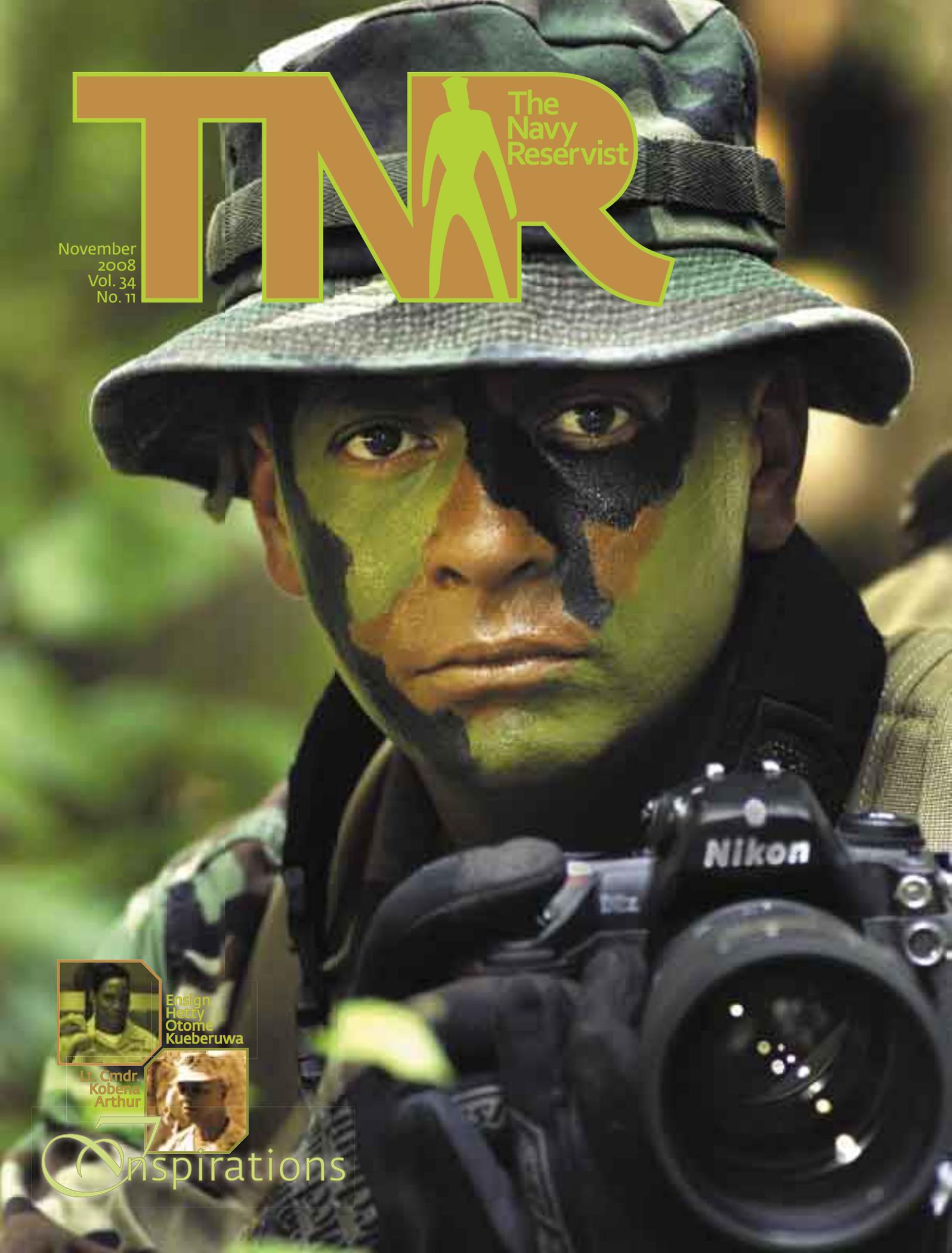


TNR

The
Navy
Reservist

November
2008
Vol. 34
No. 11



Ensign
Hetty
Otome
Kueberuwa

Lt. Cmdr.
Kobena
Arthur



Inspirations

Inspired

A Letter from the EDITOR



The aircraft carrier USS Kitty Hawk (CV 63) receives fuel from the Military Sealift Command fleet replenishment oiler USNS Guadalupe (T-AO 200) while steaming through the central Pacific Ocean. The Kitty Hawk will return to the U.S. mainland for decommissioning in early 2009. Kitty Hawk will be replaced by the nuclear-powered aircraft carrier USS George Washington (CVN 73) this summer as the only U.S. carrier operating from Japan.

