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# TNR

## THE NAVY RESERVIST VOLUME 2023 | ISSUE 2



TNR tells the story of the U.S. Navy Reserve through articles, news and photos showcasing the contributions of Navy Reserve Sailors delivering real-world capabilities and expertise in support of the Navy mission. Find more news and information at [www.navyreserve.navy.mil](http://www.navyreserve.navy.mil)

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### Battle Orders 2032

By: CNRFC Public Affairs

In January 2023, Battle Orders 2032 dropped, and with it a road map of upcoming changes to the Navy Reserve Force. In this section we breakdown the battle orders and explain what they mean to you.

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### Cutlass Express 2023

By: Ensign Andrew Park

(IMX/CE) 2023, a combined exercise that involved more than 50 partner nations and international organizations, provided Reserve Sailors with an opportunity to sharpen their skills.

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### MAKO Sentry

By: Navy Reserve Fleet Public Affairs

MAKO Sentry is one of three CNR directed exercises to enhance Reserve capabilities and warfighting readiness designed to ensure Reserve Sailors are seamlessly integrating with their active duty counterparts.

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### No Ribbon Necessary

By: CNRFC Public Affairs

Leading the charge to keep Navy Reserve Sailors warfighting ready as the commanding officer of Navy Reserve Center Norfolk, Captain James Prouty hopes to take advantage of every opportunity to empower Sailors.

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### NEPLO Wrestler

By: NEPLO Public Affairs

Yeoman 3rd Class Leandro "Leo" Rodriguez Rodriguez is the only Reserve Sailor on the All Navy Wrestling team. Rodriguez learned that reliance in all aspects of his life, whether in his Navy uniform or in his wrestling singlet.

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**SUBMISSIONS:** TNR is always looking for submissions that display the work Navy Reserve Sailors are doing around the force. To submit a photo or story, email us at our new address [CNRF\\_PAO@us.navy.mil](mailto:CNRF_PAO@us.navy.mil). Instructions and submission criteria will be provided to help guide your entry.

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**SHIPMATES,**

In 2020, I issued the Navy Reserve Fighting Instructions (NRFI) to detail the efforts necessary to generate the combat power and critical strategic depth the Navy requires to prevail in a future conflict. The generational transformation envisioned and articulated within NRFI continues at flank speed along the four lines of effort necessary to deliver ready units of action to support Navy, joint, and enabling warfighting requirements when, not if, the call is made.

NRFI remains our plan of action for transforming the Navy Reserve and delivering warfighting ready units and augmentation manpower to support Navy warfighting throughout the spectrum of conflict. Even as we make progress, our global adversaries continue to present a pacing challenge, requiring us to provide a more agile, iterative Force Design process, focusing our modernization efforts and accelerating delivery of the most required capabilities. As a result, we are designing our force to refine and maintain its warfighting edge in this critical decade, and beyond.

To address what that future looks like, I released Battle Orders 2032 (BO32) at the beginning of this year. In it, we articulate a vision for the Navy Reserve that extends the lens of organizational and operational improvement further into the future...beyond the urgent tactical changes we are implementing today. BO32 encompasses fresh thinking regarding the force we must become, and the way we must think differently about our structure, our processes and our focus to fulfill our imperative to provide strategic depth. We will improve the way we deliver depth through three complementary reserve employment models:

- Readiness units, which augment active Navy units with additional qualified Sailors
- Stand-alone operational units (e.g., Fleet Logistics Support squadrons), which supplement the Navy and Joint Force or reinforce active units (e.g., Maritime Security Squadrons, Cargo Handling Battalions, SEAL Teams etc.) by training, certifying and deploying as a unit of action
- Individuals with unique skills who enhance the Total Force through application of those skills, often leveraging unique civilian skills

We do this because Navy Reserve readiness units, operational units, and unique skills constitute flexible, scalable, cost-effective, and sustainable capability in the form of warfighting-ready Sailors and trained units, delivered with speed. These employment models also require that the Navy Reserve build and maintain the capability to organize, man, train, equip and mobilize more efficiently, design our force to be more effective and responsive, and achieve world-class status as an elite warfighting organization. To make this vision a reality is hard work, and I'm counting on each of you to contribute to making it happen.

## WHAT THE FUTURE LOOKS LIKE, AND WHERE YOU FIT IN.



**"EVEN AS TECHNOLOGY AND OPERATING CONCEPTS HAVE EVOLVED, OUR ASYMMETRIC ADVANTAGE REMAINS, AS IT HAS BEEN FOR OVER 100 YEARS... YOU."**

The Chief of Naval Operations, Admiral Mike Gilday, has made crystal clear the Navy Reserve's role in his Navigation Plan 2022: we must deliver integrated, all-domain naval power, at scale, in competition, crisis, and conflict to our four-star fleet commanders, our numbered fleet commanders, our Type Commanders and our Systems Commands. Battle Orders 2032 charts a course for the Navy Reserve that aligns our ends, ways, and means to the strategic direction of the Navy – and the nation – and ensures we maintain relevancy well into the future.

Change is never easy, but it has never been more important than it is today. Our future is dependent on our ability to harness the Reserve Force's diverse experiences – in and out of uniform – and to deliver robust, continuous innovation across a spectrum of functional areas. Even as technology and operating concepts have evolved, our asymmetric advantage remains, as it has been for over 100 years...you, our world-class citizen Sailors. Our future is bright, and important.

**LETS GET BUSY.**



  
 Vice Adm. John B. Mustin  
 Chief of Navy Reserve  
 Commander, Navy Reserve Force

## BECOME FAMILIAR WITH BATTLE ORDER 2032.



**"ADOPT A FORWARD THINKING MINDSET. LOOKING AT YOUR REQUIREMENTS SIX-MONTHS OUT IS A GOOD WAY TO PLAN TO GET THEM DONE."**

**HELLO SHIPMATES,**

Battle Orders 2032 is the focus of this issue. I encourage you to become familiar with our action plan - Battle Orders 2032, available here:



Since the Navy Reserve Fighting Instructions NRFI rolled out November 2020, we have become familiar with the term: "Warfighting Ready", which is our one and only priority, and its initial three lines of effort (LOE): Design, Train and Mobilize the Force, articulating how we are going to achieve Warfighting Readiness. The fourth LOE, Develop the Force, focusing on Sailor quality of life topics, was released June 2022.



  
 Master Chief Petty Officer Tracy Hunt  
 Navy Reserve 17th Force Master Chief

In addition to NRFI, Battle Orders 2032 was released February 2023 giving us a snapshot on how we will achieve this vision over the next decade. Ten years is a date close enough to accomplish the end state, with enough time to realize the urgent and challenging actions of planning, budgeting, and implementing this vision. As Vice Adm. John Mustin articulates:

"Battle Orders 2032 describes the vision of how we will organize, man, train, equip, and mobilize more efficiently, how we will design our force to be more effective and responsive, and how we will achieve world-class status as an elite warfighting organization."

Simply put, gaging our Warfighting Readiness can be broken down into two basic components: **Mobilization Ready + Mission Ready = Warfighting Ready.**

Think of it like the fire triangle. Taking out any one of these elements extinguishes the fire. And so too with breaking the capability of being fully prepared to mobilize quickly – en masse - when the call comes.

With regard to Mobilization Readiness I ask you to ask yourself some questions: Have I personally fulfilled all the criteria that makes me ready for activation in the areas of training, medical, physical, administrative, emotional and spiritual such as: Am I fully trained and qualified to stand the watch? Have I completed all of my advancement requirements? Are my medical requirements up to date and do I have enough medication and prescription eyewear, if applicable? Am I physically fit? Is my service record up to date (without period gaps in my evaluations)? Is my family care plan up to date?

