



Our flag is representative of our independence and our unity as a nation.....one nation, under God, indivisible. A proud and glorious history, it is at the lead of every battle fought by Americans.

The Fourth of July is traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the American Flag is believed to have first originated in 1885.

B.J. Cigrand, a Wisconsin schoolteacher, arranged for students to observe June 14, the 108th anniversary of the official adoption of The American Flag, as 'Flag Birthday' or 'Flag Day.'

June 14, 1889, the State Board of Education of New York adopted 'Flag Day' ceremonies originally planned by kindergarten teacher, George Balch.

June 14, 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on June 14 of the following year, the New York Society of the Sons of the Revolution, celebrated 'Flag Day.'

April 25, 1893, the Pennsylvania Society of Colonial Dames of America adopted a resolution requesting the Philadelphia mayor and all others in authority and all private citizens to display the flag on June 14th.

May 8, 1893, the Board of Managers of the Pennsylvania Society of Sons of the Revolution unanimously endorsed the action of the Pennsylvania Society of Colonial Dames. Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held on June 14, 1893.

1894, New York governor directed on June 14, the flag be displayed on all public buildings. With Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known as the American Flag Day Association, was organized for the purpose of promoting the holding of Flag Day exercises.

June 14th, 1894, under the auspices of this association, the first general public school children's celebration of Flag Day in Chicago was held in Douglas, Garfield, Humboldt, Lincoln and Washington Parks, with more than 300,000 children participating.

Adults, too, participated in patriotic programs. Franklin Lane, Secretary of the Interior, delivered a 1914 Flag Day address in which he repeated words he said the flag had spoken to him that morning, "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself."

Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on May 30th, 1916.

While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until Aug. 3rd, 1949, that President Harry S. Truman signed an Act of Congress designating June 14th of each year as National Flag Day.





The Numbers Are In!

See how Navy Reserve benefits stack up against the other Reserves in this pull-out update.

Our Cover: Customs Border Clearance Agent Quartermaster 3rd Class Christian Moreno inspects the undercarriage of a recently sanitized U.S. Army Humvee. U.S. Navy photo by

Mass Communication Specialis 2nd Class Kitt Amaritnant

Navy Reserve

Facility.

Breaks Ground on Norfolk's New

Administrative

integration tieing Reservists

closer to the needs of the

Navy Reserve Full Time Support Shore Sailor of the Year Named!

Aviation Electricians Mate 1st Class(AW) Chad Underdown selected as FTS Shore Sailor of the Year.



DEFY Program Defies Comparison

In a week-long camp sevicemembers' children are tutored in drug education, positive rolemodel mentoring, leadership and character development.

02...Admiral's View

03...Sailors Matter

04...Spiritual Navigation

05...Career Counselor Corner

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IO...Culture Of Filmess

II...Focus On Families

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MSC Reservists Participate in U.S./Republic of Korea Exercise

Military Sealift Command participation tests the abilities of the two countries' militaries to defend the peninsular nation.



Active Duty Wing Takes Control

A new chapter in Helicopter Sea Combat Squadron 85's history unfolds as Helicopter Sea Combat Wing, U.S. Pacific Fleet takes over.

Reserve Cargo Handlers Deploy to Operation Deep Freeze Antarctica

Eight Reservists augmented Navy Expeditionary Logistics Support Group's Active Duty cargo handlers of Navy Cargo Handling Battalion 1.



THE NAVY RESERVIST navyreserve.navy.mil

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June 07

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

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

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

Admiral's View



Rear Adm.
Robert O. Passmore
Vice Commander,
Navy Reserve Forces Command

e are ready ... ready to answer our nation's call, whenever and wherever. More ready, more aligned and more capable every day. You are changing our Navy culture to a, "one team, one Navy" mentality.

I am truly proud of every Sailor and the work they are doing around the Force. One question remains as we prepare and continue to maintain our personal readiness.

Is your family ready? We must make sure they are! Let's take a look at what is available to support them and what you must do to help ensure you and your family's readiness.

The Chief of Naval Operations, Chief of Navy Reserve and Commander Navy Reserve Forces Command (CNRFC) have made family support one of their top priorities.

CNRFC has hired a full time Family Support Program Manager. Each readiness command is hiring a full time family support person. Check out "CNRFC Families" under the "Welcome Aboard" link at www.navyreserve.navy.mil.

In the new ombudsman instruction, every command must have a trained ombudsman who serves as liaison between the commanding officer and the families. Make sure your spouse knows who your ombudsman is and how to contact him/her.

The Department of Defense publishes "Mission: Readiness,' a Personal and Family Guide for National

Guard and Reserve Members," to help prepare for family separations. The Naval Services Family Line has produced a new "Guideline for Spouses of Individual Augmentees." These are only two of the great resources available at your Navy Operational Support Center or through the CNRFC Family Support Program Manager (504-678-1898). Military One Source also provides information and referrals at www.militaryonesource.com, or call 800-342-9647. The Navy and Marine Corps Relief Society can also help if the member is ordered to Active Duty for more than 30 days. For more information on what they can assist with contact their local office or contact

www.nmcrs.org.

In addition to preparing your family in the event of a recall to Active Duty, you need to ensure your families are ready for an emergency, such as fire, hurricane, earthquake and terrorist attack.

Do you have at least three days of food supplies in your home? Do you have an evacuation plan? A pamphlet is available from the Naval Service Family Line titled "Are You Ready for a Disaster?" Call 877-673-7773 or go to www.lifelines.navy.mil/

Familyline. It is amazing the number of resources available to assist in Family preparedness. Navy Family Assistance has a 24-hour helpline, 877-414-5358. FEMA, The Red Cross and the USO are always available for us and our families.

Finally, the Navy can't help your loved ones if we don't know where or who they are. We need current page 2's, updated DEERS verifications, wills and power's of attorney.

Every year we have issues with Sailors not updating their SGLI insurance beneficiaries. This is so easy to do before an emergency and usually impossible afterward.

Please check these items!

As servicemembers, we can never be truly "Ready to Serve" until we know our families are prepared.

Last month I was honored to present Bronze Stars to several of our EOD Sailors. When I thanked one of them, he said, "Sir, thank our families, they are the real heroes. We get to do the fun stuff." Our families make many sacrifices, and their strength at home gives us strength in the field. We can never thank them enough.

God Bless you, AND YOUR FAMILIES! "As servicemembers, we can never be truly "Ready to Serve" until we know our families are prepa<u>red."</u>

Sailors Matter



was told that The Navy Reservist magazine (TNR) is trying something a bit new; master chiefs around the Reserve Force are now provided the opportunity to submit articles to TNR. So, with that in mind, it is my privilege to provide this month's article. The topic that I have chosen to share with you is near and dear to my heart, and hopefully yours as well: Safety!

Safety is such a far reaching topic that I will just be able to scratch the surface with the allotted space I have been given. So, let us focus on one area that has potentially far reaching consequences. That is personal safety during a season that is cluttered with a whole host of dangerous scenarios.

During the summer months, we all need to be more vigilant in getting the word out to EVERY one of our Sailors regarding the importance of safety. The list is a large one, and we must address the potential that each of the activities present. I know we have all heard it in the past, but if we lose one more Sailor or Marine, it's one too many!

Summer is a great time to unwind, relax and enjoy a long list of activities in the great outdoors. Our Sailors will be traveling long distances to go on vacation, visit relatives or just simply to get away from it all.

Take the time to have your automobile checked for routine maintenance. When was the last oil change? When was the last time you checked the air pressure in your tires?

If you have to be there at a certain time, allow for more travel time. As we were told early in our careers, "Proper Prior Planning Prevents Poor Performance." This holds true in our personal lives as well. I am truly passionate about my job, but trust me; I'm not going to speed to get to work. If you need additional time, it is better to call your immediate supervisor and inform him or her of your situation, instead of rushing into an irreversible situation. It's just not worth it to risk everything for those few minutes.

How about this: do you leave enough following distance between you and the car ahead of you? The old rule is: "One car length for every 10 miles per hour of speed." However, when doing so, the car beside you takes that to mean "hey, there's plenty of room to weave in there." When that happens, instead of getting upset and potentially doing something you will regret later, just let that person go.

You will live longer without the added stress in your life, and it's a far better plan!

Another example of how the small things add up: I was out enjoying the cherry blossom and kite flying festivals in downtown Washington, D.C., with my family recently, and I cannot tell you how many safety violations I witnessed. I heard a statistic that there were more than 85,000 people riding D.C.'s Metro during this particular weekend. We appear to be bursting at the seams! Anyway, I found myself at a cross walk holding our youngest son's hand waiting for the little red hand to go away on the cross walk light. While we waited, I can't tell you how many people we witnessed ignoring the signal! Try explaining that to your young daughter or son!

I will close by saying, my children are my passion in life, and I have the same regard for our Sailors.

We are all one big family, so take care of each other, talk with one another about safety and by all means, *BE SAFE*!

"Proper Prior Planning Prevents Poor Performance"







of Labor and Statistics report, people spend an average of seven and a half hours a day at work. Indeed, perhaps as much as a third of our life is spent at work. It is important then that we don't leave out a full third of our lives, spirituality. Spirituality in the workplace doesn't just mean pausing for a noon mass or stopping for prayer throughout the day. Being spiritual in the workplace also means that we acknowledge and nurture that part of ourselves and others

One way we do that is through the kind of atmosphere we create by the way we conduct ourselves. For example, military courtesy helps create an atmosphere of mutual respect. How many people in the civilian world even practice good manners anymore, yet each day we treat each other with respect based on the common bond of service. Recognizing and promoting this respect each day, fosters a spirit of camaraderie and nurtures our spirits.

