

Happy 64th
Birthday!

Dare to
Compare!

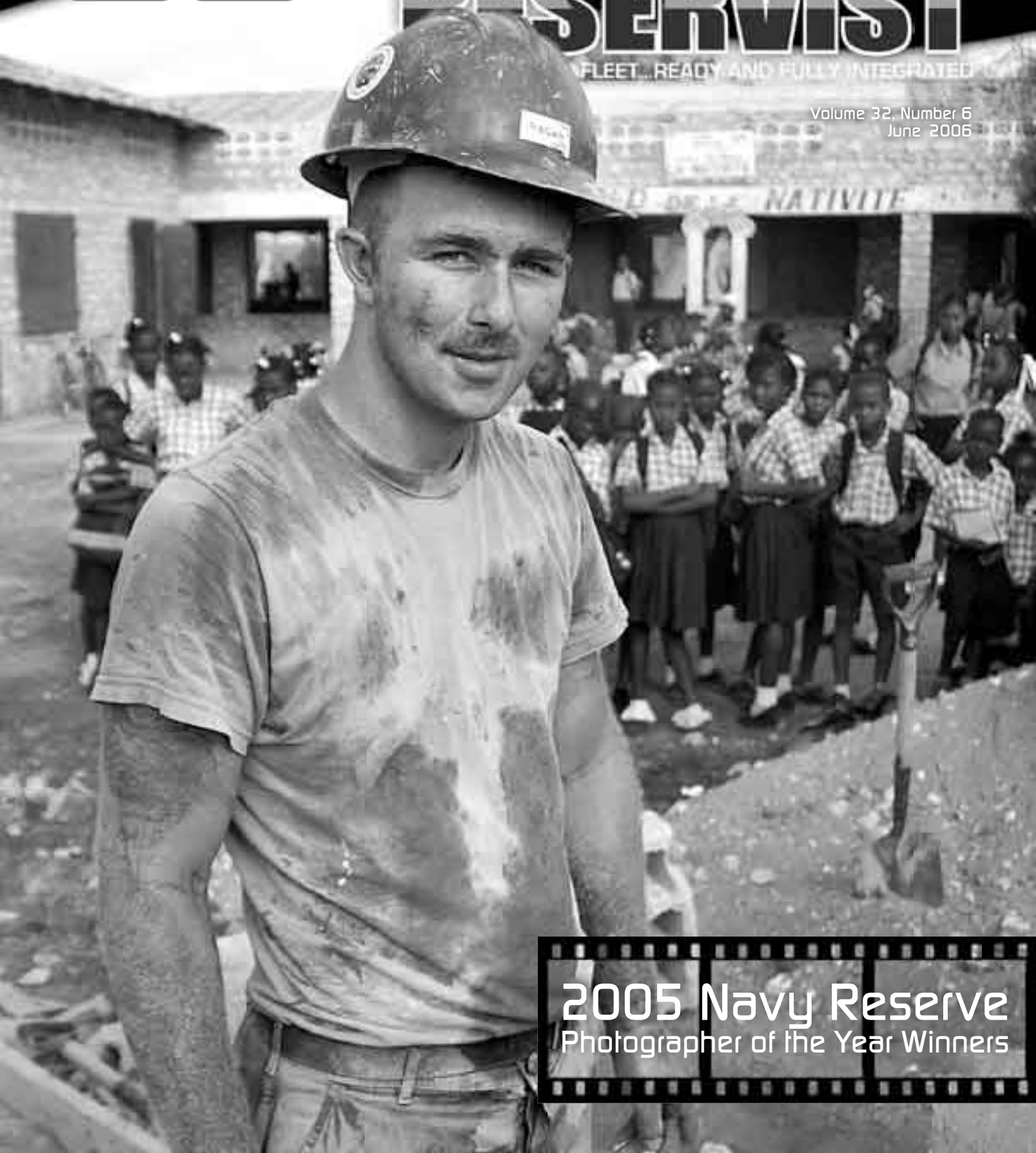


Reserve
Component
Benefits

The NAVY RESERVIST

FLEET... READY AND FULLY INTEGRATED

Volume 32, Number 6
June 2006



2005 Navy Reserve
Photographer of the Year Winners



Bringing The Ship on Land

Poem by
Boatswain's Mate 2nd Class Ephraim Lee

We're bringing the ship on land,
every screw and every bolt,
every tradition, every honor,
everything that we were taught.

We'll bring the ocean waves,
and the blueness of the seas,
We'll make sure the union jack
is blowing in the breeze.

It's never been done before,
they say, an undertaking of this kind,
But we'll man the rails and yell,
"everybody tow a line!"

We'll take our peacoats off
and lay them on the deck,
We'll trade in our dungarees
for a desert cami set.

We'll drop our anchor right here,
and nail our lines into the sand,
Because this is our battle too,
we want to give a hand.

We'll do our tour with pride,
and put the mission first,
We'll ask God for his blessing,
because we know what freedom's worth.

The water's still our home
and the depths still call our name,
But we think we'll stay on land,
we like it just the same.

June Features



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Individual Augmentation Warrior Skills Training Course

"The sum of its parts cannot be greater than the whole," doesn't apply here. Navy Reservists prove they are a force to be reckoned with.



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Reserve Components Benefits Comparisons

New Navy Reserve bonuses announced. See how incentives and benefits stack up against other military branches.



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Patrol Squadron 94 (VP-94) Decommissioned

More than 30 years of Navy service, VP-94's "Crawfishers," quietly leave New Orleans.



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Chief of Naval Air Training Aligns Under Commander Naval Air Forces

Naval Aviation Enterprise's ongoing efforts to create greater aviation war-fighting readiness.



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Leyte Disaster Shifts Exercise Balikatan to a Real Mission

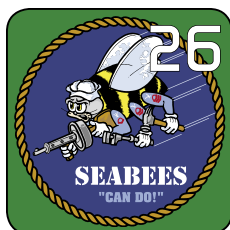
Fortuitous Reservists are in right place at right time as they aid in humanitarian relief.



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2005 Photographer of the Year Contest Winners

Peruse a year-full of great photos submitted for our consideration. This honorable mention winner is HM1 Kristen Thorstenson's "Greetings from Greece."



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Happy 64th Birthday Seabees!

You look marvelous. Congratulations on 64 superb years of magnificence. Oorah!



Our Cover:
Navy Builder
Constructionman Eric
Hagar, NMCB-1, takes a
break from mixing cement
in front of Ecole N.D.
de la Nativite, a Haitian
elementary school.

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

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

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

Cmdr. Ed Bucalin ... Force Public Affairs Officer

Lt. Adam Bashaw ... Deputy Force Public Affairs Officer

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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



Unceasing Accountability

One of the most enjoyable parts of my job is having the opportunity of meeting and conversing with our Sailors.

I've noticed in most cases, the younger the Sailor, the better the chances are of hearing what's on his or her mind, regardless of rank. This happened recently when I shared an elevator ride with a young petty officer who told me he had read my last three articles on honor, courage and commitment. He thinks I'm sincere in my efforts to inspire others to live the core values, but he also thinks most people are not capable of sustaining that level of accountability 24/7.

His comment caught me off guard and made me wonder why he would think that. Regrettably, I didn't have time to formulate a good response. In fact, I had just enough time to thank him for his comment and to step off the elevator. Since then, I've thought about what I could have said.

I could have told him that while nobody gets it right all the time, we have sworn to try — and not just when it's convenient or when we are in uniform. I could have told him about Mr. Rudy Fernandez, a civilian who has worked as a member of our Navy Reserve team here in New Orleans since 1986. Rudy was born with Osteogenesis Imperfecta, a degenerative disease that makes bones fragile and stunts a person's growth. As a result, Rudy suffers from extreme scoliosis and is wheelchair bound. When Rudy was a small child, he and his family escaped from Cuba. Now, every Monday through Friday, despite the fact that every single minute of every day Rudy lives in pain, he wheels into the CNRFC finance department where he works as a budget technician. As Hurricane Katrina approached New Orleans, Rudy managed to escape, but he lost every single thing he owned. Rudy could

claim disability and quit work, but guess who was one of the first people to return to work after the hurricane. That's right, Rudy. Rudy is an example of unceasing accountability.

I could have told him that how we handle our challenges determines our character. I could have told him about Cmdr. Sharon Bemis of Alabama. She wanted to serve her country, so in 1986, then Photographer's Mate Bemis was recruited into the Sea Air Mariner program. She attended boot camp in Orlando and later headed for "A" school at NAS Pensacola. She made it to PH3 before being commissioned as an ensign. What is so special about Bemis is that despite tremendous challenges, she has been absolutely tenacious about meeting and exceeding the responsibilities she has accepted. She has learned to turn hardships into positive life lessons. While her husband was on active duty, she managed to run the home, be an active mom to their three daughters, work a full-time job, serve in the Navy Reserve Force, and graduate from college with a degree in physics. Years later, when she had to face the hardest challenge of her life, the loss of a beloved daughter, Bemis exemplified extraordinary poise and courage that was forged from a lifetime of unceasing accountability.

