

Seabees  
Make Ready!



Remembering  
The Maine!



# The NAVY RESERVIST

SUPPORT TO THE FLEET... READY AND FULLY INTEGRATED

Volume 32, Number 5  
May 2006



—GLEAMING—  
*Bright Star*



Remembrances for the Hearts of Courage, Lights of Hope and Spirits of Freedom on this Memorial Day.

*U.S. Navy photo by Photographer's Mate 1st Class Brien Aho*





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## Assistant Secretary of Defense Visits NAS Jacksonville

Honorable Thomas F. Hall's stated the Reserves are, and will continue to play, a vital role in world events.



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## Reserve Seabees Train To Replace Active Component

Reserve Component Seabees will replace their Active Component in the Global War On Terror in Iraq.



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## Remembering The Maine

Reservists from Naval Reserve Center Bangor, Maine, marked the 108th anniversary of the USS Maine (BB 2), which sunk in Havana Harbor, Cuba, in 1898.



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## Exercise Bright Star Gleams on the Egyptian Coast

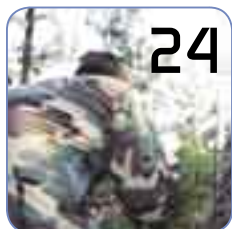
Reservists participate in multi-national exercise.



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## Navy Reserve 91st Birthday

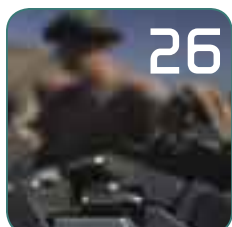
Celebrate our Citizen Sailor's heritage and legacy. From 1915 till today, we have stood ready to take up arms in pursuit of liberty and freedom.



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## NMCB-14's 400 Reservists Hone Skills In Field Exercise

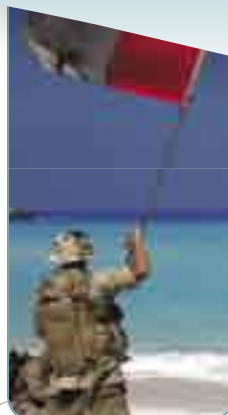
A two-day event focused on convoy operations, improvised explosive devices, chemical biological and radiological warfare, weapons handling and building clearing.



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## Embarked Security Detachment 133 Sharpens Combat Abilities

90 Reserve Sailors trained and deployed to the Persian Gulf for Operation Vigilant Mariner.



### Our Cover:

Seaman Andrew Beeler of Beach Masters Unit one attached to USS Tarawa (LHA-1) signals Landing Craft from the coast of Egypt.

U.S. Navy photo by  
Journalist 1st Class  
Kurt P. Wesseling

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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.mediaceen.navy.mil/vi/virin.htm](http://www.mediaceen.navy.mil/vi/virin.htm). Submissions should be received eight weeks prior to publication month (i.e. October 1st for the December issue). Material will not be returned.

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

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

# Commander's View



**T**his year is shaping up to be a superb year for our Navy Reserve Force!

Our Sailors are doing great work everywhere and are being recognized for their efforts. The Recruiter of the Year is a Reservist, and the OPNAV Sailor and Junior Sailor of the Year are both FTS Sailors working in the Pentagon.

Many other RC Sailors have been recognized by Type Commanders, Fleets and joint commands. Everyone is doing their best to support the long war, and we are known for our "can do" attitude by getting our Sailors from their Navy Operational Support Centers (NOSCs) to their supported commands on any type of orders, AT, ADT, ADSW and IDT.

The requirement to "be ready" is more important than ever and has not changed since President Bush told the Service Chiefs the same words on Sept. 12, 2001. While the great majority of our Sailors are indeed ready and within standards, some are slow to realize this imperative. Everyone has either deployed in support of OIF, OEF, ONE, and joint commands, training to go soon, or will eventually be called to serve. Fortunately, involved leadership at the Regions, NOSCs, supported commands and within individual units is effectively communicating this urgency to be ready. Feedback is critical for the entire chain of command as we always seek to improve and streamline every process. The Reserve Component Commanders (RCCs) and NOSC COs should frequently contact their supported commands and RC flag capability leads to discuss individual units, Sailors and their commanding officer's performance. Leaders should encourage every Sailor to communicate their opinions of how we are doing by frequently asking the question, "What do you think?" By following CNO's simple guidance, we can all listen, learn and lead, each and every day.

While executing the 2006 budget, testifying on the president's 2007 budget, and building the 2008 "Future Years Defense Plan," we are continually emphasizing the three challenges outlined below. Leadership should be knowledgeable about each and should frequently discuss them with all hands.

**1. Manpower** – Continue the integration of "Total Force" recruiting with a focus on veterans and a "Continuum of Service," which enables a "Sailor for Life" culture. We need easy transitions from AC to RC, and back to AC, including a 6 to 18 month "time out" from mobilization depending on I-tempo when affiliating with the RC. Everyone in the Navy needs to talk about service and REservice, and especially the generous benefits, including retirement pay and medical after 20 satisfactory years of service.

**2. Operational Support** – Continue to define the predictable and periodic work our RC Sailors are so capable of accomplishing on all types of orders, while changing the Navy processes of funding the work to primarily MPN ADSW, from one day to three years, including per diem and travel as needed. We will continue surging to mobilization requirements with ready units and individuals, and whenever possible, ensure a minimum of 30 days advance notification.

**3. Readiness** – Continue to emphasize medical, physical and administrative readiness, utilizing award winning Total Force IT systems such as TRMS and MRRS, that greatly enhances leadership's ability to predict vice react to readiness requirements.

Working closely with the Office of the Chief of Navy Reserve (OCNR), the Chief of Naval Personnel (CNP) continues to review all Navy Reserve policies and programs. Results include better integration, streamlined processes and improved enlisted and officer bonuses and incentives. Highlights include: NPS-B increased to \$20,000 lump-sum, accession bonuses increased to a max of \$20,000, reenlistment bonuses to max of \$15,000, and officer accession bonus increased to \$10,000. Please tell your interested family members, friends and shipmates about these improvements and take advantage of them if you are eligible!

At NOSC Charlotte, N.C., YN1 Jeffrey Harvey told us that he wants to "go for it all," by getting his Air Warfare qualification and

someday making master chief. He enjoys being at sea and is well mentored by YNCM Rivers. OS1 Marcus Green would like to serve in Bahrain and make chief. His favorite Navy memory is of being deployed and watching his ship in combat fire tomahawks at night. He is well advised by OSC Elwood Buldoc and DCC Nathan Wylie. OCNR's IT1 Fatima Ahmed is the OPNAV Direct Support Sailor of the Year, and claims many important mentors in her life, including her parents and PSCM David Rudd. She has a Bachelor of Science in Computer Information Systems, hopes to be an officer, and tells a funny story about trying to find some "flight line" for a supervisor when brand new at Patrol Squadron (VP) 62. GSM2 Joe Bostick works as a firefighter at Hilton Head, S.C., and drills at NOSC Charleston with NSSB-2. He looks forward to being a chief someday, is mentored by MMC Darrell Barber and proudly remembers finishing "A" school. Barber was also available to be interviewed and spoke highly of his NSSB-2's recent deployment to Iraq. He would like to advance to senior chief or perhaps CWO, and is very well mentored by CO Lt. Cmdr. Greg Carr, an NRA Junior Officer of the Year. Off duty, he is a supply quality engineer for a large manufacturing company.

Our nation will observe Memorial Day on May 29. We are at war and the reality of the sacrifices and loss of military personnel is with us every day. As we have for so many years, Americans will gather across the nation to honor those that defend freedom and preserve peace. Please remember our fallen warriors and continually educate your family, friends and neighbors about the requirement for a strong military and especially for their continued support of our deployed forces.

Thanks for your outstanding dedicated service and please pass our Navy's appreciation to your very supportive families and employers. *Be safe and be ready!*

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

# Force Chaplain

Capt. Gregory G. Caiazza



## Fulfilling Lay Leader's Callings

**T**his month I asked Deputy Region Southwest Chaplain for Reserve Affairs Capt. Steve Seelig to write about the importance of lay leaders. I hope you enjoy his article.

In a time of increased Naval operations, force reductions and budgetary cutbacks, it seems like the long-standing concept of lay leaders has once again come to the front. Lay leaders are high-performing volunteers who are dedicated to their faith tradition and spiritually mature.

Lay leaders serve in the absence of a chaplain. They set an example by word and actions, and respect all other faith traditions.

They do not serve the sacraments, take offerings, preach, or try to convert others.

When I became command staff chaplain for REDCOM Northwest, I discovered adequately caring for the religious needs of 5,800 Sailors, who were spread over thousands of miles, 11 states and three time zones presents multiple challenges. In the process of visiting 18 NOSC's in the Northwest, I discovered most of the assigned Reserve chaplains in the region had operational assignments, increasing the difficulty of providing spiritual fitness for all of our people.

In the Navy, if an area is important, there is a designated representative to lead in that area.

Corpsmen meet the physical needs of our people, administering shots, checking health care records and making referrals of the difficult cases to area doctors, nurses and hospitals.

Likewise, lay leaders meet many spiritual needs, listen to those who are hurting, encourage people in their faith development, guide a spiritual uplift time and make referrals of difficult situations to the area chaplain.

