

The NAVY RESERVIST

SUPPORT TO THE FLEET...READY AND FULLY INTEGRATED

Volume 31, Numbers 2/3
February/March 2005



Reserve Divers
Under Pressure



Reservists
Support JFK

Happy 90th Birthday Navy Reserve!



Venerable
F-14D "Tomcats"
Take Their Last Deployment!



Navy Reserve Travel and Pay Processing Checklist

1. Messing and Berthing

Verify whether you will be reimbursed for commercial or government berthing and messing:

☐

A Berthing Endorsement or Certification of Non-Availability (CNA) is required for reimbursement of commercial lodging expenses (*hotel costs*). If a CNA is not provided on your itinerary and you are directed to stay in government berthing, you must stay in government quarters or obtain a CNA endorsement from the local berthing authority.

☐

Verify government messing availability/non-availability at check-in. If messing is directed but not available, endorsement or order modification is required for meal reimbursement.

2. SELRES Pay & Allowance (for AT & ADT orders)

Upon reporting for duty, submit to that Command's local PSD:

☐

Orders with Command Endorsements (*Note: Orders must be imprinted with the word "ORIGINAL"*).

☐

Copy of current/verified NAVPERS 1070/60 "Page 2."

☐

Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (*requirement varies by PSD*).

3. SELRES Travel Claim Checklist (for all orders: AT, ADT: & IDTT)

Submit the following to your Reserve Activity within two (2) working days of completing travel:

☐

Completed Travel Voucher DD 1351-2 with ORIGINAL signature.

☐

Copy of endorsed orders.

☐

Second copy of endorsed orders (*only required for IDTT processing*).

☐

Receipts for lodging (regardless of amount) and all reimbursable expenses over \$75.00 or more. Credit card receipts are not acceptable for rental cars--actual rental car receipts are required.

☐

Copy of SATO Travel Itinerary (*if travel incurred*).

☐

Completed Direct Deposit "verification" form with electronic funds transfer (EFT) data (*some PSDs require this only upon change to EFT data; requirement varies by PSD*).

☐

Certification of Non-Availability (CNA) for commercial lodging/meals from the BEQ/BOQ (*if SATO has not already provided this on your Itinerary*).

☐

Reserve Activity Authorizing Officer (AO) approval.

NOTE: Incomplete Travel Claims can result in returned or incomplete payment!

To minimize errors on your Travel Claims, see detailed instructions for your PSD and global forms at <http://www.pasd.navy.mil> or view the Travel section of "The Gouge" (SELRES Survival Guide) at: www.navalreserve.navy.mil > COMNAVRESFORCOM (Private Side) > Welcome Aboard > Customer Service > THE GOUGE.

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

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

Provided by: CNRFC CUSTOMER SERVICE DIRECTORATE / N00Q

Features

- Commander's View
- Sailors Matter

Profiles in Professionalism

Monthly highlighting of two exceptional Sailors who exude their dedication and talents to our Navy!



Reservists on the JFK Contribute

Critical support to active-duty Sailors get them home sooner.



VFA-204 "River Rattlers" Helps VF-213 "Blacklions" Deploy

A stop in New Orleans sends F-14D Tomcats to their final mission.

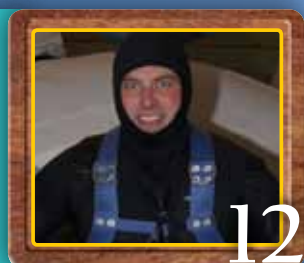
Seabee Reservists Rehabilitate Homeless Veterans Facility

Naval Facilities Expeditionary Logistics Center (NFELC) enhance living conditions in Riverside, Calif.



Navy Experimental Dive Unit - Reserve (NEDU-R) Pushes Decompression Envelope

Under-pressure Reserve Divers acclimate.



On The Cover

An F/A-18A+ Hornet flown by adversary pilot Lt. Cmdr. Dennis Reike from Strike Fighter Squadron 204 (VFA-204) "River Rattlers" joins with an F-14D Tomcat from Strike Fighter Squadron 213 (VFA-213) "Blacklions", flown by pilot Lt. Josh Rose and radar intercept officer (RIO) Lt. Mark Keller during a training mission during their Strike Fighter Advance Readiness Program (SFARP).

U.S. Navy photo by Lt. Cmdr Donald Breen



**TheNAVY
RESERVIST**
SUPPORT TO THE FLEET...READY AND FULLY INTEGRATED

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The Navy Reservist seeks action photos of Navy Reservists (minimum 300 dpi digital slides or negatives) that tell a story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph to include their respective rate, rank and command. Photos should also include a visual information record identification number or VIRIN. Information about VIRINs is available online at www.mediacen.navy.mil/vi/virin.htm. Submissions should be received three weeks prior to publication month (i.e. March 1st for the April issue). Material will not be returned.

NEWS ONLINE

The Navy Reservist current and past issues can be accessed online at www.navalreserve.navy.mil. Navy Reserve News Stand, a Web site featuring Navy Reserve news and photos, plus links to Navy fleet pages, can be viewed at www.news.navy.mil/local/nrf.

CHANGE OF ADDRESS

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

Commander's View

Vice Admiral John G. Cotton

Happy birthday Reserve Force! March 3rd marks our 90th anniversary, and as we continue our proud naval heritage of Re-serving, dedicated reservists are more ready, integrated, and fully engaged than ever. A brief history of our Navy Reserve can be found in our Navy Reservist Almanac (page 6) or on our Reserve Web site under the "welcome aboard/mission/history" link. From global humanitarian assistance to direct support of the Global War on Terrorism (GWOT), over 25% of our 80,000 Reserve Component Sailors are effectively serving on operational support orders every day. Navy leaders are excited about the results of increased active reserve integration and frequently comment that today's missions simply cannot be accomplished without rapid surge support from the Total Force of active, reserve, government and contractor personnel.

The world was stunned by the force of the earthquake and tsunami in Southeast Asia, and also impressed by the quick response by the Navy in support of Operation *Unified Assistance*. The USS Abraham Lincoln (CVN 72) Carrier Strike Group (CSG) and USS Bon Homme Richard (LHD 6) Expeditionary Strike Group (ESG) were on scene within days providing critical relief, and Navy Reservists from every community immediately volunteered to assist with the rescue efforts. The Navy demonstrated the flexibility of Sea Basing as well as the ability to rapidly surge trained personnel, equipment and supplies. These effective efforts demonstrate the future requirements for the Total Force to be able to respond anytime, anywhere to any threat or mission in support of every Joint Combatant Commander. Impressive stories and photos are available at the Navy News Stand Website: <http://www.news.navy.mil/local/tsunami/>.

At the end of January we also witnessed the first free election in Iraq after decades of tyranny. Like the proud citizens of Afghanistan who democratically elected their first government last year, the people of Iraq can now realize rather than dream of a future of self determination and freedom. The resolute efforts of all Americans that support the GWOT are now coming to fruition, and the hope of liberty for all citizens in the region is burning brightly.

In this issue we spotlight the "River Rattlers" of VFA-204 at Naval Air Station Joint Reserve Base New Orleans, as they trained the "Blacklions" of VF-213 for their final deployment. The Naval Air Force Reserve provides over 6,500 hours of adversary training every year to hone the "dogfighting" skills of active component aircrew, a warfighting skill that is both demanding and critical to the success of our deployed Strike Groups. RC personnel are involved in all aspects of training for Naval Aviation, from the Training Command to the Fleet.

Every successful command must include a dedicated ombudsman, who serves as the liaison between the command, spouses and their families. This is especially important during mobilization and deployment. In New Orleans, we recently bid farewell to Mrs. Yonna Diggs, who has so capably served for the past three years as our Navy Reserve Force Ombudsman. In a command ceremony, we thanked her for the vital support she has always enthusiastically provided to everyone and also welcomed our new Force Ombudsman, Mrs.

Desiree Tomlinson. We are fortunate to have Mrs. Tomlinson's energy and experience on the headquarters team. She recently served as the VR-57 Ombudsman in San Diego with her husband, PNC Brian Tomlinson, a 13 year Navy veteran. Desiree will soon be establishing an NMCI account, but in the meantime can be contacted at: desireetomlinson@earthlink.net. Valuable family resources available online include; Lifelines, <http://www.lifelines.navy.mil/> and Navy OneSource, <http://www.navyonesource.com/>.