I could have told him that doing what's right is a personal choice. I could have told him about CS1 Cary Taylor, who, in her youth, faced grave personal hardships that could have destroyed her. Instead, Taylor made the choice to beat the odds. She wanted to do her part to preserve freedom, so she joined the Navy and later the Navy Reserve Force. She graduated from college, was mobilized for a year, and is now earning her master's degree. CS1 Taylor chooses to volunteer thousands of hours to her community. She raises money for the Multiple Sclerosis

Foundation by biking hundreds of miles; she volunteers for the Hispanic community and speaks when asked, such as at the Hispanic Observance Day in Pensacola, Fla.; she volunteers at Sacred Heart Hospital and helps those who are facing end-of-life issues; and she faithfully visits residents at the Rosewood Manor, nursing home. CS1 Taylor, MIUW 212's Sailor of the Year for 2005, is a prime example of unceasing accountability.

Are there times when it seems impossible to live up to the core values? I'm going to go out on a limb here and say no. Core values are a part of why we joined the military in the first place. Remember, the Navy Reserve Force is comprised of a team of people: military, civilians, contractors, and family members. No matter which role a person plays, his or her accountability directly affects the team's relevance, and being relevant is the key to effectively and efficiently carrying out the Navy's mission. So, do what's right!

One final note, as of today, approximately 5,000 Navy Reservists are currently mobilized. Additionally, Navy Reservists are participating in every single U.S. Navy exercises worldwide. Vital training exercises such as Cobra Gold, Panamax SPC, Panamax 06, Rim Pac, and Trident Warrior 06 find Navy Reservists working along side the active component. From comments I have personally received from exercise commanders, the exercise is not possible without Reservists as part of the Navy Team. Our Reservists are that good! Keep up the great work. You make me proud to be your commander.

Warmest regards,

Rear Adm. Craig O. McDonald

Commander,
Navy Reserve Forces Command

Force Chaplain

Capt. Gregory G. Caiazza



Getting The Call

Chaplain John Miyahara is a campus chaplain at Dickenson College in Pennsylvania. Campus ministry has its own challenges, but nothing like the ministry he has been involved in since Hurricane Katrina. Working hand-in-hand with the fleet and family services centers, chaplains and other care providers help to bring healing to people in both body and spirit.

In the spring of 2004, I "received the call" from CNRFC asking about my availability to deploy to Afghanistan for seven months. Although I was willing to go, I was unable to be deployed at the time because I had not yet completed the required training to be deployed with the Marines. From that point on, I knew in the near future I'd be called to active duty for training and then be mobilized to Iraq or Afghanistan.

Well, "the call" came at the end of September of 2005. It was not to be deployed to the Middle East, but to provide relief work in the Gulf Coast due to the devastation from Hurricane Katrina. I then packed my car, took a leave of absence from my civilian job as a college chaplain, and headed out to NAS Pensacola.

I was assigned to Task Force Navy Family (now part of CNIC) to be the Community Support Center (CSC) chaplain at NAS Pensacola. NAS Pensacola was a staging area

for evacuees from New Orleans, Pascagoula, Gulfport and other areas in that region hit by Katrina. At the high point of the relief efforts, 2,200 evacuees were temporarily housed at NAS Pensacola. Here, the CSC, worked with the Fleet and Family Services Center and the command chaplain's staff to supply evacuees with housing, basic supplies, clothing, sundries, education for children, resources for health care, connecting with FEMA, SBA, Tricare, and other essential services for day-to-day living. All of the people I worked with at NAS Pensacola, both civilian and military, worked diligently to provide care and contacted thousands of displaced military families and DOD personnel. I was so impressed with their dedication and professionalism, especially since most of them were still rebuilding their own lives after Hurricane Ivan hit Pensacola the previous year.

In mid January, I was transferred to work at the CSC at NAS JRB Belle Chasse, La.

This CSC works to provide material, emotional and spiritual support to all base personnel, especially those effected by the hurricane. There,

I work closely with many case managers in providing the important dimension of pastoral care and other support for families in need. Our responsibilities included: one-on-one counseling, working with a group of service providers for individual needs, being present at

community support fairs, hurricane preparedness briefings, welcome home briefings, working with non-profit service agencies, command courtesy calls, ministry of presence and referrals.

One of the greatest challenges for myself and others in New Orleans is the realization that life is not "normal" and won't be for quite a while. Fear of the upcoming hurricane season is already on people's minds. This has added a lot of stress to anxiety for many. As a result, we formed a great team of people to provide hurricane preparedness briefings to address physical safety, as well as emotional and spiritual well-being.

Although life has stabilized to some point since Katrina, a majority of people are living in temporary housing, unemployed and looking for new jobs, and trying to make settlements with insurance companies, FEMA and the SBA. Even more frustrating is that the simple, daily routines of life have become arduous. Because of this, people are undergoing much more stress than they realize or acknowledge.

As a Reserve component chaplain assigned to this ministry, I hope to provide care for all those who are feeling the trauma of the last hurricane and the fear of the next. With a great team of providers, we are ready to go the many extra miles to take care of our Navy family.

My work as a CSC Chaplain has been personally rewarding, as I get to serve both God and country during one of the greatest natural disasters our country has ever experienced.

Lt. John M. Miyahara, CHC
CSC Chaplain,
NAS JRB NOLA



Sailors Matter



A Year's Reflections

I can't believe I have been in this job for one year! It has been the ride of a lifetime up to this point. I just cannot tell you how the time has flown.

Somebody asked me what I have been up to since moving into this position. Well, I had the distinct privilege to travel overseas twice to the desert and visit our wonderful Sailors in the fight. I have been to all of the fleet concentration points and visited all of the great commands in those areas.

I had the opportunity to visit over 20 Operational Support Centers across the country. On these trips I am speaking with leaders about issues they have as they represent their Sailors. I also met many of you face to face in "all hands" calls and what I call "walk-around" sessions.

It is important to pulse the deck plates and get a feel for the real deal, because I can then bring it back to Washington, D.C. and give valuable feedback to Vice. Adm. Cotton and others in different capacities. For example, I have attended three all-flag officer conferences and

three MCPON Panels with fellow Fleet and Force Master Chief Petty Officers. I have participated in three Secretary of Defense Joint Senior Enlisted Leader forums with my counterparts in all of the service components. During this forum, we attended several functions on Capitol Hill where our voice was heard.

I tell you all of this because I believe it is important to know there are a lot of people who want to do right by our Sailors. During this historical time in our history during the "long war," it is our people who are making the difference. At the end of the day I reflect on the dedication, commitment and unbelievable work all of you are doing across the Navy. I am humbled to be in a position where I can tell your story.

Prior to my arrival, the decision was made to move this office from New Orleans to Washington, D.C. So with everything else going on, we have been in the process of moving! Just like all other decisions, there were pros and cons to measure. But, after a year in the job I sincerely

believe the good far outweighs the bad in this move.

It was President Woodrow Wilson who said: "The ear of the leader must ring with the voices of the people."

I believe I can better represent you and ensure your voices are heard if I am here.

In closing, I have to say that somehow "thank you" falls way short. I hope to continue a steady travel regime. Maybe I will have a chance to tell you face-to-face how much we appreciate your service to our country. More importantly, you will have the opportunity to tell me how you are doing and how it is going. We have a lot going on with many challenges with the work we do.

What will carry the day is the wonderful Sailors and their families who support them.

See you on the deck plates.

FORCM(SW) David R. Pennington

Force Master Chief,
Navy Reserve Force

THE NAVAL
Reservist
Looks
Back 40
Years Ago



June 1966

Exercise Button Hook, a continental defense exercise with the Canadian Navy, touts Reservists from seven Naval Air Reserve stations.

Navy Historical Foundation invites you to join if you have an interest in naval history. The Foundation is a non-profit, self-supporting, non-governmental organization dedicated to the preservation of our nation's heritage of maritime history and traditions.



Enlisted Service Record Maintenance

A field service record is essentially a your military career in a folder. Everything you have done in the Navy is contained in this folder and it is your responsibility to make sure the information is correct and up to date. How many times have we heard Sailors say when it is time to take an advancement exam that a vital award is missing from their record? How about when a medical emergency arises and their page 2 isn't up to date, creating problems with their medical insurance coverage?

Knowing what's in your record and keeping it updated eliminates these problems.