Commanding officers are interested in providing an effective

command religious program to help meet the diverse spiritual needs of their Sailors, but find that the job requires someone who can work with the chaplain for the command needs and be a point of contact.

With a trained lay leader, each command can have an all-faiths devotional worship service, lay-led scripture study and an authorized representative who can distribute religious materials meeting many spiritual needs.

Initially, we hoped was to have one representative from each of the 18 NOSC's come to a conference in Everett, Wash., where the training could be offered in a one-day workshop. It soon became apparent that the interest being expressed for meeting the diverse religious needs was far greater than the dollars available for training.

Leadership shared the positive benefits of Video Teleconferencing (VTC) as a possible way to transcend the distance between the participants, eliminate most of the travel time, and still offer a quality training opportunity to representatives from each NOSC at a savings of more than \$100,000.

The VTC quickly embraced active/ Reserve integration, joint training, operational support, leveraged technology and fiscal savings. The in-depth training offered a three-day series of video telecasts. Three VTC's involved 87 active and Reserve personnel, with joint integration taking place for Coast Guard, Marines and Navy lay leaders and chaplains in a four-hour interactive training event. Attendees included Sailors on many operational platforms: USS Abraham Lincoln (CVN-72), DESRON 9, ISCGC Polar Sea (WAGB 11), Midget (WHEC-726) and Mellon (WHEC 717), Naval Hospital Bremerton, and 18 NOSC's. Eight different faith groups

included representatives who were represented. The project officer was Navy Reserve Chaplain Cmdr. Fred Zoeller. He coordinated the entire event, broadcasting from Everett with presenters and participants at various site locations from New Orleans, to Billings, Mont., to Anchorage, Alaska.

Lay Leaders are a vital link, multiplying the effect of a chaplain and encouraging Sailors in a stressful time of war, deployment and mobilization. Most importantly, those who fight for liberty should also enjoy religious freedom, one of our greatest liberties, wherever they go.

Lay leaders are persons who are willing to accept a collateral duty, are recommended by their civilian clergy, have a chaplain interview and are appointed for a period of one year by commanding officer to facilitate prayer or devotional services of a faith group when and where an appropriate chaplain is unavailable for worship services. Specific denominational training is required after the basic training for Roman Catholic, The Church of Latter Day Saints and Jewish lay leaders.

Lay leaders are trained to refrain from carrying out their own agenda and discouraged from becoming "mini-chaplains." Their mission is to facilitate the religious needs of their command, and alert their area chaplain to special needs with which they come in contact.

Yes, it's a big job, a high calling, but this collateral duty can be the icing on the cake of your military service if you will allow God to use you to the best of your ability.

If you would like to be a lay leader, speak to your commanding officer and chaplain today.

**Capt. Steve Seelig**

Deputy Region Southwest Chaplain  
for Reserve Affairs





## SUPER Chiefs

In the last five months, one thread in the fabric of my schedule has been my extensive involvement in developing the future chief petty officer's mess.

It started in January when I went to Memphis and worked as a member of the Command Master Chief (CMDCM) Selection Board.

This was a historical board because it was the first board where "all" master chiefs who applied for the CMDCM program, whether Active Component (AC), Full-Time Support (FTS), or Selected Reserve (SELRES) were screened in the same board against the same criteria, fully integrated.

I want to congratulate again all of those selected. We have about 75 FTS command master chief requirements across the country and 33 SELRES command master chief requirements, and negotiations are in place to detail our newest CMDCM's to these very critical billets to serve as trusted advisors to the commanding officer and executive officer.

The CMDCM should be a part of the "inner circle" where they will be a voice and advocate for the enlisted Sailor. What an awesome responsibility and privilege. I encourage any master chief who feels that draw to move out of the

"technical" realm and broaden into this program to get their package together and submit for January 2007 board.

In February I traveled to New Port, R.I., and spoke to the Non-Resident Senior Enlisted Academy class 009. This was yet another historical class because it was the first Non-Resident class that had a combined class membership of senior chiefs and master chiefs from the AC, FTS and SELRES.

Same curriculum, same standards and grading criteria, fully integrated. It is my opinion that the day will come soon where graduation from the Senior Enlisted Academy for all E-8's will be a prerequisite for competing for E-9.

It already is a requirement for an E-9 to be a CMDCM. Bottom line: If you are a senior chief or master chief and you have not attended the course, get me your 1306/7 requesting a quota. The time is now!

In March I had the chance to witness the E8/9 Selection Board kick off where the Navy selected 344 new senior chiefs, and 111 new master chiefs in the Reserve Component. I extend a great big "BZ" to those who were promoted in this extremely competitive process. The funnel narrows as you

get to the top and now you are in the top 3 percent of the manpower inventory. You have been screened and selected to step up to the next tough job and make a difference. I know you are up for the challenge.

Finally this month we convene the E-7 Selection Board on the 15th. I don't think it is a stretch in anyone's mind that making chief is a pivotal, monumental milestone in the career path of an enlisted Sailor. I wish you all the best of luck. I believe in our process; and we will select the best from the best and then begin another exciting transition season.

I have shared with you some involvement as we continue the traditions of bolstering the worldwide chief petty officer's mess. From the CMDCM and the Skilled Technical MCPO to the hot running senior chief to the seasoned chief and the boot chief ... you are charged in challenging times to be a servant and stand in the gap. Work the crew and accomplish the mission, maintain good order and discipline, mentor, teach, give others a chance to shine, look out for and be a voice for the Sailor to the great officers you serve. Thank you for what you do!

*See you on the deck plates.*

**FORCM(SW) David R. Pennington**

Force Master Chief,  
Navy Reserve Force



Flight deck personnel perform a push-back on a F/A-18D Hornet, assigned to the Naval Reserve's premier adversary squadron "Fighting Omars" of Fighter Composite Squadron Twelve (VFC-12) aboard the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76).

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

# Force Career Counselor



## WHAT HAVE YOU DONE LATELY (for yourself)?

**S**ound like something you have heard before? It should. I am talking about evaluation and fitness reports. Do you remember all that you have done this last year? Can you remember your achievements when asked for inputs?

### ARE YOU PREPARED TO WRITE YOUR EVALUATION NOW?

So, what have you done for yourself that can be placed into your evaluation or fitness report this year? I am not writing this just for the first class petty officers, but for everyone. It is NEVER too early to begin thinking about becoming a chief petty officer, or working towards that officer package you have always wanted to complete! Hummm - thinking yet?

I am writing this as we, Navy Reserve Forces Command, just completed a review of the second class petty officer evaluations on staff.

### Why?

Because we like to be pro active and take a few moments to review the evaluations of each Sailor onboard to ensure everyone has been given the proper semi-annual counseling and an evaluation that properly reflects the Sailor.

So, this year when the evaluations were completed for both second and first class petty officers, many of them went back to their departments for more inputs, or to have it "beefed up." Yes, beefed up.

Remember, even a second

class evaluation can be part of the chief petty officers board for review. We want to ensure each of our shipmates receives a fair opportunity to advance.

Let's begin at the beginning of a cycle. With April now in the history books for evaluations, the next big one is November – which is just around the corner. As a first class, you should be sitting with your chief to discuss your mid-year review. You discuss what you have done and think there is nothing that stands out that's put me over the top.

### What now?

#### Here are a few recommendations:

1. Take a moment after each drill weekend to jot down what you accomplished. It may not look like much each month, but after 12 months you will be surprised at the quality bullets you can write.
2. Look for collateral duties. Sometimes hard to find, but when you get one, do something with it. Don't just state you have one, but what accomplishments did you have with the job.
3. Education, both Navy and civilian. If you have completed your degree, is it in your record page 4?
4. Navy Knowledge On-line courses. And if you have some completed, is it on your page 4?
5. Volunteer for jobs/tasks that may be out of your rate. Why? It shows growth and potential.
6. When writing your eval document money saved, time saved.
7. PRT? Remember you have two cycles that count. Are you doing

better each time?

8. Did you supervise? How many? What were the accomplishments?

9. Use the ENTIRE backside of the page for your inputs. There shouldn't be blank areas on the back of the evaluation.

10. List community service and military community service. In the community, for example, are you just part of an organization? Or are you a leader within that organization? For military community for example, are you part of the Moral Welfare and Recreation Committee? Or are you a voted officer of the group?

For many, there is nothing new in this article. We have all heard the comments, and have tried to do everything possible to be a complete Sailor; however, we have new Sailors who may not have had the opportunity for mentorship that offers them the opportunity to grow. If you work with a shipmate that needs guidance, I encourage you to help that Sailor. The best reward is knowing that Sailors are confident in their jobs, in their careers, and in their command leadership. After all, some time ago, someone took time to help you, didn't they? I know I had some wonderful mentors – and still do!

