

Exercise
Colonial Outlook



Exercise
Valiant Shield



The NAVY RESERVIST

SUPPORT TO THE FLEET... READY AND FULLY INTEGRATED

Volume 32, Number 9
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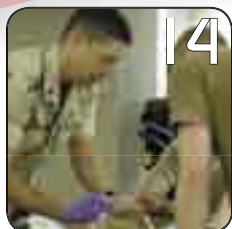


BE READY



“Many will be involved in this effort, from FBI agents to intelligence operatives to the Reservists we have called to active duty. All deserve our thanks, and all have our prayers. And tonight, a few miles from the damaged Pentagon, I have a message for our military: *Be ready*. I’ve called the Armed Forces to alert, and there is a reason. The hour is coming when America will act, and you will make us proud.”

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PRESIDENT GEORGE W. BUSH’S STATE OF THE UNION ADDRESS,
SEPTEMBER 20, 2001



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Our Cover:

Lt. Dave McKinney patrols during an Individual Augmentee Training Course prior to deploying in support of Operation Noble Eagle.

U.S. Navy photo by
Mass Communication
Specialist 1st Class
Timm Duckworth

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The Navy Reservist is always looking for good action photos of Navy Reservists (minimum 300 dpi) that tell a story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph, including 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 NOSC Personnel Office.

Commander's View



Our Navy Reserve remains busy supporting the fleet and combatant commanders around the world and at home. Our Sailors are more ready than ever with continual emphasis by leadership on the personal responsibility by each and every REServist. Remember, with a steady state mobilization number of about 5,000 Navy REServists, everyone will get the opportunity to serve in support of the Global War on Terror (GWOT) as an Individual Augmentee (IA) or with a unit. We must all continually "Be Ready" to answer the call to duty.

Whether you volunteer or receive the call to serve, you must maintain physical, medical, dental, administrative and family readiness. Every REServist must be fit and have a lifelong dedication to our "culture of fitness." The mentality of the "Three-Mile-a-Year Club," is no longer acceptable. GWOT requirements are taking us into very physically demanding environments, so our Sailors will only achieve mission success if they are physically prepared.

Our CNO is determined to assist the other services in the GWOT effort wherever and whenever possible through the utilization of IAs. We work closely with Navy planners and the Mobilization Cell each and every day to ensure that Sailors are given proper notification of their report for duty date. Due to your superb efforts, the Navy RC is leading the way in being ready and making a difference in every required capability. Thank you for your strong commitment. We will continue to do whatever it takes to support our deploying IA Sailors and units.

As a result of the disasters of last year and the inability to rapidly and accurately muster Navy personnel, CNP, CNIC and CNRFC have instituted new Total Force mustering procedures that include all Active and Reserve (FTS and SELRES) Sailors and civilians. Please check with your unit CO, supporting NOSC and Regional Reserve Component Commanders to ensure that you know and practice the new procedures. The work/home/mobile phone may not be

useable, and the "phone tree" may not be executable during a disaster due to loss of power, communication lines or down cell towers. The use of new technologies, such as text messaging or mobile e-mailing, should be incorporated into your mustering plans and exercises. We should all assume we may have to conduct our missions without reliable phone or Internet communications for at least a few days. During last year's hurricanes, we also found pay phones continued to work well. So, we plan to have a toll-free number to call for muster.

It was very encouraging to talk to Sailors in the past month on the phone and in person. Everyone is getting the word about readiness requirements, and especially the need to stay fit. PS3 Erin Popcun has served for more than three years and is now at NOSC Rochester, N.Y. She looks forward to going to sea, finishing her college degree and says PSC Smith Brown is a great mentor! Her favorite memory was a trip to Washington, D.C., for a DTS course and of course, getting through boot camp. At NOSC Bangor, Wash., YN2 Randy Lee has served for 10 years, wants to improve himself, continue supporting the customers, get a college degree and perhaps get commissioned. His mentor is SK1 Donald Moon, and his favorite memory is boot camp graduation and getting to fly on MH-53s with HM-15. Also looking forward to getting a college degree and a commission is YN2 Sarah Jones from NOSC Fargo, N.D. She enjoyed boot camp, loves to travel and really likes the new JASS detailing system and our emphasis on "Sailor for Life." She also commented that the changes in the Navy Total Force have been very positive. Her mentor is SK1 Cynthia Dullum, who is working on her master's degree! At NOSC Tulsa, Okla., Active Component Sailor HM2 Martha McKinney has learned a lot about the RC, and is proud of their 93.5 percent medical readiness. She is working on a degree and a commission and is happy to have SK1 Melissa Fermhan as a mentor. Her favorite memory is of the

recent strong Tulsa community support for an injured Marine. Former deck seaman, PS1 Albert Gaspard, was surprised when he answered the duty phone at NOSC Richmond, Va., but quickly recovered and talked proudly of his wife and son, his 10-year active, SELRES and FTS career, focus on customer service, and his mentor, PSCS Shawn Sanroman, who showed him how to be a Sailor. He fondly remembers being at sea, and also of cutting a Navy birthday cake as a brand new 17-year-old seaman in Sigonella, Italy, onboard USS Austin (LPD 4). Also surprised was PS2 Larry Hubbard at NOSC Ebensburg, Pa., who recently became an FTS after serving as an aviation ordanceman with Patrol Squadron (VFA) 2 onboard USS Abraham Lincoln (CVN 72) for two cruises. He is married with three children, would like to get a college degree and a commission and is mentored by PS2 Beth Ann Webster. His favorite memories are of the quiet flight deck at night, after a full day of flying and maintenance, and of course, port calls, especially to Singapore and Perth, Australia.

On the fifth anniversary of the horrific events of 9/11, please remember those who were lost that fateful day. Many have since given the ultimate sacrifice for us. The Total Force remains deployed in action today, defending America and our freedoms, while enabling other nations and their citizens to enjoy the same. More than 40,000 Navy REServists have answered the call to duty, some more than once, and many thousands more stand ready to do whatever it takes to prevail. We will win this long war, but it will take all of us to keep working together, supporting our Naval Forces and the Combatant Commanders. Always remember our Commander-in-Chief's words shortly after 9/11: "We will not tire, we will not falter, and we will not fail." Be Ready!

Vice Adm. John G. Colton
Chief, Navy Reserve

Sailors Matter



Doing Good

The power of “goodness” is truly an amazing phenomenon. In my family, especially when my children were younger and a conflict would break out in the home, my wife would usually weigh in after a certain degree of escalation with the ever effective order “all right guys – be nice.”

I recently heard an incredible statistic that came to light after the relief effort to tsunami victims in Indonesia last year. In a predominantly Islamic region of the world, polls reported a 70 percent negative view of the United States and 30 percent positive. After the tsunami, the polls reflected a complete reversal in those percentages.

I listened to the Chief of Naval Operations, Adm. Michael G. Mullen speak in Annapolis, Md., last month and he talked at length about the vision and mission of the Navy in the future. Our primary mission is to prosecute the Global War on Terror. To do so we must remain strong. We will continue to take the fight to the enemy, swiftly, decisively and effectively.

He then stated, however, that much of winning this war is keeping the peace. You are aware of the unbelievable work that Soldiers, Sailors, Airman, Marines and Guardsman are doing to “keep the peace” in Central Command Area of Responsibility (CENTCOM AOR). The Navy is taking on increasing roles in civil affairs in Afghanistan and Iraq.

After the earthquake in Pakistan, it wasn't a call to arms that went up - it was a call for help. The USNS Mercy (T-AH 19) is doing awesome work off the coast of the Philippines providing medical services and aid. There are endless examples of how

our mission goes beyond the war effort. Look at how our military responded during hurricanes Katrina and Rita. Whether at home or abroad, the Navy summons the leadership, leverage technology and looks to the unbelievable Sailors to “do good” for others in need.

I was so excited to have the opportunity to spend the 4th of July with our shipmates in Kuwait. Just days before, I was in Baghdad and then I made a quick run down to Bahlad. I just can't tell you how inspirational our Sailors are!

The Individual Augmentees continue to work tirelessly in one of Saddam's palaces at Camp Liberty; the warriors of the mixed HCS 5/4 team in Bahlad, and of course the consistently steady work of our Seabees, Customs/Cargo Handlers and Navy Coastal Warfare. I thought about a group of REserve Sailors working with the Customs detachment in Kuwait Navy Base who decided to go the extra mile and “do good.” They put their knowledge and skills to the test beyond the work day and volunteered on their off time to totally renovate the bowling alley on the base. It had not worked since 1993, and after assessing the situation, these shipmates acquired the cleaning supplies, paint, oiled the lanes and actually overhauled the electronics and mechanisms that scrape and set the pins and ball return.

Now the lanes are fully operational. You can imagine how it has lifted the morale of all of our military members there to have a little recreation and down time at the newly renovated bowling alley. But what was even more revealing to me was to see the Kuwait Navy there with our troops, along with military members of other countries

laughing, giving high-fives, keeping the peace and “doing good.”

The Commander-in-Chief gave us all the challenge that will no doubt go down in history – “Be Ready.” It is the focus of this month's magazine. Are you Ready? We will be called upon in many ways, but I submit that nothing we can do is more powerful and effective than the ability to “do good.” Are you ready to “do good” in our homes and families, to our fellow man at home and abroad? *God bless you and 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
September 1966

New Orleans based Reserve training ship, USS Hyman (DD 732)
was presented with Letter of Commendation for its past year's efforts in assisting with recovery from the 1965 Hurricane Betsy disaster. Hyman, a deep-draft vessel, located a sunken chlorine barge in the Mississippi River. New Orleans Naval Air Station helicopter pilots and crews were awarded air medals and Coast Guard commendation medals for rescuing 885 people from flood waters in the hurricane's aftermath.

Force Career Counselor

This n' That



This month's article will be tidbits of information. I want to thank everyone over the past few months for your e-mails and questions on some of the articles I have written. Please keep the e-mails coming. You deserve an answer, and I will try my best to get you one. If I cannot answer them, then I will forward them to someone who can. Here are two areas that I think need to be covered.

National Guard and Reserve personnel who elect to enroll in the **TRICARE Retiree Dental Program** (TRDP) within 120 days after retirement are eligible to skip the 12-month waiting period normally required for certain TRDP benefits (such as crowns, bridges, and braces). All new enrollees seeking to obtain the waiver should submit a copy of their retirement orders along with their enrollment application.