LEFT SIDE:

- 1 OPNAV 5510/415 Record Identifier for Personal Reliability Program (supersedes NAVPERS 5510/1)
- 2 NAVPERS 5510/1 Record Identifier for Personal Reliability Program (canceled/replaced by OPNAV 5510/415) (if present in FSR)
- 3 OPNAV 5211/9 Record of Disclosure, Privacy Act of 1974
- 4 OPNAV 5510/414 Personnel Reliability Program Screening and Evaluation Record (supersedes NAVPERS 5510/3)
- 5 NAVPERS 5510/3 Personnel Reliability Program Screening and Evaluation Record (canceled/replaced by OPNAV 5510/414) (if present in FSR)
- 6 OPNAV 5520/20 Certificate of Personnel Security Investigation, Clearance and Access
- 7 Current permanent change of station orders and endorsements
- 8 OPNAV 5350/1 Drug and Alcohol Abuse Statement of Understanding
- 9 DD 2366 Montgomery GI Bill (MGIB) Act of 1984
- 10 OPNAV 1780/1 Statement of Understanding - Selected Reserve Educational Assistance Program
- 11 DD 2384-1 Notification of Basic Eligibility
- 12 SF 86 Questionnaire for National Security Positions
- 13 DD 398-2 Personnel Security Questionnaire (National Agency Checklist) (Canceled 2-96)
- 14 DD 1879 Request for Personal Security Investigation (PSI) (if PSI is pending)
- 15 DD 398 Personnel Security Questionnaire (BI/SBI) (Canceled)
- 16 NAVPERS 1070/877 Statement of Service
- 17 DD 1966 Record of Military Processing - Armed Forces of the United States (canceled 9-96)
- 18 NAVCRUIT 1133/7 USN Alcohol and Drug Abuse Screening Certificate, (canceled 4-91) Annex "A" to DD 1966 (if present in FSR)
- 19 NAVCRUIT 1133/53 Enlistment Statement of Understanding

RIGHT SIDE:

- 1 NAVPERS 1070/613 Administrative Remarks
- 2 NAVPERS 1070/609 Enlisted Performance Record (current for periods through December 1995), if present in FSR
- 3 NAVPERS 1070/607 Court Memorandum
- 4 NAVPERS 1070/606 Record of Unauthorized Absence
- 5 NAVPERS 1070/605 History of Assignments
- 6 NAVPERS 1070/604 Enlisted Qualifications History
- 7 NAVPERS 1070/602 Dependency Application/Record of Emergency Data and/or DD 93, Record of Emergency Data
- 8 SGLV 8286 Servicemen's Group Life Insurance Election and Certification
- 9 DD 2746 Ready Reserve Mobilization Income Insurance Certificate
- 10 NAVCOMPT 3072 Dependency Status Action
- 11 OPNAV 1740/1 Navy Dependent Care Certificate
- 12 NAVPERS 1070/622 Agreement to Recall or Extend Active Duty
- 13 NAVPERS 1070/621 Agreement to Extend Enlistment
- 14 NAVPERS 1070/601 Immediate Reenlistment Contract
- 15 DD 4 Enlistment/Reenlistment Document - Armed Forces of the United States



Helping Children Make Sense of Deployment Time

"Mommy, when is daddy coming home?"

"After Christmas, sweetheart."

"When is Christmas?"

"It's in December."

"When is December?"

Few things are as incomprehensible to young children as the concept of time. It can be hard enough for an adult to comprehend the thought of a long deployment. Talking to children about the concept can be more complex and sometimes extremely difficult to explain.

Communication Is Key

Experts suggest that explanations of time and deployments can be started from the beginning with children. Try to communicate the news of an upcoming deployment as soon as possible.

With young children, you may need to repeat the news several times. Remember to avoid passing your own sadness or fears to your children. Even infants are intuitive to stress.

An upbeat tone can provide your child the needed security and reassurance that the deployed parent will return home. If you are the deployed parent, discuss what you will be doing in your job, and relay the pride you feel in your duty, rather than focus on the length of time away.

Some questions may have unknown answers, such as the return date or destination. Experts suggest that questions be answered as honestly as possible according to the child's age level. False hope often leads to fear and anger.

Although older children can usually understand an anticipated return date, younger children or children with special needs may need more concrete ways to measure time.

Hands-On Help

Children need tangible ways to comprehend new concepts. They rely on what they can see,

touch and hear to make sense of their world rather than abstract explanations. They can easily learn through demonstrations, interactive activities and illustrations.

Here are a few projects you can do at home to help illustrate time.

Fill a jar with chocolate kisses. Each candy represents a deployment day. Every evening the child receives a "kiss" from the deployed parent. This project can also be done with stickers or other objects.

Set a clock to the deployed parent's time in another country, and discuss what the parent will likely be doing throughout the day.

Create a construction paper chain. Each loop represents a day or week of the deployment and is removed as homecoming time draws near. If the return date changes, make adjustments as needed in the child's absence.

Use a calendar labeled with specific events, such as birthdays and holidays. Hold a ceremonial "crossing off" for each day that goes by.

Keep photos of various family events displayed to represent time periods that have passed.

Make a diary or journal. Label each page with a date, and let the child write about his or her own daily events, even if it's just scribble.

Give an estimated time of return. If you're unsure, you can leave it general.

You're Not Alone

It's hard enough being a parent, but parenting a military child in today's world is even tougher. But help is available.

Enlist a team of supporters from your community, such as your child's teacher, friends, neighbors and the Fleet and Family Support Center (FFSC).

These and other resources can help make the deployment a bit easier, one day at a time. **TNR**



Store Keeper 2nd Class Angela Corrigan and her daughter.

*U.S. Navy photo by
Photographer's Mate 1st Class Michael Worner*

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 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 Jackie Bratt



Intelligence Specialist
2nd Class
James Katavolos

Hometown: Santa Barbara, Calif.

Brief description of your job: Intelligence analyst with Commander, Pacific Fleet Det. 0194, Navy Operational Support Center-San Diego.

Why did you join the Navy: "I have a strong belief in what our country stands for and I believe that it's a force for good."

Who has been your biggest influence since joining the Navy: "All the people who have gone before me and sacrificed with their lives, in some cases, just so I could have all the choices I have in my life."

What do you enjoy most about the Navy: "The can-do attitude."

The most interesting place you have visited since joining the Navy: "I was in Australia for Exercise Talisman Sabre."

What has been your greatest Navy achievement: "I think it's still ahead of me."

Current hobbies: Running, reading, spending time with my girlfriend.

U.S. Navy photo by Journalist 1st Class Jackie Bratt



Intelligence Specialist
2nd Class(AW)
Harry Iha

Hometown: Richmond, Calif.

Brief description of your job: Intelligence analyst, Office of Naval Intelligence, Det. 0194, Navy Operational Support Center Alameda.

Why did you join the Navy: "9/11. People were attacking our country and I was able and willing to defend it."

Who has been your biggest influence since joining the Navy: "I've had lots of help from everybody in the time since I've been in."

What do you enjoy most about the Navy: "I have the opportunity to serve my country and actually make a difference sometimes."

The most interesting place you have visited since joining the Navy: "USS Nimitz. So many people are able to whatever jobs (are necessary) to keep that thing working. It's pretty impressive."

What has been your greatest Navy achievement: "I've received three Navy-Marine Corps Achievement Medals and an air warfare qualification." Iha also was named Blue Jacket of the Year at Navy Operational Support Center Alameda in 2002.

Current hobbies: Slot car racing.








Athens Panathenaic prized amphora with footrace, circa 480-470 BC.




hydrate, Hydrate, HYDRATE!!!!

Hydration is a key element in performance and safety in any fitness routine. As each person differs from the next, hydration needs also differ. The basic amount necessary is eight 8-ounce glasses of water a day. As you sweat more, the body must be properly hydrated to compensate for water lost through sweat.

Here are a few key ways to keep your body performing at an optimum level:

-  Do not wait until you are thirsty to hydrate. By the time you feel thirsty your body has already been deprived of the hydration it needs.
-  Drinking cool water, not sports drinks or carbonated beverages, during warm weather workouts is more beneficial to your body's needs.
-  Remember to drink water throughout the day, not just when it is time to sweat.
-  When you are working out, hydrate at a steady rate during the entire routine.
-  If the body is not properly hydrated, there are several serious side effects it can suffer.

Signs of dehydration:

-  Feeling dizzy or lightheaded
-  Dry or sticky mouth
-  Producing less or darker urine

As the body's temperature rises, it begins to lose water. The body is two-thirds water, when this level is changed dramatically, the effects of dehydration will be felt. For more information please contact your Command Fitness Leader. **TNR**



Story by
Journalist Seaman Quinn Whisner

Lt. j.g. David Young assigned to Strike Fighter Squadron Two Two.

U.S. Navy photo by Airman Daisy Abonza



Test Your Sweat IQ

(choose one) (Answers on page 29)

Question 1: Why do we sweat when we exercise?

- A. To help increase our body temperature
- B. To encourage us to drink more water
- C. To maintain a safe body temperature

Question 2: As an athlete becomes more fit, they do what?

- A. Sweat more and sweat sooner
- B. Sweat less and sweat later
- C. Sweat the same as before, because sweating is entirely genetic

Question 3: Sweating makes us thirsty because of what?

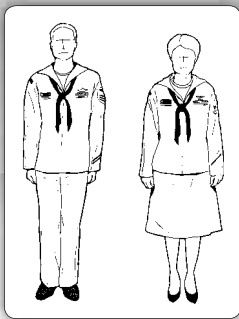
- A. It increases core temperature
- B. It reduces blood volume
- C. It causes dry mouth

Question 4: What, in addition to water, does sweat contain?

- A. Minerals
- B. Vitamins
- C. Protein and Fat

Question 5: Dehydration is dangerous because of what?

- A. It causes fainting
- B. It strains the cardiovascular system
- C. It causes muscle fatigue



REGS TO THE INCH

This month we continue our close look at the Navy uniform. The E-6 and below neckerchief and service stripe proper placement is spotlighted. Measurements are taken directly from the Navy Uniform Regulations NAVPERS 15665I. **TNR**

Centerline

Aligned with V-neck opening



Even Neckerchief Ends

NECKERCHIEF

A 36-inch square made of plain black silk, or synthetic fabric is folded diagonally from corner to corner and rolled continuously to end. The large square knot is tied at the bottom of the V-neck jumper opening, with the ends even. Upper edge of the knot should be even with the point where the collar opens.

