

RESERVIST
Gerald R. Ford, Jr.



Spreading Holiday
Gifts and Wishes



The NAVY RESERVIST

SUPPORT TO THE FLEET... READY AND FULLY INTEGRATED

Volume 32, Number 4
April 2006



Nothing
Overlooked

**NAVAL
RESERVE**
STAY STRONG



**NAVY
RESERVE**

Reserve Component Terminology Guide

Overboard

Onboard

Naval Reserve(s)

Navy Reserve

TAR

FTS
(Full Time Support)

RLO

OSO
(Operational Support Officer)

USNR / USNR (TAR) / USN(R) / ...

USN

NAR / Reserve Center

NOSC
(Navy Operational Support Center)

Active / Reserve

AC/RC
(Active Component / Reserve Component)

Peace Time Contributory Support

Operational Support

REDCOM CDR

Reserve Component Commander

CNRF / CNARF / CNSRF

CNRFC
(Commander, Navy Reserve Forces Command)

End Obligation / Retire / Resign

Transition to RC (FTS/SELRES/IRR)

Deputy for Mission Effectiveness

Deputy RCC

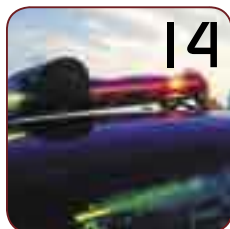
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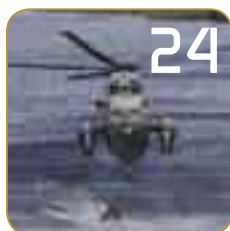
Yes Virginia, the enlisted in theater sure do when given gifts of the holiday season from some quite unexpected sources!



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Our 38th president once donned a garrison cap and we have proof.



Our Cover:
Aviation Structural Mechanic 2nd Class Leonard Briones of Navy Customs Battalion Papa, inspects a vehicle at Camp Arifjan in Kuwait.

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

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Vice Adm. John G. Colton ... Chief, Navy Reserve

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

Cmdr. Ed Bucalatin ... Force Public Affairs Officer

Lt. Ken Shade ... Deputy Force Public Affairs Officer

Journalist 1st Class(SW/AW) Rob Kerns ... Editor

Journalist Seaman Quinn Whisner ... Assistant Editor

Photographer's Mate 2nd Class(SW) Kurt Eischen ... Photo Editor

Bryan W. Bordelon ... Creative Director/Graphic Designer

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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



Commitment

I cannot think of a single part of belonging to the Navy that does not - to some degree - involve the Core Values. Can you? My last two articles covered Honor and Courage, respectively. That leaves this month's topic: Commitment.

When you swore to "... obey the orders," you made a promise to the America people that you can be counted upon to set high standards; to be a disciplined person with inner strength; to have self-control; to be tough--mentally and physically; and to persevere, no matter what is asked of you--not just on drill weekends but every single day, 24 hours a day, with no days off.

Your commitment is that whether you are in uniform or at your civilian job, you have promised to live an ethical life - to doing your job well - to respecting the people and the equipment. Each of these is a measure of your commitment to your country, to your shipmates, to your family, and yes, to yourself.

Your commitment involves ensuring respect up and down the chain of command. Watch over the safety of your shipmates and equipment. Be respectful of every single person by treating him or her with dignity. Commit yourself to positive change and constant improvement. Recognize your role as part of the team and pursue excellence. Push yourself to gain the essential training you need to be a strong and productive member of the team. No matter if your job is painting the bulkhead or standing guard, treat each job with the same professionalism.

Take a step back and remember what it was that drew you to the Navy. People join the military because they are committed to

doing what's necessary to protect the American way of life - to ensure life, liberty, and the pursuit of happiness for those whom they cherish. Because of that, we in the military have shared values. We have ardent pride in our efforts to protect others, and we have absolute hope in our hearts. We are loyal, responsible people who are committed to America, and our commitment demands discipline and obedience to orders in a timely and accurate manner.

As I visit various Navy facilities, it has become obvious to me that the key to commitment is what's in our hearts. I have seen shipmates in PT gear that is stained with sweat and tears. I have watched them struggling, and I have watched as their faces contorted with effort, but I have never once seen a shipmate quit. I've seen shipmates fighting for patience as they mentored others, and I've seen blurry-eyed leaders whose workdays did not end just because the sun was going down. No, they stayed until the job was done because they are committed. Imagine how much more we could accomplish if every heart on our Navy team was 100 percent committed to performing our very best.

We must be committed to the business of the Navy. The Global War on Terror necessitates our forward presence. We need to be working, training, and operating with our allies. We must be in position to respond to crisis - and maybe even deter it. That means we must be committed to improving our overall readiness, and that requires every single one of you to be committed to being physically and mentally ready to serve. And

that means we must be committed to knowing our people. Do not wait for the Command Master Chief to initiate the action. Make it everybody's business to know who needs help getting ready for PRT. Which members of your unit need help getting ready for advancement exams? Who does not have a complete seabag? Hold a seabag inspection for everybody, not just the junior Enlisted. Who does not have the essential documentation that so many rush to prepare in the final hours before being deployed (an updated will and other significant instructions). You say you are committed to America? Prove it by taking care of your people and their family members. It is essential that we provide for our families. The key to readiness is knowing our people. So much depends on our getting it right; therefore, we simply cannot afford to merely hope our people do what's right on their own.

The Reserve Component (RC) must have properly trained personnel in support of the Active Component (AC) because Reservists are a vital part of keeping the ships and aircraft operational. In short, the AC can no longer carry out its mission without its RC. If you are following my argument then you realize that your commitment is imperative. We must be efficient and effective --- and that can only happen if every single person is committed.

That leaves just one question: How committed are you?

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

Force Chaplain



Navy Chaplains Respond to Hurricane Katrina

Always Ready is the motto of the United States Coast Guard. In responding to Hurricane Katrina the Coast Guard lived up to their motto as they quickly mobilized resources from around the nation, and rescued over 33,500 people affected by the storm. Behind the scenes, chaplains of Navy Reserve United States Coast Guard Religious Support (USCG RELSUP) 106 and members from the Volunteer Training Unit (VTU) were heavily involved in the Coast Guard's response to the storms.

The old adage to "train like you fight" proved to be true for the active and reserve Coast Guard chaplain team. Just a few months before the storm, they had their annual symposium around the theme of "Disaster Ministry Training." Active and Reserve Navy chaplains serving the Coast Guard train and work together seamlessly, and the years of experience were about to pay off.

Lt. Cmdr. Endel Lee, a Navy chaplain, had just returned from a six-month recall for service in Iraq with the Marines to his civilian job as a professor at New Orleans Baptist Theological Seminary. Lee and his family rode out the storm on the seminary campus, but the flooding that followed inundated their home and they had to evacuate. Shortly after assuring his family's safety, he made his way to Coast Guard Sector/Station New Orleans on Lake Pontchartrain. The station is just a few blocks from the breach in the 17th Street Canal. Within 24 hours of the storm the crew of the station had returned and commenced search and rescue operations.

Bottled water, porta-potties and M.R.E.s became a fact of life. Lee worked long hours providing

pastoral care, counseling and critical incident stress management to crews that were rotating in and out of the station.

Lt. Cmdr. Scott Landrum, a Navy chaplain, served as the Coast Guard District 8 Reserve chaplain prior to the storm. Landrum is a Lutheran pastor in New Orleans. He made sure of the safety of his family and then immediately went on AT orders to support the men and women of the Coast Guard who were pouring into the region. Based out of the Naval Air Station Joint Reserve Base New Orleans (NAS JRB), Landrum provided ministry to helicopter crews that were so busy they did not even shut down the engines to change crews.

As the extent of the chaos caused by Katrina became clear, the members of Navy Reserve USCG RELSUP 106 and VTU chaplains who volunteer to serve with the Coast Guard were placed on standby for the hurricane Area of Responsibility (AOR). The officer in charge of the unit, who serves as the Deputy Chaplain of the Coast Guard for Reserve Matters, Cmdr. Barry Crane, was in regular contact with the Chaplain of the Coast Guard, Capt. Wilbur Douglass, and the chaplain leadership at the Incident Command Post comprised of the Atlantic Area Chaplain, Capt. Bob Marshall, and the District 8 chaplain, Lt. Cmdr. Scott Morton, regarding the need for additional Reserve chaplains.

Aircraft from Coast Guard Airstation in Clearwater, Fla., began making regular flights to NAS JRB New Orleans. Cmdr William Wildhack, a Navy Reserve chaplain, quickly got involved in ministry to the aircrews flying these missions with a high operations tempo. In addition to Critical Incident Stress

Management debriefings, Wildhack rode with a C-130 crew into the hurricane AOR. He assisted in the mission of bringing in supplies and provided encouragement to the chaplains who were working under difficult circumstances in the AOR.

A rotation schedule for active duty and Reserve chaplains was set up. Crane came in the second wave and provided ministry out of the FEMA base at Zephyr Field, in New Orleans, where search and rescue crews were using small boats to find survivors in the city. Lt. Jose Pimentel, a Navy chaplain, arrived in the AOR in time to assist with the aftermath of Hurricane Rita as well as ongoing support of Coastguardsmen across a broad area affected by the two storms.

When Marshall forward deployed to the Coast Guard Incident Command Post in Alexandria, La., there was an immediate need to cover his role at Atlantic Area. Cmdr. Tom Everett, Navy Chaplain, quickly got orders to Portsmouth, Va., where he provided continuity for chaplain operations there. As active duty chaplains forward deployed, there was a need to support their commands. VTU chaplains, Capt. Jay Lambert and Cmdr. Lyn Juckniess immediately stepped to the plate. Lambert provided coverage to Coast Guard District 9, and Juckniess spent two weeks serving at the United States Coast Guard Academy.

"Seamless integration" is more than a slogan when it comes to the collaboration of active duty and Reserve Navy chaplains serving with the Coast Guard. It is the stuff of everyday ministry.

Capt. Gregory G. Caiazza
Force Chaplain,
Navy Reserve Force



All About Family

Spring has sprung! It is one of my favorite times of year here in Washington D.C. because the temperature warms up a bit and everything comes alive. Folks travel from all over the world to see the famous cherry blossoms in bloom. The vendors and outdoor performers pick up a notch as the tourists and locals alike fill the town to enjoy this beautiful city and all the great monuments, museums and attractions.

It is a time where people start getting excited about the summer months and all the great things that summer has to bring. Especially for families when the children have a little down time from school. Maybe you are counting down the days or weeks to vacation or family reunion. I actually have a week carved out next month for our family reunion and I can't wait! I believe this issue of "family readiness" is crucial, especially in the business we are in.

In my almost 30 years of service I have never seen the emphasis on our families like it is today.

The CNO demonstrated this loud and clear during Hurricane's Katrina, Rita and Wilma with Task Force Navy Family.

He directed the Navy to reach out to every Navy family member affected.

He said, "I want the net cast wide, and I want it hauled in often. There are people hurting out there, our people and their loved ones and we will do all we can to alleviate

their pain."