It is important to note that as with all new retirees, the 120-day period during which a "gray area" retired Reservist or Guard member can enroll in the TRDP to qualify for the 12-month waiting period waiver begins with his/her retirement effective date, not the date he/she reaches age 60.

Eligible retirees and their family members can find answers to their questions about the program as well as enroll using Delta Dental's dedicated TRDP Web site at www.trdp.org or by calling the toll-free number at (888) 838-8737.

Recently, members of the Center for Career Development (CCD) and several members of the Full-Time Support (FTS) community put their heads together to provide a quality program to help our Sailors throughout their career.

Many of the Navy Counselors will have had a chance to discuss this at the annual NCA Symposium this year in Memphis. For the folks who did not attend, this tool will be of value to you and your command for future endeavors. I asked NCCS(SW/AW) Joe Mack from CCD to write a quick piece on this, and share what is in store for

us in the very near future:

The **Career Information Management System** (CIMS) is the only authoritative career information management database in the Navy. For the first time ever, command master chiefs and command career counselors will have the ability to view previous Career Development Board (CDB) minutes for any Sailor at their command, unit or activity, whether they are coming from the AC to RC or vice versa. Your CDB minutes will follow you your entire career.

With CIMS, service records are no longer needed to complete CDB's. All CIMS CC users have view only access to the Electronic Service Record (ESR) within Navy Standard Integrated Personnel System (NSIPS) for every enlisted Sailor in their command/unit. Because CIMS gets all of it's personnel data from NSIPS, there is no need to input any data. This seriously reduces the preparation time of the command/unit career counselors in regards to their CDB's. CIMS also currently gets input from and Naval Education and Training Professional Development and Technology Center NETPDC for advancement information.

Soon, CIMS will have access to Physical Readiness Information Management System (PRIMS) Electronic Training Jacket (ETJ) and Navy College Management Information System (NCMIS) data which will automatically populate data fields within CIMS that will give boards a snap shot of a Sailors last four Physical Fitness Assessment (PFA) scores; Leadership, NKO and E-learning course completion dates along with a Sailors Voluntary Education course/degree completion data.

CIMS is also your one-stop shop for career counselor reports. Age 60, EOS, HYT, Citizenship, Command Demographics and many, many more. In addition to the helpful reports currently available via CIMS the Center for Career Development (CCD) is in the process of

reviewing all of the Command Career Counselor reports available in NTMPS. Any CCC report currently in NTMPS is expected to be available to all CCC's via CIMS early next year.

The next system update of CIMS will add features that will assist with identifying Sailors who are interested in changing components. A RC unit career counselor will be able to select recall to active duty from a drop-down menu in the career decisions section of CIMS that NPC can purge for up to date contact information on anyone interested in recalling to the AC. The same system change request will allow AC career counselor's the ability to add Transfer to the Navy Reserve from a drop-down menu in the career decisions section of CIMS along with the ability to add contact information that Recruiting can purge to contact anyone leaving the AC who is interested in joining the Navy Reserve. One Navy, One Team, One Fight.

The CIMS INQUIRY role which is currently available to all ISIC's and TYCOM's allows your Force, REDCOM, WING, Regional Commanders the ability to view completed CDB's (including the minutes) of any Sailor in their chain of command.

Career counselors, if you don't have a CIMS account, now is the time to get one. CIMS training is funded by the Center for Career Development and conducted at your command (preferably on the drill weekend to maximize unit career counselor participation). The CCD point of contact for CIMS Reserve Component training and information is Senior Chief Navy Counselor Joseph Mack at (901) 874-3194, DSN 882-3194 or joseph.mack@navy.mil.

Great information, senior!! Thanks for the information.

Please feel free to comment on this article or anything else I have written. My e-mail is cynthia.blevins@navy.mil

NCCM(AW/SW) Cynthia Blevins

Force Career Counselor,
Navy Reserve Force



Being Prepared

In preparing for mobilization, one can find a huge amount of material to assist with getting ready. In every Navy Reservist magazine, you find a checklist for mobilization that will provide any list enthusiast with a handy "tasker" to check off.

However, if I were to ask you if you were spiritually prepared for mobilization, how would you respond? If you don't keep a tasker of spiritual preparedness and lists are not your thing, let's take a different look at how to prepare spiritually.

"What matters most in your life?" For me, it was as simple as God, Family and Self. I am a practicing Christian. Having a spiritual life that is based on my beliefs in God, Jesus and the Bible is essential to my well being. Knowing this, I prepared for mobilization with daily bible study and prayer time, a weekly group bible study and regular church attendance. This was my spiritual training.

Most of us have had some spiritual upbringing. Every Sailor must train in a way that when called into action, they can act fluidly and instinctively. Spiritual readiness is no different. In fact, it may be called on more often than your skills.

It never ceases to amaze me how fast people want to get to know God when they start to feel they may not see their next birthday. This is what I call, "cramming for God." You shouldn't cram for a Navy exam any more than you should expect to be best friends with someone you've never spoken to before. No one person has all the

answers all the time. When you've reached the end of your strength and endurance, having the hope that comes from a strong faith base is what pulls you up out of the trenches.

Daily Bible study and prayer is something I benefit from. It keeps me grounded and starts my day off on the right foot. In the days leading up to my deployment, those minutes in the morning became a necessity for my peace of mind and the building of my faith. It was this faith and continuous practice that gave me peace, courage and strength while I was mobilized.

Attending church on a regular basis may not seem like preparation for mobilization. In my case, it provided an immense comfort for my family and for me. Just as it is important to have a will in place to provide for your family in case you are permanently away, it's also important to provide for your family during short-term absence. My church gave a tremendous outpouring of support to me and my family, before, during and after my deployment. People prepared meals for my family, prayers for my safety were lifted up and my family was watched over and cared for while I was gone.

My faith was something I called on regularly for strength, guidance, courage, patience and self-control. Looking at my values of God, family and self, these regular practices prepared me well spiritually in every area. Your values may be different than mine.

Maybe you have prepared yourself and you have a will in place for your family. What about the less tangible things you want

to leave behind? Ever thought of a living will? A living will protects you in case you are injured and cannot speak for yourself regarding your medical care and issues of life support. It also allows you to think about the kind of legacy you would like to leave behind: your values, your goals and your dreams for the ones you love.

It all comes down to peace of mind. What prepares you to wake up each day with joy in your heart despite your surroundings? What prepares you to face those moments of crisis with hope? How do you prepare your heart to keep from hardening when your eyes are filled with visions of war?

Once you receive a call to serve, you'll have several things to accomplish quickly. That is not the time to cram in your training any more than it is time to cram faith into your life. Those hours will be precious to you. You will want to spend as many of them with your loved ones and friends as possible. It's similar to a recent credit card commercial: the investment of time you spend in spiritual preparation = 1 hour per day, peace of mind = priceless.



The TNR Mail Buoy will get your answers from RC leaders monthly to satisfy your curiosities and quell rumor mills. Send your questions to *NAVRESFOR_TNR@navy.mil*.



Dear Mail Buoy

Question: Given the recent situation regarding the unauthorized release of several servicemembers Social Security Numbers, is the service giving any thought to bringing back service numbers, as used prior to 1970?

*HM2 Scott Paduaevans
Navy Reserve Component Command Southeast*

Answer: There are currently no plans to change from Social Security Numbers to an updated service number. The process would require a change of law and there is none in the works.

*Sharon Anderson
Navy Personnel Command Public Affairs*

Question: If someone were interested in transitioning from the Active Component into the Reserve Force (or vice-versa) what would they have to do in order to maintain their current rate?

*MA3 John Liford
NAS New Orleans Base Police*

Answer: One of the best things an active-duty Sailor can do upon leaving the service is to transition into the Reserve Force. They can continue on their Navy career to retirement while pursuing a second career in the civilian

market. However, due to manning issues, they may not be able to maintain their current rating.

The first step is to attend Transition Assistance Program (TAP). During the class, Reserve Recruiters will be on hand to answer questions about transferring to the Reserve Force.

They'll be able to tell servicemembers which ratings are available, and which are not.

If a servicemember opts to cross rate, there are different avenues available to them. Recruiters will work to make the transition as easy as possible.

Once the servicemember has changed ratings, they will have up to 36 months to complete any re-qualifications necessary. If these qualifications are not met, the servicemember will be reverted to their original rate and processed out of the Reserve Force.

A similar process applies to Reservists looking to transition to Active-duty. While they won't have to attend a TAP class, they will have to contact an active-duty recruiter and go through the process with them. This way, there is no mixed information and both the Active and Reserve recruiters can count the transition to their quotas.

For additional details, you can contact your local recruiting office.

*NCC Amy Hazel
CNRFC Career Counselor*

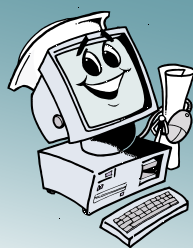
The RC "Force E-mail Distribution List" (FEDL) was established two years ago to provide timely Navy Reserve info to the Force daily.

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 CNRFC Public Affairs, 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.

"**FEDL Alerts**," text message summaries are also sent to SMS-capable cellular phones. To subscribe, e-mail Cmdr. Ed Buclatin (*ed.buclatin@navy.mil*). Include your rank, name, billet, cell number and cell provider.

Membership to the **FEDL** and **FEDL Alerts** 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.



Force Email Distribution List:

- 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



21st Century Leadership Training

In 1997, two Navy captains had a vision of providing professional leadership training to our Reserve officer corps. Their names are John Cotton and Kirk Unruh. The rest, as they say, is history.

Unruh retired as a rear admiral, and Cotton serves as our Chief of the Navy Reserve. Over the years, the Reserve Officer Leadership Course (ROLC) expanded to include chief petty officers and even senior petty officers. But Reservists rarely ever had the chance to take the same leadership course as their active duty counterparts.

Not anymore.

This year, the Center for Naval Leadership stood up eight new Reserve units with 200 facilitators whose mission is to deliver leadership training throughout the country. Most will hold weekend classes at NOSCs. For many Sailors, this means the leadership school will come to you. Take advantage of this opportunity!

What do you mean I can't take my exam?