BACK TO BASICS

by CNRFC Public Affairs

Note:

Photo representations are not to scale.

SERVICE STRIPES (HASH MARKS)

- Sew service stripes on the left sleeve of dress blue, dress white, dinner dress blue jacket and the dinner dress white jacket with the lower ends to the front.
- The lower end of the first stripe is two inches from the end of the sleeve. The trailing edge of the stripe is in line with the trailing edge of the rating badge.
- The stripes are at a 45-degree angle. When more than one stripe is authorized they are placed 1/4-inch apart.
- Stripes are either scarlet, gold or blue as specified. All personnel wear one stripe for each four years of active duty service or Reserve service in an active status in any of the armed services.



TIEING THE NECKERCHIEF

BACK TO BASICS

*U.S. Navy photos by Photographer's Mate 2nd Class Kurt Eischen
Personnel Specialist 3rd Class Joshua Rayner aptly demonstrates.*



1. Iron to smooth finish, no wrinkles or creases.



2. Fold neckerchief diagonally to form triangle, seams inside.



3. Hold taut. Place first two fingers of left hand across corner, thumb below. Fold up and over fingers to the left.



4. Place the first two fingers of right hand across corner, thumb below. Fold up and over fingers to the right.



5. Repeat Step 3.



6. Take beginning roll in both hands. Roll toward center until completed.



7. Place around neck, right end about four fingers longer than the left.



8. Cross long end over short at the "V."



9. Draw long end back up, over and down to the left.



10. Cross long end over short end.



11. Bring long end back and through the formed loop.



12. Shape knot as shown. Top of knot even with bottom of "V." Ends same length.

Seabee Awarded Purple Heart



FORT BELVOIR, Va. — Equipment Operator 3rd Class Kenneth D. Reynolds was awarded the Purple Heart in a March 4, 2006, awards ceremony for saving the life of a fellow Seabee in the Iraqi desert after an roadside explosion.

Rear Adm. Raymond Alexander awarded the medal to Reynolds, who received the award for wounds he received in action. While injured, the Seabee extinguished flames that engulfed the driver of a Medium Tactical Replacement Vehicle (MTVR) in November 2004 during a mission to Al Asad Air Base.

Reynolds had previously received the Navy and Marine Corps Achievement Medal with Combat "V" for his valor in saving the life of the severely injured driver, Equipment Operator 3rd Class Matthew A. Terrick.

Reynolds, a Reservist serving with Naval Mobile Construction Battalion (NMCB) 23 Detachment 0723 based in Erie, Pa., and his fellow Seabee drove over a triple-stacked land mine during the night in an area where insurgents lurked.

When the landmines exploded, the force tore through the frame of the MTVR, Reynolds said.

"It was just flames shooting up through the

floorboard," he said. "It was like a blowtorch. The whole driver's side door was in flames."

He and Terrick dove out the truck's passenger side. Reynolds shoveled sand on his fellow Seabee to put out the flames that set his clothes afire.

The raging MTVR fire ignited the gas tank, and the truck exploded. They crawled through the sand in darkness and waited for a convoy. Unknown to them, a Marine reconnaissance unit saw the explosion and rushed to where the two drivers were lying in the sand.

"They came flying through the desert," Reynolds said.

The Marines asked the men to identify themselves. Once Reynolds told them who he was, a Navy corpsman with the reconnaissance unit began first aid while the Marines helped.

"I give them a lot of credit," Reynolds said.

Reynolds suffered a concussion, three broken teeth and later had to have his knee replaced because of a war-related injury. Terrick, who was assigned to Det. 1223 in Pittsburgh, suffered a broken leg and burns to his body.

But Reynolds doesn't call himself a hero.

"I just felt like I did what needed to be done," he said. "I don't know what a hero feels like. You're just in a situation and you do what you need to do at the time. I have more feelings toward the guys where things did not work [out] for them."

His fellow Seabees said Reynolds' shyness from the spotlight is typical of his quiet, can-do approach.

"He's a soft-spoken, hard-working, humble Seabee who does his job day in and day out and who doesn't like to draw attention to himself," said Cmdr. Robert A. Oliver, NMCB 23 operations officer who served in Iraq with Reynolds.

Cmdr. Susanne Openshaw, NMCB 23 commanding officer, said Reynolds resumed his role as a Sailor with a hard-working reputation when he returned from deployment.

"He's been very proactive with jumping right back in his role as a Reservist," she said. "He's back 100 percent and contributing to his detachment in the battalion."

NMCB 23 Command Master Chief, CMDCM (SCW) Lou Schwalbendorf, said Reynolds, a former Marine, has the drive to get the mission accomplished.

"He's just a can-do guy," Schwalbendorf said. "He did a great job in Iraq." **TNR**



U.S. Navy Individual Augmentation Warrior Skills Training Course

by Journalist 2nd Class Barrie Barber
U.S. Fleet Forces Command Navy Reserve Office of Information

FORT JACKSON, S.C. — A loud explosion rocks a remote forward operating base. A bandana-wearing insurgent fires a rifle at the camp's military personnel as his truck careens down a road outside the concertina-wire lined gates.

A U.S. Army AH-64 Apache thunders overhead just above the treetops as the camp's combatants go on the hunt for more perpetrators lurking in the woods.

Sound like the latest Marine Corps or Army exercise? Think again.

Welcome to the U.S. Navy Individual Augmentee (IA) Combat Training course at McCrady Training Center, near Fort Jackson, S.C.

Hundreds of Sailors, many of whom are Reservists, will join hundreds more who have already marched through the gates of Fort Jackson since the course standup in January to complete the two-week program before





Executive Officer of Fleet Industrial Supply Center Det 206, Lt. Cmdr. Gordon Jones, and Ensign Tamara Williams assigned to Commander Pacific Fleet 0389, patrol with the Quick Reaction Force.

*U.S. Navy photo by
Photographer's Mate 1st Class Timm Duckworth*

they deploy mostly to the U.S. Central Command AOR in places such as Iraq, Afghanistan, Kuwait and the Horn of Africa.

The training marks the advent of the expeditionary Sailor, said Capt. Marcus Fisk, a Reservist and the student leader of class number 506, comprised of more than 170 active-duty and Reserve Component Sailors who went through training in April. As many as 250 Sailors every two weeks will start the Army-instructed combat course in coming months.

The Navy has about 7,000 individual augmentees in the Central Command AOR of the some 11,000 IAs it has deployed around the globe. Of those, half are Reservists.

"This is the next generation Sailor right now," said Fisk, commanding officer of the Volunteer Training Unit at Navy Operational Support Center, Washington, D.C. "We are definitely in the brown water environment now, and that includes being on the ground."

Sailors, from the ranks of seaman apprentice to captain, will learn the basics of combat skills to assume support roles, and will integrate with Army units in theatre, leaders said.

"It's not Army-Navy," said Intelligence Specialist 1st Class Steven Matkovich, of the Office of Naval Intelligence, Det. 0194 at Navy Operational Support Center, Alameda, Calif. "It's all one team."

While leaders say they are not trying to turn Sailors into Soldiers, Navy men and women are immersed in the basics of the battlefield. In addition to weapons training on small arms, the desert camouflage-



Lt. Cmdr. Charlie Williams, assigned to Fleet Forces Command Det 206, conducts field training before deploying in support of the global war on terror.

*U.S. Navy photo by
Photographer's Mate
1st Class
Timm Duckworth*

clad Sailors learn urban assault tactics, land navigation skills, combat first aid, cultural awareness, and how to travel in a convoy defensively, recognize improvised explosive devices and search detainees, among other topics.

"The Navy is obligated to make sure our Sailors are ready to go when they get over there," said Rear Adm. David A. Gove, commander, Naval Personnel Development Command in Norfolk, Va., and Navy Personnel Command in Millington, Tenn. "We are a nation at war."

"It's one Navy, one fight, no matter where they come from now," said Force Master Chief Michael McCalip, senior enlisted leader at the Naval Education and Training Command in Pensacola, Fla.

Sailors wear as much as 66 pounds of gear, including helmets and Kevlar vests, and carry M-16s and 9-mm pistols with them nearly everywhere. "It's a lot more physical training," Matkovich said. "You're going all the time."

"It's like being back in boot camp for most of us," said Intelligence Specialist 2nd Class

James Katavolos, assigned to commander, Pacific Fleet Det. 0194 at Navy Operational Support Center, San Diego. "There are definitely pains in different parts of your body."

Sailors need to ready themselves physically, as well as mentally and emotionally, before they arrive, said Senior Chief Yeoman Larkin Whetstone, leading chief petty officer in charge of the program who oversees a support staff of a dozen people made up entirely of Reservists.

"I would tell everybody, you've got to get in shape now," he said. "This is a very demanding course."

Along with making sure a mobilization checklist is squared away, he recommends starting a hydration schedule of drinking eight quarts of water a day at least four days prior to arrival.

Under the often hot South Carolina sun, combat trainees find themselves making raids in a mock village with sandy streets and names like Baghdad Boulevard and Karbala Beach. Or they might find themselves under fire while in a convoy on a road surrounded by



ABOVE: Lt. Cmdr. Gordon Jones leads Navy Reservists and active duty personnel in an urban warfare-training scenario.

