

It's A
Blast!



Innovative
Surge!



The NAVY RESERVIST

SUPPORT TO THE FLEET... READY AND FULLY INTEGRATED

navyreserve.navy.mil

Volume 32, Number 12
December 2006

**Q&A
INTEGRATION**



was the night before Christmas, he lived all alone,
 In a one bedroom house made of plaster & stone.
 I had come down the chimney with presents to give
 And to see just who in this home did live.
 I looked all about a strange sight I did see,
 No tinsel, no presents, not even a tree.
 No stocking by the fire, just boots filled with sand,
 On the wall hung pictures of far distant lands.
 With medals and badges, awards of all kind
 A sober thought came through my mind.
 For this house was different, so dark and dreary,
 I knew I had found the home of a Soldier, once I could see clearly.
 I heard stories about them, I had to see more
 So I walked down the hall and pushed open the door.
 And there he lay sleeping silent alone,
 Curled up on the floor in his one bedroom home.
 His face so gentle, his room in such disorder,
 Not how I pictured a United States Soldier.
 Was this the hero of whom I'd just read?
 Curled up in his poncho, a floor for his bed?
 His head was clean shaven, his weathered face tan,
 I soon understood this was more than a man.
 For I realized the families that I saw that night
 Owed their lives to these men who were willing to fight.
 Soon 'round the world, the children would play,
 And grownups would celebrate on a bright Christmas Day.
 They all enjoyed freedom each month of the year,
 Because of soldiers like this one lying here.
 I couldn't help wonder how many lay alone
 On a cold Christmas Eve in a land far from home.
 Just the very thought brought a tear to my eye,
 I dropped to my knees and started to cry.
 The soldier awakened and I heard a rough voice,
 "Santa don't cry, this life is my choice;
 I fight for freedom, I don't ask for more,
 my life is my God, my country, my Corps."
 With that he rolled over and drifted off into sleep,
 I couldn't control it, I continued to weep.
 I watched him for hours, so silent and still,
 I noticed he shivered from the cold night's chill.
 So I took off my jacket, the one made of red,
 And I covered this Soldier from his toes to his head.
 And I put on his T-shirt of gray and black,
 With an eagle and an Army patch embroidered on back.
 And although it barely fit me, I began to swell with pride,
 And for a shining moment, I was United States Soldier deep inside.
 I didn't want to leave him on that cold dark night,
 This guardian of honor so willing to fight.
 Then the Soldier rolled over, whispered with a voice so clean and pure,
 "Carry on Santa, it's Christmas Day, all is secure."
 One look at my watch, and I knew he was right,
 Merry Christmas my friend, and to all a good night!



Lt Col Bruce Lovely, USAF
 US Forces Korea - Christmas Eve 1993
 Fort Leavenworth Lamp, 1995



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DoD Assists Navy Spouses Get Teacher Certifications

Spouses to Teachers offers military spouses who are pursuing a teaching career or are already teachers up to \$600 in reimbursement money for state teacher certification tests.



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RIMPAC 2006: It's A Blast!

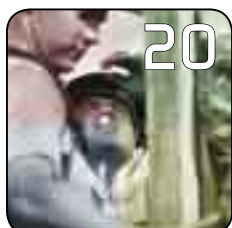
Navy Reserve Explosive Ordnance Disposal Group One showed off their skills and dedication during the 20th multi-national exercise, Rim of the Pacific.



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Training Squadron 10 Develops "Surge" Concept

Active and Reserve component flight instructors took part in all aspects of daily squadron activity, i.e. daily flight operations, simulator training, flight scheduling and ground duties.



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Rebuilding Al-Anbar Province With Navy IA Help

Senior enlisted Navy leaders volunteer as Individual Augmentees to rebuild Western Iraq cities.



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Fleet Marine Force Warfare Badge Not Just For Marines

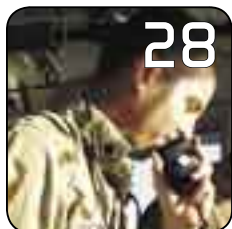
Sailors deployed for 90 consecutive days directly supporting Marine Corps operational commands during combat or non-war military operations are now eligible.



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Inside Integration - Guantanamo Bay

Reservists are integral components in this Southern Cuban enclave detaining combatants captured in the Global War on Terror.



28

Reserve Ship Pilots

In the Arabian Gulf, a small exclusive association of Navy Reservists are quietly, yet dynamically making a difference in the Global War on Terror.



Our Cover:

A Sailor makes his rounds of patrolling the halls of Guantanamo Bay, Cuba Detention facility.

U.S. Navy photo by
Mass Communication
Specialist 2nd Class
Kurt Eischen

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

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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 rating, 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.

Admiral's View



Navy Objectives for 2007

Take a moment to read the Department of the Navy's objectives for 2007:

1. Provide a total naval workforce capable and optimized to support the national defense strategy.
2. Use the Navy-Marine Corps team to aggressively prosecute the Global War on Terrorism.
3. Build the Navy-Marine Corps Force for tomorrow.
4. Emphasize safety. Manage risk to improve mission effectiveness and to safeguard the people and resources of the Navy-Marine Corps team.
5. Reinforce ethics as a foundation of exemplary conduct.

Figure into those objectives the fact that Active and Reserve Components of the Navy must be

prepared to fight any where the fight takes them – be it the sands of the Middle East, littoral areas combating piracy and drug trafficking – borders where homeland critical security concerns are addressed daily – deep-water sea lanes where commerce must be protected and where the human slave trade is evident – and covert sites embedded globally where terrorists train and where weapons of mass destruction maybe produced.

With that in mind, take another look at the 2007 objectives of the Navy and ask yourself the following question: What is your role in helping the Navy meet its 2007 objectives?

The world has permanently changed and cannot afford for us have a myopic view of our responsibilities. We *will* be prepared. We will train for today's challenges, and be flexible and agile to meet the missions of the future.

As members of today's Navy Reserve Force, you *will* face challenges you've never imagined. You must train with the Navy's objectives in mind. I ask you all to keep in mind your role in meeting the these challenges as we continue to fight for freedom all over the globe.

As we move into the holiday season, I wish Happy Holidays to you and your family! Be safe! Take a moment to remember the men and women who will be standing the watch in defense of America and American interests and who will not be home for the holidays. And finally, I ask that we as a Force – we as a nation – continue to “pray for peace but prepare for war.”

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

Navy Reservists and Active Duty Sailors assigned to Navy Expeditionary Logistics Support Group (NAVELSG) participate in a computer-simulated small arms training in preparation for their upcoming deployment to the Middle East. They will be part of the NAVELSG Forward Headquarters Echo, the fifth rotation of Navy Reservists mobilized to perform cargo-handling missions in support of Operation *Iraqi Freedom*.

*U.S. Navy photo by
Mass Communication Specialist Seaman Apprentice Ryan Lee Steinhour*

FACTOID:

Navy Expeditionary Logistics Support Group Commander, Navy Expeditionary Logistics Support Group (COMNAVELSG) is a Navy Reserve command organized and staffed to provide a wide range of supply and transportation support critical for peacetime support, crisis response, humanitarian and combat service support missions. NAVELSG consists of a full-time and selective Reserve support staff, 12 Navy Cargo Handling Battalions (NCHBs), and two Navy Supply Support Battalions (NSSBs).



Sailors Matter



Chief Concerns

I was privileged to host the National Navy Reserve Force Command Master Chief Conference in Washington, D.C., the last week of September. We had almost 100 CMC's in town for two days.

We received briefs from some of the highest ranking leaders in the Navy on many topics and had the opportunity to discuss in a couple different forums the way ahead for the Navy Reserve.

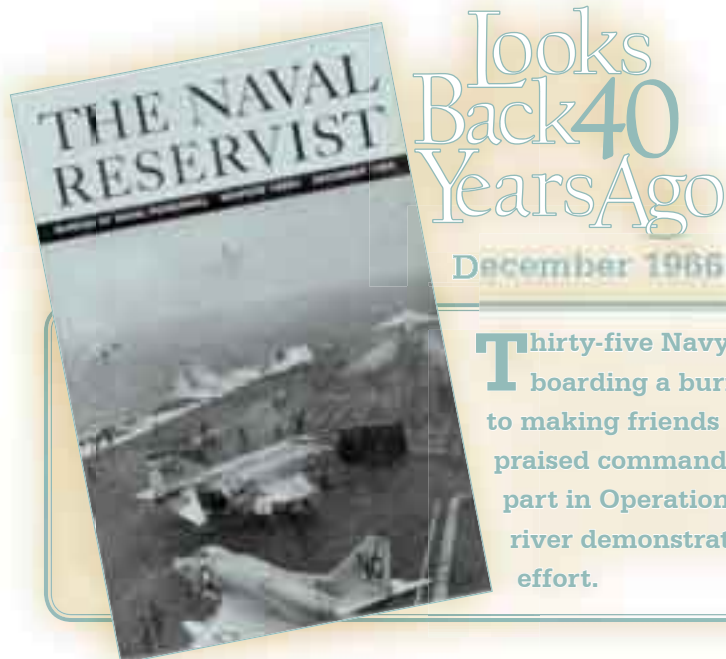
I have to tell you that these master chiefs are all about their Sailors and it is so important that you know your command master chief and communicate your concerns and issues. The Navy Reserve Force has the best cadre of CMC's in the business, both FTS and SELRES, and I could not do my job without them.

I decided several months ago that I would try to "spotlight" a command master chief out in the field in this column and give you all a chance to hear from somebody different every so often.

This month I have asked an absolute pillar at the Reserve Force Command, Master Chief Boyd Briggs to share in this article. Before I bow out I want to wish you all a Merry Christmas, Happy Hanukah and Happy New Year. I pray you, your friends and family have a joyous season.

FORCM(SW) David R. Pennington

Force Master Chief,
Navy Reserve Force



Greetings and Happy Holidays from New Orleans ... our first Christmas back in the "Big Easy" since Hurricane Katrina. What a year! Have you been thinking of your 2007 New Year's resolutions?

Here's my "Top 10 Resolutions for 2007."