Honoring good traditions also creates a specific atmosphere. Each day when we play colors, or when we witness a re-enlistment we call ourselves back to the principles that made us join the Navy in the first place. Who among us, in our current conflict, can ever hear the Star-Spangled Banner and not be touched at the deepest parts of who we are? Letting the richness of tradition permeate each day brings greater meaning to each moment.

Another way we value a shipmate's spirit is to take care of them with awards. They should not be so prolific as to devalue them, but they should be always available to those that exceed expectations. In the civilian world, you get a nice plaque for a good job. In the Navy, you wear your awards on your uniform, every single day. We celebrate achievement and let everyone see, not just for that one moment but for the rest of someone's career. In fact, each person's ribbon bars tell a story about who they are and where they have been. Take time to ask a shipmate about his or her accomplishments and listen to what they have to say.

Indeed, taking time for a shipmate is perhaps the easiest way to nurture

someone's spirit. How much time do we spend being near others throughout our day, but never being "with" them? Take a moment to stop reading and look around you. Do you realize that every single thing around you can be recreated except the people you are near,

yourself included? What a marvelous gift it is to share this life's journey with such heroic and fine people. So, treat them like the unique creations that they are. Ask shipmates about their life, their aspirations and the things that excite them. Really listen to their answers. There are countless

opportunities each day to experience moments together that will shape us for all eternity. Learn to see these moments not as interruptions, but as opportunities. The few minutes you take to invest in a colleague will give you timeless treasures in the way you are both enriched in your work relationship, and in your own spirit.

All these practices are only a few of the ways we can follow our faith in our workplaces. Things like worship, prayer and meditation are all good spiritual disciplines that should be observed throughout each day, but they are not just ends in themselves. It is when we put the lessons we learn there into practice that we really begin to change the world. In the end, all spirituality comes down to



relationships; how we relate to God and to one another. So, take the time to nurture your own spirit and your shipmate's as well. In doing so, you will find a life that is fuller, richer and more abundant than you can imagine. You will discover the power and joy of putting your faith to work.



Force Career Counselor, Navy Reserve Force





What is Argus? Well, if you have been around for a while, you may remember a Reserve program called the Career Decision Survey (CDS). This survey was written for Reserve Componant (RC) Sailors to take during different milestones within their career. After a while, usage got very low, and the senior leadership of the RC was not getting enough information out of the survey to help Sailors. Along the same lines for the Active Duty Sailors was their Argus survey.

The following is from Master Chief Career Counselor Jeff Kennamore on April 3, 2007: "Please pass this to your commands. We added questions to the ARGUS survey for our RC brothers and sisters as well as questions dealing with I/A assignments.

The following note was on military.com.

Both Active and Navy Reserve Sailors can voice their opinions by answering quality-of-life questions in the ARGUS Milestone Tracking System survey. The updated version of ARGUS has a new section with questions relating to Reserve life. The Web-based survey gathers Sailors' perceptions on quality-of-life issues such as the Navy's services, leadership and job satisfaction. Sailors, Active and Reserve, can access and use the ARGUS from BUPERS Online by going to www.npc.navy.mil and clicking on the BOL link on the right-hand side or by going directly to www.bol.navy.mil. Once logged in to BOL, the ARGUS survey can be accessed from the main BOL menu."

Point of Contact:

Master Chief Career Counselor(SW/SS) Jeff Kennamore Center for Personal and Professional Development Career Development Directorate DSN 882-2470 or (901) 874-2470 jeff.kennamore@navy.mil

If you have any questions or concerns about this or anything else relating to your future in the Navy Reserve, please e-mail me at *cynthia.blevins@navy.mil*.

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



QUESTION: I am currently an enlisted Reservist. I was

wondering how I go about receiving a commission to become an officer?

Answer: The process to become an officer as a Reservist is a little different than our Active Duty counterparts. Like someone entering the Reserve for the first time. a Reservist must begin the process of becoming a Direct Commissioned Officer (DCO) with their local recruiter. However, before even beginning the process, it is important to develop a competitive profile.

A relevant bachelors' degree is first in determining servicemembers' eligibility in the field they desire a commissioning in. However, experience in the chosen field is equally important. Experience in both the enlisted ranks and the civilian work force will be taken into consideration. Good evaluations and physical fitness assessments also makes a servicemeber competitive for a commission.

Upon contact, the recruiter will determine through a blue print if the Sailor is competitive for a commissioning.

If the assessment is positive, he will provide the candidate with a checklist so they can begin to compile everything they will need in their officer packet, which will include a written recommendation from their commanding officer.

The candidate will also be interviewed by two Navy officers from his specialty. Once the packet is reviewed by the regional recruiter, it will be sent on to a board of officers from the candidate's specialty. If the board selects the candidate, he will be commissioned as a U.S. Navy officer within three to four months.

Reservists can always talk to their career counselors to help determine the next move in their Navy career. They can further assist with information on the process of submitting an officer package. They can also provide information on the option of becoming a warrant officer or a line restricted officer.

Lt. Rickey Coleman Navy Reserve Officer Program Recruiter



As the sun rises, USS Ronald Reagan (CVN 76) officers stand in ranks to pay tribute to two military veterans laid to rest in the Pacific Ocean during a burial at sea ceremony.

U.S. Navy photo by

Mass Communication Specialist 3rd Class Joanna M. Rippee

PROFILES IN PROFESSIONALISM

Hometown: Saulston, N.C.

Brief description of your job: Support all aspects of squadron operations, including materials and equipment needed to keep the aircrafts in the air are available and in good order.

What has been your greatest Navy achievement: Serving the U.S. Navy with the passion and drive to make a difference in people's lives. Seeing junior Sailors develop and knowing you played a positive role in the future of the Navy that was passed down to you.

Who has been your biggest influence since joining the Navy: My wife and daughters.

What do you enjoy most about the Navy: The opportunities the Navy has provided for me and my family, as well as the people and places I have visited.

Most interesting place visited since joining the Navy: Being able to travel the world over, the many different cultures was great. To see what other countries do not have, it makes you appreciate America that much more.

Why did you join the Novy: To make a difference in the lives of the American people. To protect and serve with Honor Courage and Commitment.

Homelown: Westbrook, Maine.

Brief description of your job: Customs border clearance agent. We do customs pre-clearance for all personnel, aircraft, cargo and vehicles returning to the United States.

What has been your greatest Navy achievement: Earning my ESWS pin long before it was mandatory.

Who has been your biggest influence since joining the Navy: My first master chief HTCM(SW) Miele.

What do you enjoy most about the Navy: Friends that I have made during the last 21 years while serving in the Navy.

Most interesting place visited since joining the Navy: Monte

What are you hobbies: Bowling, swimming and spending time with my family.

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, <code>navresfor_tnr@navy.mil</code>, for the submission form if you'd like to nominate a Sailor. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



Storekeeper Ist Class(AW) Steve Lipscomb



Hull Maintenance Technician
I st Class
Harold Neales

by Capt. Kathryn P. Hire

he April 2007 TNR featured an article about the transition of the Commander, Navy Reserve Forces Command Navy Reserve Policy Board (NRPB) to a year-round "Evergreen Process." This new process empowers Reservists to submit policy issues at any time, eliminating the constraint of waiting for annual policy board schedules.

An on-line, Web-based capability will be available soon for streamlined research and submission of policy issues. The NRPB needs your input to keep policy relevant and effective for today's Total Force. Be sure to check TNR each month for updates on how the NRPB is working for you.

2007 NRPB

The NRPB convened March 2007 to review 28 policy issues received through the previous annual process, and 27 from the new evergreen process. Each issue was examined to determine if specific action could be taken to resolve the issue, if further investigation was required or if enough information was available to reply to the originator and close the issue. All submissions reflected great thought and effort by originators and reviewers along the way.

NRPB Point of Contact:

Lt Cmdr. Steve Sinclair NRPB@navy.mil

NAVY Policy RESERVE Board

MyPay Visibility of Leave and Earning Statements (LES)

month and second previous month LES' on the Defense Finance and Accounting Service (DFAS) MyPay Web site, while Active members can view 12 months of LES.

Resolution: Within the current pay system, Reservists may receive payments from different sources (AT, drills, ADT) on various dates, potentially generating multiple LES' within a single month. A Reservist could accumulate more than 12 LES' within the three months visible on MyPay. To manage data base storage, Reserve LES' are removed from the MyPay server after three months. However, the data is still available from DFAS for a period of six years. To request any LES less than six years old, include: name, rank, social security number, month and year of requested LES, complete mailing address, phone number, e-mail address and signature in a fax sent to commercial (216) 522-6661, or DSN 580-6661. Allow three weeks for processing and mailing.

For further information, call: DFAS Customer Service 1-888-332-7411



Your Credit Rating

by Leslie Rhodes Jr., CSC Financial Specialish To check your credit rating visit: Equifax: www.equifax.com Experian: www.experian.com Trans Union: www.transunion.com

ailors are expected to maintain a good financial standing. Young Sailors receive training on the matter and it is continually reinforced throughout time in service. Not only is it an expectation of a servicemember, but financial security allows Sailors to better focus on their family, work and mission.