It is always fun to call around the Force to talk with sailors. PN2 Chisa Summons, from NMCRC Amarillo, TX, is aiming to be a Chief someday, as well as a good example and friend to her shipmates. She credits her mentor, PN2 Ramona Pipkins, with helping her to serve more effectively. At NMCRC Tucson, AZ, PN3 Molly Berger is taking college courses and is applying for the Seaman to Admiral (STA) program. She is happy to make her parents proud and is superbly mentored by OSCS Avery Cox. BM2 Dustin Clark of NRC Oklahoma City, OK, wants to be a Master Training

Specialist, is taking college courses to qualify for the STA program, and wants to be an officer someday. At NRC Central Point, OR, PN3 William Gheen is very well mentored by PN1 Ronald Frank, and wants to continue his career while taking college courses. MM1 Gary Walter has served for over 17 years and is stationed at NRC White River Junction, VT. He credits his brother and mentor, CMDCM Stephen Mitchell, with setting a good example to follow. At NRC Saginaw, Mich., PNSA Gary Evans strives to learn, achieve and to make Chief. His favorite service memory is graduating from bootcamp 6 months ago, and how PN1 Linda Priddy mentored him in his first Navy assignment. All of these sailors are able to discuss and articulate our Navy Reserve vision of support to the fleet, ready and fully integrated, and all are working hard to make sure that our sailors can serve their supported commands.

We all joined the Navy for different reasons, some for educational benefits, others for career opportunities, and still others because of a family history of service. Repeatedly, we hear of sailors "wanting to be part of something bigger; to make a difference, a positive one." In the wake of the recent tsunami disaster, newspapers highlighted one of the most incredible cases of "service." Following the eruption of Mount Pinatubo in 1991, USS Abraham Lincoln (CVN 72) was diverted to provide assistance and relief to the devastated Philippine Islands. A young Philippine girl, Joviena Kay, was brought aboard CVN 72 for food, shelter and clothing. Today, Seaman Kay is serving proudly aboard "Abe," working diligently alongside coalition partners in the rescue and recovery efforts of Operation *Unified Assistance*. We are all so thankful for each other's dedication to service, to our nation, and to the core values that keep us strong: honor, courage and commitment. Thanks to each and every one of you for answering the call to be part of something bigger, and for the continued support of your families and employers.



Vice Admiral John G. Cotton
Chief of Navy Reserve

Sailors Matter

FORCM(AW/NAC) Thomas W. Mobley

Being ready to serve in today's Navy is essential in a quick response force designed to surge to meet our Navy needs. A well-prepared unit and member greatly improves their ability to respond to the call to duty. Physical exams, dental exams, record of emergency data, service records, physical fitness assessments, recall information, and training requirements are all essential and should be at the top of your check list for making sure you're ready to deploy. Did you forget anything? At the top of your personal checklist should be your family's readiness and taking care of their needs in your absence. Do your loved ones know what needs to be done in your absence? Do they know what their military benefits are when you're deployed and how to access them? Is there an easy way that they can reach out for information about assistance that is available to them both inside and outside of the Navy? There is. I want to take a minute and talk about the benefits of Navy OneSource.

The Navy continues to provide assistance to its Sailors and their families through the ombudsman program, base support services, Fleet and Family Support Centers, Morale Welfare and Recreation, chaplains and command leadership, and Navy OneSource is an extension of those vital services.

Military OneSource and each of its specific service sites, Navy OneSource, MCCS OneSource, Air Force OneSource and Army OneSource, provides a free and completely confidential Internet and telephone help-line to assist families and servicemembers with a range of life issues. The U.S. Department of Defense started the program to help servicemembers, as well as their families, with the military way of life, especially during deployments and relocation.

Navy OneSource Program Manager Brian M. Campbell, a Navy Reservist himself, describes the OneSource sites as a "one-stop shop" for anything you could possibly want.

"We partner with the available military family support services

on base and they are the first referral we recommend," says Campbell. "But if they can't provide the assistance or the member doesn't live near a fleet-concentrated area, Navy OneSource will step in and point you in the right direction."

Navy OneSource staffs master's level consultants, multi-cultural and multi-lingual research advisors available seven days a week, 24 hours a day, 365 days a year. Many of our Navy reservists and their families are separated from military installations. Navy OneSource bridges that gap for anyone needing support services after hours or on weekends and for some of us who prefer the convenience of a phone call or e-mail.

"Most of our calls are about military life or everyday issues - deployments, military family life, buying a car, financial planning, relocation or advice on consumer purchases," says Campbell.

"And every phone call is answered by a live representative, not by an automated directory."

Each of us are going forward to meet the needs of our Navy every day. We are going to be deployed to more places and are involved in more areas of the world than ever before. Being ready is what we are all about. We will all have the opportunity to serve. If you haven't yet, standby, your opportunity is coming. Wherever we may be assigned and whatever we may be doing we always want our families prepared and informed in our absence. Make sure you have everything prepared on the home front. When it comes to preparedness, a good "Family Preparedness" should include Navy OneSource.

*Navy OneSource and Military OneSource is available 24 hours a day, seven days a week and 365 days a year on the Internet at <http://www.navyonesource.com> (User ID - Navy and Password - Sailor) or by telephone from U.S. dial 800-540-4123, or International toll-free: 800-540-41233 or International collect: 484-530-5914.



Thomas W. Mobley
Navy Reserve Force Master Chief

Hickam Air Force Base, Hawaii

Crew members of Fleet Logistics Support Squadron (VR) 59 known as the "Lone Star Express," secure cargo aboard the Navy Reserve's newest logistics aircraft, the C-40A, at Hickam Air Force base heading to Utapao, Thailand to support Operation Unified Assistance in the world-wide Tsunami relief effort.

U.S. Navy photo by
Photographer's Mate 1st Class Greg Bingaman





PROFILES IN PROFESSIONALISM

We have many talented people in our Navy, and monthly we like to highlight our Sailors and some of the unique careers, skills, and services they are providing to the fleet. If you have someone you'd like to nominate, e-mail the editor **robert.kerns@navy.mil** for the submission form. Please include a hi-res (300 dpi) 5"x7" digital photo or 4"x6" snapshot of the candidate.



**Aviation Structural Mechanic
3rd Class
Jonathan L. Barbieri**

Hometown: Pittsfield, Massachusetts

Brief description of your job: Plane Captain for Strike Fighter Squadron 204, "River Rattlers".

Why did you join the Navy: To get away from home, travel and college money.

Who has been your biggest influence since joining the Navy: The whole airframe shop.

What do you enjoy most about the Navy: Team spirit and learning new things; it keeps the job fresh.

The most interesting place you have visited since joining the Navy: Anchorage, Alaska during Cope Thunder 2004.

Hobbies: Rollerblading and playing pool.



**Hospital Corpsman
2nd Class (DMT)
Brian C. Herrli**

Hometown: Rockford, Illinois

Brief description of your job: Medical support, Navy Experimental Diving Unit - Reserve

Why did you join the Navy: Personal commitment to support freedom.

Who has been your biggest influence since joining the Navy: Admiral Jeremy Michael Borda was a huge inspiration – he went from E-1 to CNO. I met him in person – he was a Sailor's Sailor.

What do you enjoy most about the Navy: Being a part of tradition, and a supreme power.

The most interesting place you have visited since joining the Navy: It's a toss-up between San Diego, where as a non-diver, I had my first "real experience" with the hoo-rah diving Navy – get in and get it done, Panama City, Fla. I went through dive school – HOO RAH 97-30-2C! I am now part of a close-knit family steeped in pride and tradition.

Civilian occupation: Chicago firefighter and paramedic.

Aviation Quotes of Note



Man must rise above the Earth — to the top of the atmosphere and beyond — for only thus will he fully understand the world in which he lives.
—*Socrates, Greek Philosopher (469-399 B.C.)*

The natural function of the wing is to soar upwards and carry that which is heavy up to the place where dwells the race of gods. More than any other thing that pertains to the body it partakes of the nature of the divine.
—*Plato, Greek Philosopher (428-327 B.C.)*

"...And once you have tasted flight, you will walk the Earth with your eyes turned skyward, for there you have been and there you long to return."

—*Leonardo DaVinci, (1452-1519).*

Flying might not be all plain sailing, but the fun of it is worth the price.