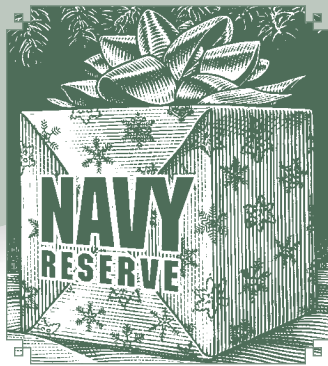
1. Be Ready!
2. Be 100 percent medical and dental ready.
3. Will my enlistment expire this year? See my Career Counselor.
4. Make sure my "Family Care Plan" is up to date and on file.
5. Make sure I have a current Enlisted Evaluation/FITREP for the most current cycle, and it is filed in my service record.
6. Get ready and in shape for the Spring PFA – Make sure all my medical information is complete and up to date.
7. Make sure my Sailors have a "Career Development Board" as well as myself this year!
8. Start studying for the February advancement exam, sign my advancement worksheet, ensuring all data is correct.
9. Make sure my family is ready.
10. Keep my employer up to date with my drill schedule and my Annual Training Period.

I'm ready to answer all bells. *Happy New Year!*

CMDCM(SW) Boyd Briggs

Commander,
Navy Reserve Forces Command

Thirty-five Navy Reservists, whose services have ranged from boarding a burning and exploding Viet Cong munitions ship to making friends with Vietnamese river men, have been warmly praised commanding officer of the USS Tortuga (LSD 26) for their part in Operation Game Warden. These 'twice citizens' men of the river demonstrate the high quality and real contribution to the war effort.



Holiday Support

As the holiday season draws near, many of our families will have loved ones who will not be home. As you prepare to send those yummy care packages to loved ones overseas, the U.S. Postal Service has a program for military family members and friends to supply them with free packaging materials to send packages to troops overseas, including Sailors on ships.

Call 1-800-610-8734 and ask them for the "Military pack." They will send you eight boxes of assorted sizes, tape, packaging materials and labels free of charge. They will also give you an identification number so if your supply runs low, you just call them back and they will send you more supplies. The materials take about four to 10 days to receive.

Many families face challenges when a service member is deployed, but this time of year can bring out more stress than normal. If you know of families that are in need of support, take some time to reach out to assist them.

Many veteran service organizations' and the American Red Cross have programs to assist families of servicemembers who are deployed. Check with the local chapters in your area for more information.

In addition, individuals who would like to talk with someone regarding how they feel during this time may contact Military OneSource at 1-800-342-9647. Counselors are also available in your community.

You have access to six in-person counseling sessions per issue with a licensed counselor. This service is available free to all family members.

Sometimes children can relate better to visual aids rather than talking with someone. Sesame Workshop and Wal-Mart Stores, Inc. recently released a DVD titled "Talk, Listen, Connect." The star of the show is Elmo. This bilingual DVD kit, which includes a Sesame Street DVD, parent/caregiver magazine and a children's activity poster, is designed to help military families with children ages 3-5 cope with feelings, challenges and concerns experienced during various phases of deployment.

The DVD kit is available through Military OneSource Web site at www.militaryonesource.com, one per family, free of charge.

During this holiday season, take some extra time to talk with those families who have loved ones deployed. A friendly voice goes a long way in helping get through this stressful time. *Have a great holiday season!* **TNR**



Happy
Holidays
from

The Navy Reservist Staff





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



Holiday Guidelines

No matter what your faith or your spirituality, you cannot help but be infected with the spirit of the holiday season. Manufacturers would like us to start celebrating ... and buying ... early but for most of us really get into the spirit somewhere around Thanksgiving.

Christmas carols play on the radio, lights enliven the streets, holiday parties fill up weekends, travel plans are in our thinking and there always seems to be one more present that we have to buy. We have high expectations for the holidays. We often hope that they will make up for a year gone wrong. We expect family members to become friendly and happiness to reign. The mass media through news stories, TV specials, and advertising raise this hope for "what may be." The reality of "what is" often falls short of the expectation and there is disappointment.

The moment is robbed of its joy. Sometimes it is overwhelming. We feel that we just can't get it all done or it becomes too much.

These holiday blues are primarily caused by expectation and comparison along with a lack of planning and action.

So, what can we do to make things different this year? Here are just a few practical guidelines that can be helpful.

- Approach the holiday season realistically. It is not a time to cure all the problems of the past. Understand the holidays will not prevent sadness or loneliness.
- Watch how much you drink and eat. All the celebrations put us in contact with a lot of people and the great socializer is food and drink. This is good but when we over-indulge, we feel and act irrationally and can give into unhealthy actions.
- Communicate ... seems simple but so many people end up pulling back and not talking to anyone. If you need to talk to someone ... by all means, find someone.
- Look for things to expose you to good, healthy people and activities. Do things that don't cost anything.
- When it comes to expressing yourself to family and friends look for ways that are honest, open and heartfelt.
- Find a faith community who are supportive and life giving.

If you know someone who is having a difficult time this season you can be a lifeline for them.

- Invite them to join in you or your family's holiday activities, but don't be forceful.
- Be a good listener. If people express suicidal thoughts or feel depressed, hopeless, or worthless, be supportive. Let them know you are there for them and are willing to help them seek professional help.
- Know resources are out there. Mental health centers, counseling centers, and hotlines. A good minister, priest or rabbi is always good to know.
- If a person is depressed person or chronically ill, share that you understand the holidays do not cure the illness and get them some professional help.
- Be aware the holidays can be difficult for people, especially when reality doesn't measure up to their expectations. Help them establish what is realistic and what is not. Christmas, Hanukkah, Kwanza and New Years are great times and with a little preparation and forethought, the problems, difficulties and rough spots can be minimized or at least worked through in a kinder and gentler way. **TNR**

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.



Question: How do I calculate my retirement pay?

Storekeeper 1st Class Claudia Cuartas

Answer: The first step is to calculate the number of equivalent years of service. This retirement calculator information is taken from the Web sites,

<https://staynavytools.bol.navy.mil/RetCalc>

and servicemembers can also visit www.bol.navy.mil.

The formula for computing equivalent years of service for Reserve retired pay at age 60 is fairly simple: **Total number of Creditable Retirement Points, divided by 360.**

The formula computes the number of equivalent years of service you have completed (comparable to full-time service). For example, 3,600 points equals 10 years.

Depending on the date you initially entered military service, also called your DIEMS date, your monthly Reserve retired pay will be calculated under the "Final Basic Pay" or "High-3" formula as follows:

Final Basic Pay formula

DIEMS date before 8 Sept. 1980 - Multiply your years of satisfactory (equivalent) service by 2.5 percent. Multiply the result by the basic pay in effect on the date your retired pay starts.

High-3 formula

DIEMS date on or after 8 Sept. 1980 - Multiply your years of satisfactory (equivalent) service by 2.5 percent. Multiply the result by the average of your highest 36 months of basic pay. The highest 36 months for a member who transfers to the Retired Reserve until age 60 will normally be the 36 months before he or she turns 60. Members who request a discharge from the Retired Reserve before 60, however, can use the basic pay only for the 36 months prior to their discharge. Think carefully before requesting a discharge from the Retired Reserve!

www.navyreserve.com

Question: I'm thinking about changing my rating. What all is available to me? What do I need to make this change?

Yeoman 3rd Class Josh Cochran

Answer: There are over 100 enlisted and officer positions in the Navy Reserve. Go to the Opportunities section to learn more. The Navy Reserve is especially interested in candidates with military experience, career professionals and those with special skills and training. Your request

for change of rating will be considered if the new rating is available. To qualify, you will be required to complete correspondence courses for the new rating and pass a Navy-wide examination. You may also request direct conversion to another rating without an examination if you are qualified for your desired new rating and it appears on the open ratings list.

www.navyreserve.com

Question: I need copies of my military records. How do I get them?

Personnel Specialist 3rd Class Miranda Maracle

Answer: Individual military departments do not maintain files or records pertaining to individuals no longer on Active Duty. When an individual is separated from military service (because of retirement, discharge from Active Duty or death), his/her Field Personnel File (containing all military and health records) is forwarded for storage to the National Personnel Records Center, Military Personnel Records. The Records Center is under the jurisdiction of the National Archives and Records Administration (NARA) of the United States Government.

Please contact:

National Personnel Records Center
Military Personnel Records
9700 Page Avenue
St. Louis, MO
63132-5100

Requests must contain enough information to identify your records among the more than 70 million on file at the National Personnel Records Center. The Center needs certain basic information in order to locate military service records. This information includes your complete name used while in service, service number or social security number, branch of service and dates of service.

For current Active Duty and Reserve members, a CD-ROM of your complete service record can be mailed to you. To request this service, go to www.bol.navy.mil and select the link "Request Record on CD."

www.navyreserve.com



American
Red Cross

Notable

by Cmdr. Peter Bell

With contribution from Senior Chief Engineman David Dummitt

Frank Cable Reservists Paint American Red Cross, Guam Chapter Headquarters

HAGATNA, Guam — Reservists from USS Frank Cable (AS 40) participated in a local community relations project July 10-21 in Hagatna, Guam.

Sailors from Sacramento, Calif., San Diego and Shreveport, La., have a long tradition of fostering good will with the residents of Guam. This tradition was strengthened during the event.

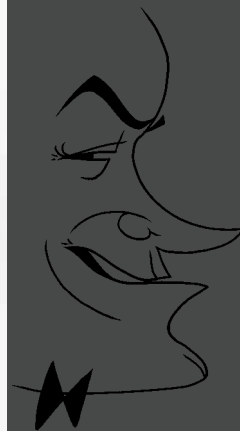
Over the course of three days, 15 Reservists volunteered over 200 man-hours preparing and painting the interior walls of the American Red Cross Guam Chapter headquarters. Apart from sanding the walls, they had to move office equipment before painting.

Because several walls were extremely faded, or in some cases, had no previous paint, two to three coats of paint were required to restore the walls to a professional appearance.

The gratitude of the American Red Cross Guam Chapter was clearly evident after the project was completed and the chapter staff had an opportunity to see their offices with the new paint.

Reservists rightfully felt pride knowing, they helped Red Cross's Guam office in the preservation and upkeep of their spaces.

TNR



Thanks For The Memories Bob!