As always, please feel free to comment on this article or anything else I have written. My email is [cynthia.blevins@navy.mil](mailto:cynthia.blevins@navy.mil)

Next month: **Rate Conversions.**

**NCCM(AW/SW) Cynthia Blevins**

Force Career Counselor,  
Navy Reserve Force

*People of mediocre ability sometimes  
achieve outstanding success because  
they don't know when to quit. Most succeed  
because they are determined to.*

- George Allen -

## Boys and Girls Club Offers Free Memberships to Sailors' Children

**M**ILLINGTON, Tenn. – Frequent moves, deployments and extended duty hours disrupt a military family's life, whether overseas or at home. These young people can be a part of an organization that knows all about their needs, and that organization is the Boys and Girls Clubs of America. Through a Department of Defense Initiative, Navy and Marine Corps family members can receive vouchers for free memberships to their local Boys and Girls Club. These free memberships are for children ages 6-18 of active duty, Reservists, recruiters and all other DoD personnel to attend Boys and Girls Clubs in areas where similar programs do not exist or meet demand. This program is currently being marketed nationwide. For military families living off base, a local Boys and Girls Club can be found using BGCA's Club locator at [www.bgca.org/military](http://www.bgca.org/military). This site provides five clubs located closest to your area. BGCA's special hotline is 1-800-854-CLUB (2582).

"We are very fortunate to have this partnership with the Boys and Girls Club of America," said Larrie Jarvis, Child and Youth Programs analyst for Commander, Navy Installations Command. "These free memberships allow our Sailors to stay focused on the Navy's mission because they know their children

are in good hands while they're away from home."

According to Jarvis, every Navy youth center is a BGCA affiliate, which means that youth center members are provided consistent programming and stable support. No matter where families are transferred, children in any military community will find the same quality services and programs. For military families who do not live near a Navy base, a local Boys & Girls Club can be found using BGCA's Club locator at [www.bgca.org/military](http://www.bgca.org/military).

Examples of BGCA programs include computer instruction, sports leagues, photography, tutoring, arts and crafts, social events and field trips. More than 25 national programs are available in the areas of education, the environment, health, the arts, careers, alcohol/drug and pregnancy prevention, leadership development and athletics.

"As our Sailors continue to answer our nation's call to service," added Jarvis, "there is no better time to take advantage of the tremendous programs that Boys and Girls Clubs have to offer."

For voucher reimbursement information and additional guidelines, call (800) 854-CLUB (2582) or visit [www.bgca.org/military](http://www.bgca.org/military).

TNR



BOYS & GIRLS CLUBS

Military dependents from around Oahu participate in the America's Armed Forces Kids Run. The race is sponsored annually by the Boys and Girls Clubs of Navy Hawaii for children between five and thirteen years old.

*U.S. Navy photo by  
Journalist 1st Class  
Daniel J. Calderon*



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

# PROFILES IN PROFESSIONALISM

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



**Intelligence Specialist  
1st Class  
Robert W. Stivers Jr.**

**Hometown:** Woodbridge, Va.

**Brief description of your job:** Imagery analyst. I summarize information for distribution.

**Why did you join the Navy:** I joined the Navy for the education and travel opportunities.

**Who has been your biggest influence since joining the Navy:** My first LPO, EA1 Michael Goodale. He was the kind of Sailor that I wanted to be.

**What do you enjoy most about the Navy:** I really enjoy my job. Military camaraderie has always been a draw. **The most interesting place you have visited since joining the Navy:** NAS Adak, Alaska. It is a beautiful place with many friendly people.

**What has been your greatest Navy achievement:** Knowing that all my experience has enabled me to do the job that I am doing.

U.S. Navy photo by Storekeeper 2nd Class John Stone



**Aircrew Survival Equipmentman  
1st Class  
Bruce Hardy**

**Hometown:** Ashburn, Va.

**Brief description of your job:** My job allows me the opportunity to push myself to personal limits everyday. Whether diving, jumping, applying demolitions or training with various weapons, we get to test ourselves daily.

**Why did you join the Navy:** Family tradition as well as a strong desire to be a SEAL.

**Who has been your biggest influence since joining the Navy:** BMC Emmons. His demonstration of professionalism as well as love of the Navy and upholding of Naval traditions is a huge motivation for me.

**What do you enjoy most about the Navy:** Definitely travel as well as the experience of Navy life.

**The most interesting place you have visited since joining the Navy:** Puerto Maldonado, Peru.

**What has been your greatest Navy achievement:** Making it through BUDs and getting the designator was huge for me.

# Culture of Fitness

Story by  
Journalist Seaman Quinn Whisner



ch-  
CH-,  
CHANGES!!!!

**A**s of July 2006, there will be some changes to the current physical training instruction. These changes are shaping up to be a major force in improving overall fitness at all levels of the Navy Reserve.

Up first is a new policy on integrating time for physical training into the Inactive Duty Training period.

"All Reserve activities/units will integrate physical readiness activities into the work week/Inactive Duty Training (IDT) period while meeting mission and operational requirements," says COMNAVRESFORINST 6110.1 H. This means that one hour a day of PT time must be set aside during the actual training period.

For each Reservist checking aboard a new command, a height/weight measurement, as well as a body count assessment (if required) will be conducted.

If the servicemember exceeds the allowed measurements, they will be enrolled in the command's Fitness Enhancement Program.

It is important to note this enrollment will not be recorded as an official failure, but as a preventive measure to enhance fitness and to prevent a PRT failure from occurring.

Also changing is actual physical training time.

Formerly, actual cardiovascular activity was at a required time of 20-30 minutes. With the new policy, that time has been increased to 30-45 minutes. Sailors are reminded that this does not include time set aside for proper warm-up and cool-down exercises as well as stretching.

"Getting fit requires getting moving. Giving Sailors more time to get into a fitness routine and get their heart rate up with continuous cardio is important as well as necessary," says Navy Reserve Force Master Chief David R. Pennington.

For more information Sailors are encouraged to contact their command fitness coordinators. **TNR**



Graphic by Bryan Bordon

New chief petty officer (CPO) selectee, Hospital Corpsman 1st Class Reese Ritter leads early morning physical training for other newly CPO selectees in the hangar bay aboard the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76).

*U.S. Navy photos by Photographer's Mate 3rd Class Aaron Burden*



Getting fit requires moving

## Asst. Secretary of Defense Visits NAS Jacksonville

**J**ACKSONVILLE, Fla. — Naval Air Station Jacksonville Reserve force recently met with the Honorable Thomas F. Hall, assistant secretary of defense for Reserve Affairs, during his visit to the base.

His message was simple. "I believe the (National) Guard and the Reserve are playing, and will continue to play, a vital role in world events."

After a brief introduction by Navy Reserve Region Southeast Commander, Capt. Don Burns, Hall took the stage and began by detailing his time in the service. "I get energized seeing all these Navy uniforms," he said. "Sometimes, I wake up in the morning wishing I could still put one on."

Hall spoke about the state of the Armed Forces Reserve, wrapping facts around old "sea stories" from when he was on active duty. He commented on how there are currently 126,000 Reserve and Guard members mobilized, and the current "drawing down" of the Reserve Force.

"Eight of the 15 units forward deployed are National Guard," he said. "They and Reservists have done a fantastic job of filling gaps in critical areas. Now, we want to look at transitioning from them to active components. One-third (55,000) Reserve and Guard members have been demobilized, and more are going soon."

Before opening the floor for questions, Hall concluded his remarks with a call for constant readiness, saying the Guard and Reserve don't have the amount of training time they used to. "We have to always be ready," he said.

During the Q&A session, Hall responded to a variety of subjects. Of primary concern was the state



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

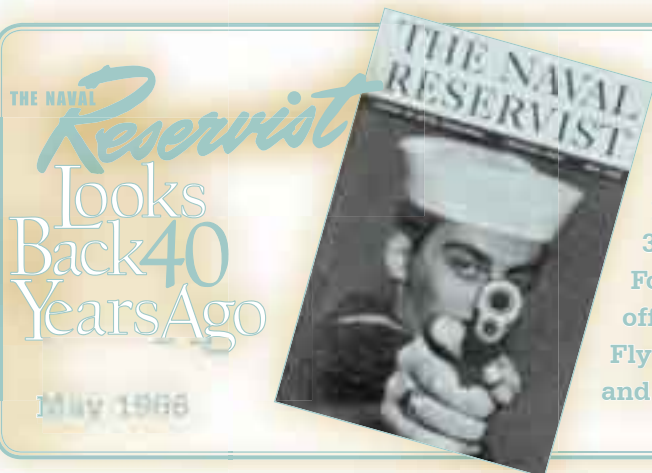
of Reserve benefits.

"We're working to make them comparable to the benefits received by active-duty service members. Mortgages don't differentiate between the two, so why should the active-duty housing allowance be more than the one for Reservists," he said.

Another comment of concern was extended deployments and mobilizations. Hall stressed how confident he was that the issue was being resolved, but he also warned that missions would not be decreasing.

"It's going to be a long war. Don't forget that. But we're working towards a rotation of one-year mobilizations every six years. We've also had a base pay increase of 24 percent over the last four years, and that will continue to increase as well, so the benefits are there for those called up."

Overall, Hall's message was one of praise and continued dedication. "We've had an all volunteer force for over thirty years, and it's working," he said. "It's working because of the dedication of not only Reservists and Guardsmen, but also the dedication of all the full time support staff's that ensure readiness. You're all doing the right thing, so the least we can do is right by you." **TNR**



**Air Reservists celebrate 50th Anniversary of the Naval Air Reserve.** Authority dates back to 1916 when the Naval Appropriation Act of August 29 provided for a Naval Flying Corps of 150 officers and 350 enlisted men. It also established a Naval Reserve Force, which included a Naval Reserve Flying Corps of officers and enlisted men transferring from the Naval Flying Corps, surplus graduates of aeronautics schools and Naval Reserve members with aviation experience.