In fact the Task Force Navy Family Ombudsman Resource Center (ORC) with the help of volunteer Military members, dependents and civilians completed more than 20,000 calls to Navy family members in the Gulf Coast Region.

The awareness and reach to family readiness spans across all pay grades and communities in the Navy. My wife Teresa participated in a beta course designed for the spouses of Senior Enlisted Leaders at the Senior Enlisted Academy in Newport, R.I. This week long curriculum when approved will dovetail with the Command Master Chief/Chief of the Boat course and is designed to help their spouses better understand how to help bridge the gap of communication and outreach to Navy families in the command.

Navy One Source is another initiative designed to help the Sailor and their families. You need to know this is available to Active and Reserve Component Sailors, it's free and the service they provide is absolutely amazing.

I am proud to say the Navy Reserve has also made great strides in the area of Family Readiness and it must remain one of our top priorities.

For example, in 2005 we trained and certified over 100 ombudsmen across the country. Our Sailors are at the tip of the spear and contributing in ways that are beyond imagination and our command ombudsman are

invaluable links to the families, especially in isolated areas away from large fleet concentration points.

We are continuing an aggressive training program this year and if you do not have a trained ombudsman in your command I would encourage you to take advantage of an ombudsman training curriculum in your area. Most major bases have a Fleet and Family Support Center and usually host ombudsman training.

Additionally, the Navy Reserve is conducting training at the following dates and locations:

- 28-30 April 2006 at the Operational Support Center, Indianapolis, Ind.
- 23-25 June 2006 at the Operational Support Center, Albany, N.Y.
- 11-13 August 2006 at the Operational Support Center, Denver, Colo.
- 27-29 October 2006 at the Operational Support Center, St. Louis, Mo.

In closing - when is the last time you had a good old fashioned family day in your Command? It is a great opportunity to have some fun while emphasizing family readiness. Talk about things like DEERS enrollment, Tricare, legal, wills, powers of attorney, page two verification. Important stuff. Family Readiness ... make it a priority.

See you on the deck plates.

FORCM(SW) David R. Pennington

Force Master Chief,
Navy Reserve Force

Force Career Counselor



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

As discussed in the March 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: *Are there any exemptions to the policy or grandfathering of Sailors already pursuing degrees?*

A: Recognizing that some Sailors may have already begun to pursue their post-secondary education goals and that the civilian skills of Reserve component Sailors may support the Navy mission, Navy officials have established the following exemptions that satisfy the new policy for Sailors who have completed, or are enrolled in degree programs prior to Oct. 1, 2006.

- Sailors who currently have an associate degree or higher.
- Sailors who are enrolled in any associate degree program and complete all requirements before Jan. 1, 2008.
- Sailors who are enrolled in any baccalaureate degree program and complete at least 50 percent of degree requirements before Jan. 1, 2008.

Sailors may elect to enroll in a rating-relevant baccalaureate degree program from an accredited institution in lieu of an associate degree, but must complete a minimum of 50 percent of the degree requirements to be eligible for FY 2011 E-8 selection board and beyond.

Selected Reserve Sailors have an additional option to satisfy the degree requirement. With the exception of Full-Time Support (FTS) Reservists, Reserve Sailors may satisfy the requirement by obtaining either a rating-relevant degree or a degree relevant to their civilian occupation.

For Sailors wanting to start on their degree program, a visit to the nearest Navy College Office should be the first step.

Q: *What other types of degree plan options*

do Sailors have to satisfy the rating-relevant associate degree requirement?

A: There are several options:

- Sailors may elect to enroll in a rating-relevant baccalaureate degree from an accredited institution in lieu of an associated degree, but must complete a minimum of 50 percent of the degree requirements to be eligible for Senior Chief Petty Officer selection boards convened in 2010 and beyond.
- Reserve Sailors (except Full-Time-Support) may satisfy the degree requirement by obtaining either a rating-relevant degree or a degree relevant to their civilian occupation.
- Sailors in warfare specialties with various source ratings may meet the requirement in either the source rating or specialty related degree.
- Sailors experiencing rating consolidation may meet the requirement in either the original or the consolidated rating.
- Sailors changing ratings through Perform to Serve must meet the requirement in the new rating unless already enrolled in a degree program.

Q: *What exactly ARE rating relevant degrees?*

A: Rating-relevant degrees closely complement the skills and knowledge of a job field, rating or warfare specialty. They are designated by the Navy for advancement eligibility and are offered by the Navy College Program Distance Learning Partnerships (NCPDLP). All partnership institutions are members of Service members Opportunity College (SOC) and offer significant degree completion flexibility. NCPDLP degrees maximize acceptance of American Council on Education (ACE) recommended credit for Navy training and experience as well as credit by examination and the institutions all offer distance learning opportunities to complete the remainder of degree requirements. Sailors may elect to enroll with any institution that

offers equivalent degrees/specializations and has accreditation recognized by the U.S. Department of Education. A list of accredited post-secondary education institutions may be viewed via the Department of Education Web site (www.ed.gov) or obtained from your local Navy College Office. Navy College Offices will assist Sailors in identifying equivalent rating-relevant degree options.

Q: *Are there steps Sailors should follow to pursue a rating-relevant degree?*

A: Navy Knowledge Online (NKO), www.nko.navy.mil, provides access to the Education Degree Roadmap, which outlines the steps a Sailor must follow in preparation to meet the education requirement for advancement eligibility. In NKO, these roadmap steps can be accessed via the main "learning" category header. The Education Degree Roadmap will be displayed for Sailors to reference. Quick links are also provided for Sailors to access and view their individual Electronic Training Jacket (ETJ).

Mentorship is one of the biggest communication avenues we as Senior Enlisted have to assist with this program. Of course, we are already doing the "mentoring"... Right? Some Sailors out there have been mentored and have gone on to do very well, while others are left to their own, and flounder. Mentoring is an honor! Some one took time to help you, and you should repay that help to another. And for me - to help our Sailors achieve benchmarks in their career - able to watch them achieve their goals is the best part of my job. Just take a moment out and ask if you can help them - you may be surprised to hear that your moment in time did something that helped a Sailor. Smile, it happens!

Of course, 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

Returning to Family Life After Military Deployment

We conclude our article on the Reservist's return home after military deployment and offer these aids to smooth out the transition.

What the returning service member can do

- Make time for your family. Hold off on visits to relatives and limit time with friends until you've settled into a comfortable routine at home.
- Take time to talk with your spouse or partner. After a long absence, you need to get to know each other again. You've both had new experiences that may have changed your priorities and your ideas about roles in the marriage and the family. Talking now can help you lay the foundation for a newly strengthened relationship.
- Expect that intimacy and sexual relations may be awkward at first. Go slowly. Your time apart really has made you strangers to each other in many ways. Make an effort to be patient and charming, much as you did when you were first dating.
- Take time to understand how the family has changed while you've been gone. Don't charge in with your own way of getting things done. Notice how your spouse is dealing with your children's discipline, for example, and restrain yourself from taking over with a tougher or looser approach.
- Ease back into the relationship and your family. Understand that your spouse may have grown accustomed to managing more of the household responsibilities, and may not be eager to turn control of them all back to you right away.
- Spend time alone with each member of your family. Think of things to do with your children that you each enjoy and that will give you time to talk and have fun together in a relaxed way.
- Watch your spending. It can be tempting to celebrate your return with dinners out or special gifts. Be careful not to get into debt trouble that could take you months or even years to repay. Time together and attention to each other's needs is far more valuable than anything you can buy -- and you won't have to face the credit card bill next month.

What the spouse or partner at home can do

- Don't over-schedule the first days after the return. The regimentation and strict routine of deployment can leave service members craving unscheduled time and hoping for a relief from constant responsibilities.
- Don't expect your spouse to jump in and start taking care of household chores and tasks just as before. The long trip home leaves most service members in need of

rest in order to adjust to a change in time zones. Even the change from military food to home-cooked food can be an adjustment. Give it time, talk about what needs to be done, and let your spouse take on household tasks at a pace that's comfortable for both of you.

- Spend time talking with each other. You've both been through separate experiences during your spouse's deployment, and you've both changed in some ways as a result. You've learned how to manage the household on your own and become used to life on your own. Your spouse has faced new experiences, possibly some very intense ones, and has become used to being away from you and the family. Talking can help you get to know each other again, to regain the intimacy you had before, and to rebuild family routines that include you both.
- Expect your children to test the rules now that both parents are home. Whenever there's a change in a family, children work to find out whether it might mean any loosening of limits. Talk with your spouse (when the children can't hear you) to explain any new rules you've set, so that you can present a united front. Together, apply rules fairly and consistently.
- Watch your spending. You've managed to a budget during your spouse's deployment. Now that you're back together as a family you'll have some added expenses (another adult mouth to feed, for one thing). Don't lose control of the budget celebrating your partner's return.
- Don't give up activities that you enjoy and that help you relax. If you've adopted an exercise routine, taken up a hobby you like, or joined a regular book group, don't give it up just because your partner is home. You may need to be flexible to fit these activities into the new family schedule, but do your best to find a way.

Later on

You may have trouble "re-sorting" the way household responsibilities are divided -- who makes which decisions, and who takes care of which household tasks. One of you may want to move more quickly than the other to get back to the way you had split those roles before the deployment, or to change the way those roles are divided now that you have had a chance to try a different way of splitting them. This re-sorting of responsibilities and any other small changes in routine can make either of you feel unwanted and unappreciated. It is common for people to overreact as they readjust to life as a couple.

Differences and problems can arise over children, too. Returning service members sometimes reassert their role as a parent by spoiling the children or by



Electronics Technician 1st Class Steven Lucas, of St. Clair, Mich., is welcomed home by his son on board Naval Station Norfolk, Va. Lucas is a Reservist assigned to the Naval Expeditionary Logistics Support Force (NAVELSF). Nearly 100 Reservists were mobilized and deployed last September to fulfill fuel distribution and postal operations in support of Operation *Iraqi Freedom*.

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

disciplining them too strictly.

If the deployment has caused financial hardship, you and your partner may react in very different ways now that life is getting back to "normal." Some people overspend in an effort to catch up with everything they have missed out on during the deployment. Others over-control family spending as they try to get the budget back in balance and cover the extra costs of deployment, such as charges for long-distance phone calls.

Talking through these adjustments can be harder if the service member has seen or experienced violent action during deployment. War is often an ugly business, with many innocent victims, and the experience of war may be hard to talk about, even years later. In time, the service member may want to discuss some of these things if others are willing to listen patiently, without judging.

What you both can do together

- Keep talking. Talk can help you get back together as a couple and as a family. Talk through your differences about household responsibilities and decision-making.
- Don't force talk about the experience of war, but be open to it when the time is right. If the service member is not ready to talk about his or her experiences during deployment, don't push it. It's often a better idea for the service member to talk through any tough experiences

first with a chaplain, a family service center counselor, or another trusted adviser or friend. If you do talk about painful experiences as a couple, try hard to listen without judging.

