



"CERBERUS"



Navy Wins!

The NAVY RESERVIST

SUPPORT TO THE FLEET... READY AND FULLY INTEGRATED

Volume 32, Number 2
February 2006



Reservists Make
Final Preparations
for Deployment

Active Reserve Retirees Navy Civilians Families

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Our Cover: Jacksonville, Fla. (Nov. 30, 2005)

Sailors assigned to Mobile Inshore Undersea Warfare Two Zero Seven check and clear ammunition from the feed tray of a .50 caliber machine gun during their Final Evaluation Period training exercise. Approximately 300 Reservists began the exercise before deploying to Kuwait. Story on page 22.
U.S. Navy photo by Photographer's Mate Airman Mark A. Braden

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

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

CHANGE OF ADDRESS ... Selected Reservists with address changes need to provide updates to the NSIPS (Navy Standard Integrated Personnel System) via their Reserve Personnel Center at the local Naval Reserve Activities.

Commander's View



Courage

Can you imagine how shocked a group of self-absorbed military academy students were to discover that the school's janitor, a man to whom they had pretty much been completely indifferent, was the recipient of the Medal of Honor? True story. One of the students noticed an article about a Medal of Honor recipient with the same name as their janitor, an extremely shy World War II veteran who moved slowly. The student took the book to the janitor and asked him if he was in the photo. The janitor said, "Yes, that's me." Excitedly, the student asked, "Why didn't you ever tell us about this?" The janitor replied, "That was one day in my life, and it happened a long time ago." After that, the students treated Bill Crawford, the janitor, with tremendous respect, and yet, he was the same humble man he had always been.

Courage comes from within a person. There was no way the students could have known how courageous Crawford was by merely looking at him. So what exactly is courage? Perhaps Mark Twain explained it best: "Courage is not the absence of fear. Courage is doing what's right in spite of your fear."

As service men and women, we have sworn to live up to the core values. My previous article addressed Honor in last month's column. This month's topic is "Courage," a quality that can be found in any age group, nationality, ethnic group and gender. A good example includes family members, who knowing the risks are almost unspeakable, still manage to muster the courage to be the strongest supporters of their sons and daughters, mothers and fathers serving in uniform.

We as Navy Sailors who have promised to "support and defend," must find the courage to do our jobs, no matter how demanding, hazardous and otherwise difficult. Every single day, we must be prepared to make courageous decisions. Those decisions could involve anything from having the courage to stand and speak in front of a group of people to having the courage to stand in harm's way. We must possess the courage to live our lives in the highest standards of personal conduct and integrity. We must find the courage to be fully accountable for the resources entrusted to us. We must have the physical courage to keep our bodies

fit, the moral courage to keep our standards high and never compromise them.

Reservists and their families are a vital part of America's defense. We must all be courageous no matter what is asked of us; loss of possessions, loss of happiness and the loss of a loved one. We must have the courage to pick the right course of action and then rise to the occasion. So we can live free, others courageously sacrifice their lives each and every day. Now, it is up to us to be courageous, because with freedom comes responsibility. To paraphrase Edmund Burke, all it takes for evil to triumph is for good people to do nothing.

I want to leave you with one final thought. While it is true that being courageous can seriously challenge even the strongest person, and while you might think it's tough living life with courage, think of how awful you would feel living life without it. Under the Sailor's Creed is often written *Semper Fortis*: "Always Courageous." It's a motto to which we should all aspire.

Warmest regards,

Rear Adm. Craig O. McDonald

Commander,

Navy Reserve Forces Command



Promotion regulations changed for Navy Reserve officers, ceasing the earning of promotion points to be considered for selection or to qualify for promotion.

Reserve officers in the grade of lieutenant (junior grade), lieutenant, or lt. commander who do not have a bachelor's degree can now earn one under the Navy's Undergraduate Program.

Department of Defense cutbacks affect some 40 Navy Reserve activities. A savings of \$410 million annually will close or reduce 149 military bases.



Character

One thing that really struck me early on in my Navy experience was this concept that we are "family."

You know, the idea that all of us are in this thing together, thick or thin. Looking out for one another, pulling together. Don't have to necessarily like one another, may not always agree but when the rubber met the road ... it didn't matter. We are "shipmates." Our work was hard, our living conditions were tight, tensions were high, our mission essential. Shipmates treat each other with respect. You have to be able to trust a shipmate. A shipmate has your back. Shipmates overcome the dividing lines of race, religion, sex, bias.

Due to the indoctrination I received in this great Navy, I have the highest regard for the term "shipmate" and I have used it with the utmost endearment and regard for over 29 years as I refer to my fellow Sailors. With this foundation I am amazed to see the numbers rising with regards to hazing and harassing incidents in the Navy. Blue-on-blue violence

that flies in the face of what defines a shipmate. Fraternization incidents that completely undermine good order and discipline and undermine the chain of command are prevalent in our commands again.

Campaigns like "Right Spirit" have come with a check in the block and gone to the back burner leaving metrics off the page in Alcohol related incidents. I could go on and on with disturbing indicators as they relate to personal standards of conduct and the bottom line is we are making more and more wrong moral and ethical choices.

I talked about goals and resolutions in last month's article and interestingly enough the Master Chief of the Navy shared his number one goal and focus for this year with the fleet, force and CNO directed master chiefs and that was this issue of personal standards of conduct in the Navy. Leaders (and all of us are leaders in one way or another) must look inwardly and set the standard. We cannot stand up and talk about any of these issues if we are not living and breathing

Navy core values. Then we have to raise the bar of awareness and talk about each and every one of these standards of conduct with clarity and passion. Finally we must hold each other accountable. When you look the other way you "re-define" the standard and lower the bar.

You will hear more and more about this discussion of character. I believe character is the foundation that supports and undermines our core values. One of my favorite one liners is "Character is doing what is right - when no one is watching". I am talking about Navy Standards of Conduct in my travels and you would be surprised how often I get the question about their application to the Reserve Component.

Shipmates ... we are all in the Navy. 24/365 - In or out of uniform. I ask you to join me in this Navy-Wide revival and re-focus ... live it, talk about it, enforce it.

See you on the deck plates.

FORCM(SW) David R. Pennington

Force Master Chief,
Navy Reserve Force



Navy Reservists, Steelworker 1st Class Mike Tooley, left, and Construction Mechanic 2nd Class Jeff Lechner, top, assist with search and rescue efforts after a tornado damaged a mobile home park in the Evansville, Ind. Petty Officers Tooley and Lechner are assigned to Naval Mobile Construction Battalion (NMCB) 24, Detachment 1824. Navy Reservists assigned to Naval Reserve Center Evansville are assisting local authorities in search and rescue efforts after an F3 tornado cut a 15-mile path through Eastern Indiana and Kentucky regions.

*U.S. Navy photo by
Photographer's Mate 2nd Class Joseph C. Garza*

Force Career Counselor



**It is February,
so that means ...**

E4 - E7 exams are on for this month, and I wish all who take them all the best. But, news has come out discussing changes for the future E8's selection boards and what YOU need to do: and what needs to be included in your record. Future of promotions to Senior Chief without EDUCATION ... will not happen!!

During my 19 years, I was able to complete a bachelor of science degree in Business Management with the emphasis in Human Resources from the University of Maryland, University College back in 1996. This degree helped me - without a doubt, make NCC! But, I did not stop there. I continued on to work on courses that were related in the counseling field, and continue to do so - and the NKO web site is the best one stop shopping for courses that are FREE to you. Please visit www.nko.navy.mil and take a few moments to review some of the courses available to you to take FREE.

My degree was earned by classroom; VTC; DANTES and CLEP exams as well as the credits earned by just being in the Navy, and promoting! Yes, for each advancement, I earned upper and lower credits. Upper credits went towards my bachelor of science degree and the lower credits were towards an associate degree. So, take advantage of what free credit you earn by reviewing your SMART Transcript at https://smart.cnet.navy.mil/pub_login.html.

[//smart.cnet.navy.mil/pub_login.html](https://smart.cnet.navy.mil/pub_login.html).

Tuition assistance (TA) along with SallieMae Student loans; got me through the financial process. I do not have the MGIB program, so my best way to finance my education was by using the TA and student loans. Although I used student loans, I am still responsible for paying these in full, and they are part of my debt load. If you cannot afford a student loan, please be sure you can afford them as these too can get you in trouble if they are not paid off as agreed. TA for RC Sailors is still not available. One of our focus points for the past three years now has been how to finance the TA program for RC Sailors. This issue has been argued many times and we are trying hard to make this happen for you.

Beginning for FY-2011, to be eligible for Senior Chief, you must have as a minimum, an associate degree in your career field. The other term you will hear is a degree in your rate-related field. The degree requirement is from the Navy Education Training Center (NETC) located in Pensacola to begin pursuit of degrees for our Sailors. I know that many of the RC Sailors have degrees, whether it is for their career in the civilian community or for the Navy. It will become more important than ever to be sure your records are updated to reflect these degrees. In the March edition, I will support this with some questions

and answers that NETC has published.

I am also going to push the importance of the Career Development Boards (CDB's) for ALL ENLISTED SAILORS E1 - E9! If you are using these as a tool for your Sailors, Bravo-Zulu. If not, shame on you. This IS an assessment item, and from my standpoint, if you are not doing them, as the CMDCM/SEA and CCC, you should fail the assessment! No questions. The benefits of conducting CDB's are as beneficial to the individual Sailor as it is to the total command mission.

Well, there ya go! More positive mentoring required, and using the CDB's will be a big plus for each Sailor. This educational piece needs to begin NOW. It's not too late for YOU to get on the bandwagon to begin working on a degree. What a way to improve yourself in the process. If you need to update your service record to show completion of a degree, please do so, don't wait until FY-10 to find out your not eligible for promotion because you don't have a degree ... It's your job to complete this, and it's my job to ensure you have the information!

Please feel free to e-mail me at cynthia.blevins@navy.mil with questions about this or anything else you have read.