NAVADMIN 033/06 restores the requirement to complete leadership training before advancing to E-6, E-7, or E-8. More than 6,000 Reserve Component (RC) Sailors still need this course to take their February exam.

Are you one of them?

Previously, the only RC Sailors who needed to take a leadership course to advance were those sitting for the chief's exam. Although there were leadership courses for active-duty second class and chiefs, the Navy Reserve rarely got quotas, and in times of tight funding, opportunities were rare to non-existent.

Today, the Navy Reserve is being called on more than ever to provide RC Sailors for demanding missions around the world. Our ability to lead effectively is one of the most visible signs that we are up to the task. "Wow, you're a Reservist," is a complement that we're hearing more often as we seamlessly integrate into the active Navy as RE-servists. To enable our Sailors to serve more effectively, we are expanding our program to make leadership training available to everyone who needs it.

Who's supposed to go?

The new leadership classes are position-based, not paygrade based. They provide you with the training to do your job. Ideally, you should take your leadership class before you are assigned that level of responsibility. Nonetheless, the advancement requirements exist as a

backstop to ensure that everyone gets the opportunity to learn essential leadership skills as they advance in their career.

The Work Center Supervisor (WCS) leadership course is designed primarily for second class petty officers, but third class serving as WCS may attend as well. The Leading Petty Officer (LPO) leadership course is usually for first class petty officers, but second class LPOs may sign up. The Leading Chief Petty Officer (LCPO) leadership course is for chiefs only. Currently, the only officer course available is the department head leadership course, but this is appropriate for any officer paygrade depending on duties assigned.

But I already went!

Sailors who have completed equivalent leadership courses in the petty officer leadership training course or the leadership development program series receive credit for attending, but why pass up a great learning opportunity? The new courses are anything but "death by PowerPoint." Highly interactive and scenario-based, they place the students at the center of the learning experience - acting out roles that you might encounter in your job, and learning about your personal leadership style preferences.

How does it work?

Enrollment is easy. Just go to the Navy Knowledge Online Web site (<http://www.nko.navy.mil>) and under the "Leadership" tab at the top, click on "Register for Leadership Courses."

Pick the location closest to you, select a course start date, and register. If you can't get five days off of work to go during the week, or you need to use your AT for your supported command, register for a weekend class. It's the exact same curriculum, taught over two drill weekends, spread over four days instead of five. You can use drills, additional training periods (ATPs) if authorized, and even apply for ADT Schools on Navy Reserve Order Writing System if funds are available. Civilians pay hundreds of dollars to receive leadership training like this. You get paid to go. What a deal!

Do it now!

Don't wait. When everyone realizes that they won't get to take their advancement exam without the course, every class will fill up solid. Go to NKO now and Reserve your seat today.

You'll be glad you did.



Gunner's Mate 2nd Class
Matthew Maple stays fit by
training on a stationary bike.

*U.S. Navy photo by
Mass Communication Specialist
2nd Class Paul Cage*

Staying in Shape

Getting the humdrums from your fitness routine is a thing of the past. With new and exciting ways to complement your everyday fitness routines, you can avoid the “blahs” of constantly hitting the treadmill at the local gym.

With fall in the air, now is great time to get moving and prepare for the fall performance fitness assessments with the following exercise forms.

Yoga

A widely acknowledged form of exercise is yoga, invented 2,000 years ago. The most commonly utilized yoga practices are for physical strength and stamina. The poses used in a yoga session are designed to bring a sense of energy and balance to the individual.

Using combinations of meditation with physical strength leaves the individual feeling renewed, yet well conditioned. Yoga can be practiced only one hour per week in order to feel the effects on your muscle groups as well as energy levels. Used in a combination with a cardiovascular routine, it is a way to provide balance to the member's physical fitness routine.



Graphic by Bryan Bordelon

Pilates

Pilates is used to maximize physical movement for stretching, strengthening and balancing the body. Benefits of Pilates include increased lung capacity, as well as improved circulation and coordination. Invented in 1914 by Joseph Pilates, a boxer, the Pilates phenomenon is sweeping fitness centers and physical therapy classes nationwide. Partnered with a regular fitness routine, this exercise contributes to improved health for all ages and fitness levels.



*Story by
Mass Communication Specialist 3rd Class Quinn Whisner*

Spinning

Spinning is a non-impact workout for all fitness levels. Using specially designed stationary bicycles in a series of movements and levels, a challenging outdoor bike ride is simulated. Typically, a spinning class will range from 30 to 40 minutes. Music, visual and auditory encouragement is provided via the class leader. This type of exercise provides the individual with a more cardio-related workout. This makes it a

great alternative to any cardio routine. When used as an “off-day” workout, spinning is a proven way to get the members heart rate up and get you moving.

Other Fun Ways to Get Moving

As always, the goal of physical fitness is to find a workout routine that motivates the member to get moving. Finding ways to get in gear is a great way to chase away the “3 miles a year” mentality. Everyday is an opportunity to improve and enhance your personal fitness level. Each season provides both indoor and outdoor sports to enjoy with family and friends. For those members who have the “run bug,” most Morale Welfare and Recreation (MWR) centers have Run Clubs. This is a

club for any skill level or any age to get together and hit the pavement or trail.

Remember, when starting any new physical fitness routine, consult your doctor and don't forget to warm-up, stretch and hydrate!

For more information on fitness classes in your area, contact your base MWR or Command Fitness Leaders.

TNR

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 Mass Communication Specialist 2nd Class Ken Horne



Senior Chief
Surface Sonar Technician (SW)
Lou M. Wills

Hometown: Millville, N.J.

Brief description of your job: Leading Chief Petty Officer for USS Crommelin (FFG 37)'s Combat Systems Department.

Why did you join the Navy: Wanted to see what was outside of New Jersey.

Who has been your biggest influence since joining the Navy: Master Chief Surface Sonar Technician John Stansbury because he really developed me into the career Sailor I am today. He taught me a lot about leadership and how to make personnel evaluations shine.

What do you enjoy most about the Navy: Working with people across the United States and learning from their experiences. I'm a people person.

The most interesting place you have visited since joining the Navy: Hong Kong

Current hobbies: Playing golf and computers.

U.S. Navy photo by Mass Communication Specialist 2nd Class Ken Horne



Damage Controlman (SW)
2nd Class
Chad M. Harbin

Hometown: Mt. Olive, Ill.

Brief description of your job: Work Center Supervisor for USS Crommelin (FFG 37)'s Repair Division.

Why did you join the Navy: After September 11th, I felt I owed something to my country.

Who has been your biggest influence since joining the Navy: My first chief aboard Crommelin, Senior Chief Hull Technician (SW) Tim McPeck, and my current chief, DCC (SW) Eric C. Payne both showed me the ropes and taught me a lot about how I should conduct myself on and the off the ship.

What do you enjoy most about the Navy: Outside of the Navy, I will probably never get to travel like this.

The most interesting place you have visited since joining the Navy: Cabo San Lucas, Mexico

Current hobbies: Weight training, running, going to the beach and hunting.

Ombudsman Online

Every day, more and more Reservists are being called to active duty, and they often leave behind families who depend on them.

The Navy Ombudsman Program and the Fleet and Family Support Center are available to help families deal with the pressures and difficulties that can arise when a loved one deploys. However, not all Reservists live near a Navy Base. Fortunately, there are Web sites that can help.

The Reserve Ombudsman provide a volunteer force able to offer support and guidance to families. Information and points of contact can be found on the Navy Reserve Web site at <http://navyreserve.navy.mil>. On the main page, click the "Ombudsman" link under the "Welcome Aboard" drop-down menu.

For those family members not within a reasonable distance of a Navy base and want to talk to someone face-to-face, there are other resources. Any service ombudsman or family support center will be willing to help. A valuable source of information is <http://deploymentlink.osd.mil>. The following information and more can be found there.

National Guard and Reserve Family Readiness Strategic Plan deploymentlink.osd.mil/pdfs/stratpln.pdf

Prepared by the Office of the Assistant Secretary of Defense for Reserve Affairs and the Office of Family Policy, this plan seeks to ensure Reservists and their families are prepared to cope with the strains associated with long or repeated deployments and are adequately served by military family care systems, networks and organizations.

Coast Guard Reserve Member, Family, and Employer Support www.uscg.mil/reserve/

This page has been designed to aid Coast Guard Reservists, their families and employers to better

understand the benefits and nature of Reserve service.

Office of the Assistant Secretary of Defense for Reserve Affairs

www.defenselink.mil/ra/

This site is dedicated to today's Reserve force. It provides information about the policies, programs and initiatives that OSD/Reserve Affairs manages for the National Guard and Reserve Components of the United States Armed Forces. This includes family support and readiness issues.

Marine Corps Reserve Community Service

www.usmc-mccs.org/

Marine Corps Community Services (MCCS) is the byproduct of merging the Corps' previous Morale Welfare and Recreation (MWR) and human resources programs and tailoring them to better meet today's needs in personal and family readiness. MCCS is designed around five essential, required capabilities: Marine Corps Family Team Building, Personal Services, Semper Fit, Business Operations and General Support. Marine Forces Reserve, due to the Forces unique challenges, will focus on the first three.

Army Reserve Family Program

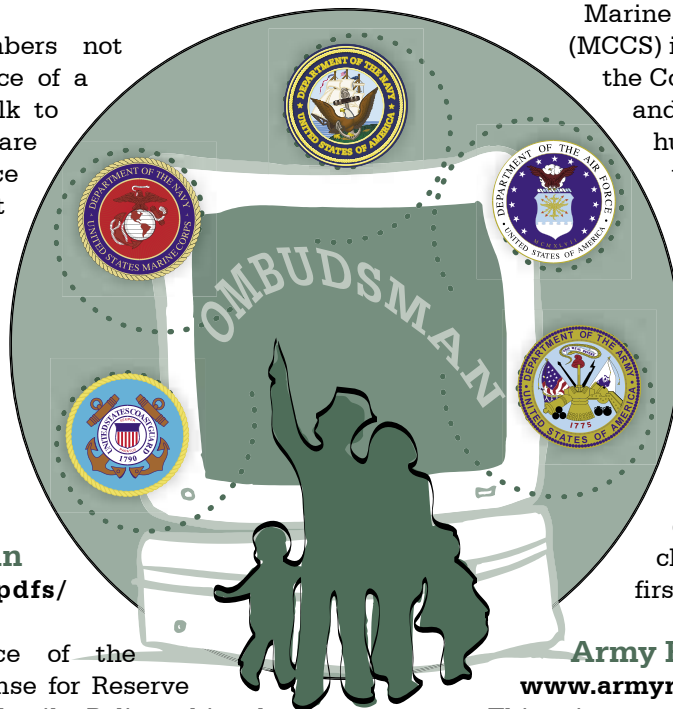
www.armyreserve.army.mil/ARWEB

This site provides information on family program support offices, Reserve family member benefits, family readiness handbooks and Reserve family news.