U.S. Navy photo by
Mass Communication Specialist Seaman
Anthony R. Martinez

Hello Readers!

There's a lot in store for you in this edition of TNR magazine. We have changes in your Reserve force, a special visitor from one of our sister services and a couple of profiles of some very interesting Reserve Sailors.

We'll start with the big change in the Reserve: you have a new commander! Welcome aboard to Rear Adm. John Messerschmidt. Check out the Admiral's View page to learn more about the new leader of your Reserve Force.

In this edition's "Sailors Matter," we have a special visitor from our sister service, the U.S. Coast Guard. You'll want to read what he has to say about the ways our two services are increasingly working together.

We also have two feature stories profiling some unique Sailors who came to the U.S. Navy Reserves from Africa. Read about the incredible journey these fellow Reservists took to become part of the world's strongest Navy Reserve Force.

Also included in this issue is a look at a Reserve maritime security squadron, a look at the adventure of being in Combat Camera and a look back at this past summer's D-Day re-enactment at Lake Michigan. All that plus part three of our "Boots on the Ground" series.

There's plenty to read about in this issue of TNR. So sit back and enjoy. And for you Reservists out there - keep doing great things for the Navy Reserve. We'll keep telling your stories.

Mass Communication Specialist 2nd Class Ryan Hill

TNR - EDITOR

11 Peaceful Warrior



Chaplain Lt. Cmdr. Kobena Arthur's odyssey has him ministering across America and around the world to the front lines.

Nigerian Hetty Otome Kueberuwa never dreamed she would someday have a three-star admiral pin golden ensign bars to her collar.



18 Enlisted To Ensign

20 Reserve Maritime Security Squadron



Maritime Security Squadron 10 Sailors protect high-value assets in myriad land- and sea-based missions during Joint Task Force Exercise 08-4.

Naval Expeditionary Combat Command detachment Combat Camera Norfolk focuses Navy Reservist opportunities.



22 The Active Reservist

26 D-Day Re-enactment



Flashback to June 6, 1944, as Reserve Sailors from ACU-1 and Lest We Forget re-enactors take you back to Omaha Beach.

Larry's sometimes not-so-excellent adventure in the Middle East continues with this third log entry installment - "hooah."



28 Boots On The Ground

Our Cover:

Reservist Mass Communication Specialist 2nd Class Orlando Quintero prepares to take a photograph during his two-week annual training.

US Navy photo by MC2 Steven King



Compartmentments

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Sea Fever

*I must down to the seas again,
to the lonely sea and the sky,
And all I ask is a tall ship and a
star to steer her by,
And the wheel's kick and the
wind's song and the white sail's
shaking,
And a grey mist on the sea's
face, and a grey dawn breaking.*

~John Masefield (1878-1967),
English Poet Laureate



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

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

CHANGE OF ADDRESS ... Selected Reservists with address changes need to provide updates to the NSIPS (Navy Standard Integrated Personnel System) via their NOSC Personnel Office.



Vice Adm. Dirk J. Debbink
Chief, Navy Reserve

Rear Adm. John Messerschmidt
Commander, Navy Reserve Forces Command

Lt. Adam Bashaw
Force Public Affairs Officer

November 08

Mass Communication Specialist 2nd Class
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A New Admiral's View

Rear Admiral John Messerschmidt
Deputy Chief of Navy Reserve



Your New CNRFC Commander

We at TNR would like to take this opportunity to welcome aboard your new Commander of the Navy Reserve Forces Command, Rear Adm. John Messerschmidt. Rear Adm. Messerschmidt replaces Rear Adm. Lothrop S. Little at CNRFC. TNR would like to also wish fair winds and following seas to Rear Adm. Little, who will be serving your Reserve Force and your country on deployment to Iraq. TNR would like to say "thank you" to Rear Adm. Little for his work at CNRFC and his continuing work overseas. We look forward to seeing you back at CNRFC upon your return. Keep fighting the good fight!

Rear Admiral John Messerschmidt hails from Elmhurst, Ill., and is a 1979 graduate of the U.S. Naval Academy. Following nuclear propulsion and basic submarine training, he served in USS James Madison (SSBN 627 Blue) where he qualified as a Submarine Warfare Officer and Nuclear Engineer Officer, completing three strategic deterrent patrols from Submarine Base Kings Bay, Ga. Rear Adm. Messerschmidt then served ashore as a submarine communications project officer with the Space and Naval Warfare Systems Command in Arlington, Va. prior to transferring to the Navy Reserve in December 1986.

