

THE NAVY RESERVIST TNAR

MARCH 2007, VOLUME 33, NUMBER 3
NAVYRESERVE.NAVY.MIL

Individual
Augmentee

HORN
OF
AFRICA
IAS





President Gerald R. Ford

July 14, 1913 - December 26, 2006

Former first lady Betty Ford
approaches her husband,
Gerald R. Ford's casket prior to a
memorial service in the U.S. Capitol.
President Ford, our nation's 38th
president, died at his home in Rancho
Mirage, Calif. at the age of 93.

Photo by Staff Sgt. D. Myles Cullen



12

With An Eye On Chief

Twenty-one first class petty officers know what is at stake during the leading petty officer class at White Sands missile range.

Grueling 26.2-Mile D.C. Marathon

Three Marine Forces Reserve Sailors take on Washington, D.C.'s marathon on a brisk Fall day.

18



20

Reservist Helps Children Of Kabal, Afghanistan

Calling on family, friends and community to aid school children in far away land.

Individual Augmentee Forums Help With Deployment

Fleet and Family Support Center hosted an IA family readiness forum providing info about Sailors serving globally in IA billets.

22



24

DAPAs Care About Sailors

Drug and Alcohol Program Advisors are Sailors who help Sailors within their command by showing them other options.

Horn Of Africa IAs

Navy Reserve Individual Augmentees fill critical positions at Camp Lemonier, Djibouti as part of Combined Joint Task Force – Horn of Africa.

28



Our Cover:

Sailors listen closely as Army drill instructors provide combat survival skills training as part of the Navy's Individual Augmentee Combat Training course at Fort Jackson, S.C..

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



Also ...

14 National Defense Authorization Act 2007

Find out how the new regulations affect you and your family.

26 Holiday Food Drive Helps New Orleans

Commander, Navy Reserve Forces Command and Second Harvest team up to aid local community food needs.

Departments

- 02...Admiral's View
- 03...Sailors Matter
- 04...Focus On Families
- 05...Spiritual Navigation
- 06...Mail Buoy Q&A
- 07...Taking The Helm
- 08...Culture Of Fitness
- 09...Profiles In Professionalism
- 10...Crossword Conundrum
- 11...NROWS
- 16...Back To Basics
- 30...Checklists
- 32...RC Phone Directory

THE NAVY RESERVIST
TNR
navyreserve.navy.mil

March 07

Vice Adm. John G. Cotton
Chief, Navy Reserve

Rear Adm. Craig O. McDonald
Commander, Navy Reserve Forces Command

Cmdr. Ed Buclatin
Force Public Affairs Officer

Lt. Adam Bashaw
Deputy Force Public Affairs Officer

Mass Communication Specialist
1st Class(SW/AW) Rob Kerns ... Editor

Mass Communication Specialist
1st Class(SW/AW) Denise Davis ... Assistant Editor

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

Bryan W. Bordelon
Creative Director / Graphic Designer

The Navy Reservist is an authorized publication for members of the Department of Defense (DoD). Contents are not necessarily the official views of, or endorsed by, the U.S. Government, DoD or the U.S. Navy. This monthly magazine is prepared by the Public Affairs Office of Commander, Navy Reserve Forces, Command New Orleans. Contributors may send news and images by e-mail to navresfor_tnr@navy.mil or by mail to: *The Navy Reservist*, COMNAVRESFOR (N00P), 4400 Dauphine Street, New Orleans, La. 70146-5046. Telephone inquiries should be made to (504) 678-1240 or DSN 678-1240.

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

NEWS ONLINE ... *The Navy Reservist* current and past issues can be accessed online at <http://navyreserve.navy.mil>. Navy Reserve News 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. Colton**
Chief,
Navy Reserve

Thank you for maintaining high individual and unit readiness across the Navy Reserve Force in our many capabilities and skill sets. We continue to answer the call to serve and REserve as we transform to better provide integrated global operational support.

The combatant commanders continue to rely on our ability to surge to meet new and ever-changing requirements. Reserve Component Sailors continue to make us proud by supporting their supported commands 24/7/365, and are eager to do whatever it takes to help our joint and coalition forces to prevail in the Global War on Terror.

As the Chief of Naval Operations (CNO) Adm. Mike Mullen stated in recent Congressional testimony, Individual Augmentation (IA) Sailors are a top priority. He is supportive of all initiatives that streamline the processes enabling our personnel to rapidly surge to meet these requirements. Navy Reservists perform about half of the IA missions, while also staying busy when not deployed by providing much appreciated operational support. We are both tactical and strategic in our support of Navy and joint missions, always prepared to surge for both the "away" and "home" games.

One superb example of deployed operational support is the incredible

work being done by over 300 Operational Health Support Unit Great Lakes Sailors while deployed for a year to operate the Army Landstuhl Regional Medical Center in Germany. Fully integrated with Active Component Sailors and Soldiers, they quickly learned the many unique procedures in treating and processing our wounded warriors. Our Sailors were ready when needed and all are grateful for the opportunity to participate and make a difference in the long war.

We recently called NOSC Raleigh, N.C., and spoke with RP2 Kevin Rumsey, who just returned from his second Iraq combat deployment and was enjoying seeing his big family.

His fondest Navy memory was aiding wounded Marines after a mortar attack on the Marine birthday in Iraq, when his sergeant said, "Happy Birthday Marine."

Rumsey's response was that he wasn't a Marine, and the sergeant said, "You are now after fighting with us and saving lives."

He likes instructing at the Chaplain's Crest course, plans to make chief someday and looks up to RPI Brett

Baldree as a mentor.

MM2 Lamont Thomas is an AC Sailor at NOSC Battle Creek, Mich., and has learned a lot about the Navy Reserve while on shore duty near his hometown. Married with four children, he is pursuing a mechanical engineering degree, would like to make chief and perhaps be commissioned someday.

He remembers serving on USS Portland (LSD 37) and making many wonderful port calls during a South American UNITAS Exercise cruise. Mentor MM1 Aldrich showed him how to be a leader and MMC Farley encouraged him to get his surface warfare pin.

CNO remains focused on sustaining "Total Navy" combat readiness. Accordingly, we will continue to emphasize full medical, physical, family and administrative readiness.

We are proud of your dedicated service and many contributions to our Navy and nation. Thanks especially to your families for their understanding and support during these demanding times.

Be ready!

*Reserve Component
Sailors continue
to make us proud
by supporting their
supported commands
24/7/365*



FORCM(SW)
David R. Pennington
Force Master Chief,
Navy Reserve Force

*82 percent of
our Individual
Augmentees have
come from the
Reserve Component*

've heard it said "the more things change — the more they stay the same." Another quote comes to mind from the good book that says "there is nothing new under the sun." This month our magazine is focusing on Individual Augmentation (IA) and we're ensuring this topic is getting major attention in today's Navy.

We are learning a new vocabulary as we talk about "Provisional Units" and "ADHOC missions." I can tell you three years ago if someone would have rattled off the acronym "ILO" I would've had no idea it meant "In lieu of an Army Unit." As you know it is much more than words. It is people, from all service components, coming together for a common cause; doing "non-traditional" work to fight the Global War on Terror. The Navy is projecting a steady state of 12,000 IA's and the message is loud and clear — this is not going away.

Did you know since 2002, 82 percent of our IA's have come from the Reserve Component? I had the wonderful privilege to spend Christmas with over 800 of our mobilized Sailors and as I traveled around almost every base in Kuwait, I realized we in the Reserve Component have been at this IA thing for quite some time. It is what we do. I remember during Desert Storm I was working in the manpower shop at the (then called) Naval Air Reserve Center in Barbers Point, Hawaii. The mobilization orders started hitting our center and the Navy needed corpsman, aviation ordnanceman, storekeepers, and Sailors with specific

skills and capabilities. These shipmates were pulled from their "units" and surged to support the work.

The point is they did not go with their command, they were mobilized as "individuals" and they augmented Navy commands all over the world based on their knowledge, skills and abilities.

I love the story in American History of the Minutemen. During the Revolutionary War, the citizens of this great nation left their stores, dropped their tools, took up arms and defended freedom and democracy. It's the "Genesis" of our proud heritage in the Reserve Component and we have been "augmenting" to win wars ever since.

Today, in the joint war fighting arena, the definition of an IA is someone who fills a billet from a "Joint Manning Document." It is important work and it is important to know we value your service. We value your families and want to support them and improve the lines of communication. We value the amazing support of the employers across the nation.

Although the IA (in concept) is not new to the Reserve Component it is different in many ways, and it's definitely very different for the Active Component.

Many improvements have been made with regard to the business rules regarding Sailors mobilized (AC or RC) for IA missions. Initially the notification window was under 30 days and today the average is 80 days before deployment. The Navy is "flexing" on when advancement exams are administered where possible and selection board precepts are tailored to ensure IA assignments are not a "detractor" for promotion. All of these improvements apply to both Active and Reserve Component Sailors. It is encouraging to me as our leadership in the Navy works hard to meet the unique and special needs of IA's while being careful not to diminish the work of the Total Force. In the end it is the "can do" attitude of our Sailors, families and employers that make it work. The number one question I got when in theater was "How can I stay on for another tour?" I hear this statement from one base to another, all over the country — "I am volunteering for an IA mission." People want to contribute and do what they can to make an impact in the Global War on Terror.

Thank you all for your service, your dedication, your commitment — see you on the deck plates.

Deployment Preparations

Preparing for deployment is never easy. It takes time, energy and cooperation of all involved to get through these most difficult times.

It is imperative key documents are reviewed and updated if necessary before deployment. This includes wills, powers of attorney, Servicemembers' Group Life Insurance, record of emergency data form and dependent care certificate.

Time will go by quickly as the Sailor prepares to deploy. Some safety tips that you might consider doing prior to deployment are: make sure there is good lighting around the area where family members park, install motion detector lights around the house and have all emergency telephone numbers readily available to all family members.

taken of the child and parent. Keep one copy for the child and send one with the deploying parent, make something special that your parent can take on deployment, make a "date" to spend time alone with your parent prior to deployment. Parents can also help the children with the separation by putting a favorite book on tape that children can listen to at night, write special messages to be read on special occasions while deployed and have your photo taken from the waist up in uniform and have it blown up to life size to make flat daddy/flat mommy.

Flat daddy/flat mommy is a great way for children to have the parent with them while deployed. Flat daddy/flat mommy is able to go anywhere like the park, school plays, recitals, birthday parties and even on vacation! The concept of flat daddy/flat mommy has been around for a few years and has been very helpful for especially younger children to deal with the deployment of a parent. This allows them to have the sense that the parent is with them throughout the deployment. Although it does not replace the real parent it is a way for children to stay in touch.