# Navy Reserve Pro Active in Act

Story by Journalist 1st Class Brian Brannon  
Photos by Photographer's Mate 1st Class Kim McLendon  
*Fleet Public Affairs Center Pacific*

**N**AVAL BASE VENTURA COUNTY, Calif. — For the first time in the Global War on Terror, a Reserve Seabee regiment is scheduled to relieve its active-duty counterpart in Iraq.

Following the completion of Seabee readiness training at Naval Base Ventura County, the 9th Naval Construction Regiment (NCR) is slated to take the job of providing construction engineering support to the 1st Marine Expeditionary Force, Forward (MEF) from the 30th NCR in Western Iraq later this year.

Cmdr. Mark Bellis, operations officer for the 9th NCR, said the Reserve regiment is preparing to manage joint coalition construction assets over an area about the size of California.

"We will provide the command and control for all the general engineering assets working for the MEF in Western Iraq," Bellis said. "We are deploying as a Reserve regiment under our own pennant."

Reserve Seabee Regiment  
Trains to Relieve Active-  
Duty Counterpart in Iraq



*RIGHT:* Keeping positive weapons control, Command Master Chief(SCW) Bret Nystrom leads his squad during a facing movements drill in the combat stance emphasizing "slow is smooth and smooth is fast" in the muscle memory exercise.



# Active Component Replacement



Cmdr. Stephen Meyer, training officer for the 9th NCR, said the regiment will work closely with other Reserve and active Seabee components, as well as Marine, Army and National Guard units in a joint-combined environment.

"That's pretty much the direction things are going," Meyer said. "I don't think it's going to be a 'me and you' type of environment any more, I think it's going to be an 'us.'"

Subordinate units under the command and control of the 9th NCR will include Naval Mobile Construction Battalions (NMCB) 25 and 40, the Army 46th Combat Engineering Battalion (Heavy) and the Marine 9th Engineering Support Battalion.

Reflecting The Seabees' motto, "We build – We fight," the Navy units are currently training in both combat and construction techniques at Naval Base Ventura County.







Using games like “phone call” and this exercise in trust and coordination, the instructors from Naval Mobile Construction Battalion (NMCB) 5 teach the Convoy Security Team (CST) of NMCB 25, the importance of working as a cohesive unit and communication while doing activities like passing a helmet or running. The activities force the Seabees to learn to rely on their buddy in the front and back.

Combat training includes combat lifesaving, communications, convoy support and weapons training. Construction training includes working with heavy timber, building and maintaining water systems, water purification, bridge construction and road maintenance.

While the 9th NCR leadership arm will provide engineering, supply, material, equipment and personnel management, Seabees from NMCB 25 and 40, along with their engineer counterparts in the Army and Marine battalions, will build and maintain Iraqi infrastructure.

“Our battalions provide the full spectrum of construction engineering continuing all the way from base camps to permanent facilities,” Bellis said.

Reserve Seabee units have proven their worth time and time again. Utilitiesman 2nd Class Andre Beasley, a Seabee assigned to the 9th NCR, said he was previously mobilized in 1999 to Kosovo and in 2003 as part of Operation *Iraqi Freedom*.

“I joke with some of the new guys that it’s my third picnic,” he said. “I just tell them to go with the flow.”

Meyer said that about 50 percent of the Reservists in

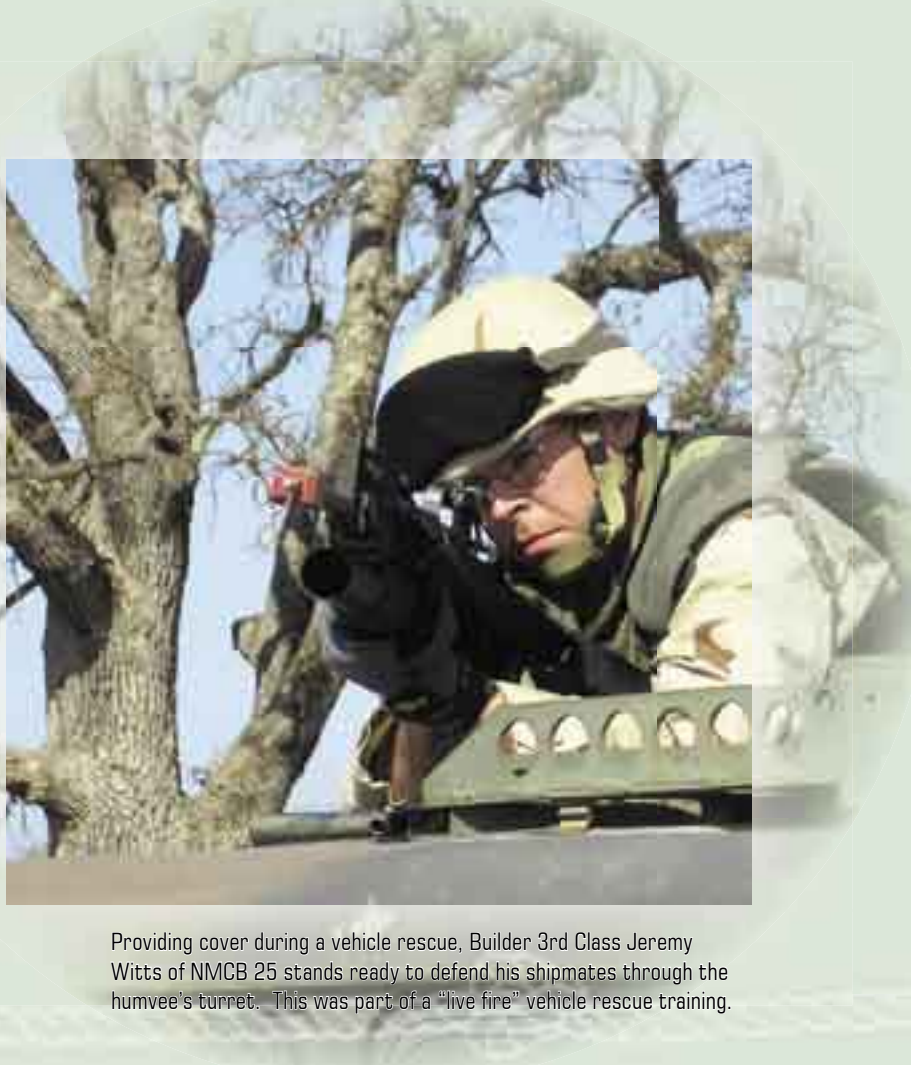


Instructor Engineering Aide 2nd Class Todd Emmerling of NMCB 5 demonstrates the proper way to place an injured comrade during a “live fire” vehicle rescue to members of NMCB 25.





Dismantling the 240B, Builder 1st Class Scott Lodor emphasizes the need for speed to Builder 3rd Class Robert Cassiani while Equipment Operator 1st Class Daniel Lester looks on.



Providing cover during a vehicle rescue, Builder 3rd Class Jeremy Witts of NMCB 25 stands ready to defend his shipmates through the humvee's turret. This was part of a "live fire" vehicle rescue training.



the 9th NCR have civilian jobs that reflect their work as Seabees. Most have served on active duty.

"A lot of our people are in the construction field or own their own construction businesses," Meyer said. "A lot of the officers work in engineering firms."

Capt. Terry Wilkerson, Civil Engineer Corps, is the commander of the 9th NCR. In his civilian career, Wilkerson is vice president for facilities and construction, University of Wisconsin Hospital and Clinics.

"I really do very, very similar work in my civilian career to what I do with the Seabees, and many of our officers and enlisted fit that mold," he said.

Wilkerson said the Seabees under his command are looking forward to the chance to lend their skills and experience to Operation *Iraqi Freedom*.

"It is a big responsibility in terms of being able to go forward and serve our country, the Navy and the Marines," Wilkerson said. "We are all very proud to be doing that.

The morale and esprit de corps is just sky-high and I'm honored and humbled to be leading such a great group of highly motivated and patriotic Americans." **TNR**



# “Remembering” our Naval History

Story by Journalist 1st Class(SW/AW) Steven Bansbach  
Photos by Yeoman 1st Class Steve Johnson

Hospital Corpsman 2nd Class  
Douglas Parks (left) and  
Storekeeper 2nd Class  
Aitialele John raise flag.

*“Remember The Maine!”* was the battle cry when yellow journalism fueled American popular opinion wanting war with Spain. Congress declared the Spanish-American War on April 21, 1898.





**B**ANGOR, Maine — Navy Reservists from Navy Operational Support Center Bangor (NOSC), Maine, paid tribute to 355 Sailors and Marines Feb. 15, marking the 108th anniversary of the USS Maine (BB 2), which sunk in Havana Harbor, Cuba, in 1898.

Six Reservists participated in the ceremony as part of the flag detail as Lt. Cmdr. Brian Emory, commanding officer of NOSC Bangor, gave the memorial address.

"The men aboard Maine were young Americans far from home, who gave their lives in the service of this country. Today we remember them...not just the men of the Maine, but all of the service men and women who have been lost in our nation's history," Emory said. "The most important part of 'Remember the Maine' is the 'Remember' part, and that is why we are here."