Rear Adm. Messerschmidt has commanded five Reserve Units including USS L.Y. Spear (AS 36) Detachment 106, Norfolk, Va.; USS Simon Lake (AS 33) Detachment 3306, Washington, DC; Submarine Group 10 Force Protection Detachment 1, Adelphi, Md.; Submarine Group 10 Detachment 108, Orlando, Fla.; and Fleet

Forces Command Joint Task Force Headquarters, Norfolk.

While in command, his units earned two Navy Meritorious Unit Commendations and five Captain Leo V. Bilger awards for outstanding mission effectiveness. Rear Adm. Messerschmidt has also served as Reserve Chief of Staff, Submarine Force, U.S. Atlantic Fleet and Deputy Commander, Navy Reserve Readiness Command Midwest, a six-state region with 8,500 Navy Reservists.

Rear Adm. Messerschmidt has attended CAPSTONE, the Senior Naval Reserve Officer Orientation Course, the Naval Reserve Advanced Management Seminar, the National Defense University Reserve Components National Security Course, and the DoD Emergency Preparedness Liaison Officer Course.

His personal awards include the Legion of Merit (two awards), Meritorious Service Medal (four awards), Joint Service Commendation Medal, Navy Commendation Medal (five awards),

and Navy Achievement Medal (two awards). He has also received two Military Outstanding Volunteer Service Medals for significant service in his community and is actively involved in Boy Scouts of America as an assistant scoutmaster.

Before returning on active duty, Rear Adm. Messerschmidt was employed by The MITRE Corporation, a not-for-profit corporation chartered to work in the public interest. He holds a Masters of Science degree in Systems Engineering from George Mason University in Fairfax, Va.



1-800-USA-USNR
www.navyreserve.com



Sailors Matter

MCPO Jeff Smith,
Master Chief Petty Officer of
the Coast Guard
Reserve Force

"It is my firm belief that joint or, as referred to by some, "purple" operations will only continue to grow and mature."

U.S. Navy and U.S. Coast Guard: A Long History of Teamwork

In this month's edition of "Sailors Matter," we have a unique treat. Master Chief Petty Officer of the Coast Guard Reserve Force Jeff Smith has been gracious enough to address our readers. With the joint culture of our services today and the increasing growth of our Navy/Coast Guard team, it made sense that Master Chief Smith address our Force. We at TNR would like to thank Master Chief Smith for discussing the importance of our two services working together. We hope you enjoy his insight.

When asked if I would like to write an article to appear in *The Navy Reservist*, I thought, "What a great idea and opportunity to highlight the long and lasting relationship our two services have enjoyed."

History is replete with examples of the Navy and Coast Guard working side-by-side to support and defend the freedoms we Americans hold so dear, from the War of 1812 to today's global war on terrorism (GWOT). In fact, on Nov. 1, 1941, the Coast Guard was transferred from the Department of the Treasury to the Department of Navy and directed to operate as part of the Navy until Jan. 1, 1946. During this time, more than 175,000 Coast Guardsmen - five out of six who were Coast Guard Reservists - manned 262 Army vessels, 288 Navy ships and 802 Coast Guard ships.

As we continue to execute Operations *Iraqi Freedom* and

Enduring Freedom, Navy and Coast Guard personnel - both active and Reserve - play a key role both overseas and here at home.

In July 2007, I had the pleasure of accompanying MCPON Joe Campa and MCPOCG Skip Bowen to visit Soldiers, Sailors, Airmen, Coast Guardsmen and Marines throughout CENTCOM AOR. It was inspiring to witness first-hand the truly joint and single-minded focus of the individual members regardless of service or component. The words "One Team, One Fight" are no mere slogan. They are reality. It is my firm belief that joint or, as referred to by some, "purple" operations will only continue to grow and mature.

In fact, as I write this article, Coast Guard Reservists assigned to a Coast Guard Port Security Unit have joined Navy Reservists assigned to a Maritime Expeditionary Security Squadron for joint training prior to deploying to theater to conduct integrated operations. Both Navy and Coast Guard personnel will benefit from standardized training

for small boat tactics and operations or establishing joint operations center watch standing qualifications and procedures. This initiative can only enhance the individual and collective capabilities of our units and our crews.