- Keep watching your spending. Make sure you don't spend more than you're earning.
- Be patient with each other and with your children. It takes time to regroup as a family, and you can't rush a natural process. The service member should make a gradual effort to resume his or her role as an engaged parent -- without buying the children's affection through spoiling or forcing the children's obedience with unnecessarily strict discipline.
- Seek professional help if you think there is a problem. Some anger and some tears can be expected after a long or difficult deployment, but excessive anger, mean-spirited fighting, and violence are signs that you need help. Don't feel that you have to solve serious emotional problems on your own.

Returning from deployment can sometimes be stressful and disappointing. What you and your family does makes the reunion more joyful and stress-free. We sincerely hope these aids will minimize some of the rocky portions you may encounter. **TNR**

Written with the help of Dr. D. Bruce Bell and Dr. Walter R. Schumm.

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Stretching To New Heights!



Story and photos by
Journalist Seaman Quinn Whisner

The first step for a successful workout is stretching. As you perform your fitness routine your muscles are constantly in motion, and precautions must be taken in order to lower your chance for injury.

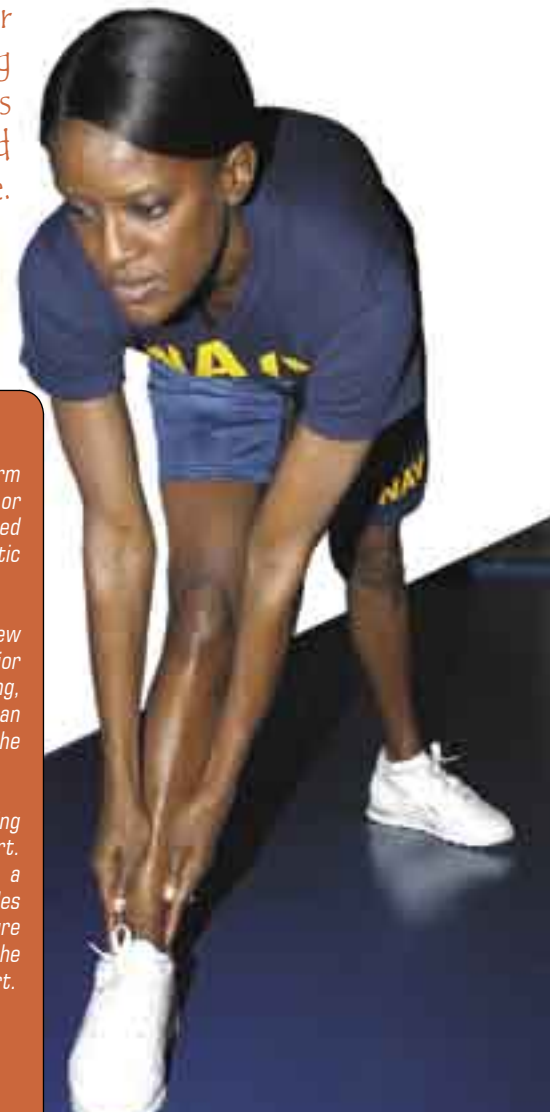
A key element of stretching that is often overlooked is the initial warm-up. The purpose of this is to increase blood flow without putting too much stress on any one body part. This is a great opportunity to assess your fitness capabilities, and make any changes necessary to accommodate that day's routine. Common warm-up exercises include light jogging/marching in place as well as taking a brisk walk around the track or down the block. Remember, warm muscles stretch better than cold, so it is necessary to devote 10 to 15 minutes to your personal warm-ups.

When you are done warming-up, start your stretching slowly, with gradual mobility stretches to loosen and relax muscles. Remember to build each stretch on the previous one, going either top to bottom, or bottom to top. Key areas to stretch are calves, hamstrings, lower back and upper arms. These are areas often hardest hit during a general workout. Navy physical fitness requires stretching before each physical readiness test. **TNR**



Personnel Specialist 1st Class
Judy Dabbs aptly demonstrates.

Pain and/or
bouncing during
stretching is
unsafe and
counterproductive.



Warm Up Types:

Passive warm up involves the use of warm showers, whirlpools, heating pads, massage, or analgesic creams. These are ineffective when used as the only method of warming up prior to athletic activity.

General warm up involves performing a few basic activities that require the use of the major muscle groups including walking, jogging, cycling, jumping rope, or calisthenics. More effective than passive warm up in raising the temperature of the muscles and increasing their elasticity.

Specific warm up involves performing movements that are an actual part of the sport. A baseball player taking batting practice and a tennis player practicing serves are all examples of specific warm up. This allows the temperature of the muscles to increase and also allows for the rehearsal of specific skills to be used in the sport.

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 Photographer's Mate 2nd Class Kurt Eschen



Air Traffic Controller
1st Class
Desmond Elliot

Hometown: Charleston, South Carolina
Brief description of your job: Air Traffic Controller at NAS JRB New Orleans, La.
Why did you join the Navy: The experiences I am gaining, and the trade I am learning, was all the incentive I needed to join the Navy. The job training offered to me is huge, and I intend to use it in the future.
Who has been your biggest influence since joining the Navy: Senior Chief Donald Letterlough has been a great mentor to in my chosen field of Air Traffic Control..
What do you enjoy most about the Navy: The work I do is great; I love the environment, and the people. Everyday is something new and exciting, and it is awesome to be apart of it.
The most interesting place you have visited since joining the Navy: Willow Grove, Penn., because it was my first command, and my initial Navy experience.
What has been your greatest Navy achievement: A Navy Achievement Medal for excellence in the performance of my duties in support of Hurricane Katrina.
Hobbies: I love sports; give me a football, basketball or bowling game, and I am happy.

U.S. Navy photo by Photographer's Mate 2nd Class Kurt Eschen



Aviation Support Equipment Technician
3rd Class
Cesar Vargas

Hometown: Melbourne, Florida
Brief description of your job: Hydraulic Technician and electrician at NAS JRB New Orleans, La.
Why did you join the Navy: I joined to get help with school and to get a general jump-start on life.
Who has been your biggest influence since joining the Navy: AS2 Andy Foster, because he sticks up for the little guys ... he was a big help to me when I first arrived at NAS JRB New Orleans.
What do you enjoy most about the Navy: Meeting so many new and different people has been great! I love to experience other views and ideas, and the Navy has given me that chance again and again.
The most interesting place you have visited since joining the Navy: Key West, DET for Squadron VFA 204.
What has been your greatest Navy achievement: Being able to handle so much responsibility in my work environment, as well as balancing out my other personal duties to other work spaces and my command's Morale, Welfare and Recreation Committee.
Hobbies: Sports! I play softball, basketball and volleyball. I also have a strong interest in all types of music.



Rear Adm. Craig O. McDonald addressed some of the concerning mobilization in the future to an North Island theatre auditorium filled with Reservists. An ALL HANDS was called for Navy Reserve Force Commander Rear Adm. Craig O. McDonald and Navy Reserve Force Master Chief David Pennington to discuss several topics, including; physical fitness, retention, and active duty integration.

U.S. Navy photo by
Photographer's Mate 1st Class Kim McLendon

Navy Reserve Leadership Visits San Diego

by Journalist 2nd Class Michelle Monfort
Fleet Public Affairs Center, Pacific

SAN DIEGO — Hundreds of Reservists packed the Naval Air Station North Island base theater recently to hear Navy Reserve Force Commander Rear Adm. Craig O. McDonald and Navy Reserve Force Master Chief (FORCM) David Pennington address the ever-changing role of Reservists and their future in the military.

'Maintain Readiness' was the theme of the visit as the culture of the Navy Reserves continues to evolve into a seamless integration with their active duty counterparts.

McDonald conveyed this message by having the entire audience stand up and look at the person on their left and right saying, "The person standing next to you is going to be recalled in the next five years if they haven't already."

Appointed senior enlisted advisor by Chief of Navy Reserve Vice Adm. John G. Cotton earlier this year, Pennington acts as the primary advisor in matters dealing with enlisted personnel and their families.

"It's my job to communicate during these very turbulent and transitional days we're in - it's really a historical time in the Navy and

the Department of Defense," said Pennington, who marks 29 years of service in the Navy Reserve in 2006.

"We're changing in regards to how we're deciding what's best for our future, and the Reserves are increasingly becoming more a part of it. We are no longer a force in waiting. In fact, a recent military conference I attended called today's Navy Reserve, 'The New Reserve: strategic in time of peace, operational in time of war.'"

Pennington reported Secretary of Defense Donald Rumsfeld recently directed the Quadbinniel Defense Review (QDR) and is looking into ways on how all of the services can work more efficiently and effectively in a joint environment.

"What is the fight of tomorrow going to be?' 'How can we become more efficient?', 'How can we become more effective?' are a few of the questions Rumsfeld asked the chiefs of each service.

"You can expect to hear a lot of talk of talk about jointness. There's going to be some blurring activity across the Department of Defense

and we're going to do a lot more together to become more efficient and effective as a fighting force for national security," said Pennington.

"The QDR is going to emphasize the Reserves. It's all about active Reserve integration. We've got to get integrated and understand that we are one team, one fight," he said.

During his speech, Pennington took a moment to remember Sept. 11th and express a heartfelt thanks to the servicemen and women Reservists who are serving in the Middle East to help fight the global war on terrorism, which generated an enthusiastic applause by the audience.

"Some people may forget that we are at war. This (Sept. 11th) was no different than the day Pearl Harbor was attacked. The president declared war that day on terror. We are doing the right thing over there, and we are making a difference. This is what democracy and freedom is all about. The retention in our force from all services has never been higher because our people are doing a good job," added Pennington. **TNR**

We are
no longer
a force in
waiting.



Honoring Our Servicemen, Heroes One and All.

WASHINGTON — The United States Navy Memorial on Pennsylvania Avenue is a national memorial that honors those who served, and are serving, in America's Sea Services - Navy, Marine Corps, Coast Guard and Merchant Marine.

The focus of the U.S. Navy Memorial is not a particular type of ship, battle or conflict, but rather the individual whose service and sacrifice is honored and celebrated.

The heart of the U.S. Navy Memorial is the Navy Log. The Navy Log is the permanent public registry where Sea Service members and veterans can record their service information - name, duty stations, awards, photos and memories.

The Navy Log may be viewed at the U.S. Navy Memorial, or via the Internet at www.lonesailor.org. The goal of the Memorial is to record the service history of all eligible uniformed individuals and veterans.

Now through the end of July 2006, all members and veterans of the Sea Services, active duty and Reservists, are able to enroll in the U.S. Navy Memorial's Navy Log without charge and without any obligation.

Family members and friends can record service information for veterans who are deceased or those who are unable to record their own information.

To enroll your or family members' information enter the information at www.lonesailor.org.

Those seeking additional information may contact the Navy Log Department of the U.S. Navy Memorial at 1-800-NAVY LOG **TNR**

See page 29 for the identification of these Sailors.

Scholarship Honors Fallen Reservist

The daughters of a Navy petty officer killed in Iraq were presented Jan. 17, 2006 with an \$80,000 scholarship award at a ceremony at the Suffolk County Police Academy.

The Marine Corps Law Enforcement Foundation presented the two daughters of Hospital Corpsman 2nd Class Jeffrey L. Wiener with the \$80,000 in U.S. Savings Bonds during a ceremony at the academy on the Brentwood campus of Suffolk County Community College.