Many of the participants emulated Emory's remarks, noting that even though there have been many sacrifices, remembering this event is symbolic.

"Participating in the event was an honor and a way of saying thanks to those who died serving their country," Yeoman 1st Class Steven Johnson said.

Personnel Specialist 2nd Class Kearisha Toomer pointed out that it is all about respect.

"Taking part in this allows us to show respect to those who have gone before us. It is a reminder that they actually did what we are doing right now and unfortunately lost their lives serving this country," said Toomer.

"There is a lot of pride and ownership showcased at this event," Storekeeper 2nd Class Aitialele John said. "Knowing that the crest of the Maine is here in Bangor and being able to participate in this part of history is very special."

Three commissioned ships have borne the name of Maine: SSBN 741, now serving in the Atlantic; BB 10, a battleship that served during World War I; and BB 2. **TNR**



Lt. Cmdr. Brian Emory

*Taking part in this allows us to show respect to those who have gone before us.*





## TO THE INCHES REGS

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

Yeoman 1st Class Michael Karl  
aptly demonstrates.

Note:  
Photo representations  
are not to scale.

**T**his month we continue our close look at the Navy uniform. The rating badge, unit identification mark and neckties proper placement is spotlighted. These measurements apply for enlisted ranks. Measurements are taken directly from the Navy Uniform Regulations NAVPERS 156651. **TNR**

Centerline

### NECKTIES

Two types of knots are allowed when wearing a neck tie. Wear hand tied knotted with either a four-in-hand, half Windsor or Windsor knot. Wear the top of the knot parallel to and slightly above the top of the shirt collar closure, hiding the shirt button. The bottom hangs within 1-inch of the top of the belt buckle. The tie does not cover the belt buckle.

### UNIT IDENTIFICATION MARKS (UIM)

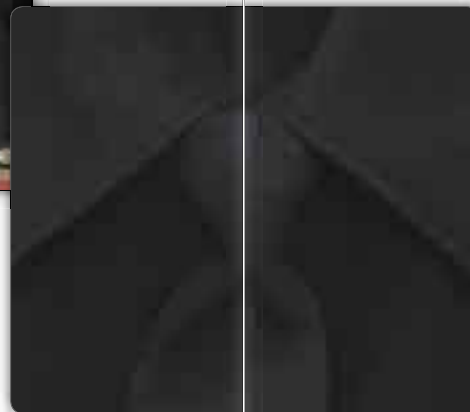
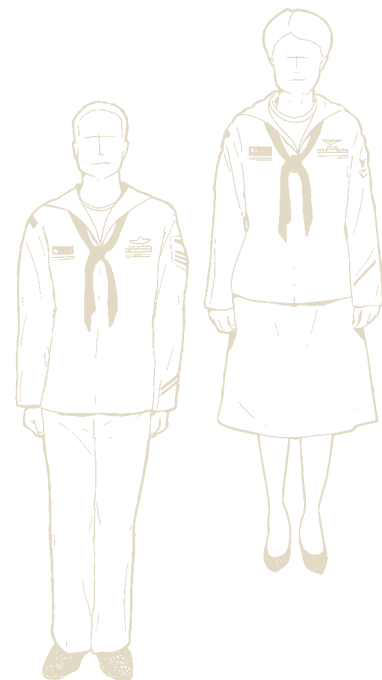
E1-E6 Sailors assigned for permanent duty (not in transit), including Naval Reserve Reinforcement and Augment Personnel, are required to wear UIM's on the right sleeve of dress jumper uniforms, winter blue shirts, and short-sleeved white shirts. Exemptions to required wear may be granted by the prescribing authority (area coordinators) to meet security requirements. UIM's have 1/4-inch white block letters, embroidered on a black background 1/2-inch wide, and are worn with the top edge parallel to and 3/8-inch below lower row of shoulder sleeve stitching. Center them on the outer face of the sleeve and sew them on with colorfast blue thread. UIMs are authorized in two lengths, 5-inch and 5-3/4-inch.

Centerline

3/8"

### TIING THE WINDSOR KNOT

The knot is named after the Duke of Windsor (Edward VIII), however the Duke himself did not actually use a Windsor knot. The Duke preferred a wide knot and had his ties specially made with thicker cloth in order to produce a wider balanced knot.





Shoulder Seam



Centerline



Crease Line

## RATING BADGES

Rating badges are sewn on the left sleeve centered between the shoulder seam and the elbow. Align right edge of rating badge along the crease on the sleeve.

Elbow

<p>1. Tie "A" and "B" at the collar. "A" is longer than "B".</p>	<p>2. Bring "A" up through loop between collar and tie then back down.</p>	<p>3. Pull "A" underneath "B" and to the left, and back through the loop again.</p>	<p>4. Bring "A" across the front from left to right.</p>	<p>5. Pull "A" up through the loop again.</p>	<p>6. Bring "A" down through the knot in front.</p>	<p>7. Using both hands, tighten the knot and draw up to collar.</p>
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*Gunner's Mate 2nd Class (EAWs) Daniel Graves directs craft ashore.*

*U.S. Navy photo by Journalist 1st Class Kurt P. Wesseling*



**M**UBARAK MILITARY CITY, EGYPT — When the Navy required expert service during one of the world's largest military exercises, it called on teams of highly skilled Reservists from its cadre of units assigned to the U.S. Naval Forces Central Command (NAVCENT).

More than 50 Navy Reservists from 10 different units participated in *Bright Star 05/06*, a month-long, international, joint-forces exercise, that included military representatives from more than a dozen nations.

A product of the Camp David Peace Accords, the exercise is held every two years in Egypt, primarily on a base in the desert three hours north of Cairo.

Conducted by the U.S. Central Command, *Bright Star* is designed to strengthen military-to-military relationships and improve readiness and interoperability between U.S., Egyptian, and other participating forces.

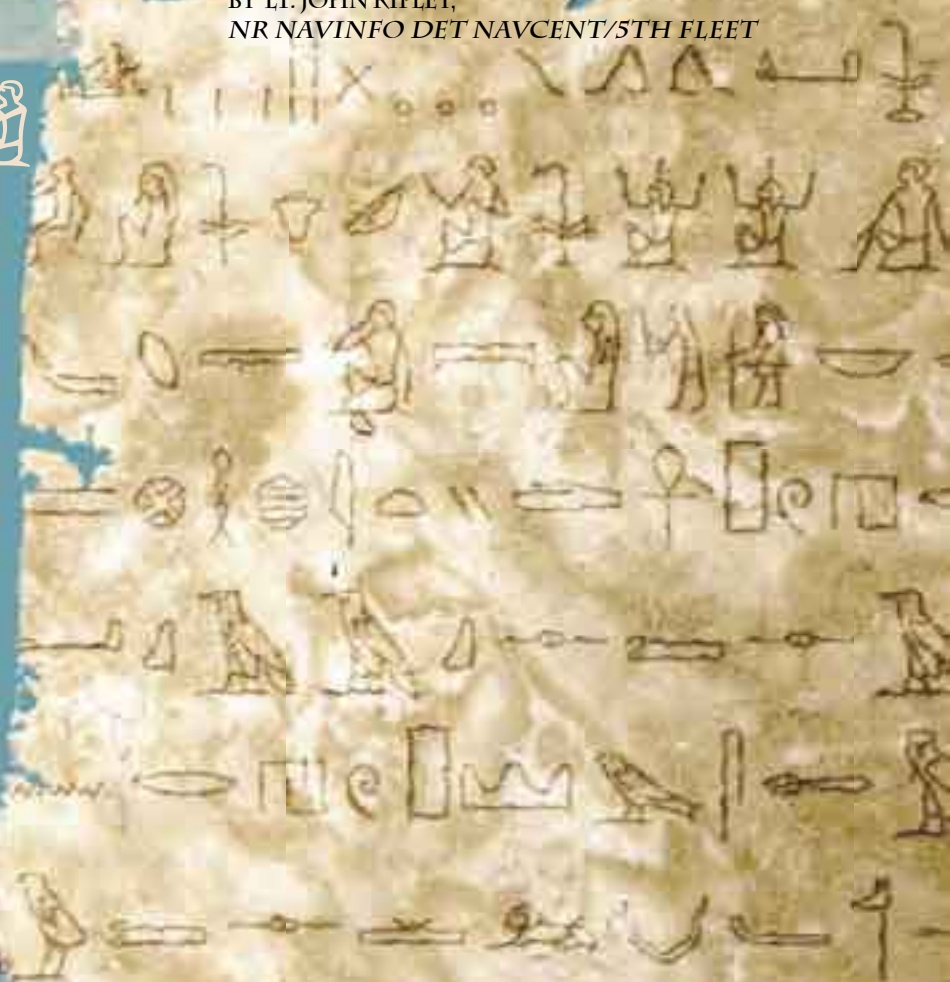
Additionally, the exercise aided the U.S. Navy's Fifth Fleet in performing training for Maritime Security Operations (MSO).

MSO set the conditions for security and stability in the maritime environment as well as complement the counter-terrorism and security efforts of regional nations. MSO deny international terrorists use of the maritime environment as a venue for attack or to transport personnel, weapons, or other material.

