** will lead to the best opportunities for rewarding work for all members of the Force.
- **Aggressive Recruiting** of a wide range of personnel will establish and maintain the broad representation needed for a diverse Force.
- **Respect:** Treating all of our people with anything short of proper respect will undermine all levels above.
- **Insufficient Resources** (including the means to get the job done and the primary needs of our members) will hinder even the most motivated of our Force, eroding national commitment.



Each tier of the pyramid serves as a foundation of support for the tiers above. While the requirements remain the focus, inattention to any of the other 11 responsibilities will chisel away at a part of that foundation resulting in the crumbling of the entire structure.

Common to all of the tiers

of responsibilities and key to holding all of the tiers together is **Reinforcement**, which includes timely and effective communication; to define expectations of subordinates, to develop an understanding in them of their roles and responsibilities and the importance of their contributions, and to mentor them at key points in their careers as part of a broader focus on career development. This has to be a responsibility of all levels of leadership.

Refinement or **Improvement** of our processes will add depth to each of the underlying tiers of responsibilities and improve the efficiency and effectiveness of our processes.

All initiatives in support of the mission must demonstrate a measurable **Return on Investment**. This is especially true of the resources and the motivators that will lead to enhanced retention.

Support for the eight underlying tiers of the leadership model should never be viewed as taking away from the mission requirements. If anything, such support for the underlying tiers enhances the mission.

The success of this leadership model, as part of a broader culture of retention, will be enhanced by the development of a range of awareness materials for use in our many leadership training courses.

Military Spouse Appreciation Day

*Written by
Pat Nicholson,
Force Family Support Program Manager*

Navy Reserve families live in all 50 states and all over the world. Many do not live near a Navy Base or any other military installation. This may present challenges for the family as they are not accustomed to the traditional Navy lifestyle. The service member may be away from home for as little as a few days or up to several months. The spouse is the person left at home to take care of the family. On many occasions, problems arise while the service member is away. The spouse is left to get the car fixed and the heater or air conditioner repaired. The spouse takes care of everything and continues on with day-to-day life without the usual help from their spouse.

In 1984, President Ronald Reagan proclaimed Military Spouse Appreciation Day. The official celebration date for Military Spouse Appreciation Day has been designated as the Friday before Mother's Day each year. Military spouses are a uniquely adaptable group of individuals. Through their dedication and care they meet the challenges of family, home and

job while the service member is absent. Often times we overlook the spouses who make many sacrifices to support the service member's military career. Let's take a moment and give the spouses of our military member's a special "Thank You" on Military Spouse Appreciation Day, May 9th.

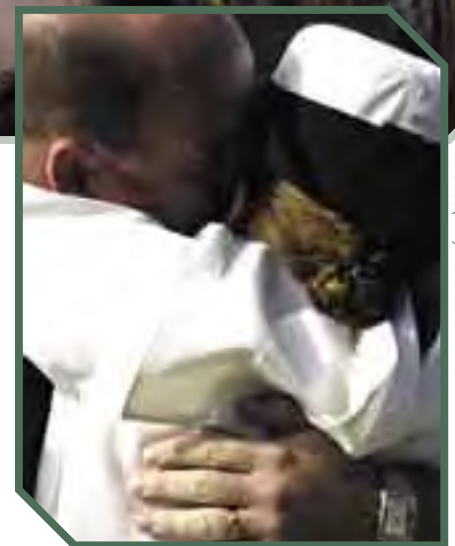
in-person counseling sessions per issue with a licensed counselor. This service is available free to all family members.

Take some extra time and talk with those families who have loved ones deployed. Sometimes a call from a shipmate to say "hi" and ask how the family is doing can help



"Military spouses are a uniquely adaptable group of individuals."

Many families are facing challenges from being separated from their loved ones. If you know of families that are in need of support, take some time to reach out and assist them. Many Veterans Service Organizations and the American Red Cross have programs to assist families of service members who are deployed. Check with the local chapters in your area. They are willing to assist families in need. In addition, individuals who would like to talk with someone regarding how they feel during this time may contact Military OneSource at 800-342-9647. Military OneSource can direct you to counselors in your community. You have access to six



the family deal with the challenges of being on their own. A friendly voice goes a long way in helping get through this stressful time. As you make those calls during the month of May take this opportunity to thank the stay at home hero - the Military Spouse.

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

U.S. Navy photo by Mass Communication Specialist 1st Class (AW) Marthallen L. Ball

Many people find exercising difficult. Reasons for this include chronic physical discomfort, fatigue and a very busy schedule. Every now and then, everyone needs some type of motivation to stay on the fitness and wellness course. Staying the course can be more fun when one realizes keeping fit can mean more than just individually working out or joining a health club.

Unfortunately, many folks get sidetracked and life weighs heavy, both physically and mentally. Team-building exercises are one way to reach your fitness goals and to help relieve some unwanted pressure in your life. One example of this is called the **Crews Into Shape 2008** program, which is a DoD program used by more than 300 teams. The fitness challenge goal is to improve daily exercising and increase intake of fruits, vegetables and water.

Crews Into Shape, sponsored by the Navy and Marine Corps Public Health Center, is held each year in conjunction with national Nutrition Month. The goal of the program is to spark and guide workplace-focused, team-oriented, physical activity and improved nutrition among the whole DoD family.

The guidelines for each are:

- 1. Exercise** - 30 minutes per day for five or more days per week.
- 2. Fluids** - 64 ounces of water or fruit juice per day.
- 3. Fruits & Vegetables** - Consume five fruits and vegetables per day.

Let's be clear; just because **Crews Into Shape** is officially offered once a year, doesn't mean your office or command can't run a similar program year round.

Challenges such as **Crews Into Shape** positively affect health-related behavior. In 2007, 1,950 people participated. Of the 518 participants who completed the post-challenge questionnaire, 59 percent said they met their weight loss or gain goal. An overwhelming majority agreed the Crews challenge helped them improve their daily habits regarding exercise and fruit, vegetable and water intake.

Crews Into Shape provides the benefit of crew members working together to achieve a lifestyle of healthy habits. According to Bob MacDonald, project manager of the **Crews Into Shape** challenge, "A key concept of this intervention is the 'Crew'; people committed to help and encourage each other in the struggle to establish healthful habits. An astounding number of

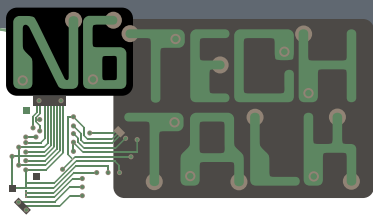
Crew members tell us an additional and important benefit of the **Crews Into Shape** challenge is stronger work groups." One Sailor said, "Our crews are competing against each other and it is a fun time here — good healthy competition. We have crew members who are bringing in fruit daily, you see everyone with bottles of fruit juice and water." It seems closer relationships between coworkers are established while working together.

In short, team-building programs help improve both fitness and wellness. According to an Airman, "I feel less tired at work and have more energy when I go home. I'm able to spend more productive time with my family." Even if you take small steps, you are still moving forward. Hang in there; and if you find yourself saying, "I am too tired or I have no time in my busy schedule," then just remember to shift the gears of fitness and work with others as a team. Hoorah!

"Team building exercises are one way to reach your fitness goals."



U.S. Navy photo by
Mass Communication Specialist Seaman Mark Patterson II



Happy E-mail Trails

Written by

Lt. Cmdr. Bill Batson

Director, Information Assurance

Commander, Navy Reserve Forces Command N64

william.batson@navy.mil

Welcome again to the latest installment of Tech Talk. I have received many questions about how to manage your NMCI Mailbox when you don't have access to an NMCI computer all the time. I'd like to pass on some tips on keeping your Navy e-mail flowing.

First of all, it is important to understand your NMCI mailbox has a size limit. By default, it is 50 megabytes. For you PowerPoint commando's out there, that equates to roughly 10 e-mails with a medium-size slide deck. Once you exceed that limit, you will not be able to send or receive e-mail. Many folks out there don't understand that the Inbox folder is not the only contributor to the size of your mailbox. If you look at your Outlook account when logged into an NMCI computer, every folder listed under your profile, displayed as "Mailbox - your NMCI Username," adds to your mailbox size. This includes your Sent Items, Calendar, Contacts and Deleted Items. The March edition of Tech Talk detailed how to save e-mails in a .pst file, so we won't rehash that.

One place most users overlook is the calendar. Most of us get meeting requests delivered via e-mail. When you accept a meeting request it places it on your calendar in Outlook. If there were any read-ahead files attached to the meeting request, those are put on your calendar too. Over time, the files can add up. One way to keep

the calendar under control is to use the AutoArchive function in Outlook. In Outlook, right click on your calendar folder and select "Properties." Or, while viewing your calendar, click File, Folder, then Calendar Properties. Click on the AutoArchive tab in the pop-up box. Select the "Archive this folder using these settings" radio button and set how far back you want items to remain on your calendar. You can also specify where the items should be archived to or to permanently delete them.

One more Outlook mailbox tip: don't forget to clean out your Sent Items folder on occasion. A copy of every e-mail you send is stored in that folder and it counts toward your overall mailbox limits. You can delete them or store them in a separate .pst file.

For Reservists who are mobilizing, there is a way to forward your NMCI e-mail to your .mil account in theater. Instructions for forwarding your NMCI e-mail are on the NMCI "Homeport" Web site. You can only forward to a .mil or .gov e-mail address.