Air Force Reserve Family Readiness

www.afrc.af.mil/library/family.asp

Families of deployed Reservists will be assisted and supported by the Family Readiness office. The types of deployment assistance services the family can expect include: family support groups, reunion information and volunteer opportunities. **TNR**



Transmit Election Materials Electronically

Story by
Lt. Audry Oxley,
Force Voting Officer

Many states allow the transmission of election materials electronically, either by fax or e-mail. Certain states may allow the citizen to:

1. Send the Federal Post Card Application (FPCA) for registration and/or absentee ballot request.
2. Receive the blank absentee ballot.
3. Return the voted absentee ballot.

To check on your state, you may refer to the Federal Voting Assistance Program (FVAP) Web site at www.fvap.gov or you may refer to the Voting Assistance Guide, Chapter 3, Sections II or III E.

Where Are You Going to be for This Year's Election?

Local election officials must have voters' current addresses to send the absentee ballot. Although it's the citizens' responsibility to notify local election official of changes in their mailing addresses, it's often forgotten. This step is crucial because election officials need to know where to send the ballot. Due to servicemembers being highly mobile, FVAP recommends that the FPCA or SF-76 be completed and submitted every year in January and whenever servicemembers move or are transferred. The following procedures can ensure servicemembers receive election materials in a timely manner.

Notify Election Officials of Change of Address

1. Send a change of address notification by submitting a FPCA. When completing the FPCA, indicate your "NEW ADDRESS" and your "OLD ADDRESS." Completion instructions for each state can be found in the 2006-07 Voting Assistance Guide. State-by-state instructions are also available online at www.fvap.gov.

In addition to providing a current mailing address, the FPCA will register or confirm registration, and acts as a request for absentee ballots for any elections to be held that year.

2. A second option is writing a letter to your local election official with your name, date of birth, and both new and old addresses. The new address should be where you would like to receive your ballot.

When using any of the options provided, it is important to include a voter registration number or Social Security Number and any further information that can help the local election official properly identify you.

Submit an address change early enough so that you have enough time to receive your ballot, fill it out and return to local election officials to meet state deadlines.

If you return to your state of legal residence, or leave military service, be sure to notify your local election official that you plan to vote at the polls in the next election.

by Cmdr. Jon Steen
and
Lt. Cmdr. Pamela Kramer

The Navy Reserve Policy Board (NRBP) is your forum for matters of policy and procedure that can ultimately affect the entire Force. Under charter from Commander, Navy Reserve Force Command (CNRFC), the board is intended to serve as a clearinghouse for policy issues submitted via the chain-of-command. Complementing the continuing Active-Reserve Integration process, the NRPB serves as an advocate allowing Sailors to present issues for consideration at the highest levels of Navy leadership.

Chaired by two drilling Reserve flag officers, the board consists of 15 members, a cross-section of the entire Navy Reserve Force. Members include three Full-Time Support (FTS) officers and five drilling Reserve officers from across all designators, line and staff, one FTS and two drilling Reserve senior enlisted members. Of particular note is the Navy Reserve Force Master Chief and Sailor of the Year also are members. The board operates in three groups with each member assigned to a group and each group assigned an equal amount of issues. Three enlisted personnel provide additional administrative support. Board membership is normally three years with two-thirds of board members returning each year to ensure continuity. A selection board convened annually by CNRFC determines membership, including administrative support.

NAVY policy RESERVE Board

Active Marketing of CNRFC Staff Code Programs and Services to SELRES Members

Issue: Given the distributed nature of the Reserve workforce, a better understanding of CNRFC staff is critical to SELRES. Information of this type is often lacking due to time and resource constraints. Recommend that information about the mission and responsibilities of the N-codes at CNRFC be promulgated in the TNR to include mission areas, programs, and issues of importance, points of contact, key URLs, and policy information.

Resolution: The Board did not concur on the use of the TNR for dissemination of such information. Relevant information is provided (including policy updates) to the Force via regular e-mail transmittals, monthly via TNR magazine and by visiting the CNRF Website. Next month we will detail the process for issue adjudication by the Policy Board, how the board fits in the Navy chain of command, and how you can submit issues to the board and apply for membership.

Partial Payment of Annual Training (AT)/Active Duty Training (ADT) for Periods Less Than 30 Days

Issue: Under current policy and regulations, Drilling Reservists who are on AT/ADT for a period of 29 days will not be paid (active duty pay and per diem) until day 29, vice day 15 and day 29. This often creates a hardship for our Sailors.

Resolution: Drilling Reservists should not have to wait any longer than an active-duty Sailor for a paycheck. Changes being made to the DJMS-RC system will facilitate payments in the near future, but as a work around PSDs can process an "A24" transaction in DMO, placing the Reservist on 15-day pay cycles, the same as active-duty Sailors.



The board normally convenes for one week each spring aboard CNRFC headquarters in New Orleans. Sunday arrivals in New Orleans allow new and returning members to meet and renew friendships and meet with the commander and CNRFC staff before the board's work begins. This social interaction and a more formal dinner later in the week provide an opportunity for board members and staff to network and develop the working relationships vital to the board's work.

The issue submission and adjudication process begins with individuals submitting items to local NOSC Policy Boards for forwarding to the respective Reserve Component Commands (RCCs). RCC policy boards research the issues presented, consolidate similar items, and screen out those items not warranting further consideration (i.e., issues that may be resolved at the local level). Those items that do meet the bar are forwarded to CNRFC where they are collated, serialized and vetted through the staff. Upon convening of the Board, the now-staffed issues are worked first at the group level, and then discussed by the entire Board.

To illustrate the type of issues that typically come before the board, the following examples of "good to know" recently adjudicated issues follow.

Standardization of AT, ADT, ADSW and recall listings on the Navy Reserve Web site. **TNR**

Standardization of AT, ADT, ADSW and Recall Listings on the Navy Reserve Website

Issue: Current listings for AT, ADT, ADSW and recall opportunities vary in presentation and degree of detail. These shortcomings hinder the identification of suitable opportunities and thereby the placement of the right Reservist, in the right job, at the right time.

Resolution: CNRFC N3 has a private-side Web page that incorporates a standardized format for AT, ADT, ADSW and recall listings. The Web page is updated on a weekly basis and can be found at: <http://www.npc.navy.mil/CareerInfo/Augmentation/Pers462/>.

Additional Money for SELRES Meals

Issue: Some Sailors cannot find a restaurant within their local drill area that can provide a healthy, well-balanced meal within the \$7.00 limit for lunch.

Resolution: COMNAVRESFOR P4001.1A, Chap 2, paragraph 4201 states that NOSC's can request a waiver to meal limits. Submit the waiver request and supporting documentation to COMNAVRESFOR Code N4441 via your chain of command.

Point Capture of Active Duty Time

Issue: Currently, there is no automatic way for retirement point credits to be updated after completing an active-duty period (AT, ADT, ADSW or mobilization).

Resolution: A systemic limitation affects the automatic crediting of active-duty points. The next generation of Navy personnel systems will automate the process, however, until one of these systems is deployed, the PSD demobilizing the member should send the DD-214 to Navy Reserve Personnel Center (NRPC). The point of contact at NRPC is Mr. Dennis Rumpza, at (901) 874-5925.



HOUR CARE

STORY AND PHOTOS BY
MASS COMMUNICATION SPECIALIST 2ND CLASS MICHAEL O'DAY

AS THE SUN RISES OVER THE MIDDLE EAST, AND U.S. NAVY CUSTOMS
BATTALION QUEBEC'S DAY SHIFT PREPARES TO MUSTER,
MANY OF THEIR CORPSMEN HAVE BEEN HARD AT WORK FOR HOURS.



LEFT: Hospital Corpsman 3rd Class Kristen Nixon allows a student to practice administering an I.V. on herself during a combat life saver class.



TOP: Two of the many duties of forward deployed Corpsmen include performing phlebotomies (pictured) and administering vaccinations.

Kuwait — Quebec, the third customs unit supported by Navy Expeditionary Logistics Support Group (NAVELSG) in Williamsburg, Va., is assigned to protecting borders and enforcing U.S. laws regarding re-deploying the military troops involved in Operation *Iraqi Freedom*. Quebec corpsmen keep the Sailors healthy to perform that mission.

Hospital Corpsman 1st Class Pascale Mialy, a station officer at Loveland, Colo., Fire and Rescue Department and the leading petty officer for Quebec's Bravo Company, joined the Navy Reserve to be a corpsman because of 9/11 and a strong desire to help an effort she believes in deeply.

"I feel very much a part of a bigger picture," Mialy said. "I feel like I'm

contributing something important by supporting our Navy personnel working so hard to make sure that our brave men and women are going home quickly and safely."

Navy corpsmen need a wide range of skills. They handle everything from record keeping to emergency medicine to assisting doctors in surgery. Providing health care to the Navy Custom Battalion Quebec Sailors demands coordinated effort at several levels.

The eight Navy Reserve medical professionals assigned to Quebec have both military and civilian training necessary to respond to the needs of an operational battalion in a combat theater.

The battalion medical department's lead petty officer, Hospital Corpsman

1st Class Jonathan Greene, a Navy Reservist from NOSC New London, Conn., Submarine Support Center Det. 101, is an experienced paramedic back home. He talks with pride about how almost 400 Reservists came together in a few short months to form a battalion.

"We were able to build a battalion with a medical department providing quality service to our folks everyday," Greene said. "We provide not only for our battalion but provide operational support to the other commands on the bases we work. Our command wants us to give as much support [as possible] to the active-duty folks, whether it be the Navy at the hospital, the Troop Medical Clinic (TMC), the Army 343rd's combat life saver training or the Air Force."