Weiner, formerly of Lynbrook, was killed in action May 7, 2005, in Hiditha dam, Al Anbar Province, Iraq, while serving with the 2nd Battalion 25th Marines Regiment.

He is survived by his wife, Mariateresa, and the couple's two daughters, Mikayla, and Theadora.

The U.S. Department of Defense said that as of Monday, 2,217 U.S. soldiers have died in Iraq since the start of the war.

The Marine Corps Law Enforcement Foundation, a nonprofit charity, has distributed about \$24 million in scholarships to eligible children of fallen soldiers, officials said. **TNR**

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ABOVE: Mikayla Wiener (l) with mother Maria Wiener and sister Theadora Wiener (r) look over the savings bonds they recieved from the Marine Corp. Law Enforcement Foundation at Suffolk Community College in Brentwood, New York on January 17, 2006.

BELOW: Mike Gottsenger (l) presents savings bonds to the family of fallen father/husband Hospital Corpsmen 2nd Class Jeffrey Wiener who was killed in Iraq. Jake Schneider of Navy Marine Reserve attends.

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Naval Air Force Reserve Awarded Two Navy Safety Awards

The Navy Safety Center recently announced Commander, Naval Air Force Reserve (CNAFR) as the winner of the Naval Aviation Readiness Through Safety Award and The Order of The Daedalians' Adm. James S. Russell Aviation Flight Safety Award for Calendar Year 2005.

These awards are presented annually to the Naval Aviation organization which contributes the most toward readiness and economy of operations through safety. The command selected must have an outstanding safety record, an aggressive safety program and an improving 3-year safety trend.

CNAFR conducted over 99,000 flight hours with no Class "A" flight, flight related or aviation ground mishaps.

Rear Adm. Jeffrey A. Lemmons, commander of the Naval Air Force Reserve, expressed his gratitude to the entire cadre of CNAFR professionals, whom he directly credited with this significant achievement.

"Our people have shown that by living the principles of Risk Management and Resource

Management every day, we can achieve lower mishap rates and operate ever more safely," Lemmons said. "We strive to educate our people, who are fully empowered and able to stop a mishap. We want everyone, regardless of rank, to understand that they have that power."

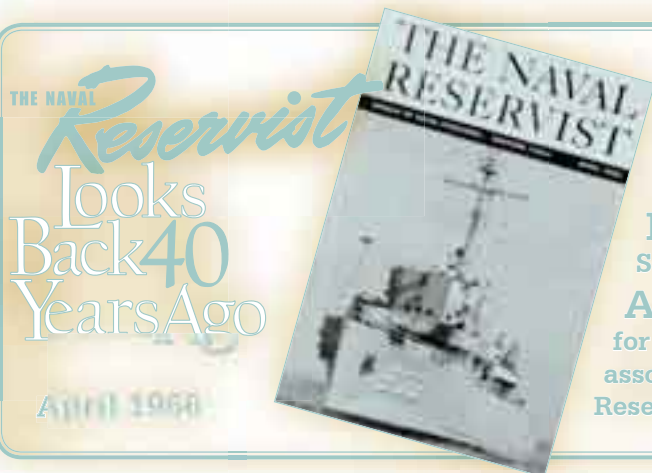
Lemmons added, "All hands take pride in the receipt of this distinction and continue to improve on already impressive statistics. Now is the time to reflect and press ahead with our commitment to readiness enabled through a tested and dependable safety culture."

Commander, Naval Air Force Reserve, headquartered in San Diego, Calif., is responsible for 31 fixed-wing and rotary-wing aircraft squadrons. The command also oversees Navy Reserve personnel who provide operational support to the Active Component of the Naval Air Force worldwide.

The Russell Award will be presented officially to CNAFR at the Daedalians' Awards banquet in San Antonio, Texas later this summer. More information about the Order of Daedalians can be found on the organization's Website at <http://daedalians.org>. **TNR**



U.S. Marine Corps photo by
Cpl. Martin R. Harris



Reservists inquire about possible Vietnam conflict call-up if the scope broadens, President Johnson concludes it isn't essential to order up Reserve units at this time.

New GI Bill is signed into law. Benefits apply to Servicemen and Veterans alike.

Active duty for training (ACDUTRA) is required for all officers and enlisted personnel attached to, or associated in pay status with, units of the Selected Reserve.



ASEBO NAVAL BASE, Japan — In months to come, drivers here may have their identification cards checked at the gates by a state police captain or a homicide investigator.

The 29-member Naval Security Force Sasebo, a Navy Reserve unit in Albuquerque, N.M., has been training for more than a year to assist Sasebo Naval Base when needed with law enforcement and force protection.

Cmdr. Vincent A. Pagano, commander of NSF Sasebo, visited the southern Japan base Tuesday and Wednesday in advance of Reservists arriving next month.

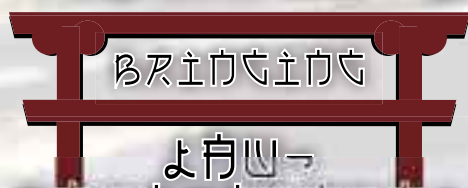
"We're a relatively new unit, and I wanted to meet the forces here," Pagano said Wednesday. Five or six members of his unit are scheduled to arrive in late February, he said.

These aren't greenhorn Sailors without expertise in law enforcement and security.

In his civilian career, Pagano, 39, is a member of the California Highway Patrol. The Reserve unit also includes Petty Officer 1st Class Jerry Cottrell, a regional captain with the New Mexico state police, and Petty Officer 1st Class Carlos Argueta, head of homicide investigations for Albuquerque police.

"Almost all of them are involved in professional law enforcement in some capacity," Pagano said. "We also have a fire chief and an emergency medical technician. These guys are experienced professionals in their

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by Greg Tyler
Stars and Stripes
Pacific edition



civilian jobs and as Reservists."

The Reserve unit assembles for duty one weekend each month in Albuquerque. Each member also serves at least two weeks a year on a Navy base.

"All of our guys will spend at least two weeks in Sasebo this year," Pagano said.

NSF Sasebo is permanently assigned to support Sasebo Naval Base when Reservists are needed to assist with security, Pagano said.

"One benefit to the base is that they usually must send masters-at-arms from Sasebo elsewhere for various types of training and schools," Pagano said. "But when our personnel come here, some of them can offer training, saving this base money spent on sending people to schools."

He said all the members of his unit are qualified masters-at-arms and many have prior service experience in the Navy or another branch of the military.

In an emergency situation or if threat conditions warrant, the entire NSF Sasebo unit could be called to active duty at Sasebo Naval Base.

"That's mainly what the NSF and base association is all about," Pagano said. "We're 100 percent operational and ready. They want to be useful and feel part of the Navy by coming here to serve."

"I tell them you can't feel a part of the Navy more than by serving as part of the forward-deployed forces."



U.S. Navy photo by
Photographer's Mate 1st Class(AW) Matthew Young

TNR



U.S. Navy photo by
Photographer's Mate 2nd Class
Jason Sullivan

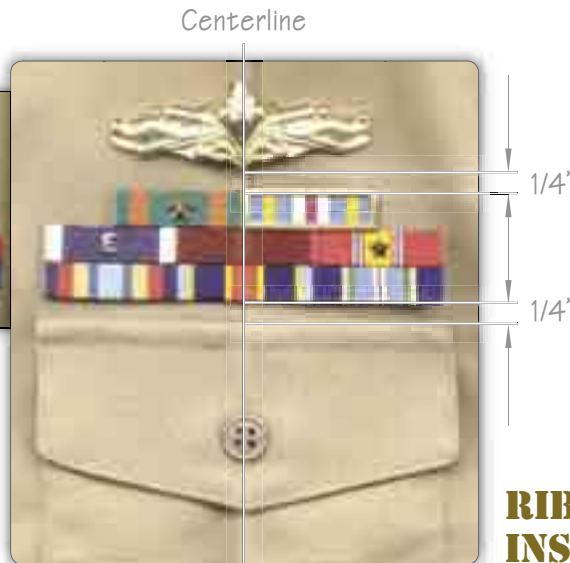
TO THE INCHES REGS

*U.S. Navy photos by
Journalist Seaman
Quinn Whisner
and
Photographer's Mate
2nd Class
Kurt Eischen*

*Lt. Audry Oxley aptly
demonstrates.*

*Note:
Photo representations
are not to scale.*

This month we take a rather close look at ribbon, nametag, collar devices, caps and warfare designators and their proper placement on the Navy uniform. These measurements apply for both the officer and enlisted ranks. Measurements are taken directly from the Navy Uniform Regulations NAVPERS 156651. **TNR**



RIBBON, MEDAL, INSIGNIA & BADGE

- (1) Breast insignia are worn on the left side of the uniform in a primary position, or a primary and secondary position.
 - (a) Primary position with ribbons or medals. The insignia is centered above ribbons or medals with the lower edge of the device 1/4 inch above the top row of ribbons or medals.
 - (b) Primary position without ribbons or medals. The insignia is centered above the left pocket with the lower edge of the device 1/4 inch above the top of the pocket. For Navy coveralls and utilities the insignia is centered above the left pocket with the lower edge of the fabric strip approximately 1/4 inch above the "U.S. NAVY" tape strip <article 3101.6>.

For Dinner Dress Jackets, men center the insignia on the left lapel, 3 inches below the notch; women center the insignia on the left lapel down one-third the distance between the shoulder seam and coat hem.

- (c) Secondary position with ribbons or medals. The insignia is centered below ribbons with the top of the device 1/4 inch below the top of the pocket or pocket flap, or centered below medals with the top of the device 1/4 inch below the lowest row of medals.
- (d) Secondary position without ribbons or medals. The insignia is centered 1/4 inch below the top of the pocket or pocket flap. For Dinner Dress Jackets, center the insignia on the left lapel, 1/4 inch below the primary insignia.

- (2) If wearing only one device, place it in the primary position.
- (3) Personnel with multiple qualifications, may wear two insignia, placing one in the primary position and the second in the secondary position, within the following guidelines:
 - (a) Only one insignia from any single category of insignia listed above <paragraph 5201.2.a.> is authorized for wear at the same time.
 - (b) Warfare qualification insignia take precedence over other qualification insignia and are placed in the primary position.



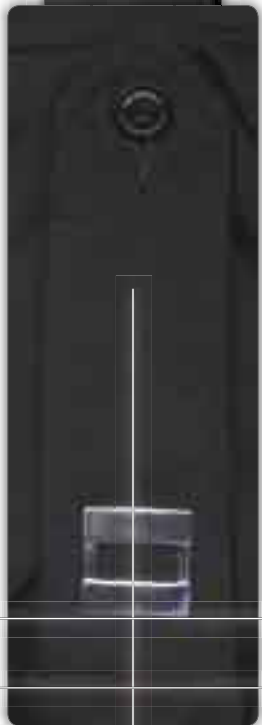
NAMETAGS

Nametags are centered 1/4 inch above the your right breast pocket. On uniforms without a right breast pocket, place nametag on the right front in position corresponding to ribbons on left. Nametags are rectangular not to exceed the dimensions of 1 inch by 3 1/2 inches, and may be of any color and design stipulated by your command.