The best way to keep track of one's financial health is their credit score. While most people realize that their personal creditworthiness is tracked on something called a credit report, few know much about it or their scoring. The score was developed by Fair Isaac & Co. (FICO) to evaluate the likelihood that consumers will pay their bills. FICO scores range from a low of 300 points (highest risk) to a high of 850 points (lowest risk).

The primary factors used to calculate an individual's credit score (see pie-chart at right) are their credit payment history, current debts, and length of credit history, credit type mix and frequency of applications for new credit.

A person's credit score affects their ability to hold a credit card, get a mortgage, loans and often determines the price at which money can be borrowed. Depending on your credit score, lenders will determine what risk you pose to them. According to financial theory, increased credit risk means that a risk premium must be added to the price at which money is borrowed. Basically, if you have a poor credit score, lenders will not avoid you, but lend you money at a higher rate than the one paid by someone with a better credit score. This is part of what makes maintaining a good score and continuously seeking to raise one's score imperative. Servicemembers also need to consider the credit requirements needed to maintain their security clearances and government travel cards.

Tips to Improve or Maintain a High Credit Score

- Pay your bills on time. Late payments and collections can have a serious impact on your score.
- Never ignore overdue bills.
- Be aware of what type of credit you have. Credit from financing companies can negatively affect your score.
- Keep your outstanding debt as low as you can.
 Continually extending your credit close to your limit is viewed poorly.
- Limit your number of credit applications. Not all hits are viewed negatively (such as those for monitoring of accounts or prescreens), but most are.
- Credit is not built overnight. It's better to provide creditors
 with a longer historical time frame to review: a longer
 history of good credit is favored over a shorter period of
 good history.



- Previous Credit Performance
- Indebtedness Current Level
- Time Credit Has Been In Use
- Types Of Credit Available
- Pursuit Of New Credit



U.S. Navy photo by Mass Communication Specialist 1st Class James Pinsky

The Not So Lazy Hazy Days of Summer



Story by Lt. Cmdr Chad "Coach" Tidwell

uly brings some of the longest days of the summer.

Regardless of whether you are in an area of the country having a short summer or a long summer, somewhere in July marks the halfway point of our warmest season. So whether you look at summer as being half-full or half-empty, now is the time to get outside and enjoy those extra hours of

The cold weather of winter often calls for plenty of days to jump on the treadmill or elliptical machine to avoid the snow or freezing rainfall from the nighttime sky. Warm temperatures and long hours of daylight provide the opportunity to take your fitness routine outdoors.

daylight.

Some great summer activities include swimming, rowing and water skiing, all of which allow servicemembers to enjoy the lakes and rivers across America. These exercises provide cardiovascular training while building upper and lower body strength. A 150-pound person can burn 360, 423 and 270 calories respectively per 30 minutes in each of these events.

Cycling and in-line skating are also activities that have relative low impact on the knees and joints but burn a lot of calories. A 150-pound person can burn about 380 calories per 30 minutes while cycling and about 563 calories while skating. This is a great way to take in some of the beautiful scenery in the different regions of the United States.

Ultimate frisbee is a fairly new, non-contact sport that combines some features of basketball, soccer and football that can be played with a group of friends. Another game with the frisbee for a group of friends is the slower- paced Frisbee golf or "folf" as it is referred to on many college campuses across the country. In 30 minutes, a 150-pound person can burn about 360 calories in ultimate frisbee and walk off another 208 playing folf.

Remember to take the necessary safety precautions and practice Operational Risk Management while exercising outdoors. Drink plenty of water and stay hydrated. Wear sunscreen and protective equipment such as helmets while roller-blading or cycling and have a proper flotation device while out on the waterways.

So stop burning the daylight this summer. Instead get out there, burn some calories and enjoy some fresh air and sunshine.





by Pat Nicholson, Force Family Support Program Manager

re you prepared? Do you have a plan? Disasters such as tornadoes, hurricanes, floods and earthquakes can occur anywhere. The best defense from any disaster is to be prepared and have a plan.

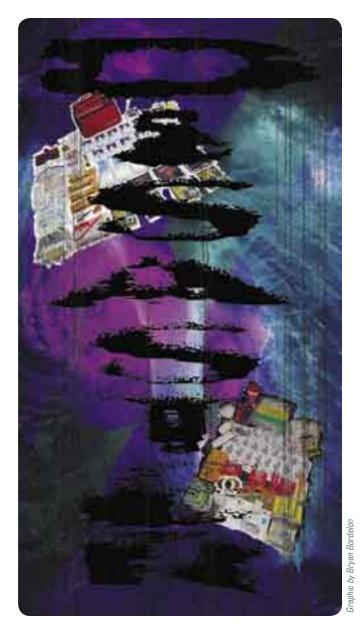
Once you determine what types of disasters might affect your area, you may want to hold a family meeting to discuss what types of preparations need to be made. Explain the dangers of fire, severe weather and earthquakes to your children. Plan to share responsibilities and work together as a team. Draw a floor plan of your home with escape routes marked from each room in the event of a fire. Post emergency phone numbers near phones, including one out-of-state family contact and one local friend or relative to call if separated during a disaster. Teach these phone numbers to each family member.

It is also very important to have a family disaster supply kit with items to provide for your families basic needs in the event of a disaster. Keep these items in a waterproof container that can be easily transported from your home. Assemble your kit now so that if a disaster occurs you and your family are ready to leave the area.

Your family's disaster supply should include at least a three-day supply of these necessities:

- Water one gallon of water per person per day
- Non-perishable food select food items that are compact and lightweight.
- Clothing and bedding include at least one complete change of clothing and footwear per person.
- First aid supplies.
- Tools and emergency supplies flashlight and extra batteries, battery-operated radio, cash or traveler's checks.
- Special items infant and medical supplies.
- Entertainment games and books.
- Important family documents wills, insurance, family records.

Disaster Preparation



Store your kit in a convenient place known to all family members. Keep a smaller supply kit in the trunk of your car. Change your stored water supply, stored food and batteries every six months. Revisit your family needs and kit at least once a year.

Disaster preparedness is part of family readiness. Include all family members and pets in your plan. Don't wait until it is too late. Now is the time to develop a plan and be prepared!

Navy Reserve Breaks Ground on NSA Norfolk Administrative Facility

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

NORFOLK — Navy officials manned shovels and tossed sand at the ceremonial groundbreaking for a three-story, \$29 million U.S. Navy Reserve administrative facility at Naval Support Activity (NSA) Norfolk on March 9.

The new building, scheduled for completion in the fall of 2008, will tie Reservists closer to the needs of the Active fleet. A staff of 300 Sailors and 100 civilians will call the facility home by Spring 2009.

The Navy Reserve headquarters move from Naval Support Activity New Orleans will allow the force to work in tandem with Norfolkbased U.S. Fleet Forces Command, according to Commander, Navy Reserve Forces Command (CNRFC) Rear Adm. Craig O. McDonald.

"This is part of the Active-Reserve integration we've been talking about," McDonald said. "It's an important piece of that. It will be a milestone in the future of the 'Total Force' Navy."

According to Vice Adm. Melvin G. Williams, Fleet Forces Command Deputy Commander, the new headquarters will bring both the Citizen-Sailor force closer geographically to the fleet and create new synergies to bolster the fight in the Global War on Terror.

"The 'Total Force' approach is the way we are going to do business in the 21st century," he said. "It's the right answer."

The Base Realignment and Closure Commission (BRAC) in the spring of 2005 directed the collocation of Navy Reserve Forces Command with U.S. Fleet Forces Command.

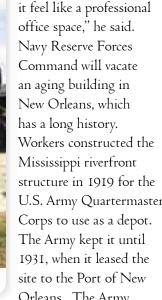
Chicago-based Archer Western Contractors Ltd. will construct the 88,000-square-foot contemporary brick office building that includes a multi-level parking garage.

VOA Associates, Inc., also of Chicago, used computeraided design techniques to craft the architectural style, according to Jim Sasek, project architect.

The contractors traveled to New Orleans to interview staff in 10 different departments over five days to reach the

final look.

"The goal was to make it feel like a professional office space," he said. Navy Reserve Forces Command will vacate an aging building in New Orleans, which has a long history. Workers constructed the Mississippi riverfront structure in 1919 for the U.S. Army Quartermaster Corps to use as a depot. The Army kept it until 1931, when it leased the site to the Port of New Orleans. The Army regained control with the





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

outbreak of World War II and remained at the base until the service transferred both sides of the property along the river to the Navy in 1966.

Reserve Forces' future home will mark its latest major milestone.

In 1973, the Naval Surface Reserve Training Command in Omaha, Neb., combined with the Naval Air Reserve Training Command, then based at the former Naval Air Station Glenview, Ill., and relocated to NSA New Orleans. The two forces split under separate commands a decade later as Naval Air Reserve Force and Naval Surface Reserve Force. In 2002, they rejoined under the flag of CNRFC.