CLOCKWISE FROM LEFT:

Hospital Corpsman 2nd Class Kristin Nixon cares an U.S. Air Force member injury.

Hospital Corpsman 1st Class Jamie Watson vaccinates Yeomen 2nd Class Steve Munday.

Hospital Corpsman 2nd Class Laree Slusser evaluates medical records.

Hospital Corpsman 2nd Class Laree Slusser assesses students learning to administer an I.V. life saver class.



I GO WHERE I'M NEEDED
WHEN I'M NEEDED.
I GO TO THE WORK SITE,
MY OFFICE OR
THE TMC IF IT'S
ONE OF MY PEOPLE,
I WANT TO BE THERE.

"The corpsmen are the backbone. If we didn't have corpsmen we would need a lot more nurses and doctors to do the things the corpsmen do," said Lt. Cmdr. Lynda Spencer, officer in charge of TMC. "The corpsmen are out there doing a tremendous amount of work and a lot of procedures. I just don't think the Navy could function without them."

In addition to supporting the TMC, Quebec's corpsmen are the first level of health care for the battalion's members. They provide first aid, trauma care, preventive medicine, and care checks of Sailors at work sites, taking a huge burden off the base TMC. Also, by running a battalion-level sick call, administering immunization and responding to work site injuries internally Quebec allows TMC on bases they serve to focus on needs that can only a medical officer can address. It also provides Quebec with a high level of care and personal attention from a friendly face.

"I go where I'm needed when I'm needed. I go to the work site, my office or the TMC if it's one of my people, I want to be there," said Hospital Corpsman 2nd Jill Partin, lead petty officer for Quebec's Charlie Company and a Navy Reservist from NOSC Greensboro, N.C., Navy Hospital Camp Lejuene, Det. B. "I'm responsible for the wellness of 97 people here, and I take that seriously." **TNR**





LET'S ROLL!

BACK TO BASICS

by CNRFC Public Affairs

T

his month we take a close look at the Desert Camouflage Uniform (DCU). Blousing of the coat and trouser is spotlighted. Measurements are taken directly from the Navy Uniform Regulations NAVPERS 156651. **TNR**

SLEEVE ROLLING:

The DCU coat is to be worn outside the waistband of the DCU trousers. Sleeves may be rolled up at the option of local commanders.

When authorized, sleeves will be rolled with the inside out, forming a roll approximately 3-inches wide and terminating at a point approximately 2-inches above the elbow.



Note: Photo representations are not to scale.

PULL-OUT

*U.S. Navy photos by
Mass Communication Specialist 2nd Class Nicholas Spinelli*

*Aptly demonstrated by
Mass Communication Specialist 2nd Class Kurt Eischen*



TOP
OF
BOOT



TROUSER BLOUSING:

The DCU trousers shall be of the same material and camouflage pattern as the coat. When worn with combat boots, jungle boots or combination combat/safety boots, the trouser leg will be bloused with garters so that the blouse covers the top row of hooks or eyelets on the boots.

Legal EASE

Story by Lt. Karin R. Burzynski

The Navy cargo handlers and Navy judge advocates' beneficial relationship started as an ad-hoc volunteer association 10 years ago and has grown to include multiple legal assets assigned throughout the Navy Expeditionary Logistics Support Group (NAVELSG), which now includes a forward-deployed legal team providing assistance to Navy Cargo Handlers supporting Operation Iraqi Freedom.



Lt. Joan Malik, left, is welcomed home by Rear Adm. Norton Joerg at NAVELSG homecoming May 5, 2006 in Norfolk.

*U.S. Navy photo by
Mass Communication Specialist
3rd Class
Emily Zamora*

More than with any other mobilized community, Reserve judge advocates are there at every juncture for the cargo handlers. According to NAVELSG commander, Rear Adm. Hank Tomlin, it's why NAVELSG has a relatively small degree of legal problems occurring with the unit.

Ten years ago NAVELSG only had one volunteer legal officer, then Capt. Norton Joerg. Today there are currently two Reserve legal officers mobilized to active duty with the command. One is attached to the headquarters while the other is part of the forward-deployed unit. A Reserve legal officer is also assigned to the NAVELSG's Navy Expeditionary Logistics Response Cell and a master chief legalman is assigned to Navy Supply Support Battalion (NSB) 1.

After 9/11, NAVELSG

prepared to deploy its cargo handlers, and later trained, equipped and deployed customs inspectors to the Middle East. In light of its growing number of forward-deployed forces, NAVELSG decided to mobilize a judge advocate to the headquarters staff in Williamsburg, Va. Although this helped considerably, Tomlin soon realized the need to have a legal officer deployed with NAVELSG units.

"As the number of Sailors under our administrative responsibility grew to exceed 1,000, I found it prudent to provide on-site legal support in theater and mobilized an additional Reserve JAG officer and a legalman to provide immediate consultation and advice on a multitude of issues," he said.

To provide on-site legal assistance to NAVELSG's Forward Group Commander Lt. Joan Malik, assigned to NR Regional Legal Service

Office West 319 in San Diego, was selected to fill that billet.

While on active duty from 2000 to 2004, Malik served as a defense counsel, legal assistance attorney, prosecutor and staff judge advocate.

"This deployment was a perfect progression for me," she said. "While I was on active duty, I had wanted this type of opportunity, but it had not come along yet."

As the first deployed Navy Reserve judge advocate, Malik paved the way for a forward-deployed legal office.

"The most challenging aspect of the deployment was starting the legal department from scratch," Malik said.

"The most challenging facets of the job were getting all the pieces to work and ensuring a legal office that could provide service to the Navy personnel in Kuwait, who are spread out

throughout various camps from north to south."

While there are Navy legal officers in Iraq, Malik was the first Reserve judge advocate deployed to Kuwait, where more than 2,000 Sailors are deployed in support of OIF.

"There are many Navy JAGs in Iraq, (and) Afghanistan, but none in Kuwait," Malik said.

Those active-duty judge advocates primarily support Marine units or the unique Task forces set up to handle civil affairs or detainee operations or the Iraq criminal court system, Malik said.

Throughout her deployment, she was assisted by NAVELSG forward-deployed Legalman 1st Class Mark Adams, who mobilized from NOSC New Haven in Conn.

As the first Navy judge advocate and legalman in Kuwait, the Army welcomed



Legalman 1st Class Mark Adams, left, confers on a legal matter with Lt. Joan Malik at NAVELSG Forward Headquarters in Kuwait.

NAVELSG forward deployed Judge Advocate Lt. Cmdr. Chris Geis takes over legal responsibilities from Lt. Joan Malik.

U.S. Navy photo by Mass Communication Specialist 2nd Class Martha Ruiz



them with open arms, Malik said.

“Part of the reason the job became easier was because I had the support of so many legal assets; Kuwait is ‘Army-centric,’ so there are numerous Army JAGs and paralegals,” Malik said. “When Legalman 1st Class (Adams) and I got there, they welcomed us into the Legal community there and quickly saw the added value as we could service the Navy and even, at times, the Army.”

Legal Business

The NAVELSG legal team’s primary mission is to provide reasonable and practicable sound advice to the group commander, who was in charge of more than 1,000 Navy cargo handlers, Navy customs inspectors, embedded training teams, military transition teams and provincial reconstruction teams in Kuwait, Iraq and Afghanistan.

The legal team advised

the subordinate unit commanders, who were often on the go and had operational concerns. In addition to legal advice provided to the NAVELSG group commander, tangible results of its efforts are evidenced with Malik and Adams assisting during the recent income-tax filing season with the Joint Tax Center, which was opened from January to April at Camp Arifjan.

“We serviced over 700 service members and (Department of Defense) employees who desired to file their taxes, despite the extension allowances. We generated refunds that combined to over \$1 million for those services and saved preparation fees of nearly \$100,000,” Malik said.

Naturalization

“The most exciting initiative of our legal staff, forward and rear, has been in assisting foreign nationals serving in our armed

forces navigate the process of achieving citizenship through naturalization,” Tomlin said.

For Malik, it was the most gratifying part of her deployment.

“The most rewarding aspects (of this deployment) included the opportunity to assist 11 Sailors on their way to becoming U.S. citizens,” Malik said. “Some of these Sailors have served the United States for years, but never had a chance to process the paperwork and become a citizen.

While in Kuwait, the NAVELSG legal team witnessed two of NAVELSG cargo handlers take the oath and become citizens.

“The other nine Sailors are on their way too,” Malik added.

Final thought

Now, back in the States, Malik plans to settle back into civilian life in San Diego, look for a job and continue to serve in the Navy

Reserve. “But,” she adds, “this opportunity, while over, will not be forgotten.”

Joerg, now a rear admiral and deputy commander, Naval Legal Service Command, is proud of the continued service that Navy Reserve Law Program judge advocates and legalmen have provided.

“The inherent problem-solving mindset and resourcefulness and training judge advocates and legalmen possess is an ideal match for the changing and challenging environment in which we find ourselves,” Joerg said.

“We have tremendous talent residing in our Reserve lawyers and paralegals, and we must be sure to use it as much as possible. It will pay off in both predictable and unpredictable ways, and the latter may well be of the greatest value. NAVELSG is showing how it can be done, and how it can pay off,” he said. **TNR**



SURVEY SAYS!

- **Whoa, Stand Down Sailors!** We are getting ahead of ourselves, but we are very excited to hear from our readers on their opinions on how The Navy Reservist magazine is doing. We want to pick your brain to see how we can best fulfill your desires for your Reservist publication.
- Tell us what you like, what you don't, what you'd like to see that is an interest to you. Are we getting the stories you want to read? Should there be a column added or taken away?
- Included in the front of this issue of The Navy Reservist is a survey card.
- Just fill out the attached card, affix a stamp and drop it in the mail!
- All we need is a few minutes of your time to help develop the direction of your magazine. Contributors will also have the opportunity to ask more detailed questions in a follow-up survey to be conducted next month.
- Every card will be read and results of the survey will be posted in the coming months of The Navy Reservist.
- You and your fellow Reservists will benefit from your time to help us better serve our dedicated Reservists.