Adopt a forward-thinking mindset. Looking at your requirements six-months out is a good way to plan to get them done. Your Shipmates at your Navy Reserve Centers NRCs are knowledgeable, ready and available to help you achieve each one of these requirements – that is their mission.

In addition, NRC staffs and SELRES are able to leverage the game-changing Nautilus Virtual Desktop (NVD). NVD allows Sailors to complete the vast majority of their work from any NMCI or their own personal device without the use of a CAC. To sign up for NVD please send an e-mail from your Flank Speed e-mail address directly to NVD@us.navy.mil.

Shipmates, I thank you and your families for all your hard work and commitment as well as your civilian employers and hope that you are safely enjoying the long days of summer.

**KEEP PUSHING FORWARD SHIPMATES!**

# NP2 & NSIPS

Effective April 30, 2023, the Navy Standard Integrated Personnel System (NSIPS) and Navy Personnel and Pay (NP2) URLs have changed. Ensure you bookmark the new addresses.

<https://www.nsips.cloud.navy.mil>

<https://np2.cloud.navy.mil>



# NMCI RESET

Effective July 7, 2023, Navy Reserve Sailors will be required to log into the NMCI network every 60 days. Sailors can also request a Nautilus Virtual Desktop account, which will allow them to meet the requirement from any personal device using the reset option. NMCI accounts are disabled after 60 days of inactivity and then deleted after 180 days of inactivity. SELRES Sailors can request an automatic reminder to log into NMCI via texts and emails to their personal account by sending an email to: [LoginReminder@us.navy.mil](mailto:LoginReminder@us.navy.mil). Sign up for Nautilus Virtual Desktop by sending an email to [avd@us.navy.mil](mailto:avd@us.navy.mil) from your Flank Speed email, and we will do the rest! Initial AVD setup DOES require one-time access to an NMCI computer or GFE.







# BATTLE ORDERS 2032

## AND WHERE YOU FIT IN

"The legacy design of the Navy Reserve, which defined our force in the decades following the collapse of the Soviet Union, was effective in supporting the nation's response to the Global War on Terror and our focus on land-based, non-state, violent extremism and counter insurgency. However, to confront the return of strategic competition and the new reality of multi-domain warfare, a renewed focus on maritime power demands a transformation in the ways we organize, man, train, equip, and mobilize our Navy Reserve.

To avoid preparing to fight yesterday's war, we have taken a fix and charted a new course - a course that prepares us for the challenges of today, while, even more importantly, ensuring we are focused on the conflicts most likely to arise tomorrow. This course will align our ends, ways, and means to the Navy Reserve's overarching strategy, validate our focus, and ensure resources are applied where needed most.

As such, our force is in the midst of a wholesale transformation. Today, legacy divestments underwrite growth to address the demands of the rapidly evolving future operating environment. In short, we are transforming obsolete elements of our force structure from a post-9/11 response force to deliver relevancy in an era characterized by strategic competition. The decisions we make this decade, and the actions we implement, will determine the Navy Reserve's relevancy for the balance of this century.

We are focused unambiguously on warfighting readiness. As it relates to the Navy Reserve, we measure and define warfighting readiness through two complementary components: **billet-specific mission readiness and mobilization readiness.**

When accomplished, our 2032 end states will streamline the processes involved in generating mobilization readiness, dramatically increase the achievement of mobilization readiness factors, and facilitate the training and operational performance required for mission readiness. The urgent drive to, and achievement of, these end states will enable our Sailors, units, and force to outpace strategic threats."

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## WE NEED YOU

Change takes time.

We need your buy-in. We need your input. It's easy to be jaded with yet another sweeping change to the force. What isn't easy is accepting change and recognizing that we are each vital to the future of the Navy and Navy Reserve. Each Sailor has a part to play in executing the 2032 vision. We need the right attitude.

In short, we need you.

In 2032 all Navy Reserve administration is in the cloud, providing uninterrupted access, automated routing and archiving, and full data integration with appropriate Navy systems. SELRES can complete mobilization requirements on Navy equipment or their own devices, and interact seamlessly and electronically on all tasking.



# BATTLE ORDERS 2032

## AND WHERE YOU FIT IN

"SELRES Sailors leverage an online digital dashboard, stored in the cloud and accessible on their personal devices, showing their mobilization and medical readiness status, as well as any incomplete administrative requirements. The data also includes their mission readiness, training requirements, planned orders, and travel information. The integrated tracking and reporting systems relay the same information to all relevant stakeholders, including the SELRES member, unit CO, NRC staff, and supported command staff. Transparency at all levels of administration prevents inadvertent friction in the orders planning and execution processes.

Maintaining this high level of readiness, including attainment of dental and medical currency, vaccinations, legal, pay, and other administrative requirements, enables rapid activation of Navy Reserve Sailors, both as individuals and as part of a unit, at scale. The combination of automation, transparency, clear command and control responsibilities, and distributed methods for satisfying requirements has improved the velocity of mobilizing the entire force. Operational units and NRCs organically complete mobilization processing of Sailors, quickly delivering the Navy Reserve's strategic depth to supported commands, trained, qualified, and ready to execute.

Medical and dental screenings are conducted by either existing fleet medical treatment facilities or Sailors' civilian providers, affording SELRES unparalleled flexibility. An online portal provides real-time medical and dental readiness tracking according to an individual's "Tailored Readiness Requirements" (TRR), detailing a summary of requirements based on the member's prospective mobilization location, duties, and anticipated access to services.

Broader innovation efforts inform the workflow and means to educate, train to, and achieve reserve readiness standards. Modernized training and readiness models ensure faster and more efficient mobilization. Better trained Sailors and educated leaders ultimately constitute a more versatile and lethal force. In summary, relevant reserve capabilities and capacity consisting of talented, well trained, ready-to-mobilize Sailors are brought to bear in real time. Easily. Accurately, predictably, and at scale."