One person that needs to have family information is your command/unit ombudsman. In addition, your family members need to have contact information for your command/unit ombudsman. The ombudsman maintains a toolbox full of resources and can provide information and



Lt. Cmdr. Louis Gabe plays with his son Carl, as his battalion prepares to depart from the AMC Terminal at Naval Station Norfolk. Gabe is a member of Navy Customs Battalion Romeo, which was mobilized to deploy to Kuwait and Iraq to perform customs inspections. Customs Battalion Romeo, composed of approximately 450 Navy Reservists, were trained and equipped by the Navy Expeditionary Logistics Support Group.

U.S. Navy photo by Mass Communication Specialist 3rd Class Jason Smith

Children need to be deployment ready just like mom and dad. It will be hard for the children to say goodbye and you can help them develop a checklist of things to do before the parent goes on deployment.

Some things you may want to include are: have a picture

referrals to family members to meet most needs.

Preplanning is the key to deployment readiness. Taking care of your family matters prior to deployment can save a lot of frustration on everyone affected.

TNR



Reserve Chaplains and RPs IA Assignment

As I near the end of my 30-year career in the Navy, I am reflecting on the mobilizations, recalls, and Individual Augmentations (IA) we Reserve Ministry Team (RMTs) members are being asked to perform. As a Reservist we are often asked to sacrifice much for the cause of defending the freedoms our country holds dear. To defend those freedoms need not be considered anything less than an opportunity. One of those opportunities is to answer the call for an IA request.

Chaplains and Religious Programs Specialist's (RPs) are familiar with service to many and find themselves "needed" in unusual times and places as theater missions constantly evolve and fellow servicemen require the special skills we provide as RMTs. IA requests are frequently short-fused and hard to fill which is where Reservists tend to shine. "Not if, but when," is the standard by which we train, so when the requirement to deploy comes our way we have come to see it as the inevitable opportunity to

show the world our worth.

Now I don't mean to paint a "pie in the sky" picture of Reservists lined up to go off at a moment's notice. It has been my experience that the RPs and Chaplains I have worked with have found their deployments to be genuinely rewarding. I recently spent six months in Bahrain and I integrated with the Active Component seamlessly. I found that to be the case with most of the other Reservists who were assigned there as well. Though separation from family and friends is a hardship that we all must endure and is rarely welcome, it is no stranger to Active or Reserve Component. Yet, working side by side, we accomplish the mission.

It is my opinion that most of the Reserve RPs and Chaplains I have worked with in the past and currently work with are prepared and looking forward to their opportunity to serve.

No one wants to be separated from the comfort of family and friends, but our families are prepared for our deployment and our friends are proud

of our service.

Deployment to the Middle East has many faces, from the relative safety of Bahrain to the austerity of Djibouti, from the mountains and plains of Afghanistan to desert bases in Kuwait and Iraq. Sailors are doing things they never expected in places they never expected to be and Chaplains and RPs are needed to provide that specialized service that only we can provide. The stories that I have heard of RMT support to Sailors, Soldiers, Airmen, and Marines makes me proud to be a part of those teams.

If called, we will serve. When called, we will do our best. When we return we will continue to serve our fellow RMTs by training them in what to expect.

Let's pray for a quick and peaceful end to this conflict, but until that time we can expect the best from the Reserve RMTs that are called to do their duty.

**Master Chief Religious Programs Specialist(FMF)
M.F. Bremer**

Navy Reserve Podcast

Looking for news, information and interviews concerning the Navy Reserve Force? Check out the Navy Reserve Podcast. Whether you have a portable MP3 player or listen online, you will have all the information at your finger tips. It's updated at least twice a month and available at <http://navyreserve.navy.mil>.



NOW HEAR THIS!

LOOK for this icon on stories featured in *The Navy Reservist* and LISTEN to its podcast.



The TNR Mail Buoy will get your answers from RC leaders monthly to satisfy your curiosities and quell rumor mills. Send your questions to NAVRESFOR_TNR@navy.mil.



Question: I'm thinking of volunteering for an IA. What are some things I need to know to prepare?

Answer: A great source of information is on the Navy's NKO Web site, <https://www.nko.navy.mil>. Listed below are just a few checklists found there.

Medical/Dental Quick Check

Review the following to determine if you're physically prepared for the challenges of your IA assignment.

- Do you have a copy of your medical, dental and immunization record?
- Has your immunization record been reviewed by medical? Has an International Immunization Record been completed by medical to confirm that all shots have been annotated?
- Did you receive your smallpox vaccination at least two weeks prior to training is optimal so there are no lingering effects?
- Do you have a 90 - 180 day supply of any medications that you routinely take? Do you have a copy of your prescription?
- Do you wear glasses? Bring two or three pairs. Inserts will be issued for your gas mask.
- Have you begun physical training and hydration to ensure fitness to carry a sixty pound pack in extreme weather?

Training Quick Check

Prepare For Training.

- Have you completed all required courses on Navy Knowledge Online (NKO) and printed certificates of completion?
- Have you reviewed the Web site of the Navy Mobilization Processing Site where you will be processed?
- Have you reviewed the web site for the location of your follow-on training?
- Have you reviewed the web site for the location of your ultimate duty station?

Transportation Quick Check

Assess Travel Readiness.

- Have you thoroughly reviewed your orders to determine where you will be processed and trained before traveling to your ultimate duty station?
- Have you ensured your orders contain the statement "Excess baggage is authorized, up to 200 pounds"?
- Do you need a passport or visa? If so, work with your parent command's admin personnel.
- Have you attached something to your sea bags that stands out to enable you to more easily identify them?
- Have you discussed with your parent command how to handle travel claim requirements? What is the process for incremental travel claims?
- Do you have a government travel card?
- Have you established contact with your TAD gaining command? Do you have a POC or sponsor at your parent and gaining commands?
- Do you know what your address will be during training and at your temporary assignment?

Professional Preparation Quick Check

Assess Your Professional Readiness.

- Is your Common Access Card (CAC) valid for the entire period of your TAD, plus an additional buffer?
- Have you confirmed your security clearance if ordered to a billet requiring a SECRET or TS/SCI clearance?
- Do you have at least two complete sets of military ID tags? You need to wear a set and keep a set with your gear. You may want a spare set.
- Do you have a helmet liner and helmet band with your name and blood type embroidered directly on the band?
- Do you have uniforms to wear at the Navy Mobilization Processing Site?
- If a promotion is expected do you have a supply of insignia?
- Are your will, SGLI, Page 2 and other documents up-to-date?



...vice is a spark to rekindle the spirit of democracy in an age of uncertainty. When it is all said and done, it comes down to three simple questions: What is right? What is wrong? And what are we going to do about it?" – President Bill Clinton

Making a Difference in Your Community

by Cmdr. Patricia Brady, MSC, USNR
NR Center for Naval Leadership

Sources: Navy Community Service Program, USA Freedom Corps, AmeriCorps, Commander Navy Reserve Force

In his 2002 State of the Union Address, President George W. Bush challenged the nation when he said, "My call tonight is for every American to commit at least two years – 4,000 hours over the rest of your lifetime – to the service of your neighbors and your nation."

Over the past five years since the president put out that directive, I wonder, have we met his challenge? We know that the Reserve and National Guard role in the Global War on Terror has breathed new meaning into the term Citizen-Sailor. Our employers and communities who previously may have paid little notice to our "part-time military job" now are very aware of our service to the country.

In our Sailor role, we all volunteered for the Reserves and show our commitment with our ongoing readiness – whether it be for a drill weekend, support of the operational command, or mobilized overseas to another country.

Yet in our citizen role, we are parents, sons, daughters, employees, managers, CEOs, or self-employed. We are interwoven throughout our communities. We belong to the PTA, softball leagues, fire stations, church choirs, condo associations, and so many organizations and clubs it's impossible to count them. Our blend of leadership skills and Navy core values makes for such a great opportunity to give to the community and volunteer to serve our neighbors.

If you haven't yet found your volunteer niche, there are several noteworthy options available.

The USA Freedom Corps (1-877-USA-CORPS, www.volunteer.gov) was created as a White House office in 2002 to build on the community unity, service and sacrifices made after 9/11. One of the main purposes of the Freedom Corps is to connect willing volunteers with organizations in need.

AmeriCorps (www.americorps.org) was formed in 1993 as a result of the initiatives of Presidents Johnson, H.W. Bush, and Clinton. Its mission is to provide local, state, and national service programs for critical needs of the nation: education, public safety, health, and the environment.

Within the Navy community, many Reserve units take on a community project on a drill weekend or as an ongoing unit project. Units join with Habitat for Humanity to build homes, support the Special Olympics, or they spend the day

cleaning up the shoreline, or serving meals at a homeless shelter.

The Navy Reserve is probably best known as the sponsor of Campaign Drug Free.

It is estimated that Sailors reach about 24,000 students annually. These dedicated volunteers spend an hour at a local school to spread an anti-drug message. The Campaign Drug Free program is part of the Navy Community Service Program. OPNAVINST 5350.6B describes this Navy-wide initiative that was instituted in late 1992.

The Navy Community Service Program (www.mwr.navy.mil/ncsp/voluntee.html) has five flagship projects operating to provide volunteers assisting the community in various ways:

1. **The Personal Excellence Partnership** deals with youth and includes tutoring and mentoring. Its aim is to advance scholastic achievement, life skills, and provide vocational guidance.
2. **Health, Safety and Physical Fitness** also focuses on youth, but promotes fitness programs, good nutrition and hygiene. Examples of activities in this project are coaching for the Special Olympics, promotion of fire prevention week, and a smoke-out day.
3. **Environmental Stewardship** promotes volunteerism in communities with efforts to preserve and protect the environment. Activities involve adults and youth in local clean-up events, tree plantings, and environmental science curriculum enhancement.
4. **Project Good Neighbor** is a comprehensive program that strives to assist those in the community who are less fortunate and in need of a "leg up." Just a few examples of volunteering with this project include providing holiday meals for the homeless, making home repairs, and organizing clothing drives.
5. **Campaign Drug Free** is a recognized Navy Reserve sponsored program which provides both Active and Reserve Sailors as guest speakers to elementary, middle, and high school students. Professionally produced materials and engaging discussions are used to challenge students to be drug free and in control of their lives.

TNR



U.S. Navy photo by Mass Communication Specialist 2nd Class Kurt Eischen

Axis of Evil

Culture of Fitness

Story by Miranda Bashaw,
spouse of Lt. Adam Bashaw
Part One of Four

Health professionals for years told us in order to maintain a culture of fitness, we must exercise regularly and eat a well-balanced diet. Many of us believe we know how to eat right, but hidden dangers lurk in some foods we may think are perfectly good. Transfats, high-fructose corn syrup and nitrites may well be the dietary “axis of evil” and the very things that make seemingly healthy diets quite detrimental.