Aboard USS Ticonderoga (CVA 14) (Dec. 26, 1965) Entertainer Bob Hope (America's Number One Soldier in Greasepaint) tees-off on the flight deck aboard the aircraft carrier Ticonderoga during his visit to the carrier off the coast of Vietnam. Bob Hope and other entertainers were on a Christmas Tour of U.S. Military installations throughout Vietnam. His tradition of entertaining the troops began in 1941, continuing un-abated for nearly 60 years. May 1997, Bob Hope christened the USNS Bob Hope (AKR 300) and a month later the U.S. Air Forces named a C-17, the "Spirit of Bob Hope" in his honor for his service of traveling the globe entertaining our service men and women.

U.S. Navy file photo



Graphic by Bryan Bordelon

10 Tips to Holiday Eating



With the holiday season upon us it is important to remain focused on maintaining a healthy lifestyle. During the holidays, many find it difficult to focus on healthy eating due to the relaxed environment of holiday gatherings. Each year thousands of servicemembers report a New Years resolution to "loose holiday weight."

The best way to do this is to maintain your weight over the holiday break. By following the 10 eating tips below, it will be easier to maintain your culture of fitness through the season and into the New Year.

10 Tips:

1. Focus on weight maintenance vs. weight loss during the holidays.

If you are currently overweight and want to lose weight, this is not the time to do it. Maintenance of your present weight is a big enough challenge during the holiday season. Don't set yourself up for failure by making unrealistic goals for yourself.

2. Plan on NOT dieting after the New Year. Anticipation of food restriction sets you up for binge-type eating over the holidays. Besides, restrictive diets don't work in the long run. They increase your loss of lean body mass vs. fat, slow down your metabolism, increase anxiety, depression, food preoccupation, binge eating and make weight re-gain more likely.

3. Be physically active every day. Often, busy holiday schedules (or lack of structured schedules) bump people off their exercise routines. Physical activity, especially aerobic activities (like brisk walking, jogging, bicycling, roller blading and swimming) can help relieve stress, regulate appetite and burn up extra calories from holiday eating.

4. Eat a light snack before going to holiday parties. It is not a good idea to arrive at a party famished. Not only are you more likely to overeat, but you are also less likely to resist the temptation of eating the higher fat and higher calorie foods. Try eating a piece of fruit, a small carton of yogurt or a string cheese before you go.

5. Make a plan. Think about where you will be, who you will be with, what foods will be available, what foods are really special to you (that you really want to eat) vs. those that you could probably do without, what are your personal triggers to overeat and how can you minimize them. Once you've thought about all of these things, make a plan of action. It's much easier to deal with a difficult social eating situation if you've already planned for it.

6. Take steps to avoid recreational eating. At parties and holiday dinners, people tend to eat (or keep eating) beyond our body's physical hunger simply because food is there and eating is a "social thing." To avoid recreational eating, consciously make one plate of the foods you



Story by
Mass Communications Specialist 3rd Class Quinn Whisner
and The Health and Sciences Department at UCLA

really want. Eat it slowly, enjoying and savoring every tasty bite. Then, when you're done, pop a mint or stick of gum in your mouth, get a tall glass of water and sip on it throughout the night or position yourself away from the buffet table or food trays to keep yourself from overeating.

7. Reduce the fat in holiday recipes. There are plenty of low fat and low calorie substitutes that are amazingly tasty. Try using applesauce in place of oil in your favorite holiday breads, use egg substitutes in place of whole eggs or try plain nonfat yogurt in place of sour cream. Magazines are full of reduced calorie and reduced fat holiday recipes. Give them a try, and share your cooking creations with friends and family.

8. Choose your beverages wisely. Alcohol is high in calories. Liquors, sweet wines and sweet mixed drinks contain 150-450 calories per glass. By contrast, water and diet sodas are calorie-free. If you choose to drink, select light wines and beers, and use non-alcoholic mixers such as water and diet soda. Limit your intake to one or two alcoholic drinks per occasion. Watch out for calories in soda, fruit punch and eggnog as well.

9. Enjoy good friends and family. Although food can be a big part of the season, it doesn't have to be the focus. Holidays are a time to reunite with good friends and family, to share laughter and cheer, to celebrate and to give thanks. Focus more on these other holiday pleasures, in addition to the tastes of holiday foods. The important thing to remember is balance and moderation. Just relax and enjoy the holidays.

10. Maintain perspective: Overeating one day won't make or break your eating plan. And it certainly won't make you gain weight! It takes days and days of overeating to gain weight. If you over-indulge at a holiday meal, put it behind you. Return to your usual eating plan the next day without guilt or despair.

While many servicemembers find it difficult to find time to exercise during the break, it is important to keep moving. Taking walks with your family and friends, playing with pets in the yard or just keeping up with the children are all great ways to keep moving.

While making a New Year's resolution to "get fit" is a great idea, remember to consult your doctor prior to beginning any new fitness plan. Provide them with an outline of your fitness goals and remember to always follow any specific restrictions or personal medical guidelines set by your doctor. Have a safe and happy holiday season! **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



Mineman
2nd Class
David Bulerski



Equipment Operator
1st Class
John Rose

Hometown: Bellevue, Michigan

Brief description of your job: Mineman serving for Navy Customs Quebec in Balad Iraq.

What has been your greatest navy achievement:

Helping take part in getting several countries into NATO. Paying my respects, in uniform, to former President Ronald Reagan while in Washington D.C. and serving in Operations *Desert Storm* and *Iraqi Freedom*.

Who has been your biggest influence since joining the Navy: Chief Warrant Officer 2nd Class Warren Noone (who serves with Navy Customs Battalion Quebec).

What do you enjoy most about the Navy: Serving my country and the camaraderie with my shipmates.

Most interesting place visited since joining the Navy: The Baltic during RMO2.

Current hobbies: Spending time with my wife and kids, hunting, fishing and collecting football cards.

Hometown: Frankfort, Illinois

Brief description of your job: Manage, maintain and track the battalion's equipment assets, provide training and examining for the licensing program and investigate all Navy Customs Battalion Quebec personnel accidents.

What has been your greatest navy achievement: NMCB 133's constructing a 240 meter floating bridge in slightly over three weeks across the Tigris River, Iraq.

What do you enjoy most about the Navy?: Paving Guam's asphalt roads, building Italy taxi-way strips, constructing Tigris River floating bridges and providing my Seabee experience to the Navy Customs mission in Kuwait.

Who has been your biggest influence since joining the Navy: The Navy itself, it offers a different outlook to life, great leadership skills, meeting great people and viewing life from many world perspectives.

Most interesting place visited since joining the Navy: Iraq.

Current hobbies: World travel, meeting new people, college, spending time with my family and friends, working on cars and experiencing new things.



Decisions, decisions.....

Everyday you are testing the waters, navigating through myriad career possibilities and choices. Don't let your time with the Navy wash away. The Navy Reserve can offer you a continuation of benefits and secure pay. With numerous interesting programs, you can be assured of a stimulating and rewarding career. To learn more, visit navyreserve.com or call 1-800-USA-USNR.

NAVY
RESERVE

The NAVY
RESERVIST
SUPPORT TO THE FLEET... READY AND FULLY INTEGRATED

If you thought last year's Almanac was great, be on the lookout for the **2007 Almanac** featuring new advances for the Navy Reserve! Get new and important information on upcoming changes. Featured in the **2007 Almanac** are pay charts for Active and Reserve, the new REDCOM map, updated rate chart and special features on major Navy communities. Keep an eye on your mailbox, because its coming soon!



above: Loading rounds in pistol clips.

below: Obstacle course tests physical endurances.



Reserve Officer Training

Delivers Top-Notch, Fleet-Ready Sailors

by Ensign Victoria Tobin, Fleet Public Affairs Center Pacific, Det. Northwest

PENSACOLA, Fla. — Twenty-three direct commissioned Navy officers recently completed a two-week crash course in military readiness and leadership at Officer Training Command Naval Air Station Pensacola, Fla.

These Sailors, including 18 Reserve component officers, one Active Duty officer and three chief warrant officers,

support commands across the nation and come from

long-standing and diverse civilian careers. Many arrived with years of extensive military experience, and some

were new to the Navy.

For 33-year-old Reserve Ensign Margaret Ferguson, the school was her first taste of military life. Living in the barracks, eating at the galley, military customs and courtesies and early morning physical training, were all new to Ferguson.

"The school brought Navy life home for me," said Ferguson, "The

"I strive to be the leader I would want to work for."

learning curve and expectations were intense; challenging

leadership requirements, long-hours learning and studying, hefty physical training including a 12-foot water

jump — all will help me when the Navy calls me to service."

For most students of Direct Commissioned Officer (DCO) class 06140, time was spent in classrooms and hands-on courses. Students attending DCO school complete courses on shipboard damage control, 9mm pistol qualification and teamwork battle stations drills.

"The range of student experience and diverse civilian careers adds to the learning," said instructor and class leader Lt. Cmdr. Harold Gunji. "Academically, physically and operationally, the constructive changes in these men and women after just the first few days were apparent and their leadership skills continued to grow throughout the course."

Ensign Greg Stevens from Lubbock, Texas, agreed. "I strive to be the leader I would want to work for," said Stevens. "This course and experiencing real-world situations lets me know I am on the right track. This course teaches leadership in supporting your people and providing them with the training, equipment, environment and opportunity to do their job, and then getting out of their way while they do it."

Class leader and nurse corps officer, Lt. Cmdr. Jay Buras, said comprehensive skills learned at DCO indoctrination are crucial to building strong military teams. "We have high expectations and responsibilities as Navy officers," said Buras, from Slidell, La. "We now have a strong foundation for a more dynamic Navy career and we've learned skills needed for the most important part of our job; supporting and taking care of our Sailors."

For more information on the two-week DCO indoctrination school for new commissioned officers, visit www.nsgreatlakes.navy.mil/otcp/. **TNR**

Spouses to Teachers (STT), a Department of Defense pilot project founded in October 2004, offers military spouses who are pursuing a teaching career or are already teachers up to \$600 in reimbursement money for state teacher certification tests.