BELOW: Donning the MCU-2P Nuclear/Biological/and Chemical Warfare gas masks.

*U.S. Navy photos by
Photographer's Mate 1st
Class Timm Duckworth*





... the training here will save Sailors' lives ...

insurgents hiding in hillsides.

"When the first IED sets off, reality sets in real quick," Whetstone said.

There's much to learn, Matkovich said. "A lot of it is combat support stuff that you need to know. It kind of gives you an idea of what you might run into over there."

The Navy has built the support structure for this course on lessons learned, said Cmdr. Eduardo Martinez, a Reservist who is the officer in charge of the Navy Liaison office supporting the students enrolled in the course.

"Each time a class comes in, we learn to make it better," he said.

Lt. Col. Douglas Snyder, battalion commander of Task Force Marshall which is the Army unit teaching the course, said Sailors gain a "very sound foundation" of combat skills and working with joint forces.

"I really feel the training here will save a number of Sailors' lives," he said.

Army drill sergeants who train the Sailors say that's the goal.

"One of the biggest lessons is vigilance," said Sgt. 1st Class Ronald Toole, a Task Force Marshall drill sergeant who on occasion plays the role of an insurgent. "Expect anything at anytime.

"If mistakes are going to be



ABOVE: Sailors gird themselves before rushing into a simulated village.

U.S. Navy photo by Journalist 1st Class(SW) Jackey Bratt

made, this is where they need to be made," he said.

Sgt. 1st Class Joycelyn Johnson, also a drill sergeant, said teamwork is an essential in combat.

"Every Sailor has to pull their own weight for the team in order to be an effective team," she said. "The battlefield is where you're at the time the bullet flies."

Sgt. 1st Class Brian Jarvis, a drill sergeant and Desert Storm veteran, said the Sailors actively find out every detail they can before they leave the Army base.

"They want to learn," he said. "They're like sponges. It makes me feel like my job is more important these days." **TNR**

RESERVE COMPONENTS

NAVY RESERVE

Benefits Comparison

Story by Journalist Seaman Quinn Whisner

Navy Reserve Enhancing the Bonus Program

Enhanced bonuses are in store for active component Sailors transitioning to the Reserve.

The Reserve component is offering lump-sum bonuses of up to \$20,000 for qualified Navy veteran affiliates, non-prior service enlistees and Sailors willing to retrain in critical ratings.

Bonus payments work off a three-tiered system. Each tier represents a different level of monetary gain based on the individual's Navy skill set and contract length.

For Sailors already in the drilling Reserve, their critical skill qualifications enable them to be eligible for up to a \$15,000 lump-sum bonus to reenlist and **"STAY NAVY."**

As a reminder, bonus amounts are linked directly to skill sets as well as the length of the Navy contract signed. Non-prior service enlistees are also reminded they must have

completed Navy boot camp, their specialty school and affiliated with their local Navy Operational Support Center before they receive the bonus.

For more information, please refer to NAVADMIN 085/06 at www.npc.navy.mil/ReferenceLibrary/Messages.

Payment Levels

- NAVET's and NPSB eligible for up to a \$20,000 lump-sum payment upon affiliation for six years.

- SELRES reenlisting are eligible for a \$15,000 lump-sum payment for six years or \$7,500 for three years.

- Officers in selected designators are eligible for a \$10,000 lump-sum payment for a three-year obligation. This applies to both newly affiliating NAVETs and members that have previously served in the Selected Reserve with a minimum of 24 months break in service.

Note: This information is current as of April 14, 2006.

Incentives	Navy Reserve FY06
Basic MGIB-SR	\$297/month
MGIB-SR (Kicker)	\$200/month
Enlistment Bonus (Non-Prior Service)	NPS - \$20K for 6 years Lump Sum Payment upon affiliation
Reenlistment/Extension Bonus	\$15K max for 6 years \$7.5K max for 3 year contract 3-Tier Program amount based on specialty (Tier 1 and all 6 year contracts paid Lump Sum) (Tiers 2 & 3 year contracts paid 50% upon reenlistment and equal anniversary payments for remainder of contract)
Affiliation/Enlistment Bonus (with Prior Service)	\$20K max for 6 years \$10K max for 3 year contract 3-Tier Program amount based on specialty (Tier 1 and all 6 year contracts paid Lump Sum) (Tiers 2 & 3 year contracts paid 50% upon reenlistment and equal anniversary payments for remainder of contract)
Prior Service Bonus	\$5K max for 6 years \$2.5K max for 3 year contract 4-Tier Program amount based on specialty (Tier 1 and all 6 year contracts paid Lump Sum) (Tiers 2, 3 & 4 year contracts paid 50% upon reenlistment and equal anniversary payments for remainder of contract)
Officer Affiliation Bonus for Certain Critical Skills	\$10K lump sum payment for a 3 year obligation. For new affiliates AND for members that have previously served in the Selected Reserve with a minimum 24 months break in service.
Loan Repayment Program	Not Funded

Army Reserve	Air Force Reserve	Marine Corps Reserve	Army National Guard	Air National Guard	
\$297/month	\$297/month	\$297/month	\$297/month	\$297/month	
\$100, \$200 or \$300/month	\$350/month	\$350/month	Up to \$350/month available to NPS, OCS and SMP	\$350/month for critical AFSCs	
\$20K for 6 yr. contract	NPS - \$10K for 6 years	\$10K for 6 yr. contract	Up to \$20K for 6 yr. contract	\$15K for 6 yr. contract, \$8K for 3 yr. contract	
\$15K for 6 years or two 3 year bonuses, \$7.5K first three and \$6K for the second three, served consecutively	\$15K for 6 years \$7.5 for 3 years \$6K for second 3 years <i>FY05 NDAA</i>	None	\$15K for 6 years, \$7.5K first 3 years and \$6K for the second three, served consecutively	\$15K for 6 yr. contract, \$8K for 3 yr. contract	
Current policy is \$200/month for remaining MSO < 49 months or \$10K for 50 month or greater	\$50/month X months of remaining obligation	\$50/month X months of remaining obligation	\$15K for 6 years, \$7.5K for 3 years	\$15K for 6 yr. contract, \$8K for 3 yr. contract	
\$15K for 6 years or two 3 year bonuses, \$7.5K first three and \$6K for the second three, served consecutively	\$15K for 6 years \$7.5K for 3 years \$6K for second 3 year contract	\$15/10/5K for 6 year contract \$7.5/5/2.5K for 3 year contract \$6/4/2K for second 3 year contract	\$15K for 6 years, \$7.5K for 3 years	\$15K for 6 yr. contract, \$8K for 3 yr. contract	
\$10K or \$20K depends on select critical skills	Not Funded	Not Funded	Max \$20K: Only for repayment of existing loans NPS: for initial contract only; PS: those who immediately reenlist or extend for a period of not less than 3 years, if for reenlistment/extension bonus, if for SLRP only, then must contract for 6 years from date of SLRP.	15% or \$500 per qualifying loan, NTE \$3.5K/member/year and \$20K over lifetime of member, for 6 year enlistment or reenlistment	

VP 94 DECOMMISSIONED



Commanding Officer, Patrol Squadron (VP) 94, Cmdr. Matthew Dubois addresses the Sailors assigned to VP-94, Naval Air Station Joint Reserve Base, New Orleans prior to the command pennant being lowered for the last time.

*U.S. Navy photo by
Photographer's Mate 3rd Class
Michael O'Day*

by Chief Journalist Jay Cope

With little ceremony or fanfare, Patrol Squadron (VP) 94 decommissioned on March 31, 2006, after more than 30 years of service to Navy and country.

The only formal observance of the decommissioning occurred when the squadron mustered in front of the hangar Feb. 3, 2006, to lower the command pennant for the final time. Only about 30 members of the unit, which had previously numbered near 300, were present for the event.

"This was the most people we were going to have," said Cmdr. Matt Dubois, commanding officer, VP-94, "so I didn't want to wait."

Only about 15 members were still attached to the squadron at the end of February, and the numbers have continued to dwindle as more personnel transfer to new commands.

The squadron's mission was to conduct ground and flight training of Navy Reserve personnel in order to maintain combat readiness. For the past four years, this has exclusively been through counter-narcotics and drug enforcement missions.

The unit closes down as part of the consolidation of patrol squadrons across the country due to the age of the aircraft. According to Dubois, VP-65 from Point Mugu, Calif. and VP-66 from Willow Grove, Pa. Are also slated for decommissioning. The units flew the P-3C Orion, which is marked for replacement by the P-8 Poseidon in upcoming years.

"The aircraft is getting old, and there aren't enough of them for the Navy at large," Dubois said.

VP-94 had four of the aircraft left when the unit evacuated due to Hurricane Katrina, and did not return with the squadron following the storm. The average age of the planes was approximately 25 years. Several other planes have been previously transferred to other squadrons prior to the hurricane.

Dubois said plans to decommission the unit have been in place for several years, and were originally part of the 2004 budget. Neither Katrina nor BRAC 06 impacted the decision to close down the squadron.