—*Amelia Earhart, (1897-1937).*



The air up there in the clouds is very pure and fine, bracing and delicious. And why shouldn't it be? — it is the same the angels breathe.

—*Mark Twain, (1835-1910), 'Roughing It,' 1886.*

My soul is in the sky.

—*William Shakespeare, (1564- 1616), 'A Midsummer Night's Dream'.*



More than anything else the sensation is one of perfect peace mingled with an excitement that strains every nerve to the utmost, if you can conceive of such a combination.

—*Wilbur Wright, (1867-1912).*

The exhilaration of flying is too keen, the pleasure too great, for it to be neglected as a sport.

—*Orville Wright, (1871-1948).*

Aviators live by hours, not by days.

—*T. H. White, (1906-1964), 'England Have My Bones,' 1936.*

Whether outwardly or inwardly, whether in space or time, the farther we penetrate the unknown, the vaster and more marvelous it becomes.

—*Charles A. Lindbergh (1902-1974), 'Autobiography of Values,' 1972.*

Aeronautics was neither an industry nor a science. It was a miracle.

—*Igor Sikorsky, (1889-1972).*



A Look Back 40 Years Ago

THE NAVAL RESERVIST

BUREAU OF NAVAL PERSONNEL NAVPERS 15853 FEBRUARY 1965



February 1965

The Navy Reserve Celebrates
90 Years of Peacekeeping!

It was in March of 1915 that Congress established the Federal Naval Reserve, marking this year as the 90th anniversary of the creation of today's Navy Reserve. From the World Wars to the Korean and Vietnam Conflicts to Operation Enduring Freedom, the Navy Reserve has fought alongside its active-duty counterpart with resolution and dignity for nearly a century. Now, with the advent of the Active-Reserve Integration, it is especially important to remember the proud tradition of the Navy Reserve, which has long stood for the values of honor, courage and commitment. To all the past and present members of this great fighting force, we at *The Navy Reservist* wish you a happy birthday.

Navy Reservists Provide

by JFK Public Affairs
JFK Public Affairs

USS JOHN F. KENNEDY — As USS John F. Kennedy (CV 67) steamed toward its homeport of Mayport, Fla., following a successful six-month combat deployment in the Arabian Gulf, the carrier welcomed aboard 73 Reservists who seamlessly integrated with the crew for the final leg of the ship's journey home.

The Reservists hailed from 12 reserve centers representing 24 different units and supported 10 departments throughout the warship.

According to Vice Adm. John Cotton, chief of Navy Reserve, 85,000 people serve in the Navy Reserves, with more than 14,000 full-time support and just more than 71,000 selected Reservists spread across 39 different programs in support of ongoing operations.

"We're at just more than 22,000 Navy Reservists mobilized in support of Operations *Enduring Freedom*, *Iraqi Freedom*, *Noble Eagle* and other operations. But that doesn't include the many people who have been doing extra active duty for special work. Twenty-four percent of the Navy Reserve force today is doing operational support on some set of orders. It's not a drill-weekend force; it's an operational support, 'get-to-your-supported-command'-type force," said Cotton in a recent *Proceedings* magazine article.

On JFK, 73 Reservists worked side-by-side with their active duty counterparts, assisting the ship's personnel in efforts to bring "Big John" home Dec. 13, 2004.

"It feels great that we can contribute and get them home for their leave period," said Aviation Ordnance Chief Joseph H. Fountain Sr. a Reservist from the Mayport-based Carrier Vessel Southeast command.

Reservist Aviation Ordnance Master Chief (SW) Gregory L. Kindred, detachment officer in charge, also from the Carrier Vessel Southeast, coordinated with Kennedy's Operations Support Officer, Lt. Jason Waldron, to fully integrate Reserve Sailors into their respective work centers and the daily operations of the carrier.

"Reserve leadership has handled everything," said Waldron. "We only assisted with berthing, pay and department assignments. The Reservists know their jobs. That's a benefit for us."

Air department, the most populous segment of the massive carrier, welcomed 11 Reservists who helped prep the crew of Carrier Air Wing 17 (CVW-17) for a 70-plane fly-off en route to their homeports of Oceana, Va., Norfolk, Jacksonville, Fla. and Whidbey Island, Wash. Working in various divisions, the Reservists supported aircraft fuel operations, aviation equipment repair and the aircraft movement and handling on both the flight deck and in the hanger bay.

The Kennedy aviation intermediate maintenance department received eight of the Reservists who supported operations in the jet and hydraulic shops. They assisted with cutting sheet metal, removing rivets and shaping metal to repair broken parts.

Reservists joined the combat systems team supporting the information systems functions of the automated data processing division as well as the ship's communications and combat center. Several assisted the navigation department, helping the signalmen and quartermasters chart a safe course for "Big John's" return to homeport.

U.S. Navy photo by Photographer's Mate Airman Apprentice Eric J. Cutright



Engineman 2nd Class David Reyes, a Navy Reservist from Chicago, works on cleaning a 3-inch globe valve aboard USS John F. Kennedy (CV 67) in the Engineering Department. In civilian life he is a Chicago fire fighter, and a part-time camera man for the Jerry Springer Show.

"For our division [the Reservists] have been a lot of help. We are undermanned, and run a small division here. They've been a great help ever since they got here," said Quartermaster Seaman Angel Hernandez, who mans Kennedy's signal bridge.

Engineman 2nd Class Eric Lewis of Naval Air Support Joint Reserve Base New Orleans, and Engineman 2nd Class David Reyes from Carrier Vessel Northeast, Naval Reserve Center Chicago, worked in the engineering department and repaired a leaking fire pump.

"It was more than a monetary contribution. The [Reservists'] repairs of the JFK saved time, costs and helped maximize Sailors' liberty in Tarragona," said Lt.j.g. Elroy L. Newton, of "Big John's" engineering department. "Reserve integration is a good program and good exposure for Reservists and the ship's crew."

Medical tasked eight Reservists to assist in audits and various administrative work. Cmdr. Sandra Lane, the health coordinator for Naval and Marine Corps Reserve Center Tallahassee, Fla.



de JFK Critical Support

and a staff nurse in the civilian world, reviewed medical records for USS Vicksburg (CG 69), a JFK Carrier Strike Group ship. She also put her nursing experience to work on board by providing patient services.

Security employed four Reservists who supported patrols and security watches. Master-at-Arms 3rd Class Jose A. Campuzano, a Reservist from New Orleans, was instrumental during JFK's final port visit to Tarragona, Spain. There, he served as a translator for the civil guard Spanish police.

"He helped our daily patrol keep good order and discipline about the ship," said Master-at-Arms 2nd Class Juan C. Garcia. "He also stood a safety watch during a replenishment at sea, preventing shipmates from getting hurt."

According to Campuzano, the time he spent on board JFK benefited both him and the Navy.

"I feel my time aboard the Kennedy has helped me with familiarization of the Master-at-Arms 2nd Class rate out at sea," said Campuzano. "It gave me the opportunity to utilize some of my specialized skills that I have learned as a civilian police officer. It's been a great experience. I'm looking forward to coming back."

Reservists worked in the weapons department, supporting the armory and weapons magazines.

"It's been a great experience keeping the Reservists current in their qualifications and bringing them up to speed with procedures and the newer weapons we have in the fleet," said Aviation Ordnanceman 1st Class (AW) Daniel Elias, of weapons' G-3 division bomb squad.

The Reservists worked with the GBU 38 aboard JFK, the newest weapon in the Navy's arsenal. Carrier Air Wing 17 crews employed this 500-pound JDAM bomb during combat operations in Iraq, specifically in Fullujah.

"The small, but lethal, ordnance allows aircraft to take out a target with minimal collateral damage," said Capt. Mark Guadagnini, commander of CVW-17.

Both active-duty and Reserve Sailors say they learned a great deal during this augmentation.

Many Reservists bring skill sets, talent and experience from their civilian jobs, which directly benefit the Navy. Others started in the Navy and decided to turn their uniforms in for business suits.

"Even though some of them have done their active duty time and have made the transition into the civilian sector," said Aviation Boatswain's Mate (Fuel) 2nd Class Willie M. Craig, of the air department, "they are willing to show how patriotic they are by taking time away from their families to help with the War on Terrorism."

Active duty personnel welcomed the assistance of the Reservists, as well as the exposure to possible career options in the Navy Reserves. Reservists recognize their contribution to the active duty mission as an integral part of their training, which provides an opportunity to increase their knowledge and sharpen their skills.