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## WE ARE MODERNIZING

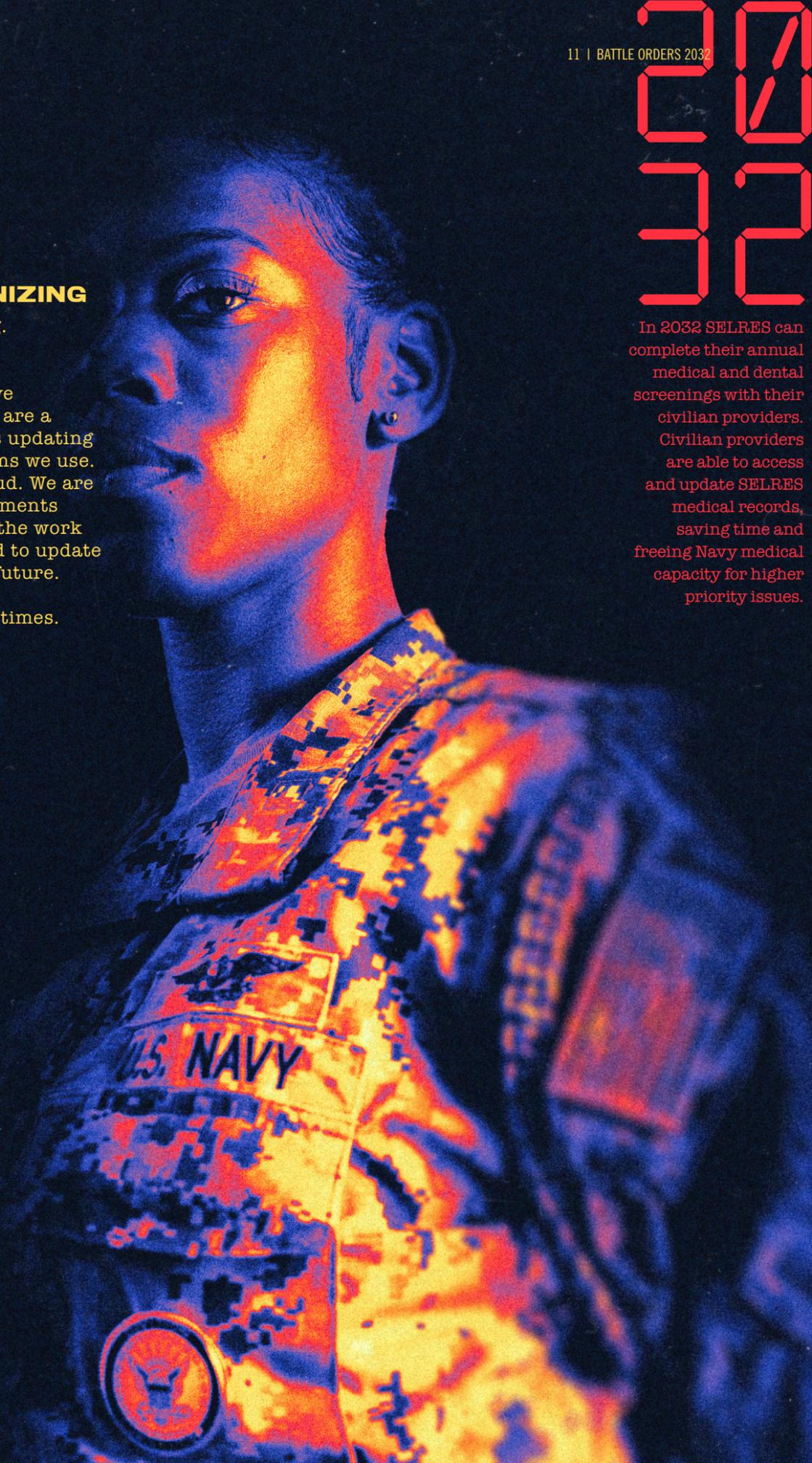
Our systems are changing.

The world moves fast and technology seems to evolve daily. Part of ensuring we are a warfighting ready force is updating the technology and systems we use. We are embracing the cloud. We are making readiness requirements specific to the Sailor and the work they do. Our systems need to update to fit the demands of the future.

We are changing with the times.



In 2032 SELRES can complete their annual medical and dental screenings with their civilian providers. Civilian providers are able to access and update SELRES medical records, saving time and freeing Navy medical capacity for higher priority issues.



# BATTLE ORDERS 2032

## AND WHERE YOU FIT IN

"On any given day in 2032, the Navy Reserve Force is diligently building warfighting readiness and providing real-world support to the Navy and Joint Force. It has been this way throughout the history of the Navy Reserve, and yet it is now - in 2032 - very different. Sailors are intimately familiar with the details of their mobilization billets and focus precious drill and active duty time on qualifications and certifications to perform those specific roles. Current units and hardware are represented in long-range budget planning and continuous transformation is now ingrained in the organization to maintain relevance in the future.

The Navy Reserve has become more specialized, with many Sailors serving in focused operational fields or reserve-only units for multiple tours to gain subject matter expertise. This deep knowledge eliminates learning and performance gaps between active and reserve Sailors, removing any distinction between them at the Sailor level. In many cases, reserve Sailors are more experienced than their AC counterparts within their specialized competencies, and that experience is brought to bear every time the RC member dons a uniform.

Where Navy Reserve Centers (NRCs) once predominantly conducted administrative readiness functions, they are now unambiguously responsible for all mobilization readiness within a simplified command and control structure. NRC Commanding Officers exercise administrative control of SELRES members, using empirically-based and force-validated readiness tracking. NRC staffs leverage shared electronic systems that enable remote execution and tracking of readiness requirements, allowing Sailors to complete administrative tasks on their own devices in real time."

## COMMON SENSE APPROACH

The priority, warfighting readiness.

However, all Navy Reserve Sailors will benefit from the changes to our standard operating procedures. Completing mobilization prerequisites, like medical screenings with your civilian providers, will greatly increase the speed of which we are ready and greatly reduce the amount of time in waiting rooms or waiting on key administrative updates.

It's for the good of everyone.

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In 2032 administrative requirements are based on a member's unit, mobilization mission, and geographic location and anticipated level of austerity. These "tailored readiness requirements" assign requirements specific to each mobilization billet, with more detailed and rigorous requirements established for forward-deployed and expeditionary billets than for CONUS-based staff billets.



# BATTLE ORDERS 2032

## AND WHERE YOU FIT IN

"Strategic competition with China and Russia provides our mandate for action. This competition will become even more acute as we approach 2032, requiring us to be ready to respond to acts of aggression and emergent steady-state operations.

This moment in our Navy's history requires a cogent redefinition of the role the Navy Reserve plays in the defense of our nation, and the manner in which we deliver it. Following more than two years of transformative NRFI force design efforts, the vision of the Navy Reserve has matured to the point of clarity. Now we must translate vision to reality.

While we have made strides since 2020 in mobilization structure, resourcing and procedures, training and administrative readiness, and unit and billet design, we are accelerating organizational change in those and other areas to outpace the threat. These Battle Orders describe the context, vision, and objectives for achieving a force that delivers this comprehensive change and the associated readiness expected - and demanded - by Combatant Commanders, Service Component Commanders, and Fleet Commanders. Further, the Battle Orders provide a complementary set of organizational enhancements that, once realized, will deliver a more responsive, ready, and lethal Navy Reserve Force. The bar is set deliberately high to emphasize that we cannot wait for incremental change. Time is a factor in our transformation, and the clock is ticking.

Such a profound shift in missions from land-based to maritime, from non-state actor to peer competitor, and from single to simultaneous multi-domain warfare, necessarily requires substantial alignment and focus. While significant, the associated change is neither daunting, nor unexpected. Some degree of institutional change is inevitable when confronting modernization on this scale, and implementing change at a force level is never easy. And yet its importance compels us to get it done. Comprehensively and thoughtfully. With urgency."

**"WE MUST TRANSFORM THE NAVY RESERVE TO DELIVER A FORCE THAT IS DESIGNED, TRAINED, AND READY TO FIGHT AND WIN - CONFIDENTLY AND BOLDLY - IN SUSTAINED, MULTI-DOMAIN COMBAT OPERATIONS."**

**VICE ADM JOHN MUSTIN,  
CHIEF OF NAVY RESERVE AND  
COMMANDER, NAVY RESERVE FORCE**

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## THE CLOCK IS TICKING

2032 seems far off. It is not.

Navy Commanders demand that the Navy Reserve is able to slot into any conflict and contribute. We will be ready. We are ready now. With the path forward as laid out in the 2032 battle orders, updates to how we operate will be regular and no-nonsense changes for the betterment of the force. We're looking at everything we do for improvements, ways to streamline mobilization and strategies to perfect our training practices. We are not waiting on incremental change. We are changing now.

Now, get after it.

In 2032 Navy Reserve Readiness Units (NRRUs) and their Sailors are assigned to Centers of Excellence (COEs) that coordinate warfighting readiness for supported commands. Though not restricted to a single competency, SELRES career paths are now more specialized, enabling members to develop extensive depth of knowledge and competency within a warfare area.

