

# THE NAVY RESERVIST TNAR

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NAVYRESERVE.NAVY.MIL

LET'S ROLL!



FITTING IN A FITTER NAVY  
Ship Shape Sailors



# President's Day

*History of the Holiday*

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

George Washington was actually born on Feb. 11, 1731 of the Julian calendar, in use before England's calendar reformation in September 1752. His birthday is equivalent to Feb. 22, 1732, in the Gregorian calendar used since 1752.

Later in life, Washington himself considered the 22nd to be his birthday.

Public celebrations for George Washington's birthday actually predate his term as president, in honor of his service during the American Revolutionary War.

Abraham Lincoln, another revered president and fellow February child was born on the 12th of the month. The first formal observance of his birthday took place in 1865, the year after his assassination, when both houses of Congress gathered for a memorial address. While Lincoln's birthday did not become a federal holiday like George Washington's, it did become a legal holiday in several states.

In 1968, legislation (HR 15951) was enacted that affected several federal holidays. One of these was Washington's Birthday, the observation of which was shifted to the third Monday in February each year whether or not it fell on the 22nd. This act, which took effect in 1971, was designed to simplify the yearly calendar of holidays and give federal employees some standard three-day weekends in the process.

Apparently, while the holiday in February is still officially known as Washington's Birthday, it has become popularly (and, perhaps in some cases at the state level, legally) known as "President's Day."

This has made the third Monday in February a day for honoring both Washington and Lincoln, as well as all the other men who have served as president.

Washington's Birthday is the designated holiday in section 6103(a) of title 5 of the United States Code, which is the law that specifies holidays for Federal employees.

*Our Country  
Is Defined  
By Our  
Presidents.  
How do you  
wish to be  
defined?*







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



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

**M**aking the Body and Mind Connection. “Kill the body and the mind follows,” is a line I read somewhere – years ago. It occurs to me by altering that quote to read, “Nurture the body and the mind follows,” I can easily sum up two important points I want to share with you.

First, our physically fit Force sends a clear message to the world: We are ready! In fact, the single most immediate contribution you can make to the Navy is maintaining yourself physically. This issue of TNR is loaded with valuable tips about good nutrition. Some of what you read in this issue you might already know; however, data on good nutrition is “a moveable feast” of information. Remember when drinking whole milk and clearing your plate was the standard? Things change, so read the latest news about good nutrition with an open mind.

That leads into the second point I want to make: feeding the mind.

Recently, CNO initiated the Navy Professional Reading Program (NPRP) that includes books about military heritage, joint warfare, leadership, management, critical thinking, and cultural awareness. I encourage each of you to engage in NPRP, not only to nurture your mind, but also to build upon your professionalism so you can better contribute to what we do as a Reserve Force and as a Navy (i.e., train for war, train others for war and fight wars). The more you

know about our military and the militaries that oppose us – the more you study history, leaders, battles, and strategies – the more you understand the future challenges facing our military, the more you can help our Navy and our country. Go to [www.navyreading.navy.mil](http://www.navyreading.navy.mil) to learn more about NPRP.

Last year’s physical fitness changes have resulted in a more physically in-shape Force. Let’s keep up the great work being done in that area, but let’s also expand our mental fitness by reading the books CNO is providing free to base libraries.



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

*“I cannot live  
without books.”*

Thomas Jefferson

## 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.



# Sailors Matter



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

"... a good physical fitness program not only is policy but leads to a well-rounded, ready Sailor, both physically and mentally."

**T**his month I gave Command Master Chief Kenneth E. Rummel the opportunity to write on the importance of physical fitness in today's Navy. Read on, he is quite passionate on this, as we all should be!

**O**ften in my travels, I am asked the question; "Master Chief, what is the relevance of our Navy's physical fitness program?"

Simply, at this time in our history, we are at war and have to be ready.

The experiences I learned through my sports training was a sound body leads to a sound mind. Thus, a good physical fitness program not only is policy but leads to a well-rounded, ready Sailor, both physically and mentally. It also assists in relieving the stress we experience as Warrior Sailors.

Looking back 15 years, the standard life expectancy for a Sailor was five years after retiring. I, for one, would like to capitalize and lengthen those retired years before I go

to meet my maker.

Today, due to our Navy leadership, we have a more fit Sailor; one who is ready to go anywhere on this planet to get the mission accomplished. Our freedom has come from citizens like you and me who are ready, including those who have paid the ultimate sacrifice. To continue to have the freedoms you and I and our families enjoy means we need a ready military, both Active and Reserve.

I challenge every Sailor to exceed the Navy's PT standard of three times a week. Like any policy, setting the example and enforcement needs to start at the top. We are fortunate to have a CNO, MCPON, Chief of Navy Reserve, and Navy Reserve Force Master Chief who are setting the example and leading the way. I also see other Navy leaders setting the example daily. From there, all Sailors need to embrace a leadership role in full.

There is no room in this day and age to have a Sailor who is retired on duty. The expectation is that all who wear the cloth of our nation earn the paycheck the American people pay us every day. The standard is high but attainable. It is as simple as ensuring we put in a full day's

work and we are there, when required or needed, day or night.

We all have a very important part in this War on Terror. From our AC/RC Sailors in theater, to those on or beneath the seas, to our Sailors who stand ready to mobilize and deploy, to our FTS who ensure daily that our RC Sailors receive the support ensuring they are all ready. In short, personal accountability daily.

"Ready" means total readiness. From our military expertise to our physical fitness, and from our mental state of mind to our family's well being. We are all in this fight as a team; every Sailor and their family are vital to the freedoms we hold dearly. To keep those freedoms, we all need to ensure we are doing our jobs to their fullest. I am confident we will always have a READY Navy – One Team, One Fight.

I am very thankful for all of you and what you are doing. It is a great privilege for me to serve you. Thank you for your service in our great Navy. God bless you and your families.

**Command Master Chief,  
Kenneth E. Rummel,**  
Commander, Navy Expeditionary  
Logistics Support Group,  
Williamsburg Va.



## Looks Back 40 Years Ago

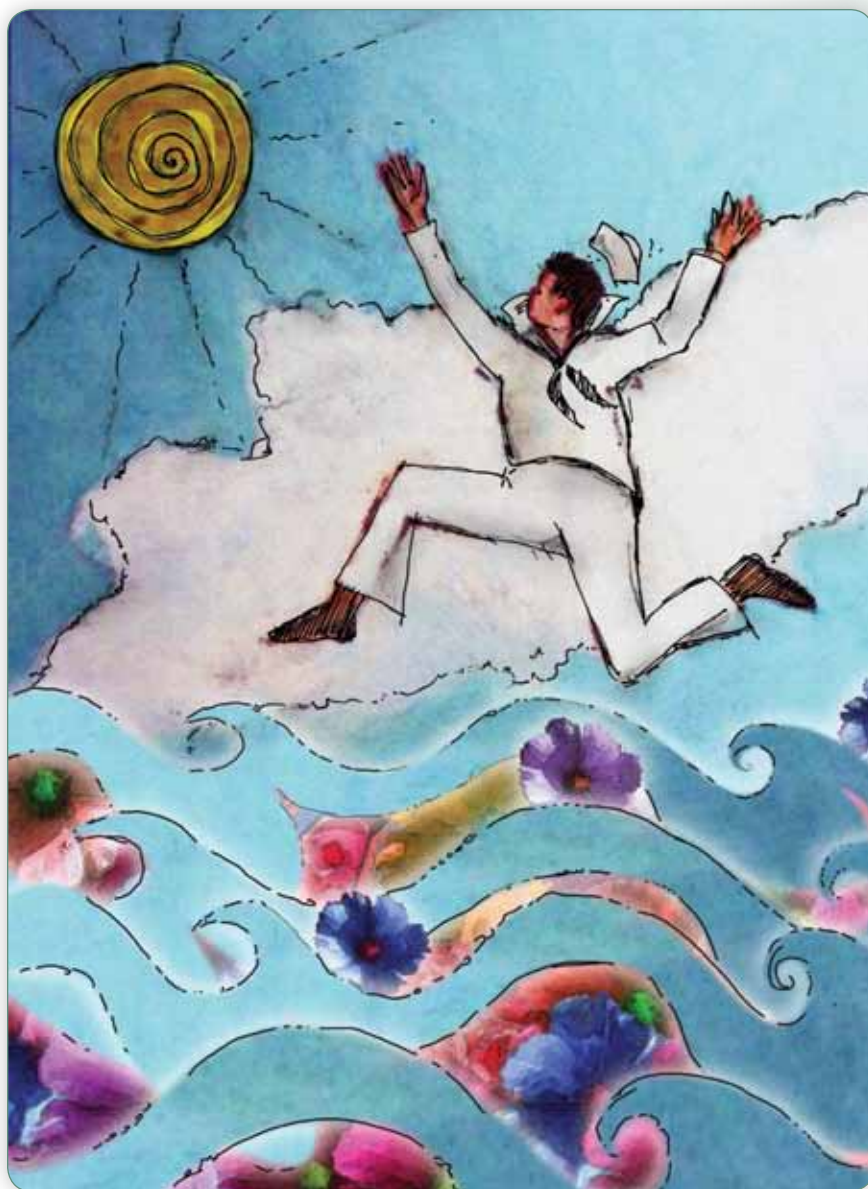
February 1967

Since 1965 Naval Air Reservists from transport squadrons have taken part in the Vietnam effort through the Southeast Asia airlift program.

One unit, Naval Reserve Aviation Transport Squadron 772 of NAS, Los Alamitos, Calif., logged 80 flying hours and 18,100 miles without a mechanical flaw.



Graphic by Bryan W. Bordonon



## With Sunny Thoughts of Spring!

With summer just around the corner, it's not too early to start thinking about summer camps for the children. For the past three years, the National Military Family Association's Operation *Purple Camp* has sent more than 5,000 military children to an exciting week of summer camp free of charge. This program is designed to give children of deployed service members the opportunity to come together in a fun environment, learn from each other and gives them the tools to face the challenges of deployment with success.

Operation *Purple Camp* is located at various locations throughout the country and for more information visit their Web site at <http://www.operationpurple.org/>.

It is recommended you apply to the location nearest your home as National Military Family Association does not pay any transportation costs incurred.

Operation *Purple Camp* is one of many opportunities available to family members. As you begin to plan your summer activities keep in mind that Military OneSource is a great resource and

It's been a long cold winter and still several weeks before warmer temperatures arrive. The kids have not been able to play outside much and are looking for something to do.

The Armed Services YMCA launched its annual Art and Essay Contest. Winners will be announced at the Armed Services YMCA luncheon in Washington, D.C., in May. Entries for the art contest must be postmarked by Feb. 16, 2007, while essay entries must be sent by March 16, 2007.

For more information regarding the contests go to the Armed Services YMCA Web site at [www.asymca.org](http://www.asymca.org). Prizes will be awarded in various categories and age groups.

may be able to assist as you. Visit [www.militaryonesource.com](http://www.militaryonesource.com) or call 1-800-342-9647.

Your command/unit ombudsman is also a great resource. The ombudsman maintains a toolbox full of resources and can provide you information and referrals to most of your needs no matter where you live. The Navy Reserve Force Ombudsman Web site has been developed and is located on the public side of Commander Navy Reserve Force Web page (<http://navyreserve.navy.mil>) main menu navigation>welcome aboard>ombudsman. A link is available to e-mail any local Navy Reserve command or unit ombudsman.

*Stay warm - Spring will be here soon!*



by Lt. Cmdr. Ron P. Neitzke



## New Billet Promotes Progress, Efficiency & Unity

**W**hen asked what billet I hold, I tell people that I am the Spiritual Fitness Division (SFD) chaplain for Navy Region Midwest. The next question is usually “What is a Spiritual Fitness Division?”

In many ways it sounds like a religious gym or an army of chaplains.

Earlier this year the Reserve Component started advertising the SFD billet. The SFD chaplain is a lieutenant commander nationally selected through the Apply board.