"We train; we have our ratings to study, getting ready for when we are needed," said Aviation Boatswain's Mate (Fuel) 3rd Class Geoff Honsberger, a Reservist from Orlando, Fla., drilling out of Carrier Vessel Southeast.

U.S. Navy photo by Photographer's Mate Airman Apprentice Eric J. Cutright



Engineman 2nd Class Eric Lewis a Navy Reservist from New Orleans, works on changing out the oil ring in a 3-inch globe valve aboard USS John F. Kennedy (CV 67) in the Engineering Department. As a civilian, he is a landscaper, and has been in the Reserves for 15 years.

The JFK Reservists' augmentation seemed to benefit all those involved.

"The well-planned coordination between the John F. Kennedy and the Reservists created seamless integration, and that, reflects on the success of the operation," said Waldron.

"If we can support the mission with cooperation from the ship, the potential is limitless" said Kindred. "I can't say enough concerning the opportunity and the reception we received."


Kennedy's crew of Reservists epitomized the employment of this critical personnel force, integrating into one seamless team.

According to Cotton, the Navy Reserve is a component of the Navy that makes up the service team.

"The Navy Reserve needs to be thought of as one system of the Navy, not a separate and unequal force as it has been in the past, with separate politics, equipment, funding and policies. We have to put together a human resources strategy that is a continuum of service." **TNR**

The Reservists' repairs of the JFK saved time, costs and helped maximize Sailor's liberty in Tarragona.

U.S. Navy photo by
Photographer's Mate
1st Class (NAO/AW)
Jim Hampshire



VFA-204 Helps Prepare VF-213 for Final Tomcat Deployment

By JO1 (SW) Jay Cope
NAS JRB New Orleans

It is nearing the end of the line for the thoroughbred of Naval aircraft, but before the F-14 Tomcats are retired, the Navy is taking them out for one final tour of duty.

Strike Fighter Squadron (VF) 213 "Blacklions" along with VF-31 "Tomcats" will be the last two Tomcat squadrons to make a scheduled deployment, and it is Strike Fighter Squadron (VFA) 204 "River Rattlers" job to prepare the Tomcats for their last job.

The last work-ups for VF-213 in the F-14D Tomcats began at Naval Air Station Joint Reserve Base (NAS JRB) New Orleans, Nov. 30, when the "Blacklions" arrived to the base to begin their Strike Fighter Advanced Readiness Program (SFARP) training.

Based in Oceana Naval Air Station, Virginia Beach, Va., the "Blacklions" are scheduled to deploy as part of the USS Theodore Roosevelt (CVN 71) air wing this summer.

The deployment will be the last one scheduled for Tomcats before they are replaced with F/A-18 Super Hornets in 2006.

The SFARP training conducted at NAS JRB New Orleans was the beginning of the nine-month work up cycle in preparation for that deployment.

"The SFARP is a big part of our pre-deployment preparation," said Lt.j.g. Jim Cunningham, a radar intercept officer from VF-213. "We are getting a lot of good training we might not get elsewhere, and it is giving us an opportunity to develop our skills and put us at our

Final checker Aviation Electrician's Mate 2nd Class Daniel Spurning signals to raise the launch bar on an F-14D Tomcat from Strike Fighter Squadron 213 (VFA-213) "Blacklions" prior to a training mission with adversary Strike Fighter Squadron 204 (VFA-204) "River Rattlers" during their Strike Fighter Advance Readiness Program (SFARP).

U.S. Navy photo by Ens. Darin K. Russell

peak readiness."

The training focused on air-to-air combat with VFA-204 based at NAS JRB New Orleans, performing the adversarial role. The two squadrons flew two sorties each day with the most common arrangement being VF-213 flying four allied (blue) aircraft versus VFA-204's six adversary (red) aircraft.

While the "River Rattlers" were flying against the "Blacklions", the goal of the engagement wasn't to defeat the blue team, although that did happen occasionally. The goal was to provide the maximum training benefit to the unit, a role the reserve unit relished.

"The "Blacklions" will be the next set of pilots on the 'tip of the spear,'" said Cmdr. Jim Kuhn, commanding officer VFA-204. "Our job is to enact or mimic any viable foreign threat which they could encounter. We love being the opposition and we will do anything we can to make our active duty brothers better."

Reserve squadrons have almost exclusively performed the adversarial role for active duty squadrons since 1997. This division of responsibility enables the active duty units to train without splitting the assets of the squadron into two teams, which would reduce targeted training opportunities for each pilot. It also enables the reserve pilots to enhance their training skills.

According to Kuhn, the SFARP is an intense two weeks of training, which could never be completed

without a full complement of both Full Time Support (FTS) and Selected Reservists (SELRES) personnel.

"It would be impossible to do this training without the aid of all our Reservists," he said. "Our FTS enlisted personnel can handle the maintenance and administrative duties, but we only have five FTS pilots in the squadron so all 12 of our SELRES pilots put in a week during the SFARP."

With two events each day and with pilots not allowed to participate in both, as many as eight blue pilots and 12 red pilots could fly daily. The daily in-briefs and debriefs added to the flight times make a long day. Kuhn says that most of the coordination is done by the Strike Fighter Weapons School Atlantic instructors.

The instructors establish the training syllabus, plan the events as well as alternate events to account for the weather, brief and debrief the event, and review the learning points. There can be nearly five hours of briefings for each one to two hour flight.

"It is their operation. They brief, debrief, coordinate and referee all the events. We just show up with a smile," he joked.

In reality, their role is much more than that.

"VFA-204 plays a vital role. They have the concern of safety in flight," said Cmdr. Dan Redgate, commanding officer Strike Fighter Weapons School Atlantic. "They have to watch out for everyone to ensure a safe and effective training environment. In addition, we brief multiple scenarios and they must issue the conduct of the flights based on the weather."

A typical day during the SFARP, according to Redgate, involved a morning mass brief for everyone involved in the day's scenarios approximately two and one-half hours before the first event. It was followed by a fighter element brief and a bandit element brief to discuss the learning points planned for the day. The flights usually lasted a little more than one-hour, followed by a one to two hour debrief. Even after debriefing, the pilots continued to talk over the training points and began planning the next day's event.

Kuhn says the events are usually of two types - either offensive air or defensive air.

"Either the blue team is protecting a boat against an offensive force (defensive air) or they are sweeping a target area to provide a clear path for bombing missions (offensive air.)"

Whichever mission, the debrief is where the learning points are "hammered home," Kuhn said. Training during the debrief is made more effective by technology that enables



An F/A-18A+ Hornet flown by Adversary Pilot Lt. Cmdr. Dennis Reike from Strike Fighter Squadron 204 (VFA-204) "River Rattlers" joins with an F-14D Tomcat from Strike Fighter Squadron 213 (VFA-213) "Blacklions", flown by pilot Lt. Josh Rose and radar intercept officer (RIO) Lt. Mark Keller during a training mission.

U.S. Navy photo by LCDR Donald Breen

the flight to be reenacted on a television screen.

The aircraft flew the missions over an instrumented range in the Gulf of Mexico while transmitting a signal unique to each fighter. The recorders in the range then transmitted the data to the Air Combat Training System at the Combat Readiness Training Center, Gulfport, Miss. Mississippi National Guard personnel maintained tactical control during the event and recorded the flight for the instructors. The recording provides a graphic representation of the flight from any possible view, which the instructors use to review and evaluate the pilot's performances.

While the air-to-air combat emphasis for the SFARP is only three of the 15 sorties the weapons school instructors have planned for the "Blacklions" workups, Cmdr. Brian Kocher, commanding officer of VF-213, stressed it has been a good start. The unit still has another detachment in early 2005 to work on air-to-ground tactics before beginning battlegroup workups in the spring.

"It's been great. I can't say enough about VFA-204. They portray the adversarial role very professionally," he said. "It has definitely been a pleasure to work out of JRB."

He added the Reserve pilots are extremely capable at the role of playing the adversary.

"We don't necessarily simulate very well. We focus on being the 'good guys' and flying our aircraft the best we can," said Kocher. "They focus on being the adversary. They not only can simulate the tactics, but they do a great job of simulating the threat aircraft as well."

Even though the training proved to be so effective, it wasn't originally intended to be at New Orleans at all.