Living conditions for all units proved to be challenging: sleeping on rigid canvas cots, battling a constant desert dust that swept into equipment, lack of access to the internet, the possibility of unexploded

# RESERVISTS SHINE IN *Bright Star*

BY LT. JOHN RIPLEY,  
NR NAVINFO DET NAVCENT/5TH FLEET



*A Landing Craft utility (LCU) assigned to Assault Craft Unit One (ACU-1) embarked aboard amphibious assault ship USS Tarawa (LHA 1) makes a beach landing on the coast of Egypt to offload Marines and equipment during Exercise Bright Star 2005.*

*U.S. Navy photo by Chief Photographer's Mate Gary P. Bonaccorso*





ordnance peeping up from the Mars-like terrain and even the wildlife known to the area such as scorpions and camel spiders.

Despite these and other logistical challenges, the exercise proved to be a tremendous success, largely due to the efforts of the Navy Reservists working the exercise.

Some of the most crucial work was completed by U.S. Naval Forces Central Command Det. (NAVCENT) 108, a Tampa-based logistical unit, which handles everything from intelligence to ship movements.

During *Bright Star*, the 38 members of NAVCENT 108 served as the combined maritime component staff ashore to Rear Adm. Michael LeFever, Commander Expeditionary Strike Group One.

"We are all purpose gophers for coordination, communication and facilitation for Navy requirements,

missions and activities in support of *Bright Star*," said 108's intelligence officer. "It's always an adventure working on a large combined exercise."

Working in temporary and mobile command centers in the Egyptian desert, the Reservists of NAVCENT 108 offered its maritime expertise and worked closely with the admiral's staff to ensure the intent of the Navy's mission smoothly churned into reality.

"We worked with him to develop the strategy that will implement that maritime force to its best ability," said Capt. Tim Liles, assistant chief of staff for exercises. "The Navy planning cell here...would communicate to (admiral's) staff the commander's intent, the commander's mission and work together to develop a strategy to implement the maritime forces to

carry it out."

For COMUSNAVCENT Detachment 109, which sent two officers to *Bright Star*, the exercise allowed team members to sharpen their Navy skills by working closely with coalition forces.

"*Bright Star* is an extremely important multinational exercise that allowed U.S. and coalition forces from throughout the region to interact in planning and execution of military operations," said Capt. Jeff Landsman, Det. 109's commanding officer. "It also gave us the opportunity to hone our unit's planning skills to support the N5 (Plans and Policy) at COMUSNAVCENT. It was an outstanding exercise!"

The pace of the exercise became a test of endurance for many Sailors, some of whom worked several jobs during *Bright Star*.

An Egyptian tank commander drives his tank off the ramp of Landing Craft LCU-1633 and onto the beach under the guidance of Petty Officer 1st Class A. J. Dean (foreground) and USN Beach Masters.

U.S. Navy photo by Journalist 1st Class Kurt P. Wesseling





Lt. j.g. Keven Adams, an intelligence officer with NR NAVCENTINT 0267, spent his days working with Distinguished Visitors (DVs) and his nights as an operations officer at the Joint Visitors Bureau in El Alamein, on the Egyptian coast. Another intelligence officer, Lt. j.g. Kerrie Harney from NAVCENTINT 0174, served as an escort officer.

"We lived force integration every day," Adams said, adding that both the JVB and the operations center were staffed primarily by Reserve and National Guard personnel.

As with any military operation, Exercise *Bright Star* was a success in large part because of the administrative support provided.

Three Reservists from USNAVCENT DET 0861 spent a total of more than 70 days in Egypt performing a variety of tasks, from accounting for personnel, working as a liaison to the Army, and processing the participants as they entered and left the country.

Store Keeper 2nd Class Margie

Hennessey, who spent 40 days in Egypt, had duties that ranged from tracking supply inventories to briefing participants on policies and procedures to escorting the remains of an Air Force officer who died in an automobile accident during the exercise.

Also among the Reservists were six public affairs professionals from NAVINFO Det. NAVCENT/5th Fleet, who spent three weeks on the ground in Egypt and at Sea bringing the public affairs plan to life, and the U.S. Navy to the global media.

The unit's first operational deployment since standing up in October of 2004, the team of six Sailors accomplished several other firsts in its mission, including the Navy's first field-use of the Digital Video and Imagery Distribution System (DVIDs), a cutting-edge technology for public affairs developed and fielded by the Army.

The DVIDs system uses a satellite uplink and TV camera to upload a live interview to hometown media

outlets and other news organizations around the world.

During *Bright Star*, for example, two sisters and shipmates from USS Tarawa (LHA 1), Information System Technician 2nd Class Marjorie Ortega and Operations Specialist Seaman Karla Ortega, performed a live interview with Telemundo Television in New York City while standing at Mubarak Military City.

The two also chatted live with their parents, an emotional surprise for both of them after being away from home for months on deployment.

The Reservists were indistinguishable from their active-duty counterparts, and provided a much-needed service to the Navy.

"Having Reservists who are familiar with the NAVCENT AOR and can get underway and be a force multiplier is a big help," said Lt. Ron Flanders, public affairs officer for Expeditionary Strike Group One (ESG-1). **TNR**





**LEFT:** Seaman Jason Flag, assigned to Assault Craft Unit One (ACU-1), attached to the amphibious assault ship USS Tarawa (LHA 1) records data during a amphibious assault landing rehearsal in preparation for the upcoming amphibious assault landing demonstration.

U.S. Navy photo by  
Photographer's Mate Airman  
Apprentice Shannon Garcia

**RIGHT:** Boatsman's Mate 2nd Class(SW) Fernando J. Alvarado of Beach Masters Unit one attached to USS Tarawa (LHA-1) guides an Egyptian Humvee off the ramp of Landing Craft LCU-1630.

U.S. Navy photo by  
Journalist 1st Class Kurt P. Wesseling



## Reservists

were indistinguishable from their active-duty counterparts, and provided a much-needed service to the Navy.

**RIGHT:** Hospital Corpsman 2nd Class(SW, EAWS, FMF) Arnel Salapatan (L) and Seaman Kabeto Kemal, both members of Beach Masters Unit one attached to USS Tarawa (LHA-1) direct traffic.

U.S. Navy photo by  
Journalist 1st Class Kurt P. Wesseling



# Navy Reserve 91st Birthday

Story by Journalist 1st Class Rob Kerns  
Photos by Storekeeper 2nd Class John Stone

**W**ASHINGTON D.C. — The Navy Reserve celebrated 91 years of service with a wreath-laying and award ceremony on March 4, 2006 at the U.S. Navy Memorial in Washington.

The ceremony commemorated those Navy Reservists who made the supreme sacrifice while serving in the Reserve and honored those Reservists who continue to serve in support of their country.

Secretary of the Navy Donald C. Winter and Chief of Navy Reserve Vice Adm. John G. Cotton presented a wreath at the Naval Heritage Center's Arleigh and Roberta Burke Theater at the Lone Sailor Memorial.

**NAVY  
RESERVE**

*Reservists Play a Vital  
Role in the War on Terror*

During the ceremony, President George W. Bush's birthday message for the Navy Reserve was read.

Bush remarked in the message on how vital the Navy Reserve are in providing support in the War on Terror and how they continue to protect American's freedom.

"Navy Reservists continue to be a vital force in American military endeavors, serving on the front lines of freedom in the war on terror," said Bush. "Faithful to their legacy of honor and courage, Reservists help ensure that America remains a country where citizens can prosper and live in freedom. We appreciate their dedication to their families, businesses, communities, and military careers."

Winter expounded on those words in his remarks, stating the importance of the support of family members.

According to him, families are an integral part of the Navy Reserve Force. The support a Reservist receives from his family is vital to his morale and well-being while deployed.



*Vice Adm. John G. Cotton addresses the crowd at the Navy Reserve birthday celebration held in the Arleigh and Roberta Burke Auditorium at the Lone Sailor Memorial, Washington, D.C., on March 3, 2006. In his remarks Cotton expressed his gratitude to the men and women, and their families, who continue to "RE" serve in the war on terror. Cotton also reminded those in attendance of the continued importance of President Bush's words in the days following the Sept. 11, attacks on the World Trade Center and Pentagon, "Be Ready."*



*TOP RIGHT: Secretary of the Navy the Honorable Donald C. Winter and Vice Adm. John G. Cotton ceremonially lay wreath.*

*BOTTOM RIGHT: Several enlisted Sailors reaffirmed their duty by taking the oath of reenlistment.*

"In the future, we will continue to see Reservists play a vital role in the War on Terror. With the many sacrifices today's Reservists are making, the support they receive from their family members is vital to the Reservist's successes," said Winter.

During the ceremony, one chief petty officer received a commission to the Navy's warrant officer program, a lieutenant commander was advanced to commander, a petty officer second class was advanced to petty officer first class, and four Sailors took the oath of reenlistment.

"I have had aspirations of being a chief warrant officer for many years. When they



"The president told the military to 'Be ready,' and many in this room and around the country have answered that call and will answer it again as we fight this war on terror," said Cotton. "It is an honor for me to be here today honoring those Reservists, both past and present, who continue to answer that call." **TNR**

- 1888 *Massachusetts organized a naval battalion as part of its militia*
- 1889 *New York, Pennsylvania and Rhode Island organized naval militias*
- 1891 *Office of Naval Militia established*
- 1897 *16 states with naval militia*
- 1898 *Militia served with the regular Navy in the Spanish-American War*
- 1914 *Division of Naval Affairs took over the Office of Naval Militia*
- 1915 *Congress establishes a federal Naval Reserve*

finally made this program open to my field, I jumped at the opportunity and submitted my package for commissioning," said Chief Warrant Officer Stephen Kastler after receiving his commission at the ceremony.