In the past these billets were called CREDO (Chaplain Religious Enrichment Development Organization) billets. CREDO is the Navy’s retreat program with centers located at larger Navy installations. The SFD chaplain has many key responsibilities.

Among them is the training of other chaplains and Religious Programs Specialists (RP). The SFD chaplain trains both the Reserve and Active Component. He coordinates RC chaplains and RP’s for specialized ministry and training. An important role of the SFD chaplain is mobilization.

With many of our Reserve Sailors and Marines formerly, currently or anticipating being mobilized, the SFD chaplain serves as a liaison to the families for ministry and as a resource facilitator for available support programs.

One of the most rewarding and challenging aspects of the SFD chaplain is training other chaplains.

In years past, the Reserve Command or REDCOM would sponsor training on a given topic. Chaplains and or RPs would receive orders and travel arrangements to attend the training. This proved very costly. The emphasis now is to conduct training on a given subject and have the SFD chaplains attend. The SFD chaplain in turn takes this information back to his command region and presents it to the other RC and AC chaplains.

One of the topics currently being undertaken by the SFD is emotional intelligence. What is emotional intelligence? Let me start by stating what it is not. It is not the trend of the month, nor is it pop psychology. It is a proven method adopted by some of the nation’s largest companies to affect change

and increase productivity and profitability.

The objective of this training course is to make the individual chaplain more effective at managing change in their own lives while counseling people on how to cope in swiftly changing surroundings; advising leadership on how to bring their people through change and assisting the larger organization in the process of continual improvement.

The SFD chaplain has an effect on all the sea services. Our Sailors and Marines are facing more frequent and lengthier deployments and are asked to do more with less. The Global War on Terror has challenged our service members in ways not experienced in the past. Military leadership has acknowledged that our service members are tri-dimensional; made up of body, mind and spirit.

Our chaplains have a sizeable impact in the area of development with today’s Sailors, Marines and Coasties. The Chaplain Corps was created to minister to the spiritual needs of our country’s Sailors and Marines. This heritage is ongoing as we carry out our part in forming spiritually fit

warriors for the Navy, Marine Corps and Coast Guard. The SFD chaplain’s role as training the trainers cannot be overlooked in this process. We are giving our fellow chaplains the tools and resources that our Navy and our nation have asked us to supply to the 21st Century Sea Warrior.

As one of the RC SFD chaplains, I have seen positive movement between the AC and RC. In the past, there was a barrier between the Active Duty and the weekend warrior. The emphasis of the Navy today is the “One Navy” concept. I believe we have achieved the “One Navy” concept. We use RC chaplains to train AC chaplains, and AC chaplains to train RC chaplains.

For myself, I work closely with my AC counterparts. We see the development of chaplains not as AC or RC, but as One Force. I feel as a RC chaplain I am fully integrated into the mission and the Chaplain Corps leads the way in Force Integration.

Change is coming to our Chaplain Corps and Navy. We can either be facilitators of that change or victims of it. I am privileged to be a pioneer in the SFD billet.

**TNR**

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](mailto:NAVRESFOR_TNR@navy.mil).



**Question:** I recently heard a story of a servicemember who died in combat. This servicemember was a single parent, so the child was sent to live with friends of the family who were established as the child's legal guardians in the servicemember's will.

A problem arose, however, when the guardians discovered the money from the servicemember's life insurance and estate, which were to be used for the care and education for the child, were inaccessible until the child turned 18. So the new legal guardians, who had children of their own and were already on an extremely tight budget, were forced to pay to raise a child, they couldn't afford.

The other side of this is the constant horror stories you hear about people whose insurance and estate were stolen by those they trusted to look after their loved ones.

My question is how can someone ensure what they leave behind can be accessible for the people responsible for their dependents, but not be misused?

**Answer:** There are several options available to ensure a servicemember's loved ones are taken care of in the event the Soldier, Sailor, Airman, Marine or Guardsman is asked to make the ultimate sacrifice. Aside from the standard will, which explains what is to be done with a person's estate (i.e. bank accounts, properties, stocks, belongings, etc.) there is also the matter of insurance. All servicemembers are eligible for Servicemembers Group Life Insurance (SGLI).

The cost for SGLI coverage alone is 70 cents per \$10,000 or \$29 per month for the maximum of \$400,000; this includes a mandatory \$1 charge for TSGLI. Coverage, regardless of duty status, is 24 hours per day, 365 days per year under SGLI.

The premium for part-time coverage is \$29 per year for \$400,000 of coverage. Members of the Individual Ready Reserve (IRR) will be charged one dollar for \$400,000 of coverage for one-day call-ups.

The beneficiary for a servicemember's SGLI is clearly listed on the application and can only be changed or modified by contacting their personnel office.

A will can be written with the assistance of an individual's base legal office. Make sure the will details who is to be guardian of any dependents as well as who is to be the financial guardian of the estate, if they should be two different people.

Also, clearly state in the will when and where it should be paid. For example, suppose a servicemember dies and their ex-spouse becomes guardian of their child, but their sister becomes financial guardian of the estate. The ex-spouse would show the expenses in raising the child and the financial guardian would be responsible for paying or reimbursing from the estate for those expenses.

The best course of action is to sit down with your loved ones and work out a plan for any possible situation. Make sure those you would have taking care of your loved ones are capable and willing to do so. Also, make sure the person you name as financial guardian in your will is someone who can be trusted.

Once these decisions are made, contact your base legal office and have a will drafted. Make sure it clearly states your intentions and is updated as frequently as necessary.

More information on SGLI, wills and other survivor benefits can be found on [www.va.gov](http://www.va.gov) and [www.military.com](http://www.military.com).





**W**hen newly promoted Chief Petty Officers (CPO) pin their anchors on to khaki uniforms for the first time, they are following a long line of proud and proven leaders. For 113 years, U.S. Navy chiefs have groomed their charges to lead and guide, just as they had been taught. Tradition, know-how and wisdom pass down from seasoned chiefs to the next generation, giving rise to the phrase heard all around the Navy, “Ask the chief.”

The chief’s mess, the goat locker, the CPO’s pledge and the fouled anchors are all are part of a legacy and camaraderie unequalled in other military branches. The CPO’s indoctrination underscores chiefs are the caretakers of our Navy’s heritage, and continue to shape today’s Navy, manifesting our core values of honor, courage and commitment.

The chief’s mess at the Center for Naval Leadership put together an informal “charge book,” providing insight into the values and professionalism offered to our new chiefs.

“Make a difference whether it’s in the unit, the base, or elsewhere,” encourages Master Chief Information Technician Maria Roat. “Find some way to contribute that makes our Sailors excel. Sit on local policy boards. Hold positions of leadership in the Chief Petty Officer Association. Walk around and talk to the troops. Exercise deck-plate leadership. Always remember the junior Sailors will be in your shoes one day. How you treat them now has a huge impact on how they mature into chiefs, senior chiefs and master chiefs. It’s a never-ending cycle.”

“Don’t wait until they are in a titled position to let them know they have the ability to make positive changes,” advises Senior Chief Hospital Corpsman Cassandra Stokes. “Once Sailors know the difference between the authority of policies and instructions and the influence of empowerment, their

### The Chief Petty Officer’s Pledge

I am a Chief Petty Officer in the United States Navy...  
 I serve my country and her people with pride and honor.  
 I seek no special favors.  
 I make things happen, and do the best I can do.  
 I am charged with a leadership role  
 like no other in the world.  
 I develop junior officers and mold my Sailors.  
 I acknowledge full responsibility for the  
 actions of my Sailors...  
 Because these Sailors are the seeds of  
 future Chief Petty Officers.  
 I live by the Navy’s Core Values of  
 honor, courage and commitment.  
 I set the example.  
 I establish the standards of performance.  
 My Sailors are students and I am their teacher.  
 I guide and influence the lives of  
 these young men and women.  
 In the final analysis, I will determine the  
 quality of these Sailors.  
 They look up to me because I treat them  
 with dignity and respect.  
 Because they need a leader, I am there for them.  
 After all...  
 I am a Chief Petty Officer in the United States Navy!

## Shiny Anchors

by Cmdr. Patricia Brady, MSC, USNR

problem-solving abilities will be almost endless.”

The time-proven adage “the chiefs run the Navy,” seems daunting when you first realize you are an integral part of this process. “The change in responsibility level, accountability and expectations is far greater when you make the transition from E-6 to chief that you can ever really prepare for,” admits Chief Yeoman Tawnee Hinton.

The transition from dungarees to khakis is not complete by the end of initiation. Roat recalls: “Looking back at my first year as a chief ... I was in khakis yet not ‘comfortable in my shoes.’ It took that first year and a lot of

support from the CPO community. Staying in touch with the CPOs from other areas on the base, region, and across the country, not just my unit, was a significant success factor to getting things done.”

Stokes offers advice that touches on the foundation of the new Leadership Development Courses when she recommends that new chiefs “value differing perspectives.” Strive every day to learn something new about your Sailors. Ask your Sailors their opinions or feeling about the workplace environment and assigned tasks.

One change to the stereotype of a chief barking out orders is greater respect for team problem solving. It’s worked for Stokes, who offers that “problem solving as a group doesn’t take away your authority to decide, but it will definitely greatly enhance your choices.”

Roat sums up the CPO journey this way, “You never stop learning along the way. You have other CPOs, master chiefs, that look out for you, that believe in you, mentor you.”

These observations stem from nearly 60 years of combined Navy experience, and should serve our newest khakis well as the shiny anchors show the wear of time.



U.S. Navy photo by Mass  
Communication Specialist 3rd  
Class Jose L. Barrientos Jr.



## Proper Lifting Techniques

Story from  
[www.global-fitness.com](http://www.global-fitness.com).  
Used with permission.

### Lifting Techniques: Strength Training Principles and Guidelines

#### Selection, Sets, Sequences

This month we discuss the importance of proper lifting technique, exercising through the full range of motion, proper exercise sequence and the correct number of sets to do for what you're trying to achieve.

#### Form/Technique

The most common and critical training mistakes may be those of exercise technique. The tendency to use too much weight typically results in poor form, which decreases your ability to get results and increases the risk of injury. Examples of poor form or technique are: bouncing the bar off the chest in the bench press; using hip and back extension to initiate bicep curls; arching the back or bending backward under shoulder presses; using any sort of momentum in any exercise and training at fast speeds.

These mistakes will not send the blood you need into your muscles and will work counter to your goals.

#### Exercise Through Full Range of Motion

Perform each exercise through a full range of motion, with emphasis on the end of the positive phase. Full range exercise movements are advantageous for strengthening the prime-mover, or agonist muscles – the muscles directly trained in the exercise, such as the biceps in the biceps curl. Lifting in the full range of motion is also advantageous for stretching the antagonist muscles, the muscles that act in opposition to the agonist.

#### Exercise Selection

Another important element of strength training is exercise sequence. When performing a variety of weightlifting exercises, it is advisable to proceed from the larger muscle groups to the smaller muscle groups. This allows optimal performance of the most demanding exercises when fatigue levels are the lowest and you feel fresh.

Another reason, one that is often overlooked, is illustrated

by the common example of training both back and biceps. Ordinarily, you would want to train your back first, since it is the larger muscle group of the two.

This is the same for exercises requiring pushing motions such as the chest, shoulders, and triceps. By the time you are done with your chest exercises, both your shoulders and your triceps are warm and ready to train. Of course, you might not always do your “pulling” (back and biceps) and your “pushing” (chest, shoulders, triceps) motions on the same day – because as you reach a plateau you will want to change your exercises, the order that you do them, and the muscles that you train together, to provide a new stimulus and interest for yourself.

#### Exercise Sequence

Another important element of strength training is exercise sequence. When performing a variety of weightlifting exercises, it is advisable to proceed from the larger muscle groups to the smaller muscle groups. This allows optimal performance of the most demanding exercises when fatigue levels are the lowest and you feel fresh.