The SFARP was scheduled for Key West, Fla. A logistics problem discovered in October forced a change in location and New Orleans was the most logical replacement site. However, coordination had to be arranged with the base and sites in Gulfport, Miss., all within one month.

"This is the first time we have worked out of NAS JRB," said Redgate. "It took a lot of help from a lot of different people to make this work, but it has worked well."

For the pilots of VF-213 the workups were bittersweet. The training was successful and they had the chance to sample some famous New Orleans hospitality, however, the SFARP signaled the beginning of the end for an aircraft of which they are very fond.

"The Tomcat is still the sexiest, prettiest, and fastest airplane on the flightline. It says a lot about the aircraft that after all these years it is still the most capable plane of its type and a very lethal aircraft," said Kocher.

"It is a sad day to see her go, but we are here to see her go out on top."

An F-14D Tomcat from Strike Fighter Squadron 213 (VFA-213) "Blacklions" takes off over an F/A-18A+ Hornet from VFA-205 "River Rattlers" during their Strike Fighter Advance Readiness Program (SFARP).

U.S. Navy photo by Ens Darin K. Russell



LEFT:

Adversary Pilot Lt. Cmdr. Thad Shelton climbs into his F/A-18A+ Hornet from Strike Fighter Squadron 204 (VFA-204) "River Rattlers".

BELOW:

Plane Captain Aviation Structural Mechanic 3rd Class Jonathan Barbieri has Adversary Pilot Lt. Cmdr. Jeff Baumgarten hold breaks on an F/A-18A+ Hornet from Strike Fighter Squadron 204 (VFA-204) "River Rattlers" before Aviation Electrician's Mate 1st Class Brian Johnson and Aviation Technician Airman Chad Anderson complete the final checks on the aircraft.

U.S. Navy photos by Ens. Darin K. Russell.



Seabees Cement Reputation with Homeless Veterans' Project

Construction
Mechanic 3rd Class
Petty Officer Eric
Elder and Equipment
Operator 3rd
Class Petty Officer
Einar Richter laying
cement for handicap
accessible sidewalk.

By Journalist 2nd Class Jennifer Franco
Fleet Public Affairs Center Pacific

Construction Electrician 3rd Class Petty Officer
Thomas Abasta and Construction Mechanic 2nd
Class Petty Officer Aldemar Villamarin form-up.



MORENO VALLEY, Calif. (NNS) — Naval Facilities Expeditionary Logistics Center (NFELC), a Seabee unit at Naval Marine Corps Reserve Center - Moreno Valley, marked the one-year completion of its construction-renovation efforts for a homeless veterans facility in Riverside, Calif. recently.

NFELC Senior Chief Aviation Structural Mechanic Richard Conley responded to a call from the U.S. Veterans Initiative (U.S. Vets) for interested parties to provide cost-effective or free services, to rehabilitate their existing facility.

"NFELC's involvement with our homeless veterans projects has helped us to enhance extended living conditions," said Joe Haywood, property manager of U.S. Vets. "Without their support, it would have taken a longer period of time to prepare this facility for occupancy."

Chief Storekeeper Corey Guy, NFELC's site operations officer, and Equipment Operator 1st Class Dale Brown, NFELC's site project leading petty officer, headed up a team of Reservists to perform necessary construction and renovation tasks. Concrete for sidewalks was poured, rooms were cleaned, landscaping was provided, and the facility as a whole was brought up to current building and fire codes. Once complete, the facility will include 120 beds, serving homeless veterans within

San Bernardino and Riverside counties.

"I brought many of my own tools to help defray construction costs," said Builder 2nd Class Francisco Cano, project crew leader. "Participation from all members of this unit - whether it was bringing in their personal tools, running and managing crews or fabricating parts at home to maintain the schedule - made this project a great experience."

NFELC supported this construction-renovation project via weekend drills and annual training days, which has resulted in thousands of dollars saved on construction materials and labor.

"We've estimated this project would have cost at least \$38,000 for labor, \$12,000 for concrete work, plus additional costs for electrical and plumbing," said Brown. "To give a ballpark figure of the total cost savings that U.S. Vets benefited from our involvement with this project, to date, it's at approximately \$76,000."

Although some preliminary work was completed by NFELC Sailors prior to the arrival of the first 25 residents, there was a continuous need to rehabilitate more rooms and make the property handicap accessible.

"We poured about 14 yards of concrete just to make the first floor handicap accessible, and we had to fabricate all of the railing in the showers to make handicap accessible bathrooms," said Equipment Operator 1st Class

(SCW) Edward Davison. As of today, six rooms have been rehabilitated as handicap accessible units in accordance to the Americans with Disabilities Act.

This win-win project allowed Sailors to provide needed assistance to help house homeless veterans and gave U.S. Vets an opportunity to provide Sailors with a opportunity to maintain skill levels with on-the-job experience.

"This project provided an excellent opportunity to do something for our veterans and receive on-the-job training," said Utilitiesman 3rd Class Stephan Williams.

Being involved with a project of this size and magnitude makes it difficult to point out the efforts of individual Reservists, especially since every aspect of providing construction and landscaping was part of a team effort.

"The Seabees [from NFELC] have been [the] primary source of support," said Ivan Mason, program director of U.S. Vets. "Everything the unit has done for us was based on [a] team approach."

Throughout the year, "the Seabees (of the Navy Reserve) displayed great 'Can Do' spirit, professionalism, teamwork and pride to help the U.S. Homeless Veterans in every way possible," added Guy. "Thank you to all those who dedicated time and resources to this project." **TNR**

RESERVE Divers PUSH Decompression Envelope

by Journalist 1st Class Mike Miller
COMNAVRESFOR Public Affairs
NSA Panama City, Florida



Boatswain's Mate Chief(DSW) Michael Wiser (left), active duty member of the Navy Experimental Dive Unit, assists Boatswain's Mate Chief(DV) Carl Kuester, LCPO, Navy Experimental Dive Unit - Reserve (NEDU-R) as he prepares to enter the dive tank for a simulated dive to a depth of 130 feet. Air above the water in the tank is pressurized to simulate depth.

U.S. Navy Photo by Chief Photographer's Mate(DV) Eric Tilford

Such is the life and work of research divers at the Navy Experimental Dive Unit - Reserve (NEDU-R), from Navy Reserve Center Chicago, working on an experimental protocol to extend the Navy no-decompression table limits.

Unit members traveled from the Chicago area to support their active duty component, the Navy Experimental Dive Unit (NEDU), Ocean Simulation Facility at Navy Support Activity Panama City, Fla. in accord with the Navy Reserve realignment.

NEDU-R Commanding Officer, Lt. Cmdr. Anne M. Wick led the detachment including unit LCPO Boatswain's Mate Chief(DV) Carl Kuester, Hospital Corpsman 2nd Class(DV/PJ/FMF) Frank Dudas, Hospital Corpsman 2nd Class(DMT) Brian Herrli, and Machinist's Mate 2nd Class(SS/DV) C. Matthew Pugh.

NEDU-R always has supported the needs of the Navy, but previously the support focused on training rather than direct work for their active duty component.

"We recovered Coast Guard Navigational Aid Light (NAVAID) batteries back in the 1990s. For many years when the batteries needed to be replaced they'd send a guy out there to do it, he'd look at the old battery and just heave it over the side into the water. The Coast Guard decided to clean up every NAVAID in the United States, so that became a mission for Navy Reserve divers. We'd take a small boat out to the NAVAID, put a diver in the water where he'd go down to the bottom of the NAVAID and perform a circle search looking for batteries. If he found any, he'd bring them up, and put them in the boat. Then

"The job is dive down to 130 feet and ride a stationary bike. Dive time is 20 minutes – that's ten minutes longer than the decompression limit! We're going to see what happens to you guys. If you get the bends, we'll treat you immediately," said the master diver, "Oh, and the water is 55 degrees, so it'll seem more like an hour."



Gunner's Mate 2nd Class(DV) Chad Ernst exits the Ocean Simulation Facility at the Navy Experimental Dive Unit. Ernst, a diver and Maintenance and Material Management coordinator with Navy Experimental Dive Unit - Reserve, completed a simulated dive to a depth of 190 feet. NEDU-R members from Navy Reserve Center Chicago worked on an experimental protocol to extend the Navy no-decompression table limits at the Navy Experimental Dive Unit Ocean Simulation Facility. Unit members traveled from the Chicago area to support their active duty component in accord with the Navy Reserve realignment.