The relatively new program, which is available in 14 states (Calif., Colo., Fla., Ga., Texas, Va., N.C., S.C., La., Kan., Neb., N.M., and Utah), also offers spouses information regarding individual state certification requirements, application assistance for transferring teacher certification from one state to another, state employment guidance and assistance with state and federal financial aid.

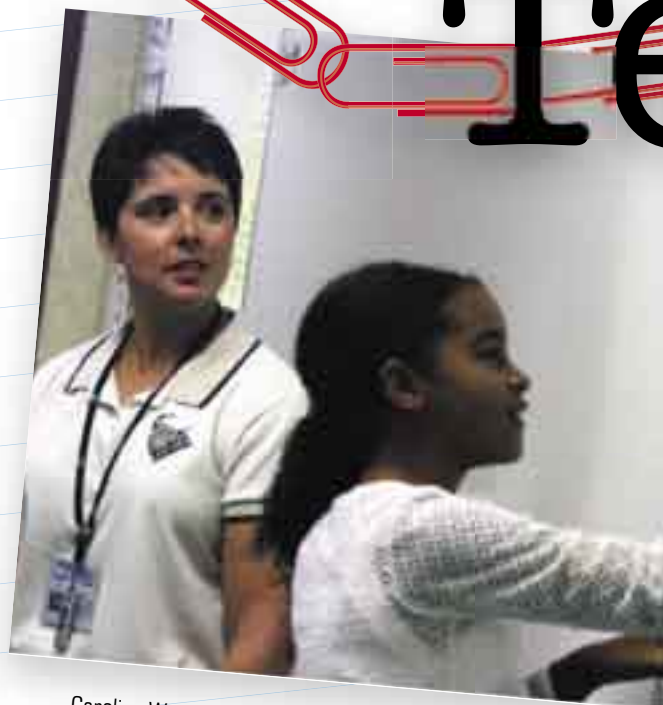
Spouses of Active Duty personnel, selected Reservists, National Guardsmen and Individual Ready Reservists currently serving on Active Duty are eligible for STT.

"This (STT) is a retention program, if a servicemember's spouse is happy then the service member is happy, and that leads to re-enlistment," said Tylee Roller, an STT administrator and counselor.

When a spouse becomes interested in pursuing a teaching certification or re-certifying because he or she moved to another state, (that is currently participating in STT), they pay for the certification cost then contact STT in that state. STT office will reimburse some or all of the cost of certification to the spouse.

"The program requires no commitment, we just want to help spouses get certified," said Roller.

"I believe spouses are a tremendous asset to the classroom with their world travels, education and desire to teach."



Caroline Watson, a sixth grade teacher at March Middle School in Moreno Valley, Calif., watches closely as a student attempts to solve a math problem. Watson became a teacher after serving in the U.S. Marines from 1995 to 2002. The cost of teacher certification in the state of California was covered by the Spouses to Teachers Program. Watson is married to a Gunnery Sgt. stationed at Camp Pendleton.

"The program requires no commitment, we just want to help spouses get certified."



Teacher's

Help

story & photo by Mass Communication Specialist 3rd Class Jonathan McCorkell,
Navy Reserve Readiness Command Southwest

STT Helping Military Spouses to Become Educators

"Teaching is a versatile and professional career that is marketable and compliments a military family's lifestyle of frequent rotations. STT is one-stop shopping for information and guidance needed to start or continue a teaching profession in a new location," added Roller.

According to Roller, since STT started, 238 spouses are teaching in schools thanks to assistance through STT.

Ninety-six percent of STT participants are female but male spouses, like Richard Gulick, are appreciative of STT as well.

Gulick decided to teach after getting a degree in graphic design. He tried substitute teaching for about a year.

"My family and friends seemed to think I'd make a good teacher," said Gulick. "Now, with many thanks to the financial help from STT, I'll be teaching art in Virginia."

Currently only seven percent of STT participants are spouses of Active Duty service members.

"It's important that spouses know that STT is available to Reservists and National Guard members," said Roller.

Dana Gardner, spouse of a National Guardsman who was activated recently, got her master's degree in education and is currently teaching special education in an elementary school.

"STT is a great supportive program for aspiring teachers and they've provided me with an abundance of information," said Gardner.

Although the program is currently in only 14 states, Roller says she has heard from 35 other states and 15 other countries showing interest in the program.

Military spouses overseas can have a difficult time trying to coordinate stateside requirements. Shannon Eaves, an Army spouse in Germany, had a hard time finding out how to take her Texas certification exams without having to return there.

"With the help of STT, I'm now certified to teach grades K-12, and I'm currently teaching in a pre-school at the American Elementary School in Schweinfurt," said Eaves.

According to Roller, STT hopes to expand its program to the entire nation and at some time in the future, internationally.

Roller said she is hoping to develop a STT program that will allow spouses to use their \$600 for costs other than certification, such as fingerprinting and licensing fees.

STT is just one of many programs that helps to give service members and their families another avenue in which to pursue their dreams.

For more information on the STT program visit www.spousestoteachers.com. **TNR**

HONOLULU — Navy Reserve Explosive Ordnance Disposal Group (NREOD Group) 1 showed off its skills and dedication during the Rim of the Pacific (RIMPAC) 2006 Exercise this summer. Co-located with their parent command on Naval Amphibious Base Coronado, Calif., they deployed from June 26 to July 28 for the multinational exercise in Hawaii.

At RIMPAC, EOD Group 1 functioned as the Task Force Commander in charge of Mobile Diving Salvage Unit 1 (MDSU 1) and an Australian commanded combined U.S.-AUS EOD Detachment.

"RIMPAC 2006, which is the largest Naval Exercise in the world, demonstrated first hand Active-Reserve Integration (ARI) in practice," said NR EOD Group 1 Commanding Officer Capt. Jan Schwarzenberg. Reserve component personnel were battle watch officers, dive team members and provided EOD operational support. Every time we go on an exercise such as RIMPAC we train our forces to be able to fill the role when called.

RIMPAC provided Reserve EOD members with a unique training exercise opportunity to sharpen their skills while performing instrumental operations such as clearing explosive hazards.

During RIMPAC, EOD technicians and divers from other countries participated in joint operational evolutions.

"It gave us the chance to really focus intently on our mission. It

also provided us an opportunity to develop our leadership skills and relationships with each other within the detachment," said Lt. Bryon Kibildis, Officer in Charge of EOD Operational Support Unit Detachment 7.

The Navy Expeditionary Combat Command (NECC), established in January, brought EOD, Naval Coastal Warfare, Riverine Force, Navy Expeditionary Logistics Support and the Seabees under one umbrella. NECC integrates all war-fighting requirements for expeditionary combat and combat support elements. This transformation allows for standardized training, manning and equips Sailors who will participate in the Global War on Terror as part of the joint force. It also results in more capable, responsive and effective expeditionary Sailors.

"We were able to conduct a complete range of voice communications and VTC capabilities from the field, both classified and unclassified," said Schwarzenberg.

"I would say, from my point of view, the NECC integration is working," said NREOD Group 1 Hospital Corpsman 2nd Class Mark Spencer.

EOD Group 1's Reserve members train and work side by side with Active Duty personnel. The seamless integration prepares them for the Global War on Terror.

"I love my job because it really gives me an opportunity





Helicopter Rope Suspension Techniques Master Explosive Ordnance Disposalman Chief Lyle White, right, from EODGRU-1 signals to Able Seaman Adam Hubbard from Australia's Clearance Diving Team One as he prepares to repel from a Helicopter Anti-Submarine Squadron 2 HH-60H Seahawk helicopter.

to make a difference for a much greater cause, one that is so much bigger than my simple needs as an individual," said Kibildis. "It also gives me a chance to try and empower my fellow Reservists to take on greater responsibility and leadership roles. I've learned that above anything else, my troops are the greatest asset I've got and that they will rise to any challenge that is presented to them."

The 20th multinational exercise RIMPAC brought together military forces from seven Pacific Rim nations and the United Kingdom to participate in a major maritime training exercise conducted off the

Hawaiian Coast. Over 40 ships, six submarines, 160 aircraft and almost 19,000 combined military personnel participated in the training evolutions.

RIMPAC helped train military personnel for similar real-world situations to keep stability in the Pacific Rim region.

Schwarzenberg said RIMPAC was a good chance for his junior Sailors to build relationships with allied nations. "While operating with the eight partner nations we came

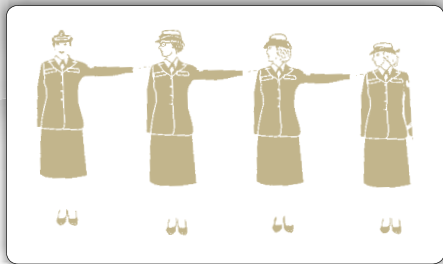
to know their tactics and procedures and they came to know ours," he said.

TNR

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Chief Clearance Diver Matt Hanrahan from Australian Clearance Diving Team One stands by to participate in Helicopter Rope Suspension training with EODGRU-1 members.





FALL IN!

BACK TO BASICS

by CNRFC Public Affairs



FALL IN

On the command FALL IN, the squad forms in line on the left of the right flank member (squad leader). Each member of the squad, except the left flank member, raises the left arm shoulder high in line with the body. Fingers are straight and touching each other palm down. Each member (except the right flank member) turns their head and looks to the right. To obtain a normal interval space, move in line so that your right shoulder touches the fingertips of the person to the right. As soon as you are in line with the person to your right and the person on your left has obtained normal interval, return smartly and quickly to the position of attention.

Close interval is the horizontal distance between the shoulder and elbow when the left hand is placed on the left hip. The command "At Close Interval," requires the same movements as for normal interval.

The only exception is each member places the left hand on the beltline above the left hip with the elbow in line with the body. The heel of the hand rests on the hip with fingers straight, touching each other, and pointing down. The left flank member makes the adjustment without moving the arms.



