

Sea Cadets
Take Aim!



VFA-204 Home
In New Orleans



The NAVY RESERVIST

SUPPORT TO THE FLEET ... READY AND FULLY INTEGRATED

Volume 32, Number 3
March 2006



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Active Reserve Retirees Navy Civilians Families

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**24-hour toll-free helpline 877-414-5358
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March Features



10

VFA-204 Returns to New Orleans after Katrina

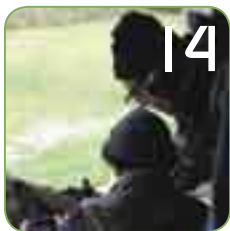
After burners fire propelling squadron onward towards home!



12

Crisis Center Christmas Cheer

Reservists make like Santa to deliver holiday gifts to children in an El Paso crisis center.



14

Sea Cadets Take Aim On Their Future

Teens scope out a possible Navy career whilst target practicing.



17

Oklahoma Reservist Awarded Bronze Star

Capt. Dennis R. Staggs received the medal for his effective leadership and devotion to duty during his Operation *Iraqi Freedom* deployment.



18

Battle of the Bulge 2006

Liberty incentives and better health push Oklahoma City Sailors to run "Coast-to-Coast" between Physical Fitness Assessments.



20

Task Force Navy Family Hurricane Assistance for Navy Families Ongoing

Gulf Coast affected Navy families get vital aid to rebuild their lives with information and housing.



22

JPME and the Navy Reserve: Updates & Trends

In terms of Degrees, how well do you fare on Warfare knowledge? Professional military education advances your career!



Our Cover: Evansville, Ind., Hospital Corpsman 3rd Class Amy Gorman assists with search and rescue efforts after a F3 tornado cut a 15-mile path through the Eastern Indiana and Kentucky region.

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

Departments

Commander's View ... 02

Sailors Matter ... 03

Force Career Counselor ... 04

Profiles In Professionalism ... 05

Focus On Families ... 06

Culture Of Fitness ... 08

Back To Basics ... 09

APPLY ... 28

REDCOM Roundup ... 29

Checklists ... 30

Resource Guide ... 32

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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



We are halfway through FY 2006, and our Navy REserve Force continues to be ready and responsive while providing relevant global operational support to the Fleet. Each week, nearly 20,000 Navy Reserve Component (RC) Sailors, about 25 percent of our Force, are on duty with their supported commands. By aligning capabilities, commands and functions, the entire Total Force is becoming far more effective and efficient. All the services are working better together, both at home and while deployed, in support of the Combatant Commanders as they prosecute the Global War on Terror (GWOT) and provide for homeland defense.

Each of our Sailors, FTS and SELRES, should expect to serve in support of the GWOT, with a unit or to fill an Individual Augmentee (IA) requirement. When called to duty, our Sailors should be ready - mentally, emotionally and physically, as well as preparing their families for the realities of deployment. NAVADMIN 311/05 addresses specific readiness requirements and should be reviewed by unit COs with all personnel. The Navy's goal to achieve and maintain a "culture of fitness" will help to ensure that Sailors are physically fit for duty and ready to meet the most demanding assignments.

Navy processes were designed with a "cold war" perspective, which featured predictable deployments, stable personnel rotations and traditional career paths. We have certainly changed in the past 15 years, especially after 9/11. However, one constant that has not changed is the need to recruit and retain Sailors with relevant skillsets and capabilities. A strong economy, featuring increased competition for capable personnel, has made it more difficult to attract qualified Sailors for Navy Total Force requirements. Operations require that we surge our strike groups with more flexibility, demanding new and innovative ways to train and detail our people. This challenge is being addressed by the Manpower, Personnel, Training and Education (MPT&E) enterprise, led by our Chief of Naval Personnel, Vice Adm. John

Harvey, and includes both Active Component (AC) and RC stakeholders. Together we will continually refine the "Strategy for Our People" and deliver the components of "Sea Warrior."

Every RC Sailor should assist with the continuing education of our AC shipmates. When an AC Sailor makes the decision to transition to a civilian career, the entire chain of command should ensure that they are aware of the many benefits of a "Continuum of Service." We are "Sailors for life," and with the many opportunities to REserve, a Sailor with prior service can retain access to TRICARE medical benefits and someday realize the valuable deferred compensation to which they have already contributed. An RC Sailor with 20 satisfactory years of service is eligible to receive retired pay and medical benefits at age 60, which is extremely competitive and difficult to match in the civilian sector. In other words, why throw your benefits away by getting out? **STAY NAVY, GO NAVY RESERVE!**

The highlight of every month is meeting and talking with Sailors across the Force, and they continue to impress us with their energy, attitude and enthusiasm. BM1(SW) Kenneth Serna from NOSC Port Hueneme, Calif., told us about his many tours, his favorite memory of making first class, and of his mentor, BMC Michael Martinez. He hopes to make chief and would like to someday live in Albuquerque, N.M. At NOSC Green Bay, Wis., EN1 Jim Laster is retiring after 20 years, but has a legacy in his son, serving as an ABH in USS Abraham Lincoln (CVN 72), with two more sons to follow in their footsteps. His best memory is, "all of it," and he was given strong guidance early in his career by Lt. Cmdr. J. J. Knuth. YN2 Peter Martinez serves at NOSC Buffalo, N.Y., looks forward to making chief and getting a college degree. He admires NCCS Jim Mains and says his best memory was a NAS JRB Willow Grove Navy Ball in 1999, because he was so impressed with the tradition and ceremony. YN1 Nereida Trinidad never thought she'd enjoy

being a cargo handler, but it remains her favorite career memory. Serving at NOSC Wilmington, Del., she would like to make chief, complete 20 years of service, and her college degree on the GI Bill. Her mentor is YN1 Denise Yeakel, who is always there to set the example and provide advice. At NOSC Tuscaloosa, Ala., SK1 Clyde Prewitt has served 17 years, is aiming to make chief, has really enjoyed all his tours, and is well mentored by SKC Kelvin Henderson. DC1 Paul Brooks is considering "transitioning" from FTS to SELRES at NOSC Dubuque, Iowa, to stay in the area and to become a Seabee. He really enjoyed his 1999 NATO cruise in Europe, and London the best of all. His mentor is HMC Kim Barton and we had a good discussion about the 5-4-3-2-1 Navy Reserve vision and the new slide. SK2 Laurie Schmid started in the Army, but transitioned to the Navy because of more opportunities. She is an electrician and did a memorable two weeks active duty in Hawaii last year in support of tsunami relief. Her mentors are SK2 Michael Gonzales and SK1 Barry Zimmerman and drills at NOSC Portland, Ore.

At the Pentagon and on Capitol Hill, we are testifying on the proposed 2007 defense budget, while also looking ahead to 2008 and beyond. We continually ask, "What are the threats and what must we do to preserve our Nation's longstanding maritime dominance?" Throughout 2006, we will continue to focus on the "Continuum of Service," attracting Navy veterans to join the RC, and providing excellent opportunities for the RC to REserve with the Fleet. We will endeavor to provide the necessary funding for you to quickly respond to your supported commands' requirements for surge operational support. And lastly, thanks to you and your family for staying ready to serve our Nation. Your dedication continues to be inspiring and is praised by Navy leadership and by all joint and service commanders.

Vice Adm. John G. Colton
Chief, Navy Reserve

Sailors Matter



Exciting Times

I want to start off by congratulating the Sailors of the Year across the country.

I know these congratulatory comments may seem a little late but the truth is the competition has continued for many of you since the initial announcement at your Commands in December or January. The higher echelons have raised the bar at the next level and the screening and selections have continued. This month we will be convening a board in Washington D.C. to select five finalist who will compete for the Navy Reserve Sailor of the Year.

Exciting times!

Whether at the command level, the national level or any point in between ... if you were identified as senior, junior or blue jacket of the year you can be proud and stand tall. It is a reflection of your hard work, commitment and dedication to your command and the Navy and this recognition is usually an indicator of good things to come in your career.

March is also an exciting time for active component and full time support Sailors who will be taking the advancement exam for the next higher pay grade. Of course the Selected Reserve (SELRES) Sailors had the opportunity to test last month. I hope you all had a chance to prepare and I wish you the best of luck. We all want to do what ever we can to progress in our career. I get a chance to talk to a lot of people and with out question the number one question is advancement opportunity.

I share my story often about how I took the test for E-6 seven times. I was cutting standard scores in the mid 50's and test after test I came to the chief complaining about

advancement. Finally my mentor told me that I didn't have a leg to stand on if I didn't cut above a 60 on my standard score. The next test I cut a 66 and got advanced.

I have to tell you that there are times in today's environment where that does not hold true but no kidding "more often than not" when I review profile sheets with Sailors ... that advice still stands. Set a goal to at least get in the hunt with a good test score. I really feel for the Sailor who could ace the test and still not get advanced. This is where real Force Shaping takes hold.

We have opportunity ... it's just not in your current career path. The last exam (cycle 77) saw increased opportunity overall in all pay grades. For example SELRES advancement to E-6 went from (rounded) 6 percent to 15 percent. This is a great news story however it doesn't help the Sailor who is in a rating manned at 120 percent when you drill down into rating specific opportunity.

I was having lunch with a group of shipmates in a cargo handling battalion in Florida and an SK2 was chatting about this very issue. Advancement opportunity to SK1 was 1 percent. By the time we finished our conversation this Sailor was looking at submitting a change of rate package to IS. Advancement opportunity to IS1 was 70 percent.

You have heard a lot about Zero Based Review and the truth be known ... the billet file is under constant review as we align with the changing requirements. I recently seen a quote from a well-known columnist by the name of Molly Ivins that went like this; "The first rule of holes: When you're in one, stop digging". I see upward mobility as a huge moral issue and my heartthrob is to see our hardworking Sailors

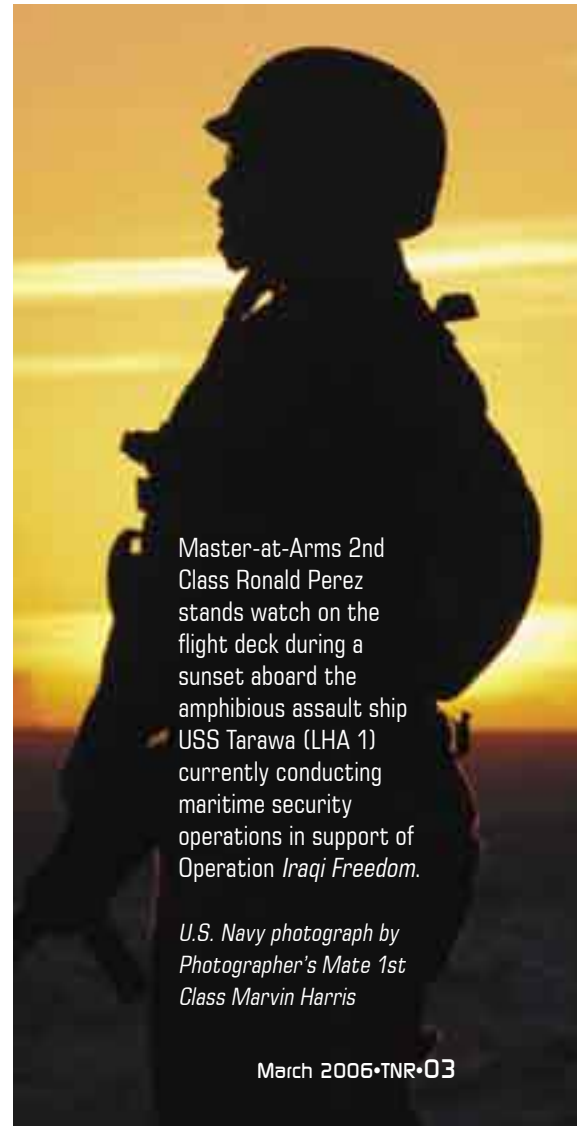
rewarded for what they do. The Reserve Component is, now more than ever, being tested in its ability to shape the force to be ready and responsive. It is amazing to see you "getting it done" and the Reserve Component of the Navy is certainly relevant today. It's not lost on me that "rewards" go far beyond advancement or a selection to Sailor of the Year.