U.S. Navy Photo by Journalist 1st Class Mike Miller

they would be disposed of properly in accordance with Environmental Protection Agency regulations.

"Prior to joining NEDU-R, I was a member of Mobile Diving and Salvage Unit 2 Det. 409 at Navy Reserve Center Cleveland. Our focus was on training and qualification dives. I was in Lake Erie; other members were in Lake Michigan. We'd go out and set up a dive station, do training dives, get people wet, and then break down the dive station. That was the focus of our training and we'd practice it over and over again. NEDU-R did similar work. But the focus is now on operational support, and our work is totally different. We're here at the NEDU covering two drill weekends. We are filling in as divers for the active duty component, in an effort to flesh out staffing for an experimental protocol. The Navy needs to see how long we can stay at 130 feet without the onset of decompression sickness. Presently the limit is ten minutes, but obviously we can get a lot more work done in 20 minutes.

"Today, if we get mobilized, there's little question where we're going – right to the Persian Gulf. On the bright side, it will be warmer there," said Kuester.

Prior to the recent changes in Reserve Force mission relative to supporting the active duty unit component, NEDU-R endeavored to provide a public service in conjunction with maintaining member qualifications.

"In keeping up our diving quals, we supported SEAL Team 8 and other commands, and we also incorporated important community service into our training with working dives. For example, we did an underwater body search for a lost resident in Johnson County, Ill., helping out the sheriff's department. We assisted the City of Chicago at the Chicago Air and Water Show, providing a dive team to search the Navy Pier area, and we did security dives on USS Constitution. We did beach surveys for Assault Craft Unit One at Great Lakes. We also went to Manitowoc, Wis. to perform hull surveys on USS Cobia (SS-245), a World War II-era GATO-class submarine docked

RESERVE Divers PUSH Decompression Envelope

Boatswain's Mate Chief(DSW) Michael Wiser (left), makes final dive checks for Boatswain's Mate Chief(DV) Carl Kuester.

U.S. Navy Photo by Chief Photographer's Mate(DV) Eric Tilford



at the Wisconsin Maritime Museum," said Wick.

The unit mission has not changed, only the way in which it is accomplished.

"We do Inactive Duty Training Travel at NEDU in Panama City, Fla., now. Our mission is to provide training and divers to serve as biomedical test subjects, evaluate and test hyperbaric systems and dive equipment. Today, we are simulating a deep sea underwater working environment and extending the time period to see if we get decompression sickness. If we do get the bends, we'll be treated in a recompression chamber according to the symptoms. Basically, we're guinea pigs," said Wick.

While the focus before was on training, NEDU-R is now supporting their gaining command by doing the same work at the Ocean Simulation Facility as Explosive Ordnance Disposal and Special Warfare personnel. The situation is the same for mobilized Reservists, even in a domestic emergency.

"For the Space Shuttle Columbia recovery, Reserve divers packed their gear up and drove it to Toledo Bend Reservoir in Texas, where we had mixed boat and dive crews – Reserve and active duty. I was the LPO of the boat. I had one Reservist and three active duty Sailors. The LCPO was a Reservist, as well. We were fully integrated with the active duty, did the same dives they did, and then we packed our stuff and went home. It suits the Navy well, because active duty divers are not diving 90 percent of the time but they are paid 100 percent of the time. When there's a need for Reserve divers, they mobilize us, we dive, then go home. It's an attractive alternative to staffing up more active duty divers," said Kuester.

RESERVE Divers PUSH Decompression Envelope

Boatswain's Mate Master Chief(MDV) Joseph K. Johnson (left) assists Hospital Corpsman 2nd Class(DV/PJ/FMF) Frank Dudas as he prepares to enter the dive tank. Dudas is a member of the Individual Ready Reserve and received orders to assist NEDU due to his qualifications.

U.S. Navy Photo by
Journalist 1st Class Mike Miller



The active duty component appreciates having the Reserve component on board.

NEDU Command Diving Officer Chief Warranty Officer Rick Strynar said, "Our mission is to conduct biomedical research on diving tables, to evaluate diving equipment, and to evaluate diving procedures prior to them going to the fleet. We do this for the Naval Seas Systems Command. We're their technical agent when it comes to all matters of diving hyperbarics. Our current experimental protocol, known as 04-41/32158, is using Navy Reservists alongside our active duty research divers in the empirical evaluation of extensions to air diving no-stop limits. We're looking at extending the standard no-decompression limits to accommodate more time on the bottom. The tables were originally formulated on a curve, so we're looking at sliding out a little further on the curve. The benefit is that divers can spend more time working per dive, and being able to perform that dive without decompression."

Revised no-decompression limits would enhance Navy diving capabilities in the ongoing fight against Islamic terrorism in Iraq and elsewhere. NEDU Reservists' role is completely transparent compared with active duty personnel.

Strynar said, "Ultimately, if the study goes well and meets the right criteria, it will result in extending the no-decompression limits of the standard air tables. In conjunction with the Global War on Terrorism, many underwater inspections are taking place both in and outside of the United States. Divers could do

surveys and security swims more often and for longer periods of time with no decompression.

"We have 11 Reservists in total. We have a great working relationship with them. They know all the active duty people, and it is a seamless transition working here at our Ocean Simulation Facility. There is no difference between the divers, Reserve or active duty."

Reservists interested in becoming Navy divers can obtain a quota for Dive School through their unit training officer or Reserve center training department. The physical requirements are stringent.

Kuester said, "You have to pass a dive physical and the Dive PT Test – a 500-yard swim doing the breast or side stroke, followed by a 10-minute rest, two minutes to do 42 chest-to-the-ground pushups, followed by a two-minute rest. Then you have two minutes to do 50 curl ups, followed by another two-minute rest, and at least six chin ups in two minutes. After a 10-minute rest, the final component is a 1.5-mile run in less than 12 minutes 45 seconds. If you show up at Dive School not physically prepared, it is going to be very hard to make it. The Dive PT Test is the first thing you do when you step onboard."

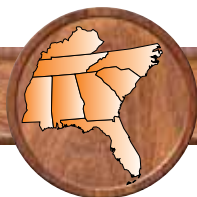
Navy divers are a close-knit community. The rigorous training and ongoing qualifications mandate a lifetime commitment to extraordinary physical conditioning, both to facilitate the mission and to counteract the physiological effects of deep submergence diving. Members of NEDU-R serve the entire Navy diving community by experimenting with new ways to facilitate mission effectiveness, testing new diving gear, and participation in experimental protocols with their active duty component – one force, one fight, fully integrated! **TNR**

REDCOM Round-up



REDCOM Southwest

POINT MUGU, Calif.—Aviation Structural Mechanic 1st Class Alfonso Duarte from the Naval Air Reserve Point Mugu received the American Association for Adult and Continuing Education's Leon Y. McGaughey Adult Military Learner of the Year Award on November 5th, 2004. The criteria for the prestigious award is a military member who excelled at their job and attended college courses, while also having to overcome an extreme hardship in his or her personal life.
By Journalist 2nd Class Auburn Hutton



REDCOM Southeast

ORLANDO, Fla.—Naval and Marine Corps Reserve Center (NMCRC) Orlando is proud to announce their results for the 2004 Central Florida Combined Federal Campaign (CFC) drive. NMCRC Orlando's goal was to raise \$1,000. The previous five-year history of collections totaled an average of \$300 annually. Sailors of NMCRC Orlando easily reached their goal surpassing it by an additional 47 percent for a grand total of \$1,473; nearly a 500 percent increase over previous years.



REDCOM Mid-Atlantic

WILLIAMSBURG, Va.—In January, over 400 Navy Reservists mobilized by the Naval Expeditionary Logistics Support Force (NAVELSF) began six weeks of intensive training to fulfill a customs inspection mission in support of Operation *Iraqi Freedom* (OIF). This is the first time that this requirement is being fulfilled by the Navy. As members of the newly formed "NAVELSF Forward OSCAR Group" they will execute a two-fold mission: ensure returning military equipment conforms to United States Department of Agriculture standards; and ensure all gear returning with personnel serving abroad in support of OIF complies with United States customs regulations.
OPNAVINST 10126.4B

Ahangama, Sri Lanka

Steel Worker Constructionman Nikolas Matthews of Navy Mobile Construction Battalion-7 (NMCB-7), Air Detachment of Gulf Port, Miss., stacks roof tiles that were removed from damaged buildings. The Navy Seabee's were removing the tiles from a primary school building and are to be reused when a new building replaces the damaged one. Members of NMCB-7, Air Detachment are providing humanitarian relief efforts during Operation *Unified Assistance*.