In 2032 SELRES routinely move between regular and higher operational tempo (OPTEMPO) drilling assignments over the span of a career. Sailors are able to self-declare their eligibility for one of several drilling models to accommodate their ability to contribute to the Navy.



PROFILES IN PROFESSIONALISM

Story: MC1 LAWRENCE DAVIS

# LUCIAN JAIME



RANK	YN1
LOCATION	TEXAS
COMMAND	REDCOM FORT WORTH
CIVILIAN CAREER	N / A

Yeoman 1st Class Lucian Anguiano Jaime, a Navy Reserve Center (NRC) El Paso Training and Administration of the Reserve (TAR) Sailor, recently received the news of his selection as the 2022 Navy Reserve Force Non-Rated Career Counselor of the Year (CCOY).

“This award speaks volumes,” said Anguiano Jaime. “It’s definitely a proud moment for myself, but it’s also a major accomplishment for the NRC as a whole. If it wasn’t for the assistance of everyone from our top leadership down, none of this would have been possible.”

He was selected as the top non-rated career counselor in the Navy Reserve for his role in providing career development and guidance to more than 300 TAR and Selected Reserve Sailors.

“It’s an honor,” said Anguiano Jaime. “This award and recognition serves to further let me know that I am doing what is supposed to be done, taking good care of our Sailors and their careers.”

**“MY FOCUS WILL ALWAYS REMAIN ON MAKING A POSITIVE IMPACT ON THE NAVY'S CURRENT AND FUTURE SAILORS.”**

Anguiano Jaime, a native of Omaha, Nebraska, enlisted in 2016 as a Navy yeoman. He assumed his duties as a command career counselor in 2020. The 27-year-old says it is his passion for helping others paired with guidance and mentorship from good leaders throughout his career proved critical to his success.

“Hands down, I couldn’t have done this without the assistance of Chief Navy Career Counselor Erik Mendoza,” said Anguiano Jaime. “He has shown tremendous leadership to not only me, but all of the Sailors serving as career counselors within our region.”

Anguiano Jaime intends to continue his career in the Navy, and shared some of his aspirations going forward.

“My goal is to wear khakis soon,” said Anguiano Jaime. “Whether I have chief anchors on my collar or I am commissioned as an officer, my focus will always remain on making a positive impact on the Navy’s current and future Sailors.”

The Navy Reserve Force CCOY is awarded annually to three top performing Sailors: a rated Navy career counselor (NC), a non-NC-rated TAR Sailor trained and designated as a command career counselor, and a Selected Reserve Sailor serving as a Reserve unit career counselor.

While Anguiano Jaime won the award in the non-NC category, the other CCOY awardees are: NRC Kitsap’s Navy Career Counselor 1st Class Epifanio Gonzalez, who was selected among the Reserve Force’s rated Navy career counselors; and, Information Systems Technician 1st Class Katrina Knauff, assigned to Navy Reserve Defense Finance and Accounting Service, Akron, selected as the top Reserve unit CCOY.

All three Sailors received invitations to visit the Chief of Navy Reserve Vice Adm. John Mustin at the Pentagon, where he will present the Sailors with their awards later this month. Bravo Zulu, shipmates.

# DR. DAN MEYER



RANK	LT CMDR
LOCATION	TEXAS
COMMAND	EMF PENDLETON
CIVILIAN CAREER	CARDIOTHORACIC SURGEON

There are many reasons someone might join the military. Some want to follow in their family’s footsteps and join right out of high school, some join to provide for their families during times of financial hardship, and some join out of a sense duty and a drive to help people in need.

Lt. Cmdr. Dan Meyer, a cardiothoracic surgeon, falls into that last category.

In 2021, at the age of 63, Meyer joined the Navy Reserve with the hopes of being able to help those in need by participating in disaster relief and humanitarian aid missions.

Because this type of mission had been a goal for much of Meyer’s 25-year career, he initially tried to find opportunities in the civilian world. Meyer reached out to various non-governmental organizations with no luck. Despite continued roadblocks in finding an avenue for this type of work, Meyer decided that he would not give up on this goal.

“I was never successful in finding opportunities to support humanitarian missions with other organizations,” said Meyer. “But I knew I didn’t want to get to the end of my career and have regrets about not going on this type of mission.”

**“I DIDN'T WANT TO GET TO THE END OF MY CAREER AND HAVE REGRETS ABOUT NOT GOING ON THIS TYPE OF MISSION.”**

When a colleague in a different specialty returned to the hospital after completing their own humanitarian aid mission with the military, Meyer knew he had to act.

“I knew there was a chance they’d tell me I’m too old and I wouldn’t be able to get a position,” said Meyer. Fortunately, a nurse I work with is also a Navy Reserve Sailor. She reached out to her chain of command and they helped me find the right recruiter for my community.”

It took a year, but eventually Meyer was able to join the Navy Reserve, complete officer development school in Newport, Rhode Island, and commission directly as a Lt. Cmdr.

“It was during ODS where I began to think of military service members as ‘us’ instead of ‘them,’” said Meyer. “They really instill in you a sense of pride about what you’re doing, about being part of and leading a team of Sailors.”

Meyer doesn’t just contribute to his own warfighting readiness, but that of his unit, as well. As a physician with 25 years of experience in the field, he played an important role during his most recent annual training.

“On my last AT, I was able to use my clinical experience as a cardiothoracic surgeon and critical care physician to train the team in the casualty receiving area,” said Meyer. “Specifically on managing a variety of thoracic injuries, discussing diagnosis and emergent treatment that needs to be performed immediately.”

Though he joined later in life than the average Sailor, Meyer said he has many things he wants to accomplish before his time as a Navy Reserve Sailor is over.

“Obviously my biggest goal is the reason I joined; I want to aid in a humanitarian mission,” said Meyer. “But I would also like the opportunity to train new residents at naval hospitals.”

PROFILES IN PROFESSIONALISM

Story: MC1 RAYMOND MADDOCKS

# LUKE GALBICKA



RANK	ENS
LOCATION	FLORIDA
COMMAND	NMRTC JACKSONVILLE
CIVILIAN CAREER	TRAVEL RN

Ensign Luke Galbicka joined the Navy Reserve in 2015. Like many other Sailors, he joined to fulfill his desire for adventure and to get out of his comfort zone. His current unit is Navy Medicine Readiness and Training Command, Jacksonville, which maintains the Navy's warfighting readiness through providing extraordinary patient care to service members. He drills at Navy Reserve Center (NRC) West Palm Beach.

Galbicka reached a personal goal when he transitioned from the enlisted ranks as a Hospital Corpsman 1st Class to a commissioned officer as an ensign in the Nurse Corps.

"Since commissioning recently, I now function as a nurse in both my naval and civilian careers," said Galbicka.

On the civilian side, he is a travel registered nurse specializing in medical surgery.

"Although nursing and corpsman have many similarities, [my career] is now simpler because my scope of practice is identical in both my careers, whereas it varied when I was enlisted," said Galbicka.

Even though he has come this far in his 7-year career in the Navy, Galbicka doesn't have any plans to settle for his latest achievements. He already has more long-term goals in mind.

**"I TELL MANY PEOPLE, 'THE NAVY RESERVE IS SIMILAR TO LIFE; YOU GET OUT WHAT YOU PUT IN.'"**

"I am contemplating pursuing more education," said Galbicka. "Potentially a Master of Nursing as a Nurse Educator or Nurse Practitioner. My goal is to advance to commander or higher [before] I retire."

As a nurse, he has found himself to be a natural servant at heart, which explains his choice to pursue nursing. In effort to unite his values with career, he earned an Associate of Science in Nursing at the Indian River State College in 2018. He later earned a Bachelor of Science in Nursing from Grand Canyon University in 2021.