Thank you for what you do!

See you on the deck plates.

FORCM(SW) David R. Pennington

Force Master Chief,
Navy Reserve Force



Master-at-Arms 2nd Class Ronald Perez stands watch on the flight deck during a sunset aboard the amphibious assault ship USS Tarawa (LHA 1) currently conducting maritime security operations in support of Operation Iraqi Freedom.

*U.S. Navy photograph by
Photographer's Mate 1st
Class Marvin Harris*

Force Career Counselor



Rating-Relevant Degree Requirement for Advancement to E-8 by FY 2011

As discussed in the February 2006 edition, I have received these questions and answers that came in from the Naval Education and Training Command, (NETC) Pensacola, Fla. Please read, and take note that everyone will eventually become eligible for promotion.

Q: *Why is a rating-relevant degree being tied to enlisted advancement?*

A: The new degree requirement for enlisted advancement is part of the Navy's evolving Human Capital Strategy and is an integral component of the Professional Military Education (PME) Continuum, which supports post-secondary education as a means of preparing Sailors for the highly technical 21st century Navy. The work conducted in obtaining a degree helps develop critical thinking skills, which is essential for Sailors to succeed in the modern Navy. As the Navy continues to develop high-tech capabilities with a smaller workforce, Sailors will be called upon to perform in new and challenging ways. The PME continuum is discussed in NAVADMIN 263-04 and the associate degree requirement for E-8 eligibility for the FY11 Selection Board (convening in FY10) is discussed at length in NAVADMIN 203-05.

Q: *What is the deadline for the degree requirement?*

A: Beginning with the fiscal year 2011 Selection Board (convening in FY10), a rating-relevant (career field) associate degree or its equivalent will be a prerequisite for advancement to senior chief petty officer for active and Reserve personnel. The Local Navy College

Office can assist with determination of Rating-Relevant degrees.

Q: *How will earning a degree improve a Sailor's support of the Navy's mission?*

A: Adapting to the challenges of the 21st century and the Navy's changing capabilities and missions, will require Sailors to have a strong educational foundation - both professionally and personally. Degree programs that focus on rating-relevant education will better prepare Sailors to face those challenges in the operational environment by capitalizing on existing military training and experience. It is appropriate that Sailor's focus their education goals on degrees, which will benefit them in their careers and the Navy mission.

Q: *How did this requirement for a degree come about?*

A: Adding the requirement as a prerequisite for advancement to senior chief has been in the works since the PME Continuum was announced in NAVADMIN 263/04. Before making the final decision, however, Navy officials worked to develop the right plan to phase the program into practice.

Q: *Will the degree requirement be applicable to Reserve Sailors?*

A: YES. Reserve Sailors are an important element of the Navy's Human Capital Strategy and are required to have the same level of expertise as their active duty counterparts, including a degree, which supports their career and the Navy mission. Selected Reserve Sailors have an additional option to satisfy the degree requirement. With the exception of Full-Time Support (FTS), Reserve Sailors may satisfy

the requirement by obtaining either a rating-relevant degree or a degree relevant to their civilian occupation.

Q: *What is the Degree Roadmap?*

A: As the Navy increases its emphasis on e-Learning and the use of the Internet for training and education, Sailors are getting more tools for managing their training and course-completion transcripts and plotting their educational progress through their Electronic Training Jacket (ETJ). Recently, a new "Education Degree Roadmap" tool was introduced on NKO to simplify the process. The Roadmap consists of point-and-click flow charts that explain, in simple detail, the steps involved and necessary points of contact for validating and updating ETJ information, obtaining personal education assessment, and completing CLEP/DANTES testing.

By using the Roadmap, Sailors learn how to gain maximum credit for their Navy training and experience and transfer college credits from other institutions and specialized schools. In many cases, after using the Roadmap, Sailors discover they are a lot closer to earning a college degree within their career field than they previously imagined. College credit for Navy training is applied to the Sailor and Marine American Council on Education Registry Transcript (SMART), available through the Navy Knowledge Online (NKO) and Navy College Program (NCP) Web sites.

Next month, I'll have more E-8 advancement Q&As. Meanwhile, E-mail me at cynthia.blevins@navy.mil for any additional concerns or questions you may have.

NCCM(AW/SW) Cynthia Blevins

Force Career Counselor,
Navy Reserve Force

We have many talented people in our Navy, 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



**Interior Communication Technician
2nd Class Robbie G. Young**

Explosive Ordnance Disposal Mobile Unit
12, Detachment 10

Hometown: St. Augustine, Fla.

Brief description of your job: Any non-diving maintenance and ancillary responsibilities for Explosive Ordnance Disposal Mobile Unit 12 Detachment 10, Charleston, S.C. I'm there to take care of the diver's needs so that they can do their job.

Why did you join the Navy: I always loved the Navy so I enlisted. After active duty I realized that I didn't want to be completely separated from the Navy so now I am a Reservist.

Who has been your biggest influence since joining the Navy: Cmdr. Gina Harden, my old CO, is one of many Sailors who have made my Naval career what it is.

What do you enjoy most about the Navy: I enjoy being part of such an important team.

The most interesting place you have visited since joining the Navy: The best place I have been to has got to be the Panama Canal during Carnivale.

What has been your greatest Navy achievement: When I made junior Sailor of the year at my NRC.

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



**Intelligence Specialist 1st Class(AW)
Jack M. Barnett**

Distributed Common Grounds Station-Navy
Unit 2

Hometown: Lima, Ohio

Brief description of your job: My job is to recognize threats through imagery analysis.

Why did you join the Navy: To move forward in life.

Who has been your biggest influence since joining the Navy: Lt. Cmdr. Dan Procter, is a great leader. You always knew how to meet his expectations. He created great working relationships.

What do you enjoy most about the Navy: Three things; camaraderie, camaraderie and camaraderie.

The most interesting place you have visited since joining the Navy: Rhodes, Greece, a beautiful place with great people.

What has been your greatest Navy achievement: Achieving my Aviation Warfare Specialist Pin.

Returning to Family Life After Military Deployment

A great deal of attention is paid to the separation side of military deployment, when military personnel leave families and partners for overseas operations. We can understand the worry and the feelings of loss and loneliness a military deployment can bring to a family. But the return and reunion with families and partners can be just as stressful—sometimes more so. The difficulties and strains of return can be surprising and sometimes painfully disappointing to military families. But there are steps you can take to make the transition back as joyful and stress-free as possible.

Understanding the Ups and Downs of Reunion

Couples who have been separated by military deployment often look forward to a service member's return as a time of happiness, a chance to get back to "normal" life. Lovers and spouses miss each other and look forward to time together. Children look forward to having a missing parent back at home. The absent service member looks forward to a joyful reunion and the comforts of home. After a dangerous deployment, families are relieved that the service member is returning home safely.

But mixed in with those feelings of excitement and anticipation are also some perfectly normal worries and resentments. Husbands and wives worry that their spouse has changed, that there will be new strains in the relationship. Both partners may dread giving up the independence that being apart has allowed them, and may resent what they imagine as the freedom the other has enjoyed during deployment. While everyone looks forward happily to getting back together, they may also feel some anger at having been separated in the first place (a feeling that children sometimes express very openly).

Reunions can be especially challenging if the deployment was longer or more dangerous than usual, if the deployment created serious money problems for the family, if communicating back home was more difficult than expected, if the deployment is just the latest in a series of deployments, or if there are feelings of jealousy or rumors of infidelity. Without these special strains, reunions are generally much less stressful.

The initial reunion often is happy. But because expectations on all sides are so high, it can also be disappointing. The list of opportunities for crushed hopes is a long one.

What can make return from deployment an unhappy and stressful time is the mismatch between high expectations and the reality of family life, and the need to change and fit into new family roles and routines. But knowing this is also the key to making the return a happy time with a minimum of stress and disappointment.

Before the Reunion

Despite the best of intentions, the service member or the partner at home may be too exhausted, busy, or anxious to prepare the way they would like to for the reunion. Combined with high expectations, and sometimes unrealistic hopes, for the reunion. This can lead to disappointment.

Unpredictable timing can also get in the way of happy and relaxed reunions. Both partners need to understand that late flights, bad weather, incorrect passenger lists, family emergencies, and missed phone calls or messages can spoil even the most careful plans.

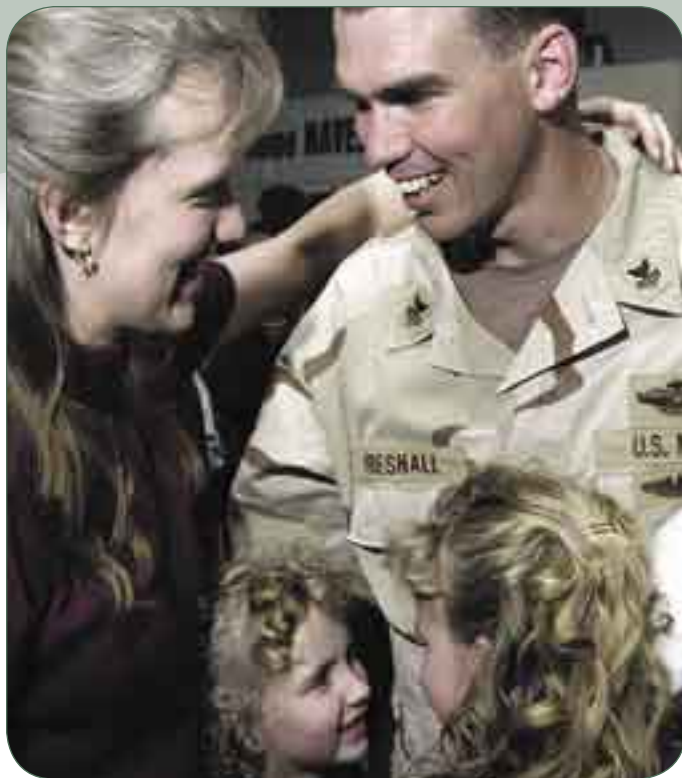
What You Can Do

- Do your best to find out and communicate the details of the return plan, and to keep yourself and your partner updated on any changes to the schedule.
- Make backup plans in case the flight arrives at a time when the partner at home can't be there. This might happen because of a work schedule, children's needs, a family emergency, or simply lack of advance notice. How will the service member get home? Are there phone numbers where the partner at home can be reached at different times of day and night?
- Plan something special for each other. The returning service member might bring gifts for those at home. The partner at home might plan a welcome-back meal or some other celebration.
- Be ready to be understanding and forgiving if the reality of the reunion doesn't match your plans and hopes.