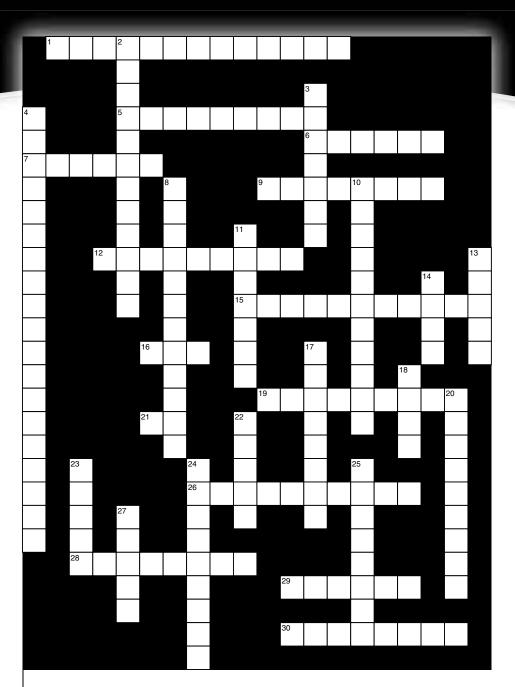
The solution for this conundrum is on page 33.

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APPLY Board President Announcement and General Updates



by Chief Personnel Specialist(SW) Donnell D. Wright

ommander, Navy Reserve Forces Command takes pleasure in announcing that Rear Adm. Garland P. Wright will serve as the FY08 APPLY board president. Wright brings a wealth of knowledge and experience and will continue to maintain the outstanding integrity and reputation of this selection board process. We're very excited to have him at the helm this year.

Numerous changes and upgrades have been made to the APPLY process ensuring the best opportunity for career progression, service and support.

- **1. Navy Operational Support Centers** (NOSCs) have been given visibility, via the IDT orderwriter, of orders for incoming and outgoing officers. This encompasses all APPLY orders (FY06 and later) and those orders associated with approved interim fills and overgrade waiver assignments, allowing the NOSC to expedite gains and losses.
- **2.** The **Projected Rotation Date** (PRD) effective date has been changed from Dec. 31st to Nov. 30th. Changing the date places the APPLY Board selected officer in their billet sooner to augment their supported command and helps alleviate some of the burden of post-board issues.
- **3. Accept/Decline Deadline** has been shortened to two weeks. Experiencing outstanding turnaround during FY07 APPLY, it was resolved that two weeks is sufficient time if officers take full advantage of the application process which begins June 15, 2007. The accept/decline function will be placed back on the APPLY website.
- **4. Human Resource Panel** (Designator 1205) has been added to facilitate billeting for the newly established Human Resource Community. For more information visit: www.npc.navy.mil.

5. Supplemental Package Deadline has been shortened to allow the NAVPERSCOM Customer Service Center (CSC) more processing time for the many packages they receive.

Correction to April 2007 TNR Edition APPLY Board Article

This is to inform all readers that the address published for mailing supplemental packages to the FY08 APPLY Board, in the April 2007 TNR issue was misprinted. The correct mailing address is:

President

FY08 Reserve Command and Senior Officer Non-Command Selection Board

Board #391

Navy Personnel Command Customer Service Center (PERS-00R) 5720 Integrity Drive Millington, TN 38054

For further guidance, please refer to Section I, paragraph h(6) of the FY08 COMNAVRESFORCOMNOTE 5400.

We apologize for any inconvenience this may have caused you and wish you the best during this APPLY Board season.

Refer to the following timeline for upcoming deadlines and milestones:

1 May - 14 June	Commander, Navy Reserve Forces Command (COMNAVRESFORCOM) will advertise billet vacancies for review only.
18 May	Deadline to submit billet assignment/PRD Extension requests to COMNAVRESFORCOM (N12). All echelon IV, V and VI deadline for completing assignment/PRD review.
31 May	Deadline for all supported command "comments" input.
15 June - 31 July	N12 freezes billet file to stabilize billets.
31 July	Final day for application and dreamsheet updates. On-line APPLY registration closed at midnight (CST).
1 August	Delivery deadline to submit supplemental packages. If mailed or delivered, must be received by NAVPERSCOM CSC (PERS-00R) personnel NLT 7 p.m. (CST), Aug. 1, 2007. COMNAVRESFORCOM personnel are not authorized to receive, handle or deliver any official correspondence.
13 August	FY08 APPLY Board convenes.
31 August	FY08 APPLY Board adjourns.
15 September	Final day for APPLY billet selectees to accept or decline their board selected billet assignment.
1 November	COMNAVRESFORCOM (N12) publishes unfilled billets list via the APPLY website no earlier than Nov. 1st, but no later than Dec. 1st.
1 December	Execute FY08 APPLY Board orders.

The APPLY database Website:

http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm.

Contact Lt. JoAnn Fifield at joann.fifield@navy.mil or Chief Personnel Specialist Donnell D. Wright at donnell.wright@navy.mil for any questions or concerns.



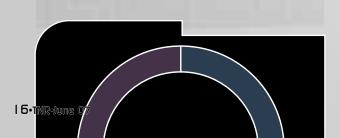
ince the publication of the 2007 Almanac edition there have already been several changes, for the better, in the benefits offered to Reservists.

Some of the main changes to note are:

- Increased MGIB-SR.
- An increase in Affiliation/Enlistment Bonus (non-prior service).
- Increased reenlistment and extension bonus.

Please remember, these are the most up to date benefits available to you.

Note: This information is current as of April 26, 2007.



Incentives	Navy Reserve FY07
Basic MGIB-SR	\$309/month
MGIB-SR (Kicker)	\$200/month
Enlistment Bonus (Non-Prior Service)	NAT — 4-Tier program \$5K-\$20K (based on rating/NEC) for 6 years. Lump Sum Payment upon affiliation. After 1 Apr07 \$20K Lump Sum for ratings listed in 065/07 NAVADMIN
Affiliation/ Enlistment Bonus (with Prior Service)	\$20K max for 6 years \$10K max for 3 year contract 3-Tier Program amount based on specialty (All others paid 50% upon affliation)
Reenlistment/ Extension Bonus	\$15K max for 6 years \$7.5K max for 3 year contract 3-Tier Program bonus amount based on specialty (Tier 1 and all 6 year contracts paid Lump Sum) (All others paid 50% upon reenlistment and equal anniversary payments for remainder of contract)
Loan Repayment Program	Not Available for Enlisted Members. Available for Officers in Critical Wartime Specialities (CWS) \$20K max per year up to \$50K total for program.
Officer Affiliation Bonus for Certain Critical Skills	\$10K lump sum payment for a 3 year obligation. For new affiliates AND for members that have previously served in the Selected Reserve with a minimum 12 months break in service.
Special Pay for Critical Wartime Specialty (CWS) Healthcare Officers	Effective with NAVADMIN 079/07 \$20K per year for 3 years (Doctors/ Dentists), \$10K per year for 3 years (Nurses)
STIPEND for Critical Wartime Specialty (CWS) Healthcare Officers	Currently \$1,319 per month while in residency.

				_
Army Reserve	Air Force Reserve	Marine Corps Reserve	Army National Guard	Air National Guard
\$309/month	\$309/month	\$309/month	\$309/month	\$309/month
\$100, \$200 or \$350/month	\$350/month	\$350/month	Up to \$350/month available to NPS, OCS and SMP	\$350/month for critical AFSCs
\$20K for 6 yr. contract	NPS - \$10K for 6 years (50% up front with anniversary payments)	\$10K for 6 yr. contract	Up to \$20K for 6 yr. contract	\$15K for 6 yr. contract, \$8K for 3 yr. contract (50% up front with anniversary payments)
Current policy is \$200/ month for remaining MSO< 49 months or \$10K for 50 month or greater	\$50/month X months of remaining obligation	Enlisted \$5K Lump Sum for 36 month obligation. Officer \$10K Lump Sum for 36 month obligation.	\$15K for 6 years, \$7.5K for 3 years	\$15K for 6 yr. contract, \$8K for 3 yr. contract (50% up front with anniversary payments)
\$15K for 6 years or two 3 year bonuses, \$7.5K first three and \$6K for the second three, served consecutively	\$15K for 6 years \$7.5 for 3 years \$6K for second 3 years (50% up front with anniversary) FY05 NDAA	\$7.5K max for 36 month obligation. Specialty driven.	\$15K for 6 years, \$7.5K first 3 years and \$6K for the second three, served consecutively	\$15K for 6 yr. contract, \$8K for 3 yr. contract (50% up front with anniversary payments)
\$10K or \$20K depends on select critical skills	Not Funded	Not Funded	Max \$20K: Only for repayment of existing loans NPS: for initial contract only; PS: those who immediately reenlist of extend for a period of not less than 3 years, if for reenlistment/extension bonus, if for SLRP only, then must contract for 6 years from date of SLRP.	15% or \$500 per qualifying loan, NTE \$3.5K /member/year and \$20K over lifetime of member, for 6 year enlistment or reenlistment.
				\$10K affiliation bonus for selected critical AFSCs.
				June 07•navyreserve.navy.mil•TNR•



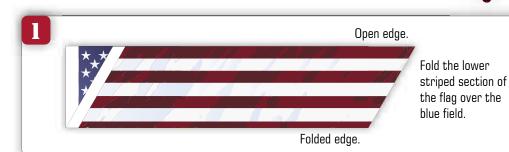
FOLDING THE FLAG



by CNRFC Public Affairs

Graphics by Bryan Bordelon

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Open edge.

Folded edge.

Fold the folded edge over to meet the open edge.

Open edge.

Folded edge.

Start a triangular fold by bringing the striped corner of the folded edge to the open edge.



Fold the outer point inward parallel with the open edge to form a second triangle.



Continue folding until the entire length of the flag is folded into a triangle with only the blue field and margin showing.