*Aptly demonstrated by: (left to right)
Yeoman 2nd Class Stanley Teal
Yeoman 1st Class Felicia Mitchell
Storekeeper 1st Class Natalie Blackwell*

PULL-OUT



In boot camp Sailors are taught the basics of military life. These fundamental steps are necessary to build and sustain an effective Navy Force. One of these vital lessons is formation. This is the practice of assembling a group of servicemembers into an orderly and disciplined military unit for accountability, instructions, passing of information or movement of personnel from point to point in an orderly fashion. The following steps outline the proper way to form up at a full and half-arm interval. When correctly executed, the steps will look like the demonstration pictured. **TNR**



TO ALIGN THE SQUAD

On the commands "Dress Right, Dress," (normal interval) or "At Close Interval Dress Right, Dress," (close interval), members of the squad align themselves with each other.

On the command "Dress," all members, except the right flank member, smartly turn their heads, look, and align themselves to the right. At the same time, all members, except the left flank member, smartly raise their left arm shoulder high (normal interval) or place their left hand on their hip (close interval). The right flank member stands fast and looks to the front. Using the right flank member as a guide and taking short steps, the other members align themselves and obtain the proper interval. Whether commanded to dress to the right or to the left, use only the left arm to obtain the interval, and hold that position until the next command is given.

When the alignment is correct, the commands "Ready, Front," are given. On "Front," heads snap to the front and arms drop to the side.

*U.S. Navy photos by
Mass Communication Specialist 2nd Class Kurt Eischen*

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ENSACOLA, Fla. — Training Squadron (VT)10 based at Naval Air Station Pensacola, Fla., is supported by Navy Reservists who compose its Squadron Augment Unit (SAU). Over the past few years, the Reserve Component has been involved in every facet of the command's mission to train naval flight officers, navigators and weapons system operators for the Navy, Marine Corps, Air Force and international allies.

The VT-10 Wildcat Active/ Reserve team developed an innovative "surge" concept and has been a leader in the integration of the Active and Reserve Components within the Chief of Naval Air Training (CNATRA).

Recently, the SAU was called on to participate in the second annual Training Air Wing 6 Spring Surge Exercise.

The VT-10 SAU team of 12 Navy and Marine Corps flight instructors took part in all aspects of daily squadron activity including flight operations, simulator training, flight scheduling and ground duties as well as community outreach.

VT-10's Operations Officer, Lt. Cmdr. Dave Persky, welcomed the unit's participation.

"Our mission is to provide naval flight officers and Air Force weapon system officers to the fleet," Persky said. "The participation of our experienced Reservists during the Surge week significantly increased our sortie production. In addition to flying student training missions, the Reservists accomplished ground based duties for their Active Duty equivalents, allowing those flight instructors to fly additional student sorties."

Of the 204 flight events flown by VT-10 during this exercise, the Reserve component conducted 66 (32 percent) of these events. What stood out was the outstanding contribution the Reservists made outside of the cockpit.

SAU Commanding Officer Cmdr. Shawn Duane filled

in for the Active component CO and XO by conducting squadron quarters, department head meetings and performing other command responsibilities.

"Our Reservists did a lot more than fly this week," Duane said. "They signed flight schedules, participated in weekly production and model manager meetings and conducted simulator and aircraft familiarization training. It's our chance as a team to support the Active Duty when and where they need us."




VT-10 Reservists: Innovation Integration

by Lt. Cmdr. Chuck Kuba

"That's a lot of work that an Active Duty instructor was alleviated from due to Reserve participation. The experience level a Reservist brings to the table is appreciated in VT-10. Our Reservists are able to step in and have an immediate impact on VT-10's efficiency," Duane said.

"We can't do our mission without the SAU. They are part of the team. In fact, when I see folks in the squadron, I don't see Reserves, Navy, Air Force or Marine ... I just know I have great instructors that make the mission happen," Duane said.

Another member of the SAU who went beyond the call of VT-10's daily flight responsibilities was Lt. Dave Werner, as he represented VT-10 at West Florida High School, counseling students in the school's



Aerospace/Flight Academy Career Track. Werner answered questions regarding general aviation, military flying and queries about his career as an airline pilot.

The Reservists in VT-10 are integrated, and provide needed operational support, when the Active component needs it to help train student naval flight officers and they perform these duties very well. **TNR**

Cmdr. Shawn Duane

Active
tion

**"We can't do
our mission
without the
SAU"**

CAMP FALLUJAH, Iraq — The Army Corps of Engineers (ACoE) has been augmented this summer by some senior enlisted Navy leaders who volunteered as Individual Augmentees (IA) to help rebuild cities within the Al-Anbar Province in western Iraq.

Chief Aviation Boatswain's Mate (Handler) Michael Yule, who three months ago was teaching at the Center for Navy Leadership in Little Creek, Va., found himself playing a vital role in the rebuilding of the provincial cities of Al-Asaad, Ramadi and Fallujah.

"Right now, we're rebuilding more than 50 houses in Fallujah," said Yule, a native of Pittsburgh. "We're also repairing roads and coordinating the expansion of office and living spaces on camp and building billboards that promote the Iraqi army and police."

The ACoE arrived at Camp Fallujah in 2004. Since then, it has helped to coordinate dozens of projects, all aimed at rebuilding the war-damaged country.

"We're building a whole new electrical grid system in Fallujah," Yule said. "We're also installing indoor plumbing and building a sewage system that works."

Yule coordinates projects between Camp Fallujah's ACoE area office, and local and regional companies. Because he's one of only two Sailors attached to this unit, he often finds himself doing more than coordinating.

"I coordinate, but I'm also the manpower," said

Yule, an 18-year Navy veteran. "We have a large spectrum of people who are trying to make these projects work, but often I'm the guy who's out there helping to build these projects."

For a Sailor who has spent the majority of his career around aircraft, it may seem unusual to find him managing the construction of sewage lines in the middle of the desert, however, Yule says it was just a matter of raising his hand.

"I was the command career counselor at the time," he said. "We kept receiving requests for someone to fill this billet, so I stepped up and said I'd do it."

Like many IA Sailors, Yule is taking six months away from his current shore duty to assist U.S. and coalition efforts in the Middle East.

"It's difficult to be away from my family, but they understand what I'm trying to do out here and they support me," he said.

"At first I was a little apprehensive, but as time

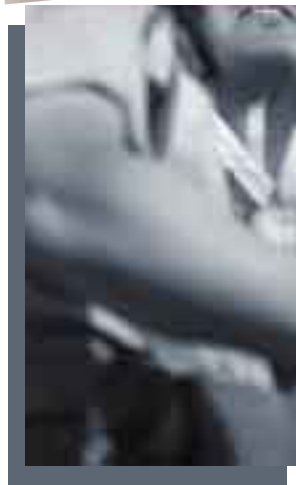
rolls on you can see progress," he said. "You see the dedication of the workers and the importance of the job firsthand."

"I love it when the kids run out to see us when we arrive," said Yule with a smile.

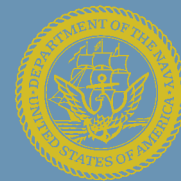
"The workers come up to us, shake our hands and slap us on the back. You can sense the general feeling toward the U.S. and coalition changing for the better."

"And to be a part of it," said Yule, "you can't beat it."

Navy Individual Augmentees Help Rebuild Al Anbar Province



U.S. Navy photo by Chief Mass Communication Specialist Spike Call



WHAT YOU NEED TO KNOW BEFORE YOU TRAVEL:

For many servicemembers the process of arranging official travel is a mystery. Where do the orders go? Who handles them? What's going on? These are common questions that are easy to answer once you understand the process.

THE TRAVEL PROCESS

1. Member visits the NROWS website (<https://nows.cnrf.navy.mil>), click on Sailor Menu.
2. Click "create application." Fill out application.
3. Save the form, then click "route forward."
4. At this time the application is routed to the unit approver, then to the order specialist to assess any hard holds, such as a medical, on to travel arrangements approval or disapproval.
5. Once the orders are approved, they are routed to the funds approver and once approved from there, the application becomes an original copy, meaning official orders.
6. Once it is marked "original" the travel is booked by the travel team at commander, Navy Reserve Forces Command (CNRFC) in New Orleans.

COMMON MISTAKES

1. Member does not request return travel.
2. Choosing "other appropriation" as funding source.
3. Choosing incorrect mode of travel. For example, choosing train instead of air.
4. Attempting to depart from location other than home of record.
5. Making the report and start date the same. The member's start date should be at least one day prior to the member's report date.
6. Requesting travel on the second set of back-to-back orders.

According to the travel desk team at CNRFC, the best way to avoid these mistakes is for the member to contact their Navy Operational Support Center (NOSC) when requesting travel orders. After speaking with your travel team at the local NOSC, please call the CNRFC travel team with any concerns or questions about your travel process.

For servicemembers requesting travel to attend a school, the orders application will also be routed through CNRFC's schools approver before travel can be booked.

Members are asked to plan accordingly for the extra time. For more information please contact the CNRFC travel help desk at 1-800-537-4617, option two.

BE SURE TO LOOK IN FEBRUARY AND MARCH ISSUES FOR THE
LAST TWO PARTS OF THIS NROWS SERIES OF INFORMATION.

Sailors Earn Fleet Marine Force Warfare Badge Working with Marines

Navy members stationed with the Marines face a unique challenge: dealing with a culture and structure that is very different from their own.

Flattening the learning curve is the object of a program that helps those Navy personnel hit the ground running, or at least jogging.