#### Sets

Another important element is exercise sets. An exercise set is the number of successive repetitions performed without resting. The number of sets per exercise is largely a matter of goals, interests and personal preference. We recommend that people treat their first set as a warm-up – 12-20 reps with relatively light weight (done slowly). Then you can do either one, two, or three more sets, even up to six (strength and power program) – depending on whether you are at a beginning, intermediate or advanced level and what you are trying to accomplish.

If you are working on your second exercise for a particular muscle group, we recommend that you do either two or three sets for that exercise since that muscle is already warmed-up from the first exercise. Regardless of the number of sets performed, each set, and each repetition, should be done in proper exercise form and under control.



# 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](mailto: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:** San Antonio, Texas

**Civilian job:** Service manager for a tractor trailer repair shop

**Brief description of your job:** Construction mechanic who repairs heavy construction equipment and military tactical vehicles.

**What has been your greatest Navy achievement:**

Deployment to Iraq and serving on the convoy security team as a vehicle commander and lead mechanic.

**Who has been your biggest influence since joining the Navy:**

Senior Chief Denis, who motivated and taught me a lot about the do's and don'ts of serving as a Seabee.

**What do you enjoy most about the Navy:** Meeting different people from different backgrounds. I really enjoy working with the people in the San Antonio's NMCB-22 detachment.

**Most interesting place visited since joining the Navy:** Guam, it was my first time overseas and with another culture. I loved the weather there and the ocean.

**Current hobbies:** Building and improving my home.

**Hometown:** San Antonio, Texas

**Civilian job:** Welding supply company operations supervisor.

**Brief description of your job:** Convoy driver and a member of the convoy security team during deployment to Iraq.

**What has been your greatest Navy achievement:**

Deployment to Iraq.

**Who has been your biggest influence since joining the Navy:**

My wife, Adela and children Jose, 16, Joey, 14, Jesus 7.

**What do you enjoy most about the Navy:** The bonding between my fellow Seabees.

**Most interesting place visited since joining the Navy:**

Baghdad, Iraq.

**Current hobbies:** I like to weld, build fences and barbecues.

I enjoy creating things with my welding.



Construction Mechanic  
1st Class  
Francisco Villalobos



Equipment Operator  
2nd Class  
Jose Cosilla

U.S. Navy Photo by Mass Communication Specialist 1st Class L.A. Shively

U.S. Navy Photo by Mass Communication Specialist 1st Class L.A. Shively

## VR-53 Earns Department of the Navy 2006 Safety Excellence Award

**W**ASHINGTON, D.C. — Fleet Logistics Support Squadron(VR) 53 was awarded the Department of the Navy Safety Excellence Award for 2006 by Secretary of the Navy Donald C. Winter, at the Navy Memorial Theater on Sept. 14, 2006.

The award recognizes the Navy Reserve squadron with the best risk management program and safety record.

Commanding Officer Cmdr. Kenneth Deakin, Executive Officer Cmdr. Michael Clark, Officer-in-Charge Cmdr. Mark Bailey, and Safety Officer Lt. Cmdr. David Kneale were on hand to accept the award for the squadron.

“We are fortunate to have the leadership in this command from the department head level down who are empowered with the ‘no’ vote,” Clark said. “If they see an unsafe action or a potentially hazardous situation developing, they can stop the evolution. We reiterate this at least twice a year and any other time the need arises. We also drive home the ‘by the book’ philosophy. We want Sailors to know that if something is not covered ‘by the book,’ run it up the chain of command and let us make the call and not to put yourself or others at risk.”

According to Kneale, receiving the award is a testament to VR-53’s ability to overcome the very unique challenges facing today’s Reservists.

“The very nature of a Selected Reservist’s demanding lifestyle can create occasional challenges in the area of human factors,” he said. “The stresses all Reserve personnel must cope with – juggling two jobs, sometimes getting laid-off or furloughed, seeking reemployment and having to train for a new job once rehired – are issues not

faced by the Active Component and can become safety issues if not properly managed.”

Kneale is humbled by his squadron receiving the award and gives the credit to the crew members of the VR-53 “Capital Express.”

“There are plenty of other commands out there who were just as deserving of this award. Regardless, I am very proud of the all-hands effort that the men and women of the “Capital Express” have made this past year towards improving our overall safety culture,” he said.

During calendar year 2005, VR-53 completed more than 11 years and 45,000 flight hours without a single significant mishap.

In 2005, the squadron flew 2,318 total flight hours, executed 14 overseas detachments and transported over

2,500 passengers and 2.5 million pounds of cargo. VR-53 led the way with the Navy C-130 community’s first inter-service Aeromedical Evacuation missions in support of the Global War on Terror. During a three month period, the Capital Express safely returned 476 wounded Sailors, Soldiers, Airmen and Marines home to their families.

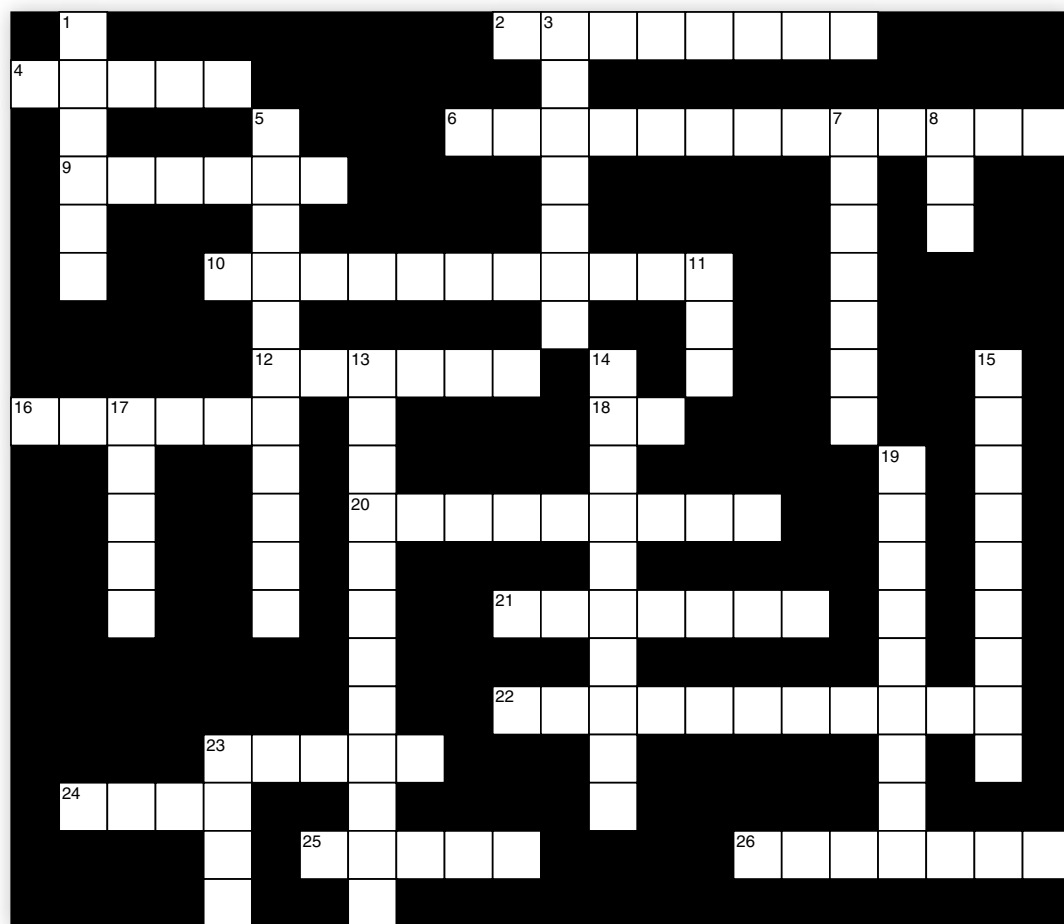
VR-53, a Navy Reserve C-130 squadron, operates out of Naval Air Facility Washington located on

board Andrews Air Force Base. Its mission is to provide medium-lift cargo capability in support of combatant commanders’ objectives worldwide. While based near Washington, D.C., VR-53 also operates out of Bahrain, Japan and Sicily and flies missions to every continent except Antarctica.



(l to r) VR-53 Executive Officer Cmdr. Michael Clark, VR-53 Commanding Officer Cmdr. Kenneth Deakin, Secretary of the Navy the Honorable Donald C. Winter, VR-53 Officer-in-Charge Cmdr. Mark Bailey, VR-53 Safety Officer Lt. Cmdr. David Kneale





The Solution for this  
Conundrum is on page 25

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WASHINGTON, D.C. — When Navy Construction Mechanic 2nd Class Elizabeth Lopez concluded her Veterans' Day speech on a stage at the Vietnam Veterans Memorial Nov. 11, the crowd of more than 1,000 mostly combat-hardened veterans gave her a standing ovation, and many choked back tears.

"Today, we celebrate the men and women who have served over the decades to keep this great nation free," Lopez, 28, said at the beginning of her speech. "American history is rich with accounts of heroism, devotion to duty, and sacrifice. Most of these accounts involve military men and women, and like thousands of Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen who have gone before, I stand here today with great pride in my service."

Lopez returned from Iraq this past April with her Reserve unit, Naval Mobile Construction Battalion (NMCB) 22, based in El Paso, Texas. They deployed in July 2005 in support of Operation *Iraqi Freedom* and served in the volatile Al Anbar Province as part of the 2nd Marine Expeditionary Force. Lopez rode shotgun on dangerous convoy assignments as NMCB 22's first female gunner.

Riding through miles of hostile territory gave her an appreciation of what veterans from previous generations faced during moments of peril in far-off lands.



Construction Mechanic 2nd Class Elizabeth Lopez, a Navy Reservist, walks to her designated standing area during the wreath presentation ceremony at the Vietnam Memorial Wall on Veterans Day in Washington, D. C. after making a few remarks on Nov. 11, 2006. Lopez is a Readjustment Counseling Technician at the El Paso Vet Center in El Paso, Texas.







# Texas Seabee Stirs Emotions at the Vietnam Veterans' Memorial

by Mass Communication Specialist  
2nd Class Jerome W. Mapp

U.S. Air Force photos by  
Tech. Sgt. Cohen Young

"Military men and women have dedicated themselves to the survival of our nation, and willingly placed themselves in harm's way so that we might enjoy American freedom. I am very grateful for the opportunity to have served our country," Lopez said.

As one of several speakers during the annual gathering at the Vietnam Veterans Memorial, Lopez shared the stage with distinguished guests that included retired Army Gen. Barry R. McCaffrey, former director of the Office of National Drug Control Policy; the Honorable Michael Wynne, Secretary of the Air Force; retired Navy Capt. Frederick Hauck, a decorated aviator and former astronaut, Rear Adm. Kenneth P. Moritsugu, Surgeon General of the United States, and Vicki Keys, superintendent of the National Mall and Memorial Parks. Jan Scruggs, the former Soldier who conceived the Vietnam Veterans Memorial, was master of ceremonies.

Diane Evans, president of the Vietnam Women's Memorial Foundation invited Lopez to the National Mall to share her experiences with the audience. Laureen Otto, a nurse and an Iraqi war veteran, introduced Lopez during the ceremony.

"I am very humbled to be here in the sacred place of healing," Lopez told the crowd, a reference to the Vietnam Veterans Memorial – known affectionately as "*The Wall*" – behind her. "While I may not share the same battles that many of these great men and women encountered, I do share a common connection with everyone of them."