Tuck the remaining margin into the pocket formed by the folds at the blue field edge of the flag.



The properly folded flag should resemble a three point hat.

George Washington's Flag interpretation:

"We take the stars from Heaven, the red from our mother country, separating it by white stripes, thus showing that we have separated from her, and the white stripes shall go down to posterity representing Liberty."

THE CORRECT METHOD OF FOLDING THE NATIONAL ENSIGN.

properly proportioned flag will fold 13 times on the triangles, representing the 13 original colonies. When finally complete the triangular folded flag is emblematical of the tri-corner hat worn by the Patriots of the American Revolution. When folded no red or white stripe is to be evident leaving only the honor field of blue and stars.

The colors of the Flag symbolize:
Red - valor, zeal and fervency
White - hope, purity, cleanliness of
life and rectitude of conduct
Blue - color of heaven, reverence to
God, loyalty, sincerity, justice and
truth.

The stars in the union, one star for each state, symbolizes dominion and sovereignty, as well as lofty aspirations.

Flag Names: "Old Glory", "Stars and Stripes" and "Star Spangled Banner".

Commander, Navy Reserve Force Names

Full Time Support Shore Sailor of the Year

ASHINGTON, D.C. — Chief of Navy Reserve, Vice Adm. John G. Cotton announced the 2007 Navy Reserve Full Time Support (FTS) Shore Sailor of the Year (SOY) in a ceremony held at the Pentagon March 14.

Story and photos by Mass Communication Specialist 1st Class Michelle R. Hammond, Commander, Navy Reserve Force



Out of five finalists, Aviation Electricians Mate 1st Class Chad Underdown (pictured above center) was selected.

Underdown, a native of Brandon, Miss., is stationed at the Navy Operational Support Center (NOSC) Willow Grove, Pa., where he is the leading petty officer in charge of training for 1,000 Reservists in 14 of the center's augment units, as well as the command master-at-arms and the Reserve urinalysis program coordinator.

Before announcing the winner, Cotton reiterated the opinions of the master chiefs who sat

on the oral board, saying they were all superb Sailors, "the best crop we ever had," and that he would put each one up against any other Sailor in the fleet.

The other four finalists (pictured above, left to right) included: Yeoman Ist Class Michael Karl, assigned to Commander, Navy Reserve "This has
truly been an
experience, and
I am honored to
stand here with
the four other
finalists."

Forces Command, New Orleans; Personnelman 1st Class Denny Barerra, assigned to Navy Reserve Readiness Command Mid-West, Chicago; Yeoman Ist Class Ebony Miller, assigned to Navy Reserve Professional Development Center New Orleans; and Aviation Ordinanceman 1st Class Ivan Dominguez, assigned to NOSC North Island, San Diego.

For Underdown, the hardest part of the SOY board was trying to overcome his nerves because he was overwhelmed being in room with so many master chiefs at one time.

"This has truly been an experience, and I am honored to stand here with the four other finalists," he said.

Prior to the SOY announcements, the finalists visited the Pentagon's September 11th Memorial Chapel and later met with Cotton, and H.C. "Barney" Barnum, Deputy Assistant Secretary of the Navy for Reserve Affairs, who is also a Medal of Honor recipient.

Underdown will go on to compete in the 2007 Vice Chief of Naval Operations (Naval Shore Activities) SOY. THE



Chief of Navy Reserve, Vice Adm. John G. Cotton shows the 2007 Ful Time Support Shore Sailor of the Year finalists an Iraqi flag and artifacts as he meets with them during their visit to the Pentagon.



or the past 10 years, Sailors from Navy Reserve Readiness Command (REDCOM) Northwest have traded in their summer whites for primary red to participate in Drug Education for Youth (DEFY).

Under the enthusiastic leadership of REDCOM Sailor Yeoman 2nd Class Jaun Piper, DEFY director for Naval Station Everett and REDCOM, the T-shirt-clad Sailors hold a week-long camp for the children of fellow servicemembers.

During the week, Sailors strive to develop the campers through drug education, positive role-model mentoring, leadership and character development. Yet, this important interaction doesn't end with just one week. Sailors continue to educate and mentor the kids one weekend of every month for the next year.

"DEFY doesn't only deal with the topic of drugs," said Piper. "It's a self-esteem building program. It helps them with goals, leadership skills and peer pressure. It gives the kids life skills."

According to Piper, investing the many hours the program requires is an important and impactful commitment.



"The youth are the future of this country. We need to talk to them now so they don't fall off track later," Piper said. "We need to empower them with the tools and ammunition they need to make correct life decisions about drugs, peer pressure, health and exercising. If we touch them now they'll be ready for the future."

During a recent visit to DEFY's annual conference Piper received an award on the behalf of his entire staff for 10 consecutive and successful years of the DEFY program.

Everett was one of three commands in the nation to receive the recognition and is also the only command in the Northwest to facilitate the program.

REDCOM Sailor, Senior Chief Yeoman Maria Ortiz says the program has been invaluable to her son.

"The kids learn so much. I didn't think it would make a major difference, but I saw the impact it had on my son," she said.

Ortiz spoke of the hands-on lessons throughout her son's year in the program that were memorable for him.

"Three years later, he still talks about what he learned. He

"He's not afraid to talk to other kids about the things he's learned," said Ortiz of her son Jake. "He tries to be a leader instead of a follower."

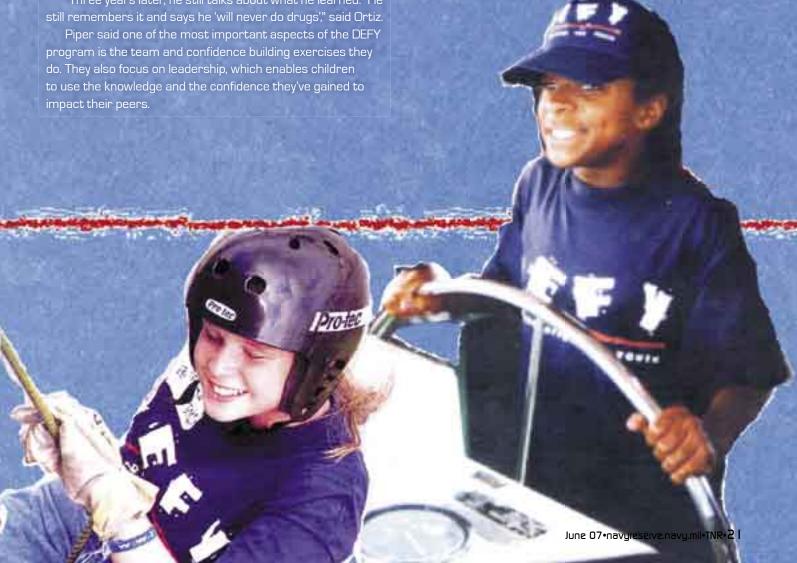
Jake tells his mother he wants to return to DEFY as a teen mentor, who are young role models Piper chooses to return and help out the Sailors.

Experiences similar to Jake's are

"I watch the kids grow throughout the year. They gain self-confidence. Sometimes we might have a kid who's very introverted and keep to themselves, but after they've been in DEFY for a while they really open up. I have parents tell me that their kids have changed and can't wait to come back to DEFY," said Piper.

Yeoman 2nd Class Larry Sizemore, also a REDCOM Sailor, has been involved in the program since 2004.

"I was interested in working with kids and believed in the message of the program. Piper was my mentor when I checked on board so I decided to try it out," said Sizemore. "I had a blast and have been involved ever since."



DEFY is comparable with other programs such as the Navy's Campaign Drug Free and the civilian program DARE since those programs happen during the school day.

In fact, many of the Sailors in Everett and the REDCOM are involved in both military programs. Yet DEFY is the one program specifically designed for only children of servicemembers and DOD employees. The premise is to provide leadership to kids and thereby strengthen military communities.

Sizemore notes the importance of Sailors helping take care of the children of other Sailors.

"Sometimes parents are on deployment. I think it's very important that we help take care of the kids of fellow

servicemembers as much as we can. We want the kids to know the Navy isn't just about mom and dad leaving, but it's about mom and dad's friends helping them out. We want them to know that they really are part of a big family," said Sizemore.

"The program needs to be utilized by all servicemembers. It makes me feel good, not only as a mom but as a military member that the military is teaching my child something valuable," said Ortiz.

REDCOM Sailors are preparing for this year's camp, the 11th year and running.

Piper and the other mentors look forward

to a new adventure of helping kids discover what they can do now and what they can do in the future to change their own lives and the lives of those around them.

Sizemore looks forward to the rewarding adventure that he says doesn't just change the lives of the kids.

"I learned a lot about how to get involved with the kids and become part of their lives," Sizemore said. "Working with them helped me grow up a little bit too." Yeoman 2nd Class Jaun Piper (reclined bottom row right), DEFY program director for Naval Station Everett and Region Northwest Readiness Command, poses with fellow servicemembers' children at the end of week-long camp.

U.S. Navy photo by Master-at-Arms 1st Class Harold Ba

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"SAIDORS HELFING TO TAKE CARE OF THE CHILDREN OF OTHER SAIDORS"

22•TNR•June 07

Military Sealift Command Reservists Play Vital Role in Joint U.S./Republic of Korea Exercise



Story by Edward Baxter, Sealift Logistics Command Far East Public Affairs



BUSAN — U.S. Navy Reservists from six Reserve units are among the more than 60 Military Sealift Command (MSC) civilian and Navy personnel who took part in a joint United States/Republic of Korea exercise in March 2007. The exercise, conducted every year since 1994, tests the abilities of the two countries' militaries to defend the peninsula nation.