PULL-OUT

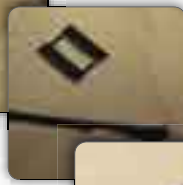
ALL WEATHER JACKET

Officer & Chief, male/female:
Center rank device along centerline of epaulet as shown here.
From the square end epaulet seam is 3/4 inches to the lower edge of the device.



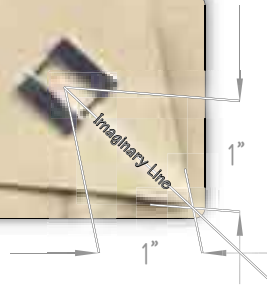
Centerline

3/4"



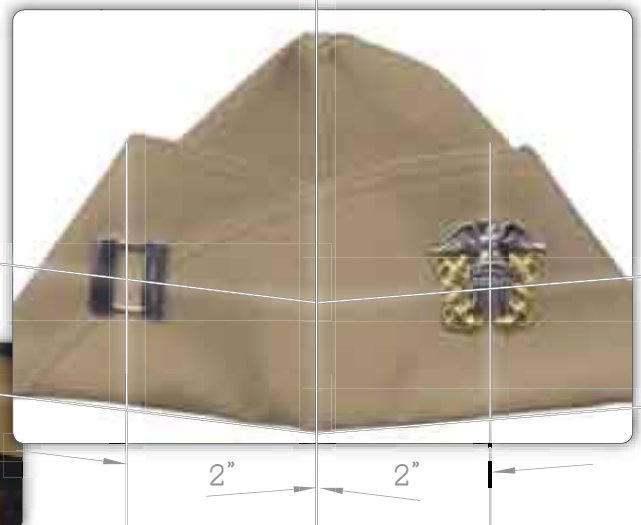
SHORT SLEEVE SHIRTS & NAVY COVERALLS

Officer, Chief, & Enlisted male/female:
Open collar short sleeve shirts and Navy coverall requirements stipulate the insignia is centered 1 inch from the front and lower edges of the collar. Position the vertical axis of the insignia along an imaginary line bisecting the angle of the collar point.



GARRISON CAP

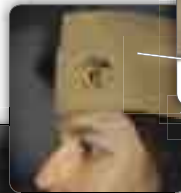
Officer & Enlisted, male/female:
Center cap and rank devices as shown here.
From the centerline front of cap the device center is 2 inches. Bottom edge of cap, is 1 1/2 inches.



Centerline

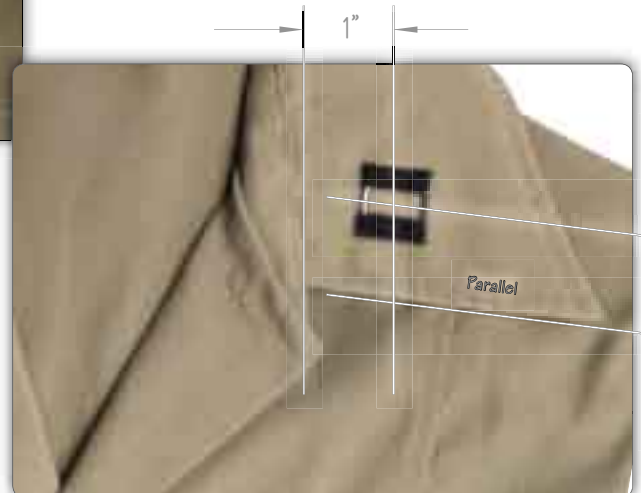
1 1/2"

2" 2"



LONG SLEEVE KHAKI & BLUE SHIRTS

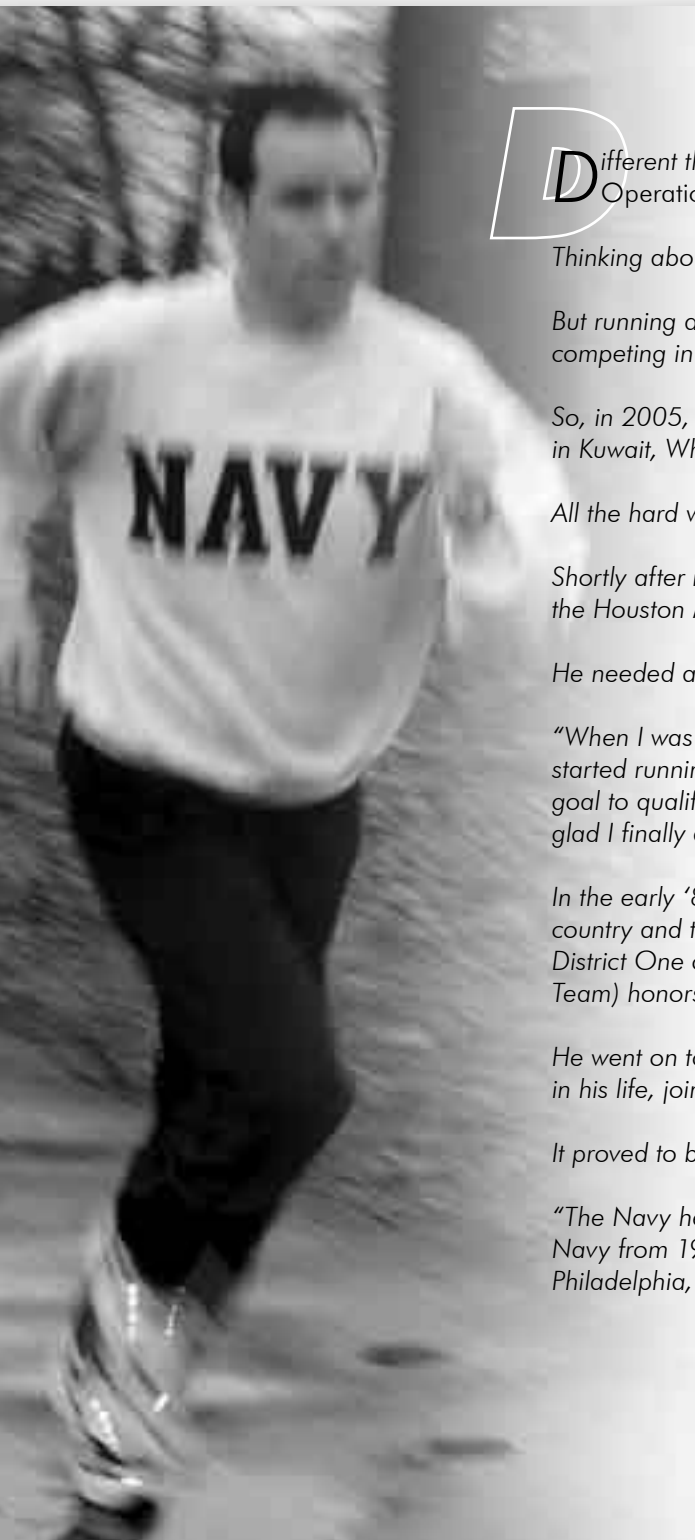
Officer & Enlisted, male/female:
From the collar seam nearest the neck is 1 inch.
Bottom edge of collar, is 1 inch.



Parallel

1"

MILITARY DUTY KEEPS BRISTOL MAN



Different things get U.S. military personnel through the ordeal of serving in Operation Iraqi Freedom.

Thinking about family, of course, is No. 1.

But running a close second for Navy Lt. John Wheeler of Bristol, Pa. was a dream of competing in the Boston Marathon.

So, in 2005, when he wasn't busy serving as a physician's assistant at a medical facility in Kuwait, Wheeler, 40, was out training under the scorching sun.

All the hard work paid off.

Shortly after returning from an 11-month stint overseas, Wheeler recently competed in the Houston Marathon.

He needed a three-hour, 20-minute time to qualify for Boston. He ran 3:16.26.

"When I was over there, I needed to keep my sanity," Wheeler explained. "So I just started running more and more. It was hard because it was so hot, but then I just set a goal to qualify for Boston. I had just turned 40, so I was trying to break 3:20, and I'm glad I finally did it."

In the early '80s, Wheeler was one of Lower Bucks County's top high school cross country and track runners. In his senior year (1982-83), he finished second in the District One cross-country meet and later earned Courier Times All-Area (now Golden Team) honors.

He went on to run a year for Millersville University, then, seeking a little more direction in his life, joined the Navy Reserve.

It proved to be a wise decision.

"The Navy helped me get into the medical field," he said. "I was active in the Navy from 1984 to '93. Then I went back to school at Hahnemann University [in Philadelphia, to become a physician's assistant]."

PEPS BRISTOL MAN

Still, he remained in the Reserve and became a commissioned officer in '96. A little more than a year ago he got the call.

He worked out of Camp Patriot, a Kuwaiti Naval Base, as well as a place called Camp Spearhead. They helped give medical assistance to both U.S. Naval and Marine Corps personnel.

"For me, the conditions weren't too bad," he explained. "The guys who were injured badly were shipped out by Medivac quickly. They shipped a lot of the amputees and badly injured to Germany. We saw a lot of after-care guys."

When time allowed, he kept his eye on the big prize - Boston. The support of his family helped as well.

He and his wife, Karen, and their three children (Veronica, 9; John, 7; Bridget, 4) still live in Bristol.

Karen was a great runner in her own right when she competed under her maiden name, Delaney, in the early '80s. She currently is a medical physicist for a hospital safety care company in Princeton.

John works for an orthopedic surgery practice in Bala Cynwyd.

No doubt he was thinking about both Iraq and Boston as he completed those final miles in Houston.

"I just set a goal to do it," he remembered. "It gave me something to shoot for." Wheeler, a member of the Bucks County Roadrunners, probably will retire from the Navy in another year or so. Twenty-two years will be enough.

Anyone who has served his country during wartime in an active campaign theater has to feel proud of his contribution.

"I get a lot of flak at work," he said with a chuckle. "Some people support [the war], some don't. I think we're doing the right thing. I think we're helping those people. I think morale is high over there. Everyone wanted to do their job and get home safe." Safe enough, in this case, to realize a Boston dream. **TNR**



ON THE RUN

by Wayne Fish, phillyburbs.com



Bringing holiday spirit to the troops

by Journalist 1st Class Doug Mappin

U.S. Navy Customs PAPA Battalion, Camp Arifjan, Kuwait

CAMP ARIFJAN, Kuwait — Santa Claus wears a uniform!

Junior and Senior enlisted members from Customs Battalion PAPA's Alpha, Bravo and Charlie Companies; members from EMF Camp Pendleton, NAVELSF Charlie Cargo Handlers and the Seabees as well as members of the U.S. Army, U.S. Air Force and U.S. Marine Corps, took part in 'Operation Christmas Basket.'

The annual event, headed by Operation Thanksgiving, a non-profit organization serving military personnel since 1994.

The annual event is led by the Gittens Foundation, founded by Sheila and Lionel Gittens, who lost their son Darnell to kidney failure in 1994. It has been their mission since then to insure that military personnel not be forgotten during this holiday season.