STORY
SUGGESTION
OR
SUBMISSION

COLUMN
CAST-OFF
OR
BOARDING

MONTHLY
DEPARTMENT
INFORMATION

TNR
SURVEY



Story by Mass Communication
Specialist 1st Class Jim Bane

Images by Mass Communication
Specialist 2nd Class Kenneth Roadcap

Navy Reservists Experience Shipboard Life

NORFOLK, Va. — On April 22, 41 Navy Reserve Accession Course (NRAC) students spent part of their three-day "Waterfront Weekend" living like a shipboard Sailor on the amphibious assault ship USS Kearsarge (LHD 3) as part of their training program.

NRAC students are non-prior servicemembers who join the Navy Reserve with specific skill sets or an educational background the Navy can use to fill critical needs areas. The NRAC service member is advanced to the appropriate pay grade based on those skill sets and or education.

Machinist's Mate 1st Class Scott Mascarello, from Omaha, Neb., the non-prior service co-coordinator, said, "The Waterfront Weekend is kind of like a fast cruise. These guys get to learn how to stay afloat and do their job on a Navy ship. Three days isn't much; but you get

hands-on experience on board a ship."

When the NRAC members arrived, they began the process of getting acclimated to the ship.

"We want everyone to have the experience on the ship, getting to know Navy protocol and using Navy terms," said Lt. Bo Higgins, Kearsarge's training and readiness officer.

According to Chief Yeoman Rico Remigio, from Fairfield, Calif., the leading chief petty officer for NRAC's weekend groups, some of the students are also randomly selected to fill leadership positions.

"We want to give as many of them as we can an opportunity at leadership," said Remigio.

Master-At-Arms 3rd Class Patrick Fox, of Tecumseh, Mich., joined the NRAC program using his law enforcement skills he already has with his civilian job on the

Michigan State Police force.

"I always wanted to join the military; my grandfather and my uncle were in the Navy so it's really a tradition in our family," said Fox.

Fox already attended the required 17-day boot camp at the U.S. Navy's Recruit Training Command, Great Lakes, Ill., and called it a "life-changing experience."

"I was really proud to wear the uniform when I left there," Fox added.

Erin Trepanier, of Methuen, Mass., an emergency medical technician in Somerville, Mass., said the Waterfront Weekend is her first real Navy experience as she doesn't attend boot camp until June 5.

Trepanier said she is "already loving the Navy. I love the shipboard experience. It has been an awesome experience to see how we all come together as a group." **TNR**

Sailors Stand Ready to Protect New York City Fleet Week

Words by
Mass Communication Specialist
2nd Class Gabriela Hurtado,
Fleet Week New York Public Affairs

Photos by
Mass Communication Specialist 2nd Class
David P. Coleman

NEW YORK—Like many other Sailors who are in town to support Fleet Week New York 2006, Operations Specialist 2nd Class Deborah Weatherford and Ship Serviceman 1st Class Alisa Burton berth aboard USS Kearsarge (LHD 3). They wake up around 11 p.m., don their gear, and head to the pier to relieve the watch standers at the city's cruise terminal where most of the visiting ships are moored. They are here to provide safety and protection to thousands of civilians, Sailors and Marines who come through security checkpoints throughout the night. The two rotate their duties, performing tasks such as roving the pier's premises, checking personal items and identification at entry points and inspecting vehicles. Both Weatherford and Burton, who are Reservists attached to Navy Operational Support Center Meridian, Miss., admit the job they do requires long hours, extreme attention to detail, courtesy, and commitment, but consider it to be a more than worthwhile cause.

"I do what I do because I enjoy serving my country, and I have pride in what I do," said Weatherford.

As Reservists, Weatherford said her team members are just as ready, trained and willing to do the job as their active duty counterparts. "People don't know we are Reservists, and it's working out just fine for us. There shouldn't be a difference.

We should be able to step up and get the job done."

Eight U.S. Navy ships, two Coast Guard vessels, and a British Royal Navy ship took part in this year's Fleet Week celebration. With more than 95,000 visitors over a three-day holiday weekend, providing security and order around the piers demanded coordination and sacrifice from every member of the security team. "Their peace of mind motivates me," Burton said, referring to Sailors, Marines and visitors. "I'll be here to make sure they have a good time. I'm prepared to serve."

Burton said she is proud to wear the uniform, especially during Fleet Week. "I worked another Fleet Week New York, just after 9/11, and people waved at us, hugged us, took pictures and asked for autographs. I knew I did the right thing to join the military. The experience sealed my next re-enlistment right there.

TNR



U.S. Navy photo by
Mass Communication
Specialist Seaman
Dennard Vinson

EXERCISE

Valiant Shield

STORY BY Lt. Daniel Bernardi

PHOTOS BY

Mass Communication Specialist 2nd Class Patrick Dille

Our Story:

Valiant Shield Demonstrates U.S. Seventh Fleet's Command and Control Capabilities with Reserve Support, a Key to its Success!



Commanding Officer of Commander, Submarine Group 7, Det A, Capt. Gregory Fine (right), discusses command and control with Capt. Mark Woodall, commanding officer of Carrier Strike Group 5, Navy Reserve Detachment, aboard the Seventh Fleet flagship USS Blue Ridge (LCC 19).



USS Blue Ridge (LCC 19), At Sea — You rarely see three carrier strike groups cruising side-by-side as a B-2 Stealth bomber and F-16 fighter jets fly above in near perfect formation.

That's what happened in the Pacific during exercise Valiant Shield 2006.

Valiant Shield took place from June 19 - 23 in U.S. Seventh Fleet's area of responsibility (AOR), which stretches more than 52-million square miles from the International Date Line to the east coast of Africa, and from the Kuril Islands in the north to the Antarctic in the south. Fourteen times the size of the entire continental United States, more than half of the world's population lives within the Seventh Fleet AOR.

An AOR this large requires an exercise as big as Valiant Shield, which combined elements of USS Kitty Hawk (CV 63) Carrier Strike Group with those of USS Abraham Lincoln (CVN 72) and USS Ronald Reagan (CVN 76). Also participating were elements of the 5th Air Force, 8th Air Force, 11th Air Force, 1st Marine Air Wing, U.S. Coast Guard, Military Sealift Command ships and supporting headquarters staffs.

Among the units participating in the exercise were Navy Reserve (NR) Carrier Strike Group 5 and NR Commander Submarine Group 7.

"We put out the small fires, keep problems to a minimum, so that the war fighters on the Kitty Hawk can fight the fight," said Capt. Mark Woodall, commanding

officer, NR Carrier Strike Group 5.

Located aboard Blue Ridge, the Seventh Fleet command ship, Woodall represented Rear Adm. Douglas L. McClain, commander, Battle Force, Seventh Fleet, as part of Valiant Shield's mission to test command-and-control functions and complex communications procedures.

"Coordinating fighters and other jets among three carrier strike groups requires fast communication and efficient command-and-control action," said Woodall. "Our team streamlines the process and works to ensure operational success."

Reserve support was instrumental to the exercise's success.

"Reservists possess a level of knowledge, corporate knowledge so-to-speak, that leads to the kind of lessons learned necessary to succeed at complex





Lt. Cmdr. Rodney Retzner deconflicts submarine routing during exercise events at COMSUBGRU 7.



Commanding Officer of Commander, Submarine Group 7, DETA, Capt. Gregory Fine, helps coordinate command and control which routinely deploys forces to the Western Pacific to maintain a stabilizing presence in the region.



Electronic Technician 1st Class(SS) Nicholas Kaster ensures the safety of submarine participants during exercise.



operations during real-world contingencies," Woodall concluded. "Reservists are here, forward-deployed, surging to support the fleet."

"The biggest success we've had is bringing this amount of forces together in a complex environment to demonstrate effective command-and-control procedures," Capt. Gregory Fine, commanding officer, NR Commander Submarine Group 7 said.

Fine was also onboard Blue Ridge, representing Rear Adm. John M. Bird, Commander, Submarine Group (COMSUBGRU) Seven and Commander, Task Force (CTF)

74. Coordinating water-space management and anti-submarine tactics for the fleet, 24 members of NR COMSUBGRU 7 and other units within the Submarine Reserve community were

located on other platforms such as the Kitty Hawk and ashore at the CTF 74 command center and serving in the joint environment at the Joint Forces Air Component Commander (JFACC) command center.

"By testing our ability to use submarine assets for varied missions, in coordination with other maritime and joint forces, we're showing our commitment to both peace and stability in the Pacific region," said Fine. "We're a flexible, massive and lethal force. Exercises like this help us sharpen interoperability while demonstrating the Navy's diverse capabilities."

The massive scale of this exercise allowed the U.S. Navy to practice large-scale sustained joint operations in an area that is of significant importance to the United States and its allies around the world.

"Our role in exercises like this is critical and valued," Fine said. "We provide a pool of specially trained, highly qualified resources needed by the various warfare commanders to execute these types of events. "This represents the best of the Reserve Component, providing direct warfighting support to the fleet on the front lines in the Pacific."

"We tend to think of the Middle East as our most important area of responsibility, and it is key, but so too is the Pacific region," Fine concluded. "There are key regional powers and allies in this region, and a substantial amount of our economic trade travels through this AOR."



Next Time:
Valiant Shield 2007 is being planned far in advance. Deploying forces to the Western Pacific to exercise joint skills in peacetime assures success during a contingency.

Capt. Gregory Fine (right) and Capt. Mark Woodall discuss the approximately 290 aircraft and more than 20,000 service members from the Navy, Army, Air Force, Marine Corps and U.S. Coast Guard taking part in biennial exercise *Valiant Shield 2006*.

Operations Specialist 2nd Class(SW) James Gardner advises the surface fleet regarding submarine operations.