NCCM(AW/SW) Cynthia Blevins

Force Career Counselor,
Navy Reserve Force

**Senior Chief eligibility depends upon
having an associate degree ...**

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

PROFILES IN PROFESSIONALISM

U.S. Navy photo by Journalist 1st Class Mark O'Donald



Intelligence Technician
1st Class Tina M. Cross

Distributed Common Grounds Station-
Navy Unit 2

Hometown: Baltimore, Md.

Brief description of your job: I am the information systems technician for my unit. I am also responsible for information security.

Why did you join the Navy: To be a better person and to serve my country.

Who has been your biggest influence since joining the Navy: I am very lucky that there are so many people who have influenced my life that I cannot single out one individual.

What do you enjoy most about the Navy: I like the fact that I play an important part in the Navy.

The most interesting place you have visited since joining the Navy: Naples, Italy. I was stationed there for four years and enjoyed the culture, food and people.

What has been your greatest Navy achievement: Looking forward to Chief select. That is my goal.

U.S. Navy photo by Journalist 1st Class Mark O'Donald



Chief Cryptographic Technician
Anthony F. Lamonica

Distributed Common Grounds Station-
Navy Unit 2

Hometown: Stafford, Va.

Brief description of your job: I work with operations for information warfare. I collect, interpret and disseminate information. I also deal with electronics maintenance.

Why did you join the Navy: My father was in the Navy and I have always been intrigued by the camaraderie, especially on board ship.

Who has been your biggest influence since joining the Navy: Senior Chief Carlos Paradinha. He epitomizes the perfect leader. He enables people to perform to the best of their ability.

What do you enjoy most about the Navy: Shipboard life. Being underway with great shipmates.

The most interesting place you have visited since joining the Navy: New York during Fleet Week. There is no prouder place to wear a Navy uniform.

What has been your greatest Navy achievement: Being selected for Chief.



Focus on Families

United Through Reading

Commander Kara Dallman, distributing United Through Reading bookmarks to children in a Sure Start classroom at Sullivan's Elementary School on Yokosuka Naval Base in Japan.

From V-mail to audio cassette to e-mail, communication between family members during deployment has come a long way since World War II. But it wasn't until the last decade that the youngest in the family were able to truly share in this vital connection across the miles.

For 15 years, United Through Reading, a program of Family Literacy Foundation, has helped deployed active duty stay connected with their young children by filming and sending home a videotape of the parent reading a favorite children's book. More than 101,000 military personnel and their families have benefited from the program since its inception.

The seed for United Through Reading was planted during Vietnam when Betty Mohlenbrock and her children were separated from husband and father, Bill, a flight surgeon in the Naval Reserve, for 10 months.

"When he came home our two-year-old didn't recognize him," said the founder and president of Family Literacy Foundation. "It was then I realized how tough it is on very young children to connect with an absentee parent across the miles."

Launched during the Gulf War by Mohlenbrock, an educator and reading specialist, United Through Reading is easy and effective. Children receiving the DVD or videotape are given the opportunity to see their parent's face, listen to their voice and read along as the adult reads a favorite storybook. They can spend as much time with the deployed parent as they wish by watching the recording over and over again.

"The benefit is just so powerful," said Mohlenbrock. "The bond between adult and child is strengthened, a bridge is provided for communication and sharing and morale is boosted both at home and far away."

All who witness the experience are moved by its impact.

An added dividend: reading aloud with children has been shown to be the single best predictor of a child's future academic success, she said.

Journalist 1st Class Rob Kerns, became acquainted with United Through Reading as the videographer aboard the USS Theodore Roosevelt (CVN-71) when it was deployed in support of Enduring Freedom for over

seven months, and again in 2003 for six months.

"From the beginning, it was obvious people were really trying to have communication with their kids back home," he said. "I saw there was a lot of heart in it and I wanted to be involved."

"With the war on terror, many Reservists are being called up to the front line right now," he added. "They're out for six months to a year, right along with active duty. This program is good for them and everyone deployed."

"It had an incredible effect on morale. Participating sailors stayed closer to their kids. It used to be when you got home you had to relearn your children and they had to relearn you. With United Through Reading, you're helping keep the bond going, and the transition to the home front is easy." Getting participants was easy, too, Kerns said. With each deployment 15 to 20 regulars were in to see Kerns every week.

"It wasn't a hard sell, and participants went completely through the pay levels—from new Sailors to the command master chief to a couple of department heads."

That in itself is a great morale booster, he said.

Commander Kara Dallman, recent United Through Reading regional volunteer coordinator on the Yokosuka Naval Base in Japan, agrees.

"It's very important to have support at all levels," said the mother of Hannah, 10 and Andrew, 8, who now resides in Burke, Va.

"My husband, a Navy commander, has been very much involved as both an early participant with our own children and as an advocate while the





Ship's Serviceman 2nd Class Billy Amurao reads a children's book into a video camera in the library of the amphibious assault ship USS Peleliu (LHA-5).

U.S. Navy photo by Journalist 2nd Class Zack Baddorf

BELOW: Personnelman 2nd Class Kennedy James reads in front of a video camera as part of the "Uniting Through Reading" program aboard USNS Mercy (T-AH 19). The San Diego-based hospital ship became the first Military Sealift Command (MSC) vessel to offer the Family Literacy Foundation's "Uniting Through Reading" program to its crew. Mercy was operating off the coast of Indonesia in support of Operation *Unified Assistance*, the humanitarian relief effort to aid the victims of the tsunami that struck Southeast Asia.

U.S. Navy photo by Journalist 3rd Class Issac Needleman



commanding officer of a ship," she said. "In my work as a program coordinator, I also saw firsthand the huge role played by the command master chief."

There are approximately 10,000 family members living on or near the Yokosuka facility. "My goal was to make the United Through Reading program so visible to them that no one would leave the base without knowing it was available," she said.

The homefront parent is in the best position to persuade the soon-to-be-deployed parent to participate, according to Dallman.

"Nine times out of 10, the spouse would tell the deploying family member, 'I really want you to take the time to do this,' and asking that was important," she said.

"The Sailor or Marine needs to know how really appreciated his or her involvement is going to be by the home front."

Dallman was appreciated for her part, too.

"Parents would come up to me in the Exchange and say, 'This was absolutely the best thing our family has ever done,'" she said.

"The emotional benefits are beautiful. The child's reaction shows the connection they feel to the parent. The parent at home gets a sense of support from the deployed. The parent far away is buoyed.

"It's a fantastic concept. Who could argue with it?"

Reservist families interested in becoming involved in United Through Reading can e-mail utr@read2kids.org or call (858) 481-7323 (READ) for information and assistance in participating in the program.

Family Literacy Foundation, a nonprofit organization, facilitates supportive relationships for children through family and friends reading aloud with them. Since 1989, Family Literacy Foundation has helped children gain vital literacy, learning and communications skills by having family and friends read aloud with them. Through its four pioneering programs, Reading Roots, United Through Reading(r), Youth Reading Role Models(r) and Building Bridges With Books, it is paving the way for our children's future while keeping families strong and connected. For more information, visit www.read2kids.org or call (858) 481-7323 (READ). **TNR**



Ultra-Marathon Man

Cmdr. Michael D. Samuelson



Story & Photos by
Journalist Seaman Quinn Whisner

I run because of that feeling, you know, that runner's high. You fall away from everything, and feel like you are flying," said Cmdr. Michael D. Samuelson, executive officer, Navy Reserve Center Memphis.

Samuelson is a marathon man, be it 26 miles or 100 miles, he is there for the long haul. Since 1987 he has participated in over 30 marathons, and ultra marathons.

"I ran my first marathon because a friend of mine convinced me to. I am thankful to this day for him," said Samuelson. "I've always been a runner, but this was a whole new level for me. I have learned so much about my self and my own discipline through these races."

According to Samuelson, there are several ways for anyone to get involved in this "good for you, and good feeling" exercise.

Actually running marathons takes a lot of determination and training. Get into the swing of things by volunteering at a race first. Hand out water, fruit and towels. See what happens to a runner after 26 miles. Use your own preferred method of research. Talk to marathon runners, ask questions, go for a run or two. Get a feeling for what it is all about, is his advice.

"The most important thing to do is get outside, get moving. The first step is the most important step. It sets you in motion, and as long as you love it, you will keep moving," said Samuelson.

The commander also said with Culture of Fitness playing such an important role in today's Sailor, running is even more prominent in day-to-day life.

Getting motivated to improve your health is always a positive thing. Find that type exercise that works for you, and make it your goal to improve upon it.

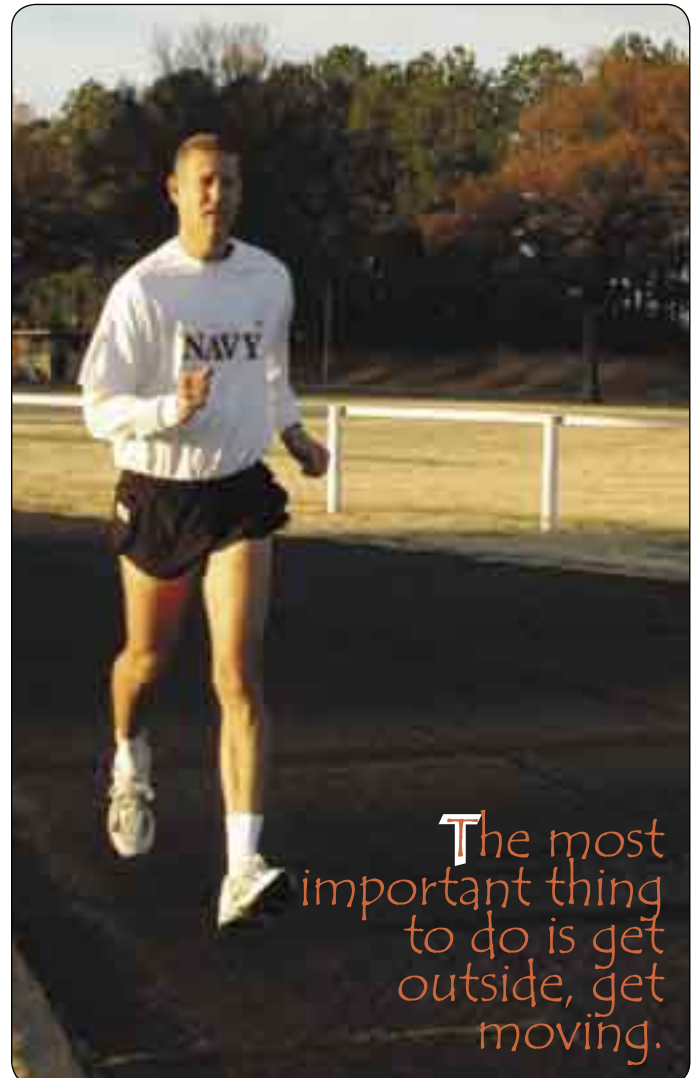
"When you get that work out 'feel good' the whole day improves. Seeing yourself in a positive fitness light is important. It all reflects back to knowing that you are doing something everyday to improve yourself," said Samuelson.