The operational phase of the exercise, called *Reception, Staging, Onward Movement and Integration*, began on March 25 and ran for six days. MSC's Navy Reservists played a vital role in coordinating the loading and off-loading of military equipment and supplies that would precede and continue throughout a military contingency on the peninsula.

"In a real world emergency, we would have to hit the ground running," said Capt. Luke McCollum, commander of Navy Reserve Sealift Logistics Command Far East Unit 102. "Our training and familiarization of Korean ports is essential so we can be ready to carry out our mission."

MSC's Reservists and other personnel are training with other branches of the U.S. military, the U.S. Coast Guard and their Republic of Korea counterparts to simulate a massive influx of military cargo ships at the Korean ports of Busan, Gwangyang, Mokpo and Pohang. More than 40 MSC personnel are on site at Military Sealift Command Office (MSCO) in Busan, staffing a crisis action center that responds to simulated emergency scenarios.

"The exercise is a dedicated time where MSC works with key players to practice a very important mission," said Cmdr. Ron Oswald, commanding officer of Military Sealift

In addition, eight MSC personnel are staffing a forward-deployed headquarters in Yokohama, Japan, which would command and control MSC ships going in and out of the Republic of Korea. Another 15 personnel are crewing a Mobile Sealift Operations Command van, which independently coordinates ship arrivals and off-loading of ships when port facilities have been damaged or destroyed.

The MSC teams consist of Active Duty and civilian staff from MSCO Korea and Navy Reservists from six Reserve units: Navy Reserve Sealift Logistics Command Far East Unit 101 from St. Louis; Naval Reserve SEALOGFE Unit 102 from Kansas City; Expeditionary Port Unit 101 from Quincy, Mass.; EPU 111 from Oklahoma City; EPU 112 from Little Rock, Ark.; and EPU 114 from San Diego.

The exercise is held concurrently with Foal Eagle 2007 – a series of joint/combined field training exercises. Both exercises include up to 7,000 military personnel from both the United States and the Republic of Korea.

MSCO Korea was established in 1950 and provides administrative, material and logistic support to more than 120 visiting MSC ships each year. These ships provide more than half a million tons of cargo to U.S. Forces in Korea each year.

MSC operates the U.S. Navy's fleet of more than 110 noncombatant, civilian-crewed ships that deliver combat equipment to troops, re-supply Navy ships at sea, chart the ocean floor and perform a variety of other missions for the Department of Defense. **TNP**



Active Duty Wing Takes Control of HSC-85

by Mass Communication Specialist Ist Class Brian Brannon, Fleet Public Affairs Center Pacific Command of Helicopter Sea Combat Squadron (HSC) 85 shifted from Helicopter Reserve Wing (HELWINGRES) to Helicopter Sea Combat Wing, U.S. Pacific Fleet (CHSCWP) March 25 at Naval Air Station North Island, opening a new chapter in the history of the HSC-85 "High Rollers."

The transfer marked a further step in the Active/Reserve integration of the squadron, moving it from an operational support role to direct fulfillment of the Navy's mission.

"It's a better utilization of all the assets," said HSC-85 Commanding Officer Cmdr. James Cluxton. "It gives the Active commodore the opportunity to directly task us, and it augments the force strength."

Capt. James Iannone, commodore of Helicopter Wing Reserve, said combining Reserve and Active Components continues to serve as a force multiplier in the Global War on Terror.

"When you blend the Active and Reserve Component, you get the best of both



worlds," he said. "You get the youth and vitality of the Active Component along with the experience and dedication of the Reserve Component. Together, you complete the mission requirements of the Navy."

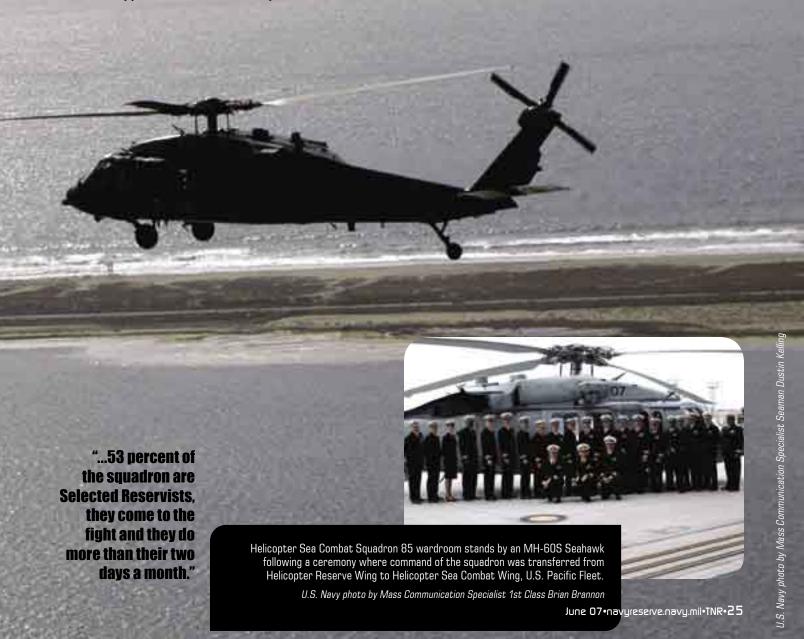
Command Master Chief Michael Curry said the commitment of Reservists assigned to the squadron is demonstrated by an operational schedule that keeps the squadron flying wherever and whenever it is needed.

"About 53 percent of the squadron are Selected Reservists. They come to the fight and they do more than their two days a month," he said.

Formerly a helicopter combat support squadron, the High Rollers were redesignated a helicopter sea combat squadron in February 2006.

In September 2006, the squadron began its transition to the MH-60 Seahawk from the H-3 Sea King. The transition is scheduled for completion by summer, when the squadron receives its last Seahawk.

"Now we take the next step and fold the Reserve Component into the operational type wing," said Capt. Jamie Hopkins, commodore of CHSCWP. "We are currently planning to use a squadron detachment in support of the upcoming air ambulance mission and quite frankly, we would have a difficult time meeting that mission if it were not for the support of the Reserve Component."





cargo handlers of Navy Cargo Handling Battalion (NCHB) 1.

Their mission this year: to offload 646 shipping containers and breakbulk items weighing 10.4 million pounds and backload another 583 containers weighing 9.6 million pounds, working in two 12-hour shifts as safely and efficiently as possible.

The continuous sunlight of February, Antarctica's one summer month, makes cargo handling in the extremely remote location a little easier and safer.

According to Lt. Michael Bethany, officerin-charge of this year's Operation Deep Freeze, referred to locally as the "Ice Det," the Reservists' contribution is both vital and necessary.

deployed to Antarctica and performed in every aspect of the evolution from records keeping, truck drivers and supervising. They came in and did the training and were able to assist in all avenues of the deployment," Bethany said.

"The Reserve Component has to be trained in the cold weather environment because if the Active Component is deployed somewhere else – we'll need them to deploy and function in cold weather," Bethany said.

Senior Chief Storekeeper William Parshall, NAVELSG operations planner, coordinates Reserve support for all NAVELSG operations







NAVY RESERVISTS PLAYED AN INTEGRAL PART IN A VITAL MISSION AND RARE OPPORTUNITY IN ANTARCTICA.



alongside our Reserve personnel in almost every operation or event we participate in," Parshall said.

The annual resupply mission could not be performed without the Reservists, Parshall said. "Most of the billets the Reservists fill are shortfalls from our Active Duty battalion," Parshall said, adding, "With the current operating tempo for NCHB-I, we have a greater need to augment with our Reserve Cargo Handling Battalions."

According to Parshall, deployment with *Deep Freeze* is a much sought-after mission.

"This is an environment that very few have ever been or worked in," he said. As one of the Reservists returning told me, 'It's a chance of a lifetime."

On average, Parshall says he's seen the number of people applying for the deployment out-numbering the requirement by at least 20 times. "We have no problem getting personnel to go to this detachment."

Boatswain's Mate 1st Class Desmond McCarthy of NCBH-14, first heard about *Deep Freeze* in 1993.

"I vividly remember sitting on a bus with my Active Duty counterparts when a chief announced NCHB-I was looking for volunteers for duty at McMurdo Station. I raised my hand to volunteer

and exercises worldwide from the 10 Reserve cargo handling battalions, which are in a four-year readiness cycle.

"Reservists are selected from all the 10 Reserve cargo-handling battalions that are considered ready and not in a mobilization cycle, which is normally about five battalions at any given year," Parshall said.

"Each ready battalion is provided with an equal number of billets," Parshall added. "This is based upon the requirements from the National Science Foundation and our Active Duty Component, NCHB-I. It has varied between two and four per available battalion."

Parshall explained how *Deep Freeze* is another great example of how NAVELSG takes on board and executes Active Reserve Integration.

"You'll see our Active personnel working right

without hesitation and have kept raising it since," McCarthy said.

McCarthy remembers the exact day he got the news he was selected to go.

"On Nov. 14 , 2006 Lt. Cmdr. Steven Lathrop of NCHB-14 sent me an e-mail asking if I was still interested in performing duty at McMurdo. Of course, my immediate answer was 'Yes!'" McCarthy said, "I was absolutely on Cloud 9. At the same time, I also realized that NCHB-14 entrusted me to represent not only NCHB-14 but the Navy Reserve."