For Camp Navistar's Chief Storekeeper Steven Dixon of San Diego, Calif., this opportunity was too good to let pass by.

"We came down to Camp Arifjan for the week to lend a hand," Dixon said. "We helped wrap over 5,000 presents. For a period of two weeks, personnel from all branches gave of themselves making sure all personnel who were E-4 and below in the Iraq War theater receive a Christmas gift."

"We did this, because our troops do so much," said Steelworker 1st Class Frederick Robinson of San Pedro, Calif. "Our troops are worth it."

U.S. Navy Customs Battalion personnel from four camps, Camp Navistar, Life Support Area (LSA) Ali Al Salem, Camp Arifjan and Camp Patriot, were represented in this massive undertaking.

"We have had Seabees, Army soldiers, Navy medics, Cargo Handlers, Marines, all here to show their support for the enlisted," said Master Sgt. Vanessa Wiggins, of the U.S. Army CFLCC 390th Personnel Group Kuwait. "Over the course of two weeks, 22,000 presents will be wrapped. It is a great task we are undertaking, but well worth it."

Wiggins oversaw this year's gift wrapping project for the first time this year. Wrapping of presents started daily at 7:30 a.m., lasting all day. Wiggins could be found there from day one, seeing to it that all camps were recipients of the hard work of countless peoples' selfless generosity.

"Some of the people that wrapped presents were E-4s on their way home," said Dixon. "It definitely says something about people who were on their way home, who would take the time to do this. It was great!"

Amazingly, all of the gifts came from donors not from Americans as one might surmise, but from the Kuwaitis.

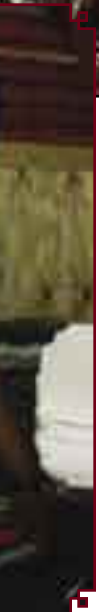


BELOW: (l to r) Boatswains Mate 1st Class John Moore, Constructionman 1st Class Frank Ahsoak, and Master-at-Arms 1st Class Paul DeHart fill gift bags.





ABOVE: Master-at-Arms 1st Class Paul DeHart and Storekeeper 2nd Class Barbara Thomas line up gift bags given to all lower enlisted members in theater.



LEFT: Storekeeper 2nd Class Barbara Thomas places Christmas gifts in bags for distribution.



"Every gift came from the Kuwaiti people," Wiggins said. "Every junior Soldier and Sailor here should be remembered this holiday season."

With over 25 Sailors from Navy Customs PAPA working in the huge warehouse, and their participation over the course of the two weeks, countless bags of Rubix Cubes, games, hand and skin lotions, baseball caps, ink pens, pencils, UNO cards and playing card decks, the stage was set for thousands of troops to receive a gift for the holidays.

One inspired element of the whole operation that no enlisted personnel who were to receive a gift were to know this event was even going on. The event was a secret affair put out by the individual commands in the area.

"The E-4s were not to know of this event," said Senior Chief Postal Clerk Kathleen Hotmer, from U.S. Navy Customs Battalion PAPA. "We carefully put out the word amongst the E-6s that this event was scheduled inviting them to participate."

"Our troops work so hard, and they deserve so much," said 2nd Class Storekeeper Barbara Thomas. Thomas, a member of U.S. Navy Custom Battalion PAPA Alpha Team, and a native of Pensacola, Fla., spent a number of days working for the project. "This was not my first time working for **Operation Christmas Basket**. I also worked on this project before when I was stationed in Bahrain. This was the least we could do for our troops this Christmas."

Echoing that sentiment, was Operations Specialist 1st Class Anthony Crystol, who said, "This is a great way to show thanks to our Sailors." Crystol, a native of North Versailles, Pa., spent a day working in an assembly line stuffing baseball caps into the colorful cloth gift bags.

Unlike Thomas, for most of Navy Custom PAPA's personnel, this was their first opportunity to participate in Christmas Basket.

"This is my first time doing something like this," said Interior Communications 2nd Class Sean Fells of Dumar, Ariz. "This really is a good way to get into the Christmas spirit here." Like the other petty officers, Fells volunteered during his off-duty time from his job with Personnel and Equipment Inspection (PAX Team One) missions.

"Our participation in Operation Christmas Basket was an outstanding way to show our support for the junior enlisted," said Hull Technician 1st Class Shawn Cooney of Bravo and a native of Butte, Mont., and is currently stationed at 'Camp Ali Al Salem. Cooney, along with Dixon and Robinson wrapped presents for a week, wrapping over 5,000 Christmas gifts. "This was also an outstanding way for the joint forces to recognize the contributions and sacrifices of the Gittens family."

It was still a nice reminder of the holidays, what with all the holiday music and wrapping paper. There was good camaraderie, too," Cooney added.

Gifts were distributed to the various units and companies on Dec. 19, 2005. Once the gifts were given to the individual commands, it was in their hands of those individual commands to play the role of Santa Claus, passing out presents to their troops.

With the many sacrifices our troops are making in support of Operation Iraqi Freedom, it was a good way for everyone involved to show their love for their fellow Soldiers and Sailors. **TNR**



U.S. Navy photos by Photographer's Mate 2nd Class Gregory D. Devereaux
Illustrations by Bryan Bordelon





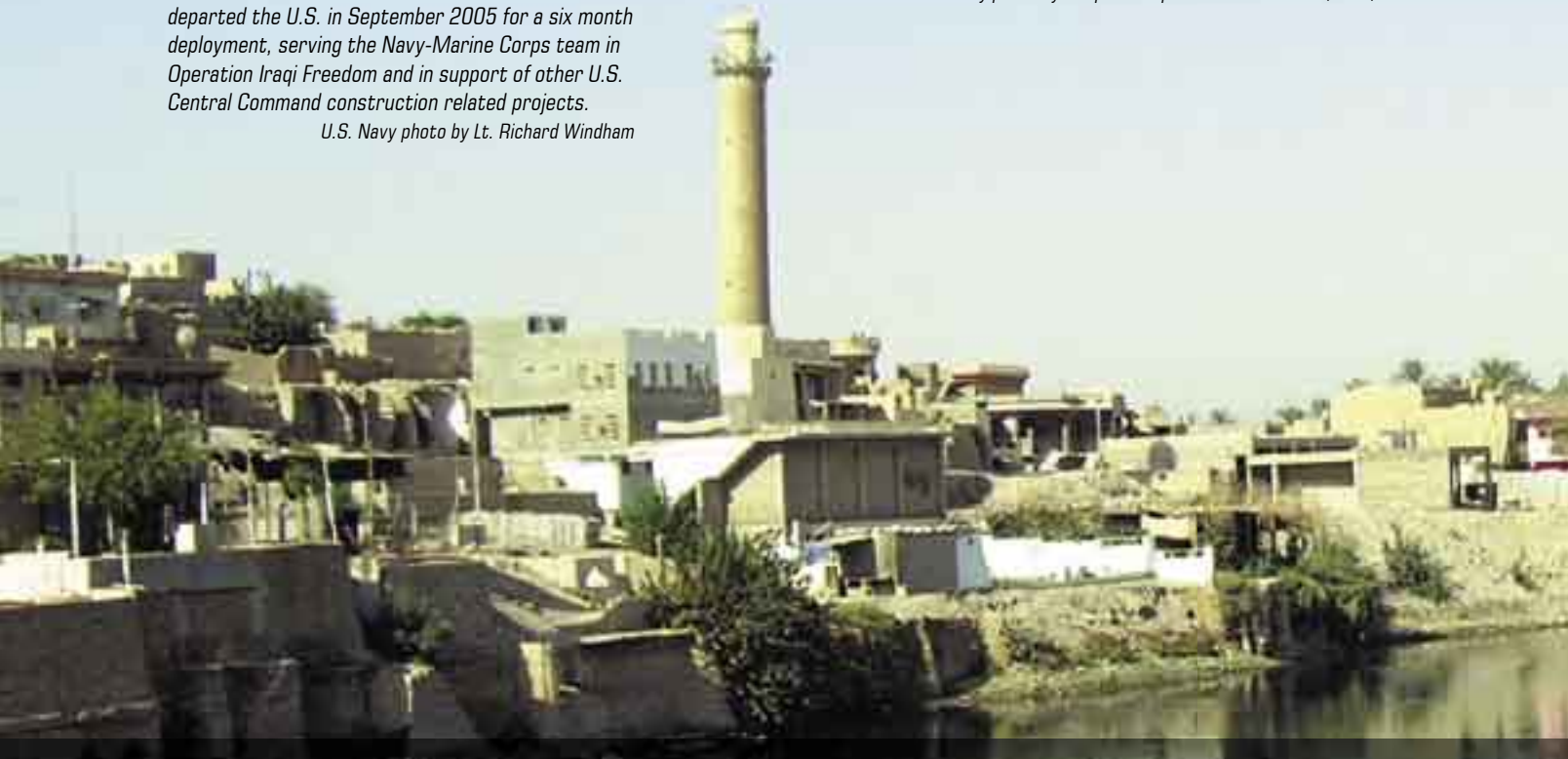
Removing a damaged I-beam from the bridge near Hit, Iraq. Skilled tradesmen in their civilian professions, Reserve Seabees train for combat construction in hostile environments. The Seabees of NMCB 22 departed the U.S. in September 2005 for a six month deployment, serving the Navy-Marine Corps team in Operation Iraqi Freedom and in support of other U.S. Central Command construction related projects.

U.S. Navy photo by Lt. Richard Windham



Placing the finishing touches on repairs to the bridge.

U.S. Navy photo by Hospital Corpsman 1st Class(FMF/SCW/SW) Rick Donahue



Bridging To Democracy

HIT, IRAQ — Soon after landing in Iraq, Naval Mobile Construction Battalion (NMCB) 22, headquartered at Naval Operational Support Center, Fort Worth, Texas, received tasking to repair a steel bridge spanning the Euphrates River.

The bridge was hit by a vehicle-borne improvised explosive device (VBIED) and was thus rendered impassable.

Restoration of the bridge was determined

essential to rebuilding the infrastructure of the region and reopening supply lines.

Repairs had to be completed prior to the Iraqi election referendum, less than eight days away. Such an important, dangerous mission so soon after arriving in Iraq caused everyone to pause, take a deep breath, and assess the situation and plan of attack.

In typical Seabee fashion, NMCB 22 got to work, assembling a team of crack steelworkers

and carefully developing a repair plan that would ensure mission success.

A crew of nine Seabees, led by Lt. Richard Windham, a structural engineer from Richardson, Texas, and Chief Steel Worker Mark Johnson, a union iron worker from Cornelius, Ore., accompanied by a Marine Corps advisor and two corpsman, did an initial assessment of the damage to take measurements and form a repair plan.

The team returned to Camp Hit to prefabricate replacement supports and decking.

They conducted numerous dry runs inside the camp to mitigate potential for error and ensure a safe performance on the day of repair. Windham said, "I was concerned with how exposed we would be out there, so we rehearsed over and over to make sure everyone knew their part before we ever got to the bridge.

On the day of execution, the construction team arrived at the bridge just as the sun was peaking over the horizon.