Samuelson plans to run 20 marathons in the upcoming year, and says "I hope to run until I can run no longer. Who knows, I may even run a marathon when I am 100 years old!

"You don't have to run twenty miles a day to be in shape. Fitness is individual. While I would love to see many more smiling faces out on the marathon trails that is not my goal. Motivation to get fit is different for everyone," said Samuelson.

He also recommends that each Sailor set a personal fitness goal before every workout. Getting that feeling of accomplishment is a huge motivation. If you can tell yourself at the end of every run that you were the best you could be that day, you can walk away with that ultimate feeling of accomplishment and pride.

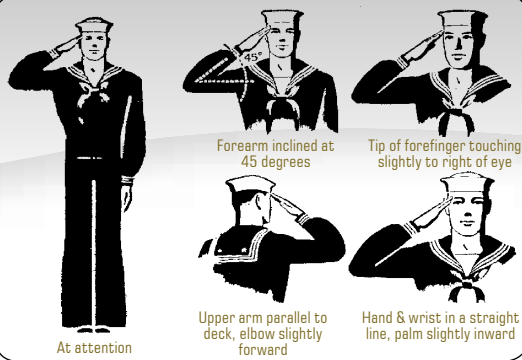
Sailors are reminded that before starting any new strenuous training you first should consult your fitness coordinator as well as a medical professional if you choose. The basics of fitness still apply for aspiring marathon runners, don't forget to hydrate and stretch before hitting the trail! **TNR**



The most important thing to do is get outside, get moving.

BACK TO BASICS

by CNRFC Public Affairs



THE HAND SALUTE

The origin of the Hand Salute is uncertain. Some historians believe it began during the age of the Roman Empire when assassinations were common. A citizen who wanted to see a public official had to approach with his right hand raised to show that he did not hold a weapon. Knights in armor raised visors with the right hand when meeting a comrade.

This practice gradually became a way of showing respect; in early American history, sometimes involved removing the hat. By 1820, the motion was modified to touching the hat. Since then, that gesture has become the Hand Salute used today.

In British history, in the early 1800s, the Coldstream Guards amended the British military salute custom of tipping the hat. They were instructed to clap their hands to their hats and bow as they pass by. This was quickly adopted by other Regiments as wear and tear on the hats by constant removal and replacing was a matter of great concern. By the mid 19th Century, the salute had evolved further with the open hand, palm to the front, and this has remained the case since then.

Most historians believe, however, that the U.S. Military salute was influenced more by the British Navy. The Naval salute differs from the "Open Hand" British Army Salute in that the palm of the hand faces down towards the shoulder. This dates back to the days of sailing ships, when tar and pitch were used to seal the timber from seawater. To protect their hands, officers wore white gloves and it was considered most undignified to present a dirty palm in the salute so the hand was turned through 90 degrees.

WHEN TO SALUTE:

Military personnel in uniform are required to salute when they meet and recognize, in or out of uniform, persons entitled (by grade) to a salute except when it is inappropriate or impractical (in public conveyances such as planes and buses, in public places such as inside theaters or when driving a vehicle).

PERSONS ENTITLED TO A SALUTE:

- The President of the United States (Commander-in-Chief)
- Commissioned Officers and Warrant Officers of the U.S. Armed Services, U.S. Public Health Service, and the National Oceanographic and Atmospheric Administration.
- Any Medal of Honor recipient
- Officers of friendly foreign countries

A SALUTE IS ALSO RENDERED:

- When the U.S. National Anthem, "To the Color," "Hail to the Chief," or foreign national anthems are played.
- On ceremonial occasions (such as Change of Command, and

Military Parades).

- At reveille and retreat ceremonies, during the raising or lowering of the U.S. Flag.
- During the sounding of honors.
- When the Pledge of Allegiance to the U.S. Flag is being recited outdoors.
- When turning over control of formations.
- When rendering reports.

SALUTES, NOT REQUIRED:

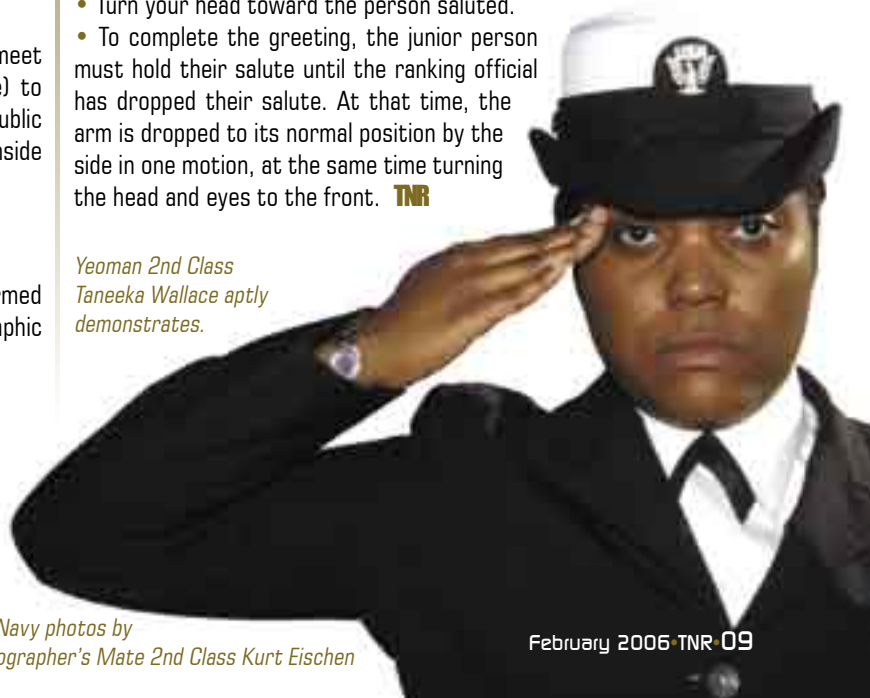
- Indoors, except when reporting to an officer or when on duty as a guard.
- Addressing a prisoner.
- Saluting is obviously inappropriate. In these cases, only greetings are exchanged. (Example: A person carrying articles with both hands, or being otherwise so occupied as to make saluting impracticable, is not required to salute a senior person or return the salute to a subordinate.)

- Either the senior or the subordinate is wearing civilian clothes (a salute in this case is not inappropriate, but is not required.)
- Officers of equal rank pass each other (a salute in this case is not inappropriate, but it is not required.)

PERFORMING THE HAND SALUTE:

- The right hand is raised smartly until the tip of the forefinger touches the lower part of the headdress or forehead above and slightly to the right of the right eyebrow.
- Thumb and fingers extended and joined, palm to the left, upper arm parallel to the deck, forearm inclined at 45 degrees, hand and wrist straight.
- Turn your head toward the person saluted.
- To complete the greeting, the junior person must hold their salute until the ranking official has dropped their salute. At that time, the arm is dropped to its normal position by the side in one motion, at the same time turning the head and eyes to the front. **TNR**

*Yeoman 2nd Class
Taneeka Wallace aptly
demonstrates.*



*U.S. Navy photos by
Photographer's Mate 2nd Class Kurt Eischen*

Convictions of a *Tenacious* Reservist

*As we express our gratitude,
we must never forget that the
highest appreciation is not
to utter words, but to live by
them.*

~ John Fitzgerald Kennedy

by Journalist 1st Class Oscar A. Troncoso
REDCOM South

El Paso, Texas — Senior Chief Petty Officer Robert Westover is living proof of an American War Veteran who lives by the convictions of his words and subsequent actions. The Seabee Reservist from Altoona, Penn., earned a Purple Heart in Iraq last February when an Improvised Explosive Device (IED) injured him so severely that he will require a total of 13 surgeries and a year and a half of rehabilitative therapy.

Westover has been temporarily stationed at the San Antonio Navy and Marine Corps Reserve Center, where he is receiving treatment at nearby Brooke Army Medical Center.

"The most arduous is the daily treatment for my extensive burns which entails stretching the scars so that they will not atrophy. My ability to continue drilling will have to be determined when my health status has been reviewed once my therapy has been completed. The estimated time frame for completion should be approximately August 2006, as I still have at least five more surgeries to be completed," said Westover.

His injuries include the following:

- Third degree burns over 40 percent of his body requiring skin grafts
- Second degree burns on 10 percent of his body
- Four partial amputations of left fingers
- One full amputation of left finger
- Five full amputations of right fingers
- Various shrapnel wounds
- Multiple fractures on every limb
- Broken femur that required instillation of titanium rod in left leg
- Left ear drum of inner ear was destroyed
- Right ear drum was 60 percent missing
- Scarring on eye due to heat exposure
- Heat and smoke inhalation injuries
- Cognitive disarray injury from head trauma
- 13 surgeries (8 completed; 5 more to be completed)

Despite his multiple injuries, Westover has no regrets and would be willing to join the Navy all over again.