TNR



Chief of Naval Air Training (CNATRA), headquartered in Corpus Christi, Texas, began to align under the San Diego-based commander, Naval Air Forces (CNAF) in March 2006 as part of the Naval Aviation Enterprise's (NAE) continuing efforts to create greater efficiency and synchronization while increasing aviation war-fighting readiness.

"CNATRA's mission is to produce the world's finest combat aviators and aircrew on time, in the right number and at the right cost," said Rear Adm. Don Quinn, chief of Naval Air Training.

Aligning Naval Air Training Naval Air Forces *with*

by Naval Air Forces Public Affairs

"This alignment will better synchronize Naval Aviator, Naval Flight Officer and Naval Air Crew production with fleet aviation requirements and resource sponsorship."

According to Capt. Chuck Henry, CNAF Assistant Force Readiness Officer, the transition will be transparent to almost everyone, as there are no planned movements of assets, no base closures as a result of this alignment and no personnel changes.

"This is largely an administrative effort that will place all of CNATRA's aviation hardware, budget and cockpit-related training under the overarching leadership of CNAF and our enterprise partnership," said Henry.

One objective of the realignment is to align aviator production with fleet requirements, based on the Fleet

Response Plan. CNATRA's aviation metrics will also be aligned with established NAE metrics which will afford the enterprise greater visibility and overall control of production and readiness costs.

The alignment will also integrate flight training budgets into the overall NAE budgets (proposed for fiscal year 2007). This will enable Naval Aviation to better mitigate shortfalls in one area of the enterprise with savings generated in another.

"With the training squadrons previously aligned under the Naval Education and Training Command (NETC) in Pensacola, Fla., we couldn't transfer funding from the fleet into the training pipeline when necessary,

nor could we capture any savings generated by training commands to support fleet requirements," said Henry. "This will enable us to better manage all of Naval Aviation's requirements."

"With this alignment, we'll preserve the established and proven aspects of NETC training, geared towards classroom instruction and curriculum development," added Quinn. "They're still vital to the overall process, and this will ensure we deliver training using the newest methods and media available."

According to Quinn, the alignment transition plan will take approximately nine months to complete.

"We anticipate tremendous synergy in the combining of CNAF and CNATRA training assets and NETC's continued leadership in curriculum support," said Quinn. **TNR**





Right Place, Right Time Rushes Relief Efforts

*Navy Reservists Support Balikatan
2006 and Leyte Relief Effort*

by Journalist 1st Class Scott Comstock

CLARK AIR BASE, PHILIPPINES — Navy Reservists with Fleet Logistic Support Wing played a crucial role during Exercise *Balikatan* 2006, a bilateral combined exercise, which was held in the Philippines Feb. 20 to March 5.

This exercise is conducted annually in the Republic of the Philippines and its purpose is to exercise joint and combined operations in support of the Mutual Defense Treaty between the United States and the Republic of the Philippines. This year's goal was to ensure interoperability of American and Filipino forces for humanitarian and civic assistance on the Philippine islands of Cebu, Luzon and Sulu.

The plan changed after the Feb. 17 mudslide in Leyte, Philippines. By sheer coincidence, *Balikatan* 2006 personnel enabled key assets of the American and Filipino militaries to be in the right place at the right time to assist relief efforts on Leyte Island, after a massive mudslide buried the town of St. Bernard. This slide also buried an elementary school, trapping 250 young children and teachers in more than 100 feet of mud.

The mud that buried the residents of St. Bernard was too unstable to use construction equipment directly in the rescue effort. Marines on site reported that plywood used as a way of crossing the mud simply sank into the liquefied earth. With this sort of problem common throughout the effected area, U.S. Marines and the Philippine military were forced to use shovels and even bare hands to dig.

Navy and Marine helicopters flying from the USS *Essex* (LHD 2) and USS *Juneau* (LPD 10) supported the Marines. Both ships had arrived in Filipino waters for Exercise *Balikatan* 2006 prior to the disaster in Leyte. Medical personnel from the Navy ships and from the island of Luzon also worked in the disaster zone to aid the victims.

Navy Reservists from the Fleet Logistic Support Wing supplied food, clothing, water, oxygen and other essentials to assist Filipino victims and to aid their rescuers on the scene. Other Reservists worked side-by-side with their active duty counterparts at sea.

ABOVE: Site of the massive Feb. 17 landslide on the island of Leyte, Philippines, entombing the town of St. Bernard.

*U.S. Navy photo by
Journalist 2nd Class Brian P. Biller*

Fleet Logistic Support Wing is the largest air wing in the United States Navy and its aircraft are crewed by Full-Time Support (FTS) Sailors and Selected Reservists, often while on their annual training. They provide the cargo handling capabilities of the United States Navy throughout the world.

The Sailors original plan was wrapped solely on logistical support for the civil military operation and field training exercise portion of the exercise, according to



LEFT: Aviation Machinist Mate 2nd Class Zack Trudell unloads Marines field gear from VR-59's C-40 transport "Spirit of New York."



*BELOW: Chief Aviation Electronics Technician Todd Mound secures a load of field gear for the Marines.
U.S. Navy photos by Photographer's Mate 1st Class David Votroubek*



LEFT: A CH-46E Sea Knight from the Flying Tigers of Marine Medium Helicopter Squadron 262 from the USS Essex (LHD 2) takes off after unloading food, blankets, water and other vital supplies to survivors.

U.S. Navy photo by Photographer's Mate 1st Class Michael D. Kennedy



Aviation Structural Mechanic 3rd Class Brian Krukiel, FTS Reservist and crewman with Fleet Logistic Support Wing VR-59.

"It's really good that I can help do something to help the people of the Philippines and this disaster (relief effort)," said Aviation Electronics Technician 3rd Class Sakima Stringer, Aircraft Transport Safety Specialist for Fleet Logistic Support Wing VR-61 Squadron, based out of Whidbey Island, Wash. Stringer is new to the Selective

Reserve and this is his first time to the Philippines.

Even as Stringer spoke, Air Force, Marine and Filipino air crew unloaded supplies from VR-61's C-9 transport sitting on the runway for a quick turn-around back to Okinawa, Japan for more supplies.

In Filipino, *Balikatan* means, "sharing the load together." With American and Filipino military personnel working alongside Filipino civilians to save lives on Leyte, this year's *Balikatan* 2006 lives up to its name. **TNR**

PHOTOGRAPHER OF THE YEAR



PICTURE STORY

1st Place: PH2 Roger Duncan,
NR FLTCOMCAM Norfolk



PICTURE STORY

2nd Place: JO1 Benjamin Franklin,
NMCB 25



PORTRAIT

1st Place: PH2 Roger Duncan,
NR FLTCOMCAM Norfolk

2nd Place: PH2 Roger Duncan,
NR FLTCOMCAM Norfolk

3rd Place: PH3 Wendy Wyman,
NR CV Northeast 1169

Navy Reserve Photographer of the Year WINNERS

1st Place:

PHI Michael Morialis,
NR FLTPACEN PAC

2nd Place:

JO1 Mark O'Donald,
NR Naval War College Newport

3rd Place:

PH2 Roger Duncan,
NR FLTCOMCAM Norfolk

Honorable

Mention:

PH1 James Finnigan,
NAVELSG Forward Oscar/Customs



NEWS

1st Place: **PHI Michael Morialis,**
NR FLTPACEN PAC

2nd Place: **PH2 Roger Duncan,**
NR FLTCOMCAM Norfolk

3rd Place: **JO1 Mark O'Donald,**
NR Naval War College Newport



COMBAT CAMERA

1st Place: **PHI Michael Morialis,**
NR FLTPACEN PAC

2nd Place: **Ensign Stephen Katz,**
NMCB 25

Please join me in congratulating the Navy Reserve Photographer of the Year and other outstanding shooters for their achievements and continued support to our visual communications initiatives. This year's Navy Reserve Photographer of the Year competition included more than 120 images from 20 Sailors documenting the global contributions of the Reserve Component. Photograph was submitted in eight categories and winners were selected in each category as 1st, 2nd, 3rd or honorable mention. Well done to all!

Keep charging,
Rear Admiral "T" McCreary, chief, Navy Information

ADDITIONAL WINNERS in:

FEATURE

Honorable Mentions: J02 Melissa Mullin,
PACOM DET 111
J01 Ralph Radford,
NR FLTPACEN PAC

PORTRAIT

Honorable Mentions: HMI Kristen Thorsten
PH2(AC) David Difunforum



ILLUSTRATIVE

1st Place: J01 Mark O'Donald,
NR Naval War College Newport



SPORTS

1st Place: PHI Timothy Duckworth,
NR NI COMSEVENTHFLT Atlanta
2nd Place: PHI Michael Morialis,
NR FLTPACEN PAC
3rd Place: J01 Brian Brannon,
NR FLTPACEN PAC

PHOTOGRAPHER OF THE YEAR



PICTORAL

1st Place: JO1 Greg Cleghorne,
NAR San Diego

2nd Place: HMI Kristen Thorstenson

3rd Place: JO1 Mark O'Donald,
NR Naval War College Newport



FEATURE

1st Place: PHI Michael Morialis,
NR FLTPACEN PAC

2nd Place: PH2 Roger Duncan,
NR FLTCOMCAM Norfolk

3rd Place: JO1 Mark O'Donald,
NR Naval War College Newport

June 2006 • TNR • 25

Another Historical SEABEES Birthday

by Journalist 1st Class Leslie Shively,
NMCB 22 Public Affairs



With compassion for others, we build. We fight for peace, with freedom.