Lastly, RESFOR has been issuing CAC readers to Reservists for home use to authenticate to DoD Web sites and get your NMCI e-mail at home via Outlook Web Access. If you do not have a CAC reader, you should contact your NOSC to be issued one. For Macintosh users, we have a reader that works with Mac OS 10.4 and 10.5. Details are

available on the Navy Reserve Web site in the CNRFC N64, CAC/PKI section.

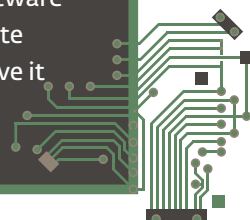
Thanks for all your help.

NEW Anti-Spyware Tool Available!

A lot of you have been e-mailing me about when the new Navy provided anti-spyware software will be available. Good news! New software is available for download from the INFOSEC Web site. The software is Symantec's Endpoint Security. It is an anti-virus, malware (Anti-Spyware), and firewall package. Most of us will use the unmanaged client version, which is the SEP.zip file.

You can download the software at <https://infosec.navy.mil>. Click on the Anti-Virus Tools tab and follow the links. *Note: you can download the software from home but you will need a CAC reader to authenticate to the Web site.*

Some of you have been using the Computer Associates (CA) Anti-Spyware solution called Pest Patrol or SDEP you downloaded from the INFOSEC Web site. That contract expired and will not be renewed. If you are still using the CA Anti-Spyware software from the INFOSEC Web site you are required to remove it immediately.



Enlisted Incentive Bonuses

Written by
Chief Personnel Specialist Ann Aiken
Bonus Department LCPO, COMNAVRESFORCOM

To ensure operational effectiveness now and in the future, our Navy must attract the highest qualified recruits and prior-service veterans. A vigorous recruiting plan requires flexible tools to ensure we are recruiting the correct number of Sailors with the right skills to optimize our war-fighting capability.

There are three types of enlisted incentive bonuses: New Accession Training; Affiliation/Prior Service Enlistment, and Reenlistment/Extension. Several factors apply to the different bonuses; however, there are a few general rules to follow. A member

must not
have more
than 16
years
of Total



Graphic by
Bryan W. Bordelon

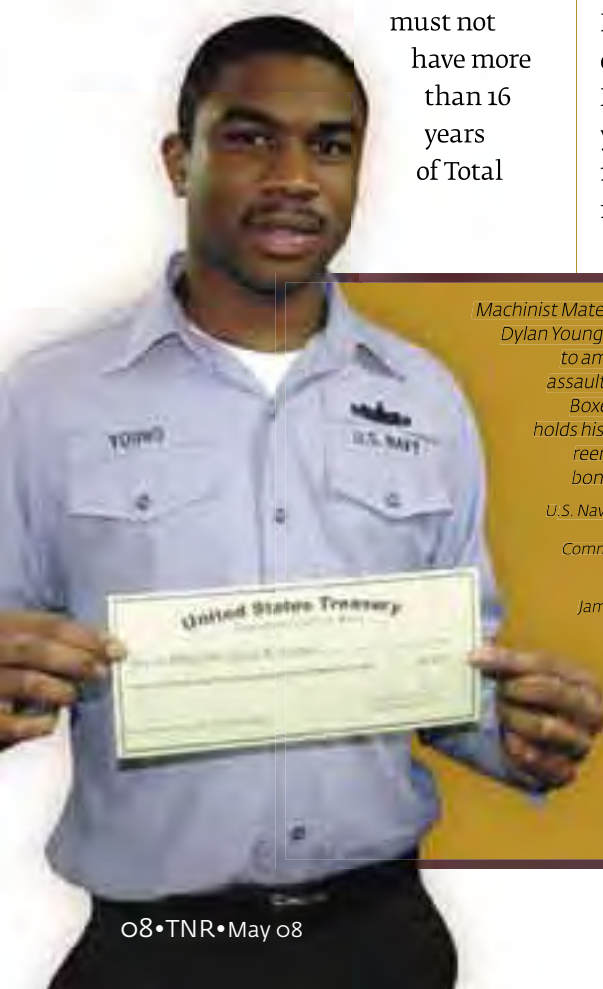
Federal Military Service as calculated from their Pay Entry Base Date. The maximum number of years for which any particular bonus may be paid is six years. A member may receive a maximum of six

years in a specific bonus; however, may receive two different types of bonuses.

Specifically, a member may receive one six-year Affiliation/Prior Service Enlistment Bonus. When the period of obligation is complete, a member may be eligible for a Reenlistment/Extension bonus for a cumulative period of up to six years. Sailors may extend or reenlist to gain bonus eligibility.

For Affiliation/Enlistment Bonuses, members must not have been a Sailor of the Selected Reserve within the 12 months preceding their current affiliation/enlistment date.

If you would like more information regarding Enlisted Incentive Bonuses, please contact your Unit and NOSC Career Counselor and read the current NAVADMIN 041/08.



Machinist Mate 3rd Class
Dylan Young assigned
to amphibious
assault ship USS
Boxer (LHD4)
holds his selective
reenlistment
bonus check.

U.S. Navy photo by
Mass
Communication
Specialist
3rd Class
James Seward

Your command career counselor can help a Sailor with many aspects of their career. They can advise you on your rating advancement opportunities and even give advice on ratings with better advancement rates. Career Counselors can guide you along the advancement path by providing you with the next advancement exam opportunity and what you need to complete for eligibility.

One way you can help ensure your readiness is keep your service record up to date. Check your service record often, know when a change is due, and follow through to make sure your latest award or completed course was recorded properly. You should also order your service record on CD-ROM from Bupers Online at <https://www.bol.navy.mil>. While at Bupers Online, check out your retirement point capture information or your enlisted summary record. All of these will help you take charge of your career.

The Meaning of "Taking Care of Our Own"

Written by
Mass Communication Specialist 2nd Class Ryan Hill

Taking care of our own.

It seems simple enough. Looking out for those in our family, both in the home and those we work with. Simple in concept, maybe. In practice though, it is a task that demands countless hours of hard work and dedication.

Yet commands like Naval Air Systems Command (NASC 6066), located in Naval Air Station Patuxent River, Md, continue to set the bar in providing excellent support for Reserve Sailors and their families. Earlier this year, NASC 6066 received the 2007 DoD Reserve Family Readiness Award as the top Navy Reserve command to "take care of their own".

NASC 6066 Reserve Sailors were assigned to numerous operations in theater, including Operation Iraqi Freedom. Every member of NASC 6066 is counseled about mobilization upon assignment to the command. It is said by those within the command that mobilization is a question of "when", not "if".

This Reserve unit alone provided 1,843 mobilization mandays in Iraq and 933 mandays in Kuwait last year. NASC 6066 detachments in Iraq have five military personnel and 13 DoD civilians continuously mobilized. They were also responsible for 161 emergency repairs on various aircraft, saving an estimated \$80.5 million.

With all of these great things being done by these Sailors in

support of their country, it only makes sense that this kind of debt is paid back in kind. That is where the commitment to family readiness comes in.

As many units are doing Navy-wide, NASC 6066 has individuals dedicated to making sure that their Sailors' families are taken care of. It's a fluid circle of looking out for one another. The family supports the Sailor. The Sailor supports the Navy. The Navy supports the family.

To support its Reserves families, NASC 6066 has partnered with groups like the Navy Chaplain CREDO program and Military OneSource. CREDO offers professional counseling, free retreats on personal growth, marriage enrichment, Naval Reservist Sea Warrior Reintegration and Navy Ombudsman. CREDO is explained to members on a variety of separate occasions.

The Ombudsman is another part of the command. NASC 6066 has detachments across the country. Each detachment has an ombudsman who communicates with all the families. They provide newsletters, e-mails and an active phone network to inform Reserve families of current programs available to spouses and families. These programs include Military OneSource, which offers financial counseling, vehicle storage, pet care, free tax preparation, college grant assistance, state specific

veteran benefits and mobilization materials.

The success of these programs becomes evident in the quality of life of its military family members. NASC 6066 has been deploying Reserve Sailors since 2002. This experience has given the command the ability to understand what goes into the unit member-family dynamic. Reservists of NASC 6066 have expressed a steady increase in satisfaction with the quality of life of their family members while they are deployed. The record speaks for itself. In more than five years of deployments, not one Reserve Sailor has returned from Iraq, Bahrain or Kuwait due to family readiness concerns.

This kind of dedication to family goes far beyond NASC 6066's award-winning effort. This kind of commitment has become commonplace Navy-wide. Sailors are able to commit more to their commands if they know their families are being looked after. Stronger families translate to a stronger Navy. The work being done by units like NASC 6066 are an important part of the CNO's vision of "building the future force, maintaining warfighter readiness, and developing and supporting Sailors and Navy civilians." It only makes sense that in order to achieve these goals at the highest level, the Navy Reserve family would go above and beyond to "take care of their own." **TNR**

Policy Issues, Policy Boards ... What do they mean to me? The dictionary defines “policy” as a plan to guide decisions and standardize actions towards a desired goal. For example, to achieve the goal of “taking care of our own”, the Navy established Command Sponsor and Indoctrination Policies, U. S. Navy Family Care Policies, Fleet and Family Support Center Policies, and many others. To ensure current policies are appropriately guiding our efforts, the Navy Reserve Policy Board (NRPB) addresses policy issues and concerns received from the Force. Any member may submit a policy issue through their own organization policy board, or directly to the NRPB via e-mail.