U.S. Navy photo by
Photographer's Mate
1st Class Greg Bingaman.



Navy Reserve Resource Guide

Office of the Chief of Navy Reserve

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REDCOM Northeast
Albany, N.Y.
(518) 470-2333

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

Bangor, Maine
(207) 356-0665

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

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

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

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

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

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

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

New Haven, Conn.
(203) 589-8117

Plainville, Conn.
(860) 573-9180

Providence, R. I.
(401) 439-7352

Quincy, Mass.
(617) 777-7245
(617) 504-3024

Rochester, N.Y.
(716) 750-5135

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

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

Worcester, Mass.
(508) 259-7103

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(301) 394-5800

Avoca, Pa.
(570) 407-1086

Baltimore, Md.
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(814) 341-2199

Erie, Pa.
(814) 866-3073

Harrisburg, Pa.
(888) 879-6649

Huntington, W. Va.
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Lehigh Valley, Pa.
(610) 348-4776

Moundsville, W.Va.
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Reading, Pa.
(610) 698-2704

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(540) 563-9723

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(901) 874-5256

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(321) 239-4226

Pensacola, Fla.
(850) 384-4023

Raleigh, N.C.
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Roosevelt Roads, P.R.
(787) 439-3921

St. Petersburg
(Clearwater), Fla.
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(561) 687-3960

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(573) 576-9300

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Harlingen, Texas
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(713) 502-2731

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(816) 718-0861

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(402) 450-4072

Little Rock, Ark.
(501) 416-6356

Lubbock, Texas
(806) 438-7293

New Orleans, La.
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Oklahoma City, Okla.
(405) 833-7978

Omaha, Neb.
(402) 871-7086

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San Antonio, Texas
(210) 381-2297

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

Springfield, Mo.
(417) 425-2598

St. Louis, Mo.
(314) 954-1052

Tulsa (Broken Arrow)
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Wichita, Kan.
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Battle Creek, Mich.
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(847) 804-1525

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Cleveland, Ohio
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Columbus, Ohio
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(217) 433-9058

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Duluth, Minn.
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Evansville, Ind.
(812) 455-1133

Forest Park, Ill.
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(616) 363-6889

Green Bay, Wis.
(920) 366-4606

Grissom, Indiana
(765) 469-0178

Indianapolis, Ind.
(317) 294-7380

La Crosse, Wis.
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Lansing, Mich.
(517) 930-2579

Madison, Wis.
(608) 225-3417

Marquette, Mich.
(906) 362-8767

Milwaukee, Wis.
(414) 303-9606

Minneapolis, Minn.
(612) 919-3787

Peoria, Ill.
(309) 678-1157

Rock Island, Ill.
(309) 737-7731

Saginaw, Mich.
(989) 233-5712

Toledo
(Perryburg), Ohio
(419) 360-1365

Youngstown, Ohio
(330) 609-1900

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(510) 967-5143

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Lemoore, Calif.
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Las Vegas, Nev.
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Los Angeles, Calif.
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Phoenix, Ariz.
(602) 750-1651

Port Hueneme, Calif.
(805) 469-3845

Reno, Nev.
(775) 250-7886

Sacramento, Calif.
(916) 919-6059

San Diego, Calif.
(619) 571-5177

San Jose, Calif.
(408) 210-2950

Tucson, Ariz.
(520) 228-6289
(520) 444-4439

REDCOM Northwest
Billings, Mont.
(406) 860-3948

Boise, Idaho
(208) 841-2004

Central Point, Ore.
(541) 941-5082

Cheyenne, Wyo.
(307) 631-0979

Denver, Colo.
(720) 847-6205

Eugene, Ore.
(541) 915-2391/4778

Everett, Wash.
(425) 304-4764

Fargo, N.D.
(701) 232-3689

Fort Carson, Colo.
(719) 331-6177

Fort Richardson, Alaska
(907) 384-6493

Helena, Mont.
(406) 449-5725

Pocatello, Idaho
(208) 241-3323

Portland, Ore.
(503) 887-1654

Salt Lake City, Utah
(801) 725-3346

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

Spokane, Wash.
(509) 879-9260

Tacoma, Wash.
(253) 209-0181

Naval Air Stations
Atlanta, Ga.
(678) 655-6392

Fort Worth, Texas
(817) 782-7152

New Orleans, La.
(504) 678-3254

Willow Grove, Pa.
(215) 443-6454

Naval Air Reserve Center
Denver, Colo.
(303) 677-6230

Naval Air Reserve
Atlanta, Ga.
(678) 655-6392

Brunswick, Maine
(207) 522-1064

Fort Worth, Texas
(817) 782-7152

Jacksonville, Fla.
(904) 542-3320

New Orleans, La.
(504) 678-3254

Norfolk, Va.
(757) 444-7295

Point Mugu, Calif.
(805) 989-7559

San Diego, Calif.
(619) 545-2632

Whidbey Island, Wash.
(360) 257-2922

Willow Grove, Pa.
(215) 443-6454

Naval Air Facility
Washington D.C.
(240) 857-4880

Naval Reserve Intelligence Command

Reserve Intelligence
Command Headquarters
Fort Worth, Texas
(800) 544-9962

Reserve Intelligence
Area One
Oak Harbor, Wash.
(360) 257-2254

Reserve Intelligence
Area Three
New Orleans, La.
(504) 678-3411
(888) 347-2606

Reserve Intelligence
Area Three
Millington, Tenn.
(901) 874-5619

Reserve Intelligence
Area Four
San Diego, Calif.
(619) 524-6432
(800) 873-4139

Reserve Intelligence
Area Five
Aurora, Colo.
(720) 847-6225

Reserve Intelligence
Area Six
Fort Worth, Texas
(817) 782-6462
(800) 548-4738

Reserve Intelligence
Area Nine
Great Lakes, Ill.
(847) 688-6273

Reserve Intelligence
Area Nine
Mt. Clemens, Mich.
(586) 307-4501

Reserve Intelligence
Area Ten
Minneapolis, Minn.
(612) 713-4700
(800) 253-4011

Reserve Intelligence
Area Thirteen
Jacksonville, Fla.
(904) 542-3320

Reserve Intelligence
Area Fourteen
Marietta, Ga.
(678) 655-6380
(888) 436-2246

Reserve Intelligence
Area Fifteen
Norfolk, Va.
(757) 444-1352

Reserve Intelligence
Area Sixteen
Willow Grove, Pa.
(215) 443-6651
(877) 205-0838

Reserve Intelligence
Area Eighteen
Devens, Mass.
(978) 796-2610
(800) 854-8019

Reserve Intelligence
Area Nineteen
Andrews AFB
(240) 857-2030

Naval Reserve Security Group Command

Reserve Cryptologic
Area Central
Ft Sheridan, Ill.
(847) 688-7210

Reserve Cryptologic
Area East
Fort Dix, N.J.
(609) 562-1413

Reserve Cryptologic
Area West
San Diego, Calif.
(619) 524-0239

Reserve Cryptologic
Area South
Forest Park, Ga.
(404) 469-7162

If any contact in this Navy Reserve Resource Guide is in error, please
Email the editor with correction. robert.kerns@navy.mil