Transfats:

Found in hydrogenated oils, they have been frequently making national news lately. Now banned in restaurants in several cities, they have traditionally been used in place of other fats because they extend the shelf life of some processed foods and are less costly. Less costly, that is, to the companies or establishments using them, but an enormous cost to consumers’ health. They have been linked to cholesterol problems, heart disease and obesity. In short, transfats are a poison to people who eat them.

High-Fructose Corn Syrup:

Perhaps less known, but found in many foods from ketchup and mayonnaise to bread and virtually every food in between, high-fructose corn syrup is another dietary detriment. Often easier to use than sugar because it is a liquid, it is also cheaper. Unfortunately, it is often produced from genetically modified corn. It has been linked to obesity and

diabetes, and some studies suggest there may possibly be a correlation between high-fructose corn syrup and male infertility.

Nitrates:

Commonly found in cured meats such as bacon, sausage and deli meats, nitrites may wreak complete havoc on our health. They are used as a preservative to help maintain the red color of meat and were at one time used to help prevent botulism, a form of food poison. Though refrigeration capabilities today have made the former use unnecessary, they are still used as a color preservative even though they may pose severe health risks, such as cancer and brain tumors, especially to pregnant women and children who eat meats containing them.



Graphic by Bryan Bordelon

Now You Know:

Cutting back on or eliminating these potentially dangerous ingredients from your diet may seem overwhelming or even impossible, but with a little

information, we can make healthier food choices. In the coming months we will take a closer look at transfats, high-fructose corn syrup and nitrites, and explore ways to rid them from our diets. A culture of fitness is not just about exercise, it is also what we put into our bodies as well.

PROFILES IN PROFESSIONALISM

We have many talented people in our Navy. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they are providing to the fleet. E-mail the editor, navresfor_tnr@navy.mil, for the submission form if you'd like to nominate a Sailor. Please include a high-resolution (300 dpi) 5"x7" digital photo of the candidate.

Hometown: Lexington, Ky.

Brief description of your job: Tactical Operations Controller

What has been your greatest Navy achievement: The honor of serving my country.

Who has been your biggest influence since joining the Navy:

My father-in-law, Stan Ross, was prior Navy and Air Force and has provided much insight. He and my mother-in-law, Donna, have been my biggest supporters while mobilized by helping my husband out immensely with our baby. Their support allowed me to be in the Navy.

What do you enjoy most about the Navy: Camaraderie – here in the desert, individuals from diverse backgrounds, I see mutual respect and team work, coming together accomplishing not so traditional Navy tasks.

Most interesting place visited since joining the Navy: Kuwait

Current hobbies: The birth of my daughter has become my greatest hobby while morphing my other hobbies. For example, reading is satisfied by reading children's books, gardening has become re-planting/re-potting upturned plants and running requires extra preparation and a stroller.

Hometown: Little Rock, Ark.

Brief description of your job: Admin work, but I'm actually in the process of cross rating to the Seabees.

What has been your greatest Navy achievement: Serving my country.

Who has been your biggest influence since joining the Navy:

Master Chief Mike Wagner. He showed me how to give back to the Navy while still getting something out of it.

What do you enjoy most about the Navy: Adventure and travel.

Most interesting place visited since joining the Navy: The deck of an aircraft carrier.

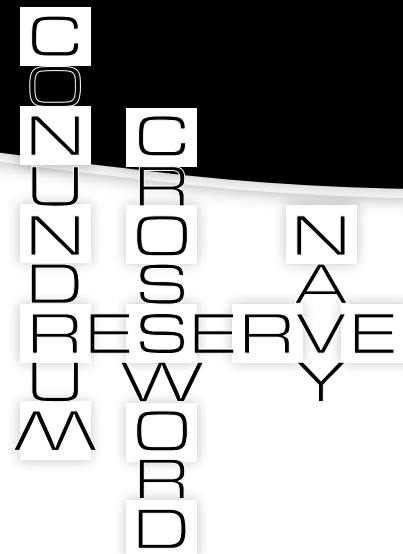
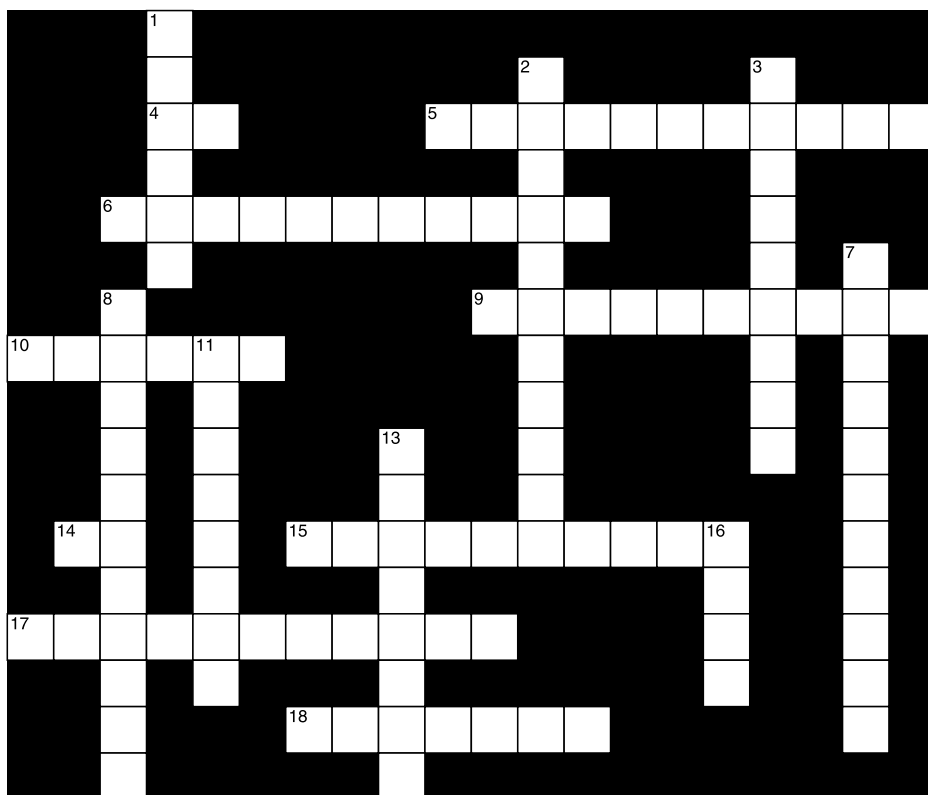
Current hobbies: NASCAR, Football



**Boatswain's Mate
2nd Class
Kari Ross**



**Aviation Maintenance
Administrationman 2nd Class
Ray Grind**



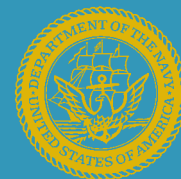
The solution for this conundrum is on page 33.

ACROSS

- 4 Formerly JO/PH/LI/DM
- 5 Distance between primary warfare device and ribbons
- 6 Name of camp in Kabul
- 9 Naval Reservist and U.S. President
- 10 Most important DAPA trait
- 14 Theme of this month's TNR
- 15 Location of Eye on Chief story
- 17 700 pounds of _____ donated in New Orleans
- 18 Month ECRC established

DOWN

- 1 Sailors at Fort Jackson receive _____ survival skills
- 2 RP runs _____ marathon
- 3 Retirement age for a Reserve officer (rear admiral)
- 7 VP-94 call-sign
- 8 The key to deployment readiness
- 11 Commonly found in cured meats
- 13 Location of IA's in HOA 16 guided missile submarines



A CONFERENCE CALL TO HELP THE OUR SAILORS

Just imagine having a forum where people are getting together every month to discuss and figure out how to make a common problem better?

This is happening with the Navy Reserve Travel and Orders Management Office (N-33). Every month more than 100 Navy Reserve Order Writing System (NROWS) Specialists are dialing into a phone conference to discuss and brainstorm ways to make their system more effective.

"We try to evaluate problems that specialists may be having throughout the field," said N-33 Force Travel Leading Petty Officer Yeoman 1st Class Michael V. Karl.

"It's amazing the problems one specialist is having in one part of the country may be the same problem someone else is having. This is a great way for everyone to have a place to get together and share their questions and answers."

According to N-33 Deputy Chief of Staff Lt. Cmdr. Doug Howell, in the two months since implementing the conference call there has been a dramatic decrease in the amount of short lead orders submitted to N-33.

"We define short lead orders as last minute orders. When we get those types of orders in it is extremely challenging to purchase the tickets and make the necessary travel arrangements," said Howell. "Now we are able to make sure all the Sailors needs are met. This is a direct result of the conference call."

As the conference call continues monthly N-33 hopes to continue rooting out the common problems facing their order writing specialists.

Their vision is to have all Reservists travel where they are needed, when they are needed without surprises and without bureaucratic obstacles from either DoD, DoN or Commander Navy Reserve Forces Command policies or practices.

"We are a small piece of a big puzzle," said Howell. "However, we care about our people and want to be sure they are being taken care of."

THIS FEATURE CONCLUDES OUR FINAL PART OF THIS NROWS
SERIES OF INFORMATION.

EYE ON CHIEF

AYE, AYE, CHIEF!



Chief Aircrew Survival Equipmentman
Nathaniel S. Spencer

*U.S. Navy photo by Mass Communication
Specialist 1st Class Brian A. Goyak*

FAR RIGHT:
Operations Specialist 1st Class
Stephen Cornell

*U.S. Navy photo by Mass Communication
Specialist 1st Class James E. Foehl*

by Mass Communication Specialist 1st Class Oscar A. Troncoso
NR NAVINFO C7F

White Sands Missile Range, N.M.

– Three hundred and thirteen years of collective Navy experience was on hand at White Sands Missile Range in southern New Mexico for a Leading Petty Officer (LPO) class. All 21 first class petty officers know what is at stake: The five day course is a must or else they will not be able to take the chief's exam in February. More importantly, these Sailors want to become better leaders for the Navy.

“This class is a requirement to be able to make Chief. I also expect to be much better prepared for LPO duties when I'm out to sea. This class will definitely prove to be valuable,” said Fire Controlman 1st Class Nathan W. Anderson. Anderson, from Pine City, Minnesota, is temporarily stationed at the Naval Surface Warfare Center inside the White Sands Missile Range compound.

Eleven of the 21 participants were Navy Reservists, and most in this group had prior Active Duty service.

One Navy Reservist with four years of Active Duty experience was Damage Controlman 1st Class Jorge Chairez. While the native El Pasoan was glad to be fulfilling a mandated class, he also realized that this type of training is valuable for his civilian occupation.