Each issue received by the NRPB is thoroughly reviewed for potential impact to the Force. NRPB members discuss each issue and determine the Board’s recommendation. Those issues that can be resolved within the Navy Reserve Force or Chief of Naval Operations organizations are assigned to staff members, then tracked to completion. Issues that require action above the Chief of Naval Operations level are forwarded up to the Secretary of the Navy’s (SECNAV) National Navy Reserve Policy Board (NNRPB). The NNRPB then makes a recommendation to the SECNAV. If the issue requires further action at the Department of Defense level or Congressional legislation, it may be forwarded up to the Secretary of Defense’s Reserve Forces Policy Board.

The NRPB is working hard to “take care of our own” Navy Reserve Family by addressing your policy concerns and recommendations.

“NRPB is working hard to ‘take care of our own’.”



If beneficial to the entire Force, the NRPB is your advocate to carry innovations and suggestions forward to the highest levels of Navy leadership.

Contribute to the policies that guide the Navy Reserve by

submitting your recommendations for improvements to your organization policy board or to the e-mail address listed below.

CNRF NRPB Point of Contact:
NRPB@navy.mil

Policy Issue Format

Subject: *specific topic*

Originator Point of Contact Information: *name, rank, phone, e-mail and unit*

Concern/Discussion: *detailed description of issue with appropriate references*

Recommendation: *proposed change / improvement to current policy*

Organization Policy Board Discussion/Recommendations: *(if applicable)*

Chain of Command Discussion/Recommendations: *(if applicable)*

Navy Reserve Marks 93rd Anniversary at Navy Memorial

Written by

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

WASHINGTON, D.C. — The U.S. Navy Reserve celebrated its 93rd anniversary in a standing room only ceremony March 1 that honored two returning warriors with Bronze Stars and announced a new force master chief.

Secretary of the Navy Donald C. Winter and Chief of Navy Reserve Vice Adm. John G. Cotton told those gathered at the Navy Memorial about the essential role Citizen Sailors play in missions from the sands of the Middle East to defending homeland security in the global war on terrorism.

“The essence of a Reservist is to be ready,” Winter said. “Ready to be called.”

More than ever before, Reservists have integrated into the active-duty force in “every field” and “every major operation,” the secretary said, noting more than 50,000 Navy Reservists have mobilized on active duty since the Sept. 11, 2001 terrorists attacks.

They have carried out civil engineering and troop protection missions from the mountains of Afghanistan to battling massive wildfires in southern California, Cotton said.

“We have to be ready for not only the away game, but the home game, too,” said Cotton, who attended his last Navy Reserve birthday event before he leaves the top post later this year.

The long tradition of Citizen Sailor service to the Fleet began when Congress started the federal

Naval Reserve March 3, 1915. More than 300,000 Reservists deployed in World War I, two million in World War II, and another 130,000 in the Korean War. Reservists made up one out of every seven Sailors during the Vietnam War. In the first Gulf War, 22,000 joined the active force when called.

“We’ve become an operational Navy Reserve,” Cotton said. “Our Sailors step up and do fantastic work all over the world.”

The admiral also announced the selection of Command Master Chief Ronney Wright, of Marine Forces Reserve in New Orleans, as the next Navy Reserve Force master chief. Current Force Master Chief David Pennington will retire in June.

Wright said his motivation to lead comes from Sailors, but

teamwork is crucial to his latest endeavor.

“I need your support to make this work,” he told Sailors at the ceremony.

Cotton had awardees in uniform individually recite the oath to the U.S. Constitution. Worldwide, he noted, 112 nations have similar documents.

“Do you know how many of those constitutions start with we? he asked “One.”

The same one, the admiral noted, Sailors recited allegiance to support and defend. **TNR**

Vice Adm. John Cotton, Chief of Navy Reserve Force speaks to Navy Reservists during a celebration to mark the 93rd anniversary of the U.S. Navy Reserve in Washington D.C.

*U.S. Navy photo by
Mass Communication Specialist
1st Class
Sally Hendricks*



PROFILES IN PROFESSIONALISM

Hometown: Newberg, Oregon

Why did you join the Navy: For the medical experience needed to become a physical therapist.

Brief description of your job: To make sure our unit members are medically deployable at all times.

What has been your greatest Navy achievement: Being assistant safety officer for the port of Ash Shuaiba when we were in Kuwait.

Who has been your biggest influence since joining the Navy: One of my hospital corpsman chiefs, Chief Hospital Corpsman Ramon Alcaraz, when I was active duty with the Marines. He took me under his wing and instilled in me the importance of being a good corpsman and pushed me to be the best I could be.

What do you enjoy most about the Navy: Particularly in the Reserve community, the relationships I have with my Reserve brothers and sisters and the memories that we make.

Most interesting place visited since joining the Navy: Mogadishu, Somalia, in 1983.

Current hobbies: I'm a school teacher and I love doing that. I'm an outdoorsman, spending time with my family and I like collecting historical books.



**Hospital Corpsman
2nd Class
Scott Tatro**

U.S. Navy photo

Hometown: Dubuque, Iowa

Command: Navy Reserve Forces Command

Brief description of your job: Program manager for Navy Reserve ombudsman and family support programs. I work with all five family support program administrators throughout the Navy Reserve Force.

Who has been your biggest influence while holding this position: Mrs. Barbara Hall, spouse of the Honorable Thomas Hall, Assistant Secretary of Defense for Reserve Affairs. Mrs. Hall was instrumental in getting the Navy Reserve ombudsman program off the ground when her husband was Commander, Navy Reserve Force.

What has been your greatest achievement in this position: To provide information and resources to families to assist them with day to day life in the sometimes unfamiliar military structure.

What do you enjoy most about your job: Helping people.

Most interesting place visited during your career: Dugway Proving Grounds Utah. I was attending an Inter-Service Family Assistance Committee for Utah and the event was held at the Dugway Proving Grounds. I thought I would never find it!

Current hobbies: Golf.



**Pat Nicholson
Family Support Program
Manager (retired YNCM)**

U.S. Navy photo

Hometown: Clarkston, Michigan

Why did you join the Navy: To see the world and find my place in life.

Brief description of your job: Department head for the maintenance department at the tent camp here, taking care of any maintenance issues arising, whether it be tent lighting, power, generators going down, building the tent camp, emptying trash receptacles or repairing air conditioning units in the mess tents and galley areas.

What has been your greatest Navy achievement: Being in for 22 years because it's just been an incredible ride and educational experience. It's been a huge growth in my life.

Who has been your biggest influence since joining the Navy: It probably started out with my dad, trying to make him proud, then it came up upon me to be my own man and plow my own way.

What do you enjoy most about the Navy: The feeling of pride, commitment and dedication that come along with every aspect of this job. There's a feeling of being bigger than one person, getting together with all the guys, the camaraderie. There appears to be a tighter bond here than any place I've ever seen.

Most interesting place visited since joining the Navy: Perth, Australia.

Current hobbies: Bicycling, dirt bike riding, snowmobiling, snow skiing and spending time with family and friends.

Hometown: Sumrall, Mississippi

Why did you join the Navy: Add more adventure in my life and see the world.

Brief description of your job: Arranging transportation and berthing for incoming and outgoing Reservists.

Who has been your biggest influence since joining the Navy: Lt. Cmdr. Walker has been my mentor and taught me how to be a good personnel specialist.

What do you enjoy most about the Navy: Working alongside the fellow Sailors here in the MOB Det.

Most interesting place visited since joining the Navy: Gulfport, Mississippi.

Current hobbies: Reading.

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



Construction Electrician
1st Class
Brian Chapman

U.S. Navy photo



Personnel Specialist
3rd Class
Monica Brown

U.S. Navy photo

CNRFCA PUBLIC AFFAIRS BACK TO BASICS

Deck Smarts

Written by
Chief Mass Communication Specialist James Vorndran

One common and important use of lines in the Navy is mooring. Mooring is defined as securing a ship to a pier or to a mooring buoy, or by anchoring. In order to properly moor a ship to a pier, certain standardized procedures make the operation efficient and knowledge of the appropriate terminology is essential. Standard commands, the deck fittings, and the lines themselves all are referred to in ways that must be understood by Sailors in order to take part in the operation or to stand watches properly once a ship is moored.

BITTS:

Cylindrical shapes of cast iron or steel arranged in pairs on the ship's deck and/or on the pier which are also used to belay lines.



U.S. Navy photo by
Mass Communication Specialist 2nd Class
Joseph R. Vincent



U.S. Navy photo by
Mass Communication Specialist 1st Class
Michael D. Kennedy

***"Uncommon valor was
a common virtue."***
~ Adm. Chester Nimitz
(on the quality of the men under his command)

PADEYE:

An eyebolt welded on a plate that is fastened down to the deck. Commonly used to chain aircraft to a flight deck.

CLEAT:

A deck fitting consisting of a pair of projecting horns for belaying (securing) a line.



U.S. Navy photo by
Mass Communication Specialist Seaman
Kevin T. Murray, Jr.

***"One of the best ways to deal
with the global instabilities
that will continue into the 21st
century is by being there."***
~ Adm. Jay Johnson



U.S. Navy photo

DAVIT:

Boats carried aboard ships usually are handled by powerful cranes and booms which hook onto slings attached to hoisting points built into the strong parts of the boat's structure. Boats stowed at davits are lowered and hoisted by the davit machinery in a safe and timely manner.