The Day of the Reunion

Be prepared for exhaustion, jet lag (the service member's adjustment to a change in time zone), and unpredictability and changes in the return schedule. Be prepared, too, for reactions to the return that aren't what either or both of you may have expected.

The partner at home may have planned a joyful welcome, for example, with banners, gifts, or favorite foods, only to find the service member too exhausted to notice. A gift from overseas may not be received with the appreciation the returning service member



Storekeeper 1st Class David Presnall is greeted by his loved ones after returning from deployment at the Air Mobility Command Terminal on board Naval Station Norfolk, Va. The Reservists were mobilized and deployed nearly seven months ago in support of Operation Iraqi Freedom.

U.S. Navy photograph by Photographer's Mate 2nd Class Alicia Tasz

expected. Babies and young children may pull away.

- Returning to Family Life After Military Deployment from or cry at the returning parent's efforts to hold and hug them. (It takes time for young children to get to know a parent again after a long absence.)

What the returning service member can do

- Be patient if no one is there to meet you when you arrive. Use your backup plan to call someone or get yourself home. Understand that changes in your return schedule, a missed message, or family or work responsibilities are probably the reasons, not a lack of desire to see you as soon as possible.
- Make a conscious effort to make only positive comments about any changes you notice when you get home. Try to keep this up for at least the first two days.
- Look for positive changes, such as how your children have grown and matured, new skills they have learned, or household improvements your spouse has managed. Tell family members that you are proud of them.
- Show your appreciation for the extra work your spouse has taken on while you were away, handling all of the household responsibilities alone. Don't criticize the ways your partner is handling these added tasks, even if it's very different from how you would do it. Many returning service members feel a little hurt at finding out how well their families have managed without them. Do your best to express this instead as pride in how they've stepped up to new responsibilities.
- Expect that your children might not welcome you back immediately with smiles and hugs. Very young children may see you as a stranger at first and be shy or even scared of you. Be patient as they take the time to get to know you and accept you as a parent again. Older children may be angry at you for being away so long, at least at first. Teenagers may hold back as a way to try on new independence. Try to remember that these are

all natural responses for children at different ages.

What the Spouse or Partner at Home Can Do

- Do something special to welcome the returning service member home. Make a banner, prepare a meal with your partner's favorite foods, or have your children make a special homecoming gift. But don't be hurt if your spouse is too tired on first arriving to notice how you've prepared.
- Expect your spouse to be a little hurt at seeing how well you have managed on your own. Explain that while you're proud that you were able to keep things going, you want to get back to sharing those responsibilities. Talk about who will do what now that you're both home.

The First Week

Husbands and wives often report feeling like strangers to each other in the first hours and days of return, especially after long deployments. Couples sometimes have problems, too, with different expectations about how they'll spend these first few days. A service member looking forward to an escape from the rigid.

- Returning to Family Life After Military Deployment routine of deployment, for example, might not react well to a spouse's tightly scheduled plans for the first few days after return. After an exciting or dangerous deployment, a service member may want quiet time at home. After a dull deployment, the service member may want to get out and do all the activities he or she has been missing.

Both partners may have trouble with expectations about how quickly the returning service member will take on household tasks. Some service members may want to be included in family decisions right away, while others may want to get involved again more gradually, allowing their partners to make decisions for them for the first few days. The partner at home may be eager or reluctant to give up some of these decision-making roles.

In April's issue we will continue our series on returning from deployment with more tips on a smooth transition back into civilian life. Till next time, welcome home Reservist! **TNR**



Fitness is a Way of Life, Not a Way to Pass the PFA!

KANSAS CITY, Mo. — The fall Physical Fitness Assessment (PFA) has come and gone. Sailors all across the world gathered to test their ability to do sit-ups, push-ups, and a 1.5-mile run. These are, of course, the means the Navy uses to test a Sailor's physical fitness ability. With new emphasis being put on physical training (PT), the Navy is redefining what it means to be a good Sailor.

"The Navy PT program is designed to develop a culture of fitness," said Master Chief Jonathan W. Lyles, the command master chief for Reserve Readiness Command South (REDCOM South). "We want to make sure that all personnel have a physically fit state of mind."

In the past however, this has not always been the case.

"When we were having trouble meeting end strength goals there wasn't a lot of enforcement of PT standards," said Lyles. "Now that we don't have end strength issues we are going to have enforcement of the policies."

"You could look at some individuals who were overweight or constantly failing PFAs and wonder when it was going to start affecting their evaluations," said Petty Officer 2nd Class Richard W. Lowrance, the junior medical department representative at Navy Operational Support Center Kansas City, Mo.

But PFA failures can affect more than just that person.

"If you look at the number of people on limited duty status, it is unsat," said Lyles. "A lot of people get taken off ships for limited duty status and that leaves holes. You could tie all that in with PT not being what it should have been."

For many people the new culture of fitness in the Navy is going to be an adjustment.

"Some people will definitely have to go through a change in their lifestyle," said Lowrance.

"They are going to have to get used to the idea that if they don't comply the Navy doesn't want them around," said Petty Officer 1st Class Kelly Ramey, a personnel worker in the Manpower department of REDCOM South.

All of the emphasis now being placed on fitness is about more than just PFA scores.

"From the health field standpoint, once people start working out more we will see an improvement in people's health and lifestyle," said Lowrance.

Lyles feels that is for his own personal health and well being.

"I don't work out for the Navy," said Lyles. "I work out so I can grow old and be able to watch my grandson play football."

The Navy's renewed emphasis on physical fitness is meant to improve Sailor's operational readiness, morale, and ability to perform the tough tasks asked of servicemembers. But more importantly, the culture of fitness is meant to improve Sailor's lives. It is that aspect of PT that Lyles wants everyone to realize.

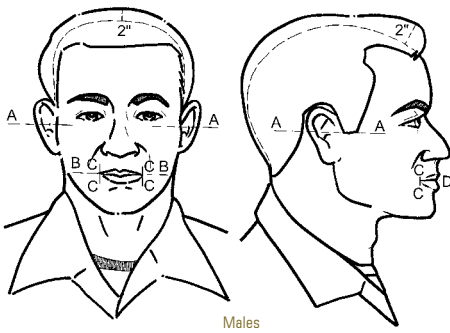
"If you do PT for you, your own health, and your family, the Navy part will take care of itself." **TNR**



I work out so I can grow old and be able to watch my grandson play football.

Sailors from USS John C. Stennis (CVN 74) perform curl-ups during a command Physical Fitness Assessment (PFA). The semi-annual PFA gauges individual physical conditioning.

U.S. Navy photo by Photographer's Mate Airman Mark J. Rebilas



THE HAIRCUT

The standards established here for Navy haircut standards are not intended to be overly restrictive nor are they designed to isolate Navy personnel from society. The limits set forth are reasonable, enforceable, and insure that personal appearance contributes to a favorable military image.

Men's and women's grooming policies, in reference to haircuts, recognizes the difference between the sexes; sideburns for men, different hairstyles and cosmetics for women.

Establishing identical grooming and personal appearance standards for men and women would not be in the Navy's best interest and is not a factor in the assurance of equal opportunity.

Navy personnel assigned to Marine Corps units who elect to wear and are issued Marine Corps service uniforms at no expense, will abide by grooming standards established for Marines.

Navy personnel assigned to Marine Corps units who do not elect to wear Marine Corps service uniforms will be issued only utilities and shall abide by grooming standards for Navy personnel.

MEN'S HAIRCUTS:

Men shall keep hair neat, clean and well groomed.

Hair above the ears and around the neck shall be tapered from the lower natural hairline upwards at least 3/4 inch and outward not greater than 3/4 inch to blend with hairstyle.

Hair on the back of the neck must not touch the collar. Hair shall be no longer than four inches and may not touch the ears, collar, extend below eyebrows when headgear is removed, show under front edge of headgear, or interfere with properly wearing military headgear. The bulk of the hair shall not exceed approximately two inches. Bulk is defined as the distance that the mass of hair protrudes from the scalp. Hair coloring must look natural and complement the individual. Faddish styles and outrageous multicolored hair are not authorized. The unique quality and texture of curled, kinked, waved, and straight hair are recognized, and in some cases the 3/4 inch taper at the back of the neck may be difficult to attain. In those cases hair must present a graduated appearance and may combine the taper with a line at the back of the neck.

One (cut, clipped or shaved) natural, narrow, fore and aft part is authorized. Varying hairstyles, including afro, are permitted if these styles meet the criteria of maximum length and bulk, tapered neck and sides, and do not interfere with properly wearing military headgear.

Plaited or braided hair shall not be worn while in uniform or in a duty status.

Keep sideburns neatly trimmed and tailored in the same manner as the haircut and shall not extend below a point level with the middle of the ear, shall be of even width (not flared) and shall end with a clean shaven horizontal line. "Muttonchops", "ship's captain", or similar

grooming modes are not authorized.

WOMEN'S HAIRCUTS:

Hairstyles shall not be outrageously multicolored or faddish, to include shaved portions of the scalp (other than the neckline), or have designs cut or braided into the hair. Hair coloring must look natural and complement the individual. Haircuts and styles shall present a balanced appearance.

Lopsided and extremely asymmetrical styles, ponytails, pigtails, widely spaced individual hanging locks and braids which protrude from the head, are not authorized.

Multiple braids are authorized. Braided hairstyles shall be conservative and conform to the guidelines listed herein.

When a hairstyle of multiple braids is worn, braids shall be of uniform dimension, small in diameter (approx. 1/4 inch), and tightly interwoven to present a neat, professional, well groomed appearance.

Foreign material (i.e., beads, decorative items) shall not be braided into the hair. Short hair may be braided in symmetrical fore and aft rows (corn rowing) which minimize scalp exposure.

Corn row ends shall not protrude from the head, and shall be secured only with inconspicuous rubber bands that match the color of the hair. Appropriateness of a hairstyle shall also be judged by its appearance when headgear is worn.

All headgear shall fit snugly and comfortably around the largest part of the head without distortion or excessive gaps.

Hair shall not show from under the front of the brim of the combination hat, garrison, or command ball caps. Hairstyles which do not allow headgear to be worn in this manner, or which interfere with the proper wear of protective masks or equipment are prohibited. When in uniform, the hair may touch, but not fall below a horizontal line level with the lower edge of the back of the collar.

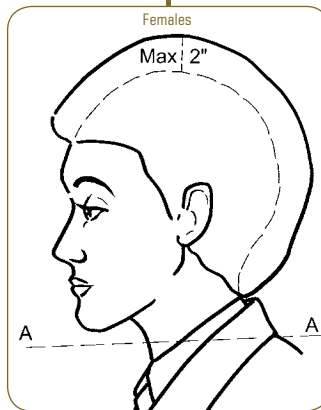
With jumper uniforms, hair may extend a maximum of 1-1/2 inches below the top of the jumper collar. Long hair, including braids, which fall below the lower edge of the collar shall be neatly and inconspicuously fastened, pinned, or secured to the head.


No portion of the bulk of the hair as measured from the scalp will exceed approximately two inches. A maximum of two small barrettes/combs/ clips, similar to hair color, may be used in the hair.

Additional bobby pins or rubber bands matching hair color may be used to hold hair in place, if necessary. Fabric elastics and colored rubber bands/pins are not authorized.