Rehearsals paid off as repairs, teamwork and the application of civilian expertise to the military mission, went off without a hitch.

A short three hours and twenty minutes later, repairs were complete and traffic began crossing

the bridge.

Just as they were packing up to return to camp, the group fell under sniper fire.

Windham said, "We got out there and finished the job before the bad guys even got out of bed and realized we were there." Later that afternoon, the bridge was used to transport Iraqi election workers to their polling sites.

Windham said of the overall experience, "As a structural engineer in civilian life, this is the type of Seabee mission that I had hoped for when coming to Iraq. Standing in front of my crew the night before, and briefing them on the importance of our mission and how critical our success was to the referendum, was an exhilarating feeling. We knew we were as prepared as we could be and everything was a go. We completed the mission with no problems, but a sniper round hit the bridge shortly after we were finished, reminding us just how dangerous our mission actually was. This was a model Seabee mission that represented our motto 'With compassion for others we build—we fight for peace with freedom!'"

NMCB 22 is a Reserve Seabee battalion comprised of Seabees from nine detachments in Texas, and one in Oklahoma. **TNR**



NMCB 22 Seabees Repair Bridge in Hit, Iraq Just in Time for Iraqi Provisional Election

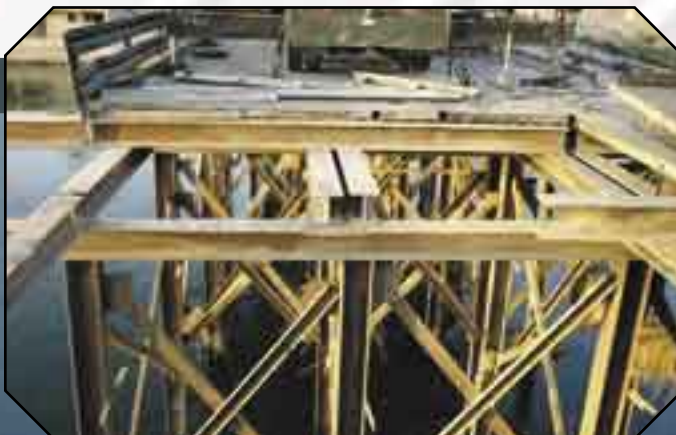
by Lt. Cmdr. Michelle Breaux

Steelworker 2nd Class Mathew Craig and BUCN David Dulworth cut out damaged sections of the Hit Bridge while two Seabees in the background provide security.

U.S. Navy photo by Hospital Corpsman 1st Class(FMF/SCW/SW) Rick Donahue

The damage to Hit Bridge in Iraq was caused by a vehicle-borne improvised explosive device (VBIED).

U.S. Navy photo by Chief Steelworker(SCW) Mark Johnson



A warm winter sun hangs low in the sky. A cool breeze carrying the scent of JP5 (Jet Fuel) blows across the airfield. The blue Pacific Ocean is visible a few hundred yards away.

It's just another day in paradise for the "Golden Gaters" of HC (Helo Combat Support Squadron) 85.

Homebased at Naval Air Station North Island in Coronado, Calif., HC-85 supports the Southern California Offshore Range (SCORE) surrounding San Clemente Island, approximately 75 miles offshore.

Currently flying the venerable Sikorsky UH-3H Sea King helicopter, the squadron is tasked with launching targets and retrieving expended weapons used in anti-submarine warfare training.

The squadron also supports firefighting efforts on the southern half of San Clemente Island, which is used as a bombardment area, to keep collateral damage to the environment at a minimum.

HC-85's expertise and ability in fire suppression has drawn the notice of state officials as an additional asset for

the California Department of Forestry (CDF) to call upon in the event of large uncontrolled wildfires in Southern California. During fall 2003, San Diego County suffered fires that burned an estimated 143,734 acres, destroying 4,874 structures, and causing 15 fatalities and \$819 million in property damage. The county's civilian firefighting forces were overwhelmed, but bureaucratic challenges and a lack of cross-training kept military helicopters from assisting.

A need for closer ties and methods of joint operations between the military and state agencies was identified, and HC-85 began training with CDF in firefighting techniques, communications and established procedures for interoperability.

In the event of another large wildfire, helos from HC-85 will be able to bring 324 gallon Bambi buckets filled with water to provide fire suppression.

A Bambi bucket is a collapsible bucket slung below a helicopter, used to dump water on a target with great accuracy.

On Jan. 22, 2006 HC-85 squadron members met with Congressman

Duncan Hunter, who represents the 52nd Congressional District in California and serves as chairman of the House Armed Services Committee.

Hunter was exploring the role HC-85 would play in the event of another wildfire disaster and how the military would support CDF's mission. He came away with a favorable impression of the capabilities HC-85 brings to the fight.

"This is an excellent addition to San Diego's firefighting capabilities," Hunter said. "The new water-drop capabilities will give us better access to hillsides and other tough-to-reach spots."

The Golden Gaters's reach extends beyond sunny Southern California and the offshore area.

In January 2005, HC-85 supplied indirect support for the tsunami relief to the USS Ronald Reagan (CVN 76) by providing a two-helicopter detachment that provided search and rescue capability and logistical support as the carrier traveled from San Diego to Pearl Harbor and back.

During this time, squadron aircraft delivered approximately 10,000 pounds

Golden Gaters Support The Fleet,

Stand Ready To Fight Wildfires

by Journalist 2nd Class Susan VanVeen
Fleet Public Affairs Center Pacific

U.S. Navy photo by
Photographer's Mate 2nd Class
Dennis C. Cantrell

of cargo, completed 11 Plane guard/channel guard sorties and transported 67 passengers.

The squadron consists of 129 full-time support and 92 enlisted selected Reservists, and 29 officers, including 27 pilots and 22 aircrew.

HC-85 is scheduled to transition to MH-60S Knighthawks in May 2006 replacing the Sea Kings it currently flies, some of which are now more than 40-years-old.

Though this workhorse aircraft has performed admirably over the years, it is getting harder to find parts to maintain the aging airframe.

In his civilian job
Senior Chief
Aviation
Machinist's
Mate
Hugh
J.

Peterson works as a carpenter in Carson City, Nev. He came to HC-85 because he wanted to remain a viable part of the Navy Reserve and assist in the transition from the UH-3H to MH-60S helicopters.

"Flex drilling allows me to provide contributory support to the fleet year

periods. Serving in a Reserve squadron allows him to stay Navy.

"Nowhere in civilian life can I find the level of professionalism, dedication and commitment to a job well done that I find here," Nelson said. "I get to meet a variety of people who bring a variety of skills to the table. And of course, the flying keeps bringing me back."

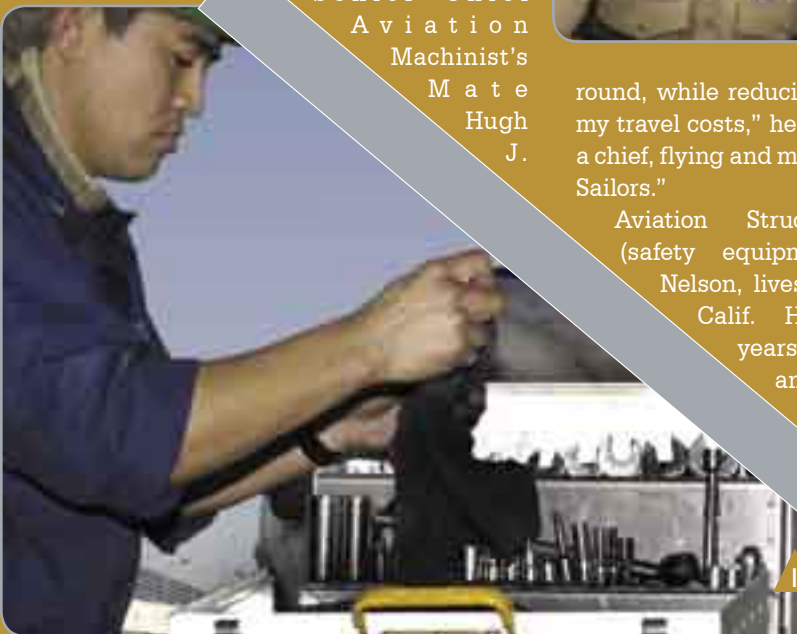
HC-85 Commanding Officer Cmdr. Pete Van Stee is proud of his squadron and proud to wear a Navy flight suit.

"The Navy's been nothing but good to me. The Navy paid for my college and post-graduate education. Even after 21 years of service, I want to continue to give back and serve," Stee said. **TNR**



round, while reducing the Navy's and my travel costs," he said. "I love being a chief, flying and mentoring the young Sailors."

Aviation Structural Mechanic
(safety equipment) 1st Class
Nelson, lives in San Marcos,
Calif. He spent four
years on active duty
and has served
several
180-day
ADSW



1 Aviation Machinist Mate 2nd Class Durante, wipes off excess grease from his aviation tools to keep the highest standards of maintenance performance. U.S. Navy photo by Photographer's Mate 3rd Class Sally Mendez.

2 Aviation Machinist Mate 2nd Class (NAC) Garrett McIntyre wears full gear of an Aircrewman and illustrates how the gear is used and attaches itself to the helicopter on a search and rescue mission. U.S. Navy photo by Photographer's Mate 3rd Class Sally Mendez.

3 Aviation Machinist Mate 2nd Class Owen checks and maintains a Sikorsky H-3 Sea King Helicopter. U.S. Navy photo by Photographer's Mate 3rd Class Sally Mendez.

4 Aviation Warfare 2nd Class (NAC) Garrett McIntyre performs a pre-flight inspection on the rotor section of a SH-3A Sea Knight helicopter. U.S. Navy photo by Photographer's Mate 3rd Class Sally Mendez.





President Ge



Lt. Cmdr.
Gerald R. Ford, Jr.,
1945

When the Japanese attacked on Pearl Harbor on December 7, 1941, Gerald R. Ford was a young attorney in Grand Rapids, Mich.

The attack inspired him to enlist in the Navy. His background as a coach and trainer made him a good candidate for instructor in the Navy's V-5 (aviation cadet) program.

Ford received a commission as ensign in the U.S. Naval Reserve on 13 April 1942.

On 20 April, he reported for active duty to the V-5 instructor

NAVAL R

school at Annapolis, Md. After one month of training, he went to Navy Preflight School in Chapel Hill, N.C., where he was one of 83 instructors and taught elementary seamanship, ordnance, gunnery, first aid and military drill.

In addition, he coached in all nine sports that were offered, but mostly in swimming, boxing and football. During the one year he was at the Preflight School, he was promoted to Lieutenant Junior Grade on 2 June 1942, and to Lieutenant on 1 March 1943.

Applying for sea duty, Ford was sent in May 1943 to the pre-commissioning detachment for a new light aircraft carrier, USS Monterey (CVL-26) at New York Shipbuilding Corporation, Camden, N.J. From the ship's commissioning on 17 June 1943 until the end of December 1944, Ford served as the assistant navigator, athletic officer, and antiaircraft battery officer on board Monterey. While he was on board, Monterey participated in many actions in the Pacific with the 3rd and 5th Fleets during the fall of 1943 and in 1944.