“It's very positive for me since I'm the LPO of my Reserve unit in El Paso. But it also helps me deal

with the diverse people as a supervisor in my civilian job,” said Chairez, who works for the Department of Homeland Security as an immigration custom enforcement agent.

Damage Controlman 1st Class Alberto Smith enjoyed the class for different reasons. His 20 years of Navy Reserve service includes one year of Active Duty time in Yokosuka, Japan. The kindergarten teacher at Sierra Vista Elementary school in east El Paso appreciated the leadership class because it prepares a Reservist for the Active Duty experience.

The facilitators for the November class were Intelligence Technician 1st Class George Hoskison of Albuquerque and Chief Storekeeper James Bungard from Las Cruces, New Mexico. Both are attached to the Center for Navy Leadership South Region, which is part of the national center for Navy Leadership that is based in Little Creek, Virginia.

“This is the first class of five that I have ever taught that was intermixed with Active Duty and Reservists. We were able to get both perspectives. Everybody was participating, and it makes it so much smoother when there is buy in,” said Hoskison, who works as a lead radiological technologist at the Sandia National Laboratory in New Mexico.

It was the sixth LPO class for Chief Petty Officer Bungard, who works for the Department of Defense as an industrial property management specialist. According to Bungard, one of the best qualities of this new LPO class is that it is designed for



interactive participation.

“It's not your traditional stand up lecture with a powerpoint. It's totally interactive. You have to know yourself and your Sailors because everything is situational. We're trying to prepare the LPO so that they can lead their Sailors and meet the Navy's mission. We're only as good as our Sailors and knowing your people is the key,” said Bungard.

He also believes that the unique mix of Active and Reserve Sailors in the class was an added bonus, as it supported the concept of one Navy.

“The class was outstanding because we had Active Duty teaching Reservists and Reservists teaching Active Duty. It was all about leadership,” said Bungard. **TNR**

FY 2007 NDAA's Impact on Navy Reservists

by Lt. Marc J. Soss

The National Defense Authorization Act for Fiscal Year 2007 (the "Act") was signed into law by President Bush on Tuesday, October 17, 2006. A brief synopsis of Act provisions that impact members of the Navy Reserve community is outlined herewithin.

RESERVE PROVISIONS

Retirement Ages For Reserve Officers (Sections 14509 through 14512 of title 10):

The Act modifies the mandatory retirement ages for Reserve Officers to the following: age 64 for a Rear Admiral; age 62 for a Rear Admiral (lower Half); and age 62 for officers below Rear Admiral (Lower Half). The amendments provide the officers with an additional two (2) years before mandatory retirement.

Call-Up Authority (Section 12304(a) of title 10):

Increases from 270 to 365 the maximum number of days a Reservist may be called to Active Duty. The amendment requires the application of the following criteria in determining who will be ordered to duty without their consent under this section: (i) length and nature of previous service (assure sharing of exposure to hazards); (ii) frequency of assignments during service career; (iii) family responsibilities; and (iv) employment necessary to maintain the national health, safety, or interest.

Authority for Reserve Duties (Section 12301(d) of title 10):

A Reservist called to Active Duty may perform the Reserve duties of organizing, administering, recruiting, instructing, or training the Reserve Components. The Reservist may also perform the following additional duties, to the extent their performance does not interfere with their primary duties: (i) support operations or missions assigned in whole or in part to the Reserve Components; (ii) support operations or missions performed or to be performed by: (a) Unit composed of elements from more than one component of the same armed force; or (b) joint forces unit; (iii) advising the Secretary of Defense, the Secretaries of the military departments, the Joint Chiefs of Staff, and the commanders of the combatant commands regarding Reserve Component matters; (v) instructing or training in the United States or the Commonwealth of Puerto Rico or possessions of the United States of: (a) Active Duty members of the armed forces; (b) members of foreign military forces; (c) Department of Defense contractor personnel; or (d) Department of Defense civilian employees'.

Authorities and Incentives for Reserve Component Members to Volunteer to Serve on Active Duty (Section 329 of Chapter 5 of title 37):

Authorizes the Secretary of Defense to pay a bonus to a Reservist who volunteers for high-demand, low-density assignments (combat, combat support or service support capability) or in any other specialty designated as critical to meet wartime or peacetime requirements. Eligibility for the bonus requires the Reservist to enter into a written agreement to serve on Active Duty for a specified period and non-eligibility for promotion while serving in the assignment.

Tricare Premiums and Eligibility (Section 1076 of title 10):

Prohibits a monthly premium increase, above the amount in effect for March 2006, between April 1, 2006 and September 30, 2007. The prohibition applies to TRICARE Prime, TRICARE Standard fees, pharmacy co-pays, and TRICARE Reserve Select premiums. The Act also makes TRICARE coverage, at the lowest current premium (28% of cost), available to all drilling Reserve members.

Tricare and Employer-Sponsored Group Health Care Plans (Section 1097c of title 10):

Prohibits an employer from providing a Reservist (eligible for Tricare enrollment or enrolled) a financial or other incentive not to enroll or terminate enrollment in a group health plan (primary plan). The section provisions will not apply to any employer with fewer than 20 employees. The section shall take effect on January 1, 2008.

Maximum Number of Reserve Personnel Authorized on Active Duty for Operational Support (Section 115(b) of title 10):

Places a fiscal year 2007 limitation of 6,200 Reservists who may be serving at any time on full-time operational support duty.

MISCELLANEOUS PROVISIONS

Fiscal Year 2007 Pay Increase (Section 1009 of title 37):

Places into effect a 2.2 percent pay increase for members of the U.S. military. The pay increase will be effective on January 1, 2007.

Incentive Bonus for Transfer Between Armed Forces (Section 327(d)(1) of title 37):

Increases the service transfer bonus from \$2,500 to \$10,000 effective on October 1, 2006. Apply to all agreements entered into or revised on or after said date. The bonus provision shall remain in effect until December 31, 2009.

Consumer Credit Limitations (Section 987, Chapter 49 of title 10):

The new code section institutes a maximum 36 percent interest rate that may be charged to a member of the U.S. military (Active Duty and Reserve) or their dependent. This provision will preempt any inconsistent State or Federal law. A violation of this section may be charged as a misdemeanor, and result in a fine or imprisonment.

Payment of Servicemembers' Group Life Insurance (SGLI) Premium (Section 437(a)(1) of title 37):

Provides for the payment of the full amount of Servicemembers' Group Life Insurance (SGLI) coverage held by the service member. This is an increase from the prior \$150,000 limitation and is effective on November 1, 2006. The provision only applies to service members in the theater of operations for Operation *Enduring Freedom* or Operation *Iraqi Freedom*.

Survivor Benefit Plan Beneficiaries (Section 1448(b)(1) of title 10):

Allows a Survivor Benefit Plan (SBP) participant, upon the death of a named SBP beneficiary, to elect a new beneficiary. The section requires the new beneficiary to be: (i) natural person; and (ii) maintain an insurable interest in the plan participant. Said election may only be made within 180 days after the death of the previous plan beneficiary and will be effective on the first day of the first month following receipt of the election. The section also provides for the vitiation of an election when the SBP participant dies within two years of their election; and lump sum repayment of the amount of retirement pay that was reduced by the election.

The Act contains many other important provisions that are not included herein. This brief synopsis is meant solely as a cursory review of Act provisions impacting members of the Navy Reserve. **TNR**

Reservists Aviation Ordnanceman 2nd Class Jewell Migram and Aviation Ordnanceman 1st Class Ron Willis

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





BETCHA DIDN'T KNOW!

One of the more controversial in wearing a squared away U.S. Navy uniform is the correct wearing of the warfare pin.

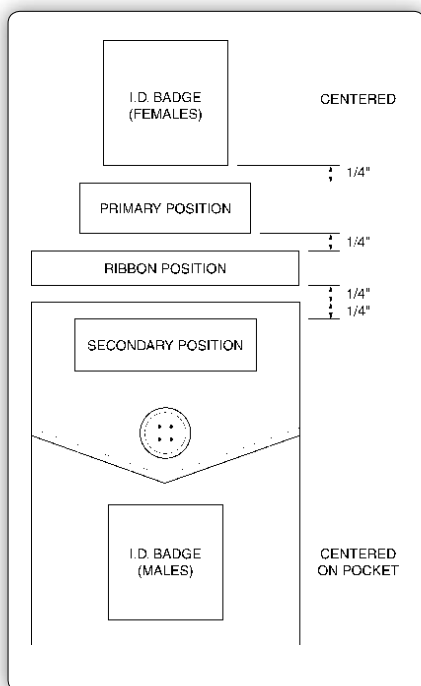
Which warfare pin goes above the ribbons? Which warfare pin goes below the ribbons? How many warfare pins can be worn at one time?

This month we answer all these questions using the U.S. Navy Uniform Regulations Manual NAVPERS 15665I Chapter 5.
BREAST OR QUALIFICATION INSIGNIAS OF OTHER SERVICES SHALL NOT BE WORN.

Pin-on devices shall not be worn on working uniforms when metal devices might present a FOD or safety hazard.

Pin on anodized (shiny) or oxidized (pewter in appearance) silver breast insignia may be worn in the manner prescribed below:

Silver breast insignias will have either an anodized or oxidized finish. Personnel qualified to wear multiple breast insignias are authorized to wear devices of the same finish (anodized or oxidize). Wearing breast insignias of different finishes (i.e., anodized and oxidized) is prohibited. Hand polishing of breast insignias is authorized but not to the degree of altering the general appearance, finish or detail of the device.



by CNRFC Public Affairs

U.S. Navy photos by
Mass Communication Specialist 2nd Class Kurt Eischen

Aptly demonstrated by
Mass Communication Specialist 1st Class Denise Davis

MANNER OF WEARING WARFARE AND OTHER QUALIFICATION INSIGNIA

1. Breast insignia are worn on the left side of the uniform in a primary position, or a primary and secondary position.

A. Primary position with ribbons or medals. The insignia is centered above ribbons or medals with the lower edge of the device 1/4 inch above the top row of ribbons or medals.

B. Primary position without ribbons or medals. The insignia is centered above the left pocket with the lower edge of the device 1/4 inch above the top of the pocket. For Navy coveralls and utilities the insignia is centered above the left pocket with the lower edge of the fabric strip approximately 1/4 inch above the "U.S. NAVY" tape strip.

C. Secondary position with ribbons or medals. The insignia is centered below ribbons with the top of the device 1/4 inch below the top of the pocket or pocket flap, or centered below medals with the top of the device 1/4 inch below the lowest row of medals.

D. Secondary position without ribbons or medals. The insignia is centered 1/4 inch below the top of the pocket or pocket flap.