Kastler was humble in his remarks, when he said that many others deserve this advancement more than him and that he will continue to strive to do his best in the Navy Reserve.

Gunner's Mate 1st Class Rodger Agonoy was overwhelmed with the experience of advancement in such an honored occasion.

"It is a great honor to be present in such great company today and I am grateful for the opportunity to put on my first class crow at such a great event," said Agonoy.

For Agonoy, this event was especially profound as his father was also in the Navy.

In his remarks to those in attendance, Cotton continually reminded the crowd of Bush's remarks to the U.S. military following the attacks on the World Trade Center and Pentagon on Sept.11, 2001.







Members of Naval Mobile Construction Battalion 14 practice weapons handling at the Military Operations on Urbanized Terrain training site.

# NMCB-14 Mini Field Exercise

Story & photos by Journalist 2nd Class William Lovelady

**C**AMP BLANDING, Fla. — More than 400 Reserve Seabees from Naval Mobile Construction Battalion (NMCB) 14, commanded by Cmdr. Scott Shiver, gathered here recently to kick off their military training year with a mini field exercise.

The two-day event focused on convoy operations, improvised explosive devices (IED), chemical biological and radiological warfare, weapons handling and building clearing.


Chief Legalman Timothy Taylor said, "We've got Seabees here from Miami, Tampa, Tallahassee, Augusta, Jacksonville, Orlando, Puerto Rico and other Reserve Centers throughout the region. This event is a unique opportunity for battalion members to train with members of the companies they will deploy with rather than just their local detachments."

Once mustered into their respective units, the Seabees began a rotation of classroom training on chemical threats and IEDs, which statistics show are the biggest threats service members face in the Global War on Terror.

IEDs are assembled mostly from unexploded ordnance like artillery shells. Recently terrorists have begun using more and more sophisticated delivery and detonation systems. The automobile-borne Mobile







Practicing building  
clearing techniques.


IED is one of the more popular, since the vehicle can take a bomb anywhere, and when exploded, becomes a source of an additional ton of steel and glass shrapnel. Another form of mobile IED employs remote controlled toy cars to move explosives closer to an intended target.

Remote detonators include cordless telephones, infra-red motion sensors and wireless doorbells; all readily available in markets throughout Iraq.

Other training segments were outside. Convoy operations focused on defensive driving, communication and proper vehicle selection.

"The convoy can only move as fast as the slowest vehicle, so you don't want to take a tractor trailer that only goes 35 mph if a faster one is available that will accomplish the same mission," said Equipment Operator 2nd Class Robert Avedisian.

Convoy members practiced day and night driving, mounting and dismounting vehicles and addressing potential threats along the route of travel.



Each unit received several hours of intense weapons handling and urban operations training at the Military Operations on Urbanized Terrain site, a group of buildings here designed to simulate urban operations and security. The Seabees learned how to move through town and clear buildings, room to room, of possible terrorist threats.

Lt. j.g. Tony Hollobaugh, who served as Alpha Company Commander during the 2004 Iraq deployment said, "This training was a big deal because it was the first time that a large part of the battalion was together for an evolution since being deployed.

It allowed us to assess the battalion's readiness to deploy prior to our military training evolution in Gulfport, and it allowed us to get some training focusing on things we have learned from Iraq." **TNR**



# OPERATION VIGILANT MARINER SHARPENS ITS TEETH

MOBILIZED  
RESERVISTS  
TRAIN FOR  
PERSIAN GULF  
DEPLOYMENT

WORDS & IMAGES BY  
JOURNALIST 1ST CLASS(SW)  
GREGORY S. CLEGHORNE  
NAVAL AIR RESERVE  
PUBLIC AFFAIRS



**E**MBARKED SECURITY DETACHMENT (ESD) 133's 90 RESERVE SAILORS TRAINED AND DEPLOYED TO THE PERSIAN GULF RECENTLY FOR OPERATION VIGILANT MARINER (OVM).

"MARINER" IS A NEW MARITIME PROTECTION PROGRAM DESIGNED TO DETER TERRORIST ATTACKS AGAINST SHIPS SUPPORTING OPERATION IRAQI FREEDOM (OIF) IN THE GULF OR WHEREVER THEY MAY BE NEEDED.

MOBILE SECURITY SQUADRON (MSS) 3, AN ACTIVE-DUTY SECURITY SQUADRON BASED ON NAVAL AIR STATION NORTH ISLAND, TRAINED THREE RESERVE UNITS, ESD 131, 132 AND 133 – 131 AND 133 HAILING FROM EL PASO, TEXAS, 132 FROM SACRAMENTO, CALIF.





An ESD 133 Sailor loads 9mm magazines during a live-fire drill at Camp Pendleton. This was the first time an active-duty unit certified a Reserve unit.



Mobile Security Squadron Three (MSS-3), an active duty security squadron based on Naval Air Station North Island, supervised Embarked Security Detachment 133 (ESD 133), a mobilized Reserve unit, in live-fire and other training evolutions.

"MSS-3 IS THE FIRST ACTIVE DUTY SQUADRON CERTIFYING RESERVISTS TO PERFORM THE OVM MISSION FOR DEPLOYMENT TO THE PERSIAN GULF THEATER," SAID LT. JOHN CASSELL, MSS-3 TRAINING OFFICER. "THESE SAILORS ARE MOTIVATED TO DO THEIR PART IN OIF."

THE UNITS' CERTIFICATION INCLUDED LASER SHOT TARGET TRAINING AND LIVE FIRE EXERCISES WITH HANDGUNS, SHOTGUNS AND WITH LARGER CALIBER WEAPONS. THEIR LIVE-FIRE DRILLS INCLUDED STANDING, PRONE, OBSTACLE COURSE FIRING RANGE SCENARIOS AND TEAM RESPONSE DRILLS. MOST OF THE UNIT'S MEMBERS ARE NO STRANGERS TO WEAPONS.

"ABOUT A THIRD OF THE UNITS ARE FROM THE LAW ENFORCEMENT FIELD," SAID LT. CMDR. MIKE GORMAN, ESD 133 OFFICER IN CHARGE AND A MOBILIZED SELECTED RESERVIST. "THE UNITS WENT THROUGH A SEVEN-WEEK COURSE COVERING CLASSROOM INTRODUCTION TO THE OVM MISSION, TRAINING ON SHIP LAYOUT AND HANDS-ON SHIP PROTECTION SCENARIOS."

RESERVE UNITS LIKE THESE ARE A FEW EXAMPLES THE CHIEF OF NAVAL OPERATION'S "ONE NAVY" CONCEPT IN ACTION.

"THESE RESERVISTS ARE DEMONSTRATING THEIR ABILITY TO PERFORM IN AN ACTIVE-DUTY CAPACITY," GORMAN CONTINUED. "AFTER RECEIVING THIS TRAINING, THESE SAILORS WILL BE ABLE TO TRAIN OTHER UNITS ON THIS TYPE OF

FORCE PROTECTION."

CHIEF MASTER AT ARMS CAROL THOMAS, HEADQUARTERS STAFF SENIOR ENLISTED ADVISOR FOR OVM IS A SELECTED RESERVIST MOBILIZED TO ACTIVE DUTY STATUS.

"WORKING HAND IN HAND WITH AN ACTIVE-DUTY TRAINING OFFICER AND STAFF IS AN ADDITIONAL HEDGE TO MAKE SURE THE UNITS GET WHAT THEY NEED TO PERFORM THEIR MISSION," SHE SAID.

THE NEED FOR EMBARKED SECURITY FORCES COMES AT A TIME WHEN INSURGENT TARGETS ARE NOT JUST FOCUSING ON TROOPS ON THE GROUND. THE ATTACKS ON USS KEARSARGE (LHD-3) AND USS ASHLAND (LSD-48) AUGUST 19 WHILE MOORED IN AQUABA, JORDAN, ARE REMINDERS OF HOW REAL THE THREAT IS – PAST AND PRESENT.

THOMAS SEES THEIR MISSION THIS WAY, "OUR GOAL IS TO DETER TERRORISTS SO THAT USS COLE (DDG-67) INCIDENTS DON'T HAPPEN AGAIN." **TNR**





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

## Timely Information

*From: The APPLY Help Desk Team*

**N**EW ORLEANS — The APPLY process is coming up on a few deadlines for the months of May through July. These dates are critical to the APPLY process as well as getting the information from the member, to the APPLY board.

Up first is April 30, 2006. This is the deadline for those who are selected for board membership to be notified. For those members selected, a notification will be received via e-mail, containing important information on entering your orders into the Navy Reserve Order Writing System (NROWS). It is necessary for the member to access the NROWS website and enter the information as soon as it is received.

From May 1 to June 14, 2006 billet vacancies will be posted on the APPLY website for review only.

The deadline for submitting billet assignment/PRD extension requests to Commander, Navy Reserve Forces Command N12 is May 15, 2006.

April 15, 2006 is the deadline for members from echelons 4, 5 and 6 to complete their assignment/PRD review process.