CHOCK:

A fitting mounted securely to the deck or cabin top through which lines are led. Lines are not secured to it but instead are passed through. Chocks come in three varieties — open, closed and roller — and are used to feed lines in the direction you want, thereby increasing efficiency.



U.S. Navy photo by
Mass Communication Specialist Seaman
Kyle D. Gahlau



U.S. Navy photo by
Mass Communication Specialist 2nd Class
Douglas G. Morrison

***"The United States Navy is the
envy of every other navy in the
world. They don't want to be
like us - they want to be us."***

~ Adm. Leighton Smith

BOLLARD:

A heavy cylindrical object with a bulbous top and a horn that is found on piers but not on ships. The eye or bight of a mooring line can be passed over it and, because of its design, the line will not slip off.

CAPSTAN:

Drum which rotates, and around which a hauling line is wrapped several times.



U.S. Navy photo by
Mass Communication Specialist 2nd Class
Nardelito Gervacio

"Hit hard, hit fast, hit often."

~ Adm. "Bull" Halsey
(his battle cry)



STAB

No other disruption is as potentially disastrous

A Cooperative Strategy for



ILITY

to global stability as war among major powers.

or 21st Century Seapower

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Professors

U.S. Navy Illustration by Mass Communication Specialist 2nd Class Jay Chu

TANGO



The TIGERSHARK

Story by
Lt. Rob Pierce

Illustrated by
Bryan Borden

FROM the depths
OF the desert
comes a FUN and
FUZZY Friend For
Family Members!



ABOVE:
Information
Systems Technician
1st Class
David Philpott's
granddaughter

Of all the hardships Navy Reserve families endure, mobilization and family separation are probably the worst. Many programs exist to ease the burden for Sailors, and now some deployed Reservists are helping ease the burden back home.

Members of Customs Battalion Tango, a group of 450 Navy Reservists deployed to Kuwait, have been sending a stuffed version of the battalion mascot, Tango the Tigershark to new family members.

It started when Cmdr. Mark Q. Schwartzel, the commanding officer came up with the Tigershark as a mascot based on the movie "Ice Station Zebra, which was about a submarine named 'Tigerfish.'"

Next, one of the members found a stuffed tigershark doll online. He ordered a few and another Sailor



sewed on a desert camouflage uniform, followed by sunglasses and a dixie cup to match the battalion logo. Tango the Tigershark accompanied the battalion just about everywhere, and he was photo edited into pictures of places they couldn't visit, like Times Square in New York.

Then, Schwartzel had the idea to send Tango the Tigershark to families who just had newborn babies.

The tigersharks are made by Hospital Corpsman 2nd Class Elaine Coates, Louisiana native who sewed her first stitch at age 4. "I think it is a great idea to send something back home to the families. I can say first hand, that leaving children back home is hard emotionally," Coates said. "The tigersharks are a tangible way for them to hold on to their mobilized family member. It not only sends a message of 'I love you,' but also one of 'I'm there with you.' The Tango tigershark is not just a mascot. It's a symbol—a symbol of the unity of this battalion, a symbol of family. I am proud to be a part of that."

One of the tigersharks went to Intelligence Specialist 1st Class Kenneth Clark's newborn son. "I really appreciated the tigershark and the letter from the commanding officer. It was very thoughtful and a nice surprise. I hope to explain to our son when he gets older the meaning behind the tigershark and his father's mobilization with Customs." Clark's wife Karri said.

Another tigershark recipient was Information Systems Technician 1st Class David Philpott's granddaughter. "Even though I was not able to be there for her birth or see her before leaving for Kuwait, it was reassuring knowing that Battalion Tango made my granddaughter a part of the Tango family by sending her the Tango tigershark. That was very special for me," Philpott said.

Schwartzel said, "Our Tango tigershark mascot is an important part of ensuring that our families are included in the deployment. Our Sailors sacrifice much to serve their country protecting the freedoms of those left behind. Missing the birth of a child or grandchild can be particularly stressful both on our

Sailors and their families. Without the support of the Tango families we could not perform our mission. This small token of appreciation is the least that we can do. Our families are our support network and the "new junior tigersharks" play an important role ... besides, its fun!" **TNR**

**"BeSides,
Its
FUN!"**



LEFT:
Senior Chief Hull Technician Michael Payne's family

ABOVE:
Intelligence Specialist 1st Class Kenneth Clark's newborn son



No Reserve For Reservist Heroes



**U.S. Navy Reserve
SEALS Awarded
Bronze Star**

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

When a mortar round exploded and injured U.S. and Iraqi troops, Special Warfare Operator 1st Class Luis C. Ortiz didn't wait for an "all-clear" signal to rush in.

The U.S. Navy Reserve SEAL, who is also a hospital corpsman, began treating the seriously injured where they lay in the courtyard of a residence while insurgents in Iraq prowled nearby.

Vice Adm. John G. Cotton, chief of Navy Reserve, awarded Ortiz and fellow Reserve SEAL Lt. Epharyim J. Aven the Bronze Star for service in Al Anbar, Iraq. They received the medal March 1 at the 93rd anniversary ceremony of the Navy Reserve at the Navy Memorial in Washington, D.C.

"When you wear this special operations pin it means you survived just getting through training," Cotton said. "These are elite warriors."



**Special Warfare Operator
1st Class
Luis C. Ortiz**

Ortiz also was awarded a Navy and Marine Corps Commendation Medal with combat "V" device for "total disregard of his own personal safety" that day on April 26, 2006, a citation said, when he started treatment of the wounded where the mortar detonated. The blast killed one Iraqi.

"Basically, I was thinking I hope I don't mess up," said Ortiz, who served

with SEAL Team THREE-Bravo Platoon in Iraq. "When this happened it was just like training."

Braving IED explosions, mortars and gunfire, the SEAL treated numerous people during his seven-month tour of duty in 2006.

In one case, he revived an Iraqi who had been pinned underwater in a Humvee until troops pulled him out.

"It's a good accomplishment, especially for all the Reservists, because the way I see it all Reservists, if given the chance, we can do basically any job that needs to be done," Ortiz said.

While Aven said it was a high honor to receive the Bronze Star, he also shunned credit for the medal.

"This has to do with the people that worked for me and with me," the

camera system, the construction of a new dining facility and negotiated service contracts, a citation said.

The lieutenant worked with local Iraqi leadership to gain trust and improve ties.

"We saw a change in the Iraqi people in their attitude toward us," he said. "The key was tribal engagement."

The grueling SEAL training prepared

"These are elite warriors."

~Vice Adm. John G. Cotton

Lt. Epharyim J. Aven



lieutenant said during an interview at the Pentagon. "They were really doing an incredible job that made my job easy."

Both SEALs are affiliated with Operation Support Team-ONE at Naval Amphibious Base Coronado, Calif.

"The big thing is I am of course incredibly proud," said Capt. Michael P. Argo, Commander, Navy Special Warfare Operational Support Group in Coronado. "The Reserve SEALs are fully integrated into active duty SEAL platoons unlike ever before."

In Iraq, Aven oversaw and worked with about 40 people for six months in ongoing operations in 2006-07 against insurgents with SEAL Team FIVE. The SEALs were teamed with U.S. Marines and Iraqi soldiers.

"We were involved at night in catching the bad guys and during the day doing a lot of humanitarian work," said the San Diego area resident. He is also a civilian information technician at the Naval Special Warfare Center in Coronado.

Among his achievements in Iraq, Aven was responsible for four battle watch stations that coordinated and monitored 150 combat operations during his six-month tour. He also oversaw the installation of ballistic glass on tactical vehicles and a security

Aven and Ortiz for real world operations. On average, 26 percent complete training, Navy statistics show.

Ortiz said he's used skills he's learned as a SEAL in his law enforcement job and vice versa.

For instance, he often writes reports as a deputy so he was given the task to chronicle the capture of Iraqi prisoners.

"It's always a learning experience," he said.

A former active-duty SEAL corpsman, reintegrating back into the operational Navy wasn't difficult, he said.

"I'm there to support them and as long as I kept that mindset there was more work offered to me," he said. "It was basically just proving myself again. Once they saw I was willing to learn and willing to help out I just got absorbed in the platoon."

The hardest part: Separation from family, he said. Aven's deployment was harder on his family than it was on him, he said.

The naval officer said he stayed in the Navy because of the satisfaction he gets out of being a SEAL.

Ortiz said camaraderie and adventure kept him in uniform.

"It's not everyday," he said, "that you get to jump, shoot and dive." **TNR**

U.S. Navy photo by
Mass Communication Specialist 1st Class Mark Stewart

In another, Ortiz described the look of relief an Iraqi soldier showed when, suffering from a shrapnel wound, he saw the Navy SEAL rush to his side.

But the Rancho Cucamonga, Calif. resident, who's a San Bernardino County, Calif., sheriff's deputy in the outside world, didn't look at the military honors bestowed on him as only a personal achievement.