2. If wearing only one device, place it in the primary position.

3. Personnel with multiple qualifications, may wear two insignia, placing one in the primary position and the second in the secondary position, within the following guidelines:

A. Only one insignia from any single category of insignia listed is authorized for wear at the same time.

PULL-OUT

B. Warfare qualification insignia take precedence over other qualification insignia and are placed in the primary position.

C. Two warfare insignia, each from separate warfare categories, are authorized following these rules:

1. The warfare insignia of the specialty in which currently serving will be worn in the primary position.

2. If not currently serving in a warfare specialty, or have not earned the warfare insignia of the specialty in which currently serving: officers will wear the insignia corresponding to their designator, otherwise the warfare insignia earned first in the primary position; all other personnel will wear the warfare insignia earned first in the primary position.

3. If no longer designated as a warfare specialist, continue wearing the earned warfare insignia, following the guidelines of this chapter, unless prohibited from doing so by administrative action.

4. When insignia has both gold and silver versions, enlisted personnel wear silver, officers wear gold, within the following rules:

A. Enlisted personnel who qualify for insignia, and are subsequently advanced to officer status continue wearing the enlisted insignia until qualified for a corresponding officer insignia; then replace the enlisted insignia with the officer insignia.

B. Enlisted personnel who have been awarded the Small Craft insignia and are subsequently advanced to officer status wear the gold small craft insignia.

C. Enlisted personnel, who qualified in a warfare specialty as officers and were subsequently reverted to enlisted status, may continue to wear the officer insignia.

5. Enlisted personnel awarded the craftmaster insignia and subsequently advanced to officer status may continue to wear the craftmaster insignia.



INSIGNIA

AVIATION WARFARE

Naval Astronaut
Naval Astronaut (NFO)
Naval Aviator (Pilot)
Naval Aviation Observers and
Flight Meteorologists
Naval Flight Surgeons
Naval Flight Nurse
Naval Flight Officers
Aerospace Experimental Psychologist
and Aerospace Physiologists
Aviation Warfare Specialists
Naval Aviation Supply Corps

EXPLOSIVE ORDNANCE DISPOSAL WARFARE

Master Explosive Ordnance Disposal
Senior Explosive Ordnance Disposal
Basic Explosive Ordnance Disposal

FLEET MARINE FORCE(FMF)

Fleet Marine Force Officer
Fleet Marine Force Enlisted
Warfare Specialist

SEABEE COMBAT WARFARE SPECIALIST

SPECIAL OPERATIONS WARFARE

SPECIAL WARFARE
Special Warfare Insignia (SEAL)
Special Warfare Combatant-Craft
Crewman

SUBMARINE WARFARE

Submarine (Dolphins)
Submarine Medical
Submarine Engineer Duty
Submarine Supply

SURFACE WARFARE

Surface Warfare
Surface Warfare Dental Corps
Surface Warfare Medical Corps
Surface Warfare Medical Service Corps
Surface Warfare Nurse Corps
Surface Warfare Supply Corps

AIRCREW

Navy Aircrew
Marine Corps Combat Aircrew

INTEGRATED UNDERSEA SURVEILLANCE SYSTEM

OFFICER IN CHARGE/PETTY OFFICER IN CHARGE

Small Craft
Craftmaster

PARACHUTISTS

Naval Parachutist
Basic Parachutist

SUBMARINE PATROL

Submarine Combat Patrol
SSBN Deterrent Patrol

UNDERWATER

Diving Officer
Diving (Medical)
Master Diver
Diving (Medical Technician)
Diving, First Class
Diver, Second Class
Diver, Scuba
Deep Submergence

U.S. AIR FORCE SPACE BADGE

(authorized for wear by qualifying
Department of the Navy personnel while
attached to USS PACECOM or NORAD)

NAVAL RESERVE MERCHANT MARINE

FLEET FOOTED SAILORS

run in D.C. marathon

by Mass Communication Specialist
1st Class Denise Davis
photos by
Lcpl Brandon Mountain
and
marathonfoto.com

The dawn sunlight
pierced the kalidescope
of fall foliage as three
Marine Forces Reserve
Sailors readied themselves
to endure a grueling race.



Command Master Chief Ronney
Wright (far left), Capt. Larry
Cripps, CHC (center) and
Religious Programs Specialist
1st Class Brett Baldree
(far right)



A perfect opportunity to immerse into a culture of fitness is running a marathon.

Three Marine Forces Reserve (MARFORRES) Sailors did just that.

Capt. Larry D. Cripps, Navy Chaplain 4th Marine Division, New Orleans, Command Master Chief MARFORRES Ronney A. Wright and Religious Program's Specialist 1st Class Brett Baldree embodied the culture of fitness by participating in the Marine Corps Marathon October 2006 in Washington, D.C.

Training for the marathon began shortly after personnel were allowed to return to New Orleans following Hurricane Katrina in November 2005.

Once training began for the 26.2-mile marathon, the group of Sailors nicknamed themselves 'The Pride,' which is a pack of lions that roam together.

So how does one train for a marathon while still putting in eight hours on the job? The team ran six to eight miles three or four times a week.

They would start their journey at 6 a.m., winding their way through the gorgeous city streets of the New Orleans' French Quarter, up to the Convention Center, down through Audubon Park, and sometimes all the way over to Loyola University.

"It's been ten years since I've ran anything over ten miles," said Baldree.

"Running is my stress relief. I run to clear my mind," said Wright.

Baldree, a black-belt in karate and a high-school soccer player, describes himself as not being very athletic.

"I really don't like running," said Baldree. "I did it for the camaraderie of being out there with the guys and talking to them for the first couple of miles."

Setting goals before a certain age can help promote a culture of fitness.



Religious Programs Specialist
1st Class Brett Baldree

Baldree set his goal for running a marathon before the age of 40. Cripps' goal was to complete the marathon on his feet.

This was the first marathon for Cripps. As a personal challenge to himself, he chose to run the race for all the Marines from the 4th Marine Division who were killed or wounded in action since the 9/11 attacks.

"At the race, there were several family members of these Marine warriors who were killed in action. They were running for their warrior, and I let them know I was running for the same thing," Cripps said.

Technology also made this marathon exciting for the Sailor's families.

While they were making their way through the course, Baldree's sister and Cripp's wife and kids were tracking them on a Web site thanks to a special chip placed in their shoes.

After the race, the Sailors were able to check their entire progress. The webpage also provided a way to track their progress against the person who came in 1st place. This provided the runners with a status report of where they seemed to slow down and lose time.

"It was true motivation to see older guys passing me," said Cripps who finished the marathon in 5 hours and 6 minutes.



Command Master Chief
Ronney Wright

"We started together, and we finished together. Nobody was left out there," said Wright.

Wright's final time was 3:54:21. He isn't satisfied with his performance.

All the runners agree, paying attention to what senior runners have to say is the key to completing a marathon with a decent time.




Capt. Larry Cripps, CHC

Grabbing on to the charge in the atmosphere right before the run really pays off.

"You can't go in with a negative attitude. You won't finish," said Baldree.

A total of 34,000 people attended the marathon.

Baldree's time was 4:38:29. Just two hours and 17 minutes behind the winner.

A photograph of Lt. Andrew Duessel, a man in a military uniform, sitting on a bed in a room with a tiled floor and a wooden beam on the wall. He is holding a small notebook and looking towards the camera.

Lt. Andrew Duessel

Sowing Seeds of Change

Navy Reservist
Rallies Family,
Friends and
Community for
the Children of
Kabul



KABUL, Afghanistan — Reserve Sailors are serving on assignments and leading the charge in making new relations and forging lasting friendships with nations for the future.

This has never been more true than Lt. Andrew Duessel.

Duessel, who was recently called to Active Duty to serve here by his Reserve unit AIRPAC 0294 Supply-North Island, believes his personal mission in Afghanistan is not only to support the Global War on Terror, but to also help the long suffering children of Afghanistan.

He is not alone.

Through the efforts of his family, friends, churches, affiliated social organizations and his civilian co-workers, Duessel has gathered more than \$25,000 in school supplies, toys, blankets and clothes for the Afghani children of the Tangi Kalay School of Peace and the Allahoedin orphanage in Kabul, along with various remote villages in Afghanistan.

“When I first arrived in Kabul I received briefs on the local community and how poor the people were but I didn’t realize how bad it was until I went out into town and visited the schools and orphanages,” said Duessel.

From that point on Duessel realized why he had been sent to Kabul.

by Mass Communication Specialist
3rd Class Jonathan McCorkell

"I'm a very religious person and I believe that I was sent here by a higher power to do something to help the children who lived in such awful conditions," said Duessel.

"This part of the world has been devoid of hope for so long under the Taliban and all these people have known for the last 30 years was war and hopelessness."

One school Duessel visited, the Tangi Kalay School of Peace in Kabul, was in shambles and the windows where blown out.

The 400 children who attend the school had no blankets, no school supplies and no toys. Temperatures during the Winter in Kabul are well below freezing.

Duessel knew he needed to do something to make the children's lives better.

As a parallel project to the Tangi Kalay School of Peace, Duessel also wanted to help the more than 400 children who live in the Allahoedin orphanage.

Through a vast network of friends back in the states, Duessel, his wife Carolyn and his mother Mary Lou went to work.

Currently Duessel's family resides in Montgomery, Ala., and the family's church, St. Paul's Methodist donated 75 blankets and school supplies to his effort.

"As part of our Christian faith, we realize faith without good works is dead, so we wanted to make a difference in peoples lives, even if they are a world away from us," said Rev. Carey Paul Elam, the church's lead pastor and former Navy Chaplain.

Duessel's civilian co-workers at Colonial Bank in Montgomery also pitched in

thousands of dollars worth of school supplies and toys for the orphanage and school children.

Duessel's mother, from Litchfield Park, Ariz., enlisted the help of the Peoria and Mesa Police Departments, children from Litchfield Elementary and service members from Luke Air Force Base, who in total donated thousands of dollars worth of blankets, clothes, school supplies and toys to the cause.

Simply collecting the enormous amount of donations was a quite a feat but another large hurdle to making this huge project work was getting the donations from the United States to the children in Kabul.

An international shipping company, who chooses to remain anonymous, offered to ship all donations to Germany, where the Air Force then took the reins of the massive shipment and flew them into Kabul. After hundreds of volunteer man-hours, the cargo finally ended up at United States' Camp Phoenix in Kabul where Duessel and his fellow service members then loaded them up in cars and delivered them to the waiting arms of hundreds of children. Many of the donated goods have been

given to the children in the past few weeks, but some of the shipments are still en route to Kabul.

"Seeing the look on those kids faces made it all worth while," said Duessel.

He believes this project has an even broader picture to it.