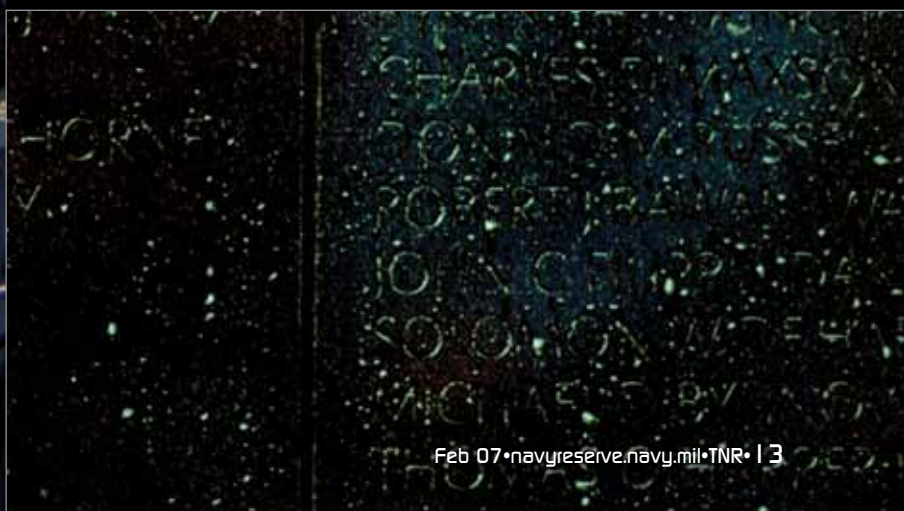
Prior to joining the Navy, Lopez served in the U.S. Army as a Patriot Missile crewmember with the 11th Air Defense Artillery "Imperial" Brigade during deployments to Kuwait and Saudi Arabia. "These tours both represented to me a departure from the more traditional roles, that in the past, have been believed to be more suitable for women," Lopez said.

She returned home to El Paso in April, and to her job as a readjustment counseling technician with the El Paso Vet Center. Dr. Alfonso Batres, a noted clinical psychologist and the chief officer for readjustment counseling services at the Department of Veterans Affairs (VA), accompanied Lopez during her tour in the nation's capital. He praised her speech, calling it unbelievable.



VIETNAM VETERANS  
MEMORIAL FUND

NATIONAL  
PARK  
SERVICE







"You saw that the veterans just connected with her, and she connected with them," Batres said. "I think she brought them a message of healing and appreciation of every member's service to the country."

Lopez praised the VA counseling centers for reaching out to veterans in their time of need.

"Returning to my job at the El Paso Vet Center was a true blessing," Lopez said. "Immediately I found what I was seeking — a family and support system that understood without me having to say much."

She urged the veterans during her speech to reach out to the VA counseling centers around the country to bring some of closure to their sense of disconnection and isolation as a result of their military service.

"For those of you who hesitate, remember you are not alone," Lopez said. "Remember to give yourselves the opportunity to walk into your local vet center. It is a place of healing, much like these monuments."

Lopez said she was overwhelmed by the opportunity to speak at the ceremony. She said there is no way to sum up her experiences in words.

"You don't (put it in words), you just feel it," she said. "You feel the pride, the patriotism, and you just know you're one of them — a veteran." **TNR**



# Navy Reserve “Mustangs” Meet to Assist Members, Plot Careers & Solve Problems

by Lt. Cmdr. William Breyfogle



**M**ILLINGTON, Tenn. — Call them Navy Reserve limited duty (LDO) and warrant officers. Call them “Mustangs.”

It all comes down to the same thing; years of naval experience and know-how available to Sailors to do anything from helping to solve unit problems, to helping other LDOs and CWOs to plotting out a solid career path.

The newly formed Navy Reserve Mustang Association, which recently held its first major meeting in Millington, Tenn., helps bring decades of experience to bear on RC/AC integration issues.

Mustang Association chairman, Capt. Bill Caldwell, the most senior Reserve Component LDO now serving, said the mission of the association extends far beyond just serving the needs of its members.

“We are totally dedicated to improving the overall integration of Reserve LDOs and warrant officers into the Active Component force,” he said. “We are all about ‘One Navy, One Mission.’”

But association spokesman, Cmdr. James Elizares, added the group also focuses on helping Reserve Component LDOs and warrant officers better plan

their careers.

“Our association exists to provide a clearinghouse of information for junior LDOs and warrant officers,” he said. “We have a wealth of practical knowledge on career information, professional education requirements, and other critical community issues, that can help them steer their careers more successfully.”

He stressed association membership is free. “Even the association’s Web site is staffed by volunteer Mustangs, interested in helping our community grow stronger.”

The association’s many working groups hold regular meetings by conference call and online, which offers tremendous savings in time and travel Elizares said. But one of the greatest benefits, he added, is the chance to get to know others in the community.

**“Just talking with other Mustangs is incredibly valuable,” said Elizares. “You find out that others have faced the same challenges as you, and that there’s a whole lot of experience and expertise you can draw on to solve problems back at the unit level.”**

The association is one of the oldest Communities of Practice, on Navy Knowledge Online, the Web-based resource tool for various Navy and Navy Reserve officer and enlisted communities. It was formed by several concerned senior Reserve LDOs and warrant officers, who felt their community needed to pull together to better serve the needs of the Navy and Navy Reserve.

He explained that many senior LDOs and warrant officers in the Active Component, frequently faced with manpower shortages, are unaware of the wealth of experience and hard-charging ability available to them in the Reserve Component.

**“Our association members create an easily-accessible pool of technical and managerial specialists that the Active Component can call upon at any time to meet critical needs.”**

Anyone interested in joining the association should visit the RC LDO/CWO Web site at Navy Knowledge Online: <https://wwwa.nko.navy.mil>.

**TNR**



## THE SHOE SHINE

# BACK TO BASICS

by CNRFC Public Affairs

*Aptly demonstrated by:  
Mass Communication Specialist 1st Class Rob Kerns*

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

**T**his month, we feature a quick guide to the perfect shoe shine.



### STEP ONE:

Take off the shoes. It might seem ridiculous to bring this up, but you simply won't get a very good shine if your shoes are still on your feet.



### STEP TWO:

Before you actually start polishing, it's a good idea to take off the laces and clean the shoe, removing all dust and dirt especially along the edges. This can most easily be done with a damp cloth or the brush. Once that's done, let them dry before adding the polish.



## PULL-OUT



### STEP THREE:

Next, take a soft rag or an old sock and wrap it around your first two fingers on whichever hand is dominant. Scoop some polish onto the rag and apply to the first shoe in a circular motion, applying evenly over the shoe. For a glossier shine, dampen the shoe while you work with an occasional drop or two of water. Please note: the term spit shine does not mean you should actually spit on your shoes. Once you've finished the first shoe, let it dry while you work on the second.



### STEP FOUR:

After you've applied polish to both shoes, let them dry for about 10 minutes. Then, buff them out with a polishing brush and use a soft clean cloth to bring out a high luster.

### NOTE:

The quick liquid shine should be avoided for the main part of the shoe, but works well as an edge dressing.

**RESERVE CORPSMAN SHOW  
ALL ASPECTS OF THEIR RATE IN  
LEBANON EVACUATION**

**STORY BY:**

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

**PHOTOS BY:**

Hospital Corpsman 3rd Class Mike Dagoda

**R**AF AKROTIRI, Cyprus — Stepping forward and showing the true meaning of “Be Ready,” Navy Reservists surged to the front lines of the Israeli/Beirut conflict to help evacuate Americans caught in the middle of the fighting.

With no more than a few days notice Sailors from U.S. Naval Forces Central Command (NAVCENT), Operational Support Detachment Bravo, based in Tampa, Fla., answered the call to help in processing the medical needs of those being evacuated.

# LAST BOAT BEIRUT



Lt. Mark Ingram (left) and Hospital Corpsman 3rd Class Mike Dagoda on the Italian Vittoria M's aft with Beirut finally behind them.





"I was surprised to get the call asking if I was available and ready to deploy immediately to assist," said Lt. Mark Ingram, of Morristown, Tenn. The call came on Sunday morning, I was on a plane to Bahrain the following Tuesday, in Bahrain on Thursday, left for Cyprus on Friday and arrived on Cyprus on Saturday. We were deployed on Sunday to remote locations in Cyprus and taking care of Americans one week after being called."

Ingram and Hospital Corpsman 3rd Class Mike Dogoda along with 21 other Reservists from NAVCENT were critical to providing health care and ensuring the well-being of the thousands of Americans being evacuated during the round-the-clock operation.

Det Bravo's medical team joined immediately with the Air Force's expeditionary medical team already in place, providing medical coverage at four locations around Cyprus where evacuees were processed and cared for.

According to Dogoda, the realm of care given covered a wide variety of needs. There was nothing normal about this mission.

"We dealt with everything from scrapped knees to a mother who had taken a gunshot wound protecting her children while fleeing," said Dogoda. "Her wounds were minor, her son's critical and the emotional drain intense. It showed just the wide variety of what we were dealing with."

After receiving four waves of evacuees in Cyprus, Ingram and Dogoda were given the unique opportunity of riding a ship directly to Beirut, Lebanon, to receive a large number of evacuees.

Boarding the civilian contract ship, the Italian Vittoria M, they had about eight hours to assess the situation, get some rest and practice their language skills before arriving in Beirut.

In addition to the NAVCENT medical team there



Lt. Mark Ingram attends to the needs of the evacuees.

Who can't resist holding a baby?

**THERE WAS NOTHING NORMAL  
ABOUT THIS MISSION**



were 13 U.S. Navy Coastal Warfare Sailors from Maritime Security Detachment 21 to provide security for the trip. At the dock, Vittoria M was met by members of the U.S. Embassy and after the maritime security detachment made their security assessment the evacuees began to process through customs and embark on the vessel with their belongings.

“This was probably the most harrowing part of the whole trip,” said Dogoda. “There was a definite element of the unknown when we stepped off of the ship onto ground in Beirut.”

Many of those boarding the ship thought the worst was behind them in escaping the war that was gripping the country. This was far from the truth. Not long after leaving port the ship began to encounter rough enough seas to send the entire group of evacuees into a horrific state of seasickness. Two hours into the passage, all 250 passengers were ill.

“We did what we could to comfort them, and had offered medication to prevent sea sickness,” said Ingram. “However, once you have succumbed to seasickness you can’t treat it with medication. All you can do is ride it out.”

According to Dogoda, this was the worst case of seasickness he had ever seen. Everyone was seasick. People

were getting violently ill all over the ship and there was nothing they could do to help alleviate their discomfort.

“The members of the maritime security unit were great, they all pitched in to help us treat the evacuees,” said Ingram.

After disembarking the evacuees at Port of Limasol, Cyprus all recovered quickly, particularly the children.

All the evacuees agreed after their arrival back in Cyprus that the flight back to the United States would make for a pleasant change from their journey so far.

The medical teams and logisticians of NAVCENT operation in Cyprus continued to operate 24 hours a day out of RAF Akrotiri. They supported every mission into Lebanon and every flight out of Cyprus until the operation concluded on Aug. 2. In the end Ingram’s team supported over 2,100 evacuees and treated over 400 patients.

“Giving care to these patients was more than just bandaging an arm or giving antibiotics,” said Dogoda. “In most cases it was just being there to listen and let them know someone cared about what they were going through. It was an experience like no other.”

Given the opportunity to perform a similar operation both Ingram and Dogoda say they would immediately volunteer and assist with another operation. **TNR**

**THERE WAS A DEFINITE  
ELEMENT OF THE  
UNKNOWN WHEN WE  
STEPPED OFF OF THE SHIP  
ONTO GROUND IN BEIRUT.**



*ABOVE:* Lt. Mark Ingram comforts passengers, easing their anxiety.

*BELOW:* Hospital Corpsman 3rd Class Mike Dagoda looks forward to the Port of Limasol, Cyprus.



# HCS-5 Firehawks Disestablish

Story & photos by Mass Communication Specialist 2nd Class Margaret A. Peng, Fleet Public Affairs Center San Diego



**NAVAL AIR STATION NORTH ISLAND, Calif.** — More than 500 Sailors, former unit members and family attended the disestablishment ceremony Dec. 3 for Helicopter Combat Support Special Squadron (HCS) 5 aboard Naval Air Station North Island.

The ceremony served to commemorate the past missions of HCS-5 and the official end of activities for the specialized Reserve helicopter squadron.

"Today we disestablished the Navy's most combat effective helicopter squadron of the past 30 years," said Cmdr. Patrick Baccanari, the unit's commanding officer.

Established in 1988, HCS-5 was a Naval Air Reserve Squadron under Commander, Helicopter Wing Reserve, San Diego, and Naval Air Reserve Force, New Orleans.