Galbicka's active duty experience as a Navy Reserve Sailor entailed a year of active duty for operational support orders as the funeral honors coordinator for NRC West Palm Beach. He had the honor and privilege to partake in more than 450 Navy funeral services.

"It's challenging to describe how meaningful it has been to support the Funeral Honors mission whether sounding Taps, or folding and presenting our National Ensign to our grieving shipmate's family members," said Galbicka.

On his many travels, he's been to several states and a couple countries, to include Bahrain and Guam on multiple occasions. He emphasizes the joy and honor he feels to wear the U.S. Navy uniform and encourages all of his shipmates to continue to do the same.

"I have grown in many positive ways thanks to the Navy Reserve," said Galbicka. "I have learned to be a far better leader and example. From E-3 to now O-1E, the Navy Reserve has helped me grow in my nursing career exponentially. I tell many people, 'The Navy Reserve is similar to life; you get out what you put in.'"

# CHAURICE SMOTHERS



RANK	OS2
LOCATION	TEXAS
COMMAND	LCS MET ALPHA
CIVILIAN CAREER	INSURANCE AGENT

Operations Specialist 2nd Class Chaurice Smothers, assigned to Littoral Combat Ship Maintenance Execution Team Alpha in Fort Worth, Texas, joined the Navy Reserve in 2016 after graduating high school in Allen, Texas.

As a young adult still trying to find her calling, Smothers explained it was the flexibility the Navy Reserve offers that most appealed to her.

"I wasn't sure what I wanted to do after graduation, and I had no intentions of joining the military, until I spoke to a Navy recruiter who visited my school," said Smothers. "They told me about the different types of job skills I could learn and how many of those skills translate into college education credits. The recruiters explained to me how I would still be able to pursue a civilian career and the many benefits that come with joining the Navy Reserve."

As a Navy operations specialist (OS), Smothers' job responsibilities include tracking, classifying, and evaluating potential contacts (surface vessels or aircraft in the vicinity of own ship) using shipboard radar equipment.

"I absolutely love it," said Smothers. "OS is the best rate in the Navy. We monitor the ship's location and check for any aircraft, ships, submarines or other vessels in the area. We keep the ship and crew safe and able to carry out the mission."

In 2022, Smothers deployed for nine months aboard the Spearhead-class expeditionary fast transport ship USNS Trenton (T-EPF-5). She is now preparing to embark on her second deployment.

**"I WANT TO BE ABLE TO HAVE A POSITIVE IMPACT ON MY COMMUNITY."**

"During my first deployment, I didn't quite know what to expect, but it turned out to be a really great experience," said Smothers. "I love being a Sailor. I have visited lots of different countries I never imagined I'd ever get to experience, which has helped me to expand my mind."

As a civilian, Smothers is an insurance agent, and she is also working toward earning a Bachelor of Arts degree in Law. Her goals are to start a civilian career as a public defender and to be selected for commission as a Navy Reserve officer to become a judge advocate general (JAG).

Smothers explained that, although many public defenders may not earn significant salaries, her plan to continue in the Navy Reserve as a JAG will ensure her financial needs are covered. Through both professions, she will be able to devote her time to doing what she loves: helping others.

"I want to be able to have a positive impact on my community," said Smothers. "A lot of people just need good legal representation but may not have the financial means to attain it. That's why I want to be able to provide that resource for them. I want to be able to advocate for people and to be a voice for those who feel they don't have one."

Smothers attributed much of her Navy success thus far to the leaders and mentors at her command who have guided her career along the way. However, she credits her father and grandparents for teaching her some of the most important and lasting life lessons.

"I grew up with my grandparents and my dad, so many of my morals and beliefs come from them," said Smothers. "One thing they always told me is to never give up and to always stay true to yourself."

Smothers offered a bit of advice to anyone considering joining the Navy Reserve.

"Do your research and make sure it's the right fit for you," said Smothers. "In the Reserve, you get out of it what you put in. You are in control of your destiny."

# MAKO SENTRY

LT. JOE GREENSPAN, U.S. NAVY RESERVE PACIFIC FLEET PUBLIC AFFAIRS

MAKO Sentry is one of three “MAKO” Chief of Navy Reserve-directed exercises specifically created to enhance Reserve capabilities to plan and execute at the Operational Level of War (OLW). MAKO Challenge is a Fleet Forces Command-planned exercise along with 2nd, 4th, 6th and 10th Fleet Sailors. MAKO STORM is a 5th Fleet-driven series for the Central Command Area of Operation (AOR). All are designed to ensure Reserve members are seamlessly integrating with their active duty OLW counterparts.

OLW is the level of war between strategy and “on the ground” execution. The Navy Reserve community is particularly experienced in this level of war after providing the majority of forces during the 20+ years executing in land-based operations in the Central Command AOR.

Vice Adm. Mustin, Chief of Navy Reserve and Commander, Navy Reserve Force, in his Navy Reserve Fighting Instructions, points out that OLW is a crucial part of the strategic depth the Reserve Community provides to the nation’s strategic defense.

“I couldn’t be more excited to see all of you here working together, learning, participating, and doing the hard work,” Mustin said during his visit to MAKO Challenge 23 earlier this year. “These exercises bring all the right constituents together for focused real-world simulation. I want each of you to view this with a sense of urgency, bring value to the team, and get qualified. Our Active Duty counterparts need to know that we are ready to do what is required on day one.”

“The implementation of NRFI is crucial,” said Deputy Commander, U.S. 3rd Fleet Rear Adm. Larry Watkins. “We’re using this training scenario and training series to help everybody understand what it means to work in a MOC and execute at each functional area by building expertise in every role.”

Each MAKO exercise – and, indeed, the whole series – continue to evolve the interoperability between the fleets within each exercise, and the pass through after action reports to the next “MAKO” creates more complex, demanding real-world training environments.



## PREPARING WARFIGHTING READY RESERVE MOC WATCHSTANDERS

“When looking at each individual MAKO exercise in succession, they continue to leapfrog one another, pushing the boundaries of our capabilities as a reserve force ensuring the highest level of warfighting readiness from our sailors,” said Rear Adm. Grant Mager, Reserve Deputy for Operations, Plans and Strategy, Office of the Chief of Naval Operations.

This iteration of the series added the participation of 3rd and 7th Fleet sailors. Previous iterations had PACFLT Sailors on-station as the numbered fleets were simulated. This scenario provided an opportunity for the Echelon 3 commands to work live with their PACFLT higher headquarters. Structuring the training environment this way enhanced communication capabilities between echelons, which is crucial within an OLW and real-world environment.

“This is the first time we’ve had a really good understanding of our intent. We’ve seen excellent combined numbered fleet activities (3rd and 7th fleet working with PACFLT) and we’ve gotten more fidelity within our roles,” said Watkins.

“Marines can come in, integrate with us, and learn what the MOC is all about,” said Mager when commenting about future participation from the Marine Reserves. “Their participation will be critical to helping them understand how we are going to fight at PACFLT and Fleet Forces with blue and green in the MOC.”

Looking forward, one of the goals is to increase the training audience. “Whether we are able to increase the number of MAKO exercises we hold, or get more people involved in the exercises we currently have, the reserve force’s ability to train to their roles will continue to enhance our readiness,” said Mager. The MAKO Series is changing the way the Navy Reserve community trains within its own ranks. It enables members to better understand their roles, develop hands on MOC expertise, and make the joint force stronger.