"Without hesitation. There is a tremendous sense of self-satisfaction in being a part of something that is bigger than you are. Having witnessed the birth of a democracy in Iraq and being a part of it was a sense of accomplishment that I will never again achieve in my lifetime," said the

Seabee who was attached to Naval Mobile Construction Battalion (NMCB) 23.

Westover served four years in active duty and twenty-four as a Reservist. During his tenure in NMCB 23, he has been a builder crew leader, project superintendent, squad leader, platoon commander, detachment assistant officer in charge, company chief, battalion planning and estimating chief, project manager and battalion readiness chief. Westover joined the Navy in 1975.

"Back in Altoona, where I grew up, you had a choice of going to work either in the coal mines or in the railroad yards, neither of which appealed to me. The Navy offered me the opportunities to not only increase my technical skills in the building trades, but to see parts of the world I had only seen in magazines and books. The G.I. Bill enabled me to attend Penn State University. I feel these experiences have assisted me to become a better person and enabled me to attain accomplishments that would have not otherwise been possible," said Westover.

This was the second time that Westover has been recalled for active duty. He was activated for Operation *Desert Shield/Desert Storm* with NMCB 23, and served as a crew leader in ordinance loading operations in the Pacific theater while supporting B-52 bombing operations on the island of Diego Garcia.

While he was able to stay out of harm's way during his first activation, Westover was not as fortunate the second time around. Like many other Americans in Iraq, the Pennsylvanian Seabee came face to face with death as he was severely injured by the blast of an IED.

"After the blast everything in my head went black with the exception of seeing a white dot. The first thought that came to my mind was the fact that we had been struck by an IED. Immediately the vehicle was engulfed in flames. I was located in the rear compartment behind the driver and next to the turret gunner. The bomb exploded approximately six feet from my location. The vehicle filled with black smoke as flames engulfed both the top and the under carriage. I tried to open the door but could not and the increasing heat made it very difficult to orient myself from the vehicle. I used my hands to try to feel for the seats in the back of the vehicle to orient myself and I could see my skin melt off my right hand and my arm as the flames surrounded me inside the vehicle. Death was imminent. There was a time when I was trapped in the back of the humvee and knew I was

Journalist 2nd Class Mark Richardson, assigned to Naval Media Center Reserve Component, interviews Senior Chief Builder Robert M. Westover, Jr., at a welcome home ceremony held for Naval Mobile Construction Battalion Two Three (NMCB-23) at Fort Belvoir, Va. Senior Chief Westover received multiple fractures, ear damage and 3rd degree burns on his arms when a bomb detonated near his convoy in Iraq. Westover was awarded the Purple Heart.

U.S. Navy photo by Photographer's Mate 2nd Class Thomas A. Woebkenberg



"The Navy offered me the opportunities to not only increase my technical skills in the building trades, but to see parts of the world I had only seen in magazines and books".

on fire and couldn't orient myself when I questioned whether I would live or not. However, I saw a wisp of blue light that directed me to the driver's side door which was open. I was finally able to drag myself from the rear of the vehicle to the front and exit. I had hope. Once I fell to the ground and was out of the vehicle, I knew I would survive no matter what. As I landed on the ground I fell into a pool of burning gasoline severely burning my body. I tried to stand but I could not, but I knew I had to get away from the vehicle so I had to arch my head and push with my right foot as my left femur was shattered. Each time I pushed I gained six inches further away from the vehicle. They found me approximately 400 feet away from the vehicle. In those times of desolation, you fear that you won't see your loved ones, your family or your cohorts that you served with. You think of those closest to you," said Westover.

One of those individuals who is closest to the thirty-year Navy veteran is his son, Ryan Charles Westover, who recently enlisted as a Seabee in the Navy Reserves. While Westover is concerned for his safety, the father is also proud that his son is following in his footsteps.

"As a parent I do have a concern for well being and as an injured member I know full well the hardships incurred in being severely injured and don't wish that on any service member, much less my son. However, I am extremely proud of his patriotism and his sense of honor to his country

and would like to think that his watching my service over my career helped instill that sense of loyalty and patriotism," said Westover.

"In those times of desolation, you fear that you won't see your loved ones, your family or your cohorts that you served with. You think of those closest to you".

As Westover completes his extensive rehabilitation process, the Navy has attached him to the Navy Marine Corps Reserve Center San Antonio, Texas. Despite the severity of his life-threatening injuries, Westover takes advantage of his time between treatments to continue to support the Navy's mission as much as possible.

"While I am not physically capable of completing all the Navy's mission, I do participate in the training and mentorship programs of junior Sailors. It is a privilege to pass on needed information to our younger personnel and ensuring that they attain the highest possible state of readiness. While at times the requirements are taxing, serving in the Naval Reserve is not simply a two day commitment but in reality a lifetime decision," said Westover. **TNR**

Peter Boylston Adams, a direct descendant of President John Adams, addresses the crowd on the anniversary of John Adams birth. In attendance were many children from local schools who used this trip as an educational opportunity to learn about the historical contributions of John Adams.



Story and photos by Journalist 1st Class Steve Bansbach
REDCOM NE Deputy PAO

On Halloween Reservists from Navy Reserve Center (NRC) Quincy, Mass.

honored the ghost of the father of the Navy by placing a wreath at his burial site inside the United First Parish Church. Adams and his son, the sixth President of the United States John Quincy Adams, and their wives are all interred in the United First Parish Church.

This tradition marked the 270th birthday of President John Adams, one of the leading advocates for the creation of a continental Navy, as it was called during the War for Independence. On October 13 of that year, Congress finally authorized the procurement of two small-armed ships.

By March 23, 1776, Massachusetts delegate Adams led those who persuaded Congress to outfit privateers, or "armed vessels," to prey "on the enemies of

the American colonies."

According to Adams's biographer David McCullough, **"Adams drafted the first set of rules and regulations for the new Navy – a point of pride for him as long as he lived."**

In the 25 years that John Adams served his country, and especially as president, his advocacy of a strong navy for the fledgling country, it stood second to none.

This wreath laying ceremony is a nationally recognized event that started when Lyndon B. Johnson was president. Engineman 1st Class Donald Neuville has been involved in this ceremony since 2003. "It's a honor to be involved in this ceremony. If we weren't there, there would be no military presence honoring the father of our Navy."

The Navy's presence in this ceremony is very important to the

town of Quincy especially with the contributions that John Adams made to the Navy. "The Navy has always been a big part in this event, and that is important since John Adams was president when the Navy was officially formed," Bill Westland, member of the Quincy Board of Governors, said. "The Navy has been involved since the beginning, and this tradition wouldn't be the same without them."

Before Adams was President of the United States, he was a family man, farmer, lawyer, community representative, elected representative to the first and second continental congresses, a vigorous defender of civil liberty, passionate defender of colonial independence and revolution from his country, statesman and Ambassador, Vice President, but most importantly he was a leader.

Reservists from NRC Quincy, along with members of the Adams Memorial Foundation, placed a wreath on President John Adams tomb on the 270th anniversary of his birth.



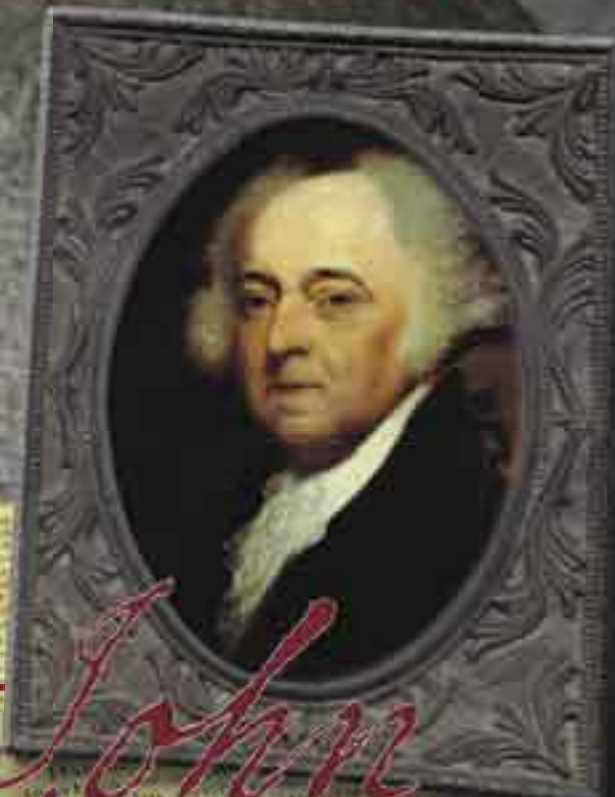
"Without his leadership, intellectual strength, integrity and drive our country would not have had the chance to grow over these years and fulfill our own destiny," Lt. Cdr Scott Graham, Commanding Officer NRC Quincy remarked. "President Adams passionately and vigorously devoted his life to achieving the advance of mankind through elected governance and the rule of law. His life was an example to us all."

The United First Parish church is the only place that inters two former presidents. Reservists from NRC Quincy not only participate in John Adams wreath laying ceremony, but also honor his son, John Quincy Adams, with the same ceremony in July. **TNR**

NAVY'S FOUNDING FATHER,

*John
Adams*

—HONORED—



Story and photos by Journalist 1st Class Mark O'Donald

PASCAGOULA, Miss. — The image on the computer screen looks like a simple map. An outline of shoreline here, a body of water there, but to Intelligence Specialist 1st Class Robert W. Stiver Jr. two dimensional lines become spatial opportunities.

"Analyzing this imagery enables us to determine the optimum site to launch a swimmer detection device," said Stiver. "We need to find a good place in the harbor to drop the egg."

The "egg" Stiver refers to is called Cerberus, an underwater sensing system that uses acoustics to detect moving objects around it. Stiver, a native of Woodbridge, Va., is assigned to Navy Reserve Distributed Common Grounds Station-Navy Unit (DCGS) N2 and is taking part in Gulf Coast Maritime Domain Awareness Initiative (GCI-05) 2005 at Naval Station, Pascagoula, Miss.