The squadron, which was composed of selected and full-time support Reservists, flew the HH-60H Seahawk helicopter primarily for combat search and rescue, and to support Sea, Air, Land and other special warfare units.

HCS-5, along with its sister squadron, HCS-4, were the only Navy squadrons that perform both combat search and rescue and special warfare support as their primary missions.

The keynote speaker was former HCS-5 Commanding Officer, Capt. Dan Pinkerton, who spoke proudly of the lineage and the history of the unit. Pinkerton had served in various division officer tours for Vietnam-era Helicopter Attack (Light) Squadron (HAL) 5, the precursor to HCS-5.

During his speech, Pinkerton saluted all the men and women who had served in the unit, past and present. He ended his speech with an emotional goodbye and the words, "Born in combat, standing down in combat. We did our duty."

The disestablishment is part of the Naval Air Reserve's plan to reshape its aviation forces. The "Firehawks" filled a role shared by its sister squadron, the Norfolk-based "Red Wolves" of HCS-4, which also is slated to be disestablished.

"This ceremony marks a transition for our Sailors, but we are not losing the capability nor the talent of our people," said Vice Commander, Naval Air Forces Rear Adm. Jeffrey Lemmons. "They will go on to serve in other units and keep this mission alive, and their skill sets well-honed."

Guests at the ceremony included Sailors from the early days of Helicopter Attack (Light) Squadron 3, HAL-5, and HCS-5. Many used this opportunity to reunite with old friends and reminisce about the "old days."

"I am glad to be here," said Dennis Russell, a former HCS-5 member who flew in from El Paso, Texas. "I am lucky to have served with such great people."

Some felt the bond to the unit very strongly and got emotional when they spoke of their feelings about the disestablishment.

"As a junior Sailor in the unit, I got to work with people who had combat experience in Vietnam," said Aviation Warfare Systems Operator 1st Class Shawn Porter. "They

took me in and showed me how to do things right. I will never forget them. The experience I gained here will be with me for the rest of my Navy career."

Aviation Structural Mechanic 1st Class Richard Sanchez, a member who had been with the unit for 15 years, said this has been the best unit he has worked with and they have proved what they can do for the Navy.

"I see the same pride and dedication to service in the Sailors today that we had during the days of Vietnam. This unit is the best of the best," said Aviation Electrician's Mate 2nd Class Mike Dobson, a member of HAL-3 "Seawolves," the grandfather of HCS-5.

Capt. James Iannone, commodore of Helicopter Wing Reserve San Diego and New Orleans, summarized his thoughts about the unit after the ceremony.

"When I think of this unit, I think of the words, 'The many have come to rely on the few.' These men and women are the proud few who stand together and have served whenever and wherever they are called," Iannone said.

Earlier this year, the Firehawks received the Navy Unit Commendation for exceptionally meritorious service from

March 2003 through April 2004.

During this period, the squadron completed more than 1,700 combat flight hours and 900 combat air missions in direct support of U.S. and multinational special operations forces in support of Operation *Iraqi Freedom*.

After reading the orders of disestablishment and words of goodbye from their commanding officer, the Sailors of HCS-5 were dismissed by the executive officer. The Sailors filed out proudly and silently to begin a new chapter in their lives.



Cmdr. Ken McDonnell, Cmdr. Tim Buffington, Cmdr. Tom Harrington



Retired members Chief Aviation Machinist Mate Red Fairbanks and Chief Aviation Electrician's Mate Bill Rutledge stand at attention honoring the squadron.



# THE NAVY Menu EVOLUTION



## Culinary Specialists and The Food They Serve

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

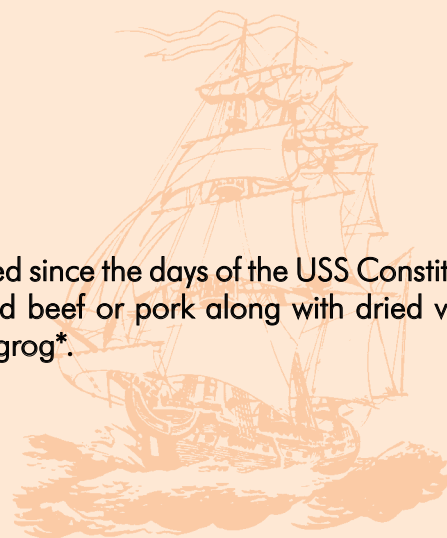
*ABOVE:*  
Culinary Specialist 3rd Class Mildred Fernandez makes lobster tails aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69).

*U.S. Navy photo by Mass Communication Specialist Seaman Clarence McCloud*



## Making a Culture of Fitness That Much Easier

The Navy menu has evolved since the days of the USS Constitution with meals consisting of salted beef or pork along with dried vegetables and two daily rations of grog\*.



Today's Sailors, both ashore and at sea, are able to enjoy a variety of meals that are both nutritious and tasty. In Chief Navy Reserve's 2006 testimony before the Senate Armed Services Committee, Subcommittee on Personnel, Vice Adm. John G. Cotton stated: ... the Navy is changing its culture of fitness to ensure a ready, fighting force."

The foods Sailors are served is one of the keys to ensure this is done.

According to Commander Navy Reserve Forces Command Chief Culinary Specialist John Schenkel, the change in the Navy menus over the past 20 years has been quite dramatic.

"The food we serve today has less concentrated fats, is leaner and has less salt," said Schenkel. "The menus have evolved around making healthier choices for Sailors both at sea and ashore."

This change in the meals the Navy serves lies in direct correlation to the Navy adaptation of a culture of fitness.

"About ten years ago we had a great number of Sailors with high cholesterol and high blood pressure," said Schenkel. "The food people eat has a direct effect on their health. Now with our menus being more health conscious the number of Sailors with these problems is decreasing."

Gone are the days of deep-fried "triangle trout" and wax paper enchiladas. These have been replaced with baked fish and tacos served with grade 'A' ground beef with fresh vegetables from the salad bar.

Another dramatic change is the departure of using animal fat and deep fried foods in the preparation of Navy meals.

According to Schenkel, the Navy now looks to other means than deep frying to prepare food. But for foods requiring deep frying, vegetable oil is used.

"We want our customers to enjoy the food they are eating," said Culinary Specialist 2nd Class Terrance Bradley. "There is a direct connection between the foods Sailors eat and their morale."

To help culinary specialists in their ability to prepare the best possible food for the crew, the Navy has begun to send their chefs to civilian culinary academies. Civilian chefs deploy on board ships to give their experience to Navy culinary specialists while underway.

Schenkel says people eat with their eyes and if they see food that is more visually appealing they will want to try it.

"This is helping us to prepare food for the crew in ways I never thought," said Bradley. "When food looks and tastes better, Sailors are



Culinary Specialist 3rd Class Joseph Noll butters freshly baked rolls for the evening meal in the bakeshop aboard the nuclear-powered aircraft carrier USS Enterprise (CVN 65).

U.S. Navy photo by Mass Communication Specialist  
Seaman Devonte Jones

less likely to feel they need to season their food themselves with great amounts of salt or sugar."

Some staples Sailors have loved for years have received a much needed upgrade.

"Hamburgers are a food Sailors always love," said Culinary Specialist 2nd Class Abel Contreras. "Just a couple of years ago, we were serving these small burgers to the crew. Now we are serving "Bubba Burgers." These burgers are huge and are a much higher quality of beef than the old ones."

To ensure Sailors know they are eating a balanced diet, nutrition information cards are placed above all items on the serving line. These cards provide the calorie count, fat content and how many of the calories come from fat and cholesterol.

In preparing a menu for the crew, culinary specialists do not just pull items out of a hat and put together a meal. According to Contreras, creating a menu is quite a time-consuming process.

"Each meal must contain two meats, two vegetables, a starch, a soup and salad bar. We also have to make sure the meals are giving the crew the vitamin intake they need for a balanced diet," he said.

Along those lines, the salad bar afforded to the crews has dramatically expanded from what was available just a few years ago.

Contreras remembers the salad bar on his first ship only contained three to four items. At his last command, the salad bar featured 16 items and was growing.

It is not uncommon for the salad bar on a U.S. Navy ship to rival that of a restaurant.

"The menus they are putting out at commands are phenomenal. A Sailor can maintain a balanced meal just eating off of it," said Schenkel.

Even with all these changes and upgrades to Navy meals it is still up to the Sailor to make the choice to live a culture of fitness.

"We put the food out and give all the facts about it," said Schenkel. "It's our job to provide it to the Sailor but it is their ultimate responsibility to choose what and how much they are going to eat."

Whether inport or underway the Navy menus are now more balanced and varied making it easier for Sailors to enjoy their food and maintain a culture of fitness under almost any condition.

As time goes on the menus and choices will only get better.

TNR



The origin of grog lies with Vice Adm. William Penn, father of the founder of Pennsylvania. In 1655, during Penn's campaign for Cromwell in the Indies, Penn arrived in Barbados and captured Jamaica. Unfortunately Jamaica had few stores of beer or wine. Jamaica did, however, have rum. Penn, therefore, began the use of rum as a ration.

Vice Adm. Edward Vernon, a noted seaman, a constant critic of the admiralty and a supporter of better conditions aboard ships, insisted on having the Sailor's rum watered down before issue. He always wore grogram clothing and was nick-named "Old Grog".

*Note: Grogram clothing was a waterproof boat cloak made of a thick material which was a combination of silk, mohair, wool and was often stiffened with gum.*



Culinary Specialist 3rd Class James M. Freeman prepares grilled ham and cheese sandwiches in the Chief Petty Officer's galley aboard the amphibious assault ship USS Iwo Jima (LHD 7).

*U.S. Navy photo by Mass Communication Specialist Seaman Christopher L. Clark*



## KEEPING THE FORCE MOVING

This month we take a deep look inside the Force Travel Office for a better understanding of the three main parts. This is important so next time you are arranging your travel itinerary you can know all the parts of the process and understand what each aspect of your travel arrangements are.

### 1 FORCE TRAVEL OFFICE:

To help the Navy Reserve Force "report for duty," when needed providing immediate and flexible customer service when requested and when not requested.

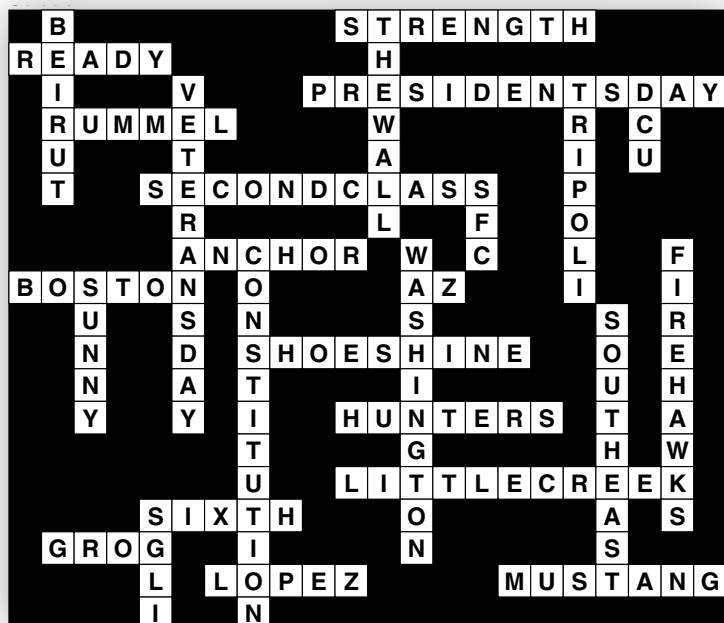
### 2 NAVY PERSONNEL TRANSPORTATION OFFICE NEW ORLEANS:

Provide pay, personnel and passenger transportation services to DoD personnel and their families.

### 3 COMMERCIAL TRAVEL OFFICE OR SATO:

Providing travel services to the U.S. Military and civilian government employees. Working diligently to give travel solutions with a focus on efficiency, accuracy and quality with 24 hour phone center support.