Finally, I served on the Senior Enlisted Advisors Council to the Office of the Assistant Secretary of Defense for Reserve Affairs. The council is made up of the senior enlisted representative from each of the seven Reserve components. It is in this role that I have gotten to know your senior enlisted leadership, specifically the 13th Force Master Chief of the Navy Reserve Force Ronney Wright. In Master Chief Wright, you have an experienced leader and a strong advocate for issues of individual readiness and family support. I look forward to working closely with him to continue to build on an already strong Navy/Coast Guard team.

It is truly an exciting time to serve.

Go Navy! Go Coast Guard!

*Written by
Pat Nicholson,
Force Family Support Program Manager*



Having Fun at the Y.M.C.A.

The Department of Defense recently signed a new contract with the National YMCA. The contract will provide free family YMCA memberships to families of National Guard or Reserve members at more than 2,000 participating centers.

Free family memberships are now available for 18 months while the service member is deployed, and for three months before and after their deployment. YMCAs offer fitness centers with free child-care while the parent works out. They also offer family and youth programs, swim lessons, personal development classes and more.

Detailed information is available at the Military OneSource Web site at www.militaryonesource.com.

The Benefits of JFSAP

The FY-07 Defense Authorization Act, Sec. 675 required the Department of Defense to implement a Joint Family Support Assistance Program (JFSAP) for families of members of the Armed Forces. This program was developed to support geographically dispersed families. The JFSAP mission is to provide mobile, high quality, effective and efficient family assistance and services to augment current family programs. This is done to meet the needs of family

members of active duty, Guard and Reserve members. The goal of the program is to facilitate the connection of families to each other and to supportive military and community resources. The program also aims to improve community awareness of military families, experiences and needs. The primary focus of support will be family members who are geographically dispersed from a military installation.

JFSAP state teams have implemented integrated support programs responding to military families at all stages of the

deployment cycle regardless of geographic location. The JFSAP provides direct support to families. The program links military leadership and service providers with quality of life resources. This will further enhance their ability to support families in their respective states.

Upon implementation, only 15 states participated in the program. It has since evolved to include all 50 states, plus American Samoa, Guam, Puerto Rico and the Virgin Islands. The JFSAP team is located at the state's National Guard headquarters.

Each JFSAP team will have:

- 1. Child and Youth Consultant:**
 - Reach out to families with children to assess their needs and offer parenting and child development education, support, counseling and referral.
 - Facilitate the connection of families to supportive military and civilian resources.
 - Brief school staff and other community groups about the issues impacting military children (e.g., deployment stress, family separation).
- 2. Military Family Life Consultant:**
 - Provide direct short-term, non-medical, solution-focused counseling services to individuals, couples, families and groups for situations resulting from commonly occurring life circumstances.
 - Provide psycho-educational groups addressing life skills and military lifestyle topics.
 - Support mobilization, demobilization and reintegration activities.
- 3. Military OneSource (MOS) Consultant:**
 - Serve as MOS regional expert on resources available in the communities where members and families reside.
 - Coordinate financial counseling for families.
 - Connect members and families to One-on-One counseling.
- 4. Red Cross:**
 - Assist MOS to identify community resources and provide referral.
 - Understand and support needs related to Rural Health Care.
- 5. Some teams also have an Operation Military Kids representative.**



Did you know you have a Projected Rotation Date?

Written by
Chief Mass Communication Specialist Maria R. Escamilla,
CNRFC Navy Reserve Career Tools

All enlisted Sailors in the U.S. Navy—including Reserve Sailors—have a Projected Rotation Date, commonly known as the PRD. What is the PRD and what's its purpose?

Chief Personnel Specialist (AW) John D. Long, N12 enlisted assignments LCPO assigned to Commander, Navy Reserve Forces Command, answers common PRD questions:

What is the PRD?

The PRD is a Sailor's job assignment expiration date. Up to nine months before the PRD, Sailors should take one of the following actions:

- 1) Apply for a new job in Career Management System/ Interactive Detailing (CMS/ID).
- 2) Apply for the same job in CMS/ID.
- 3) Extend the PRD depending on the Sailor's needs and/or the needs of the Navy.

What is the PRD's purpose?

The purpose of the PRD is:

- 1) To offer Sailors better career path choices and upward mobility, opening jobs to the best qualified.
- 2) To ensure the best qualified support the Fleet. In the Reserve, PRDs remind Sailors to review job assignments with their units, career counselors or Reserve Enlisted Assignment Coordinators (EACs).