Members should keep in mind that the final deadline for registration and dream sheets is July 30, 2006. It is critical to meet all deadlines in order for your

application to be considered for the APPLY process.

For samples on how to submit supplemental information, billet extension requests and interim fill requests are located in OPNAVINST 5400.

For more information, or if you have any questions or concerns, please contact the APPLY Help Desk.

### Important Upcoming Dates

**May 1-June 14, 2006:** COMNAVRESFORCOM will advertise billet vacancies for review only.

**May 15, 2006:** Deadline for billet assignment/PRD extension requests to COMNAVRESFORCOM (N12).

**June 14, 2006:** COMNAVRESFORCOM (N00) deadline to approve/disapprove billet assignment/PRD extension requests.

**June 15-July 30, 2006:** N12 will freeze the billet file for a 45 day period to stabilize billets from being deleted or created while applicants are creating their dream sheets.

**Good luck and good hunting! TNR**





## REDCOM South

KANSAS CITY, Mo. — Navy Operational Support Center (NOSC) Kansas City, Mo., unit career counselors attended an intense two-day career counselor training session at their Center.

The 26 participants in the class were reminded the primary goal of a Navy career counselor is to guarantee each Sailor, both active and Reserve will be provided with a sufficient quantity and quality of career information, to allow them to make sound career decisions. Chief Petty Officer Mary J. Morris, regional career counselor for REDCOM South, instructed this onsite event.



## REDCOM Southeast

TAMPA, Fla. — The Navy Operational Support Center (NOSC) Tampa honored the dedication and bravery of our nation's veterans by playing an active role in Tampa's American Victory Mariners Museum's Veteran's Day celebration. This marked the first year the NOSC has participated in the event, as well as the first time vehicles from the Military Vehicle Preservation Association have embarked upon the Unit's Landing Craft Utility (LCU) 1681. Adding to the celebration, members of the Riverview High School Junior Naval ROTC program were also onboard, rendering honors to veterans both past and present, and acknowledging their contributions to national security.



## REDCOM Northeast

AMITYVILLE, N.Y. — Navy and Marine Corps Reserve Center (NMCRC) Amityville, N.Y., held its first Golden Anchor ceremony March 1 in recognition of receiving the Navy's prestigious Retention Excellence Award.

The annual award recognizes a command's success in meeting or exceeding crew retention goals for the year.

"I am very proud of Team Amityville," said Lt. Cmdr. Jake Schneider, commanding officer of NMCRC Amityville.

"Our robust retention efforts and motivated Sailors reflect our diverse backgrounds and meaningfully contribute to 'Sailorization' - the shaping of the force through maintaining mission readiness and sustaining the warfighters throughout all phases of the global war on terrorism."

U.S. Navy Intelligence Specialist 1st Class Jeffery Dexter, takes a quick look up from his low crawl as part of Warrior Skills Training. Dexter, an activated Reservist from Oahu, Hawaii, is one of more than 200 U.S. Navy Sailors being trained in a Warrior Skills Training program by Army Cadre, which involves weapons, convoy and urban assault tactics, field medicine and local cultural basics training before deploying.

U.S. Navy photo by  
Photographer's Mate  
2nd Class  
Roger S. Duncan





# 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](http://www.navalreserve.navy.mil) > COMNAVRESFORCOM (Private Side) > Welcome Aboard > Customer Service > THE GOUGE.

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

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

Provided by: CNRFC CUSTOMER SERVICE DIRECTORATE / N00Q

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

## REDCOM Northeast 1-866-249-2454

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

Bangor, Maine  
(207) 942-4388

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

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

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

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

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

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

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

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

New London, Conn.  
(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

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

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

Worcester, Mass.  
(508) 259-7103

## REDCOM Mid Atlantic 1-866-538-4773

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

Erie, Pa.  
(814) 866-3073

Harrisburg, Pa.  
(888) 879-6649

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

Lehigh Valley, Pa.  
(610) 264-8823

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

Norfolk, Va.  
(757) 635-4548

Pittsburgh, Pa.  
(412) 673-0801

Reading, Pa.  
(610) 378-0164

Richmond, Va.  
(804) 833-2882

Roanoke, Va.  
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(540) 563-9723

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

Wilmington, Del.  
(302) 998-3328

## REDCOM Southeast 1-800-201-4199

Asheville, N.C.  
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Atlanta, Ga.  
(770) 722-4392

Augusta, Ga.  
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Bessmer, Ala.  
(205) 497-2600

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

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

Chattanooga, Tenn.  
(423) 322-6814

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

Columbus, Ga.  
(706) 464-9895

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

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

Gulfport, Miss.  
(228) 323-0064

Jacksonville, Fla.  
(904) 542-3320

Knoxville, Tenn.  
(865) 406-4024

Lexington, Ky.  
(859) 494-1473

Louisville, Ky.  
(502) 386-1721

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

Meridian, Miss.  
(601) 604-1865

Miami, Fla.  
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Mobile, Ala.  
(251) 490-0611

Nashville, Tenn.  
(615) 429-0890

Orlando, Fla.  
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Pensacola, Fla.  
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Raleigh, N.C.  
(866) 635-8393

Roosevelt Roads, P.R.  
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St. Petersburg  
(Clearwater), Fla.  
(727) 744-9927

Tallahassee, Fla.  
(850) 294-9158

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

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(910) 762-9676

## REDCOM South 1-866-587-0544

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Amarillo, Texas  
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Cedar Rapids, Iowa  
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Des Moines, Iowa  
(515) 205-6527

Dubuque, Iowa  
(866) 556-2144

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(915) 276-6289

Fort Worth, Texas  
(817) 271-8936

Harlingen, Texas  
(956) 367-1856

Houston, Texas  
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Kansas City, Mo.  
(816) 923-2341

Lincoln, Neb.  
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Little Rock, Ark.  
(501) 416-6356

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New Orleans, La.  
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Oklahoma City, Okla.  
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Omaha, Neb.  
(402) 871-7086

Orange, Texas  
(409) 779-0158

San Antonio, Texas  
(210) 381-2297

Shreveport, La.  
(318) 393-0096

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

Springfield, Mo.  
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St. Louis, Mo.  
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Tulsa (Broken Arrow)  
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Waco, Texas  
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Wichita, Kan.  
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Chicago, Ill.  
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Cincinnati, Ohio  
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Cleveland, Ohio  
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Columbus, Ohio  
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Decatur, Ill.  
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Detroit, Mich.  
(586) 307-6148

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Forest Park, Ill.  
(708) 670-2280

Grand Rapids, Mich.  
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Green Bay, Wis.  
(920) 366-4606

Grissom, Indiana  
(765) 469-0178

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

Lansing, Mich.  
(517) 930-2579

Madison, Wis.  
(608) 225-3417

Marquette, Mich.  
(906) 362-8767

Milwaukee, Wis.  
(414) 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  
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## REDCOM Southwest 1-866-744-1735

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Honolulu, Hawaii  
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Las Vegas, Nev.  
(702) 349-9685

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Los Angeles, Calif.  
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Cheyenne, Wyo.  
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Naval Air Facility  
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Intelligence Command  
Reserve Intelligence  
Command Headquarters  
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Reserve Intelligence  
Area One  
Oak Harbor, Wash.  
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Reserve Intelligence  
Area Three  
New Orleans, La.  
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(888) 347-2606

Reserve Intelligence  
Area Three  
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(901) 874-5619

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San Diego, Calif.  
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(800) 548-4738

Reserve Intelligence  
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(888) 436-2246

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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

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Reserve Cryptologic  
Area East  
Fort Dix, N.J.  
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Reserve Cryptologic  
Area West  
San Diego, Calif.  
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Reserve Cryptologic  
Area South  
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Major Command  
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011-81-611-742-2377

Amphibious Group Two  
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Amphibious Group Three  
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Bureau of Medicine and  
Surgery  
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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

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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  
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(757) 836-4571  
(757) 836-3847

Fleet Intelligence Training  
Center Pacific  
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Headquarters  
US Marine Corps  
DSN: 278-9360

Joint Chiefs of Staff  
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Joint Forces Intelligence  
Command  
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Military Sealift Command  
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Mine Warfare Command  
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Naval Air Force  
US Atlantic Fleet  
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Naval Air Force  
US Pacific Fleet  
(619) 545-2734

Naval Air  
Systems Command  
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Naval Coastal  
Warfare Group One  
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Naval Criminal  
Investigate Service  
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Naval Education and  
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Naval Expeditionary  
Logistics Support Force  
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Naval Facilities  
Engineering Command  
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Naval Meteorology and  
Oceanography Command  
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Naval Network and Space  
Operations Command  
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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  
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Naval Sea  
Systems Command  
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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  
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Naval War College  
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Naval Region Europe  
011-44-207-514-4605

Naval Region Mid-Atlantic  
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Naval 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  
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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  
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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  
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(671) 339-5117

US Naval Forces Southern  
Command  
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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



*Petty Officer  
2nd Class Carlos  
Cabrera, one of 445  
Navy Reservists  
reporting to the  
Navy Expeditionary  
Logistics Support  
Group before  
mobilizing to  
perform customs  
inspections, fit  
tests body amour  
before deployment.*

*U.S. Navy photo by  
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