Hair ornaments shall not present a safety or FOD (Foreign Object Damage) hazard. Hair nets shall not be worn unless authorized for a specific type of duty.

Proper and mandatory compliance to the hair regulations exudes a cohesive Navy fighting force. **TNR**





by Naval Air Station Joint Reserve Base Public Affairs Office

BELLE CHASSE, La. — Naval Air Station Joint Reserve Base (NAS JRB) New Orleans welcomed back Strike Fighter Squadron (VFA) 204, Dec. 13, 2005, after an approximately 3 1/2 month evacuation due to Hurricane Katrina.

The squadron had been temporarily based at NAS JRB Fort Worth, Texas. VFA-204 celebrated their return with an eight-plane flyover of the base at approximately 2 p.m.

Several families, the squadron's advance preparation team and base personnel were on hand to cheer the unit's return to NAS JRB. More than 200 members of the unit and 12 aircraft departed NAS JRB New Orleans Aug. 28, 2005, the day before the hurricane made landfall. The unit regrouped to NAS JRB Fort Worth, Sept. 8, 2005, where, throughout the evacuation, they maintained their intense training schedule and adversary support for the fleet.

"On top of everything else, they went right back to work," said Cmdr. Andy Mueller, commanding officer VFA-204. "It was great to see the people and troops rise up to the occasion."

According to Mueller, the VFA team was back to their normal schedule a week after reporting to Fort Worth. Working out of temporary office and work spaces fashioned out of shipping containers, the unit has performed nearly 1,000 flight hours in support of their training missions including a training detachment to Virginia Beach, Va.

Except for a short break for the holidays, their schedule will remain packed. The remainder of the squadron crew will return Dec. 22, 2005 after packing up all of the unit's equipment. Their next detachment will be Jan. 30, 2006, although their training schedule will begin earlier.

While the unit was working out of Fort Worth, VFA's spaces at NAS JRB New Orleans were used to house and provide working spaces for thousands of service members participating in the hurricane rescue, relief and recovery efforts. Now that the base is returning to its primary function of training and supporting aviation units, VFA 204 was finally able to return home. The squadron personnel were understandably elated to be back in New Orleans.

"We couldn't be more excited to be home. The people at Fort Worth were great ambassadors, but there is no place like home," Mueller said.

VFA 204 is the first of the Naval air squadrons, attached to the base, to return to New Orleans. **TNR**

U. S. Navy photos by
Photographer's Mate 2nd Class Petty Officer
William Townsend

RIGHT: Families of Strike Fighter Squadron Two Hundred Four anxiously wave to their husbands and fathers as they watch them taxi in at NAS JRB New Orleans.



Lt. Cmdr. Brian Hennessy knows what it means to miss New Orleans and his family when greeted by his daughters Maddie and Katie.

VFA 204 Returns to

New Orleans



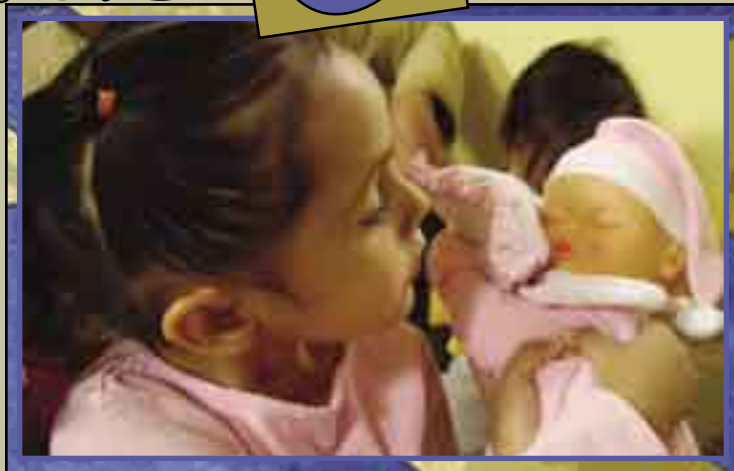
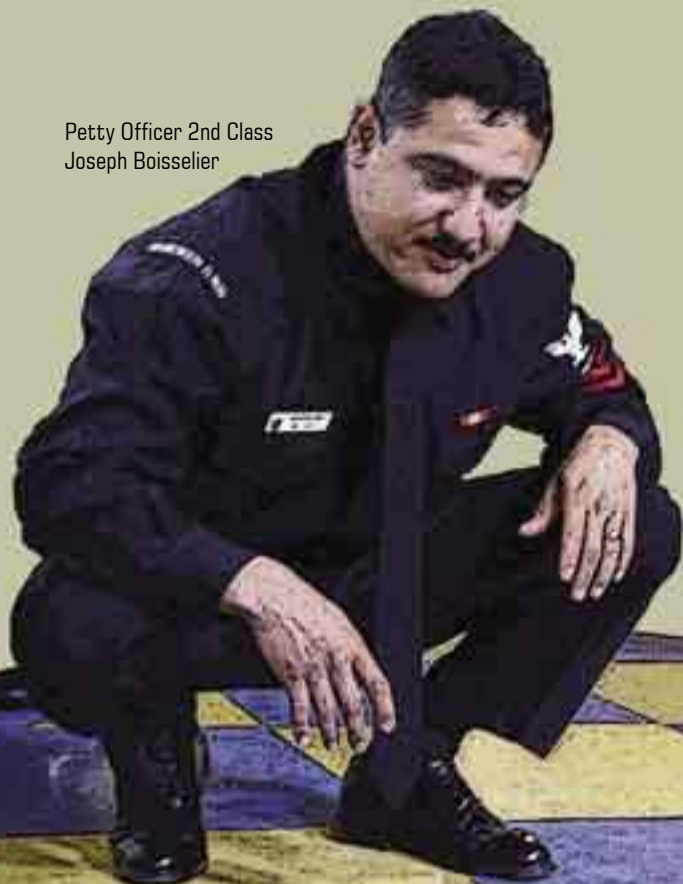
The Commanding Officer of Strike Fighter Squadron Two Hundred Four, Cmdr. A. J. Mueller, taxis in.



Crisis Center Christmas Cheer

by Journalist 1st Class Oscar A. Troncoso
REDCOM South

Petty Officer 2nd Class
Joseph Boisselier



Karina and new friend

FAR RIGHT:
Machinist's Mate 3rd Class Conrad
Salazar and Joshua assemble new toy.

*U.S. Navy photos by
Culinary Specialist 3rd Class
Evelyn Duran*

EL PASO, Texas — El Paso children at Crisis Center were the recipients of early Christmas presents on Dec. 3, 2005 as members of the Navy Reserve Yokosuka Unit delivered numerous bags of toys during their drill weekend.

“As a Reservist, it is part of our core value to commit to helping our country. We are supposed to be the example. One of the ways to do that is by getting involved in our communities,” said 3rd Class Petty Officer Leticia Alvarado of the Yokosuka Reserve unit.

The mission of the Child Crisis Center is to prevent child abuse or neglect and to support parents in the El Paso community. The Child Crisis Center is a nonprofit, nonsectarian agency, which provides an emergency home for infants and children of parents who are temporarily unable to cope with their responsibilities and who need relief while they resolve their personal problems. The Center is a place that many parents need in time of stress.

“Parents are going through crisis at different times in their lives. Many times it involves their children. One of them may be in the hospital, or they may find themselves homeless. We can help them with the assistance of organizations like

the Navy Reserve” said Cristina Aguilar, a childcare worker for the past eight years at the El Paso Child Crisis Center.

Once members of the El Paso Reserve unit decided to gather funds and buy toys during the holidays, Alvarado knew what needed to be done. “Our commanding officer challenged us about holiday community service projects. I had



heard about the Child Crisis Center before and decided to do something about it. These are circumstances that we can impact,” said Alvarado.

One of the Yokosuka Navy Reservists who decided to participate in this community service project was 3rd Class Petty Officer Julian Ramos.

“It was great doing something special for these little kids who are having a tough time. They’ve had their troubles and it was great bringing a little bit of joy to them. It’s

great for the Navy to do something special for our community,” said Ramos.

The Executive Officer of the El Paso Yokosuka Navy Reserve Unit, Lt. j.g. Jesus Rodriguez, was glad that his unit was able to make a difference in his community.

“It’s a great opportunity for people like us to give a hand to others less fortunate. Being in the military and being able to see other parts of the world, you see lots of poverty. In other countries, I have seen raw poverty. In the United States, we tend to do what we can to help others. Here we are always trying to do something to help. This is a good opportunity to learn from places like this - when others are in need,” said Rodriguez.

The Child Crisis Center of El Paso was established to prevent child abuse and neglect. In 1980, it became the first crisis nursery in the state of Texas. The Center is a crisis nursery and emergency shelter for children, newborn through age 12, who are victims of abuse and/or neglect, or who are at high risk for such abuse and/or neglect. It is open 24 hours a day, seven days a week to families in the El Paso community and surrounding area.

“If we can ease some of the pain of a child’s circumstance, that is the least we can do,” said the organizer of the event, Alvarado. **TNR**



LEFT:
Child smiles broadly when presented an expected Christmas present.



Former Navy Aviation Machinist Mate 2nd Class Dino Pocaro coaches his daughter, 14-year-old Danielle with proper targetting technique for her Rifle Marksmanship Medal during small-arms qualifications.

Sea Cadets 'Scope' Out Future Success

*Story & photos by Journalist 1st Class Jeff Craig
Fleet Public Affairs Center,
San Diego, Detachment Everett*



Naval Station Everett Divison Sea Cadet Danielle Pocaro listens to the safety briefing from Commander James Slyfield of the Navy Reserve Center Everett Volunteer Training Unit.

LAKE STEVENS, Wash. — Naval Station Everett Division Sea Cadets joined with members of the Boy Scouts of America in the cold, November rain at the Seattle Rifle & Pistol Associations' Evergreen Sportsmen Park Range for small arms training.

Parents, members of the firing range and two Navy Reservists who volunteer their time with the Sea Cadet Corps, assisted trainers from the National Rifle Association for a safe and valuable evolution.

"It takes dedication to wake up at 5 a.m. and have your family drive up to an hour for an opportunity like this, but the nine Sea Cadets that attended were very excited to participate. 'It's a fun chance to earn some ribbons,' said Benjamin Wallace, 13.

After two hours of classroom training at the range, that included a weapon and range safety lecture, written exam and hands on training with one of the .22-caliber rifles they would be firing, the teenagers filed out into the morning drizzle and marched to the firing line.

Despite the low overcast and rain the trainees all stayed dry inside the firing line bunker. While they waited, the entire group of teens was crowded around a wood-burning stove by the front door. Soon, the students all donned eye and hearing protection and followed the range-masters instructions to take their positions at the firing line.

Danielle Pocaro, was one of three girls to attend the training. "My mom got worried when I told her about this, she's not a big gun person." she said. With her father, Dino, watching over her shoulder, the 14 year old Marysville Art and Technology High School student took aim at her target and slowly eased back on the trigger. "CRACK!"

She calmly evaluated her shot as she opened the bolt. The sound

of the ejected round hitting the concrete floor was lost as the other Sea Cadets fired on their targets. Danielle looked at her father, himself a Navy Sea Cadet for 3-years in the late 1970's, and smiled. This kid was having fun.