In 1943, the carrier helped secure Makin Island in the Gilberts, and participated in carrier strikes against Kavieng, New Ireland in 1943.

During the spring of 1944, Monterey supported landings at Kwajalein and Eniwetok and participated in carrier strikes in the Marianas, Western Carolines, and northern New Guinea, as well as in the Battle of Philippine Sea. After overhaul, from September to November 1944, aircraft from Monterey launched strikes against Wake Island, participated in strikes in the Philippines and Ryukus, and supported the landings at Leyte and Mindoro.

Although the ship was not damaged by the Japanese forces, Monterey was one of several ships damaged by the typhoon, which



Lt. Cmdr. Gerald R. Ford, Jr.
Aboard the USS Monterey (CLV-26)

OF THE UNITED STATES Gerald R. Ford

hit Admiral Halsey's 3rd Fleet on 18-19 December 1944. The 3rd Fleet lost three destroyers and over 800 men during the typhoon. Monterey was damaged by a fire which was started by several of the ship's aircraft tearing loose from their cables and colliding during the storm.

During the storm, Ford narrowly missed being a casualty himself. After Ford left his battle station on the bridge of the ship in the early

RESERVIST

morning of 18 December, the ship rolled 25 degrees which caused Ford to lose his footing

and slide toward the edge of the deck. The two inch steel ridge around the edge of the carrier slowed him enough so he could roll and twisted into the catwalk below the deck. As he later stated, "I was lucky; I could have easily gone overboard."

After the fire, Monterey was declared unfit for service and the crippled carrier reached Ulithi on Dec. 21, 1944 before preceding across the Pacific to Bremerton, Wash., where it underwent repairs. On Christmas Eve 1944 at Ulithi, Ford was detached from the ship and sent to the Athletic Department of the Navy Pre-Flight School, St. Mary's College, Calif., where he was assigned to the Athletic Department until April 1945. One of his duties was to coach football.

From end of April 1945 to January 1946, he was on the staff of the Naval Reserve Training Command, Naval Air Station, Glenview, Illinois as the Staff Physical and Military Training Officer.

On 3 Oct. 1945, he was promoted to Lieutenant Commander. In January 1946, he was sent to the Separation Center, Great Lakes, Ill., to be processed out. He was released from active duty under honorable conditions on 23 Feb. 1946.

On 28 June 1963, the Secretary of the Navy accepted Ford's resignation from the Naval Reserve.

For his Naval service, Gerald Ford earned the Asiatic-Pacific Campaign Medal with nine engagement stars for operations in the Gilbert Islands, Bismark Archipelego, Marshal Islands, Asiatic and Pacific carrier raids, Hollandia, Marianas, Western Carolines, Western New Guinea, and the Leyte Operation. He also received the Philippine Liberation with two bronze stars for Leyte and Mindoro, as well as the American Campaign and World War II Victory Medals. **TNR**



from the Naval Historical Center

*In the Cabinet room, White House.
Photo by David Hume Kennerly*



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.

About The APPLY Team

From: The APPLY Help Desk Team

NEW ORLEANS — Every year the APPLY board reviews over 6,000 records and assigns close to 2,000 billets. The amount of manpower required to make all of this happen is truly impressive. Between the voting board members, the support personnel and the staff, the number of officers and enlisted involved can reach into the hundreds.

The APPLY process has been a part of the Navy Reserve for four years, and has expanded across almost all designators and programs.

Upon registering in APPLY every member should take advantage of the opportunity to verify his or her current PRD and Billet information. Also this is a good time to check your personal records for any incorrect or missing information such as FITREPS, security clearance and training.

The next step is to read through the COMNAVRESFORCOM NOTICE 5400, located on the APPLY Website at <https://apply.hq.cnrf.navy.mil>. By reading through the 5400 members can familiarize themselves with information that will help them understand the APPLY board process as well as keeping them up to date with deadlines.

Also members will find helpful information such as how to submit supplemental information, interim fill request, and billet extension request. The table

of contents is a good way to assist members in accurately and efficiently locating the information for which they are searching.

Important dates to remember are May 1 through June 14, billet vacancies will be advertised on the APPLY Website for review only by COMNAVRESFORCOM; June 15 through July 30. N12 will freeze the billet file for 45 days in order for applicants to fill in their dream sheets without any billet movement; July 30 is the final day for application and dream sheet updates; Aug. 11 is the deadline for all applicants to submit supplemental packages to the president of the APPLY board.

Also, for members selected to serve on the boards, please remember confidentiality is key! Please ensure all members have their order requests placed in a timely manner for travel. From your APPLY team, we are looking forward to a successful board this fall, and to seeing all those involved.

For more information on FITREPS, contact Lt. Denny Cox at PERS 311, phone number 901-874-3317. For information on OSR or PSR, contact Terry Higy at 901-874-3417. Other information can be found by contacting your NRA.

Good luck and good hunting! TNR

BOXED IN

by Lt. Cmdr.
Matthew Germann

DES MOINES, Iowa

— On January 7 and 8, 2006, members of Naval Mobile Construction Battalion 15, Detachment 1515 out of the Naval Operational Support Center Des Moines, Iowa, deployed to the Westside Boxing Club in Des Moines. The goal of the mission was to construct a new stairway for access to the facility's basement.

The boxing club is operated by Urban Dreams a non-profit United Way agency, which serves the needs of Des Moines' inner-city residents. The club is staffed by Des Moines city police officers, who serve as mentors to the inner-city youth who frequent the club.

The new stairway was needed to replace the existing stairway, which



had deteriorated over the years. The basement houses a free weight and exercise machine facility for use by the club's members. The Seabees

saved city of Des Moines taxpayers in excess of \$3,000 in labor costs.

The project provided invaluable construction training to the newest

members of Det 1515.

"It was very beneficial, especially to the younger troops that don't have a lot of experience," said Petty Officer 1st Class Peter Bergum of Ames, Iowa. "Here we learn each other's strengths and weaknesses and develop a better team."

Detachment members had to cut a hole in the floor for the new stairway, remove portions of the existing floor joists, install headers, fabricate the stairway stringers and construct the stairway. In addition

the Seabees installed a wrought iron guardrail with safety gate around the floor opening.

TNR

From page 11, **Honoring Our Servicemen**, reading from top left:

Eddie Albert (LT, 1943) aka *Eddie Albert Heimberger*, notable by TV series, "Green Acres"

Humphrey Bogart (S2, 1918) aka "Bogey", notable by film roles, "Casablanca", "The Caine Mutiny", "Maltese Falcon"

Ernest Borgnine (GM1, 1935) aka *Ernest Borgnine*, notable by TV series, "McHale's Navy"

Wenceslao Columna Buclatin (SD1, 1955), notable by being the father of Cmdr. Buclatin, Navy Reserve Force Public Affairs officer

Johnny Carson (ENS, 1943) aka "The King of Late Night TV", notable by "The Tonight Show"

Bill Cosby (HM, 1956) aka "The Cos", notable by TV series "The Cosby Show", "Fat Albert"

Kirk Douglas (ENS, 1942) aka *Issur Danielovitch Demsky*, notable for film roles "Spartacus", "20,000 Leagues Under the Sea"

Douglas Fairbanks Jr. (CAPT, 1941) notable for film roles "Legend of Robin Hood", "Ghost Story"

Henry Fonda (LT, 1942) aka "One-Take Fonda", "Hank", notable by film roles "In Harm's Way", "Midway", "Battle of the Bulge"

Glenn Ford (CAPT, 1942) aka *Gwyllyn Ford*, notable by film roles "Blackboard Jungle", "Teahouse of the August Moon"

Gerald R. Ford Jr. (LCDR, 1942), notable for 38th U.S. President and pardoning the 37th U.S. President, Richard M. Nixon.

Gene Kelly (LTj.g., 1944), notable by film roles "Singing in the Rain", "An American in Paris"

Edward Herbert Jr. (MOMM2(SS), 1942) notable for being the grandfather of our editor, Journalist 1st Class Robert Kerns

Paul Newman (RM3, 1943) aka "Ole Blue Eyes", notable by film roles "Cat on a Hot Tin Roof", "The Sting", "Butch Cassidy and the Sundance Kid"

Terry Kerns (ET1, 1967), notable for being the father of our editor, Journalist 1st Class Robert Kerns

Jack Lemmon (ENS, 1945), notable by film roles "Some Like It Hot", "Wackiest Ship In The Army", "The Odd Couple"

Tony Curtis (SM3, 1942) aka *Bernard Schwartz*, "Boonie", notable by film roles "Some Like It Hot", "Operation: Petticoat", "Spartacus"

Robert Stack (LT, 1942) aka *Charles Langford Modini Stack*, "Straight Shooting", notable by TV series "The Untouchables"

Jesse Ventura (SK3(UDT/SEAL), 1969) aka *James George Janos*, "The Body", notable as professional wrestler, actor and Brooklyn Park, Minn. mayor.



Buddy Ebsen (LTj.g., 1943)
notable by TV series,
"The Beverly Hillbillies"



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

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Office of the
Chief of Navy Reserve
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(518) 489-5441

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

Bangor, Maine
(207) 942-4388

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

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

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

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

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

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(518) 505-4534

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

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

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(860) 625-3208

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

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REDCOM Mid Atlantic 1-866-538-4773

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Avoca, Pa.
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Baltimore, Md.
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(814) 341-2199

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

Lehigh Valley, Pa.
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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

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(540) 563-9723

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Des Moines, Iowa
(515) 205-6527

Dubuque, Iowa
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(956) 367-1856

Houston, Texas
(713) 502-2731

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Lincoln, Neb.
(402) 450-4072

Little Rock, Ark.
(501) 416-6356

Lubbock, Texas
(806) 438-7293

New Orleans, La.
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Oklahoma City, Okla.
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Omaha, Neb.
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Orange, Texas
(409) 779-0158

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(318) 393-0096

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(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

Grissom, Indiana
(765) 469-0178

Indianapolis, Ind.
(317) 294-7380

La Crosse, Wis.
(608) 792-1622

Lansing, Mich.
(517) 930-2579

Madison, Wis.
(608) 225-3417

Marquette, Mich.
(906) 362-8767

Milwaukee, Wis.
(414) 303-9606

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) 384-6491

Helena, Mont.
(406) 449-5725

Pocatello, Idaho
(208) 238-0490

Portland, Ore.
(503) 285-4566

Salt Lake City, Utah
(801) 725-3346

Sioux Falls, S.D.
(605) 359-4113

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) 257-2522

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
011-81-468-16-4467

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

*A pair of F-14
Tomcats conduct
an aerial flyover of
the USS Theodore
Roosevelt (CVN
71). Roosevelt
and embarked
Carrier Air Wing
Eight (CVW-8)
are underway on a
regularly scheduled
deployment
conducting
maritime security
operations.*

*U.S. Navy photo by
Photographer's Mate
3rd Class
Eben Boothby*

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Subject: Auto Reply
To: K Clark

Out of office auto reply:

Currently patrolling off the southern coast of Oahu.
Unfortunately, I'll be back on Monday.

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