LEFT: Commodore 22nd Naval Construction Force (NCR), Capt. Eric Odderstol, left, Naval Mobile Construction Battalion (NMCB) 22 and Assistant Officer-in-Charge, UCCM Craig Nelson, NMCB-7 representative CSSN Kevin Beckworth, and 1st Naval Construction Division Deputy Commander, Rear Adm. Albert Garcia III, celebrate the Seabees' 64th birthday.

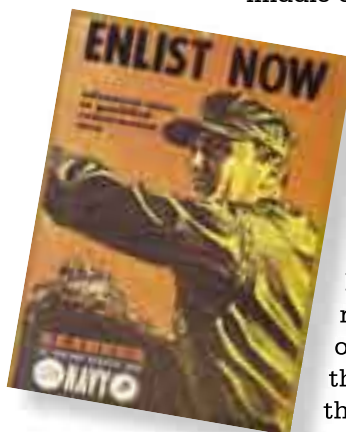
*U.S. Navy photo by
Journalist 1st Class Leslie A. Shively*

Camp Moreell, Kuwait — On March 5, forward deployed Seabees from the 9th Naval Construction Regiment (NCR), the 22nd NCR, Naval Mobile Construction Battalions (NMCB) 7, 22 and 25 celebrated the **64th birthday** of the U.S. Navy Seabees, the **139th birthday** of the Civil Engineer Corps and the **164th anniversary** of the Naval Facilities Engineering Command.

Seabees are the Navy's combat construction and contingency engineering force, currently deployed to Iraq, Kuwait and 12 other countries around the world in the execution of combat construction and humanitarian relief missions. Seabees assigned to Camp Moreell have applied their "Can Do" skill and motivation to building new neighborhoods and communities in Iraq in support of Operation *Iraqi Freedom* (OIF), and continue to improve forward basing facilities and security for Sailors and Marines assigned to the OIF combat zone.

In the midst of building for the betterment of the Iraqi people and deployed troops, many Seabees from NMCB 7,

based in Gulfport, Miss., are still working to rebuild their own homes and neighborhoods devastated by Hurricane Katrina. After immediately responding to the most significant natural disaster recorded in the United States, NMCB 7 applied as much time and effort to return their personal and family lives to order prior to the start of their six-month deployment in February. They were aided in this effort by Task Force Navy Family, and



resources provided by the Gulfport Fleet and Family Service Center.

"I am impressed, because NMCB 7 had to train for deployment in the middle of Hurricane Katrina. For

a lot of us, that would just keep us from taking our "A" game forward, but I never see that in NMCB 7," said Rear Adm. Albert Garcia, III, deputy commander of the 1st Naval Construction Division, in a speech recognizing the sacrifices of battalion members and their families who suffered through the hurricane.

"I would rather go through getting shot at and having incoming mortar rounds than

go through that again," said NMCB 7 Utilitiesman 3rd Class Rachel Martis of the hurricane experience.

Martis said she lost nearly everything in the hurricane. Preparing for this deployment, her third in Southwest Asia, was particularly challenging, because she and her fellow Seabees had to live in warehouses instead of quarters while their barracks were being repaired.

Garcia also recognized the contributions of the other units at Camp Moreell. "You've been called to serve your country, you go and you do a good job. It truly inspires me to keep serving and that's why I like to come out, because of your personal examples."

He commended NMCB 22, a Reserve battalion from Fort Worth, Texas, at the end of their deployment for a job well done and encouraged NMCB 25, a Reserve battalion from Fort McCoy, Wis., as they begin their six months in theater. "I have all of the confidence in the world," Garcia said. "NMCB 22's got a lot to be proud of going home. This is a good break, a good turnover."

Reserve Naval Mobile Construction Battalions are routinely programmed into Naval Construction Force manning plans. The Seabees

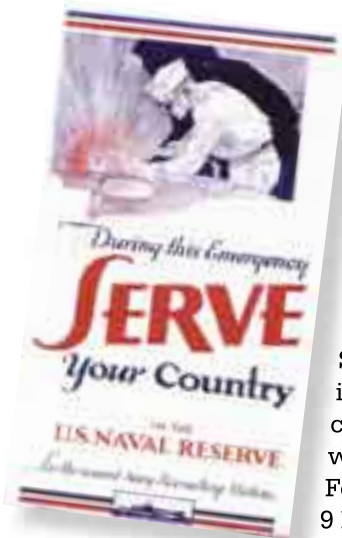
rely on Reserve units as part of a robust Active-Reserve Integration (ARI) doctrine, and Reserve Seabee battalions can expect to mobilize once every four years. This month, 9 NCR became the first Reserve Seabee regiment to serve in OIF in a command and control capacity, integrated with Marine Expeditionary Forces under the leadership of 9 NCR Commodore, Capt. Terry Wilkerson.

The Reserve component Seabees, as construction tradesman in their civilian careers epitomize the World War II heritage of civilian construction professionals deployed to harms way. In 1942, these professionals were officially made members of the naval service and became the Navy Seabees under the guidance of

audience, Master Chief Utilitiesman Craig Nelson of NMCB 22, and the youngest, Constructionman Kevin Beckworth, of NMCB 7.

The Camp Moreell birthday celebration concluded with a cake cutting, but the spirit of the Seabees carried over into the camaraderie shared at the ceremony as well as in the field in the conduct of contingency construction projects.

In proud Seabee form, the members serving in combat in Iraq and Kuwait pledged to perpetuate the Seabee legacy "With compassion for others, we build. We fight for peace, with freedom." **TNR**

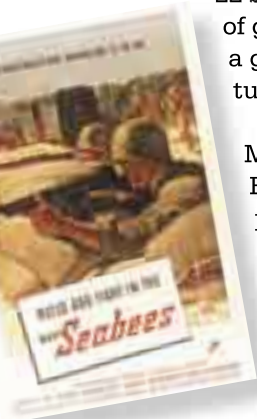


**Happy
64th
Birthday
SEABEES!**



the "father of the Seabees," Adm. Ben Moreell. It was most fitting that the 64th Seabee birthday celebration was acknowledged and honored by Seabees deployed forward in combat at the camp named for their founder.

In fine Seabee birthday tradition, Garica led the crowd of about 200 in a rousing verse of "The Song of the Seabees," then introduced the eldest Seabee in the

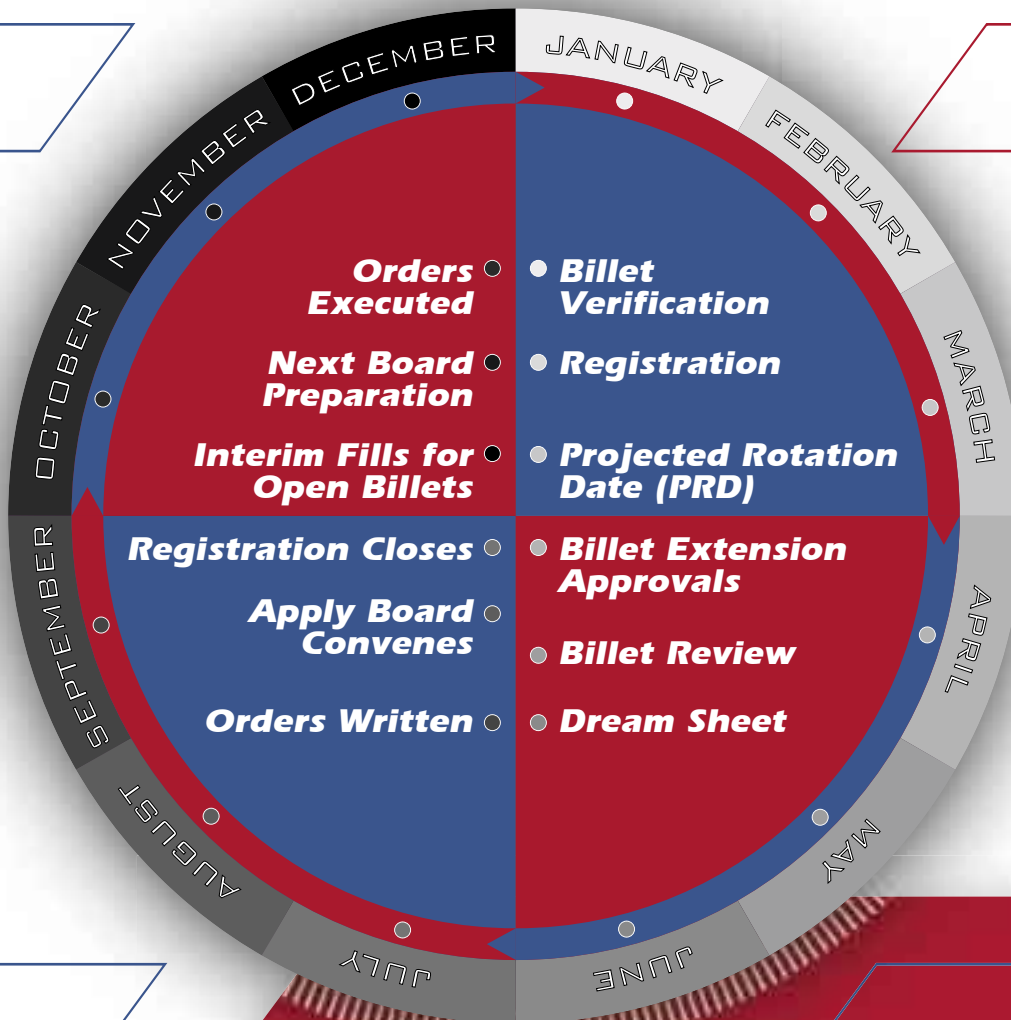


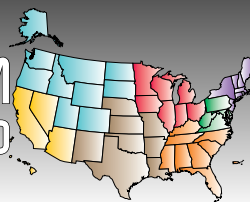


**APPLY is open
for registration.
Now is the time to
ensure your checklist
is in order to give
yourself the best possible
chance for billet assignment.**