GCI-05 is a complex, scenario based,

multi-agency experiment enabling agencies to evaluate new concepts and technologies that blend real, virtual and constructive participants in scenario-based testing and training. It is a congressionally mandated initiative to demonstrate the Navy Reserves' integration potential and competence when paired with the U.S. Coast Guard's Homeland Security capabilities.

*Remote
Terminal
Capability
(RTC)
housed in a
transformed
humvee.*



Explosive Ordnance Disposal Mobile Unit Twelve members begin testing.

GERBERUS, the acoustic swimmer detection device.



"This exercise is a direct result of the attacks of September 11," said Stiver. "Our seaports are extremely vulnerable and we are in danger when our freedom is taken advantage of and safety is compromised. GCI-05 is being used to determine needs from other agencies and to identify our own strengths and weaknesses."

Indeed, 95 percent of the overseas commerce of the United States is transported by ship, and any cessation or delay would have major economic implications worldwide. A terrorist attack could disrupt cargo movement through a U. S. seaport and require widespread emergency response. Even a single attack would disrupt cargo movement in all U. S. ports by creating the immediate need to increase security. Many attacks would encumber both the security and the emergency response system enormously.

"In the post September 11th world we live in, with the U.S. Navy responsible for homeland defense and the U.S. Coast Guard responsible for homeland security, there is a seam between those responsibilities," said Cmdr. Daniel E. Crisp, commanding officer of DCGS-N2, "The U.S. Navy, U.S. Coast Guard and other agencies are trying to determine how best to identify and fill the gap in those seams."

This is the first evolution of its kind to ascertain capabilities resident in littoral surveillance and how the

SMART MOVES



ABOVE:
The RTC humvee.

AS RESERVISTS,
WE BRING TO THE
TABLE OUR UNIQUE
SKILL SETS FROM
A VARIETY OF
DIFFERENT AREAS
OF RESPONSIBILITY

Navy can provide increased awareness to the Coast Guard and other participants. It is also the first exercise that information analysis has been used to this extent.

"We are helping to define some of the tools and capabilities used to gather multiple sources of intelligence information into a single picture and how that is supportive of the Navy's homeland defense role and the Coast Guard's homeland security role," said Crisp. "These are real world organizations responsible at national levels."

local and

The initiative is being held in Pascagoula due to its proximity to critical maritime infrastructure; shipyards, shipping lanes, transportation outlets, public terminals, oil refineries and of course military facilities.

GCI-05 is designed to set standards for future initiatives. According to Stiver, those standards are very high. He uses an abridged version of software called Generic Area Limitation Environment on a multi-function workstation. This is linked to a Remote Terminal Capability (RTC) that can receive surveillance information from around the globe. Mobile RTCs are housed in transformed humvees with a power generator in tow.

"I am an intelligence fusion and briefing expert," said Stiver, "I take information from RTCs and distill it into a brief for my commanding officer while maintaining a focus on the bigger picture."

Using assets that include imagery, swimmer detection devices, tracking systems, infrared and signals intelligence, Stiver can give the Coast





SMART MOVES

ABOVE:

Chief Hull Maintenance Technician Jeff H. Bailey is helped aboard by fellow diver Senior Chief Boatsman's Mate James E. Pruitt aboard following tests on a submerged acoustic swimmer detection system. The divers are members of Explosive Ordnance Disposal Mobile Unit (EODMU) 12, Det. 10. EODMU 12 are taking part in exercise Gulf Coast Maritime Domain Awareness Initiative 05 to demonstrate the Navy's capability, when paired with the US Coast Guard's Homeland Security agenda. See following companion story, "Safe Harbors", on page 18.

LEFT:

Intelligence Specialist 1st Class Robert W. Stiver Jr. inspects an up-link cable on a mobile Remote Terminal Capability (RTC) which can receive surveillance information from around the globe.

Guard, police, local and federal agencies vital information about littoral threats to the nation. These agencies can then respond accordingly before a maritime threat becomes a ground threat. "Local intelligence is key to security at a national level," he said.

A civilian Imagery Analyst at the National Geo-Spatial Intelligence Agency, Stiver belongs to a Navy Reserve unit that he says is crucial to the success of GCI-05.

"As Reservists, we bring to the table our unique skill sets from a variety of different areas of responsibility," Stiver said. "We fuse our collective expertise to produce all encompassing results. This helps us do the best job that we can."

Through an exercise such as GCI-05, DCGS-N2 becomes a fundamental element in the homeland security machine.

Chief of Naval Operations, Adm. Michael G. Mullen, advocates jointness as a major strategic priority. In his "All Full Ahead" message to the men and women of the Navy, CNO said that defending freedom today requires a real commitment to supporting the combatant commanders and our fellow services, agencies, allies, and partners. It requires teamwork. "We have both the great privilege and great responsibility of serving our nation at a critical time, confronting the most demanding security challenges in history." Mullen remarked in his message.

He also said that from a position of strength, we can go beyond existing limitations and exploit new opportunities.

"The ratings of personnel involved in GCI-05 are the same as those being used in the fleet," said Stiver. "Equipment and training from this exercise can go directly into operation anywhere in the world when called upon. After all, we are here to do whatever we can to promote national security." **TNR**

Safe Harbors

Story by Journalist 2nd Class Andre McIntyre
Photos by Journalist 1st Class Mark O'Donald

Explosive Ordnance Disposal
Team Participates in Gulf Coast
Maritime Domain Awareness
Initiative 2005

Pascagoula, Miss. — In the midst of August the humid Mississippi heat embraces Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 12, Detachment 10, as they participate in the Gulf Coast Maritime Domain Awareness Initiative 2005 (GCI-05). This six-man EOD team embarked on Naval Station Pascagoula after leaving their home at Naval Weapons Station, Charleston, S.C.

The Navy is continually pushing the "One Navy" concept for full integration between active duty and Reserve components. However, EOD teams have already been doing just that. They rely heavily on each other while working side-by-side to meet team goals.

"EODMU-12 is the active duty component responsible for training the Reservist," explained Senior Chief Construction Mechanic (EOD) Anthony Uzzi. "The mobile unit has five Reserve detachments. Each detachment consists of six highly trained divers, who are cross-trained to do other things outside of diving.

We depend heavily on each other to carry out our assigned duties because we are all that we have and when one of us fails our survival rate is diminished. Survival is the name of the game when you are a self-contained team."

Integration becomes more important to EOD teams as overseas commerce continues to blossom in the United States. Ships move about ninety-five percent of all trade acquisitions made in the United States, making our coastal waters high-traffic areas and hot spots for terrorist activity. Active duty counterparts depend on the reserve component to step in and provide



*LEFT:
Senior Chief
Construction
Mechanic Anthony
Uzzi confirms the
condition of fellow
divers as Senior
Chief Boatsman's
Mate James
E. Prewitt lets
out line during
testing of an
acoustic swimmer
detection system.*

professional support, and because of the specialized duties that they perform, there is no room for error.

"Navy EOD divers are looked upon as the best in the business," said Lt. j.g. Kevin Grant, EOD officer in charge. "We are the underwater bomb squad for the Navy."

They operate on land and sea. The major purpose is the disposal of ordnance,

this is a little different from the active duty component, which is trained to disarm ordnance with a process referred to as a Render Safe Procedure. They actually go in and 'stop time', meaning "to render the explosive device inoperable and eradicate any possible high order explosion". The procedure that the Reserve component uses is called Blow in Place. This is where a small explosive charge is used to detonate the ordnance in a controlled explosion. In short, they blow the bomb in place with a smaller explosive.

Ordnance Clearance Detachments (OCD) are tasked with



Safe Harbors

LEFT:

Members of Navy Reserve Explosive Ordnance Disposal Mobile Unit 12 prepare a deep water lift system to position the CERBERUS acoustic swimmer detection device.

augmenting EOD teams which are responsible for the detection and identification of explosive ordnance and related devices. This includes foreign ordnance, chemical weapons, biological weapons, nuclear weapons clandestine improvised devices and all ordnance/devices that may be encountered underwater and on land. EODMU divers are capable of removing ordnance such as mines and other explosive devices, while utilizing scuba or mk-16 re-breather.

This unit continues to remain busy, forward deployed and continually training.

"We spent four-weeks in Bahrain supporting the Global War on Terrorism," said Chief Hull Maintenance Technician (EOD) Jeff Bailey. "While in Bahrain we

received training we could not get anywhere else. We trained in the desert as well as in the water, while protecting foreign interests. After spending a little time in Bahrain, it is good to see that our military assets are also interested in things here at home.

GCI-05 is a Homeland Security Exercise specifically focusing on protecting my country, my people, my brothers and sisters. This exercise will help to coordinate efforts between the Coast Guard and the Navy to achieve a better state of readiness as well as protect our way of life and our freedoms from terrorist activity."

"Anytime we get a chance to get

in the water it is training for us," said Lt. Jeffrey Myers.

With the efforts of EODMU-12 Detachment 10, members of this exercise will be able to explore techniques and the interaction of federal (including DoD), state and local agencies preparing for and responding to terrorism in a maritime environment. In addition, the exercise is designed to provide a dynamic learning environment at both the management and tactical levels in support of local, state and national response plans.

"We will be able to examine the effectiveness of our ability to monitor and prevent potential terrorist activity on our coastal waters and against our assets," said Aviation Ordnanceman 1st Class Richard Steele, EOD operations officer.

"Training like this is invaluable to the Reservist of EODMU-12," said Interior Communications Electrician 2nd Class Robbie Young. "This gives us the ability to coexists with our active-duty counterparts. We work hand-in-hand like brothers."