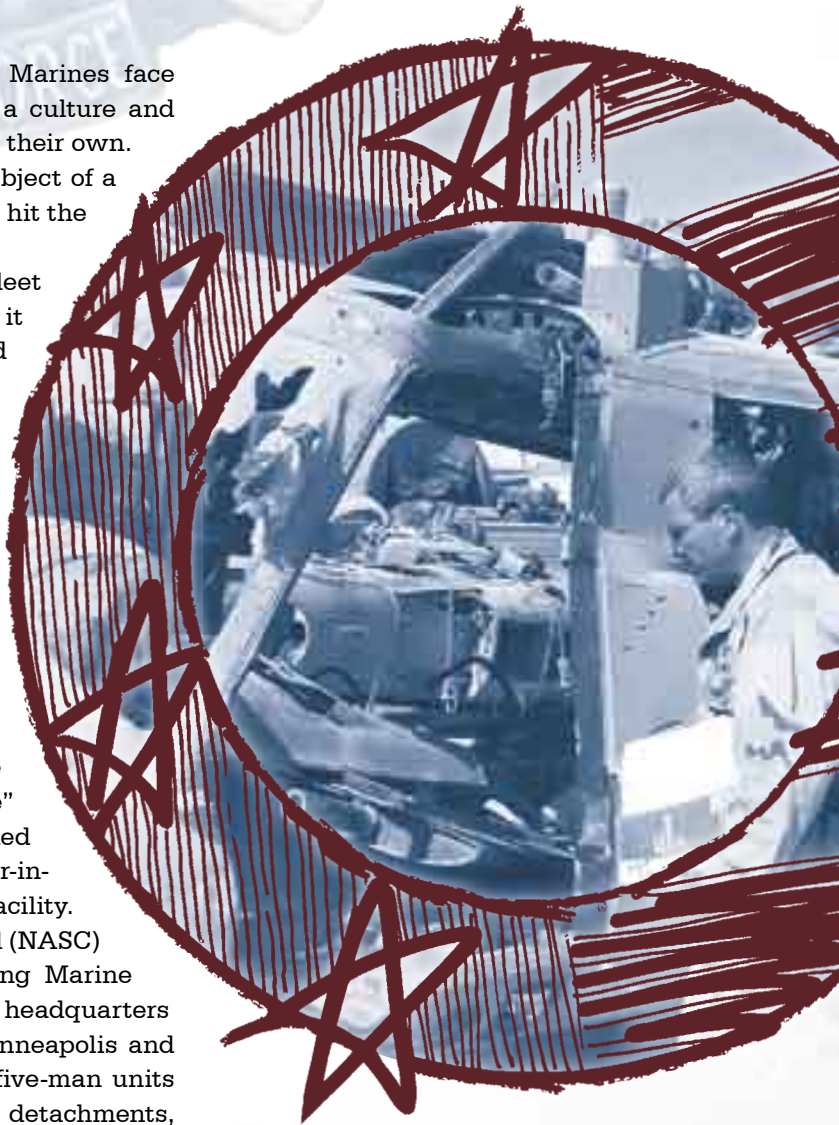
The qualification is called the Fleet Marine Force Warfare (FMF) badge, and it is available to both officers and enlisted personnel. By the time a Sailor earns the badge, they've become what one Marine general termed an "honorary Marine."

According to OPNAVINST 1414.6, the Fleet Marine Force Qualified Officer program is open to "Active or Reserve officers deployed for a minimum of 90 consecutive days in direct support of a U.S. Marine Corps operational command during combat or military operations other than war."

Lt. Cmdr. Curtis Michel, at whose pinning ceremony the "honorary Marine" statement was made, recently returned from a 12-month tour in Iraq as the officer-in-charge of a depot-level aircraft repair facility. He is part of Naval Air Systems Command (NASC) 6066, which is charged with maintaining Marine and other coalition aircraft in Iraq. The headquarters is at Pax River, with detachments at Minneapolis and China Lake, Calif. All members of the five-man units are drawn from volunteers within the detachments, each serving one-year rotations in Iraq. All members of the teams are Reservists.

According to the NASC 6066 Commanding Officer, Capt. Paul Shaw, the FMF qualification has traditionally been for Navy personnel actually stationed with Marines such as corpsmen, doctors and chaplains.

"It has now been changed quite a bit and become more formalized and extended to Navy units ashore supporting the Marines. It has always been a big deal



Lt. Cmdr. Curtis Michel assesses what may be salvageable from a heavily damaged helicopter.

by Rick Thompson
Staff writer,
The Tester,
NAS Patuxent River
Reprinted with permission.

for enlisted, and it is now for officers as well," Shaw said.

The qualifications are stern. To earn the FMF pin, Michel said, "You have to do the Marine Physical Readiness Test to their standards. There is a syllabus to go through, and classes you have to attend."

The requirements include training on Marine weapons (i.e. field-stripping a mortar) and learning the Marine Corps force structure. At the end, Michel said, "You sit before a board and you take a written test."

Even chaplains go through the same process to earn the qualification, the only difference being they are exempt from the weapons portion.

It's not a walk in the park. Actually, for Michel it included a six-mile hike with a 40-pound pack in the desert.

There is no requirement that Sailors become FMF qualified.

"It is a big help in working with the Marines," he said. "You know where they're coming from, and who they report to. You know how they work in a depot environment and in a combat environment. For me in aircraft repair, it's a big difference if you have to take a day to figure out what they're talking about, versus knowing almost immediately. You don't have to look in the manual because you immediately understand what has to be done."

The Marines, meanwhile, know when they see the insignia, the Sailor wearing it has been stationed with Marines in a combat area and they have taken the time to learn what the Marines are about – their history, their structure and how they interact.

"In short, it comes down to knowing your customer," said Michel.

It also comes down to helping your own people. "When you need something for your folks, be it telephones, supplies, even water, you know who in the Marine force handles it," he stated. "You



The FMF pin enlisted version is silver, while the officers is gold.

don't have to make half a dozen phone calls to find out who the right person is."

"The thing we have learned," Shaw stated, "is that we are better aligned with the Marine Corps and they are one of our primary customers in theater. What this qualification does is help us understand what the Marines are going through, and how to better serve them."

There is personal satisfaction as well. Cmdr. Christopher Stearns has seen it. He served as the first officer-in-charge for the NASC 6066 team in-theater in 2003 which started in Bahrain and then moved to Kuwait and finally Iraq.

"They are much closer to their Marine Corps brethren," he said. "There is more than just a working relationship because there is a shared experience. They truly appreciate what the other went through."

Stearns continued, "I just talked to two of our enlisted personnel who just go back and have earned the insignia. They couldn't believe the attention that pin on their uniform has received."

Michel noted this "is a unique opportunity to get something that not many other people are going to have because it means you've taken the time to learn something beyond your own

**"They truly
appreciate what the other
went through"**

service."

"I can't overestimate the achievement of those who have earned this qualification," Shaw said. **TNR**



Integration in Action

story by

Mass Communication Specialist 2nd Class Nicholas Spinelli

photos by

Mass Communication Specialist 2nd Class Kurt Eischen

Geneva Convention is displayed in Arabic stating detainees rights.

**Reservists
& All Services
Active Duty
Work Together in
Joint Task Force**

It's hot. Almost unbearably so. Three sweating servicemembers: a Reserve Sailor, a National Guardsman and Active Duty Soldier, stand outside a gate with Marine-manned guard towers on either side. There's a shout from inside the gate.

"Open One!" a guard yells as the gate swings open and the three make their way through.



MAKKAH
12793KM

They aren't more than a few steps beyond the threshold when the same guard yells again.

"Close One!" With that, the gate slams closed behind them.

As the three move through the compound, they pass an Air Force officer. "Honor bound," they say in unison as they salute. "To defend freedom," he responds, returning the salute. This is the slogan of Joint Task Force (JTF) Guantanamo Bay, Cuba, and anyone here long enough will hear it repeated endlessly.

The mission of the JTF is to, "conduct safe and humane care and custody of detained enemy combatants, conduct interrogation operations to collect strategic intelligence in support of the Global War on Terror and support law enforcement and war crimes investigations."

Its primary activity is running the detainee camps, which currently holds 445 detainees; terrorist trainers, financiers, weapon makers, recruiters and attempted suicide bombers who were all captured in the Global War on Terror.

JTF staff guard the camps, conduct interviews and interrogations of the detainees, and gathers intelligence in

support of the Global War on Terror. The task force is made up of Active Duty and Reserve personnel from all U.S. military services.

"Approximately 30 percent of JTF is made up of Reservists," said Brig. Gen. Leacock, JTF deputy commanding general. "They're made up of Navy, Coast Guard, Air Force, Marine Corps, Army and National Guard; and they're providing phenomenal support. They've completely integrated into the structure and are a vital part of the organization."

Leacock, himself a National Guardsman, said the Reserve Forces are an excellent resource due to far more than just their military experience.

"Not only are they fully trained and capable service members, they also bring years of civilian experience and skills," Leacock said. "We have project managers, transportation specialists, even prison guards, all who bring something valuable to the mission."

Senior Chief Intelligence Specialist Lighton agreed. "It's an amazing group," Lighton said. "Their life experiences qualify them for the work they do here. We couldn't ask for a more dedicated group of individuals."

**"I can't tell the difference between
Reservists and Active Duty
and that's how it should be."**

The view from the
Northeast gate of the
Cuban border.





Security pass-through.



Detainees accoutrements, bedding and prayer rug.

Tours of duty for a Reservist augmented to JTF is six to 12 months. That's up to a year away from friends, family and career. To add to that, mainland Cuba is off limits to American personnel, so everyone is confined to the base while on the island. Still, despite these conditions, complaints are few and far between. In fact, many are excited to be there.

"It's hard to be away from your family so long, but it has to be done," Intelligence Specialist 2nd Class Thompson said. "Once you're here, you realize the necessity of what we do."

In fact, JTF is essential not only to the GWOT, but to the very future of warfare. Traditionally, and under the Geneva Convention, prisoners of war are held until the complete end of all hostilities. Due to the long nature of the current conflict, the United States has set a global precedent by allowing detainees the right to plead their case before a review board, and possibly be released.

"The Global War on Terror is a conflict like no other in history," Cmdr. Capra, JTF deputy staff judge advocate, said. "And this mobilization is completely different from any other I've had. This job is cutting edge. History is happening here, and I want to contribute to the best of my abilities."

More importantly, the JTF leadership believe the task force is a perfect example of what Individual Augmentation and Active/Reserve Integration can accomplish and is paving the way for the future.

"I can't tell the difference between Reservists and Active Duty, and that's how it should be," Lighton said. "There is no difference between any of us in this job."

"Whether Guard, Reserve or Active Duty, we are all proud to have temporarily given up our livelihoods for our country," Leacock said. "And we're proud of what we're doing." **TNR**

Due to security reasons, no first names or hometowns are used.



Soccer playing field.



Detainees accommodations.



Points of Contact:

Officer Assignments / CNRFC N122

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Conclusion of the FY07 APPLY Board and Interim Fill Assignment Process

by Chief Personnel Specialist(SW) Donnell D. Wright

The FY07 National Command and Senior Officer (O6/O5) Non-Command Screening and Assignment Board, also known as the APPLY Board, adjourned on Sept. 1, 2006.