Contact Information

Major Command Reserve Operational Support Officers

Amphibious Group One
011-81-611-742-2377

Amphibious Group Two
(757) 462-7403

Amphibious Group Three
(619) 556-1178

Bureau of Medicine and Surgery
(202) 762-3410

Comptroller of Navy (OMN&R)
(703) 614-0061

Comptroller of Navy (RPN)
(703) 614-5528

Defense Intelligence Agency
(202) 231-4980

Defense Logistics Agency
(703) 767-5320

Employer Support of the Guard and Reserve
DSN: 426-1390

Fifth Fleet
011-973-724-383

Fleet Air Mediterranean
011-39-081-568-4184

Fleet Forces Command
(757) 836-4021
(757) 836-4571
(757) 836-3847

Fleet Intelligence Training Center Pacific
(619) 524-6753

Headquarters
US Marine Corps
DSN: 278-9360

Joint Chiefs of Staff
(703) 697-3397

Joint Forces Intelligence Command
(757) 836-7211

Military Sealift Command
(202) 685-5127

Mine Warfare Command
(361) 961-4894

Naval Air Force
US Atlantic Fleet
(757) 445-1482

Naval Air Force
US Pacific Fleet
(619) 545-2734

Naval Air Systems Command
(301) 757-8512

Naval Coastal Warfare Group One
(619) 437-9525

Naval Criminal Investigate Service
(202) 433-9169

Naval Education and Training Command
(850) 452-9252

Naval Expeditionary Logistics Support Force
(757) 256-1349

Naval Facilities Engineering Command
(202) 685-9010

Naval Inspector General
(202) 433-4707

Naval Meteorology and Oceanography Command
(228) 688-4531

Naval Network and Space Operations Command
(540) 653-5001

Naval Operations
(703) 601-1744

Naval Operations
(703) 614-5563

Naval Operations
(703) 614-4932

Naval Operations
(301) 669-3389

Naval Operations
(703) 602-1768

Naval Operations
(703) 697-2230

Naval Operations
(703) 697-4040

Naval Operations
(703) 601-1427

Naval Personnel Development Command
(757) 444-4996

Naval Sea Systems Command
(202) 781-3116

Naval Security Group Command
(240) 373-3415

Naval Service Training Command Great Lakes Ill.
(708) 218-5042

Naval Special Warfare Command
(619) 437-3230

Naval Submarine Forces
(757) 836-1208

Naval Supply Systems Command
(717) 605-5122

Naval Surface Force US Atlantic Fleet
(757) 836-3234

Naval Surface Force US Pacific Fleet
(619) 437-2219

Naval War College
(401) 841-7801

Navy Region Europe
011-44-207-514-4605

Navy Region Mid-Atlantic
(757) 445-2435

Navy Region Northeast
(860) 694-2210

Navy Region Southwest
(706) 354-7301

Office Naval Intelligence
(301) 669-4602

Second Fleet
(703) 696-6676

Seventh Fleet
011-81-6160-43-7440

Space And Naval Warfare Systems Command
(619) 524-7323

Submarine Force Atlantic Fleet
(757) 836-1208

Submarine Force Fleet Pacific Fleet
(808) 473-2346

Third Fleet
(619) 524-9537

US Atlantic Fleet
(757) 836-3551

US Central Command
(813) 827-6938

US European Command
011-49-711-680-4496

US Joint Forces Command
(757) 836-5141

US Naval Forces Central Command US Fifth Fleet
011-973-724-383

US Naval Forces Europe
011-44-207-514-4605

US Naval Forces Japan
011-81-468-16-4174

US Naval Forces Korea
011-822-7913-5795

US Naval Forces Marianas
(671) 339-3123

US Naval Forces Southern Command
011-503-333-1701

US Northern Command
(719) 554-4120/0552

US Pacific Command
(808) 477-2322

US Pacific Fleet
(808) 474-8415

US Southern Command
(305) 437-2987

US Special Operations Command
(813) 828-3004

US Strategic Command
(402) 294-8141/8121

US Transportation Command
(618) 229-7084

Naval Coastal Warfare Group

Naval Coastal Warfare Group One
(619) 437 9531

Naval Coastal Warfare Group Two
(757) 847-7905

Commander Reserve Patrol Wing (COMRESPATWING)

VP 62
(904) 542-2211

VP 66
(215) 443-6600

VP 65
(805) 989-8765/7598

VP 69
(360) 254-2522

VP-92
(207) 921-2092

VP-94
(504) 678-3324

Fleet Logistics Support Wing

VR-1
(240) 857-3722

VR-46
(770) 919-6333

VR-48
(240) 857-6814

VR-51
(808) 257-3289

VR-52
(215) 443 6553

VR-53
(240) 857-9029

VR-54
(504) 678-3700

VR-55
(805) 989-8755

VR-56
(757) 444-0746

VR-57
(619) 545-6931

VR-58
(904) 542-4051

VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
(207) 921-1462

VR 64
(215) 443-6400

Carrier Air Wing Reserve 20

VFC 12
(757) 433-4919

VFC 13
(775) 426-3645

VAW 77
(678) 653-4049

VAW 78
(757) 444-3676

VFA 201
(817) 782-6363-221

VFA 204
(504) 678-3491

VAQ 209
(240) 857-7828

Commander Helicopter Wing Reserve

(619) 846-4857

HCS-4
(757) 445-0861

HCS-5
(619) 545-7288

HSL-60
(904) 270-6906

HSL-75
(904) 542-4495

HC-85
(619) 545-7218

Operational Support Officer (OSO) and Reserve Force Operations

Amphibious Group One
011-81-611-742-2377

Amphibious Group Two
757-462-7403 x510

Amphibious Group Three
619-556-1178

Destroyer Squadron Two
757-444-1452 x509

Fifth Fleet
011-973-724-383

First Naval Construction Division
757-462-8225

Joint Chiefs of Staff
703-693-9753

Mine Warfare Command
361-961-4885

Naval Air Force US Atlantic Fleet
757-444-6694

Naval Air Force US Pacific Fleet
619-545-2734

Naval Coastal Warfare Group One
619-437-9525

Naval Coastal Warfare Group Two
757-396-0995

Naval District Washington
202-433-6465

Naval Expeditionary Logistics Support Force
757-256-1384

Naval Special Warfare Command
619-437-3230

Naval Station Rota Spain
011-34-956-82-2850

Naval Submarine Forces
757-836-1208

Naval Support Activity, Bahrain
011-1785-9019

Naval Surface Force US Atlantic Fleet
757-836-3234

Naval Surface Force US Pacific Fleet
619-437-2342

Naval War College
401-841-4450

Navy Region Europe
011-39-081-568-4636

Navy Region Guam
671-339-3123

Navy Region Gulf Coast
850-452-1341

Navy Region Japan
011-81-468-16-4174

Navy Region Korea
011-822-7913-5795

Navy Region Mid-Atlantic
757-445-2435

Navy Region Northeast
203-466-0314

Navy Region Northwest
360-315-3007

Navy Region Southwest
619-532-1239

Office of Naval Research
703-696-6676

Second Fleet
757-444-4041

Seventh Fleet
011-81-6160-43-7440

Sixth Fleet
011-39-081-568-4636

Third Fleet
619-524-9537

US Central Command
813-827-6941

US European Command
011-49-711-680-4496

US Fleet Forces Command
757-836-3837

US Joint Forces Command
757-836-5141

US Naval Forces Central Command
011-973-724-383

US Naval Forces Europe
011-39-081-568-4634

US Naval Forces Korea
011-822-7913-5795

US Northern Command
719-554-0552

US Pacific Command
808-477-2322

US Pacific Fleet
808-474-1178

US Southern Command
305-437-1255

US Special Operations Command
813-828-3004

US Strategic Command
402-294-8141 / 8121

US Transportation Command
618-229-7084

US Naval Forces Europe
011-39-081-568-4636

US Naval Forces Korea
011-822-7913-5795

US Naval Forces Europe
011-39-081-568-4636

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US Naval Forces Europe
011-39-081-568-4636

Plane Captain Aviation Structural Mechanic 3rd Class Jonathan Barbieri heads up to the cockpit to "safe" the ejection seat on an F/A-18A+ Hornet from Strike Fighter Squadron 204 (VFA-204) after a training mission with Strike Fighter Squadron 213 (VFA-213) during their Strike Fighter Advance Readiness Program (SFARP).

See story on page 6.
U.S. Navy photo by
Ens. Darin K. Russell



You will excel.



You know where you want to go in life. The Naval Reserve can help you get there. In exchange for a part-time commitment, you'll receive numerous benefits and opportunities that will help advance your career and accelerate your life. To learn more about proudly serving your country in our force, go to our Web site or give us a call.

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Navy Reserve Profile of the Month

Lt. Commander Jeff Bowman, REDCOM Pacific

DESTINATION NAVAL RESERVE: "I still wanted the challenge, excitement, and fulfillment that serving my country and flying F-18A Navy jets gave me, so within two weeks of leaving active duty, I was in the Naval Reserve. Its unique set-up and structure has afforded me many unexpected perks. Take flying, I spend more time in the air now than I ever did when on active-duty. In the Reserve, because of their limited service time, Reservists receive priority over their active duty counterparts when it comes to flying time. Our squadron's camaraderie is much greater than I ever experienced when I was active."