TNR



106TH ARMY VS. NAVY



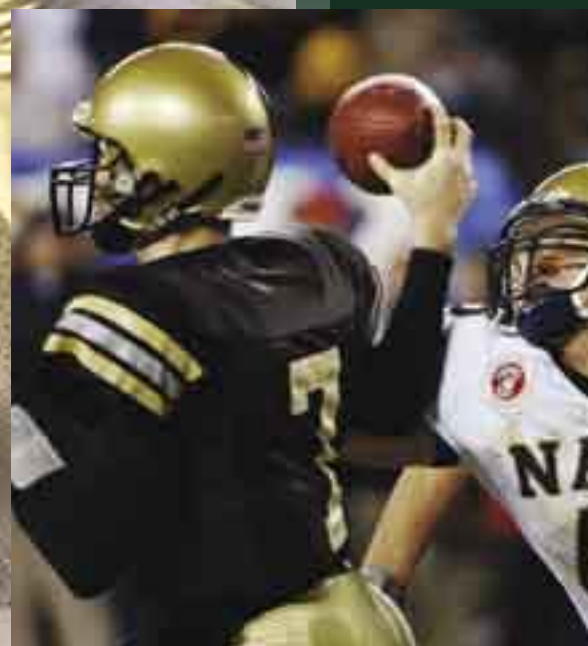
U.S. Navy photo by Photographer's Mate 2nd Class Daniel McLain

LEFT:
Navy
quarterback
Lamar Owens
runs for a
touchdown.

Photo by PAC Tom
Sperduto

BELOW:
Navy linebacker
Tyler Tidwell
(45) looks to
tackle Army
Quarterback Zac
Dahman (7).

U.S. Navy photo by
Damon J. Moritz



by ROB MAADDI, AP Sports Writer

PHILADELPHIA — At least this one was competitive — for a half. Adam Ballard ran for 192 yards and two touchdowns, leading Navy to a 42-23 victory over Army in the 106th meeting between the service academies.

Bowl-bound Navy had 490 yards rushing, including 99 from quarterback Lamar Owens. Reggie Campbell added a 54-yard TD run and Owens had three TD runs for Navy (7-4).

The Midshipmen have won four straight and six of the last seven games against Army to take a one-game lead in the overall series at 50-49-7.

Zac Dahman tossed three TD passes for Army (4-7), which had a four-game winning streak snapped.

Navy outscored Army 134-31 in the previous three meetings, winning each one by 28 points or more. But the much-improved Black Knights came out strong,

and led 10-7 midway through the second quarter.

The Midshipmen responded with TD runs of 28 and 1 yards by Owens to take a 21-10 lead at halftime. Ballard's 67-yard scamper made it 42-17 just 9 seconds into the fourth quarter.

Navy captured the Commander-in-Chief's Trophy outright for the third straight year, a first in school history. The coveted trophy, awarded annually to the winner of the football competition between the three major service academies, was on the line for both teams for the first time in nine years.

One of the most storied rivalries in college sports, for many the game has taken on even more significance in recent years because of the ongoing war against terrorism.

Army linebacker Barrett Scruggs wore on his uniform the actual patch of a soldier who was recently killed in action in Afghanistan.

After Army went ahead 3-0, Campbell took an option toss from Owens and sprinted untouched past the entire defense down the left side for his fourth TD this season.

But the Black Knights answered with Dahman's 30-yard TD pass to Jeremy Trimble to make it 10-7. Trimble split two defenders and was so wide open that it appeared he was a punt returner making a fair catch.

On the ensuing possession, Owens faked an inside handoff, bounced outside, broke several tackles and ran 28 yards down the left sideline for his ninth TD rushing. Owens' second, 1-yard TD run made it 35-10 late in the third quarter.

Dahman tossed an 18-yard TD pass to Carlton Jones to cut it to 35-17, but Ballard broke loose on the next play.

Jones finished with 80 yards rushing and became the second player for Army to run for 1,000 yards twice in his career. Mike

Mayweather did it in 1989-90.

Navy tried to make a statement on the opening possession by going for a fourth-and-6 from the Army 36. Owens tossed a backward pass to burly offensive lineman Matt Pritchett, who was stopped after a 2-yard gain.

Army's last victory over Navy was 26-17 in 2001.

Navy started this year with losses to Maryland and Stanford, but won its next four games. The Midshipmen participated in the inaugural Poinsettia Bowl against Colorado State on Dec. 22 in San Diego, where they decisively won 51-30.

It was the third straight bowl appearance for Navy, a first in the academy's history.

Under second-year coach Bobby Ross, Army was respectable this season. The Black Knights started 0-6, but won four straight before losing to their rival.

TNR

**NAVY
MIDSHIPMEN 42**

**ARMY
BLACK KNIGHTS 23**

Navy Slot Back Reggie Campbell (7), tackles Army Running Back Scott Wesley (82) during a punt return.

U.S. Navy photo by Photographer's Mate 2nd Class Jayme Pastoric



Navy F/A-18F Super Hornets from the "Checkmates" of Strike Fighter Squadron Two One One, fly-over during opening ceremonies.

U.S. Navy photo by Photographer's Mate 1st Class Andrew Meyers



Navy Fullback Adam Ballard (22) crosses the goal line for one of his two touchdowns.

U.S. Navy photo by Damon J. Moritz



U.S. Naval Academy Midshipman Lamar Owens carries the Army-Navy game trophy.

U.S. Navy photo by Photographer's Mate 2nd Class Daniel McLain



Reservists Make Final Preparations for Deployment



Electronics Technician 1st Class Lynn Starkey (left) and Senior Chief Electronics Technician Jim Long play reporters from the "host nation of Florid" who are on site to interview Public Affairs Officer Lt. Robert Allen during FEP exercises.



Story and photos by Journalist 2nd Class Nicholas Spinelli
REDCOM SE Public Affairs

JACKSONVILLE, Fla. — Approximately 300 Reservists mobilized at the Armed Forces Reserve Center on Naval Air Station Jacksonville Monday to begin their Final Evaluation Period (FEP) before deploying.

FEP is a week-long exercise designed to prepare Reservists for what they will face while deployed overseas. In the first scenario, held here, the three participating Reserve units arrived in the "host nation of Florida," where they had to clear customs and deal with questions from local and international media.

Senior Chief Electronics Technician Jim Long played the role of a foreign journalist trying to get information about where the Reserve units would be staying and what missions they would be performing, obviously information not to be shared.

"We want them prepared," explained Long during a break from the exercise. "We want to prepare them to succeed and to do that, we need to make these scenarios as realistic as possible. Not just so they know what they can and can't say, but also so they know how to act. They're still Navy ambassadors and have to know and respect the customs of whatever country they're in."

Lt. Robert Allen played the Public Affairs Officer for the exercise, and has had his hands full as neither the role players or the Reservists were making things easy on him.

"They set you up in a way that everything that can go wrong does go wrong," he said. "From the moment I got 'off the plane' I was surrounded by reporters. Then, I was delayed 'in customs.'"

The rest of the week, the Reservists will be training at Naval Station Mayport, where the scenarios will include patrolling and security details. When FEP concludes, they'll be mobilized and deployed in support of Navy operations throughout the world.

"We've been training hard for the last six months," said Allen. But it's been worth it. It's all been leading up to this week and beyond. We're ready to go." **TNR**



ABOVE: Reservists experience nearly every aspect of deploying overseas, including going through customs in a foreign airport.

BELOW: Upon arriving in the foreign nation "Florid," Reservists participating in FEP stand by awaiting their orders.





APPLY

APPLY is open for registration. Now is the time to ensure your checklist is in order to give yourself the best possible chance for billet assignment.

It's that time of the year again when all Navy Reserve Officers must APPLY for a billet for next fiscal year. For those recently assigned a billet, verify your current billet assignment information in the database is correct.

Officers should strive for command early and often. Officers currently in billets are responsible for verifying that their billet assignment and Projected Rotation Date (PRD) is correct. If this information is not accurate, Officers may lose their assignments due to inaccurate information within the APPLY program.

Reserve Officers will:

- 1.** Regardless of current assignment status, must register in APPLY by going to: <http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm>. [Look for the APPLY logo on the web page] Registration will include real-time verification of the Officers' assignment status in RHS and the IDT Order writer. Officers will report discrepancies in the assignment information presented in APPLY to their chain of command for immediate resolution.
- 2.** All Officers are encouraged to routinely visit the APPLY webpage via the Navy Reserve Force website at: <http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm> for the most current APPLY board information.
- 3.** Complete on-line application and registration via the APPLY website no later than the July 30, 2006 deadline.
- 4.** Complete all applicable sections of the APPLY application and any applicable on-line resumes. This information greatly aids the Board in assigning billets. History of assignments and civilian work history will not be retrieved from the member's official record. It is the applicant's responsibility to ensure the data in the "History of Assignments" and "resume" fields is up-to-date and accurate.
- 5.** Review their Officer Service Record/Personal Service Record (OSR\PSR) for completeness. Fitness Report discrepancies should be routed to Navy Personnel Command (NAVPERSCOM) PERS 311. All other OSR/PSR discrepancies should be routed to NAVPERSCOM PERS 312C.
- 6.** Submit official correspondence to the Board President to correct and/or update erroneous or missing information, using the format in exhibit (2). All official correspondence must be received, regardless of whether mailed, emailed, faxed or delivered, to the NAVPERSCOM Customer Service Center (CSC), (PERS-00R), no later than 2400 on Aug. 11, 2006. Do not mail, email, fax or deliver any official correspondence to COMNAVRESFORCOM. Ensure all correspondence is properly identified. If not already included in the basic document, provide name and Social Security Number (SSN) at the bottom right side of every page. Mail correspondence to:

President, FY07 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. Fax correspondence to the NAVPERSCOM CSC (PERS-00R) at 901-874-2044, ATTN: Board #391. Officers may call the NPC Customer Service Center at 1-866-U ASK NPC (1-866-827-5672) or DSN 882-5672 to confirm receipt of mailed, faxed or delivered packages the hours of operation for NPC are 0700 to 1900. You may also check at the Customer Service Center online site by logging in at: <https://npc.jax.disa.mil/OAHTML/npc.html>.