The APPLY Board reviewed 4,711 applicant records and made assignments to 1,934 eligible billets. There were 189 Membership and Board Support participants (142 SELRES, 19 AC, and 28 FTS).

The APPLY Board results were posted to the APPLY Web site on Sept. 1, 2006, on the "private" side of the Commander, Navy Reserve Force Command (CNRFC) webpage under "Hot Links." The Web site is <http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm>.

Many significant upgrades to the software, incorporated by Mike E. Bartley and Brandi Head, of the CNRFC APPLY Team, made possible the automatic generation and distribution of orders for those officers selected to new billet assignments. Orders were made available online for member drawdown on Sept. 15, 2006.

Selected officers must execute their APPLY Board assignment orders no later than Dec. 31, 2006. In order to do so, officers must meet all billet requirements, including security clearance, physical and medical readiness. Officers unable to meet all billet requirements will have their orders cancelled.

Billets not filled by APPLY, and those declined by selected officers, will be posted on the APPLY Web site Dec. 1, 2006. These billets will be available for interim fills in accordance with current instructions. Officers

approved for interim fill assignments will be given a PRD of Dec. 31, 2006.

Officers who are involuntarily mobilized before or after assuming their board selected assignment retain their billet assignment upon mobilization. They will return to this billet upon demobilization until their normal PRD expires. Supported/Gaining commands may request an Interim Fill for the billet assignment until the APPLY Board selected officer returns from mobilization, per COMNAVRESFORCOMNOTE 5400. The format for requesting an interim fill can be found in Section VI, Appendix A, Exhibit 6.

Even as we wrap up APPLY FY07, it's time to start preparing for the APPLY FY08. The APPLY Web site will be available for officer registration in Jan. 2007. All officers will be required to log onto the APPLY Web site to verify their billet and PRD information once again next year. Officers should contact their supporting NOSC to ensure their PRD, current billet assignment, address, phone numbers and e-mail address is correct.

Selected Reserve officers are required to use their Navy issued e-mail (.mil) address for official correspondence. Doing so enables CNRFC and others to keep in closer contact with you. As an example, officers not selected for a billet in APPLY FY07 who supplied a military e-mail address received early notification of their status.

Competition for all billets, especially command billets, was especially keen once again this year. We offer our congratulations to all officers selected by this year's APPLY Board and best wishes to those who will be applying next year. **TNR**

"They know the depths and turns of the waters around them."

Piloting Dangerous Waters

story by
Mass Communication
Specialist 1st Class(SW/AW)
Rob Kerns
and Cmdr.
Michael J. Kondrackisnaps

In the Arabian Gulf, a Navy Reserve pilot navigates a ship into port.



One of many Kuwaiti ports, each requiring intimate knowledge of obstacles and currents, that Navy Reserve pilots must master.

Navy Reserve pilot has the bridge and guides a MSC ship safely into port.

LEFT: A Navy Reserve pilot boards a ship destined for a Kuwaiti port.

"He is the best Sailor who can steer within fewest points of the wind and exact a motive power out of the greatest obstacles."

Henry David Thoreau (1817–62),
U.S. philosopher, author, naturalist.
A Week on the Concord and Merrimack Rivers,
"Friday" (1849).

The War on Terror has brought many types of Soldiers and Sailors to the far reaches of the globe. Many of them are seen daily on TV and in newspapers. However, there is one group of Sailors serving quietly and diligently in the waters off the coast of Kuwait whose work is vital in fighting the war.

They are the Navy Reserve ship's pilots.

shape of the vessel, sail factor of the hull, wind, current, visibility, vessel traffic, ship's helmsmen, ship's horsepower, bow thrusters and assist tugs.

Normally, it takes years of training and sea time to become a pilot.

As cargo ships continue to become larger (900+ feet in length), the handling of these ships has become more difficult. The stakes have become higher in safely handling these larger ships due to the increased amount of cargo on one ship, as well

as the enormous amount of fuel that the ships carry.

In order to assist in the safe handling of our nations

and professional lives so that they can serve our country in the Arabian Gulf. This has taken place since March 2003 and continues today.

According to MMR Program Manager, Lt. Cmdr. Eric R. Johnson, the pace of the pilots can be quite demanding.

"Our Reserve pilots normally serve a 21-day rotation in the Gulf," said Johnson. "During this time they are constantly underway with ships bringing in as many as six ships a day."

Building a relationship with the Kuwaiti Port Authority and Kuwaiti pilots have helped ease the tensions that may arise from bringing in such a high number of ships on a daily basis.

"The relationship we have developed with the Kuwaiti Port Authority and Kuwaiti pilots is the cornerstone of our operation," said Navy Reserve Pilot Cmdr. Scott Frailey, who has served five tours in Kuwait. "These are their ports and without their cooperation we could not bring in the volume of cargo we do to these ports."

"Over an eight-month period we worked side by side with the Kuwaiti pilots bringing in the ships right along side them. They are now completely comfortable with us bringing ships in and out of their ports."

At the end of their rotations to the Gulf the pilots return to their civilian jobs of piloting ships through the various waterways of the United States. However, many of them return to the front lines to help assure the troops are receiving the gear they need.

As the War on Terror continues, the need to supply the forces in theatre will continue to be essential. These Soldiers, Sailors, Airmen and Marines cannot receive their supplies without the guiding force of the Navy Reserve ships pilots. **TNR**

"masters of the waters they sail"



These 34 Reservists serve along side the Kuwaiti ship's pilots bringing in the ships to help support the ongoing war effort in Iraq.

Ship's pilots are masters of the waters they sail. They know the depths and turns of the waters around them. A ship's captain relies upon the expertise of these pilots for safe handling in one of the most dangerous navigation situations: which is coming in and out of port.

This is a specialized skill that requires the pilot to account for the

cargo destined for Operations *Iraqi Freedom* and *Enduring Freedom* in the Arabian Gulf, Navy Reserve officers from the Merchant Marine Reserve (MMR) Program have been working with Kuwaiti ship's pilots to safely pilot America's war fighting and support cargo to Kuwait.

These pilots have been able to transfer ship handling skills to safely guide some of the largest ships in the world in and out of ports, with which they have limited experience. These officers are coordinating their personal



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

Endorsed and approved by: PSAs LANT, WEST, PAC and EUR
Provided by: CNRFC CUSTOMER SERVICE DIRECTORATE / NOOQ