Valiant Shield is the first of what will become a biennial exercise series in the Pacific and builds on the Joint Air and Sea Exercise held from 2003-2005, and from previous exercises such as Northern Edge and Terminal Fury. **TNR**

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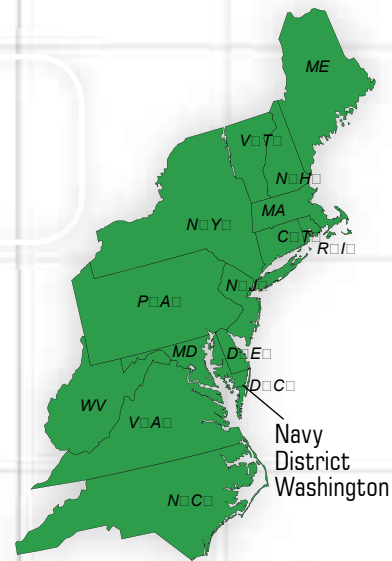
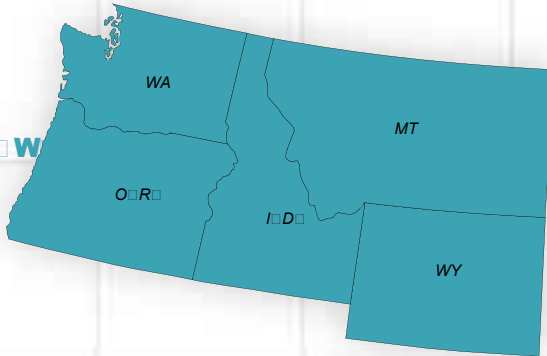


Reservists from around the country augmented COMSUBGRU 7 personnel during round-the-clock operations for *Valiant Shield 2006*. From left to right: Lt. Cmdr. Randal Wong, Cmdr. Eugene Burcher, Cmdr. Patrick Hamilton, Cmdr. Terry Keisic, Operations Specialist 2nd Class(SW) James Gardner, Capt. (Sel) Nelson Tubbs, Aerographer's Mate 2nd Class(SW) Ramon Carlisle, Lt. Cmdr. Rodney Retzner, Lt. Cmdr. Pete Shirley, Aerographer's Mate 1st Class(SW) Robert Hernandez, Lt. Cmdr. Ken Scheuermann.

Reserve Force BRAC Update



RCC
NORTHWEST



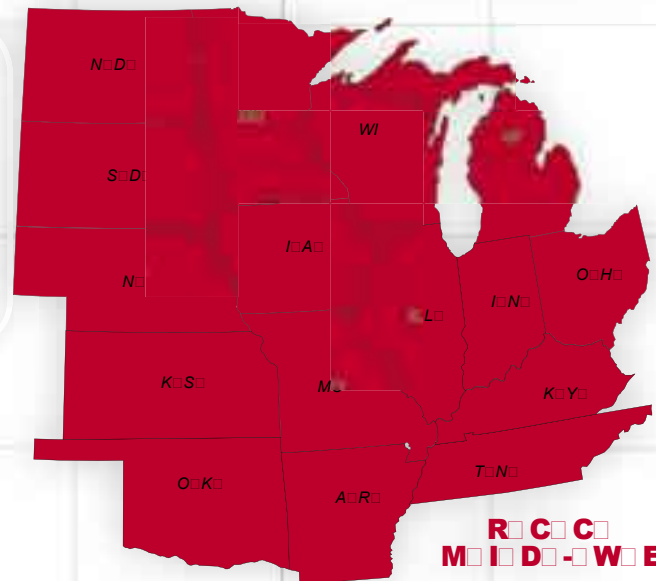
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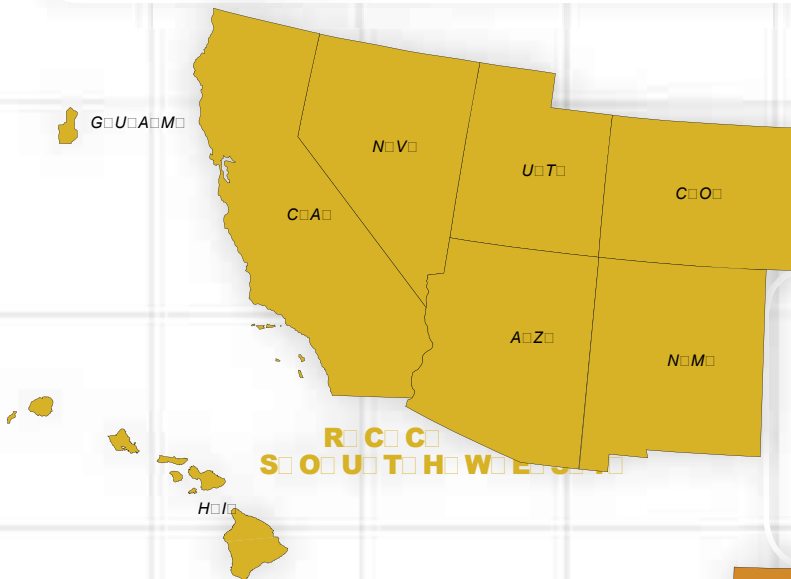
Take a quick look at some changes happening soon.

October 1 is the beginning of Fiscal Year 2007 (FY07) and, as a result of Base Realignment and Closures (BRAC), the following Navy Operational Support Centers (NOSCs) are scheduled to close by September 30.

- Cedar Rapids, Iowa
- Tuscaloosa, Ala.
- Lexington, Ky.
- Central Point, Ore.
- Asheville, N.C.
- Horseheads, N.Y.
- Evansville, Ind.
- Pocatello, Idaho



RCC
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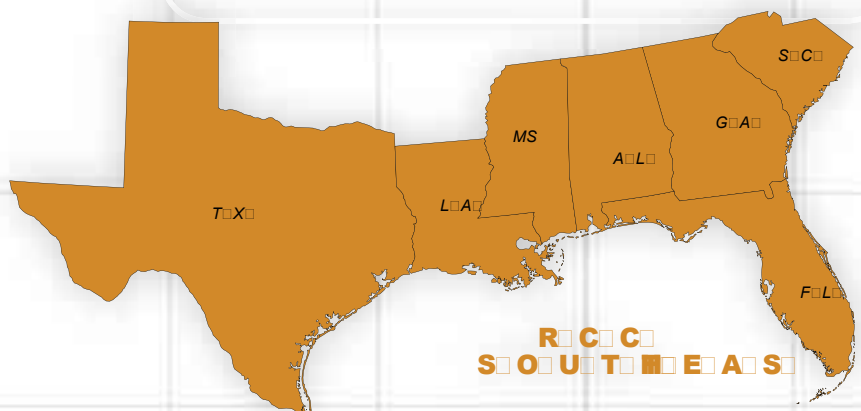


RCC
SOUTHWEST

Navy Reserve Component Command (NRCC) South will also be closed, with its NOSCs falling into other regions.

All Navy Air Reserve Centers will become NOSCs, and shift from Echelon IV to Echelon V commands.

Here's a breakdown of the new Navy Region Map as of October 1, 2006.



RCC
SOUTHEAST

NAVY
RESERVE

Colonial Outlook

Story and photos by Lt. Karin R. Burzynski,
Navy Expeditionary Logistics Support Group Public Affairs



The pilot field exercise *Colonial Outlook* tested the readiness of two previously non-evaluated Reserve capabilities of the Navy Expeditionary Logistics Support Group (NAVELSG) June 14 at Naval Weapons Station Yorktown, Cheatham Annex in Williamsburg, Va.

The exercise established an evaluation of the readiness of Navy Supply Support Battalions (NSSBs) and the Reserve companies under the Navy Ordnance Reporting and Handling Battalion (NORHB) by NAVELSG.

Navy Cargo Handling Battalions (NCHBs) are evaluated every four years; however, according to Lt. Cmdr. Ed Smith, NAVELSG deputy training officer Navy Ordnance Reporting and Handling Battalion 1, which came under NAVELSG in October 2005, and Navy Supply Support Battalions were not previously evaluated for readiness by headquarters.

"In the past, we have not tested the capabilities of our NSSBs, only the NCHBs," Smith said. "When we gained the NORHB into our chain of command, we felt it was the opportune time

LEFT: Navy Cargo Handling Battalion One safety observer watches crane operations in the container yard while Navy Reserve cargo handlers guide the crane operator.

RIGHT: Navy Reservists from Navy Ordnance Reporting and Handling companies conduct ammunition loading operations.



to develop a combined exercise that tested the Reserve capabilities of both the NORHB and the NSSBs.”

NSSBs, which became commissioned Reserve units six years ago, are comprised of a variety of services, such as warehouse and freight terminal support, mobile mail support, supply logistics information support and personnel support and services, to include administrative, barbershop, laundry and ship’s store.

Colonial Outlook brought together 170 Reservists from nine battalions under one unified command, incorporated multiple NAVELSG capabilities, operated cargo handling features of USNS Cape Johnson (T-AK 5075) at the Cheatham Annex pier, and established communications, tent camp, an ammunition supply point, a marshalling yard as well as command and control.

different platforms with different cargo,” Smith said.

“One of the side benefits that arose from the exercise was that several experienced personnel were able to see what their counterparts did in other battalions,” Smith said. “For example, several cargo handlers were able to see for the first time the ordnance handlers working and vice-versa. This opened up opportunities for future cross training between the battalions, which further increases readiness.”

Smith also said there are plans for two combined field exercises next year.

“We will use the *Colonial Outlook* template to validate the readiness of cargo battalions and support companies that are expected to eventually deploy.”

Colonial Outlook 2006 is the initial test run, and it will be refined and developed over the next several years,



NAVELSG’s active-duty cargo handling battalion, NCHB-1, which is tasked with training NAVELSG’s Reserve battalions, was heavily involved in the planning and executing the pilot field exercise.

Lt. Nathan Johnston, NCHB-1 training officer, said detailed planning for this exercise started in February.

“The graded exercise included a cumulative 96 hours of operations injected with issues dealing with personnel, administrative and equipment challenges into the scenarios - both actual and simulated,” Johnston said.

The exercise wrapped up with several notable successes, Smith said.

“Clearly, the most noted success was the integration of the three different types of Reserve battalions into one single command, which seamlessly operated three

Smith said.

“We are currently building a plan that will test an entire NSSB over a four-year period,” he said. “This may change as we further develop our Reserve training and readiness plan to NECC specifications.”

Colonial Outlook also contributes to the success of the Navy Expeditionary Combat Command’s mission, Smith said.

“This exercise brings us closer to being in line with the other NECC units’ readiness plans. Eventually, we hope to have the ability to align our evaluation with other NECC commands and possibly develop a complex evaluation scenario for several NECC components. Plus, it is the prototype for the evaluation of the future and lets us know our Reserve units are ready for NECC’s missions,” Smith said. **TNR**



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).
- ☐ Emergency Contact Information (Page 2).

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.