**"OUR ACTIVE DUTY COUNTERPARTS NEED TO KNOW THAT WE ARE READY TO DO WHAT IS REQUIRED**

**ON DAY ONE**



# NEPLO WRESTLER

## OLYMPIC HOPEFUL

### NEPLO PUBLIC AFFAIRS

As the only Navy Reserve Sailor on the All Navy Wrestling team, Yeoman 3rd Class Leandro “Leo” Rodriguez Rodriguez knows that it takes determination and hard work to continually earn your spot on any high-performing team. From first joining the Navy to winning a medal at the Armed Forces tournament for wrestling, that’s the mindset which made success possible in all aspects of his life.

Rodriguez is currently assigned as a Navy Emergency Preparedness Liaison Officer, or NEPLO, in Navy Region Northwest. NEPLOs surge to American communities as crisis responders. When an area is hit with a natural disaster like a tornado, hurricane or earthquake, NEPLOs are on call to help.

Beginning in June 2022, Rodriguez became one of the few enlisted Sailors in a community largely consisting of officers, but that fact has not deterred him.

“I was worried at first about being one of the few enlisted NEPLOs,” said Rodriguez. “I was curious if I could keep up with the officers. But I really have enjoyed working as part of NEPLO. I appreciate everything they do and everything they stand for, and all the people in the NEPLO community have been extremely helpful.”

His commanding officer, Capt. Allen Kunkle, has been impressed with Rodriguez’s resilience.

“You can really see the work ethic he has,” said Kunkle “His attitude is that the problems and obstacles he faces are simply challenges to overcome. He doesn’t let those things pin him down. He just keeps pressing forward.”

Rodriguez learned that resilience in all aspects of his life. Whether in his Navy uniform or in a wrestling singlet, he leans on the same general principles.

“When it gets challenging as a NEPLO, I reset myself, take my time, focus on my strengths, and stick with those strengths,” he said.

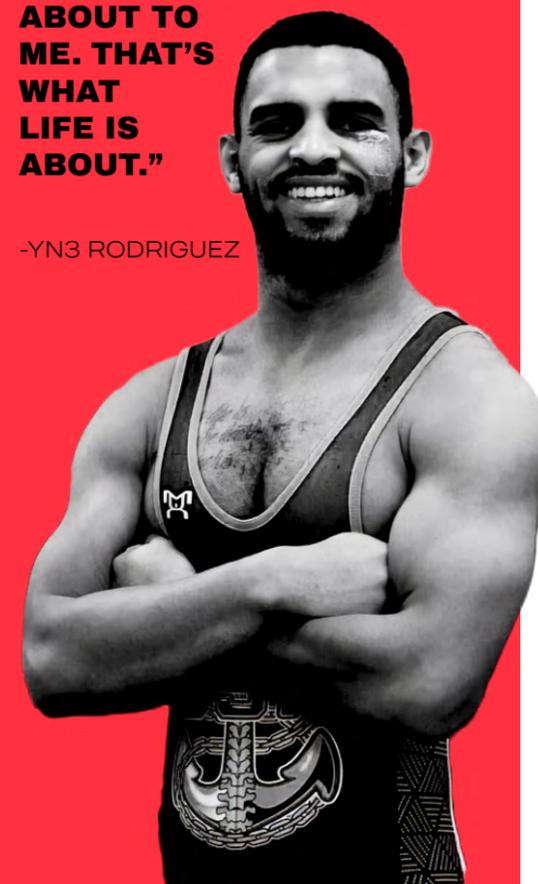
So far, that approach has paid off with a steep learning curve and valuable professional development.

“During a Defense Support of Civil Authorities exercise in Portland, Oregon, for example, there was so much that was new to me,” said Rodriguez. “There were so many acronyms, it was like learning a new language. I learned a lot. But it was amazing. I took notes the whole time. It helped me get a better understanding of the whole NEPLO unit.”

Rodriguez, along with his brother and sister, were raised by a single father. When Rodriguez was six years old, his father brought the family from the Dominican Republic to the United States in search of a better future.

**“EVERYTHING I DO, I SEE THE PARALLELS IN WRESTLING. IF YOU WANT TO SUCCEED IN WHATEVER YOU ARE DOING, YOU CAN’T GIVE UP ON IT. THAT’S WHAT WRESTLING IS ALL ABOUT TO ME. THAT’S WHAT LIFE IS ABOUT.”**

-YN3 RODRIGUEZ



### “I LEARNED THE ROPES. MET GOOD PEOPLE. I LOVED THE ENERGY IN THE WORKPLACE.”

Growing up in Elkhart, Indiana, Rodriguez found that better future on the wrestling mats. He began wrestling at 12 years old after initially being attracted to the grueling workouts. He stuck with it because, to him, the sport reflects the struggles in everyday life.

“Everything I do, I see the parallels in wrestling,” said Rodriguez. “If you want to succeed in whatever you are doing, you can’t give up on it. That’s what wrestling is all about to me. That’s what life is about.”

But when Rodriguez turned 18, he faced a dilemma. He wanted to stay in his adopted country. He chose to enlist in the Navy to earn his citizenship. And he hoped it would also give him an opportunity to continue to wrestle.

“It was a big decision. I was the first in my family to serve,” said Rodriguez.

First, he needed to get a green card in order to enlist. The entire process took him a year. When he succeeded and entered the Navy as an undesignated airman in 2016, that hard work began to pay off.

“I still speak to my recruiter to this day. We’re very close,” said Rodriguez. “He helped me a lot. He guided me toward finding a way to wrestle in the Navy, and I took a leap of faith. So once I got to my first command, HM-15 in Norfolk, I applied to the All Navy Wrestling team.”

The path to where he is now wasn’t easy. While striking for the Aviation Mechanics Mate (AD) rate on sea duty at HM-15, Rodriguez had to work hard to get his shot at a spot on the team.

“You’re taking care of work first. But you have to stay in shape, keep up with the sport. My application was rejected twice.”

After Rodriguez earned all his qualifications in the squadron, his command leadership supported his application. He was selected for tryouts and made the cut. He’s now in his third year on the All-Navy Wrestling team.

Rodriguez earned his first medal, a silver in the 67 kg class of Greco-Roman, at the Armed Forces Wrestling Championship tournament at Kitsap, Washington in February 2023.

He said the tournament taught him what it takes to win at this level.



“It was a very humbling experience. Very humbling,” began Rodriguez. “You’re always going to be wrestling an Olympian at some point. But you’re there to compete. Someone is going to get their hand raised. It’s up to you whether it will be your hand. Even if you’re not the strongest or not the smartest or not the most experienced, it doesn’t mean you can’t win.”

Even though the wrestlers compete individually, the tournament is a team competition. Rodriguez doesn’t lose sight of the shared victories he is working towards with his teammates.

“I never forget my end goal,” he said. “I want to do the best I can to make the Navy wrestling team successful.”

Rodriguez knows that his teammates on his other team, the NEPLO community, helps make it possible for him to represent the Navy as a wrestler.

“I want to thank everyone in the NEPLO community,” said Rodriguez. “They have been so supportive. They keep up with me. They check in with me. The support system has been amazing.”

After spending six years on active duty, Rodriguez transitioned to the Navy Reserve to pursue a college degree using the benefits of the GI Bill.

Rodriguez says he valued his time on active duty.

“I learned the ropes. Met good people,” he said. “I loved the energy in the workplace.”

Now, as a full-time aerospace engineering student at University of Colorado at Colorado Springs, Rodriguez is also an Olympic hopeful working to earn a spot on the wrestling team representing the U.S.

Based on his record of success so far, it would be wise to not bet against him earning his spot on another team representing the nation.