"The Taliban recruits from the orphanages and schools because they know for many of these children there is no hope, but that's why we are here, we are giving these children hope for a better tomorrow," said Duessel.

Duessel's efforts are a profound testament to what one man, his family, friends and the generous hearts of communities across the United States can accomplish. Not only does this enormous project help the children of Kabul, it also helps each and every one of us because the Global War on Terror is not just a physical war, but also a war about winning the hearts and minds of the people of Afghanistan and Iraq.

Duessel and the hundreds of donors are making a tremendous impact toward winning the War on Terror. **TNR**





FLEET AND FAMILY SUPPORT CENTER HOSTS INDIVIDUAL AUGMENTEE FORUM

by Mass Communication Specialist Seaman
Octavio N. Ortiz,
Fleet Public Affairs Center Atlantic

NORFOLK — The Fleet and Family Support Center (FFSC) hosted an Individual Augmentee (IA) Family Readiness Forum, Nov. 14, 2006, at Naval Station Norfolk to provide information about Sailors serving globally in IA billets.

Family members, parents, ombudsmen and various commands with Sailors deployed as IAs shared their challenges, received resources and were able to connect with other IA family members.

The forum's featured speaker, Capt. Jeff McKenzie, commanding officer of Expeditionary Combat Readiness Center (ECRC), established

Oct. 10, 2006, talked about the importance of keeping IAs and their families informed.

ECRC is responsible for providing training, equipping, certification, deployment, reach-back, redeployment, and administrative and family support to combat-trained IA Sailors.

"Our mission applies to the uniformed member but that is only half of our mission. The other half is to make sure the support is there for the families," said McKenzie.

Family members learned that the Navy will send individuals on deployments for periods of six months, one year or 18 months.

"The meeting provided me with good information," said Holly Holton, the wife of Electronics Technician 3rd Class Gary Holton from Navy Information Operations Command Norfolk. "It's intimidating to think that my husband could be gone for so long but I will definitely use the information they gave me here today."

OUR MISSION APPLIES TO THE UNIFORMED MEMBER BUT THAT IS ONLY HALF OF OUR MISSION. THE OTHER HALF IS TO MAKE SURE THE SUPPORT IS THERE FOR THE FAMILIES.

CAPT. JEFF MCKENZIE



McKenzie touched on how the Navy selects Sailors to fill IA billets and those who volunteer, and also outlined the benefits like advancement opportunities, career progression and other compensations.

"We had a screening process in my command and I was one of the ones qualified for the program," said Gary Holton. "I definitely don't want to leave my family behind but I think this is a good program with good benefits and even a possibility to do more school while I am gone."

Families left the forum with their concerns and questions answered, and the opportunity to volunteer in the recently established Individual Augmentee Family Readiness Group.

ECRC is a component command of the Navy Expeditionary Combat Command (NECC),

bringing Explosive Ordnance Disposal, Naval Coastal Warfare, Navy Expeditionary Logistics Support functions and the Seabees under one umbrella. NECC integrates all war-fighting requirements for expeditionary combat and combat support elements. This transformation allows for standardized training, manning and equipping of Sailors who will participate in the Global War on Terror as part of the joint force. It also results in more capable, responsive and effective expeditionary Sailors.

The FFSCs are there to help IAs and their families. For more information on the IA program or family support, contact FFSC at 1-877-364-4302 or visit their Web site at www.ffscnorva.navy.mil.

TNR

Commanding Officer of Expeditionary Combat Readiness Center (ECRC) Capt. Jeff McKenzie speaks during the Individual Augmentee (IA) Family Readiness Forum Nov. 14. The forum was held by the Fleet and Family Support Center (FFSC), to help families deal with issues and offer support while their loved ones are on IA missions.



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

DAPAs Help Navy by

by Mass Communication Specialist 2nd Class Nicholas Spinelli



Helping Sailors



Collateral duties can be viewed many ways. Some Sailors see them as a necessary job that should be completed quickly and take up as little time as possible. Others see them as a chance to stand out and improve their evaluations. There are even those who try to avoid them at all costs.

However, there are some Sailors who see collateral duties as an opportunity to help the people within their command. These are the Sailors who make good Drug and Alcohol Program Advisors (DAPAs).

"The most important trait a DAPA needs to have is the ability to care. If they aren't caring, it won't work," said Commander Navy Reserve Force Alcohol and Drug Control Officer Senior Chief Hospital Corpsman Thomas Evenson.

The primary duty of a DAPA is to provide Sailors with information and training regarding drug and alcohol abuse and treatment.

"A good DAPA will help in the prevention of problems," Evenson said. "They provide command training and instruction. When they become aware of a problem, through either command referral or being approached by an individual, the DAPA will listen and help by pointing them to the

appropriate treatment and ensuring the Sailor has all the support they need."

According to Evenson, a Sailor's caring attitude not only makes them a good DAPA, it also provides an added bonus to the assignment.

"It sounds silly, but it really does feel good to help people," he said. "People like that feeling. Sailors want to help other Sailors."

Chief Personnel Specialist Gretchen Jonas, DAPA for Navy Reserve Readiness Command (REDCOM) Southeast, said a desire to help other Sailors was a big motivator in becoming her command's DAPA.

"In my career, I've seen too many instances of individuals not receiving the help they needed," she explained. "These were really squared-away Sailors who developed a problem and had no one to turn to. I wanted to change that," she said.

Yeoman 1st Class Dana Axson, who will soon be serving as REDCOM Southeast's Assistant DAPA, had similar experiences that led to her wanting to be a part of the program.

"I've worked for and with people who needed help, and I'm personally inclined to help people when I can. This is a collateral duty that allows me to do that."

Everyone involved, however, is quick to point out DAPAs are not counselors. They cannot offer treatment or advice.

"We can listen, but we can't tell people what they should or shouldn't do," Jonas said. "All we can do is show them the options available."

When the DAPA refers someone to a treatment program, they handle the administrative end for the individual. The DAPA will file any necessary paperwork and work with the command to ensure the Sailor has the time necessary for treatment with no adverse repercussions. They also follow up after treatment, working with the individual and the command as the Sailor returns to duty.

"It's a really good program," said Jonas. "It leads to a stronger more efficient workforce."

Evenson believes the DAPA program does more than just help individuals.

"It saves the Navy time and resources. If a Sailor has a problem with drugs or alcohol, it can be corrected if it's caught early enough. On the other hand, if the problem goes unnoticed, that can lead to legal issues for the Sailor and possible dismissal from the service which makes the force weaker. Without human resources, without Sailors, we can't operate."

Ultimately, it's by helping individual Sailors that DAPAs most successfully serve the Navy.

"We're working for everyone's physical and mental well being, not just for the individual," Evenson said. "Every action has consequences. One person's problem affects everyone around them. If we help a Sailor, then we're also helping that Sailor's command, friends and family."

TNR

Story & photos by
CNRFC Public Affairs



(left to right)
Mamie Jackson, Senior Chief Boatswain's Mate Raymond Hamrick,
Anthony Jones and Deborah Fleming

NEW ORLEANS — Extending a helping hand to their community Commander, Navy Reserve Forces Command (CNRFC) Sailors coordinated a food drive, until Jan. 1 through a local charity.

Over the holiday season, Sailors from CNRFC donated 700 pounds of canned food, which was turned over to the local chapter of Second Harvest, a local food bank serving 23 parishes in Louisiana.

According to food drive coordinator, Mass Communication Specialist 1st Class Rob Kerns, CNRFC chose Second Harvest for their local efforts to help people in need before and after Hurricane Katrina.

"Second Harvest is dynamic in our local community. We know within days of our donation the food will be out and helping families who need it," Kerns said.

"Helping people is what Sailors do and I hope there is something like this in place if I ever need help," said Yeoman 2nd Class Chelsea Mogan.

Upon receipt of the canned goods, staff members of Second Harvest were overcome with gratitude for the donation.

"Hurricane Katrina forever changed the face of hunger for our state," said Second Harvest Chief Philanthropy Officer, Terry Utterback. "Your donation is tremendous and the food you donated will go a long way to assist families around the state."

In all, the food donated to Second Harvest equates to 523 meals.

According to CNRFC Chief of Staff Capt. "Buzz" Little, the New Orleans Sailors were proud to have the opportunity to help those in need.

"Our Sailors are proud to be able to make an effective contribution to New Orleans' citizens who need a helping hand," said Little. **TNA**

**LOCAL SAILORS
GIVE TO
COMMUNITY**



CAN-DO SAILORS CAN-DO

Candace Washington,
Senior Chief
Boatswain's Mate
Raymond Hamrick
(center) and Second
Harvest's Chief
Philanthropy Officer,
Terry Utterback.



Graphic by Bryan Bordelon



Horn of Africa IAs

by Chief Mass Communication Specialist(NAC) Philip A. Fortnam

HORN OF AFRICA — Navy Reserve Individual Augmentees (IAs) fill critical positions at Camp Lemonier, Djibouti, as part of Combined Joint Task Force – Horn of Africa (CJTF – HOA). Without Reserve IAs, the United States' mission in the Horn of Africa (HOA) to prevent conflict, promote regional stability and protect Coalition interests in order to prevail against extremism would not go as well.



Legalman 1st Class
Denise Mix

The men and women of CJTF–HOA fight the Global War on Terrorism in a different way. The mission is focused on three critical areas: military-to-military training, civil-military operations and engagement. Working together with partner nations to counter ideological support of terrorism, building capacity of partner nations and extending governance to remote areas.

“You very rarely see anything about [HOA] on television back in the States, except for what going on with Somalia,” said Intelligence Specialist 1st Class Roger Fronek of Yorba Linda, Calif. “It’s just starting to come to the forefront of the media that there are problems here; those problems are what

we’re trying to fix.”

Djibouti IAs spent their first couple weeks of recall at the Combat Readiness Center (CRC) at Camp McCrady in South Carolina.

“I have a whole new respect for the Army,” said Full Time Support (FTS) Sailor Personnel Specialist 3rd Class Leanne Wade, of Cumberland, Ohio. “Before I went through IA training and before I got here, I thought being an IA was going

Graphic
by
Bryan Bordelon

Storekeeper
1st Class
Douglas
Sanders



to make or break my career - it will make it."

Being mobilized for the first time and sent to Djibouti has been an immeasurably valuable experience putting their training and job skills to use.

FTS Sailor Chief Navy Counselor James Snowden said the IA experience has given him empathy for mobilized Reservists.

"By doing this mission I have an opportunity to experience what my drilling Reservists have experienced for a number of years," Snowden said. "For me to say to a drilling Reservist who has been mobilized, 'It's alright. Leave your family, your job and go out there for up to a year. It's not that bad.' How can I say that without actually having been deployed?"

The employers of the Djibouti IAs remain very supportive.