What is the time frame around a PRD?

PRD time frames vary, depending on several factors: The Sailor's community and individual training plans to start. Another important factor is where the Sailor stands in the training pipeline to ensure there's enough time to reach their training goals, such as completing NEC qualifications.

When are PRDs assigned?

PRDs are assigned by your Navy Operational Support Center (NOSC) within 90 days of affiliation or with initial billet assignment.

Where do I find my PRD?

Check in Career Management System/Interactive Detailing (CMS/ID) or have NOSC manpower or the Command Career Counselor (CCC) look it up.

Why are PRD's important?

PRDs remind Sailors, their CCC's and chain of command to review their job assignments. Review is important because within nine to three months of the PRD, Reservists can look for a new job or reapply for their current assignment.

I'm within 9 months of my PRD. What next?

Meet with your CCC and unit chain of command for career progression advice and to review your options.

Can a PRD be changed?

Yes. PRDs can be extended for up

to two years if the EAC determines it's best for the Sailor and the Navy. Methods to extend a PRD include:

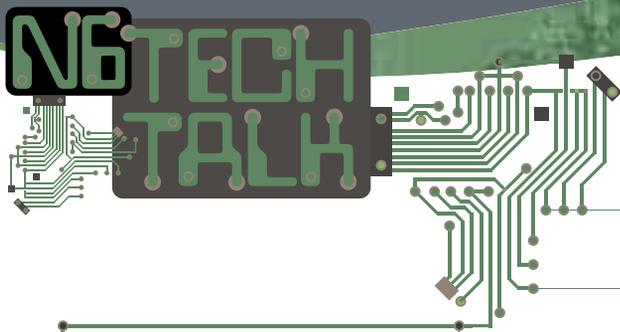
- 1) Routing a request through the unit commanding officer and NOSC personnel department which is forwarded to CNRFC N12 for approval.
- 2) Submitting a request through CMS/ID where the EAC approves the extension and cuts the orders.
- 3) Reapplying for the same billet in CMS/ID.

What situations would warrant the PRD to be changed?

When these situations arise:

- 1) To stay in your current unit where your qualifications and skills are needed.
- 2) In anticipation of a job assignment in your unit commensurate with your paygrade where you could receive advanced training.
- 3) You are locally assigned and enjoy the unit's operations tempo.
- 4) It is mutually beneficial to the Navy and the Sailor.

Guidance for PRDs is found in the COMNAVRESFORINST 1001.5 series posted on the CNRFC N12 Web page on the private side of the Navy Reserve Web Site. You can also check with your NOSC manpower department.



Authenticate Yourself!

Written by
Lt. Cmdr. Bill Batson
Director, Information Assurance
Commander, Navy Reserve Forces Command N64
william.batson@navy.mil

Welcome again to the latest installment of Tech Talk. Let's talk a little about authentication.

As most of you know, the Navy and DOD in general, have been moving away from username and password authentication for some time now. The inherent weakness of the username and password is well documented. By this time, most of us are using our Command Access Card (CAC) to login to our Navy/Marine Corps Internet (NMCI) workstations. A lot of you are using your CAC to login to Web sites such as the Navy Reserve Web site (NRWS). All of us can get to our NMCI email through Outlook Web Access using only our CAC. All this CAC based authentication has a couple of upsides: 1) fewer passwords to remember, and 2) reduced network intrusions. In fact, the Joint Task Force, Global Network Operations has statistics that show that in the first year of cryptographic logon, network intrusions based on password cracking were down more than 50 percent.

“What about users who cannot get a CAC? How are they going to get in after Web sites are 100 percent CAC enabled?”

Navy Reserves Forces Command N6 department is fielding new

technology that will allow users who can't get a CAC to login using token based authentication. That technology is RSA's SecurID®. For those of you not familiar with SecurID®, here's how it works: When you want to login to NRWS, the system will look for a CAC certificate. If you have your CAC in your reader (because you've gotten ahead of the game and installed your CAC reader on your home computer - good for you), you will be prompted for your CAC PIN. Once your PIN is correctly input, you will be logged in. If NRWS doesn't detect a CAC, you will be referred to the SecurID® login. The SecurID® token is a hardware token about the size of a USB thumbdrive. It has a clock in it that is synced with the NRWS server. It displays a six-digit number that changes every 60 seconds. To login with SecurID®, type in your username. Then add a PIN issued by the Navy Reserve Customer Service Center, to the six-digit number code on the SecurID® token and hit enter. As long as you login during the 60-second window, you're good to go. That password is only good during that 60-second window and can only be used once. This makes us IT security guys happy! Plus, you only need to remember your username and your PIN!