Dino Pocaro admits that he had little to do with his daughter joining the Sea Cadets. "It was her idea to do this. She had wanted to join the Junior Reserve Officer Training Course, but was too young, so this was a good option for her." Having served over seven years on active duty as a Navy Aviation Machinist Mate, he left the service for his current career at Boeing in neighboring Everett, Wash.

Members of the Sea Cadets often continue on and join the Navy. According to Chief Petty Officer Frederick Shabo, the Sea Cadet units executive officer, " ... they go in at the third enlisted rank instead of the first one since we already have a paper trail on their training and experience. That means more money in their pocket." Currently, someone joining the military at the third rank earns over \$300 more a month than someone entering boot camp at the first rank.

Shabo sees leading these kids as another vital mission for the Navy. "I was mobilized in 2003 to Kuwait," he admits, "this is my most recent excursion."

Saturday's gun shoot was the first Sea Cadet event that Information Systems Technician Petty Officer 3rd Class Nina Bohn had attended. She is assigned to Navy Mobile Construction Battalion 18 at Naval Station Everett, and will begin working with the Cadets full time after her unit returns from deployment.

Late in the afternoon, when the echoes of the last round faded into the surrounding hills, the scores were totaled. Jennifer Bowzer, Jacob Wallace & his younger brother Benjamin had all qualified for the same Rifle Marksmanship Medal that active duty military members wear.

Many of the safety volunteers at the camp wore hats or coats with military emblems from the Navy, Army, Marines and even Air Force. Most had never seen combat, but a few were Korea, Vietnam or Gulf War veterans. The potential for cross-service rivalries would never materialize with this group. Said one observer, "These guys are here for the kids - their safety is paramount." **TNR**

ABOVE: Proper targetting instructions are delivered by Navy Reservist Chief Equipment Operator Frederick Shabo to 13 year old Benjamin Wallace. Shabo is assigned to the Volunteer Training Unit at Navy Reserve Center Everett, Wash.. Several Naval Reservists at Navy Reserve Center Everett are assisting the Naval Station Everett Division Sea Cader Corps with military training and qualifications

Reservists Prove Invaluable in Patrol Craft Transfer

by Journalist 1st Class Neah Kelly
U.S. Naval Forces Southern Command Public Affairs

MAYPORT, Fla. — Two Navy Reserve Store Keepers, based in Roosevelt Roads, Puerto Rico, recently completed a volunteer mission as supply experts and Spanish translators aboard USS Hurricane (PC 3) and USS Squall (PC 7), during the ships' 45-day homeport shift from Naval Amphibious Base Coronado, Calif., to Little Creek, Va.

With training and authorization to purchase supplies for patrol crafts -- which have no ship's force supply personnel -- and many port visits in Spanish speaking countries, Petty Officer 1st Class Walter Pomales and Petty Officer 2nd Class Alfonso Anglada brought critical skills and abilities to this important mission.

"Having these Sailors on the ships was critical to successfully moving from San Diego to Little Creek," said Lt. Cmdr. Brian J. Diebold, commanding officer of the Hurricane. "We needed their logistics skills to keep the ships properly supplied, and their language ability to help us communicate on all our port visits."

Diebold explained the importance of the homeport shift, saying, "By putting all the patrol craft (PC) crews in one general area you get consistency in training.

Everybody will be trained to the same standard. These two Sailors played an extremely important role in making this happen."

Along with the homeport shift, the two ships used the voyage to carry out a Theatre Security Cooperation (TSC) mission for U.S. Naval Forces Southern Command. TSC has several goals, which include fostering regional support for the war on terror, countering transnational threats, ensuring regional stability, and preserving the ability to respond multilaterally or unilaterally to safeguard the U.S. The PCs TSC efforts included military-to-military relations with the maritime services of El Salvador, Nicaragua, Honduras and the Dominican Republic.

In commenting on his experience with the transit, Pomales said "I wanted to do my part for my country and my Navy. From the very first day I stepped aboard I felt like part of the crew. I was able to help translate everything from the simple things like how to buy a Coke to the big things like training exercises between the different

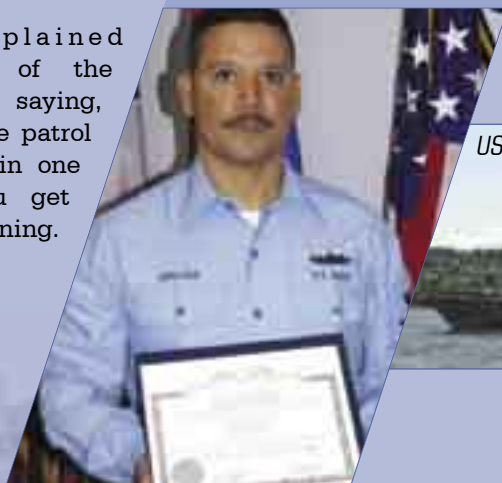
Navies."

During the journey Pomales and Anglada learned first-hand about training standards for PC Sailors, as they both qualified as Enlisted Surface Warfare Specialists (ESWS) while onboard.

Anglada was particularly proud of earning ESWS, saying "This was no easy feat. Even after feeling sick during the ESWS board I never gave up. It was a great experience and I am proud to have helped break the language barrier between our Sailors and the host nation navies during this deployment."

Each PC commanding officer praised the SK's efforts. Squall's Commanding Officer Lt. Robert Halfhill said of Pomales, "In a short time onboard, he established himself as a dynamic and forthright presence at my command and earned the respect of the personnel. Storekeeper 2nd Class Anglada has been an invaluable asset to my ship."

For more related stories on the PC boat transit, go to www.navy.mil. For more information on U.S. Naval Forces Southern Command, go to www.cusns.navy.mil. **TNR**



Petty Officer 2nd Class(SW) Alfonso Anglada (above) and Petty Officer 1st Class(SW) Walter Pomales (right).



USS Squall (PC 7)

▲ U.S. Navy photo by Lt. Chris Evans



USS Hurricane (PC 3)



▲ U.S. Navy photo by Journalist Seaman Apprentice Charles A. Ordoqui

Oklahoma Reservist Awarded Bronze Star

TULSA, Okla. — Capt. Dennis R. Staggs was presented the Bronze Star Medal during an awards ceremony held during a drill weekend in December at Naval Operational Support Center Tulsa.

The Bronze Star is awarded for heroic or meritorious achievement of service in connection with operations against an opposing armed force.

"I am humbled by the Bronze Star because of the corpsmen, medical officers, and nurse corps officers whose shoulders I stood on to attain this award," said Staggs. "I am grateful for their efforts."

Staggs received the award for his effective leadership and devotion to duty during his deployment to Iraq in support of Operation *Iraqi Freedom* from September 2004 to January 2005. Serving as Force Surgeon, Assistant Chief of Staff, G-4, for I Marine Expeditionary Force, Staggs supervised 19 level I and five level II medical treatment facilities, ensuring the effective care of more than 18,000 disease and non-battle injury patients and more than 2,000 combat trauma casualties. He also oversaw the development of proactive medical plans for the battle in Fallujah in Operation Al Fajr.

The captain's efforts resulted in triage, treatment, evacuation, and definitive care being provided to more than 900 casualties encountered by coalition forces with an unprecedented low mortality rate.

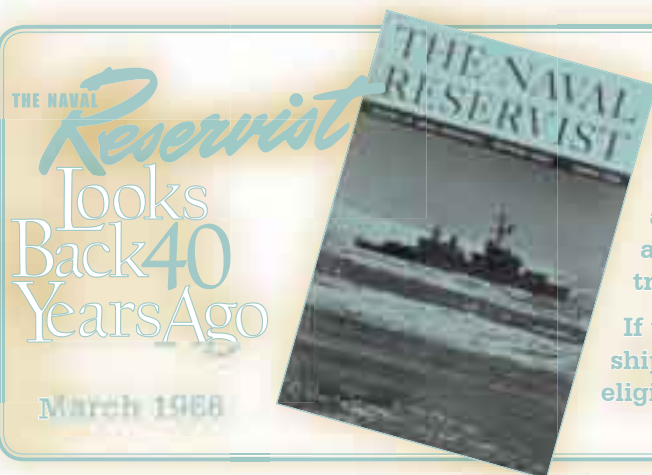
During the critical national election period and Ashura and Arba'een pilgrimage, Skaggs coordinated contingency military and humanitarian medical efforts in the Al Anbar province. By obtaining funding for Arabic instructors and procuring appropriate medical textbooks, Skaggs facilitated the critical medical training of Iraqi Security Forces. His overseeing of preventive medicine programs resulted in high immunization rates, low heat casualty and indigenous disease rates, and a nonbattle injury illness rate below the expected level for deployed forces.

Staggs enlisted in the Navy Reserve in 1986. Outside of the military, he works on the ER staff of McAlester Regional Hospital as an emergency medicine physician in McAlester, Okla.

For related news, visit the Naval and Marine Corps Operational Support Center, Tulsa Navy NewsStand page at www.news.navy.mil/local/nmcrcrtulsa/. **TNR**



Capt. Dennis R. Staggs



Low cost Serviceman's Group Life Insurance (SGLI) coverage for Reservists who are ordered to active duty for more than 30 days.

Reemployment rights (Universal Military Training and Service Act) for Reservists in their civilian jobs are protected by law when they undergo Reserve training or serve on extended tours of active duty.

If you were stationed in Vietnam or served on board ship in Vietnamese waters since July 3, 1965, you are eligible for the new Vietnam Service Medal ribbon bar.

COMBATTING the

WORDS by Journalist Chief Petty Officer Susan Hammond
ART by Bryan Bordelon

OKLAHOMA CITY — Running from one coast of the United States to the other is the goal of the staff of Navy Operational Support Center (NOSC), and they are well on their way to reaching that goal, said Commanding Officer, Cmdr. Dean Ward.

Ward and his staff have established the "Coast-to-Coast" running program in an effort to support the Navy's fitness and health culture. While the Navy has made the Physical Fitness Assessment (PFA) requirements more challenging, Ward said he wanted to find a way to promote continued fitness between the PFAs.

"Coast-to-Coast" is based on the number of participating Sailors running three miles three times a week (approximately nine miles per week per Sailor). The numbers add up to the equivalent of running from one coast to the other in the six months between PFAs. Ward said everyone in the command is participating on a volunteer basis.

The program began after the fall PFA, and each Sailor logs his or her daily progress. A map of the United States with the highlighted coast-to-coast route hangs at the fitness center with a pin tracking the staff's progress to date.

Ward said he is giving staff members a variety of liberty incentives for accomplishments such as the most miles run, fastest run times, most improved percentage, most outside activities entered and the largest percentage decrease in PFA run time.



U.S. Navy photo by Photographer's Mate 1st Class Ted Banks



U.S. Navy photo by Journalist 2nd Class Craig P. Strawser



Chief Petty Officer Jay Daniel, the NOSC command chief, said after their morning stretches and calisthenics, the staff members race each other to the track or the treadmills to get their distances logged.

"Here in Oklahoma we want to pioneer the way toward an active lifestyle," Daniel said. "We're changing the culture, one person at a time."

"We used to use Morale, Welfare and Recreation (MWR) money for beer on the pier parties," added Daniel. "Now we use it for entry fees if the staff wants to participate in community runs."

The staff has received participation awards for the largest group at the Toys for Tots 5K run and other such community 5K and 8K events. The community events, of course, count toward the coast-to-coast progress.