"My employer has been great," said Intelligence Specialist 1st Class James Liles of Oklahoma City, Okla. "I'm the second person mobilized from my company and we only have about 25 employees. The guy before me went to Iraq and was injured. They have been wonderful to him. When it was my turn to go they supported me 100 percent. They've been great with my family."

Intelligence Specialist 2nd Class Juan Ramirez of Montebello, Calif. agreed.

"I broke the news at a staff meeting," Ramirez said. "A couple of my co-workers started crying. That was a shock."

"One my co-workers was blinded by shrapnel from an explosion while he was mobilized. When he returned, the company provided him with Braille training and they remodeled his home so it's more accessible for his wheelchair. They continue to support him with any needs he has. It's good to know if I got injured I would have their backing as well."

Families of the Djibouti Reservists are supportive also.

"I have a very supportive husband at home," said Storekeeper 3rd Class Rebecca Perez of Portsmouth, Va. "I have three teenagers and between cheerleading practice, going to school, baseball practice and so on he has really done a good job. The laundry gets a little built up, but otherwise he's doing great. We're looking forward to me getting home."

Legalman 1st Class Denise Mix, of Norfolk, added, "My husband is Active Duty Navy. His ship was underway when I mobilized. With both of us being away we had to kick our family care plan into action."

"Even though his ship is back, he's still with the ship and it goes in and out. Hopefully, we'll all be together by the end of February."

Djibouti IAs feel there is generally good information and resources provided to their families, when they live close to a Navy base. However, for some of the Reservists who live a long distance from a Navy base, support and communication from their units to their families has been lacking.

"I drill in San Diego, but I live in Orange County, about two hours away," Fronek said. "There's been one e-mail to my wife the whole time I've been here."

My wife has gotten more support from the Marines at Camp Pendleton than from the Navy. I'm very disappointed in that fact."

All the Reservists interviewed were glad to be in Djibouti instead of Iraq or Afghanistan. The residents in HOA are friendly and curious about Americans.

"There's a guy at the market in Djibouti who escorted me around the marketplace," Wade said. "He asked me what state I was from. I told him Ohio. He asked me to tell [him] about Ohio. I did, and then he told me 10 things about Ohio that he had learned from other Americans he escorted around the market."



Storekeeper
3rd Class
Rebecca
Perez

"I notice a lot of people complain about Djibouti; the smoke, we have to live in a tent, we work seven days a week, and so on" said Storekeeper 1st Class Douglas Sanders of Chillicothe, Ohio. "They forget there is some Solider, Sailor, Airman or Marine walking the streets of Fallujah praying to God he gets back to his tent."

"I went to Kuwait for mortuary affairs training and we had hands-on training with a couple of men who were going home in transfer cases. I got to see what other people who are not stationed in Djibouti have to put up with."

"I've been married 23 years and this is the longest I've been away from my family, but you know what - it's comfortable here." **TNR**



Activation/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 (SF-86).

**** NOTE:** If requirements listed above for Service Record/PSD and Security Clearance are already reflected in your service record, you do not need to 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).

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> or view the Travel section of "The Gouge" (SELRES Survival Guide) at: www.navalreserve.navy.mil > COMNAVRESFORCOM (Private Side) > Welcome Aboard > Customer Service > THE GOUGE.

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

Office of the
Chief of Navy Reserve
(703) 695-0324

Commander Navy Reserve
Forces Command
(504) 678-5313

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

NAF Washington

(240) 857-3783

Adelphi, Md.

(301) 394-5800

Baltimore, Md.

(410) 752-4561

Washington, D.C.

(202) 391-6907

REDCOM Mid Atlantic

1-866-538-4773

Adelphi, Md.

(301) 394-5800

Albany, N.Y.

(518) 489-5441

Amityville, N.Y.

(631) 842-4850

Asheville, N.C.

(828) 777-1194

Avoca, Pa.

(570) 407-1086

Bangor, Maine

(207) 942-4388

Brunswick, Maine

(207) 522-1064

Bronx, N.Y.

(646) 342-3754

Buffalo, N.Y.

(716) 807-4769

Charlotte, N.C.

(704) 264-9159

Ebensburg, Pa.

(814) 341-2199

Earle, N.J.

(732) 580-8545

(732) 866-2888

Erie, Pa.

(814) 866-3073

Fort Dix, N.J.

(609) 351-1375

Fort Drum

(Watertown), N.Y.

(315) 212-0352

Glens Falls, N.Y.

(518) 505-4534

Greensboro, N.C.

(336) 254-8671

Harrisburg, Pa.

(888) 879-6649

Horseheads, N.Y.

(607) 331-9309

Huntington, W. Va.

(304) 523-7471

Lehigh Valley, Pa.

(610) 264-8823

Manchester, N.H.

(603) 303-0705

(603) 537-8023

Moundsville, W.Va.

(304) 843-1553

New London, Conn.

(860) 625-3208

Newport, R. I.

(401) 841-4550

Norfolk, Va.

(757) 635-4548

(757) 444-7295

Plainville, Conn.

(860) 573-9180

Pittsburgh, Pa.

(412) 673-0801

Quincy, Mass.

(617) 753-4600

Raleigh, N.C.

(866) 635-8393

Reading, Pa.

(610) 378-0164

Richmond, Va.

(804) 833-2882

Roanoke, Va.

(540) 309-2563

(540) 563-9723

Rochester, N.Y.

(585) 247-6858

Syracuse, N.Y.

(315) 455-2441

White River Junction, Vt.

(802) 295-0050

Willow Grove, Pa.

1-866-945-5694

Wilmington, Del.

(302) 998-3328

Wilmington, N.C.

(910) 540-9676

(910) 762-9676

Worcester, Mass.

(508) 259-7103

REDCOM Southeast

1-800-201-4199

Amarillo, Texas

1-866-804-1627

Atlanta, Ga.

(678) 655-5918

Augusta, Ga.

(706) 533-3439

Austin, Texas

(512) 797-2250

Baton Rouge, La.

(225) 270-2751

Bessmer, Ala.

(205) 497-2600

Charleston, S.C.

(843) 743-2620

Columbia, S.C.

(803) 606-4756

Columbus, Ga.

(706) 324-1225

Corpus Christi, Texas

(361) 961-2241

El Paso, Texas

(915) 276-6289

Fort Worth, Texas

(817) 271-8936

Greenville, S.C.

(864) 423-5889

Gulfport, Miss.

(228) 323-0064

Harlingen, Texas

(956) 367-1856

Houston, Texas

(713) 502-2731

Jacksonville, Fla.

(904) 542-3320

Lubbock, Texas

(806) 765-6657

Meridian, Miss.

(601) 604-1865

Miami, Fla.

(305) 336-5572

Mobile, Ala.

(251) 490-0611

New Orleans, La.

(504) 554-5830

(504) 697-9205

Orange, Texas

(409) 779-0158

Orlando, Fla.

(407) 240-5939

Pensacola, Fla.

(850) 384-4023

Roosevelt Roads, P.R.

(787) 865-4300

San Antonio, Texas

(210) 381-2297

Shreveport, La.

(318) 393-0096

St. Petersburg

(Clearwater), Fla.

(727) 744-9927

Tallahassee, Fla.

(850) 294-9158

Tampa, Fla.

(813) 486-0236

Waco, Texas

(254) 498-1910

West Palm, Fla.

(561) 315-7888

(561) 687-3960

REDCOM Mid West

1-866-356-3446

Akron, Ohio

(330) 376-9054

Battle Creek, Mich.

(269) 420-8813

Cape Girardeau, Mo.

(573) 576-9300

Chattanooga, Tenn.

(423) 322-6814

Chicago, Ill.

(847) 804-1525

Cincinnati, Ohio

(513) 319-9396

Cleveland, Ohio

(216) 771-0845

Columbus, Ohio

(614) 492-2888

Decatur, Ill.

(217) 433-9058

Des Moines, Iowa

(515) 205-6527

Detroit, Mich.

(586) 307-6148

Dubuque, Iowa

1-866-556-2144

Duluth, Minn.

(218) 310-0166

Forest Park, Ill.

(708) 670-2280

Grand Rapids, Mich.

(616) 363-6889

Green Bay, Wis.

(920) 366-4606

Grissom, Indiana

(765) 469-0178

Indianapolis, Ind.

(317) 294-7380

Kansas City, Mo.

(816) 923-2341

Knoxville, Tenn.

(865) 406-4024

La Crosse, Wis.

(608) 792-1622

Lansing, Mich.

(517) 930-2579

Lexington, Ky.

(859) 494-1473

Lincoln, Neb.

(402) 450-4072

Little Rock, Ark.

(501) 416-6356

Louisville, Ky.

(502) 375-3329

Madison, Wis.

(608) 225-3417

Marquette, Mich.

(906) 362-8767

Memphis, Tenn.

(901) 212-5354

(901) 874-5256

Milwaukee, Wis.

(414) 303-9606

Minneapolis, Minn.

(612) 713-4600

Nashville, Tenn.

(615) 429-0890

Oklahoma City, Okla.

(405) 733-1052

Omaha, Neb.

(402) 871-7086

Peoria, Ill.

(309) 678-1157

Rock Island, Ill.

(309) 737-7731

Saginaw, Mich.

(989) 233-5712

Sioux City, Iowa

(712) 490-8049

(712) 276-0130

Springfield, Mo.

(417) 425-2598

St. Louis, Mo.

(314) 954-1052

Toledo

(Perryburg), Ohio

(419) 666-3444

Tulsa (Broken Arrow)

(918) 258-7822

Wichita, Kan.

(316) 640-5139

Youngstown, Ohio

(330) 609-1900

REDCOM Southwest

1-866-744-1735

Alameda, Calif.

(510) 967-5143

Albuquerque, N.M.

(505) 379-1366

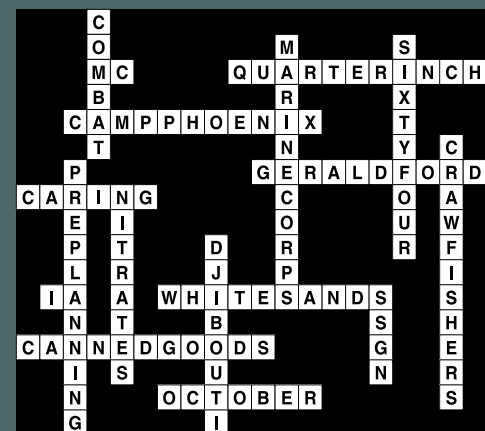
Denver, Colo.