**FISCAL YEAR 2007 (FY07) NATIONAL
COMMAND AND SENIOR OFFICER
(O5/O6) NON-COMMAND BILLET
SCREENING AND ASSIGNMENT**

What is the APPLY Board process? The APPLY Board process is designed to screen and select our best qualified officers to senior leadership and management positions and is vital to the continued integration of the Active and Reserve components of the Navy. It works, basically, like any other selection board and is the vehicle used to fill senior leadership billets. This is achieved through a consistent assignment process that promotes credibility with resources sponsors, major claimants, supported commands and the drilling Reserve community. The APPLY Board will be held Aug. 14 to Sept. 1, 2006, at Navy Personnel Command (NAVPERSCOM) in Millington, Tenn.





REDCOM Northeast

LAKEHURST, N.J. — Nearly 150 Navy Seabees from Naval Mobile Construction Battalion (NMCB) 21 reported for active duty March 11 for eventual deployment to Southwest Asia in support of Operation Iraqi Freedom. The Seabees of NMCB 21, most of whom reside throughout New Jersey, New York and Pennsylvania, will relieve a detachment of their fellow Seabees from the battalion that deployed nearly five months ago. The first detachment is currently supporting the Coalition Forces Land Component Command (CFLCC) in Kuwait. The Seabees will report to Naval Base Ventura County in Port Hueneme, Calif., for training prior to deploying overseas.



REDCOM Southeast

JACKSONVILLE, Fla. — Two first class petty officers from Navy Reserve Readiness Command Southeast led the setup of the 2006 First Class Petty Officer Leadership Symposium, held aboard Naval Air Station Jacksonville March 29–30. Yeoman 1st Class Danyell Rowland and Personnel Specialist 1st Class K. Baker worked on planning the event for the past year. Petty Officers Navy wide were in attendance and guest speakers included Navy region Southeast Commanding Officer, Rear Adm. Mark Boensel; Navy Region Southeast Chief of Staff, Capt. Matthew Schellhorn; and Navy Region Southeast Command Master Chief Richard Trimmer.

The RC “**Force E-mail Distribution List**” (FEDL) was established two years ago to provide timely Navy Reserve info to the Force daily.

ANYONE who is interested in staying up-to-date on the Navy Reserve Force is highly encouraged to be part of this distribution list, specifically RC personnel (officers, enlisted and civilian employees), family members or civic community leaders.

To register, please e-mail CNRF Public Affairs, Cmdr. Ed Buclatin (ed.buclatin@navy.mil) and Lt. Adam Bashaw (adam.bashaw@navy.mil). In your e-mail, include your rank, name, billet and the e-mail addresses (NMCI and non-NMCI) you'd like to receive the info.

Membership to the FEDL is voluntary. If you are currently receiving RC Force e-mails and would like to be removed from the list permanently, please send an e-mail to CNRF PA with “UNSUBSCRIBE” in the subject line. All current members of the FEDL who want to remain on the list do not need to take any action.



FEDL Topics:

- CNRFC Daily News Clips
- CNR and CNRFC messages
- RC-related Naval messages
- Public Affairs guidance
- Updated policies/benefits for personnel and family members
- RC Operational Summaries
- RC articles of interest

Culture of Fitness “Test Your Sweat IQ” *ANSWERS from page 8.*

Question 1: Why do we sweat when we exercise?

C. To maintain a safe body temperature – The evaporation of sweat from the skin during exercise, enables us to maintain a safe core body temperature.

Question 2: As an athlete becomes more fit, they do what?

A. Sweat more and sweat sooner – As a person becomes more fit, he will sweat more efficiently. This means he will sweat sooner, sweat more and sweat over a greater surface area of the body.

Question 3: Sweating makes us thirsty because of what?

B. It reduces blood volume – Sweat losses reduce the blood volume, which in turn, increases the sodium concentration of blood. These physiologic changes stimulate the brain to trigger thirst

Question 4: What, in addition to water, does sweat contain?

A. Minerals – Sweat contains minerals such as sodium, potassium, and chloride, in addition to small amounts of other electrolytes.

Question 5: Dehydration is dangerous because of what?

B. It strains the cardiovascular system – The fluid lost in dehydration decreases the overall blood volume. This requires the heart to contract more frequently and forcefully to maintain the same stroke volume. Because blood circulation is compromised, it makes it difficult to maintain a safe core temperature.



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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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

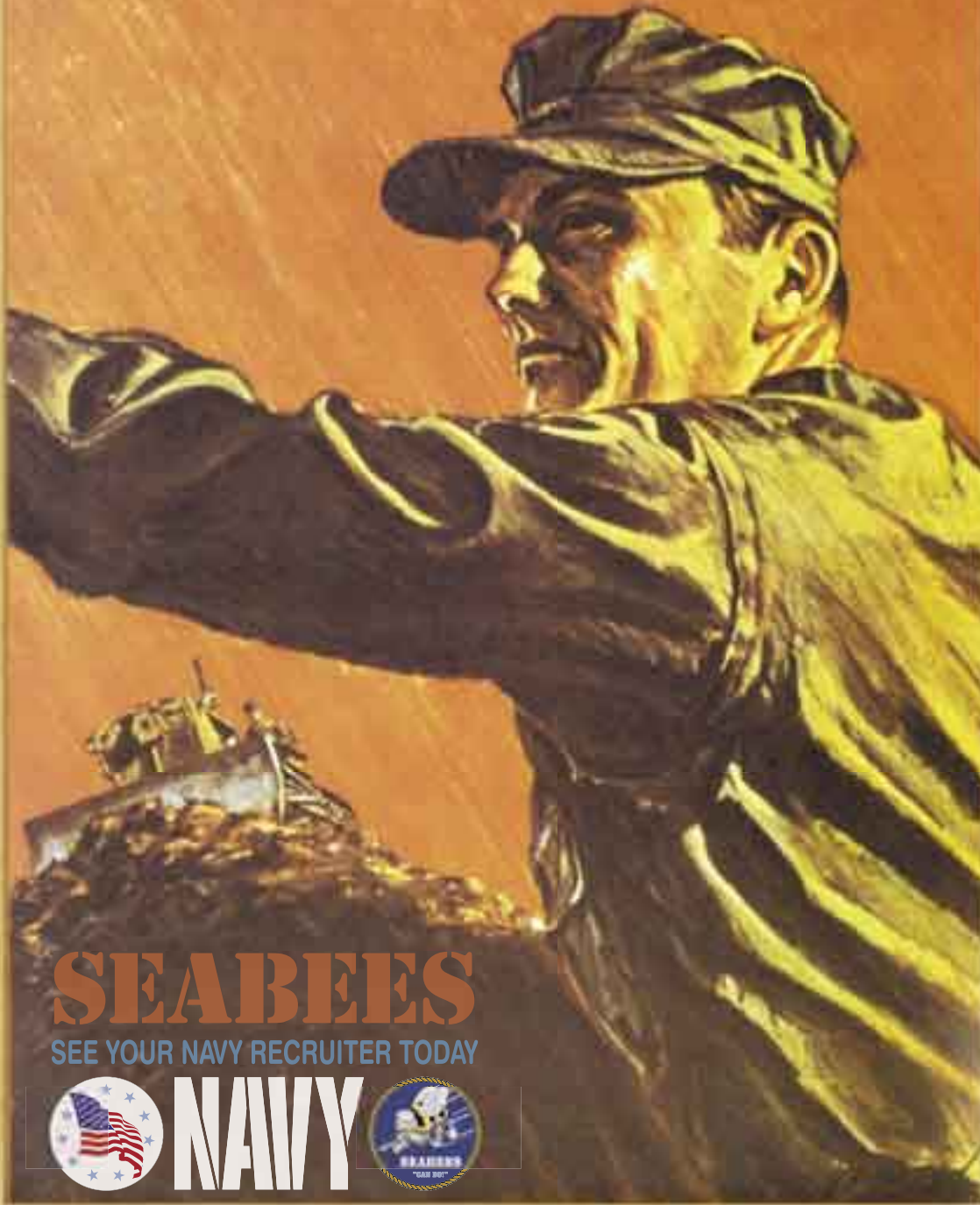
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(877) 822-7629

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Training Course at
Ft. Jackson, S.C.*

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