The SecurID® solution will be in place when the Sharepoint upgrade

to NRWS rolls out. There will be more communication about how to get one, using it, and more as roll out gets closer.

On the CAC reader side of the house, if you still haven't received one, contact your NOSC. The latest build of ActivClient v6.1 is downloadable from NRWS. It's build 34 and works with Windows 2000, XP and Vista. Don't use the disk you got from a friend who had a buddy who knew some guy whose cousin was a Reservist a few years back and got a disk. Download the latest version for yourself.

And Remember:

- Free antivirus and firewall software is downloadable from <https://infosec.navy.mil>.
- New DOD root certificates are available on the CNRFC N64 CAC/ PKI page of NRWS.
- Don't open attachments on emails that are not digitally signed. You never know who they're from.

Thanks for all your help out there.



The Navy's 57 Varieties

Written by
Lt. Cmdr. Elizabeth Zimmermann,
CNP/Diversity N134 Public Affairs Officer

We enjoy variety every day. Picture your favorite buffet or a 96-color box of crayons. Think about hundreds of television channels or rows of clothes and electronics available at the local department store. Everywhere we look there is a variety of things to do, people to spend time with and organizations to join.

Variety is the spice of life.

You might recall someone saying this when you were a child balking at change, but indeed, diverse experiences make life interesting and create great synergies.

Ideas, experiences, age, gender, religion, birthplace and personality. Socio-economic status, education, interests, race and ethnic groups. These differences make individuals who are part of groups that must live, work and play together. Just as it takes different ingredients to make a sandwich, so too do we need different people to ensure our capability. Taken together, attributes of individuals can complement attributes of others, with the result being an unqualified success.

Look around you. Do you see anyone who looks EXACTLY the same? Do you know anyone with EXACTLY the same experiences? Think about a group you belong to – mother's group, bowling team, church, runners' club or union.

The United States is a mosaic of

cultures and people that is strong BECAUSE of its diversity. The Navy also enjoys that strength, and as we move through the 21st Century we want our Navy to reflect the face of our nation. That means we want to recruit, AND RETAIN, a diverse cross section of folks.

It's all about relationships.

Relationships make it easier to navigate life's ups and downs and to succeed and to be satisfied. Many people develop relationships along life's road. Some of these relationships include mentors. Often these relationships are with individuals who share characteristics, or who have reached goals the protégé is seeking. The Navy recognizes the value in these relationships and encourages participation in mentoring relationships and organizations.

To that end, the Navy collaborates with a number of affinity groups whose primary goals include mentoring. The Sea Services Leadership Association (SSLA) and its Women's Leadership will have a symposium. Planned for the D.C. area in June 2009, the

symposium doubled in attendance in 2008. Approximately 500 women attended. Jointly sponsored by the SSLA, Navy and Coast Guard, the symposium brings women together to learn from each other, and develop the mentoring relationships that are so important for success. Check out the SSLA Web site at

www.sealeader.org.

Learn more about the various affinity groups the Navy works with at the Web site: <http://www.npc.navy.mil/CommandSupport/Diversity/>, and participate – everyone has something to share and something to learn.



Written by

Lt. Wil Wooten and Mass Communication Specialist 1st Class Paul G. Scherman

Running, cycling, swimming and even aerobic dance are examples of cardiorespiratory activities. If these activities are sustained for longer than five minutes, the body's aerobic (with oxygen) energy system starts metabolizing (burning) fat as its main energy source.

Thirty minutes of moderate level cardio burns fat for 30 minutes. However, the body will adapt and become more efficient at burning the fat. Which means over time, you will need to increase the time you do cardio. As your conditioning increases, you have to do cardio for longer amounts of time to burn the same amount of fat. Unless you're training for a marathon, who really wants to do cardio for hours and hours?

Speed Up - High Intensity

Research shows high intensity exercise for short periods of time result in greater weight and fat loss than slow or moderate exercise for long periods of time. The body uses its anaerobic (without oxygen) energy systems during these exercise periods, which last under five minutes. High intensity cardiorespiratory activity will burn less fat during exercise when compared to low intensity cardio, but the body burns more total calories in a shorter amount of time at high intensity. Therefore you burn more absolute calories from fat.