E. Medical

- ☐ Verify Defense Eligibility Enrollment Reporting System (DEERS) information for self and family members.
- ☐ 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.

I. 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 VOL 9 U2510

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(817) 825-6438

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
(619) 545-6920

VR-57
(757) 445-0746

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**
(678) 575-6830

VAQ-209
(240) 857-7828

VAW-77
(678) 655-6382

VFA-201
(817) 782-6363-221

VFA-204
(504) 678-3491

VFC-12
(757) 433-4919

VFC-13
(775) 426-3645

RC Phone Directory

Bureau of Medicine and Surgery (202) 762-3415	Merchant Marine Program (504) 678-0590	Naval Hospital Oak Harbor, Wash. (360) 257-9991	Naval Support Activity, Bahrain 011-1785-9019	Sealift Logistics Command Atlantic (757) 443-5653	US Seventh Fleet 011-81-6160-43-7440 x4090	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610 1-800-854-8019
Center for Naval Aviation Technical Training (361) 961-3618	Military Sealift Fleet Support Command (202) 685-5149	Naval Hospital Pensacola, Fla. (850) 505-6832	Naval Surface Force US Atlantic Fleet (757) 836-3234	Sealift Logistics Command Europe 011-39-081-568-3568	US Sixth Fleet 011-39-081-568-4634	Reserve Intelligence Area Nineteen Andrews AFB (240) 857-2030
Center for Personal Development (757) 492-7622	Mine Warfare Command (361) 961-4828 (361) 961-4885 (361) 961-4894	Naval Hospital Yokosuka, Japan 011-81-6160-43-9549	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2219 (619) 437-2342	Sealift Logistics Command Pacific (619) 553-7787	US Southern Command (305) 437-2987 (305) 437-1255	Reserve Intelligence Area Central Ft Sheridan, Ill. (847) 688-7210
Comptroller of Navy (OMN&R) (703) 614-0061	Naval Air Force US Atlantic Fleet (757) 445-1482 (757) 444-6694	Naval Inspector General (202) 433-4707	Naval War College (401) 841-7801 (401) 841-4450 (401)-841-7539	Space And Naval Warfare Systems Command (619) 524-7323	US Special Operations Command (813) 828-3004	Naval Reserve Security Group Command
Comptroller of Navy (RPN) (703) 614-5528	Naval Air Forces/ Naval Air Force US Pacific Fleet (619) 545-2734 (619) 545-7272	Naval Medical Center Portsmouth, Va. (757) 953-7700	Naval Emergency Preparedness Liaison Officer Program (504) 678-4264	Submarine Force US Pacific Fleet (808) 473-2346	US Strategic Command (402) 294-8141 (402) 294-8121	Reserve Cryptologic Area East Fort Dix, N.J. (609) 562-1413
Defense Intelligence Agency (202) 231-4980	Naval Air Systems Command (301) 757-8512 (301) 342-9680	Naval Medical Education and Training Command (301) 319-4966	Navy Expeditionary Combat Command (757) 462-7400 x167	Submarine Group Nine (360) 396-6949	US Third Fleet (619) 524-9537	Reserve Cryptologic Area West San Diego, Calif. (619) 524-0239
Defense Logistics Agency (703) 767-5320	Naval Coastal Warfare Group One (619) 437-9525 (619) 437-9475 (619) 437-9897	Naval Meteorology and Oceanography Command (228) 688-4531	Navy Expeditionary Logistics Support Group (757) 256-1349	Submarine Group Ten (812) 573-4258	US Transportation Command (618) 229-7084	Reserve Cryptologic Area South Forest Park, Ga. (404) 469-7162
Destroyer Squadron Two (757) 444-1452 x509	Naval Coastal Warfare Group Two (757) 396-0513 (757) 967-4403	Naval Network and Space Operations Command (540) 653-5001	Navy Installations Command (202) 433-4721	Submarine Group Two (860) 694-3122	Naval Reserve Intelligence Command	Reserve Cryptologic Area One Oak Harbor, Wash. (360) 257-2254
Employer Support of the Guard and Reserve DSN: 426-1390	Naval Construction Forces Command (757) 462-8225 x230	Naval Network Warfare Command (757) 417-6701	Navy Munitions Command (757) 887-4541	Submarine Squadron Eleven (619) 553-0747	Reserve Intelligence Command Headquarters Fort Worth, Texas 1-800-544-9962	Reserve Intelligence Area Three New Orleans, La. (504) 678-3411 1-888-347-2606
First Naval Construction Division (757) 462-8225 x229	Naval Education and Training Command (850) 452-9252	Naval Operational Logistics Support Center (757) 443-5274	Navy Office of Information (504) 678-6055	US Central Command (813) 827-6938 (813) 827-6941	Reserve Intelligence Area Four San Diego, Calif. (619) 524-6432 1-800-873-4139	Reserve Intelligence Area Five Aurora, Colo. (720) 847-6225
Fleet Activities Chinhae, Korea 011-82-55-540-2852	Naval Criminal Investigate Service (202) 433-9169	Naval Operations Office of the Chief of Chaplains (504) 678-6446 (703) 614-4437	Navy Personnel Command (901) 874-4481	US European Command 011-49-711-680-4002	Reserve Intelligence Area Six Fort Worth, Texas (817) 782-6462 1-800-548-4738	Reserve Intelligence Area Nine Mt. Clemens, Mich. (586) 307-4501
Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1157	Naval District Washington (202) 433-6465 (202) 433-7527	Naval Operations Office of Naval Intelligence (504) 678-1394	Navy Region Europe 011-44-207-514-4605 011-39-081-568-4636 011-39-081-568-8215	US Fifth Fleet 011-973-724-383	Reserve Intelligence Area Seven Jacksonville, Fla. (904) 542-3320	Reserve Intelligence Area Ten Minneapolis, Minn. (612) 713-4700 1-800-253-4011
Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1012	Naval Education and Training Command (850) 452-9252	Naval Personnel Development Command (757) 444-4996 (757) 444-2996 x3111	Navy Region Guam (671) 339-3123 (671) 339-5206 (671) 339-2668	US Fleet Forces Command (757)-836-3847 (757)-836-0454 (757) 836-3551	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610 1-800-854-8019	Reserve Intelligence Area Nineteen Andrews AFB (240) 857-2030
Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-4627	Naval Expeditionary Logistics Support Group (757) 887-7839 (800)-453-1621	Naval Sea Systems Command (202) 781-3116 (202) 781-3227	Navy Region Gulf Coast (850) 452-1341 (850) 452-1046	US Joint Forces Command 757-836-6570	Reserve Intelligence Area Nineteen Andrews AFB (240) 857-2030	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
Fleet and Industrial Supply Center San Diego, Calif. (619) 532-4283	Naval Facilities Engineering Command (202) 685-9010	Naval Security Group Command (240) 373-3415	Navy Region Hawaii (808) 473-4505	US Naval Forces Central Command 011-973-724-383	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
Fleet and Industrial Supply Center Yokosuka, Japan 011-81-46-816-6548	Naval Health Care New England (860) 694-4105	Naval Service Training Command Great Lakes, Ill. (708) 218-5042	Navy Region Japan 011-81-468-16-4467	US Naval Forces Alaska (907) 463-2248	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
Fleet Air Mediterranean 011-39-081-568-4184	Naval Hospital Camp Pendleton, Calif. (760) 725-1373	Naval Special Warfare Command (619) 437-5196	Navy Region Korea 011-822-7913-5795	US Naval Forces Europe 011-44-207-514-4605 011-39-081-568-4634	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
Fleet Information Warfare Center (757) 417-4018	Naval Hospital Charleston, S.C. (843) 743-7316	Naval Station Rota Spain 011-34-956-82-2850	Navy Region Mid-Atlantic (757) 445-2435 (757) 444-6454	US Naval Forces Japan 011-81-468-16-4467 011-81-468-16-4174	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
Fleet Forces Command (757) 836-3634 (757) 836-3837 (757) 836-0454 (757) 836-3847 (757) 836-5397	Naval Hospital Camp Lejeune, N.C. (910) 450-4090	Naval Special Warfare Operational Support Group (619) 437-5196	Navy Region Northeast (847) 688-2086	US Naval Forces Korea 011-822-7913-5795	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
Fleet Intelligence Training Center Pacific (619) 524-6753	Naval Hospital Camp Pendleton, Calif. (760) 725-1373	Naval Submarine Force/ Submarine Force US Atlantic Fleet (757) 836-1208	Navy Region Northwest (847) 688-2086	US Naval Forces Marianas (671) 339-5432 (671) 339-5117 (671) 339-2668	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
Headquarters US Marine Corps DSN: 278-9360	Naval Hospital Camp Pendleton, Calif. (760) 725-1373	Naval Supply Systems Command (717) 605-5122	Navy Region Northeast (860) 694-2210 (203) 466-0314	US Naval Forces Southern Command (904) 270-7354 x4304	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
Joint Chiefs of Staff (703) 697-3397 (703) 693-9753	Naval Hospital Camp Pendleton, Calif. (760) 725-1373	Naval Special Warfare Operational Support Group (619) 437-5196	Navy Region Northwest (360) 315-3007	US Naval Special Warfare Command (619) 437-3230	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
Joint Forces Intelligence Command (757) 836-7211	Naval Hospital Camp Pendleton, Calif. (760) 725-1373	Naval Station Rota Spain 011-34-956-82-2850	Navy Region Southwest (706) 354-7301 (619) 532-1239 (619) 532-1122	US Northern Command (719) 554-4120 (719) 554-0552	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
Judge Advocate General (504) 678-5303 (202) 685-5216	Naval Hospital Camp Pendleton, Calif. (760) 725-1373	Naval Submarine Force/ Submarine Force US Atlantic Fleet (757) 836-1208	Navy Region Southwest (706) 354-7301 (619) 532-1239 (619) 532-1122	US Pacific Command (808) 477-2322 (808) 477-1405	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
Logistics Group Western Pacific 011-65-6750-2342	Naval Hospital Lemoore, Calif. (559) 996-2529	Naval Supply Systems Command (717) 605-5122	Navy Region Southwest Asia 011-973-1785-9019	US Pacific Fleet (808) 474-8415 (808) 474-1178	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738	Reserve Intelligence Area Twenty Fort Belvoir, Mo. (636) 329-1234 1-800-548-4738
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