Chief of Navy Reserve (703) 693-5757	Norfolk, Va. (757) 635-4548 (757) 444-7295	Houston, Texas (713) 502-2731	Forest Park, Ill. (708) 670-2280	Alameda, Calif. (510) 967-5143	Sioux Falls, S.D. (605) 336-2402	VR-61 (360) 257-6595
Office of the Chief of Navy Reserve (703) 614-4506	Plainville, Conn. (860) 573-9180	Jacksonville, Fla. (904) 542-3320	Grand Rapids, Mich. (616) 363-6889	Albuquerque, N.M. (505) 379-1366	Spokane, Wash. (509) 879-9260	VR-62 (207) 921-1462
Commander Navy Reserve Forces Command (504) 678-5313	Pittsburgh, Pa. (412) 673-0801	Lubbock, Texas (806) 765-6657	Green Bay, Wis. (920) 366-4606	Denver, Colo. (720) 847-6205 (303) 677-6230	Tacoma, Wash. (253) 209-0181	VR-64 (215) 443-6400
Force Equal Opportunity Advisor & EO Hotline Senior Chief Margaret Hoyt 1-877-822-7629	Quincy, Mass. (617) 753-4600	Meridian, Miss. (601) 604-1865	Grissom, Indiana (765) 469-0178	Encino, Calif. (818) 381-6752	Whidbey Island, Wash. (360) 257-2922	Carrier Air Wing Reserve 20 (678) 575-6830
	Raleigh, N.C. (866) 635-8393	Miami, Fla. (305) 336-5572	Indianapolis, Ind. (317) 294-7380	Fort Carson, Colo. (719) 238-8541	Naval Air Stations	VAQ-209 (240) 857-7828
REDCOM Mid Atlantic 1-866-538-4773	Reading, Pa. (610) 378-0164	Mobile, Ala. (251) 490-0611	Kansas City, Mo. (816) 923-2341	Guam (671) 777-2433	Atlanta, Ga. (678) 655-6392	VAW-77 (678) 655-6382
Adelphi, Md. (301) 394-5800	Richmond, Va. (804) 833-2882	New Orleans, La. (504) 554-5830 (504) 697-9205	Knoxville, Tenn. (865) 406-4024	Honolulu, Hawaii (808) 227-3575	Fort Worth, Texas (817) 782-7152	VFA-201 (817) 782-6363-221
Albany, N.Y. (518) 489-5441	Roanoke, Va. (540) 309-2563 (540) 563-9723	Orange, Texas (409) 779-0158	La Crosse, Wis. (608) 792-1622	Las Vegas, Nev. (702) 349-9685	New Orleans, La. (504) 678-3254	VFA-204 (504) 678-3491
Amityville, N.Y. (631) 842-4850	Rochester, N.Y. (585) 247-6858	Orlando, Fla. (407) 240-5939	Lansing, Mich. (517) 930-2579	Lemoore, Calif. (559) 960-3228	Signonella, Italy 001-39-095-86-2359	VFC-12 (757) 433-4919
Asheville, N.C. (828) 777-1194	Syracuse, N.Y. (315) 455-2441	Pensacola, Fla. (850) 384-4023	Lexington, Ky. (859) 494-1473	Los Angeles, Calif. (310) 617-8360	Willow Grove, Pa. (215) 443-6454	VFC-13 (775) 426-3645
Avoca, Pa. (570) 407-1086	Washington, D.C. (202) 391-6907	Roosevelt Roads, P.R. (787) 865-4300	Lincoln, Neb. (402) 450-4072	Moreno Valley, Calif. (951) 840-0187	Naval Air Facility	
Baltimore, Md. (410) 752-4561	White River Junction, Vt. (802) 295-0050	San Antonio, Texas (210) 381-2297	Little Rock, Ark. (501) 416-6356	Phoenix, Ariz. (602) 374-0993	Washington D.C. (240) 857-4880	Helicopter Wing Reserve (619) 846-4857
Bangor, Maine (207) 942-4388	Willow Grove, Pa. 1-866-945-5694	Shreveport, La. (318) 393-0096	Louisville, Ky. (502) 375-3329	Point Mugu, Calif. (805) 989-7559	Reserve Patrol Wing (COMRESPATWING) (215) 443-6817	HC-85 (619) 545-7218
Brunswick, Maine (207) 522-1064	Wilmington, Del. (302) 996-3328	St. Petersburg (Clearwater), Fla. (727) 744-9927	Madison, Wis. (608) 225-3417	Port Hueneme, Calif. (805) 469-3845	VP-62 (904) 542-2211	HCS-4 (757) 445-0861
Bronx, N.Y. (646) 342-3754	Wilmington, N.C. (910) 540-9676 (910) 762-9676	Tallahassee, Fla. (850) 294-9158	Marquette, Mich. (906) 362-8767	Reno, Nev. (775) 250-7886	VP-66 (215) 443-6600	HCS-5 (619) 545-7288
Buffalo, N.Y. (716) 807-4769	Worcester, Mass. (508) 259-7103	Tampa, Fla. (813) 486-0236	Memphis, Tenn. (901) 212-5354 (901) 874-5256	Sacramento, Calif. (916) 919-6059	VP-65 (805) 989-8765/7598	HS-75 (904) 542-4495
Charlotte, N.C. (704) 264-9159		Waco, Texas (254) 498-1910	Milwaukee, Wis. (414) 303-9606	Salt Lake City, Utah (801) 736-4200	VP-69 (360) 257-2522	HSL-60 (904) 270-6906
Ebensburg, Pa. (814) 341-2199	REDCOM Southeast 1-800-201-4199	West Palm, Fla. (561) 315-7888 (561) 687-3960	Minneapolis, Minn. (612) 713-4600	San Diego, Calif. (619) 571-5177 (619) 545-2632	VP-92 (207) 921-2092	Operational Support Offices and Reserve Force Operations
Earle, N.J. (732) 580-8545 (732) 866-2888	Amarillo, Texas 1-866-804-1627	REDCOM Mid West 1-866-356-3446	Nashville, Tenn. (615) 429-0890	San Jose, Calif. (408) 210-2950	VP-94 (504) 678-3324	Allied Command Transformation (NATO) (757) 747-3314
Erie, Pa. (814) 866-3073	Atlanta, Ga. (678) 655-5918	Akron, Ohio (330) 376-9054	Oklahoma City, Okla. (405) 733-1052	Tucson, Ariz. (520) 228-6289 (520) 444-4439	Fleet Logistics Support Wing (817) 825-6438	Amphibious Construction Battalion Two (757) 492-7622
Fort Dix, N.J. (609) 351-1375	Augusta, Ga. (706) 533-3439	Battle Creek, Mich. (269) 420-8813	Omaha, Neb. (402) 871-7086	REDCOM Northwest (425) 304-3338	VR-1 (240) 857-3722	Amphibious Group One 011-81-611-742-2377
Fort Drum (Watertown), N.Y. (315) 212-0352	Austin, Texas (512) 797-2250	Cape Girardeau, Mo. (573) 576-9300	Peoria, Ill. (309) 678-1157	Bangor, Wash. (360) 315-3004	VR-46 (678) 655-6333	Amphibious Group Two (757) 462-7403 x510
Glens Falls, N.Y. (518) 505-4534	Baton Rouge, La. (225) 270-2751	Chattanooga, Tenn. (423) 322-6814	Rock Island, Ill. (309) 737-7731	Billings, Mont. (406) 248-2090	VR-48 (240) 857-6814	Amphibious Group Three (619) 556-1178
Greensboro, N.C. (336) 254-8671	Bessmer, Ala. (205) 497-2600	Chicago, Ill. (847) 804-1525	Saginaw, Mich. (989) 233-5712	Boise, Idaho (208) 841-2004	VR-51 (808) 257-3289	Bureau of Medicine and Surgery (202) 762-3415
Harrisburg, Pa. (888) 879-6649	Charleston, S.C. (843) 743-2620	Cincinnati, Ohio (513) 319-9396	Sioux City, Iowa (712) 490-8049 (712) 276-0130	Central Point, Ore. (541) 941-5082	VR-52 (215) 443 6553	Center for Naval Aviation Technical Training (361) 961-3618
Horseheads, N.Y. (607) 331-9309	Columbia, S.C. (803) 606-4756	Cleveland, Ohio (216) 771-0845	Springfield, Mo. (417) 425-2598	Cheyenne, Wy. (307) 631-0979	VR-53 (240) 857-9029	Center for Personal Development (757) 492-7622
Huntington, W. Va. (304) 523-7471	Columbus, Ga. (706) 464-9895	Columbus, Ohio (614) 492-2888	St. Louis, Mo. (314) 954-1052	Eugene, Ore. (541) 342-1887	VR-54 (504) 678-3700	Comptroller of Navy (OMN&R) (703) 614-0061
Lehigh Valley, Pa. (610) 264-8823	Corpus Christi, Texas (361) 728-5507	Decatur, Ill. (217) 433-9058	Toledo (Perryburg), Ohio (419) 666-3444	Everett, Wash. (425) 304-4764	VR-55 (805) 989-8755	Comptroller of Navy (RPN) (703) 614-5528
Manchester, N.H. (603) 303-0705 (603) 537-8023	El Paso, Texas (915) 276-6289	Des Moines, Iowa (515) 205-6527	Tulsa (Broken Arrow) (918) 258-7822	Fargo, N.D. (701) 232-3689	VR-56 (619) 545-6920	Defense Intelligence Agency (202) 231-4980
Moundsville, W.Va. (304) 843-1553	Fort Worth, Texas (817) 271-8936	Detroit, Mich. (586) 307-6148	Wichita, Kan. (316) 640-5139	Fort Richardson, Alaska (907) 384-6491	VR-57 (757) 445-0746	Defense Logistics Agency (703) 767-5320
New London, Conn. (860) 625-3208	Greenville, S.C. (864) 423-5889	Dubuque, Iowa 1-866 556-2144	Youngstown, Ohio (330) 609-1900	Helena, Mont. (406) 449-5725	VR-58 (904) 542-4051	
Newport, R. I. (401) 841-4550	Gulfport, Miss. (228) 323-0064	Duluth, Minn. (218) 310-0166	REDCOM Southwest 1-866-744-1735	Portland, Ore. (503) 285-4566	VR-59 (817) 782-5411	
	Harlingen, Texas (956) 367-1856					

RC Phone Directory

<p>Destroyer Squadron Two (757) 444-1452 x509</p> <p>Employer Support of the Guard and Reserve DSN: 426-1390</p> <p>First Naval Construction Division (757) 462-8225 x229</p> <p>Fleet Activities Chinhae, Korea 011-82-55-540-2852</p> <p>Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1157</p> <p>Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1012</p> <p>Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-4627</p> <p>Fleet and Industrial Supply Center San Diego, Calif. (619) 532-4283</p> <p>Fleet and Industrial Supply Center Yokosuka, Japan 011-81-46-816-6548</p> <p>Fleet Air Mediterranean 011-39-081-568-4184</p> <p>Fleet Information Warfare Center (757) 417-4018</p> <p>Fleet Forces Command (757) 836-3634 (757) 836-3837 (757) 836-0454 (757) 836-3847 (757) 836-5397</p> <p>Fleet Intelligence Training Center Pacific (619) 524-6753</p> <p>Headquarters US Marine Corps DSN: 278-9360</p> <p>Joint Chiefs of Staff (703) 697-3397 (703) 693-9753</p> <p>Joint Forces Intelligence Command (757) 836-7211</p> <p>Judge Advocate General (504) 678-5303 (202) 685-5216</p> <p>Logistics Group Western Pacific 011-65-6750-2342</p> <p>Marine Forces Reserve (504) 678-8637</p> <p>Merchant Marine Program (504) 678-0590</p> <p>Military Sealift Fleet Support Command (202) 685-5149</p> <p>Mine Warfare Command (361) 961-4828 (361) 961-4885 (361) 961-4894</p> <p>Naval Air Force US Atlantic Fleet (757) 445-1482 (757) 444-6694</p> <p>Naval Air Forces/Naval Air Force US Pacific Fleet (619) 545-2734 (619) 545-7272</p>	<p>Naval Air Systems Command (301) 757-8512 (301) 342-9680</p> <p>Naval Coastal Warfare Group One (619) 437-9525 (619) 437-9475 (619) 437-9897</p> <p>Naval Coastal Warfare Group Two (757) 396-0513 (757) 967-4403</p> <p>Naval Construction Forces Command (757) 462-8225 x230</p> <p>Naval Criminal Investigate Service (202) 433-9169</p> <p>Naval District Washington (202) 433-6465 (202) 433-7527</p> <p>Naval Education and Training Command (850) 452-9252</p> <p>Navy Expeditionary Logistics Support Group (757) 887-7639 (800)-453-1621</p> <p>Naval Facilities Engineering Command (202) 685-9010</p> <p>Naval Health Care New England (860) 694-4105</p> <p>Naval Hospital Bremerton, Wash. (360) 475-4375</p> <p>Naval Hospital Camp Lejeune, N.C. (910) 450-4090</p> <p>Naval Hospital Camp Pendleton, Calif. (760) 725-1373</p> <p>Naval Hospital Charleston, S.C. (843) 743-7316</p> <p>Naval Health Clinic Great Lakes, Ill. (847) 688-6699</p> <p>Naval Hospital Jacksonville, Fla. (904) 542-7458</p> <p>Naval Hospital Lemoore, Calif. (559) 998-2529</p> <p>Naval Hospital Naples Italy 011-39-081-811-6099</p> <p>Naval Hospital Oak Harbor, Wash. (360) 257-9991</p> <p>Naval Hospital Pensacola, Fla. (850) 505-6832</p> <p>Naval Hospital Yokosuka, Japan 011-81-6160-43-9549</p> <p>Naval Inspector General (202) 433-4707</p> <p>Naval Medical Center Portsmouth, Va. (757) 953-7700</p> <p>Naval Medical Center San Diego, Calif. 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