# IMX CUTLASSEXPRESS

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# IMX CUTLASSEXPRESS

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RESERVE SAILORS SHARPEN SKILLS IN  
MIDDLE EAST'S LARGEST MARITIME EXERCISE  
BY: ENSIGN ANDREW PARK



"This was perhaps the most engaging and real-life Navy experience I've had the opportunity to be a part of."

-HM1 CHIRSTENSON



A member of the Kenyan Armed Forces jumps from a platform during swim training as part of exercise Cutlass Express 23

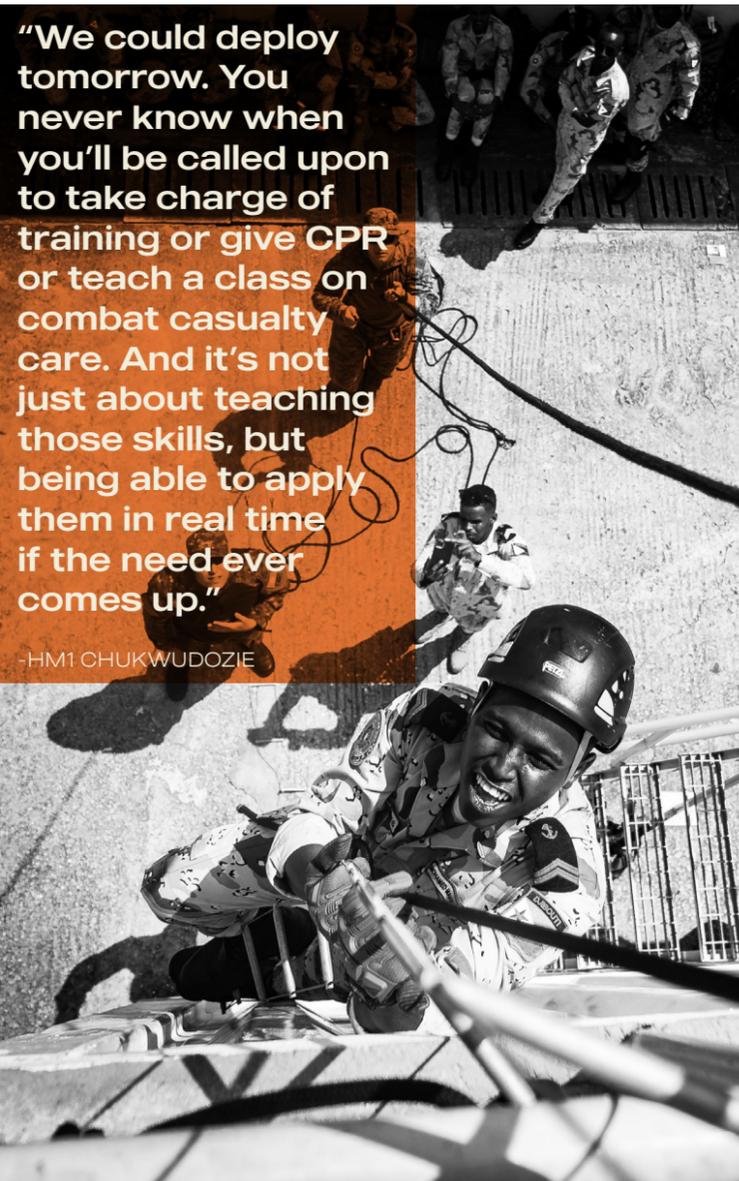
A chaotic scene unfolded as medics from the U.S. Navy and partner forces worked to stabilize several patients scattered outside a row of tents in Aqaba, Jordan. A makeshift clinic was set up inside one tent, where two Jordanian service members quickly tied a tourniquet around a patient's arm, while Hospital Corpsman 1st Class Ndudi Chukwudozie, a U.S. Navy Reserve Sailor, looked on and provided instruction.

The team of service members was participating in the International Maritime Exercise/Cutlass Express (IMX/CE) 2023, a combined exercise that involved more than 50 partner nations and international organizations. The event took place from Feb. 16 to March 16 and provided Chukwudozie and other Reserve Sailors with an opportunity to sharpen their skills while showing the value the Reserve force brings to the Navy as a source of strategic depth.

U.S. Naval Forces Central Command (NAVCENT) led the exercise across territorial and international waters in the Middle East, while U.S. Naval Forces Europe-Africa led in the Indian Ocean and East African coastal regions. The exercise was designed to demonstrate global resolve in preserving the rules-based international order and to illustrate the importance of regional maritime security cooperation.

Other components of IMX/CE 2023 included combined force maritime operations, maritime security operations, mine countermeasures, and unmanned systems and artificial intelligence.

The involvement of 75 Reserve Sailors among approximately 7,000 total participants supported the vision and principles of the Navy Reserve's recently published Battle Order Plan 2032, said Rear Adm. Robert Nowakowski, the vice commander of NAVCENT and U.S. 5th Fleet.



**"We could deploy tomorrow. You never know when you'll be called upon to take charge of training or give CPR or teach a class on combat casualty care. And it's not just about teaching those skills, but being able to apply them in real time if the need ever comes up."**

-HM1 CHUKWUDOZIE

"The warfighting efforts from the 5th Fleet Reserve Sailors enhance the capacity and capabilities of the NAVCENT staff in not just traditional functions of international maritime security but also in multi-domain warfighting capabilities such as unmanned maritime vessel control," Nowakowski said. "This unmanned warfighting capability and integration strengthens our regional partnerships and international maritime security."

Chukwudozie spent seven years on active duty before transitioning to the Navy Reserve in 2016 and is now assigned to the NAVCENT's Navy Reserve medical unit in Great Lakes, Illinois. He said he appreciated the chance to get hands-on experience in the field.

"This was my first time participating in an exercise this large," Chukwudozie said. "It was great. The experience helped build a lot of courage in my skill set and also helped build up partnerships with other countries."

Hospital Corpsman 1st Class Brooke Christenson, the leading petty officer of the Reserve medical unit, was assigned during IMX/CE 2023 to the maritime operations center in Bahrain, from which she supported NAVCENT's Global Health Engagement Team.

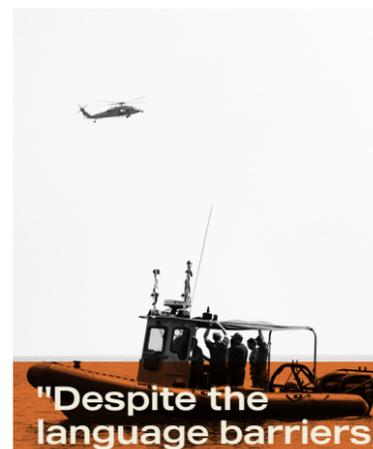
"This was perhaps the most engaging and real-life Navy experience I've had the opportunity to be a part of," Christenson said. "By working the MOC floor, and being a part of the Global Health Engagement Team, I was able to work with not only other rates across the Navy and gain better understanding and culture, but engage with partner nations across the world, which is the whole reason I joined the Navy."

Chukwudozie said he and other members of the medical team worked with a doctor from the U.K. who brought a wealth of experience in different techniques used in his country for providing medical care. Medical professionals participating in the exercise covered the spectrum – physicians, physicians assistants, nurses, medics and corpsmen – and came from Djibouti, Brazil, Israel, Kazakhstan and the Philippines, as well as Jordan and the United Kingdom.