- 7.** Officers interested in applying for Board Membership or Support Staff positions should submit their applications via the web to Commander Navy Reserve Forces Command (COMNAVRESFORCOM) N12 no later than March 1, 2006. Only Officers not being considered for a billet may participate in a Board Membership or Support position.
- 8.** Accept or decline the Board selected billet via the APPLY website at: <https://apply.hq.cnrf.navy.mil> no later than Sept. 30, 2006.
- 9.** Officers not selected to a pay billet should provide non-pay preference Volunteer Training Unit or Inactive Ready Reserve and drill site location to their parent activity no later than Sept. 30, 2006.
- 10.** Finalize the application dream sheet no later than July 30, 2006. Advertised billets will be "frozen" for a 45-day period, to allow for a stable billet file and minimize the need for last minute dream sheet changes.
- 11.** When appropriate, e-mail will be used to communicate with applicants on the status of the APPLY website and community related information. Therefore, applicants must ensure their e-mail address in APPLY is kept current. IDT Order writer is limited to sending orders to military e-mail accounts only. All applicants should obtain a military e-mail account (.mil address) via their Navy Operational Support Center.

... hands on ... highly motivated ...



Reserve Sailors Actively

by StoreKeeper 2nd Class (SCW) Russ Dutcher

Integrate in Support
NAVELSF Operations

Navy Ordnance Reporting and Handling Battalion (NORHB) 1, headquartered in Yorktown, Va., was commissioned to support the need for Active Reserve Integration and unit consolidation within the Naval Expeditionary Logistics Support Force (NAVELSF).

Sailors attached to this unit take a "hands on" approach regarding the procurement, loading, storage and offloading of various types of ordnance.

Religious Program Specialist 3rd Class Mariela Anderson, who just returned to the Navy Reserve, stated, "I'm new to this unit, and the internal support and training from our members has been great."

NORHB personnel work directly with their active duty counterparts in fulfilling mission requirements and carrying out the overall effectiveness of NAVELSF operations around the world.

"When I relieved the previous commanding officer I really didn't know what to expect," said Lt. Cmdr. Mike Bellotti, delta company commanding officer. "What I did find was a highly motivated group of Sailors who were dedicated to both their mission and the unit." Bellotti further stated, "Many of our members go above and beyond in their efforts to support the battalion's operational readiness."

These units must maintain a high level of mobilization readiness and constantly upgrade their training matrix in order to be ready for deployment a moment's notice.

"The Reserve personnel have been a great asset with respect to our efforts in maintaining operational readiness and supporting NAVELSF," said Gunner's Mate 1st Class Glenn Brogden, delta company leading petty officer.

Damage Controlman 2nd Class James Dodimead, a veteran of the unit's initial deployment, agreed, "We have gained seven new members to the company over the past year and these individuals are truly dedicated to the overall effectiveness of the unit."

Since December 2002, the Sailors of NORHB-1 have been deployed in various roles in direct support of Operation *Iraqi Freedom*. Members were part of the original Deployable Ammunition Handling Team and Deployable Ammunition Reporting Team detachments, and served on Atlantic Ordnance Command Expeditionary Force (LEF) One and Atlantic Ordnance Command Expeditionary Force (LEF) Two supporting combat ground operations in Iraq.

"I really enjoy this job and the camaraderie of the unit. Our ordnance handlers are real professionals and always perform in an exemplary manner," said Aviation Ordnanceman 2nd Class Scott Mitchell, a deployed member of LEF-1 and Material Handling Explosives instructor. Mitchell added, "This unit isn't just about numbers, it's about people, we're one big family."

NORHB personnel come from a wide variety of ratings. "We have storekeeper's, photographer's mates, culinary specialist's, gunner's mates, machinery repairman, aviation ordnanceman, hull technician's and machinist's mate among others within the battalion. "I believe that it shows our diversity and various specialties, and that's what the Navy is about," said Chief Machinist's Mate Edward Roberts.

As long as there is a need to move ordnance and support the operational needs of the Navy/Marine Corps team, units of the NORHB-1, will continue to provide invaluable support towards accomplishing this mission. **TNR**



... professionals ... exemplary ...



REDCOM Mid-Atlantic

NORFOLK — On Nov. 19, 2005 at NAS Oceana, Cmdr. Joe D. Breedlove assumed command of "The Fighting Omars" of Fighter Composite Squadron (VFC) 12 from Cmdr. Michael Crane. The "Fly-by" change of command occurred when outgoing commanding officer Crane broke away from the formation and landed, signifying the passing of command. Breedlove, departed and re-entered the pattern with CVWR-20 CAG, Capt. Michael Cross, on his wing.



REDCOM Southwest

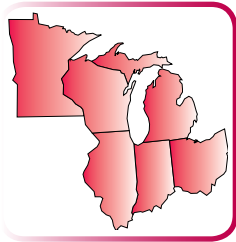
SAN DIEGO — Sailors from Naval Base San Diego and community volunteers got an early morning start Dec. 3, giving back to the community during the Main Street Association Clean-Up.

More than 300 Sailors and local civilians participated in the event, co-organized by Naval Base San Diego and the Main Street Association. The Association is an alliance of business and political leaders representing the South San Diego Main St. Corridor from 28th Street to Division St.



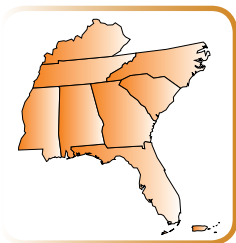
REDCOM South

FORT WORTH, Texas — Cmdr. A. Douglas Beal relieved Cmdr. Edward H. Hill as Commanding Officer, Strike Fighter Squadron (VFA) 201, on Dec. 10, 2005 at Naval Air Station, Joint Reserve Base, Fort Worth, Texas. Hill moves on to Naval Strike Air Warfare Center in San Diego.



REDCOM Mid-West

GREAT LAKES, Ill. — At a recent Perspective Commanding Officers (PCO) workshop hosted by Readiness Command Midwest Region, about 50 new PCOs from numerous reserve centers, learned more about the expectations of being a commanding officer (CO). The workshop, held at Navy Reserve Center Chicago, featured a variety of topics and speakers, most with many years of experience as CO's, to help better prepare the attendees for their 2-year tour. The workshop is required for all first time COs and highly recommended for second time COs. Other individuals with three or more tours as commanding officers can attend for policy updates and changes or if there was a break in their tours as a CO.



REDCOM Southeast

TAMPA, Fla. — Special Operations Command Detachment 208 (SOCCENT), a small group of dedicated Navy Reservists who augment their Command in a variety of ways, participated in a training exercise consisting of land navigation in the hills surrounding the U.S. Military Academy in Westpoint, N.Y. The training was conducted by Lt. Cmdr. Grant Staats, a Navy SEAL who has developed and implemented an extensive Land Navigation improvement program for the active component SEAL community of Naval Special Warfare Group II, Little Creek, Va. The training included map reading, understanding area topography, and compass use. Unit members have been and currently are mobilized in support of Operations *Enduring Freedom* and *Iraqi Freedom*.



REDCOM Northeast

RIVERHEAD, N.Y. — Sailors from Navy Marine Corps Reserve Center (NMCRC) Amityville and Navy Reserve Center (NRC) Bronx, N.Y. volunteered personal time to support the first Joe Namath golf outing in Riverhead, N.Y. on Aug. 19.

Over 250 athletes, celebrities and politicians attended this event which raised more than \$270,000 for the March of Dimes.

Chief of Staff Officer, Capt. Scott Gibney, for Military Sealift Command Expeditionary Support Unit 102 out of Bronx, was the golf supervisor. Gibney arranged the teams and schedules as well as monitored the event during play. Joe Namath has lent his name to many charitable events, but this was the first time he sponsored an event for the March of Dimes.



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).

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, etc.

E. Medical

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

F. Personal

- ☐ Driver's license (to support issuance of government license.)
- ☐ For those authorized POV travel, vehicle registration/insurance documentation.
- ☐ Documentation to support any claim delay and/or exemption.
- ☐ Completed and mailed application for registration and absentee ballot (SF-86).

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



Navy Reserve Travel and Pay Processing Checklist

What You Need To Know.

1. Messing and Berthing

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

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

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

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

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

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

To minimize errors on your Travel Claims, see detailed instructions for your PSD and global forms at <http://www.pasd.navy.mil> or view the Travel section of "The Gouge" (SELRES Survival Guide) at: www.navalreserve.navy.mil > COMNAVRESFORCOM (Private Side) > Welcome Aboard > Customer Service > THE GOUGE.