Force Master Chief (SW) David Pennington, COMNAVRESFOR, and Navy Reserve Family Ombudsman Training instructors Patricia Nicholson, Family Support Program Manager, Navy Reserve Forces Command, and Master Chief Aerographer Susan Powell, from Navy Operational Support Center (NOSC) Jacksonville, pose with 16 newly-certified Navy Reserve Family Ombudsmen. The group includes Latisha Barrier, Kayla Bradley, Judy Dominguez, Lori Gaskill, Stephanie Gibbons, Karan Hancock, Misty Hess, Heather Jameson, Jennifer Kiess, Lisa Kluetz, Tamra McGuire, Cynthia Miller, Terri Nickles, Laurie Sterling, Douglas Waite and Ronise Waite.

U.S. Navy photo by NOSC Portland Command Ombudsman Terri Nickles



Your Reserve Ombudsmen

story by Mass Communication Specialist 1st Class Will Jones

They came to Oregon from across the country, spread out as far as Georgia and Alaska, in support of the Navy mission. More specifically, they came to learn how to develop and support Sailors, their families and Navy civilians - a high priority in the CNO's mission to strengthen maritime strategy.

They came to train at the Navy Operational Support Center (NOSC) Portland and after two and a half days they left as Command Family Ombudsmen.

As a state with no active-duty military base, Oregon might seem like an odd choice to train Navy spouses in support of a military mission. It is this distance from a large military influence that actually assists in the unique aspects of being an ombudsman of a Reserve command. This training allows them to better address some of the issues faced in supporting Reserve members and their families far from military facilities, said Patricia Nicholson, family support program manager, Navy Reserve Forces

Command. Reservists are spread across the country and therefore aren't always located close to military facilities. A Reserve Ombudsman needs to know how to take care of these Sailors and their families.

Another reason for training in Oregon was due to the strong, active Family Support Services Program the Portland NOSC provides. The command has worked hard to develop a positive model on how to take care of families when traditional fleet support resources are scarce. NOSC Portland commanding officer, Cmdr. Jami Mason says taking care of families is part of operational readiness, and both her center staff and other Reservists have stepped in to create a forward-leaning

support program. "Family members of deployed Reservists know they can count on the NOSC for support where needed, anything from helping with car troubles to fixing the air conditioning," she said. When these Reservists return from their deployments they are ready to step back into their Navy responsibilities and continue to serve because their families were taken care of while they were gone.

Most of the Ombudsman trainees that came to the Portland training were new to the program. Some had been selected to serve by their spouse's commanding officer, while others said they had stepped up and volunteered because of their passion to give something back to unit family members.

During training one trainee said she stepped up because "our detachment was being deployed and families had a lot of questions and relatively few places to turn. I couldn't stand the thought of all these people with nowhere to turn for answers. I knew families close to the NOSC would get

"I love helping people and knowing I can make a difference in the quality of their lives while their spouses are away."



Where To Go For Help:

Military OneSource provides a whole host of information and referral for military family members, on a wide variety of topics – from health, parenting, finances, education, legal, child and elder care, to counseling, DVDs, support groups, chat rooms, newsletters and online discussion – a one-stop-shopping if you will, to assist all military families. www.militaryonesource.com

The **Fleet and Family Support Program** provides programs and services to support Navy and mission readiness that strengthens personal and family competencies to meet the unique challenges of living a military lifestyle. Additionally, an ombudsman registry for all Navy units, by region, assists the family in finding the person that can help them. www.NFFSP.org

The **Joint Family Support Assistance Program** is a pilot program initiated in 2007 in 15 states providing mobile information, referral and assistance on wheels that comes to military families who live far enough away from major installations to make the services they provide inaccessible.

support, but I wanted to help the ones that lived 300 or more miles out to feel like they lived just right down the road." Another said, "After learning a little more about the Ombudsman program, I fell in head first! I love helping people and knowing I can make a difference in the quality of their lives while their spouses are away." Another added, "As an ombudsman we get to educate the families, to help everyone feel connected. Our servicemembers give so much of their lives and of who they are to support this country. It was finally an opportunity for me to give something back in support of that. As a family ombudsman no one is going to feel alone on my watch," she said.

Regardless of how they come into the job, the Ombudsman plays an intricate role in keeping important information flowing between the Command and it's units family members. The Ombudsman has provided this service since first introduced in 1970. It has fostered better understanding of the needs and viewpoints of Navy members and their families, and has provided helpful information and assistance to the entire Navy family.

The crucial job that the Navy Reserve Family Ombudsman performs is to educate Navy families about the multiple resources that can help them handle military life, especially during long separations from family members who are mobilized to active duty. To enable them to do that, the group learned how to use resources such as Military OneSource, the Fleet and Family Support Program and the Joint Family Support Assistance Program to help Navy families. Throughout the training, local representatives from each of these programs discussed the resources available and the tools they provide.

The training also gives the Ombudsman the opportunity to meet face to face with like-minded individuals. Many in attendance mentioned that the best thing

about the training was how it built camaraderie amongst the Ombudsman community.

NOSC Portland Command Ombudsman Terri Nickles said, "It was busy, exciting and great training!" As a passionate supporter of the Navy's family Ombudsman program, she considered it an honor to serve as Command Ombudsman because, "I want to see our families taken care of. We need to educate families that have never had a family member involved in armed conflict before. Our training is meant to ensure families are educated on the realities we face- realities we all face together."

Reserve Force Master Chief David Pennington participated in the Ombudsman training by speaking to the group on the importance of the Ombudsman role. He answered numerous questions and offered his complete gratitude for what Ombudsman do for Navy families. He spoke about the Navy Reserve Force Command's dedication to Reserve members and their families and the special issues they face. Especially in remote Navy sites like Portland, Ore.

TNR

HISTORY

In 1970, then the Chief of Naval Operations, Adm. Elmo Zumwalt, recognized issues and concerns that are unique to Navy families. In response to those issues, he established the Navy Family Ombudsman program. This volunteer program, governed by OPNAVINST 1750.1D, is designed to provide better communication between Navy families and Navy officials.



Two newly-certified Navy Reserve Family Ombudsmen, Kayla Bradley (far left) and Jennifer Kiess.

U.S. Navy photo by
NOSC Portland Command Ombudsman Terri Nickles



ABOVE: Utilitiesman 1st Class Erik Wango accepts his certificate of recognition from his group facilitator. Wango served in Kuwait during Operation Iraqi Freedom and is returning to teaching.

INSET: Rear Adm. Thomas R. Cullison, Medical Corps, Deputy Surgeon General Vice Chief Bureau of Medicine and Surgery, delivers the keynote address.

ABOVE RIGHT: For this group of wives, the workshop was an opportunity to renew friendships made during their spouses deployment.

Returning Warrior Workshop

Assisting Navy Reservists with Back to Home Life Transition

story and photos by Chief Mass Communication Specialist Rhonda Burke,
NRMW Public Affairs

The Navy Region Midwest Navy Reserve Component Command (RCC) hosted a Returning Warrior Workshop for Navy Reservists and their spouses. The Reservists had recently completed a mobilization tour and deployment.

Rear Adm. Jon Bayless, Jr., commander, Navy Region Midwest, welcomed the returning Reservists home during opening remarks for the weekend seminar, where he thanked them and their families for their service and personal sacrifice.



The focus of the event included topics such as: survival strategies, telling your story, stress management, guidelines for families, couples coming together and presentations on benefits and services from agencies such as the Veteran's Administration.

"I want to give you the thanks of Vice Adm. (John G.) Cotton, commander, Navy Reserve Force, for what you have done for your country and what your families have done," said Capt. Michael Foster, Commander, Navy Region Midwest Navy Reserve Component Command.



A banquet of honor capped the weekend events, with guest speaker Rear Adm. Thomas R. Cullison, Medical Corps, deputy surgeon general vice chief of Bureau of Medicine and Surgery,

delivering the keynote address.

Cullison, who served in Vietnam, told the Reservists and their families he hopes they never have the same experiences he and his peers returning from Vietnam had. He believes the military

has learned a lot in how to assist returning veterans. "You have had shared missions and shared experiences. You have made connections with people you served with, I would hope you will use those contacts to support each other," he said. "Just as you have taken good care of your patients

and your fellow service members in combat, I hope you will take care of each other and yourselves."

The admiral added that the number one reason people stay in the Navy is because of the people

they meet and serve with.

The workshop was open to Reservists who have been mobilized under Operation *Enduring Freedom*/Operation *Iraqi Freedom* orders and have served in support of such missions within the last two years. Spouses were encouraged to join their servicemembers at the workshop.