(720) 847-6205

Destroyer Squadron Two (757) 444-1452 x509	Naval Coastal Warfare Group One (619) 437-9525 (619) 437-9475 (619) 437-9897	Naval Network and Space Operations Command (540) 653-5001	Navy Munitions Command (757) 887-4541	US Fifth Fleet 011-973-724-383	Reserve Intelligence Area Four San Diego, Calif. (619) 524-6432 1-800-873-4139	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610 1-800-854-8019
Employer Support of the Guard and Reserve DSN: 426-1390		Naval Network Warfare Command (757) 417-6701	Navy Office of Information (504) 678-6055	US Fleet Forces Command (757)-836-3847 (757)-836-0454 (757) 836-3551		
First Naval Construction Division (757) 462-8225 x229	Naval Coastal Warfare Group Two (757) 396-0513 (757) 967-4403	Naval Operational Logistics Support Center (757) 443-5274	Navy Personnel Command (901) 874-4481	US Joint Forces Command 757-836-6570	Reserve Intelligence Area Five Aurora, Colo. (720) 847-6225	Reserve Intelligence Area Nineteen Andrews AFB (240) 857-2030
Fleet Activities Chinhae, Korea 011-82-55-540-2652	Naval Construction Forces Command (757) 462-8225 x230		Navy Region Europe 011-44-207-514-4605 011-39-081-568-4636 011-39-081-568-8215	US Naval Forces Central Command 011-973-724-383	Reserve Intelligence Area Six Fort Worth, Texas (817) 782-6462 1-800-548-4738	CNATRA
Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1157	Naval Criminal Investigate Service (202) 433-9169	Naval Operations (703) 601-1744 (703) 614-5563 (703) 614-4932 (703) 602-1768 (703) 697-2230 (703) 697-4040 (703) 601-1427	Naval Region Guam (671) 339-3123 (671) 339-5206 (671) 339-2668	US Naval Forces Alaska (907) 463-2248		CAOSO (361) 961-2058
Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1012	Naval District Washington (202) 433-6465 (202) 433-7527		Naval Region Gulf Coast (850) 452-1341 (850) 452-1046	US Naval Forces Europe 011-44-207-514-4605 011-39-081-568-4634	Reserve Intelligence Area Nine Great Lakes, Ill. (847) 688-6273	CNRF CNATRA PM (504) 678-1072
Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-4627	Naval Education and Training Command (850) 452-9252	Naval Operations Office of the Chief of Chaplains (504) 678-6446 (703) 614-4437	Naval Region Hawaii (808) 473-4505	US Naval Forces Japan 011-81-468-16-4467 011-81-468-16-4174	Reserve Intelligence Area Nine Mt. Clemens, Mich. (586) 307-4501	Navy Expeditionary Combat Command (757) 462-7400
Fleet and Industrial Supply Center San Diego, Calif. (619) 532-4283	Navy Expeditionary Logistics Support Group (757) 887-7639 (800)-453-1621	Naval Operations Office of Naval Intelligence (504) 678-1394	Naval Region Japan 011-81-468-16-4467	US Naval Forces Korea 011-822-7913-5795	Reserve Intelligence Area Ten Minneapolis, Minn. (612) 713-4700 1-800-253-4011	Explosive Ordnance Disposal Group One (619) 437-3700 (619) 556-5403
Fleet and Industrial Supply Center Yokosuka, Japan 011-81-46-816-6548	Naval Facilities Engineering Command (202) 685-9010	Naval Personnel Development Command (757) 444-4996 (757) 444-2996 x3111	Naval Region Mid-Atlantic (757) 445-2435 (757) 444-6454	US Naval Forces Marianas (671) 339-5432 (671) 339-5117 (671) 339-2668	Reserve Intelligence Area Thirteen Jacksonville, Fla. (904) 542-3320	Explosive Ordnance Disposal Group Two (757) 462-8453 (757) 462-8470
Fleet Air Mediterranean 011-39-081-568-4184	Naval Health Care New England (860) 694-4105	Naval Sea Systems Command (202) 781-3116 (202) 781-3227	Naval Region Midwest (847) 688-2086	US Naval Forces Southern Command (904) 270-7354 x4304		First Naval Construction Division (757) 462-7421
Fleet Information Warfare Center (757) 417-4018	Naval Hospital Bremerton, Wash. (360) 475-4375	Naval Security Group Reserve (240) 373-3125	Naval Region Northeast (860) 694-4210 (203) 466-0314	US Naval Special Warfare Command (619) 437-3230	Reserve Intelligence Area Fourteen Marietta, Ga. (678) 655-6380 (888) 436-2246	Naval Coastal Warfare Group
Fleet Forces Command (757) 836-3634 (757) 836-3837 (757) 836-0454 (757) 836-3847 (757) 836-5397	Naval Hospital Camp Lejeune, N.C. (910) 450-4090	Naval Service Training Command Great Lakes, Ill. (708) 218-5042	Naval Region Northwest (360) 315-3007	US Northern Command (719) 554-4120 (719) 554-0552	Reserve Intelligence Area Fifteen Norfolk, Va. (757) 444-1352	Naval Coastal Warfare Group One (619) 437-9475
Fleet Intelligence Training Center Pacific (619) 524-6753	Naval Hospital Camp Pendleton, Calif. (760) 725-1373	Naval Special Warfare Command (619) 437-3230	Naval Region Southwest (706) 354-7301 (619) 532-1239 (619) 532-1122	US Pacific Command (808) 477-2322 (808) 477-1405	Reserve Intelligence Area Sixteen Willow Grove, Pa. (215) 443-6651 1-877-205-0838	Naval Coastal Warfare Group Two (757) 396-0513
Headquarters US Marine Corps DSN: 278-9360	Naval Hospital Charleston, S.C. (843) 743-7316	Naval Special Warfare Operational Support Group (619) 437-5196	Naval Region Southwest Asia 011-973-1785-9019	US Pacific Fleet (808) 474-8415 (808) 474-1178		
Joint Chiefs of Staff (703) 697-3397 (703) 693-9753	Naval Health Clinic Great Lakes, Ill. (847) 688-6699	Naval Station Rota Spain 011-34-956-82-2850	Office Naval Intelligence (301) 669-4602	US Second Fleet (703) 696-6676 (757) 444-4041 (757) 445-4672		
Joint Forces Intelligence Command (757) 836-7211	Naval Hospital Jacksonville, Fla. (904) 542-7458	Naval Submarine Force/ Submarine Force US Atlantic Fleet (757) 836-1208	Office of Naval Research (703) 696-6676	US Seventh Fleet 011-81-6160-43-7440 x4090		
Judge Advocate General (504) 678-5303 (202) 685-5216	Naval Hospital Lemoore, Calif. (559) 998-2529	Puget Sound Naval Shipyard (360) 476-7683		US Sixth Fleet 011-39-081-568-4634		
Logistics Group Western Pacific 011-65-6750-2342	Naval Hospital Naples Italy 011-39-081-811-6099	Sealift Logistics Command Atlantic (757) 443-5653	Sealift Logistics Command Europe 011-39-081-568-3568	US Southern Command (305) 437-2987 (305) 437-1255		
Marine Forces Reserve (504) 678-8637	Naval Hospital Oak Harbor, Wash. (360) 257-9991	Naval Supply Systems Command (717) 605-5122	Sealift Logistics Command Pacific (619) 553-7787	US Special Operations Command (813) 828-3004		
Merchant Marine Program (504) 678-0590	Naval Hospital Pensacola, Fla. (850) 505-6832	Naval Support Activity, Bahrain 011-1785-9019	Space And Naval Warfare Systems Command (619) 524-7323	US Strategic Command (402) 294-8141 (402) 294-8121		
Military Sealift Fleet Support Command (202) 685-5149	Naval Hospital Yokosuka, Japan 011-81-6160-43-9549	Naval Surface Force US Atlantic Fleet (757) 836-3234	Submarine Force US Pacific Fleet (619) 437-2219 (619) 437-2342	US Third Fleet (619) 524-9537		
Mine Warfare Command (361) 961-4828 (361) 961-4885 (361) 961-4894	Naval Hospital Inspector General (202) 433-4707	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2219 (619) 437-2342	Submarine Force US Pacific Fleet (808) 473-2346	US Transportation Command (618) 229-7084		
Naval Air Force US Atlantic Fleet (757) 445-1482 (757) 444-6694	Naval Medical Center Portsmouth, Va. (757) 953-7700	Naval War College (401) 841-7801 (401) 841-4450 (401)-841-7539	Submarine Group Nine (360) 396-6949	Naval Reserve Intelligence Command		
Naval Air Forces/ Naval Air Force US Pacific Fleet (619) 545-2734 (619) 545-7272	Naval Medical Center San Diego, Calif. (619) 532-5555	Navy Emergency Preparedness Liaison Officer Program (504) 678-4264	Submarine Group Ten (912) 573-4258	Reserve Intelligence Command Headquarters Fort Worth, Texas 1-800-544-9962		
Naval Air Systems Command (301) 757-8512 (301) 342-9680	Naval Medical Education and Training Command (301) 319-4966	Navy Expeditionary Combat Command (757) 462-7400 x167	Submarine Group Two (860) 694-3122	Reserve Intelligence Area One Oak Harbor, Wash. (360) 257-2254		
	Naval Meteorology and Oceanography Command (228) 688-4531	Navy Expeditionary Logistics Support Group (757) 256-1349	Submarine Squadron Eleven (619) 553-0747	Reserve Intelligence Area Three New Orleans, La. (504) 678-3411 1-888-347-2606		
		Navy Installations Command (202) 433-4721	US Central Command (813) 827-6938 (813) 827-6941			
			US European Command 011-49-711-680-4002			

Conundrum
Questions
on page 10

The Solution.



CUSTOM BUILDERS

WILL BUILD TO SUIT
RIGHT AFTER I RETURN FROM
A TWO-WEEK MISSION TO
CONSTRUCT A BRIDGE IN
THE PHILIPPINES



CONSTRUCTION BATTALION

When your friends ask you about your weekend, what are you going to say? In the Navy Reserve, you'll have more opportunities, more adventures, and great benefits. And best of all, you'll be helping those who need it the most. To find out more, visit navyreserve.com or call 1-800-USA-USNR.

© 2006. Paid for by the U.S. Navy. All rights reserved.

NAVY RESERVE

THE NAVY RESERVIST
TNR

PRSRT STD
US POSTAGE
PAID
LOUISVILLE, KY
PERMIT #777

THE NAVAL
Reservist

the
Naval Reservist

THE NAVAL
Reservist

**The NAVAL
RESERVIST**
SUPPORT TO THE FLEET... READY AND FULLY INTEGRATED

THE NAVAL
RESERVIST

**The NAVY
RESERVIST**
SUPPORT TO THE FLEET... READY AND FULLY INTEGRATED

Naval Reservist News

THE NAVY RESERVIST
TNR

Naval Reservist News