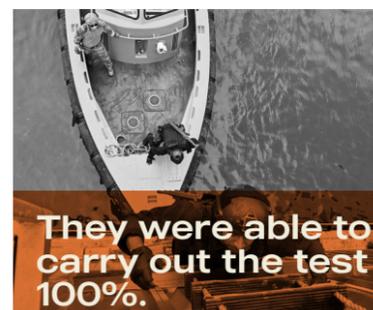
"I loved working with these members and getting to learn the way they operate and provide training," Christenson said. "It also opened up my eyes to what they valued, gave an inside look on what matters to them in training perspectives and created general positive mission impact working collaboratively."

"It was a great help to a lot of attendees because a lot of them have never dealt with combat casualty care prior to this exercise," Chukwudozie added.

In total, 12 medical Reserve Sailors were spread out across three countries: Bahrain, Jordan and Kenya. They supported various aspects of the exercise, including ships such as USS Truxtun (DDG 103) and the U.K.'s RFA Cardigan Bay (L3009), and subject matter expert exchanges. They also provided critical support for the first physician Combat Casual Care Course held outside the United States. Led by Capt. Miguel Cubano and Jack Tsao, NAVCENT's force and Reserve force surgeons, it brought together physicians from participating nations for three days of training in managing battlefield casualties.



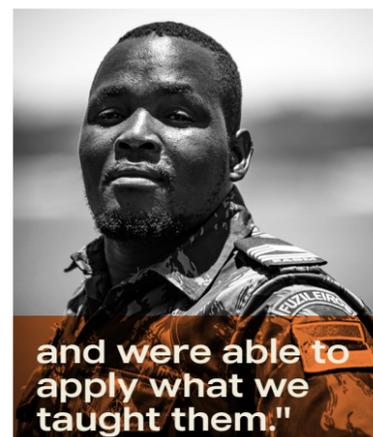
**"Despite the language barriers,**



**They were able to carry out the test 100%.**



**That's a testament that they understood**



**and were able to apply what we taught them."**



In Jordan, Reserve crews participating in IMX/CE 2023 helped set up tents, conducted hands-on training and oversaw a practical exercise that tested the medics on their skills working through tactical combat care scenarios, Chukwudozie said. The scenarios included skills such as applying a tourniquet to a patient in a combat zone – a situation in which a medic must secure the scene before administering medical care. Sometimes medical issues aren't obvious, so Chukwudozie and his team taught the partners an acronym, MARCH, to use when assessing a patient's medical needs.

"M" stands for massive hemorrhage, Chukwudozie explained. A medic first checks the patient for that. If there are no signs of massive hemorrhage, the medic moves on to airways, then to respiration and circulation, and finally to head injuries and hypothermia.

"We teach them that acronym and make sure we go through all the steps," Chukwudozie said. "Once the patient is all sorted out, you have to make sure you get the patient's vitals ... to ensure they're in a stable condition."

He said his proudest moment came during the evaluation test on the last day of the combat casualty exercise. He watched as the partner nation medics worked through the sequence he had taught them to successfully complete the evaluation.

"They did great," Chukwudozie said. "Despite the language barriers, they were able to carry out the test 100%. That's a testament that they understood and were able to apply what we taught them in a safe and timely manner."

Multinational exercises such as IMX/CE 2023 prove what can be achieved when regional and international maritime partners work together. By integrating processes, systems, and command and control functions, partner nations strengthen relationships and build trust.

They provide opportunities for interactions between Reserve and active-duty components as well. Those interactions are crucial not only in large multinational exercises but also in the event of mobilizations, during which Reserve Sailors will be required to plug seamlessly into operations alongside their active-duty counterparts.

"We could deploy tomorrow," Chukwudozie said. "You never know when you'll be called upon to take charge of training or give CPR or teach a class on combat casualty care. And it's not just about teaching those skills, but being able to apply them in real time if the need ever comes up."





CNRFC PUBLIC AFFAIRS

“We were deployed over Christmastime and our chief of the boat had a sister who was a teacher at a local school (in Connecticut),” recalled Capt. James Prouty, commanding officer of Navy Reserve Center Norfolk. “Her students made these Christmas cards, then sent them to us at sea. I was 19 years old, and I’m getting this card from this person. I had no idea who they were. But I was just floored by the fact that the public actually cared enough to send us cards like that.”

Back in 1995, while serving as an electronics technician aboard the Los Angeles-class fast-attack submarine USS Annapolis (SSN 760), Prouty saw firsthand how interacting with youth in his Navy capacity could affect change. Prouty had a chance to meet his new pen pal when he and the ship’s COB later paid the school a visit. According to Prouty, his pen pal experience changed how he viewed his role in the Navy.

“Coming from a broken home and a broken family, when I joined the Navy, the Navy became my new family,” said Prouty. “I soon saw how the community could become a part of that family too. Those school children actually supporting the military became a part of our extended family.”

Having been through a troubled childhood, at a young age, Prouty was sent to LaSalle School for Boys. In 1992, the 14-year-old Prouty decided to join the ROTC unit at his high school.

“I wasn’t exactly the poster child for high school students back in the day,” he said.

Prouty said he is now able to use his shared experience with the current students of LaSalle to relate to and, hopefully, inspire them.

“When I talk to the folks at LaSalle, who are there because they’re troubled children, I know they’ve had a very rough life,” said Prouty. “I tell them, ‘Hey, I was in your shoes.’ You can see their eyes. You can tell when their eyes change and their demeanor changes from ‘Oh, here’s the guy who just talked to us,’ to ‘Oh, wow, this person was here!’”

Today, Prouty makes it one of his missions to visit his high school Alma Mater every three to four years to talk to young boys who are in the same shoes he once walked in.

“I talk to those young lads to let them know that what brought them there doesn’t necessarily define their futures,” he said. “I show them all about the Navy and talk about what an experience I’ve had, and that they too can have those experiences if they want.”

Prouty also actively served as a guest speaker this past March at Cox High School in Virginia Beach, Va., for the school’s “Falcon Fest,” a time where the school invites people from all walks of life to visit and speak with the students.



“Not everyone can be your valedictorian, not everyone’s going to already be accepted into college,” said Prouty to the assembled student body. “But if you want, a bright future is out there for you.”

Today, Prouty positions himself daily to be an example for others.

“I try to share the message that, ‘Hey, this is what joining the Navy has done for me, and I’ve seen that it can better people,’” he said.

Every Sailor has had their own individual experiences in the Navy. Prouty believes it is a leader’s job to find ways to use his or her own personal experiences and narrative to show Shipmates what’s possible through mentorship and active listening.

“I am a recruiter,” said Prouty. “Not one who earns a ribbon, but one who represents the Navy every day. We all represent the Navy. We should always be looking for other people to join the Navy. Because in fact, I’m looking for my relief.”

According to Prouty, honorable service transcends self, and pointing Shipmates toward new opportunities raises the quality of the entire team.

“When I first joined the enlisted community, very few people had bachelor’s degrees,” said Prouty. “Nowadays, I see enlisted folks with master’s degrees and doctoral degrees. It’s impressive. That makes me feel good inside.”

Today, leading the charge to keep Navy Reserve Sailors warfighting ready as the commanding officer of Navy Reserve Center Norfolk, Prouty hopes to take advantage of every opportunity to empower Sailors to lead, motivate and inspire from wherever they are.

“No matter what your background, it is your choice to lead by example,” said Prouty. “Sailor advocacy comes in various forms. Whether it’s going to talk to kids about your life experiences, or leading by example and sharing knowledge with junior Sailors, we are all recruiters for the world’s finest Navy. We can all do our part to make it the Navy we want and need it to be.”

**“We should always be looking for others to join the Navy.”**

**“We can all do our part to make it the Navy we want and need it to be.”**

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