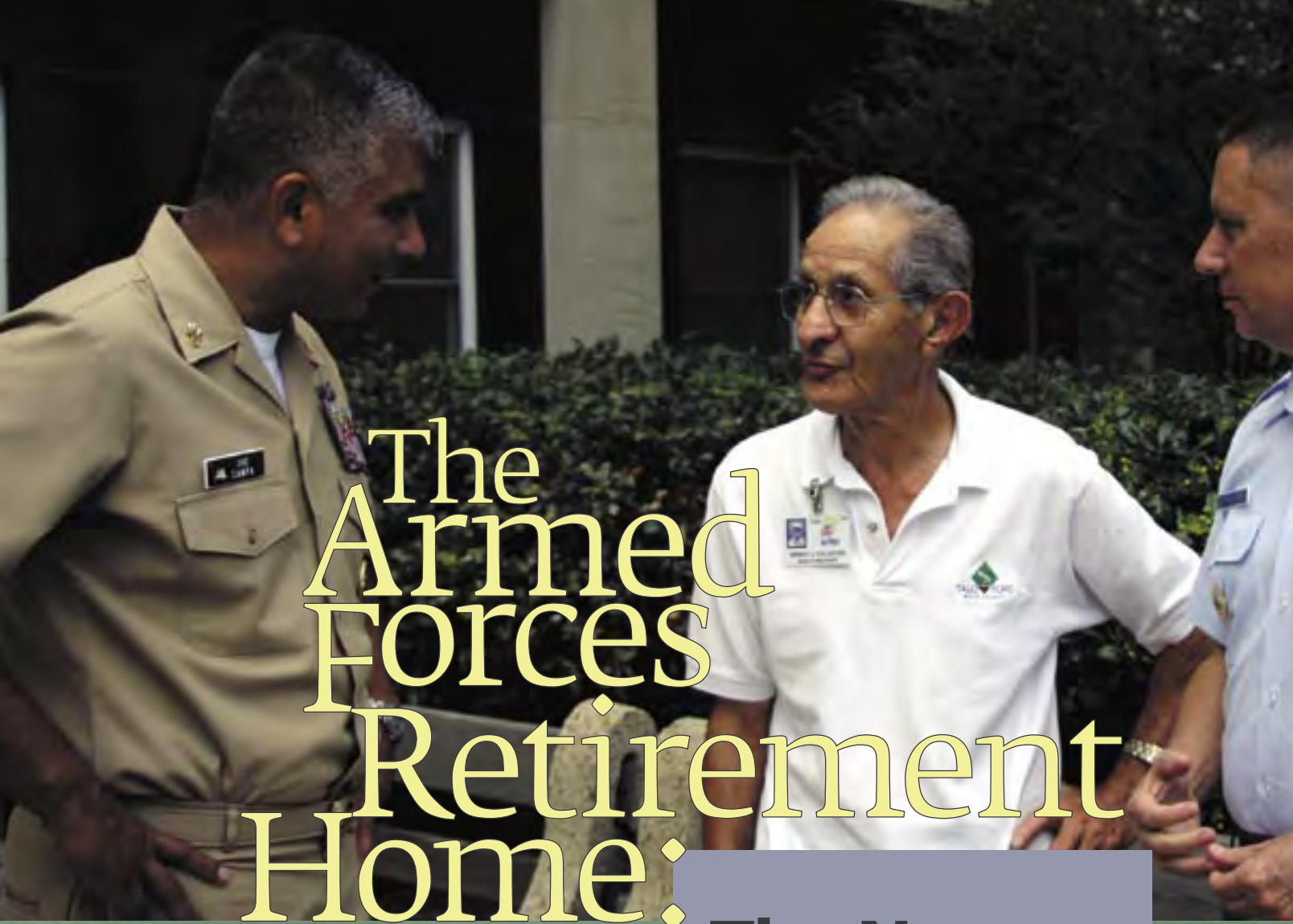
"I think the workshops were great," said Utilitiesman 1st Class Erik Wango of Youngstown, Ohio. "I think they offered a lot of services and information that is very helpful to readjusting and returning to our daily lives."

Navy Region Midwest Navy RCC covers a 16-state region and includes 36 Naval Operational Support Centers.

The Navy League of Lake County also provided support to the event.

The event was organized by Lisa Kluetz, family support program administrator for the Reserve Component Command and another such event is planned for this summer.

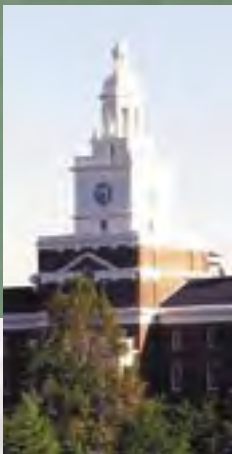
TNR



The Armed Forces Retirement Home:

The Navy Taking Care of its Own

story by
Commander, Navy Reserve Forces Command
Public Affairs Office



Well into their golden years, retired Sailors and their spouses are living what they consider the “good life,” having their needs met and doing it in style because they live in the U.S. Soldiers’ and Airmen’s Home (USSAH) in the nation’s capital.

“This is not just a military community. It’s a community of people who share common experiences,” said a retired Navy chief petty officer.

This resident was promoted to chief in 1943, and his wife served in the Women’s Army Corps. Because they are both veterans, they are able to live there.

The couple have lived at the home for the last eight years after



Master Chief Petty Officer of the Navy Joe R. Campa Jr. and Master Chief Petty Officer of the Coast Guard Charles Bowen talk with Ernest Sylvester, a Navy World War II veteran, during a tour of the Armed Forces Retirement Home (AFRH). Campa and Bowen spent several hours talking with veterans and touring the grounds. "We have a moral responsibility," said Campa, "to take care of those who have served before us." Both senior enlisted leaders serve on the AFRH's board of directors.

Defense Dept. photo by Sheila Abarr

moving from San Diego, Calif., where he taught history on Navy ships for the Program for Afloat College Education.

"We moved here for many reasons: good climate and amenities, the relatively low cost of living, and the freedom to come and go. The cost of living here is far less than that of a modest retirement home," he added. USSAH has been serving

military personnel since 1851, when Congress approved a bill to establish the Soldiers' Home. Established as an "asylum for old and disabled veterans," and situated in the heart of our nation's capital, the 320-acre park-like setting is home to nearly 1,300 veterans. Approximately 8 percent of the residents are Navy and Marine Veterans. The Washington Campus is located just minutes from the White House, U.S. Capitol and other national landmarks in Washington, D.C. The Home has buildings which once served as the summer White House for U.S. Presidents, including Abraham Lincoln.

The U.S. Naval Home (USNH) is the only other veterans' and retirees' home in the United States, and is located in Gulfport, Miss., where nearly half the population comes from the sea services.

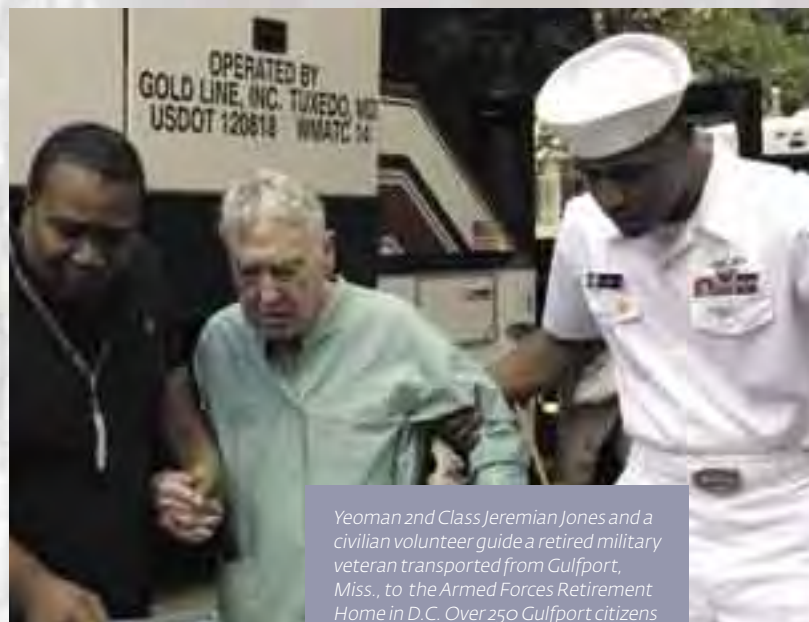
On August 29, 2005, the Mississippi Gulf Coast was enjoying the very best of times when a storm of monumental proportion turned her destructive fury towards the Mississippi coastline. As a result of Hurricane Katrina, the Gulfport Mississippi campus was forced to close. The new Gulfport facility is scheduled to be completed in late 2010.

The 400-year old Graduation Oak that adorns the Gulfport grounds withstood the vicious

winds and tidal surges. Today, it majestically stands as a powerful symbol of the heart and humanity of the Armed Forces Retirement Home.

Originally located in Philadelphia, the Naval Home was opened in 1834 as a naval command and is the oldest continuously operating retirement community in the United States. The Naval Home relocated to its present location in 1976. In 1991, the two homes were merged into an entirely new entity, the Armed Forces Retirement Home.

The homes are supported by a permanent trust fund established



Yeoman 2nd Class Jeremiah Jones and a civilian volunteer guide a retired military veteran transported from Gulfport, Miss., to the Armed Forces Retirement Home in D.C. Over 250 Gulfport citizens evacuated after Hurricane Katrina destroyed various portions of the Gulf Coast.

U.S. Navy photo by Mass Communication Specialist 1st Class Kristin Fitzsimmons

nearly 150 years ago and is fed by a 50-cent monthly payroll deduction from active-duty enlisted personnel, a monthly fee paid by residents of the home and interest on the trust fund.

"Everyone comes to the Soldiers' and Airmen's home for different reasons," a resident



Chief Culinary Specialist Scott Gradiner talks with a retired military veteran. Gradiner and 120 Washington Metropolitan area Sailors volunteered as part of humanitarian assistance efforts for Hurricane Katrina survivors.

U.S. Navy photo by Mass Communication Specialist 1st Class Kristin Fitzsimmons

“The cost of living here is far less than that of a modest retirement home.”

History

The Naval Home was established Feb. 26, 1811, by the Honorable Paul Hamilton of South Carolina, Secretary of the Navy under President James Madison. Officially opened in 1834 as the Naval Asylum, later changed to the Naval Home in 1880.