BE SURE TO LOOK IN MARCH ISSUE FOR  
THE LAST PART OF THIS NROWS SERIES  
OF INFORMATION.



JACKSONVILLE, Fla. — Staff members from the Navy Region Southeast were on hand at Fleming Island Elementary School to make Campaign Drug Free (CDF) presentations as part of the school's annual Red Ribbon Week event. What they didn't know was they would be awarded for the efforts soon after.



Storekeeper 1st Class Kimberly Jefcoat gives a student from Fleming Island Elementary advice on dealing with drugs.

Yeoman 1st Class Danyelle Rowland hands out cards to students, detailing fun and safe alternatives to abusing drugs and alcohol.



## Region Southeast Campaign Drug Free Team Join Red Ribbon Week and Wins Award

Story & Photos by  
Mass Communication Specialist  
2nd Class Nicholas Spinelli  
Region SE Public Affairs

CDF regional coordinator Storekeeper 1st Class Kimberly Jefcoat led a team of five region staff members to the school where they talked to more than 400 students over the course of two days.

"We talk to them about the differences between good choices and bad choices, good medicines and bad medicines and how to tell the difference," Jefcoat said.

This is Region Southeast's second year making CDF presentations to local elementary schools, and the team of presenters is confident they will surpass what they've done before.

"We've never had a bad presentation," Yeoman 1st Class Danyelle Rowland said "But we do get better with each one we do."

For Personnelman Seaman Nathan Curry, this year brought new experiences. Last year, he went with the CDF team to observe. This year marked his first chance to actually speak.

"It was very fulfilling. I had a lot of fun, and I think the students did as well."

This was also Region Southeast's second year presenting at Fleming Island.



"It was absolutely wonderful having the Navy as part of Red Ribbon Week again," said Laurie Tucker, the school's guidance counselor and coordinator of the Red Ribbon week events.

"The whole week is dedicated to letting the students know about the dangers of drug and alcohol abuse, and Campaign Drug Free does just that," she said. "We have a lot of children whose parents are in the military, so they respond well to the Navy uniforms."

Navy Community Service Volunteer Award by Navy Region Southeast.

"This was a great accomplishment, and I'm grateful to everyone who has contributed," Jefcoat said. "We took a non-existing program here, and, with dedication and training, turned it around to do our first presentation within four months. Since then, everything has continued to fall into place."

For the remainder of the school year, the Region



LEFT: Storekeeper 2nd Class Carlos Bell shows the students at Fleming Island Elementary school the Campaign Drug Free ABC's: Always think, Be a buddy, Consider the consequences.

*"Sometimes, children look to the wrong place for role models. They look to movie stars or professional athletes. It's the military, the police, the firemen and especially the parents who they should be looking at, and we have a chance to pass on something important to them, not just about drugs, but about life."*

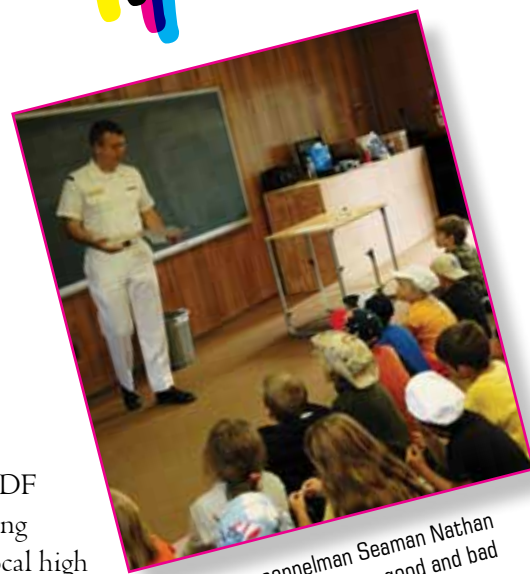
Jefcoat agreed the uniforms are a big factor in gaining the student's attention.

"Sometimes, children look to the wrong place for role models. They look to movie stars or professional athletes. It's the military, the police, the firemen and especially the parents who they should be looking at, and we have a chance to pass on something important to them, not just about drugs, but about life," she said.

The work of the Region Southeast CDF program has not gone unnoticed. Not long following their presentation at Fleming Island Elementary, they were awarded with the

Southeast team will make several more CDF presentations including their first trip to a local high school. One team member, Personnelman 1st Class Kit Tolliver is certainly looking forward to it.

I have so much fun doing this," he said. "I learn just as much from the kids as they learn from me. I can't wait."



*Personnelman Seaman Nathan Curry discusses good and bad choices with students.*

TNR

# Strategic Healing

Story & photos by  
Mass Communication Specialist 1st Class(SCW)  
L.A. Shively



Navy Reservist  
Builds Bridges  
Between Different Worlds

A

ssessing the capabilities of a hospital while under heavy fire, distributing medical supplies to needy Iraqis, helping a child with life-threatening tumors get treatment, or manning a .50-caliber machine gun in the dead of night – all in a day's work for Navy doctor Cmdr. Louis Tripoli, during his year-long deployment to Iraq in 2004.

Throughout the seven months he spent with the Marines of the 4th Civil Affairs Group, Tripoli forged partnerships between the Marines, local doctors and government officials in Fallujah that made life better for Iraqi citizens and cultivated a strategic alliance in the arena of communication and collaboration for coalition forces.

"Cmdr. Tripoli single-handedly overcame an almost impenetrable culture and bureaucracy in Iraq to accomplish feats of such strategic importance, that their effects are still felt to this day in Al Anbar Province," said Lt. Col. D. K. Hansen. Notably, he gave coalition forces their first victory in the arena of strategic communications in the November 2004 Fallujah offensive."

Tripoli attributed his success in combating public health issues in Iraq and building bridges across cultural boundaries to his family and his civilian job as a physician providing health care to prisoners.

## Tradition of Service

Tripoli's grandparents immigrated to the United States from Italy looking for opportunities not available there. His grandfather served with the U.S. Army in WWI. His dad, Charles, was also a Navy doctor and his mom, Rita, was a nurse. His parents established a clinic for the poor in Honduras then worked in Haiti.

After training at Harvard and the University of Pennsylvania, Tripoli and his father set up a clinic for the medically disadvantaged in Washington, Pa., where they worked together for five years fulfilling a financial grant commitment.

"We were one of the only practices that would take the poor for free,"

Tripoli said, adding his parents instilled in him a sense of duty. "They spent their whole lives not only practicing medicine but devoting themselves to the underprivileged."

When the financial commitment was fulfilled, Tripoli



Cmdr. Louis Tripoli  
listens to the heart of  
an Iraqi man in Fallujah.

continued to work with disadvantaged patients, eventually accepting a position as the chief medical officer in correctional health care.

## The Right Fit

Tripoli said he felt well prepared to manage the difficult public health conditions of Iraqis due to his experience with the underprivileged.

"My work in correctional health care exposed me to a significant proportion of people in this country with HIV, hepatitis, tuberculosis and other chronic long-term infectious diseases," Tripoli said. "When we got



there we found many outbreaks of infectious diseases – not only the ones you hear a lot about like leishmaniasis, but hepatitis-e has been reported as well as rabies. We had a lot of public health threats in front of us.”

Tripoli explained solving problems such as the lack of a public health care system and getting medical supplies where they were needed were of utmost importance in winning the hearts and minds of the Iraqi people – fulfilling the mission of his civil affairs group.

### Earning Trust

After Marines took control of Fallujah following Operation al Fajr (the Dawn) in November, Tripoli and the 4th Civil Affairs Group arrived and established direct lines of communication with Iraqi doctors and the minister of health. He coordinated delivery of medical supplies for the hospitals and clinics, then devised a protocol with Iraqi and coalition forces ambulances to ferry injured civilians to treatment centers safely.

“They were skeptical of our intentions and we needed to establish trust,” said Tripoli. “When problems arose, they could call me and we would solve problems and get things done.”

He said three major health centers, two hospitals and several smaller clinics that were restored or rebuilt and are still functioning today.

### Changing Perceptions

Helping a 9-month old Iraqi girl became a family affair for Tripoli. The baby’s father visited Americans at Abu Ghraib often looking for a cure after Iraqi specialists could do nothing. The doctors could not help, but the Marines at the prison wanted something done and called Tripoli.

At first the situation seemed hopeless, but when Tripoli got the go ahead from his executive officer, he called his wife, Michelle, who found a doctor to do the surgery.

When the baby’s dad wanted to accompany his child to the United States, the Tripoli family agreed to house and feed them both.

“Michelle wanted to feel like she was contributing,” Tripoli said.

Getting visas and legal guardianship for medical decisions was the most difficult hurdle to clear, but Tripoli arranged for his parents to take this role through developing a rapport with the baby’s father. Tripoli’s parents met the father in Jordan and all was going well until a pediatrician there diagnosed the baby with an atrial septal defect, or hole in her heart. His mom and dad found a heart surgeon and today the baby is 100 percent recovered.

“Having my parents was a very unique strength – if it weren’t for them none of this would have happened,” Tripoli said.

The baby’s father is eternally grateful. “He said he would love to go and shout from the mountaintop how wonderful we were to him, but that he would never dare tell anybody. This guy was willing to sacrifice himself for

his little girl, which in and of itself is very unusual for that culture,” Tripoli said. “He had hope when nothing else was left.”

### Training

Almost every day the 4th Civil Affairs Group assessed the needs of the civilian population during the military operations in and around Fallujah via convoy. Although his focus was health, other aspects of the mission concerned the group and Tripoli needed to be in physical shape to be able to defend himself and his people.

Medical personnel usually carry and learn to fire a 9mm handgun, but Tripoli went further. He learned as much as he could during his three months of training with the Marines and his preparations paid off during one pitch-black evening in hostile territory.

“One of our Humvees ran over an obstacle and blew out two tires,” remembers Tripoli. “All of the Marines had to do something in order to change those two tires so we could get out of there. There was only one guy left to man the .50-caliber machine gun in the middle of the night and that was yours truly. I didn’t have to fire it, but at least I know how.”

He counted 36 civil affairs convoy missions accomplished. Luckily his missions were never compromised by roadside bombs or incoming fire.

“I was thought to be sort of a rabbit’s foot,” Tripoli joked. “Rocket propelled grenades just missed us and there were all kinds of close calls but we never got hurt when I was with them.”

Tripoli’s experiences in Iraq have truly set him apart and showed the true grit of today’s Reservist. **TNR**



ABOVE: U.S. Army Maj. Gita Velu, left, Cmdr. Louis Tripoli, center and Lt. Cmdr. Gaby Salib, the nucleus of the 4th Civil Affairs Group.