"I affiliated with the cargo handling battalion mainly for the travel," Boatswain's Mate 1st Class Joe Cruz of NCHB-8 said. "The last unit I was in drilled in a classroom all day."

Storekeeper 2nd Class Jim Trapp joined up with Navy Cargo Handling in 2000.

"I was aware that belonging to an organization like an NCHB, would provide real world experience," Trapp said.

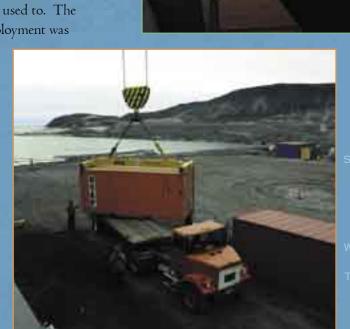
The Navy cargo handlers had a mandatory stopover in beautiful Christchurch, New Zealand, to be issued Extreme Cold Weather (ECW) gear. The National Science Foundation's U.S. Antarctic Program fits and instructs the Sailors with the use of ECW gear.

The following day, wearing some and carrying the rest of the ECW gear, the cargo handlers headed out for McMurdo Station in a C-17. White-out conditions sometimes require the aircraft to turn around, but this year's flight got all the cargo handlers to McMurdo in one attempt.

Although February is summer in Antarctica, it's not the summer that most of us are used to. The highest temperature during this deployment was

one 30-degree day. Most often, the temperature hovered around 14 degrees. Much of the cargo handlers' work is accomplished outside in the cold and often with breezes drawing the temperature even lower.

A warming hut with electric heaters, coffee and hot chocolate provided warmth from the bitter cold during breaks.







Besides a variety of good food and comfortable accommodations, McMurdo Station operates an internet café, a small store, ceramic hobby shop, a two-lane bowling alley, gym and chapel. The station's two bars are closed during cargo operations, emphasizing the need for a heightened focus on safety.

While some cargo handlers were exhausted following their 12-hour shifts and spent their off time relaxing and sleeping, others took advantage of the 24/7 sunlight and went hiking on one or more of the station's trails. Observation Hill, a steep 800-foot hike, provides a view that is definitely worth the climb.

"I climbed Observation Hill, it gave me a 360degree view of McMurdo, and an awesome view it was," said Trapp.

McCarthy added that even just being in the frozen region; let alone enjoying spectacular views, is an experience not to be taken for granted.

"How can you not take in the fact the airplane

you are on is landing on an ice shelf, that we are going to off load then back load a vessel that is moored to a dock made of ice; that you are one of 80,000 people to have ever been to Antarctica; that you are standing towards the bottom of the world; that you get to see wildlife most people only see on the Discovery Channel; that you could stand where Robert F. Scott stood and slept; and of course, being lucky enough to break bread and share life stories with some of the most interesting people in the world who are regularly stationed at

Antarctica," McCarthy said.

The Reservists contribute vitally to the *Deep Freeze* mission, Parshall said.

"It's a great fit. The more we can have our Active Duty Component and Reserve Component working side by side with each other, the better NAVELSG can help meet the Navy Expeditionary Combat Command's mission and objectives."

TNR



Activation/Mobilization Checklist

Required Documents for Your Family and You.

	A. Pay/Direct Deposit/Allotment		Names/addresses of personal/professional references (minimum of 3 each required).
	Voided personal check or deposit slip (displaying bank address/telephone, bank routing/account numbers). Bank account information (bank address/telephone, bank routing/account		Names/addresses/dates of employment for the past ten years (or since graduation from high school).
Ш	numbers) for each desired allotment.		Names/addresses/dates of high school and college.
	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.		Addresses and dates of all previous residences. Names/dates/places of birth for your parents and your spouse's parents.
	Copy(s) of current child support agreement(s).		D. Legal
П	If [Medical Corps (MC), Dental Corps (DC), Medical Service Corps (MSC) (Clinical),		Location of current valid will.
	Nurse Corps (NC)] certified copies or proof of the following: — Current license/certificate — Current BCLS, ACLS, PALS, etc. — Current demographic information if MC		Copy of current power(s) of attorney (business arrangements/tax filing/child care/family medical emergency care/household goods and POV storage).
	 — Internship — Residency — Board certification in specialty or board certification qualifications. 		Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits.
	B. Service Record/PSD		E. Medical
	Certification of discharge/separation (DD-214) for all former periods of active duty.		Verify Defense Eligibility Enrollment Reporting System (DEERS) information for self and family members.
	Your birth certificate or passport (for those deploying OUTCONUS).	I_{\Box}	Copy of most recent eyeglass prescription and extra set of eyeglasses. (**NOTE
	Birth, adoption or guardianship certificates for family members.		Contact lenses may not be authorized depending upon duty assignment.) Extra hearing aid/batteries.
	Social Security Numbers for self and family members.		
	Certified copy of marriage certificate for present marriage.		Documentation of significant medical/dental conditions not documented in military medical/dental records.
	Certified copies of documentation terminating any previous marriage (divorce/annulment/spouse's death certificate).		Copy of prescription(s) issued by physician (or other documentation of approved medications). Minimum 90 days supply of medications.
	Certification of full-time enrollment for self and college-age dependents from school registrar.		Documentation to support enrollment of exceptional family member in available Navy/DOD programs.
	Signed statement from licensed physician for dependent parent/children over twenty-one years of age who are incapacitated.		Documentation of enrollment in TRICARE SELRES Dental Program (TSRDP).
	Current DON Family Care Plan Certification (NAVPERS 1740/6).		F. Personal
	Emergency Contact Information (Page 2).		Driver's license (to support issuance of government license.)
			For those authorized POV travel, vehicle registration/insurance documentation.
	C. Security Clearance		Documentation to support any claim delay and/or exemption.
Ш	Certified copy of naturalization papers.		Completed and mailed application for registration and absentee ballot (SF-86).
	30athBalling 07		** 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 Checklish What You Need To Know.

I. 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)
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:
Submit the following to your Reserve Activity within two (2) working days of completing travel:
Submit the following to your Reserve Activity within two (2) working days of completing travel: Completed Travel Voucher DD 1351-2 with ORIGINAL signature.
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.
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 carsactual rental car receipts are
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 carsactual rental car receipts are required.
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 carsactual rental car receipts are required. Copy of SATO Travel Itinerary (if travel incurred).

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

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

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

RC Phone Directory

(703) 693-5757

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

Commander Navy Reserve Forces Command (504) 678-5313

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

Naval District Washington RCC (240) 857-3783

Adelphi, Md. (301) 394-5800

Baltimore, Md. (410) 752-4561

Washington, D.C. (202) 391-6907

Region Mid Atlantic RCC

Adelphi, Md. (301) 394-5800

Albany, N.Y. (518) 489-5441

Amityville, N.Y. (631) 842-4850

Avoca, Pa. (570) 407-1086

Bangor, Maine (207) 942-4388

Brunswick, Maine (207) 522-1064

Bronx, N.Y. (646) 342-3754

Buffalo, N.Y. (716) 807-4769

Charlotte, N.C. (704) 264-9159

Earle, N.J. (732) 580-8545 (732) 866-2888

Ebensburg, Pa. (814) 341-2199

Eleanor, W. Va. (304) 523-7471

Erie, Pa. (814) 866-3073

Fort Dix, N.J. (609) 351-1375

Greensboro, N.C. (336) 254-8671

Harrisburg, Pa. (888) 879-6649

Lehigh Valley, Pa

(610) 264-8823 Manchester, N.H (603) 303-0705

(603) 537-8023 New London, Conn

(860) 625-3208

Newport, R. I. (401) 841-4550

Norfolk, Va. (757) 635-4548 (757) 444-7295

Plainville, Conn. (860) 573-9180 Pittsburgh, Pa. (412) 673-0801

Quincy, Mass. (617) 753-4600

Raleigh, N.C. (866) 635-8393

Richmond, Va. (804) 833-2882

Roanoke, Va. (540) 309-2563 (540) 563-9723

Rochester, N.Y. (585) 247-6858

> Syracuse, N.Y. (315) 455-2441

White River Junction, Vt. (802) 295-0050

Willow Grove, Pa. 1-866-945-5694

Wilmington, Del. (302) 998-3328

Wilmington, N.C. (910) 540-9676 (910) 762-9676

Worcester, Mass (508) 259-7103

Region Southeast RCC 1-800-201-4199

Amarillo, Texas 1-866-804-1627

Atlanta, Ga. (678) 655-5918

Augusta, Ga. (706) 533-3439 Austin, Texas

(512) 797-2250 Bessmer Ala

(205) 497-2600 Charleston, S.C.

(843) 743-2620

Columbia, S.C. (803) 606-4756

Columbus, Ga. (706) 324-1225

Corpus Christi, Texas (361) 961-2241

El Paso, Texas (915) 276-6289

Fort Buchanan, P.R. (787) 865-4300

Fort Worth, Texas

(817) 271-8936 Greenville, S.C.

(864) 423-5889

Gulfport, Miss. (228) 323-0064

Harlingen, Texas (956) 367-1856

Houston, Texas (713) 502-2731

Jacksonville, Fla.