As early as 1799, contributions of 20 cents a month were taken from every active duty member for the relief of seamen in the service and the Home also received all money accruing from the sale of prizes of war.

From 1935 until 1991, the Naval Home was funded by Navy appropriations. Today, it is funded by monthly withholding from the active duty, fines and forfeitures, interest off the Trust Fund and resident fees.

said. “Living here is a wonderful opportunity and you get what you put into it.”

The two homes continue the proud tradition of the Navy taking care of its own by offering excellent services and care to veterans. **TNR**

For more information on the USSAH and USNH, visit <http://www.afrh.com> and select “U.S. Naval Home.”



A U.S. Navy Chief Petty Officer (CPO) from the Washington, D.C. area places new flags at the entrance to the Armed Forces Retirement Home in Washington, D.C. The CPO's volunteered their time painting, weeding and picking up litter throughout the historical 276-acre campus.

U.S. Navy photo by Chief Mass Communication Specialist Johnny Bivera

Amenities

- 272 acres in the heart of our nation's capital
- 1,021 private rooms
- Two fishing ponds with crappie, bass, bream and catfish
- Professionally equipped fitness center
- A six lane bowling alley and leagues
- Card, game and recreation rooms
- Auto shop
- 600 seat fully equipped theater
- Bus tours to area attractions
- A nine hole golf course and driving range



“Living here is a wonderful opportunity and you get what you put into it.”



Builder 3rd Class Eamon Leighty assigned to Naval Mobile Construction Battalion One (NMCB-1) puts a smooth finish on the concrete around the security bollards at the Armed Forces Retirement Home.

U.S. Navy photo by Chief Mass Communication Specialist Daniel Pearson

Comrades

In War & Retirement

story by Mary Kay Gominger,
Armed Forces Retirement Home, Public Affairs



"Sixty-five years goes by in a blink of the eye," said Armed Forces Retirement Home (AFRH)

resident Bob Carson. "I was there, at Pearl Harbor, 65 years ago. It was an eye-opening event. We cannot forget the lessons we learned ... there's an enemy out there, always, that would like to do harm to this country. We can never let our guard down. Sometimes I think we forgot that important lesson."

Bob Carson is one of a handful of Pearl Harbor veterans that reside at



AFRH. He remembers very clearly the day Pearl Harbor was bombed. Like many of the troops in Hawaii that fateful morning, he was eating a hearty breakfast on board the USS Curtis (AV 4), tied off of Pearl City

between two mooring buoys.

"We heard an explosion and went topside to see what I thought was a plane crash," Carson said. "I immediately went to man my station on the bridge and I had a perfect view of everything that was happening. Japanese planes were coming from all directions, spraying gunfire everywhere. We did what we were trained to do. There was no time to think about

anything but manning the guns and fighting back. And that's what we did. We shot down six planes that morning. One of them crashed on the deck of our ship. Another explosion came from behind me. It all happened so fast," Carson recalls.

The damage done to the Curtis was extensive but the ship was not completely destroyed. Later the ship returned to San Francisco for repairs.

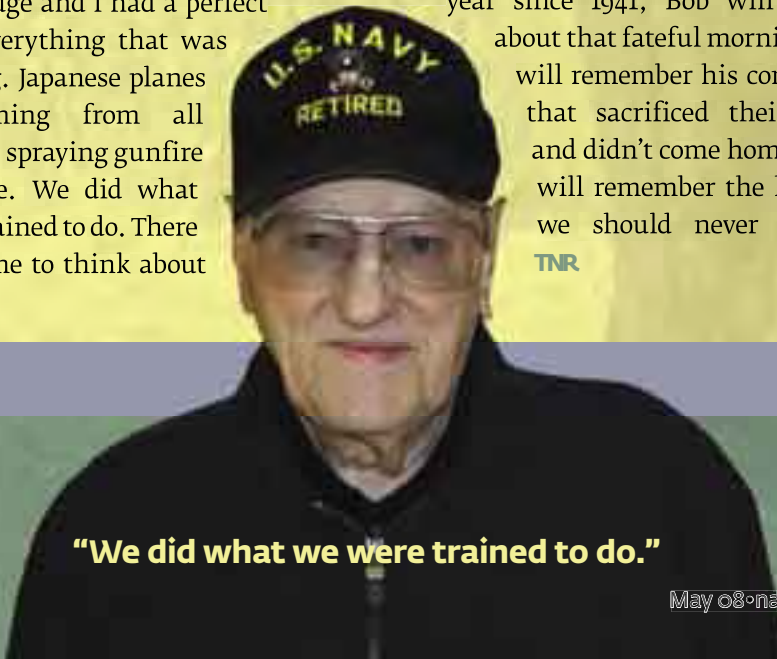


Carson was transferred to another ship and spent the next 20 years in the Navy on various ships and in various jobs until he retired as a chief warrant officer.

Carson read about AFRH in Shift Colors in the fall of 2002 and after a few visits to the Gulfport home he decided to join his comrades there. He was evacuated to Washington with his fellow Gulfport residents and is waiting for the time he can return to the Mississippi Gulf Coast.

This year on Dec. 7, like every other year since 1941, Bob will think about that fateful morning. He will remember his comrades that sacrificed their lives and didn't come home ... he will remember the lessons we should never forget.

TNR



"We did what we were trained to do."

Activation and Mobilization Checklist

Required Documents for Your Family and You.

A. Pay/Direct Deposit/Allotment

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

B. Service Record/PSD

- ☐ Certification of discharge/separation (DD-214) for all former periods of active duty.
- ☐ Your birth certificate or passport (for those deploying OUTCONUS).
- ☐ Birth, adoption or guardianship certificates for family members.
- ☐ Social Security Numbers for self and family members.
- ☐ Certified copy of marriage certificate for present marriage.
- ☐ Certified copies of documentation terminating any previous marriage (divorce/annulment/spouse's death certificate).
- ☐ Certification of full-time enrollment for self and college-age dependents from school registrar.
- ☐ Signed statement from licensed physician for dependent parent/children over twenty-one years of age who are incapacitated.
- ☐ Current DON Family Care Plan Certification (NAVPERS 1740/6).
- ☐ Emergency Contact Information (Page 2).

C. Security Clearance

- ☐ Certified copy of naturalization papers.

- ☐ Names/addresses of personal/professional references (minimum of 3 each required).
- ☐ Names/addresses/dates of employment for the past ten years (or since graduation from high school).
- ☐ Names/addresses/dates of high school and college.
- ☐ Addresses and dates of all previous residences.
- ☐ Names/dates/places of birth for your parents and your spouse's parents.

D. Legal

- ☐ Location of current valid will.
- ☐ Copy of current power(s) of attorney (business arrangements/tax filing/child care/family medical emergency care/household goods and POV storage).
- ☐ Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits.

E. Medical

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

F. Personal

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

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

Navy Reserve Travel and Pay Processing Checklist

What You Need To Know.

1. Messing and Berthing

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

2. SELRES Pay & Allowance (for AT & ADT orders)

- ☐ Upon reporting for duty, submit to that Command's local PSD:
- ☐ Orders with Command Endorsements (Note: Orders must be imprinted with the word "ORIGINAL").
- ☐ Copy of current/verified NAVPERS 1070/60 "Page 2."
- ☐ Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (requirement varies by PSD).
- ☐ Electronic Funds Transfer (EFT) Certificate.

3. SELRES Travel Claim Checklist (for all orders: AT, ADT: & IDTT)

- ☐ Submit the following to your Reserve Activity within two (2) working days of completing travel:
- ☐ Completed Travel Voucher DD 1351-2 with ORIGINAL signature.
- ☐ Copy of endorsed orders.
- ☐ Second copy of endorsed orders (only required for IDTT processing).
- ☐ Receipts for lodging (regardless of amount) and all reimbursable expenses over \$75.00 or more. Credit card receipts are not acceptable for rental cars--actual rental car receipts are required.
- ☐ Copy of SATO Travel Itinerary (if travel incurred).
- ☐ Completed Direct Deposit "verification" form with Electronic Funds Transfer (EFT) data (some PSDs require this only upon change to EFT data; requirement varies by PSD).
- ☐ Certification of Non-Availability (CNA) for commercial lodging/meals from the BEQ/BOQ (if SATO has not already provided this on your Itinerary).
- ☐ Reserve Activity Authorizing Officer (AO) approval.