# 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](http://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	Moundsville, W.Va. (304) 843-1553	Gulfport, Miss. (228) 323-0064	Dubuque, Iowa 1-866 556-2144	REDCOM Southwest 1-866-744-1735	Portland, Ore. (503) 285-4566	VR-59 (817) 782-5411
Office of the Chief of Navy Reserve (703) 695-0324	New London, Conn. (860) 625-3208	Harlingen, Texas (956) 367-1856	Duluth, Minn. (218) 310-0166	Alameda, Calif. (510) 967-5143	Sioux Falls, S.D. (605) 336-2402	VR-61 (360) 257-6595
Commander Navy Reserve Forces Command (504) 678-5313	Newport, R. I. (401) 841-4550	Houston, Texas (713) 502-2731	Forest Park, Ill. (708) 670-2280	Albuquerque, N.M. (505) 379-1366	Spokane, Wash. (509) 879-9260	VR-62 (927) 921-1462
Force Equal Opportunity Advisor & EO Hotline Senior Chief Margaret Hoyt 1-877-822-7629	Norfolk, Va. (757) 635-4548 (757) 444-7295	Jacksonville, Fla. (904) 542-3320	Grand Rapids, Mich. (616) 363-6889	Denver, Colo. (720) 847-6205 (303) 677-6230	Tacoma, Wash. (253) 209-0181	VR-64 (215) 443-6400
	Plainville, Conn. (860) 573-9180	Lubbock, Texas (806) 765-6657	Green Bay, Wis. (920) 366-4606	Encino, Calif. (818) 381-6752	Whidbey Island, Wash. (360) 257-2922	Carrier Air Wing Reserve 20 (678) 575-6830
NAF Washington (240) 857-3783	Pittsburgh, Pa. (412) 673-0801	Meridian, Miss. (601) 604-1865	Grisson, Indiana (765) 469-0178	Fort Carson, Colo. (719) 238-8541	Naval Air Stations	VAQ-209 (240) 857-7828
Adelphi, Md. (301) 394-5800	Quincy, Mass. (617) 753-4600	Miami, Fla. (305) 336-5572	Indianapolis, Ind. (317) 294-7380	Guam (671) 777-4233 (671) 339-6724	Atlanta, Ga. (678) 655-6392	VAW-77 (678) 655-6382
Baltimore, Md. (410) 752-4561	Raleigh, N.C. (866) 635-8393	Mobile, Ala. (251) 490-0611	Kansas City, Mo. (816) 923-2341	Honolulu, Hawaii (808) 227-3575	Fort Worth, Texas (817) 782-7152	VFA-201 (817) 782-6363-221
Washington, D.C. (202) 391-6907	Reading, Pa. (610) 378-0164	New Orleans, La. (504) 554-5830 (504) 697-9205	Knoxville, Tenn. (865) 406-4024	Las Vegas, Nev. (702) 349-9685	New Orleans, La. (504) 678-3254	VFA-204 (504) 678-3491
	Richmond, Va. (804) 833-2882	Orange, Texas (409) 779-0158	La Crosse, Wis. (608) 792-1622	Lemoore, Calif. (559) 960-3228	Sigonella, Italy 001-39-095-86-2359	VFC-12 (757) 433-4919
REDCOM Mid Atlantic 1-866-538-4773	Roanoke, Va. (540) 309-2563 (540) 563-9723	Orlando, Fla. (407) 240-5939	Lansing, Mich. (517) 930-2579	Los Angeles, Calif. (310) 617-8360	Willow Grove, Pa. (215) 443-6454	VFC-13 (775) 426-3645
Adelphi, Md. (301) 394-5800	Rochester, N.Y. (585) 247-6858	Pensacola, Fla. (850) 384-4023	Lexington, Ky. (859) 494-1473	Moreno Valley, Calif. (951) 840-0187	Naval Air Facility	Helicopter Wing Reserve (619) 846-4857
Albany, N.Y. (518) 489-5441	Syracuse, N.Y. (315) 455-2441	Roosevelt Roads, P.R. (787) 865-4300	Lincoln, Neb. (402) 450-4072	Phoenix, Ariz. (602) 374-0993	Washington D.C. (240) 857-4880	HC-85 (619) 545-7218
Amityville, N.Y. (631) 842-4850	White River Junction, Vt. (802) 295-0050	San Antonio, Texas (210) 381-2297	Little Rock, Ark. (501) 416-6356	Point Mugu, Calif. (805) 989-7559	Reserve Patrol Wing (COMRESPATWING) (215) 443-6817	HCS-4 (757) 445-0861
Asheville, N.C. (828) 777-1194	Willow Grove, Pa. 1-866-945-5694	Shreveport, La. (318) 393-0096	Louisville, Ky. (502) 375-3329	Port Hueneme, Calif. (805) 469-3845	VP-62 (904) 542-2211	HCS-5 (619) 545-7288
Avoca, Pa. (570) 407-1086	Wilmington, Del. (302) 998-3328	St. Petersburg (Clearwater), Fla. (727) 744-9927	Madison, Wis. (608) 225-3417	Reno, Nev. (775) 250-7886	VP-66 (215) 443-6600	HS-75 (904) 542-4495
Bangor, Maine (207) 942-4388	Wilmington, N.C. (910) 540-9676 (910) 762-9676	Tallahassee, Fla. (850) 294-9158	Marquette, Mich. (906) 362-8767	Sacramento, Calif. (916) 919-6059	VP-65 (805) 989-8765/7598	HSL-60 (904) 270-6906
Brunswick, Maine (207) 522-1064	Worcester, Mass. (508) 259-7103	Tampa, Fla. (813) 486-0236	Memphis, Tenn. (901) 212-5354 (901) 874-5256	Salt Lake City, Utah (801) 736-4200	VP-69 (360) 257-2522	Operational Support Offices and Reserve Force Operations
Bronx, N.Y. (646) 342-3754		Waco, Texas (254) 498-1910	Milwaukee, Wis. (414) 303-9606	San Diego, Calif. (619) 571-5177 (619) 545-2632	VP-92 (207) 921-2092	Allied Command Transformation (NATO) (757) 747-3314
Buffalo, N.Y. (716) 807-4769	REDCOM Southeast 1-800-201-4199	West Palm, Fla. (561) 315-7888 (561) 687-3960	Minneapolis, Minn. (612) 713-4600	San Jose, Calif. (408) 210-2950	VP-94 (504) 678-3324	Amphibious Construction Battalion Two (757) 492-7622
Charlotte, N.C. (704) 264-9159	Amarillo, Texas 1-866-804-1627	REDCOM Mid West 1-866-356-3446	Nashville, Tenn. (615) 429-0890	Tucson, Ariz. (520) 228-6289 (520) 444-4439	Fleet Logistics Support Wing (817) 825-6438	Amphibious Group One 011-81-611-742-2377
Ebensburg, Pa. (814) 341-2199	Atlanta, Ga. (678) 655-5918	Akron, Ohio (330) 376-9054	Oklahoma City, Okla. (405) 733-1052		VR-1 (240) 857-3722	Amphibious Group Two (757) 462-7403 x510
Earle, N.J. (732) 580-8545 (732) 866-2888	Augusta, Ga. (706) 533-3439	Battle Creek, Mich. (269) 420-8813	Omaha, Neb. (402) 871-7086	REDCOM Northwest (425) 304-3338	VR-46 (678) 655-6333	Amphibious Group Three (619) 556-1178
Erie, Pa. (814) 866-3073	Austin, Texas (512) 797-2250	Cape Girardeau, Mo. (573) 576-9300	Peoria, Ill. (309) 678-1157	Bangor, Wash. (360) 315-3004	VR-48 (240) 857-6814	Bureau of Medicine and Surgery (202) 762-3415
Fort Dix, N.J. (609) 351-1375	Baton Rouge, La. (225) 270-2751	Chattanooga, Tenn. (423) 322-6814	Rock Island, Ill. (309) 737-7731	Billings, Mont. (406) 248-2090	VR-51 (808) 257-3289	Center for Naval Aviation Technical Training (361) 961-3618
Fort Drum (Watertown), N.Y. (315) 212-0352	Bessmer, Ala. (205) 497-2600	Chicago, Ill. (847) 804-1525	Saginaw, Mich. (989) 233-5712	Boise, Idaho (208) 841-2004	VR-52 (215) 443 6553	Center for Personal Development (757) 492-7622
Glens Falls, N.Y. (518) 505-4534	Charleston, S.C. (843) 743-2620	Cincinnati, Ohio (513) 319-9396	Sioux City, Iowa (712) 490-8049 (712) 276-0130	Central Point, Ore. (541) 941-5082	VR-53 (240) 857-9029	Comptroller of Navy (OMN&R) (703) 614-0061
Greensboro, N.C. (336) 254-8671	Columbia, S.C. (803) 606-4756	Cleveland, Ohio (216) 771-0845	Springfield, Mo. (417) 425-2598	Cheyenne, Wyo. (307) 631-0979	VR-54 (504) 678-3700	Comptroller of Navy (RPN) (703) 614-5528
Harrisburg, Pa. (888) 879-6649	Columbus, Ga. (706) 464-9895	Columbus, Ohio (614) 492-2888	St. Louis, Mo. (314) 954-1052	Eugene, Ore. (541) 342-1887	VR-55 (805) 989-8755	Defense Intelligence Agency (202) 231-4980
Horseheads, N.Y. (607) 331-9309	Corpus Christi, Texas (361) 961-2241	Decatur, Ill. (217) 433-9058	Toledo (Perryburg), Ohio (419) 666-3444	Everett, Wash. (425) 304-4764	VR-56 (619) 545-6920	Defense Logistics Agency (703) 767-5320
Huntington, W. Va. (304) 523-7471	El Paso, Texas (915) 276-6289	Des Moines, Iowa (515) 205-6527	Tulsa (Broken Arrow) (918) 258-7822	Fargo, N.D. (701) 232-3689	VR-57 (757) 445-0746	
Lehigh Valley, Pa. (610) 264-8823	Fort Worth, Texas (817) 271-8936	Detroit, Mich. (586) 307-6148	Wichita, Kan. (316) 640-5139	Fort Richardson, Alaska (907) 384-6491	VR-58 (904) 542-4051	
Manchester, N.H. (603) 303-0705 (603) 537-8023	Greenville, S.C. (864) 423-5889		Youngstown, Ohio (330) 609-1900	Helena, Mont. (406) 449-5725		



Destroyer Squadron Two  
(757) 444-1452 x509

Employer Support of the  
Guard and Reserve  
DSN: 426-1390

First Naval  
Construction Division  
(757) 462-8225 x229

Fleet Activities Chinhae, Korea  
011-82-55-540-2852

Fleet and Industrial Supply  
Center Jacksonville, Fla.  
(904) 542-1157

Fleet and Industrial Supply  
Center Norfolk, Va.  
(757) 443-1012

Fleet and Industrial Supply  
Center Pearl Harbor, Hawaii  
(808) 473-4627

Fleet and Industrial Supply  
Center San Diego, Calif.  
(619) 532-4283

Fleet and Industrial Supply  
Center Yokosuka, Japan  
011-81-46-816-6548

Fleet Air Mediterranean  
011-39-081-568-4184

Fleet Information  
Warfare Center  
(757) 417-4018

Fleet Forces Command  
(757) 836-3634  
(757) 836-3837  
(757) 836-0454  
(757) 836-3847  
(757) 836-5397

Fleet Intelligence Training  
Center Pacific  
(619) 524-6753

Headquarters  
US Marine Corps  
DSN: 278-9360

Joint Chiefs of Staff  
(703) 697-3397  
(703) 693-9753

Joint Forces Intelligence  
Command  
(757) 836-7211

Judge Advocate General  
(504) 678-5303  
(202) 685-5216

Logistics Group  
Western Pacific  
011-65-6750-2342

Marine Forces Reserve  
(504) 678-8637

Merchant Marine Program  
(504) 678-0590

Military Sealift Fleet  
Support Command  
(202) 685-5149

Mine Warfare Command  
(361) 961-4828  
(361) 961-4885  
(361) 961-4894

Naval Air Force  
US Atlantic Fleet  
(757) 445-1482  
(757) 444-6694

Naval Air Forces/  
Naval Air Force  
US Pacific Fleet  
(619) 545-2734  
(619) 545-7272

Naval Air  
Systems Command  
(301) 757-8512  
(301) 342-9680

Naval Coastal  
Warfare Group One  
(619) 437-9525  
(619) 437-9475  
(619) 437-9897