"I love it," said Petty Officer 1st Class Patrick Trumball. "The program got me running again after a knee injury."

Trumball said everyone logs their miles on the honor system. He said all are enthusiastic, and no one on the staff is resisting the volunteer program.

December marks the anniversary of the Battle of the Bulge, one of the hardest fought battles of World War II to cross the German/Belgium border. With more than half of the U.S. population being overweight or obese, our modern culture's "battle of the bulge" is one that most are losing. But NOSC Oklahoma City is crossing the country, winning the battle, and changing that culture in the process. **TNR**

"Here in Oklahoma we want to pioneer the way toward an active lifestyle. "We're changing the culture, one person at a time."

TASK FORCE NAVY FAMILY

Still Actively Assisting Navy Families Along the Gulf Coast

by Lt. Enid Wilson
Task Force Navy Family



GULFPORT, Miss. — Nearly four months after Hurricane Katrina came ashore along the U.S. Gulf Coast, Task Force Navy Family (TFNF) continues to provide assistance to active-duty, Reserve, Department of the Navy (DoN) civilians and retirees recovering from the hurricane's devastating effects.

In response to needs communicated through TFNF Command Liaison Officers (CLO) from affected commands to TFNF headquarters, a series of briefs on Federal Emergency Management Agency (FEMA), Small Business Administration (SBA), insurance law and bankruptcy were conducted Dec. 10-15 in New Orleans, Gulfport, Pascagoula and Pensacola by Navy Reservists who are attorneys in their civilian careers.

According to Judge Advocate General Cmdr. Kevin Whitmore, the purpose of the briefs was to arm Navy families

with information.

"Our hope is that people attending these briefs will leave here today empowered ... remember that everybody answers to someone," Whitmore said.

The briefs varied in length at each location, depending on how many questions were asked and answered during the brief. Whitmore and Legalman 1st Class Michael Campanelli remained after each brief to further answer individual questions regarding specific problems.

During the Naval Construction Battalion Center (NCBC) Gulfport presentation, Whitmore recommended individuals dealing with insurance adjusters and claims "keep a disaster journal, including details, dates, times and names of what you've been told, and by whom."

"It is so confusing, I thought I would just have one adjuster, but I have five" John Weathers, assistant supply officer for NCBC

Gulfport, remarked during a presentation, regarding his frustration over dealing with his insurance claim.

"Document, document, document, to protect yourself," Whitmore continued. "Keep an inventory of your things; the ability to provide documentation can make all the difference in settling claims."

Questions from the audience included questions on home content lists and why they must be so detailed, including the date an item was purchased and how much was paid for it. The questions asked from the audience showed both surprise and frustration at the difficult and time-consuming claims process experienced by individuals who had lost their homes and all of the contents.

Tracy Wills, ombudsman for Naval Mobile Construction Battalion (NMCB) 133 asked, "If you have an adjuster come out,

"Be careful about cashing the checks you receive from the insurance company without first reading the documentation that comes with it."



Forty three Gulf Coast Navy families towed 32-foot travel trailers from Naval Construction Battalion Center Gulfport to their hurricane-damaged homesites in Mississippi and Louisiana. Navy Region Southeast Morale, Welfare and Recreation and Navy Family Housing worked together under Task Force Navy Family to provide travel trailers to Navy families recovering from home damage due to the devastation of Hurricane Katrina.

U.S. Navy photo by
Photographer's Mate 1st Class
Christopher M. McCain



ABOVE: Ensign Robert Seltzer, a Reserve Supply Corps Officer temporarily assigned to Task Force Navy Family, inspects one of the temporary homes for Navy family members displaced when Hurricane Katrina ravaged the Gulf Coast region Aug. 29. The temporary housing at the John C. Stennis Space Center in Miss., is provided by the Federal Emergency Management Agency.

U.S. Navy photo by Lt. Enid Wilson

how long should you wait to get the written settlement notification?" Campanelli and Whitmore encouraged Wills to call and inquire as many times as necessary.

"I encourage you to go and look thoroughly at your contract," Whitmore said. He explained the difficult task for adjusters dealing with such large-scale disasters and the need for the homeowner or renter to be extremely careful and cautious when accepting payments.

"Be careful about cashing the checks you receive from the insurance company without first reading the documentation that comes with it," Whitmore advised. "By endorsing or cashing the check, you may be waiving all other issues and claims."

"If you are concerned about some of the language, before you cash the check, cross that language out and mail it back to your insurance company stating you plan to cash the check

after so many days, but that you are not agreeing to the language." Whitmore said.

Class action suits and bankruptcy were also addressed at the briefs. Whitmore explained how the U.S. Department of Justice has temporarily waived the new stricter bankruptcy requirements for people from Louisiana and the southern district of Mississippi. He gave the audience a list of pros and cons to think about before considering bankruptcy.

"The Navy Legal Service Office (NLSO) in Gulfport is standing by to help," said Lt. Brett Bowlin, Officer in Charge of the NLSO in Gulfport. "Bring your checks or insurance contracts into the Naval Legal Service Office here on base, and if you have questions about it, we can look over it."

Navy families affected by hurricanes Katrina, Rita or Wilma can obtain immediate personnel-related assistance through the Navy's toll-free number,

877-414-5358, or obtain further information by visiting Task Force Navy Family Web site at www.navy.mil/tfnf.html.

Community Support Centers (CSC) are another resource for hurricane-impacted personnel and families. The CSC staff can provide one-on-one consultation, assistance with evacuation allowances, emergency assistance, military family hotlines, emotional support, school and community information, and all other appropriate assistance. For a complete list of contacts at CSCs, please visit the Task Force Navy Family Web site or call 800-372-5463.

Navy family members can also contact the Task Force Navy Family Ombudsman Resource Center for questions or referrals relating to any needs as a result of hurricanes Katrina, Rita or Wilma by calling 866-345-8179. **TNR**

Note: Effective Feb. 1 Commander, Navy installations assumed the duties and responsibilities of TFNF.

"By endorsing or cashing the check, you may be waiving all other issues and claims."

One must look no further than the NAVADMIN message lists for a line of true bearing on Joint Professional Military Education (JPME).

Since November 2004, no less than nine NAVADMINs address JPME Phase I, advanced education, or other key elements of the PME continuum approved by CNO in July 2004. Considering that 2003 passed without a single instance of "JPME" in a NAVADMIN subject line, a trend emerges: the 2004 announcement of a new PME strategy was a major milestone with far-reaching implications. Just as the announcement prescribed, several key measures are now in place to anchor professional military education to career progression and assignment. Most significantly, per NAVADMIN 093/05, JPME Phase I will be a prerequisite for Unrestricted Line (URL) O-5 command selection beginning in FY09.

One Navy, One Standard

A year ago, one could only imagine the policy impact on the Navy Reserve.

That's because, as weighty as the initial announcement and succeeding messages may have seemed, no provision of the PME continuum cited applicability beyond the active component.

In fact, the first two message announcements for the Naval War College CD ROM-based JPME Phase I program listed enrollment priority as active duty URL officers at sea. Some saw this as a sign of exclusion; for others, a sign of hope.

Yet, there should have been no confusion at all. Our senior leaders have been working for years to eliminate barriers between active and Reserve components. In any case, NAVADMIN 093/05 leaves little room for doubt, stating explicitly that JPME Phase I is now a requirement for URL officers screening to URL commander command (active duty and Reserve commands). Eclipsing any active-Reserve debate and faithful to the tenets of inclusion, the breadth of the PME continuum is evident in NAVADMIN 203/05, which announced the Associate's Degree initiative for eligible E-8s.

What About the Billets?

Some are quick to point out that the specific Reserve command billets, competed for via the APPLY process, will be subject to the JPME Phase I requirement are still under review and have not been announced. Such observations are correct, with the determination of Reserve command billets on-going and being addressed by no less than Office of Chief of Naval Operations, Commander Naval Reserve Forces Command (CNRFC), and Naval Education and Training Commands staffs as well as the SECNAV National Navy Reserve Policy Board.

Attendant issues of drill credit and retirement points, raised through lower echelon policy boards in the past year, are included in the discussion, as is the topic of Restricted Line Officer commands and JPME. Shipmates among the staff corps and restricted line communities are just as quick to point out

that their expeditionary activities in the global war on terror typically involve joint settings, often at higher rates than for URL counterparts.

Meanwhile, the Office of the Chief of Navy Reserve (OCNR) Navy Training Alignment Working Group is addressing JPME issues with the results expected in January. In considering whether to pursue JPME, candidates might do well to look beyond any specific billet requirements or forecasts.

In context, the JPME prerequisite to URL O-5 command is just one among several incentives built into the PME strategy. A more telling forecast is contained in the basis of the PME continuum itself, which describes a continuous path of learning and education throughout a career. It's the thrust of the policy that's important, not the implementation details.

Enhanced Opportunity

JPME opportunities continue to increase. Enrollment capacity for the Naval War College (NWC) CD ROM-based JPME Phase I program, for example, recently tripled and expanded to include Reserve officers and O-3s. Today there are more than 800 quotas for JPME Phase I through the NWC programs (CD-ROM, Web-enabled, and Fleet Seminar programs) available to Reservists. The Fleet Seminar program now includes the Dallas, Fort Worth,

Texas area. Beyond the NWC offerings, many other avenues are available for JPME completion as shown in the attached matrix.

Reserve Advanced JPME

Unlike its Phase I prerequisite, JPME Phase II has traditionally been beyond the reach of most Reservists. Accordingly, Congress directed DoD to develop a course of instruction that would be similar, but not identical to the in-residence Phase II course at the Joint Forces Staff College (JFSC). The

Reserve component advanced JPME program was developed as a means to provide Reserve officers the means to achieve JPME requirements outlined in Title 10 and DoDI 1215.20. The primary course of instruction for the program, Advanced Joint Professional Military Education (AJPME) is an approximately 40-week program consisting of distance education with two face-to-face periods in Norfolk. CNRFC selects attendees competitively in accordance with periodic message announcements. AJPME throughput is currently 280 students and ramping up-to 500 annually. There have been more than 200 graduates to date, including 60 Navy Reservists ... ranking tops among the Services.

Conclusion

All indicators point toward JPME and the broader PME continuum becoming an institutional part of Navy culture. Granted, individual plans must strike a delicate balance among family, civilian employment, and Navy priorities, including contributions to the supported commands, and mentors can provide invaluable assistance in charting a course. However, the practical navigator should at least give due regard to options that include PME continuum elements on the track. **TNR**

JPME and the Navy Reserve: Update & Trends



by Capt. Mike Yurina,
National Defense University
Joint Reserve Affairs Center

JPME Opportunities & Initiatives

Rank information listed for each institution i.e. O-5/O-6, reflects primary audience and is provided for information only. Admission policies vary widely. See listed Web sites for more in depth information.