(904) 542-3320

Lubbock, Texas (806) 765-6657

Meridian, Miss. (601) 604-1865

Miami, Fla. (305) 336-5572 New Orleans, La. (504) 697-9205

Orange, Texas (409) 779-015

Orlando, Fla. (407) 240-5939

Pensacola, Fla. (850) 384-4023

San Antonio, Texas (210) 381-2297

Shreveport, La. (318) 393-0096

St. Petersburg (Clearwater), Fla. (727) 744-9927

Tallahasse, Fla. (850) 294-9158

Tampa, Fla. (813) 486-0236

Waco, Texas (254) 498-1910

West Palm, Fla. (561) 315-7888 (561) 687-3960

Region Mid West RCC

Akron, Ohio (330) 376-9054

Battle Creek, Mich.

Cape Girardeau, Mo. (573) 576-9300

Chattanooga, Tenn. (423) 322-6814

Chicago, III. (847) 804-1525

Cincinatti, Ohio (513) 319-9396

Cleveland, Ohio (216) 771-0845

Columbus, Ohio (614) 492-2888

Decatur, III. (217) 433-9058

Des Moines, Iowa

(515) 205-6527

(586) 307-6148 Dubuque, Iowa

1-866 556-2144

Duluth, Minn. (218) 310-0166

Grand Rapids, Mich. (616) 363-6889

Green Bay, Wis. (920) 366-4606

Indianapolis, Ind. (317) 294-7380

Kansas City, Mo. (816) 923-2341

Knoxville, Tenn. (865) 406-4024

Lansing, Mich. (517) 930-2579 Lincoln, Neb.

(402) 450-4072 Little Rock, Ark. (501) 416-6356 Louisville, Ky. (502) 375-3329

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Memphis, Tenn. (901) 212-5354 (901) 874-5256

Milwaukee, Wis. (414) 303-9606

Minneapolis, Minn. (612) 713-4600

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(405) 733-1052 Omaha, Neb. (402) 871-7086

Peoria, III. (309) 678-1157

Rock Island, III. (309) 737-7731

Saginaw, Mich. (989) 233-5712

Springfield, Mo. (417) 425-2598

St. Louis, Mo. (314) 954-1052

Toledo (Perryburg), Ohio (419) 666-3444

Tulsa (Broken Arrow)

Wichita, Kan. (316) 640-5139

Youngstown, Ohio

Region Southwest RCC

Alameda, Calif. (510) 967-5143

Albuquerque, N.M. (505) 379-1366

Denver, Colo. (720) 847-6205 (303) 677-6230

Encino, Calif. (818) 381-6752

Fort Carson, Colo (719) 238-8541

Guam (671) 777-4233 (671) 339-6724

Honolulu, Hawaii (808) 227-3575

Las Vegas, Nev.

Lemoore, Calif. (559) 960-3228

Los Angeles, Calif. (310) 617-8360

Moreno Valley, Calif. (951) 840-0187

Phoenix, Ariz. (602) 374-0993 Point Mugu, Calif. (805) 989-7559

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Sacramento, Calif. (916) 919-6059

Salt Lake City, Utah (801) 736-4200

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San Jose, Calif. (408) 210-2950

Tucson, Ariz. (520) 228-6289 (520) 444-4439

Region Northwest RCC (425) 304-3338

Bangor, Wash. (360) 315-3004

Billings, Mont. (406) 248-2090

Boise, Idaho (208) 841-2004

Cheyenne, Wy. (307) 631-0979 Eugene, Ore.

(541) 342-1887 Everett, Wash. (425) 304-4764

Fargo, N.D. (701) 232-3689

Fort Richardson, Alaska (907) 384-6491

Helena, Mont. (406) 449-5725

Portland, Ore. (503) 285-4566

Sioux Falls, S.D. (605) 336-2402 Spokane Wash

(509) 879-9260 Tacoma, Wash. (253) 209-0181

Whidbey Island, Wash (360) 257-2922

Reserve Patrol Wing (COMRESPATWING) (215) 443-6817

VP-62 (904) 542-2211

VP-69 (360) 257-6969

VP-92

(207) 921-2092

Fleet Logistics
Support Wing

(817) 825-6438 VR-1 (240) 857-3722

VR-46 (678) 655-6333

VR-48 (240) 857-6814

(808) 257-3289 VR-52 (215) 443 6553

VR-51

VR-53 (240) 857-9029

VR-54 (504) 678-3700

VR-55 (805) 989-8755

VR-56 (619) 545-6920

VR-57 (619)545-6914

VR-58 (904) 542-4051

(817) 782-5411 VR-61 (360) 257-6595

VP-50

VR-62 (207) 921-1462

VR-64 (215) 443-6400

Tactical Support Wing (TSW) (678) 575-6830

VAQ-209 (240) 857-7828

VAW-77 (678) 655-6382

VFΔ-201

(817) 782-6363-221 VFA-204

(504) 678-3491 VFC-12 (757) 433-4919

VFC-13 (775) 426-3645

Helicopter Wing Reserve (619) 846-4857

HC-85 (619) 545-7218

HCS-4 (757) 445-0861

HCS-5

(619) 545-7288 HSL-60 (904) 270-6906

Operational Support Offices

and Reserve Force Operations

Allied Command Transformation
(NATO)

Amphibious Construction Battalion Two (757) 492-7622

(757) 747-3314

Amphibious Group One 011-81-611-742-2377

Amphibious Group Two (757) 462-7403 x510 Amphibious Group Three

(619) 556-1178

Bureau of Medicine and Surgery (202) 762-3415

Center for Naval Aviation Technical Training (361) 961-3618

Center for Personal Development (757) 492-7622 Comptroller of Navy (OMN&R) (703) 614-0061

Comptroller of Navy (RPN) (703) 614-5528

Defense Intelligence Agency

Defense Logistics Agency (703) 767-5320

(202) 231-4980

Destroyer Squadron Two (757) 444-1452 x509

Employer Support of the Guard and Reserve

First Naval Construction Division (757) 462-8225 x229

Fleet Activities Chinhae,

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

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

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

Floot Air Maditarrangan

011-39-081-568-4184
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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

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(202) 685-5216 Logistics Group Western Pacific 011-65-6750-2342

(504) 678-5303

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(202) 685-5149

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

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

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

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

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(904) 542-7458 Naval Hospital Lemoore, Calif. (559) 998-2529

Naval Hospital Naples Italy

Naples Italy 011-39-081-811-6099

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

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

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

Naval Security Group Reserve (240) 373-3125

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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

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

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

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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, III. (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

Navy Expeditionary Combat Command (757) 462-7400

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

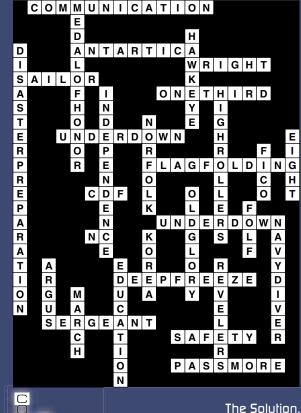
Explosive Ordnance Disposal Group Two (757) 462-8453 (757) 462-8470

First Naval Construction Division (757) 462-7421

Naval Coastal Warfare Group

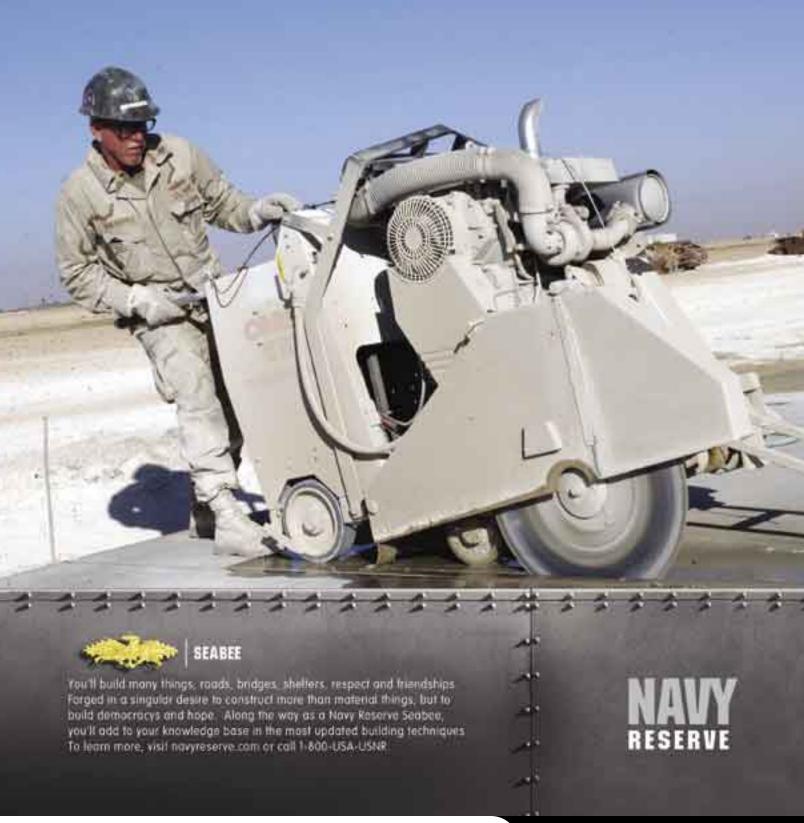
Naval Coastal Warfare Group One (619) 437-9475

Naval Coastal Warfare Group Two (757) 396-0513



C Conundrum questions
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