Naval Coastal  
Warfare Group Two  
(757) 396-0513  
(757) 967-4403

Naval Construction  
Forces Command  
(757) 462-8225 x230

Naval Criminal  
Investigate Service  
(202) 433-9169

Naval District Washington  
(202) 433-6465  
(202) 433-7527

Naval Education and  
Training Command  
(850) 452-9252

Naval Expeditionary  
Logistics Support Group  
(757) 887-7639  
(800)-453-1621

Naval Facilities  
Engineering Command  
(202) 685-9010

Naval Health Care  
New England  
(860) 694-4105

Naval Hospital  
Bremerton, Wash.  
(360) 475-4375

Naval Hospital  
Camp Lejeune, N.C.  
(910) 450-4090

Naval Hospital  
Camp Pendleton, Calif.  
(760) 725-1373

Naval Hospital  
Charleston, S.C.  
(843) 743-7316

Naval Health Clinic  
Great Lakes, Ill.  
(847) 688-6699

Naval Hospital  
Jacksonville, Fla.  
(904) 542-7458

Naval Hospital  
Lemoore, Calif.  
(559) 998-2529

Naval Hospital  
Naples Italy  
011-39-081-811-6099

Naval Hospital  
Oak Harbor, Wash.  
(360) 257-9991

Naval Hospital  
Pensacola, Fla.  
(850) 505-6832

Naval Hospital  
Yokosuka, Japan  
011-81-6160-43-9549

Naval Inspector General  
(202) 433-4707

Naval Medical Center  
Portsmouth, Va.  
(757) 953-7700

Naval Medical Center  
San Diego, Calif.  
(619) 532-5555

Naval Medical Education and  
Training Command  
(301) 319-4966

Naval Meteorology and  
Oceanography Command  
(228) 688-4531

Naval Network and Space  
Operations Command  
(540) 653-5001

Naval Network Warfare  
Command  
(757) 417-6701

Naval Operational Logistics  
Support Center  
(757) 443-5274

Naval Operations  
(301) 669-3389  
(703) 601-1744  
(703) 614-5563  
(703) 614-4932  
(703) 602-1768  
(703) 697-2230  
(703) 697-4040  
(703) 601-1427

Naval Operations  
Office of the Chief of Chaplains  
(504) 678-6446  
(703) 614-4437

Naval Operations  
Office of Naval Intelligence  
(504) 678-1394

Naval Personnel Development  
Command  
(757) 444-4996  
(757) 444-2996 x3111

Naval Sea  
Systems Command  
(202) 781-3116  
(202) 781-3227

Naval Security  
Group Reserve  
(240) 373-3125

Naval Service Training  
Command Great Lakes, Ill.  
(708) 218-5042

Naval Special  
Warfare Command  
(619) 437-3230

Naval Special Warfare  
Operational Support Group  
(619) 437-5196

Naval Station Rota Spain  
011-34-956-82-2850

Naval Submarine Force/  
Submarine Force  
US Atlantic Fleet  
(757) 836-1208

Naval Supply  
Systems Command  
(717) 605-5122

Naval Support Activity, Bahrain  
011-1785-9019

Naval Surface Force  
US Atlantic Fleet  
(757) 836-3234

Naval Surface Forces/  
Naval Surface Force  
US Pacific Fleet  
(619) 437-2219  
(619) 437-2342

Naval War College  
(401) 841-7801  
(401) 841-4450  
(401)-841-7539

Navy Emergency Preparedness  
Liaison Officer Program  
(504) 678-4264

Navy Expeditionary Combat  
Command  
(757) 462-7400 x167

Navy Expeditionary Logistics  
Support Group  
(757) 256-1349

Navy Installations Command  
(202) 433-4721

Navy Munitions Command  
(757) 887-4541

Navy Office of Information  
(504) 678-6055

Navy Personnel Command  
(901) 874-4481

Navy Region Europe  
011-44-207-514-4605  
011-39-081-568-4636  
011-39-081-568-8215

Navy Region Guam  
(671) 339-3123  
(671) 339-5206  
(671) 339-2668

Navy Region Gulf Coast  
(850) 452-1341  
(850) 452-1046

Navy Region Hawaii  
(808) 473-4505

Navy Region Japan  
011-81-468-16-4467

Navy Region Korea  
011-822-7913-5795

Navy Region Mid-Atlantic  
(757) 445-2435  
(757) 444-6454

Navy Region Midwest  
(847) 688-2086

Navy Region Northeast  
(860) 694-2210  
(203) 466-0314

Navy Region Northwest  
(360) 315-3007

Navy Region Southwest  
(706) 354-7301  
(619) 532-1239  
(619) 532-1122

Navy Region  
Southwest Asia  
011-973-1785-9019

Office Naval Intelligence  
(301) 669-4602

Office of Naval Research  
(703) 696-6676

Puget Sound Naval Shipyard  
(360) 476-7683

Sealift Logistics Command  
Atlantic  
(757) 443-5653

Sealift Logistics Command  
Europe  
011-39-081-568-3568

Sealift Logistics Command  
Pacific  
(619) 553-7787

Space And Naval Warfare  
Systems Command  
(619) 524-7323

Submarine Force  
US Pacific Fleet  
(808) 473-2346

Submarine Group Nine  
(360) 396-6949

Submarine Group Ten  
(912) 573-4258

Submarine Group Two  
(860) 694-3122

Submarine Squadron Eleven  
(619) 553-0747

US Central Command  
(813) 827-6938  
(813) 827-6941

US European Command  
011-49-711-680-4002

US Fifth Fleet  
011-973-724-383

US Fleet Forces Command  
(757)-836-3847  
(757)-836-0454  
(757) 836-3551

US Joint Forces Command  
757-836-6570

US Naval Forces Central  
Command  
011-973-724-383

US Naval Forces Alaska  
(907) 463-2248

US Naval Forces Europe  
011-44-207-514-4605  
011-39-081-568-4634

US Naval Forces Japan  
011-81-468-16-4467  
011-81-468-16-4174

US Naval Forces Korea  
011-822-7913-5795

US Naval Forces Marianas  
(671) 339-5432  
(671) 339-5117  
(671) 339-2668

US Naval Forces Southern  
Command  
(904) 270-7354 x4304

US Naval Special Warfare  
Command  
(619) 437-3230

US Northern Command  
(719) 554-4120  
(719) 554-0552

US Pacific Command  
(808) 477-2322  
(808) 477-1405

US Pacific Fleet  
(808) 474-8415  
(808) 474-1178

US Second Fleet  
(703) 696-6676  
(757) 444-4041  
(757) 445-4672

US Seventh Fleet  
011-81-6160-43-7440 x4090

US Sixth Fleet  
011-39-081-568-4634

US Southern Command  
(305) 437-2987  
(305) 437-1255

US Special Operations  
Command  
(813) 828-3004

US Strategic Command  
(402) 294-8141  
(402) 294-8121

US Third Fleet  
(619) 524-9537

US Transportation Command  
(618) 229-7084

**Naval Reserve Intelligence  
Command**

Reserve Intelligence  
Command Headquarters  
Fort Worth, Texas  
1-800-544-9962

Reserve Intelligence  
Area One  
Oak Harbor, Wash.  
(360) 257-2254

Reserve Intelligence  
Area Three  
New Orleans, La.  
(504) 678-3411  
1-888-347-2606

Reserve Intelligence  
Area Four  
San Diego, Calif.  
(619) 524-6432  
1-800-873-4139

Reserve Intelligence  
Area Five  
Aurora, Colo.  
(720) 847-6225

Reserve Intelligence  
Area Six  
Fort Worth, Texas  
(817) 782-6462  
1-800-548-4738

Reserve Intelligence  
Area Nine  
Great Lakes, Ill.  
(847) 688-6273

Reserve Intelligence  
Area Nine  
Mt. Clemens, Mich.  
(586) 307-4501

Reserve Intelligence  
Area Ten  
Minneapolis, Minn.  
(612) 713-4700  
1-800-253-4011

Reserve Intelligence  
Area Thirteen  
Jacksonville, Fla.  
(904) 542-3320

Reserve Intelligence  
Area Fourteen  
Marietta, Ga.  
(678) 655-6380  
(888) 436-2246

Reserve Intelligence  
Area Fifteen  
Norfolk, Va.  
(757) 444-1352

Reserve Intelligence  
Area Sixteen  
Willow Grove, Pa.  
(215) 443-6651  
1-877-205-0838

Reserve Intelligence  
Area Eighteen  
Devens, Mass.  
(978) 796-2610  
1-800-854-8019

Reserve Intelligence  
Area Nineteen  
Andrews AFB  
(240) 857-2030

**CNATRA**

CAOSO  
(361) 961-2058

CNRF CNATRA PM  
(504) 678-1072

**Naval Expeditionary Combat  
Command**  
(757) 462-7400

Explosive Ordnance Disposal  
Group One  
(619) 437-3700  
(619) 556-5403

Explosive Ordnance Disposal  
Group Two  
(757) 462-8453  
(757) 462-8470

First Naval Construction  
Division  
(757) 462-7421

**Naval Coastal  
Warfare Group**

Naval Coastal  
Warfare Group One  
(619) 437-9475

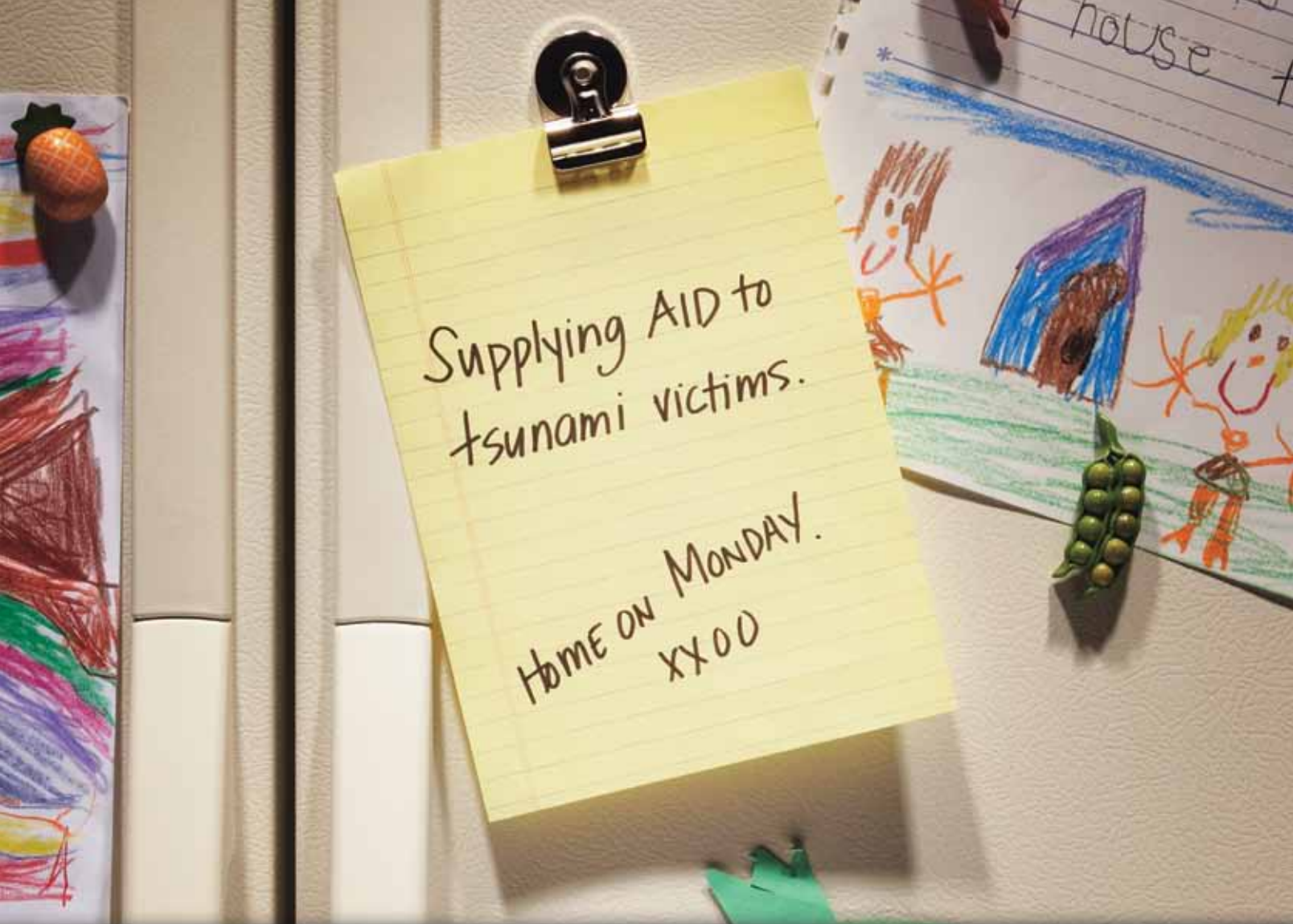


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