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

Endorsed and approved by: PSAs LANT, WEST, PAC and EUR

Provided by: CNRFC CUSTOMER SERVICE DIRECTORATE / N00Q

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Chief of Navy Reserve
(703) 695-0324

REDCOM Northeast 1-866-249-2454

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(518) 489-5441

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

Bangor, Maine
(207) 942-4388

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

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

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

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

Fort Drum
(Watertown), N.Y.
(315) 212-0352

Glens Falls, N.Y.
(518) 505-4534

Horseheads, N.Y.
(607) 331-9309

Manchester, N.H.
(603) 303-0705
(603) 537-8023

New Haven, Conn.
(203) 589-8117

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

Plainville, Conn.
(860) 573-9180

Quincy, Mass.
(617) 777-7245
(617) 504-3024

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

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

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

Worcester, Mass.
(508) 259-7103

REDCOM Mid Atlantic 1-866-538-4773

Adelphi, Md.
(301) 394-5800

Avoca, Pa.
(570) 407-1086

Baltimore, Md.
(410) 752-4561

Ebensburg, Pa.
(814) 341-2199

Erie, Pa.
(814) 866-3073

Harrisburg, Pa.
(888) 879-6649

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

Lehigh Valley, Pa.
(610) 264-8823

Moundsville, W.Va.
(304) 843-1553

Norfolk, Va.
(757) 635-4548

Pittsburgh, Pa.
(412) 673-0801

Reading, Pa.
(610) 378-0164

Richmond, Va.
(804) 833-2882

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

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

Wilmington, Del.
(302) 998-3328

REDCOM Southeast 1-800-201-4199

Asheville, N.C.
(828) 777-1194

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(770) 722-4392

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Bessmer, Ala.
(205) 497-2600

Charleston, S.C.
(843) 743-2620

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

Chattanooga, Tenn.
(423) 322-6814

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(803) 606-4756

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

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(205) 292-0198

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(561) 687-3960

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(910) 762-9676

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Cedar Rapids, Iowa
(319) 310-4796

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Des Moines, Iowa
(515) 205-6527

Dubuque, Iowa
(866) 556-2144

El Paso, Texas
(915) 276-6289

Fort Worth, Texas
(817) 271-8936

Harlingen, Texas
(956) 367-1856

Houston, Texas
(713) 502-2731

Kansas City, Mo.
(816) 923-2341

Lincoln, Neb.
(402) 450-4072

Little Rock, Ark.
(501) 416-6356

Lubbock, Texas
(806) 438-7293

New Orleans, La.
(504) 554-5830

Oklahoma City, Okla.
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(402) 871-7086

Orange, Texas
(409) 779-0158

San Antonio, Texas
(210) 381-2297

Shreveport, La.
(318) 393-0096

Sioux City, Iowa
(712) 490-8049
(712) 276-0130

Springfield, Mo.
(417) 425-2598

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

Tulsa (Broken Arrow)
(918) 258-7822

Waco, Texas
(254) 498-1910

Wichita, Kan.
(316) 640-5139

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(330) 376-9054

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(513) 319-9396

Cleveland, Ohio
(216) 214-9309

Columbus, Ohio
(614) 352-3331

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Detroit, Mich.
(586) 307-6148

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Grand Rapids, Mich.
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(920) 366-4606

Grissom, Indiana
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Indianapolis, Ind.
(317) 294-7380

La Crosse, Wis.
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Lansing, Mich.
(517) 930-2579

Madison, Wis.
(608) 225-3417

Marquette, Mich.
(906) 362-8767

Milwaukee, Wis.
(414) 333-9606

Minneapolis, Minn.
(612) 713-4600

Peoria, Ill.
(309) 678-1157

Rock Island, Ill.
(309) 737-7731

Saginaw, Mich.
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(419) 666-3444

Youngstown, Ohio
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(808) 227-3575

Las Vegas, Nev.
(702) 349-9685

Lemoore, Calif.
(559) 960-3228

Los Angeles, Calif.
(310) 617-8360

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Naval Air Stations

Atlanta, Ga.
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Norfolk, Va.
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San Diego, Calif.
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Whidbey Island, Wash.
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Willow Grove, Pa.
(215) 443-6454

Navy Operation Support Center

New Orleans, La.
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Naval Air Facility
Washington D.C.
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Naval Reserve
Intelligence Command
Reserve Intelligence
Command Headquarters
Fort Worth, Texas
(800) 544-9962

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

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

Reserve Intelligence
Area Three
Millington, Tenn.
(901) 874-5619

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(619) 524-6432
(800) 873-4139

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Area Five
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(720) 847-6225

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Fort Worth, Texas
(817) 782-6462
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(847) 688-6273

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(586) 307-4501

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Area Ten
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(612) 713-4700
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Area Thirteen
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(904) 542-3320

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Area Fourteen
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(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
(877) 205-0838

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

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

Contact Information

Naval Reserve Security
Group Command
Reserve Cryptologic
Area Central
Ft Sheridan, Ill.
(847) 688-7210

Reserve Cryptologic
Area East
Fort Dix, N.J.
(609) 562-1413

Reserve Cryptologic
Area West
San Diego, Calif.
(619) 524-0239

Reserve Cryptologic
Area South
Forest Park, Ga.
(404) 469-7162

Major Command
Reserve Operational
Support Offices
Amphibious Group One
011-81-611-742-2377

Amphibious Group Two
(757) 462-7403

Amphibious Group Three
(619) 556-1178

Bureau of Medicine and
Surgery
(202) 762-3410

Comptroller of Navy
(OMN&R)
(703) 614-0061

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

Defense Intelligence
Agency
(202) 231-4980

Defense Logistics Agency
(703) 767-5320

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

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

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

Fleet Forces Command
(757) 836-4021
(757) 836-4571
(757) 836-3847

Fleet Intelligence Training
Center Pacific
(619) 524-6753

Headquarters
US Marine Corps
DSN: 278-9360

Joint Chiefs of Staff
(703) 697-3397

Joint Forces Intelligence
Command
(757) 836-7211

Military Sealift Command
(202) 685-5127

Mine Warfare Command
(361) 961-4894

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

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

Naval Air
Systems Command
(301) 757-8512

Naval Coastal
Warfare Group One
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Naval Criminal
Investigate Service
(202) 433-9169

Naval Education and
Training Command
(850) 452-9252

Naval Expeditionary
Logistics Support Force
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Naval Facilities
Engineering Command
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Naval Inspector General
(202) 433-4707

Naval Meteorology and
Oceanography Command
(228) 688-4531

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

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

Naval Personnel
Development Command
(757) 444-4996

Naval Sea
Systems Command
(202) 781-3116

Naval Security
Group Command
(240) 373-3415

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

Naval Special
Warfare Command
(619) 437-3230

Naval Submarine Forces
(757) 836-1208

Naval Supply
Systems Command
(717) 605-5122

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

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

Naval War College
(401) 841-7801

Navy Region Europe
011-44-207-514-4605

Navy Region Mid-Atlantic
(757) 445-2435

Navy Region Northeast
(860) 694-2210

Navy Region Northwest
(360) 315-3007

Navy Region Southwest
(706) 354-7301

Office Naval Intelligence
(301) 669-4602

Second Fleet
(703) 696-6676

Seventh Fleet
011-81-6160-43-7440

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

Submarine Force
Atlantic Fleet
(757) 836-1208

Submarine Force Fleet
Pacific Fleet
(808) 473-2346

Third Fleet
(619) 524-9537

US Atlantic Fleet
(757) 836-3551

US Central Command
(813) 827-6938

US European Command
011-49-711-680-4496

US Joint Forces Command
(757) 836-5141

US Naval Forces Europe
011-44-207-514-4605

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

US Naval Forces Korea
011-822-7913-5795

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

US Naval Forces Southern
Command
(904) 270-7354

US Northern Command
(719) 554-4120/0552

US Pacific Command
(808) 477-2322

US Pacific Fleet
(808) 474-8415

US Southern Command
(305) 437-2987

US Special Operations
Command
(813) 828-3004

US Strategic Command
(402) 294-8141/8121

US Transportation
Command
(618) 229-7084

Naval Coastal
Warfare Group
Naval Coastal
Warfare Group One
(619) 437 9531

Naval Coastal
Warfare Group Two
(757) 847-7905

Commander
Reserve Patrol Wing
(COMRESPATWING)
VP-62
(904) 542-2211

VP-66
(215) 443-6600

VP-65
(805) 989-8765/7598

VP-69
(360) 254-2522

VP-92
(207) 921-2092

VP-94
(504) 678-3324

Fleet Logistics
Support Wing
VR-1
(240) 857-3722

VR-46
(678) 655-6333

VR-48
(240) 857-6814

VR-51
(808) 257-3289

VR-52
(215) 443 6553

VR-53
(240) 857-9029

VR-54
(504) 678-3700

VR-55
(805) 989-8755

VR-56
(757) 444-0746

VR-57
(619) 545-6931

VR-58
(904) 542-4051

VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
(207) 921-1462

VR-64
(215) 443-6400

Carrier Air Wing
Reserve 20
VFC-12
(757) 433-4919

VFC-13
(775) 426-3645

VAW-77
(678) 655-6382

VFA-201
(817) 782-6363-221

VFA-204
(504) 678-3491

VAQ-209
(240) 857-7828

Commander Helicopter
Wing Reserve
(619) 846-4857

HCS-4
(757) 445-0861

HCS-5
(619) 545-7288

HS-60
(904) 270-6906

HS-75
(904) 542-4495

HC-85
(619) 545-7218

Operational Support
Officer (OSO)
and Reserve Force
Operations
Amphibious Group One
011-81-611-742-2377

Amphibious Group Two
(757) 462-7403 x510

Amphibious Group Three
(619) 556-1178

Destroyer Squadron Two
(757) 444-1452 x509

First Naval
Construction Division
(757) 462-8225

Joint Chiefs of Staff
(703) 693-9753

Mine Warfare Command
(361) 961-4885

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

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

Naval Coastal Warfare
Group One
(619) 437-9525

Naval Coastal Warfare
Group Two
(757)-396-0995

Naval District Washington
(202)-433-6465

Naval Expeditionary
Logistics Support Force
(757)-256-1384

Naval Special
Warfare Command
(619)-437-3230

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

Naval Submarine Forces
(757) 836-1208

Naval Support Activity,
Bahrain
011-1785-9019

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

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

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

Navy Region Europe
011-39-081-568-4636

Navy Region Guam
(671) 339-3123

Navy Region Gulf Coast
(850) 452-1341

Navy Region Japan
011-81-468-16-4174

Navy Region Korea
011-822-7913-5795

Navy Region Mid-Atlantic
(757) 445-2435

Navy Region Northeast
(203) 466-0314

Navy Region Northwest
(360) 315-3007

Navy Region Southwest
(619) 532-1239

Office of Naval Research
(703) 696-6676

Second Fleet
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Seventh Fleet
011-81-6160-43-7440

Sixth Fleet
011-39-081-568-4636

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(619) 524-9537

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011-49-711-680-4496

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011-822-7913-5795

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(813) 828-3004

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CNATRA
CAOSO
(361) 961-2058

CNRF CNATRA PM
(504) 678-1072

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