Joint PME (JPME) Phase I Accredited PME Institutions

COLLEGE	PROGRAM	TIME DEMAND	JPME PHASE I	GRAD ED CREDIT
College of Naval Command and Staff (O-3/O-4) Newport, R. I. http://www.nwc.navy.mil/reserves http://cde.nwc.navy.mil/academic.htm * Regional accreditation by New England Association of Colleges and Schools ** 2-week Reserve Officer Courses conducted in Newport provide partial JPME credit. Follow on enrollment in the Web-Enabled or CD-Rom programs is required for JPME I completion.	Resident	10 months	Yes	Master of Arts in National Security Studies and Strategic Studies*
	Fleet Seminar Program	36 months	Yes	21 semester hours
	Fleet Seminars plus additional graduate education courses	36+ months	Yes	Master of Arts in National Security Studies and Strategic Studies*
	Fleet Seminars (double up courses in 2nd year)	24 months	Yes	21 semester hours
	Web-Enabled Program	18 months	Yes	12 semester hours
	2-week Reserve Officer Course w/Web**	16-18 months	Yes	12 semester hours
	2-week Reserve Officer Course w/CD-Rom**	11-12 months	Yes	12 semester hours
	CD-ROM Program	12 months	Yes	4 semester hours
College of Naval Warfare (O-5/O-6) Newport, R. I. http://www.nwc.navy.mil/academics/colleges/cnw.htm * Regional accreditation by New England Association of Colleges and Schools	Resident	10 months	Yes	Master of Arts in National Security Studies and Strategic Studies*
Marine Corps Command and Staff College (O-4) Quantico, Va. http://www.mcu.usmc.mil/csc/ http://www.tecom.usmc.mil/cce/index.asp * Regional accreditation by New England Association of Colleges and Schools **ACE - American Council of Education (http://www.militaryguides.acenet.edu)	Resident	10 months	Yes	Master of Military Studies*
	Distance Education Program (CSCDEP) (Self-study or Seminar)	12-60 months	Yes	6 semester hours (ACE)

The Reserve component advanced JPME program was developed as a means to provide Reserve Officers the means to achieve JPME requirements.

Joint PME (JPME) Phase I Accredited PME Institutions (continued)

COLLEGE	PROGRAM	TIME DEMAND	JPME PHASE I	GRAD ED CREDIT
Marine Corps War College (O-5/O-6) Quantico, Va. http://www.mcu.usmc.mil/mcwar/default.cfm * Regional accredited by Southern Association of Colleges and Schools	Resident	10 months	Yes	Master of Strategic Studies*
Army Command and General Staff College (O-4) Fort Leavenworth, Ks. http://www.cgsc.army.mil/ *Regional accreditation by North Central Association of Colleges and Schools	Resident	10 months	Yes	Master of Military Studies*
	Non-Residence Seminar	24 months	Yes	12-21 semester hours (ACE)
	Correspondence	18-36 months	Yes	12-21 semester hours (ACE)
Army War College (O-5/O-6) Carlisle, Pa. http://carlisle-www.army.mil/ * Regional accreditation by Middle States Commission on Higher Education	Resident	10 months	Yes	Master of Strategic Studies*
	Distance Learning with 2 summer sessions	24 months	Yes	Master of Strategic Studies*
Air Command and Staff College (O-4) Maxwell AFB, Montgomery, Ala. http://www.vacsc.af.mil/ * Federally-approved Master degree, regional accreditation in progress.	Resident	10 months	Yes	Master of Military Operational Art and Science*
	Non-Resident Seminar	11 months	Yes	27 semester hours (ACE)
	Self-Study	6-18 months	Yes	27 semester hours (ACE)
Air War College (O-5/O-6) Maxwell AFB, Montgomery, Ala. http://www.maxwell.af.mil/au/awc/awchome.htm * Federally-approved Master degree, regional accreditation in progress.	Resident	10 months	Yes	Master of Strategic Studies*
	Non-Residence Seminar	11 months	No	25 semester hours (ACE)
	Correspondence	10-18 months	No	25 semester hours (ACE)

JPME Phase II Accredited PME Institutions

COLLEGE	PROGRAM	TIME DEMAND	JPME PHASE II	GRAD ED CREDIT
Joint Forces Staff College (O-4/O-5/O-6) Norfolk, Va. http://www.jfsc.ndu.edu/	Joint Advanced Warfighting School (O-4/O-5) Resident	10 months	Phase I & II	Master of Science in Joint Campaign Planning and Strategy (Acc. TBD)
	Joint and Combined Warfighting Course - Intermediate (O-4/O-5) Resident	3 months	Yes	15 semester hours (ACE)
	Joint and Combined Warfighting Course - Senior (O-6) Resident	3 months	Yes	16 semester hours (ACE)
	RC Advanced JPME (AJPME) - Distance Learning and 2 Resident Sessions at JFSC	36 - 40 weeks	No. (Meets JPME II Learning Objectives but is not certified.)	TBD



The JPME and the broader PME continuum is becoming a part of Navy culture.

JPME Phase I and II Accredited PME Institutions

COLLEGE	PROGRAM	TIME DEMAND	FULL JPME	GRAD ED CREDIT
National War College (O-5/O-6) Fort McNair, Washington DC http://www.ndu.edu/nwc/index.htm <small>* Regional accreditation by the Middle States Association for Colleges and Schools Commission on Higher Education</small>	Resident	10 months	Yes	Master of Science in National Security Strategy*
Industrial College of the Armed Forces (O-5/O-6) Fort McNair, Washington DC http://www.ndu.edu/ica/ <small>* Regional accreditation by the Middle States Association for Colleges and Schools Commission on Higher Education</small>	Resident	10 months	Yes	Master of Science in National Resource Strategy*

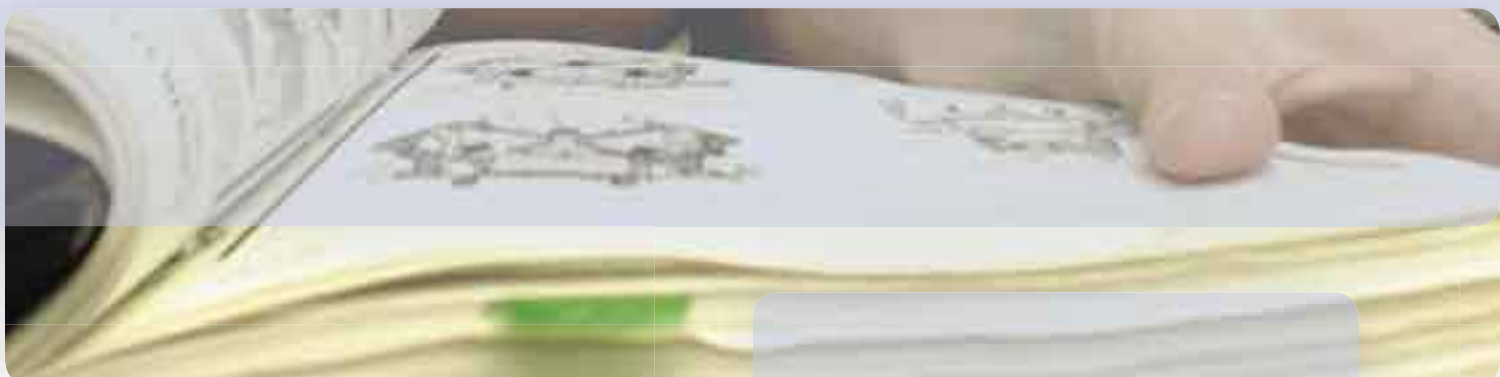
Other JPME Opportunities and Initiatives for RC

COLLEGE	PROGRAM	TIME DEMAND	JPME	GRAD ED CREDIT
National Defense University, (E-8/9, O-5/6/7) Fort McNair, Washington DC http://www.ndu.edu/jrac/	Reserve Components National Security Course (RCNSC)	2 weeks	Provides JPME per CJCSI 1801.01, but not Phase I or II	TBD
	Joint and Interagency Security Course (JISC) Prerequisite: RCNSC	1 week	No	TBD

Joint Forces Staff College (O-4/O-5/O-6) Norfolk, Va. http://www.jfsc.ndu.edu/	Homeland Security Planners Course	1 week	No (JPME I is prerequisite)	TBD

Army War College (O-4/O-5) Carlisle, Pa. http://carlisle-www.army.mil/	Defense Strategy Course (Distance Ed.) (~50 Guard and Reserve) http://dde.carlisle.army.mil/ce-dsc/dsc.htm	6 months	No	105 Credit Hours
	Reserve Component National Security Issues Seminar (RCNSIS) (~ 50 RC Field Grade)	1 week	No	TBD

COLLEGE	PROGRAM	TIME DEMAND	JPME PHASE I	GRAD ED CREDIT
National Guard Bureau Joint Interagency Training Center - West, San Diego, Calif. http://www.jitc-west.org	Homeland Security Familiarization Course	2 days	No	UNK
	Community Response Emergency Simulation Training (CREST) (Interagency Interaction Course)	4 days	No	UNK



U.S. Navy photo by Photographer's Mate 2nd Class John Collins



Sweet Homecoming: Coastal Warfare Teams Return

by Photographer's Mate 1st Class Michael R. McCormick

Boatswain Mate 2nd Class Yanlar Servin from Naval Coastal Warfare Group One (NCWG) 1 returns home after a nine-month deployment and embraces her family and loved ones.

U.S. Navy photo by Photographer's Mate Airmen Orlando Ramos

SAN DIEGO — Military members from three commands attached to Naval Coastal Warfare Group (NCWG) 1 returned from a scheduled nine-month deployment to the Persian Gulf in support of the global war on terrorism on Jan. 10, 2006 at Naval Air Station (NAS) North Island.

During deployments, the primary missions performed by NCW assets include Waterborne Force Protection, Harbor Defense, Seaward and Marine Security Operations.

"Basically anything coming in or out of theater primarily comes from the sea. It comes off of MSC (Military Sealift Command) ships and all of the items have to be protected as they come in and out of Kuwait," said Lt. Cmdr. Steve Rodriguez, assistant plans officer and native of White Hall, Mont. after his wife, Janae, greeted him.

"We protect all the ships plus when the Marines come in and out, we protect the LCUs, the lanes they traffic through and make sure they

get to the beach safely and nothing interacts with them as they are working," said Rodriguez.

Electronics Technician 2nd Class Kem Simmon of Oak Harbor, Wash. received a warm welcome from his wife, Sherrie. "I'm elated, glad to be here, it was a long flight back but every stop on the way back we've been treated good. People have been shaking our hands and telling us they appreciate what we have done. To me, the trip back was worth going there."

"The mission we did there, I thought was important and I learned a lot. I was glad to go over there and see that part of the world because I have never been there," said Simmon.

The 350 military members from NCWG-1 commands returning were from: Naval Coastal Warfare Squadron (NCWRON) 33, based in Everett, Wash.; Mobile Inshore Undersea Warfare Unit-102 from Spokane, Wash.; and Inshore Boat Unit (IBU) 16 from Seal Beach, Calif.. **TNR**



*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.*

"Tis the Season to APPLY!

From: The APPLY Help Desk Team

NEW ORLEANS — With the holidays behind and spring on the horizon it is time to start preparing for your next set of orders. The APPLY process is your vehicle to identify and APPLY for billets coming available in the new fiscal year.

Who should APPLY?

It is required that all Reserve Officers log-on to the APPLY web site and register, regardless if you are searching for a billet or not. In order to receive official correspondence, you must have a .mil address. At the time of this writing, all members should have a NMCI account and accompanying email address. This is the email address you should enter on your registration page. Entering your .mil address will also allow the Order Writer to send you a copy of your orders when you are selected to a billet by the Command, Senior Non-Command Board.

What if something is missing from my record?