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

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

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

Endorsed and approved by: PSAs LANT, WEST, PAC and EUR
Provided by: CNRFC CUSTOMER SERVICE DIRECTORATE / NOOQ



RC Phone Directory

Chief of Navy Reserve (703) 693-5757	Raleigh, N.C. (866) 635-8393	Pensacola, Fla. (850) 452-1341	Nashville, Tenn. (615) 228-6893	San Jose, Calif. (408) 294-3070	Tactical Support Wing (TSW) (678) 575-6830	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1000 x144
Office of the Chief of Navy Reserve (703) 614-3047	Richmond, Va. (866) 527-6598	Puerto Rico, P.R. (787) 707-2335	Oklahoma City, Okla. (405) 703-1052	Tucson, Ariz. (520) 228-6282	VAQ-209 (240) 857-7828	Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1134
Commander Navy Reserve Forces Command (504) 678-5313	Roanoke, Va. (866) 527-6595	San Antonio, Texas (210) 381-2297	Omaha, Neb. (402) 451-2098	Region Northwest RCC (425) 304-3338	VAW-77 (678) 655-6382	Fleet and Industrial S Supply Center Pearl Harbor, Hawaii (619) 532-3439
Force Equal Opportunity Advisor & EO Hotline Senior Chief Margaret Hoyt 1-877-822-7629	Rochester, N.Y. (585) 247-6858	Shreveport, La. (318) 746-9657	Peoria, Ill. (309) 678-1157	Kitsap, Wash. (360) 627-2203	VFA-204 (504) 678-3491	Fleet and Industrial Supply Center San Diego, Calif. (619) 532-3439
	Syracuse, N.Y. (315) 455-2441	St. Petersburg (Clearwater), Fla. (727) 531-7033	Rock Island, Ill. (309) 782-6084	Billings, Mont. (406) 248-2090	VFC-12 (757) 433-4919	Fleet Air Mediterranean 011-39-081-568-4184
	White River Junction, Vt. (802) 295-0050	Tallahassee, Fla. (850) 576-6194	Saginaw, Mich. (989) 233-5712	Boise, Idaho (866) 278-4390	VFC-13 (775) 426-3645	Navy Information Operations Command (757) 417-4100
Naval District Washington RCC (240) 857-4880	Willow Grove, Pa. (215) 443-6331	Tampa, Fla. (813) 828-1971	Sioux Falls, S.D. (605) 336-2402	Cheyenne, Wyo. (307) 773-6500	VFC-111 (305) 293-2178	Fleet Forces Command (757) 836-3644
Adelphi, Md. (301) 394-5800	Wilmington, Del. (302) 998-3328	Waco, Texas (254) 776-1841	Springfield, Mo. (417) 869-5721	Eugene, Ore. (541) 342-1887	HSC-85 (619) 545-7218	Fleet Intelligence Training Center Pacific (619) 524-5814
Baltimore, Md. (410) 752-4561	Wilmington, N.C. (910) 762-9676	West Palm Beach, Fla. (561) 687-3960	St. Louis, Mo. (314) 954-1052	Everett, Wash. (425) 304-4764	HCS-84 (757) 445-0861	Headquarters US Marine Corps DSN: 278-9360
Region Mid Atlantic RCC 1-866-444-7295	Worcester, Mass. (508) 259-7103	Region Mid West RCC 1-847-688-4916	Toledo (Perryburg), Ohio (419) 666-3444	Fort Richardson, Alaska (907) 384-6491	HSL-60 (904) 270-6906	Joint Chiefs of Staff (703) 697-3397 (703) 693-9753
Albany, N.Y. (518) 489-5441	Region Southeast RCC 1-800-201-4199	Akron, Ohio (330) 376-9054	Tulsa (Broken Arrow), Okla. (918) 258-7822	Helena, Mont. (406) 449-5725	VP-30 SAU (904) 542-0990	Joint Forces Intelligence Command (757) 836-7211
Amityville, N.Y. (631) 842-4850	Amarillo, Texas 1-866-804-1627	Battle Creek, Mich. (269) 968-9216	Wichita, Kan. (316) 683-3491	Portland, Ore. (503) 285-4566	VAQ-129 SAU (360) 257-2275	Judge Advocate General (202) 685-5187
Avoca, Pa. (570) 407-1086	Atlanta, Ga. (678) 655-5925	Chattanooga, Tenn. (423) 698-8955	Youngstown, Ohio (330) 609-1900	Spokane, Wash. (509) 327-3346	VAW-120 SAU (757) 444-5072	Logistics Group Western Pacific 011-65-6750-2645
Bangor, Maine (207) 942-4388	Augusta, Ga. (706) 733-2249	Chicago, Ill. (847) 688-3760	Region Southwest RCC 1-866-744-1735	Whidbey Island, Wash. (360) 257-2922	VFA-125 SAU (559) 998-1796	Marine Forces Reserve (504) 678-0470
Brunswick, Maine (207) 522-1064	Austin, Texas (512) 590-1634	Cincinnati, Ohio (513) 221-0138	Alameda, Calif. (510) 814-2605	VP-62 (904) 542-2211	Operational Support Offices and Reserve Force Operations	Merchant Marine Reserve Program (504) 678-0590
Bronx, N.Y. (718) 892-0312	Bessemer, Ala. (205) 497-2600	Columbus, Ohio (614) 492-2888	Albuquerque, N.M. (505) 292-4141	VP-69 (360) 257-2522	Allied Command Transformation (NATO) (757) 747-3314	Military Sealift Fleet Reserve Support Command (202) 685-5149
Buffalo, N.Y. (716) 807-4769	Charleston, S.C. (843) 743-2620	Decatur, Ill. (217) 433-9058	Denver, Colo. (720) 847-6205	Fleet Logistics Support Wing (817) 825-6438	Amphibious Group One 011-81-611-742-2377	Mine and Anti-submarine Warfare Command Corpus Christi (361) 961-4858
Charlotte, N.C. (704) 598-0447	Columbia, S.C. (803) 751-9251	Des Moines, Iowa (515) 285-5581	Fort Carson, Colo. (719) 526-2964	VR-1 (240) 857-3722	Expeditionary Strike Group Two (757) 462-7403 x 110	Naval Air Force US Atlantic Fleet (757) 444-8400
Earle, N.J. (732) 580-8545	Columbus, Ga. (706) 322-4670	Detroit, Mich. (586) 307-6147	Guam (671) 339-6724	VR-46 (678) 655-6333	Amphibious Group Three (619) 556-1178	Naval Air Forces/ Naval Air Force US Pacific Fleet (619) 545-2734
Ebensburg, Pa. (814) 472-5083	Corpus Christi, Texas (361) 961-2241	Fargo, N.D. (701) 232-3689	Pearl Harbor, Hawaii (808) 471-0091	VR-48 (240) 857-6814	Bureau of Medicine and Surgery (202) 762-3211	Naval Construction Forces Command (757) 462-7441
Eleanor, W. Va. (304) 586-0326	El Paso, Texas (915) 565-3993	Grand Rapids, Mich. (616) 363-2891	Las Vegas, Nev. (866) 643-0652	VR-51 (808) 257-3289	Center for Naval Aviation Technical Training (650) 452-9700	Navy Criminal Investigation Service Espionage Hotline (800) 543-6289
Erie, Pa. (814) 866-3073	Fort Worth, Texas (817) 782-1805	Green Bay, Wis. (920) 336-2444	Lemoore, Calif. (559) 998-3778	VR-52 (215) 443-6553	Defense Intelligence Agency (202) 231-8601	Naval District Washington Headquarters (202) 433-0525
Fort Dix, N.J. (609) 723-7160	Greenville, S.C. (864) 423-5889	Indianapolis, Ind. (317) 924-6389	Los Angeles, Calif. (310) 241-2100	VR-53 (240) 857-9029	Defense Logistics Agency (877) 352-2255	Naval Education and Training Command (850) 452-8580
Greensboro, N.C. (336) 254-8671	Gulfport, Miss. (866) 502-1271	Kansas City, Mo. (816) 923-2341	Moreno Valley, Calif. (951) 656-1199	VR-54 (504) 678-3700	Destroyer Squadron Two (757) 444-1452	Navy Expeditionary Logistics Support Group (757) 887-7639
Harrisburg, Pa. (888) 879-6649	Harlingen, Texas (956) 425-0404	Knoxville, Tenn. (865) 545-4720	North Island, Calif. (619) 545-2610	VR-55 (805) 989-8755	Employer Support of the Guard and Reserve (ESGR) (800) 336-4590	Naval Facilities Engineering Command (202) 685-9355
Lehigh Valley, Pa. (610) 264-8823	Houston, Texas (713) 795-5202	Lansing, Mich. (517) 482-9150	Phoenix, Ariz. (602) 353-3002	VR-56 (757) 433-4065	First Naval Construction Division (757) 462-8225 x 222	
Manchester, N.H. (603) 537-8023	Jacksonville, Fla. (904) 542-3320	Lincoln, Neb. (402) 450-4072	Point Mugu, Calif. (805) 369-7559	VR-57 (619) 545-6920	Fleet Activities Chinhae, Korea 011-82-55-540-2852	
New London, Conn. (860) 625-3208	Lubbock, Texas (806) 765-6657	Louisville, Ky. (502) 375-3329	Port Hueneme, Calif. (805) 982-6106	VR-58 (904) 542-4051		
Newport, R. I. (401) 841-4550	Meridian, Miss. (601) 679-3610	Madison, Wis. (608) 249-0129	Reno, Nev. (775) 971-6289	VR-59 (817) 782-5411		
Norfolk, Va. 757-318-4500	Miami, Fla. (305) 628-5150	Memphis, Tenn. (901) 874-5256	Sacramento, Calif. (916) 387-7100	VR-61 (360) 257-6595		
Plainville, Conn. (860) 747-4563	New Orleans, La. (504) 697-9205	Milwaukee, Wis. (414) 744-9764	Salt Lake City, Utah (801) 736-4200	VR-62 (207) 921-1462		
Pittsburgh, Pa. (412) 673-0801	Orange, Texas (409) 779-0158	Minneapolis, Minn. (612) 713-4607	San Diego, Calif. (858) 537-8040	VR-64 (215) 443-6400		
Quincy, Mass. (617) 753-4600	Orlando, Fla. (407) 240-5939 x 2117					

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

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Explosive Ordnance Disposal Group One (619) 437-3700	Naval Coastal Warfare Group One (619) 437-9475	
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