The APPLY Web site receives information from many different sources which may or may not be up to date with your latest information. If you feel that your information on the website is incorrect or missing then you must take action to correct it in the appropriate source. Contact your Reserve Center for guidance on how to make these corrections/additions. Once you have made contact with your Reserve Center for action, check back periodically to ensure that the information has been updated.

Dream sheet tips.

In order for the Board to know what your preferences are for billet assignment the APPLY process provides a dream sheet to prioritize your choices. You may enter up to 36 choices on your dream sheet for consideration by the board. It is highly recommended that you make as many choices as possible to allow a better chance of being selected for a billet. The APPLY process is very competitive and on average only one in six receive a billet. The dream sheet is your chance to provide the board with your preferences. When selecting your billet on the Web site you will see how many others have also selected the billet, this will give you some indication on the amount of competition for the billet you are interested in. One thing to remember is the billet requirements for Navy Officer Billet Classification Code (NOBC), Designator, etc, may require a waiver to be assigned the billet. Don't waste choices on billets for which a waiver may not be forthcoming.

I can't see the billet I want.

When you select the dream sheet page, you will only be allowed to view and select those billets that you are eligible for due to designator or rank. These business rules are set by Commander Navy Reserve Forces Command based upon the Navy Officer Manpower and Personnel Classification volume one prior to the beginning of the APPLY season which sets the policy on billet selections by selectee for the next pay grade.

Let's talk about travel.

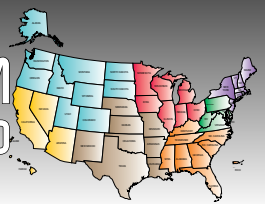
One of the questions that must be answered is: the member's willingness to travel for a billet not on their dream sheet. The assumption is made that if the member placed the billet on their dream sheet then they were willing to travel whatever the distance to that unit. The board will attempt to fill these billets with members who have no remaining billet choices available and are willing to accept a billet not on their dream sheet. The software filters applicants based on the number of miles the applicant is willing to travel to accept a billet not requested and the distance from the member to the unit in question. Once again, it is imperative that your personal information is up to date. The software uses zip codes to determine distance, so a minor error may have a large impact. With this in mind, it is highly recommended that you select Yes to the question "willingness to travel," and enter the maximum distance you are willing to travel. Remember if you select "no" to travel you will still be considered for positions other than what you included on your dream sheet. Your travel restrictions will default to 100 miles or less, as referenced in BUPERSINSTR 1001.39E, Section 405, 2. (b.)(1), under reasonable commuting distance.

In Closing.

Register early, verify your information, and check back often for new billets being added. Take some time to prioritize your billet selections and be willing to accept an assignment not requested if it would meet your requirements.

You can use the following link to go directly to the COMNAVRESFOR "welcome" page: <http://navyreserve.navy.mil>. Once you access the CNRF welcome page, you will see the APPLY logo at the bottom of the page. Click on that icon and you will be directed to the APPLY Website.

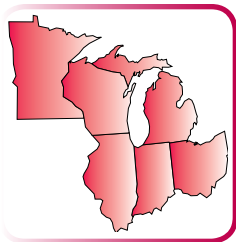
Good luck and good hunting! TNR



REDCOM Northeast

WORCESTER, Mass. — Commanding Officer Navy and Marine Corps Reserve Center, Worcester, Mass., Lt. Cmdr. Gerard Lamoureux, presented the Distinguished Flying Cross and four Air Medals to 83 year old World War II veteran Lt. j.g. James O. Bagwell, on December 22, 2005 for heroism while participating in an aerial flight some 60 years ago.

Bagwell believes these medals were awarded to him because of his involvement in England as part of the KK patrols, which patrolled over the English Channel keeping small crafts and submarines away from Allied forces. While it took Bagwell 60 years to be recognized for his contributions, the Defense Authorization Act of 1996 lifted the time limit on when a service member may receive an award. Bagwell heard about this through a couple of his squadron buddies and submitted copies of his logbook to the Chief of Naval Operations Board of Decorations and Medals.



REDCOM Mid-West

FORT MCCOY, Wis. — More than 400 members of Naval Mobile Construction Battalion (NMCB) 25, headquartered in Fort McCoy, Wis., have been activated to support Operation *Iraqi Freedom*. After completing training in Port Hueneme, Calif., the battalion will deploy on a one-year tour. Reservists attached to the unit hail from a variety of Midwestern states, including Illinois, Wisconsin, Iowa, North Dakota and South Dakota.

Information Technician 1st Class Bruce Nixon, assigned to Navy Customs Battalion Papa, inspects an Army M1A1 Abrams tank for sand and round casings at the wash racks at Camp Arifjan in Kuwait. Navy Customs Battalion Papa is a mobilized unit consisting of 450 Reservists in support of the global war on terrorism.

U.S. Navy photo by Photographer's Mate 2nd Class Gregory D. Devereaux





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

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

REDCOM Northeast 1-866-249-2454

Albany, N.Y.
(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

Atlanta, Ga.
(770) 722-4392

Augusta, Ga.
(706) 533-3439

Bessmer, Ala.
(205) 497-2600

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

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

Chattanooga, Tenn.
(423) 322-6814

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

Columbus, Ga.
(706) 464-9895

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

Greenville, S.C.
(864) 423-5889

Gulfport, Miss.
(228) 323-0064

Jacksonville, Fla.
(904) 542-3320

Knoxville, Tenn.
(865) 406-4024

Lexington, Ky.
(859) 494-1473

Louisville, Ky.
(502) 386-1721

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

Meridian, Miss.
(601) 604-1865

Miami, Fla.
(305) 336-5572

Mobile, Ala.
(251) 490-0611

Nashville, Tenn.
(615) 429-0890

Orlando, Fla.
(407) 240-5939

Pensacola, Fla.
(850) 384-4023

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

Roosevelt Roads, P.R.
(787) 865-4300

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

Tallahassee, Fla.
(850) 294-9158

Tampa, Fla.
(813) 486-0236

Tuscaloosa, Ala.
(205) 292-0198

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

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

REDCOM South 1-866-587-0544

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

Amarillo, Texas
(866) 804-1627

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(512) 797-2250

Baton Rouge, La.
(225) 270-2751

Cape Girardeau, Mo.
(573) 576-9300

Cedar Rapids, Iowa
(319) 310-4796

Corpus Christi, Texas
(361) 728-5507

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.
(405) 733-1052

Omaha, Neb.
(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

REDCOM Mid West 1-866-356-3446

Akron, Ohio
(330) 376-9054

Battle Creek, Mich.
(269) 420-8813

Chicago, Ill.
(847) 804-1525

Cincinnati, Ohio
(513) 319-9396

Cleveland, Ohio
(216) 214-9309

Columbus, Ohio
(614) 352-3331

Decatur, Ill.
(217) 433-9058

Detroit, Mich.
(586) 307-6148

Duluth, Minn.
(218) 310-0166

Evansville, Ind.
(812) 455-1133

Forest Park, Ill.
(708) 670-2280

Grand Rapids, Mich.
(616) 363-6889

Green Bay, Wis.
(920) 366-4606

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(765) 469-0178

Indianapolis, Ind.
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La Crosse, Wis.
(608) 792-1622

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.
(989) 233-5712

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

Youngstown, Ohio
(330) 609-1900

REDCOM Southwest 1-866-744-1735

Alameda, Calif.
(510) 967-5143

Encino, Calif.
(818) 381-6752

Guam
(671) 339-6724

Honolulu, Hawaii
(808) 227-3575

Las Vegas, Nev.
(702) 349-9685

Lemoore, Calif.
(559) 960-3228

Los Angeles, Calif.
(310) 617-8360

Moreno Valley, Calif.
(951) 840-0187

Phoenix, Ariz.
(602) 484-7292

Port Hueneme, Calif.
(805) 469-3845

Reno, Nev.
(775) 250-7886

Sacramento, Calif.
(916) 919-6059

San Diego, Calif.
(866) 843-0431

San Jose, Calif.
(408) 210-2950

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

REDCOM Northwest (425) 304-3338

Bangor, Wash.
(360) 315-3004

Billings, Mont.
(406) 248-2090

Boise, Idaho
(208) 841-2004

Central Point, Ore.
(541) 941-5082

Cheyenne, Wyo.
(307) 631-0979

Denver, Colo.
(720) 847-6205

Eugene, Ore.
(541) 915-2391/4778

Everett, Wash.
(425) 304-4764

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

Fort Carson, Colo.
(719) 526-2964

Fort Richardson, Alaska
(907) 384-6493

Helena, Mont.
(406) 449-5725

Pocatello, Idaho
(208) 238-0490

Portland, Ore.
(503) 285-4566

Salt Lake City, Utah
(801) 725-3346

Silverdale, Wash.
(360) 315-3004

Sioux Falls, S.D.
(605) 929-6265

Spokane, Wash.
(509) 879-9260

Tacoma, Wash.
(253) 209-0181

Naval Air Stations

Atlanta, Ga.
(678) 655-6392

Fort Worth, Texas
(817) 782-7152

New Orleans, La.
(504) 678-3254

Willow Grove, Pa.
(215) 443-6454

Naval Air Reserve Center

Denver, Colo.
(303) 677-6230

Naval Air Reserve

Atlanta, Ga.
(678) 655-6392

Brunswick, Maine
(207) 522-1064

Fort Worth, Texas
(817) 271-8936

Jacksonville, Fla.
(904) 542-3320

Norfolk, Va.
(757) 444-7295

Point Mugu, Calif.
(805) 989-7559

San Diego, Calif.
(619) 545-2632

Whidbey Island, Wash.
(360) 257-2922

Willow Grove, Pa.
(215) 443-6454

Navy Operation Support Center

New Orleans, La.
(504) 697-9205

Naval Air Facility
Washington D.C.
(240) 857-4880

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

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

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

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

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

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

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

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

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

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

Reserve Intelligence
Area Sixteen
Willow Grove, Pa.
(215) 443-6651
(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
(619) 437-9525

Naval Criminal Investigate Service
(202) 433-9169

Naval Education and Training Command
(850) 452-9252

Naval Expeditionary Logistics Support Force
(757) 256-1349

Naval Facilities Engineering Command
(202) 685-9010

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

Naval 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 III.
(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
(757) 444-4041

Seventh Fleet
011-81-6160-43-7440

Sixth Fleet
011-39-081-568-4636

Third Fleet
(619) 524-9537

US Central Command
(813) 827-6941

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

US Fleet Forces Command
(757) 836-3837

US Joint Forces Command
(757) 836-5141

US Naval Forces Europe
011-39-081-568-4634

US Naval Forces Korea
011-822-7913-5795

US Northern Command
(719) 554-0552

US Pacific Command
(808) 477-1405

US Pacific Fleet
(808) 474-1178

US Southern Command
(305) 437-1255

US Special Operations Command
(813) 828-3004

US Strategic Command
(402) 294-8141 / 8121

US Transportation Command
(618) 229-7084

CNATRA
CAOSO
(361) 961-2058

CNRF CNATRA PM
(504) 678-1072


Allied Command Transformation (NATO)
(757) 747-3314

Equal Opportunity Hotline
Senior Chief Michael Pope
(866) 237-2298



*USS Ronald Reagan (CVN 76)
Sailors prepare to man the rail while getting underway from Naval Air Station North Island on Jan. 4.*

U.S. Navy photo by Photographer's Mate 3rd Class Kevin S. O'Brien



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