Afterburn

Scientists say the reason we burn more calories from high intensity cardio is because of what is known as Excess Post-Exercise Oxygen Consumption (EPOC).

EPOC is oxygen consumption above resting levels that the body uses to return to its pre-exercise state. The physiological mechanisms responsible for this increased metabolism include the replenishment of oxygen stores, phosphagen (ATP-PC) resynthesis, lactate removal, and

the increased ventilation, blood circulation and body temperature above pre-exercise levels. Basically, you are burning calories in order to recharge your batteries. The higher the intensity, the greater the EPOC and the more calories are burned after exercise.

The metabolism can remain elevated several hours for very heavy exercise (anaerobic cardio training), and up to 12 to 24 hours or even longer for prolonged, exhaustive exercise (interval training or circuit weight training). Anaerobic activities burn calories while you are doing them and increase calories burned for hours afterwards.

Interval Cardio Training

This type of cardio training involves alternating high intensity bouts of work with recovery periods. For example, sprints for one minute followed by two minutes of walking. Most gym cardio machines have a built in interval feature. The high should be set at an intensity high enough that maintaining the full interval segment is challenging. Once that intensity is no longer demanding, the intensity can be increased or the duration can be lengthened.

Safety Tips

It is important to add intensity gradually. If you aren't used to high intensity cardio workouts, increase the tempo gradually. Be sure to warm up at least five to ten minutes before starting to give the muscles time to get warm.



Sailors participate in a two-hour aerobics class held in the hangar bay of Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69).

U.S. Navy photo by Mass Communication Specialist 3rd Class Jon Dasbach

Aerobic = With Oxygen
Anaerobic = Without Oxygen

PROFILES IN PROFESSIONALISM

We have many talented people in our Navy. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they are providing to the fleet. E-mail the editor, ryan.hilh@navy.mil, for the submission form if you'd like to nominate a Sailor. Please include a high-resolution (300 dpi) 5"x7" digital photo of the candidate.

Hometown: Oakland, Calif.

Brief description of your job: Set up field messing for NAVESLG.

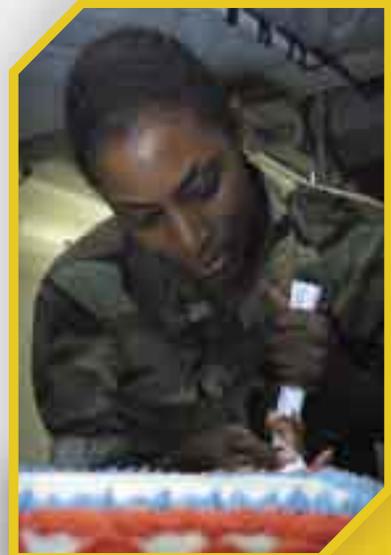
What has been your greatest Navy achievement: Having my fellow Sailors respect me as a petty officer 1st class.

Who has been your biggest influence since joining the Navy: Senior Chief Culinary Specialist Mikko. He's always had a good spirit and made sure I knew what I was doing.

What do you enjoy most about the Navy: Making sure the troops have a nice hot meal instead of an MRE and just the smiles on their faces.

Most interesting place visited since joining the Navy: Kuwait, just the culture.

Current hobbies: Cooking, reading and activities with my children.



**Culinary Specialist
1st Class
Kyndra White**

U.S. Navy photo

Hometown: Jefferson, S.D.

Brief description of your job: Assure personnel are medically clear to mobilize and demobilize.

Why did you join the Navy: For the camaraderie of the Sailors.

Who has been your biggest influence since joining the Navy: Chief Hospital Corpsman Luke. He made sure I made it through FMF school.

What do you enjoy most about the Navy: I love taking care of patients.

Most interesting place visited since joining the Navy: Ghana, Africa.

Current hobbies: Study, reading, spending time with my grandkids.



**Hospital Corpsman
2nd Class
Joyce Vanholland**

U.S. Navy photo



Tricare Reserve Select Updates

Written by
Chief Personnel Specialist(AW) Michelle V. Adams
DEERS/Rapids Reserve Project Officer
Tricare Reserve Select Manager

Hello Reservists! I am Chief Personnel Specialist (AW) Michelle Adams, your new Tricare Reserve Select Manager. Here is basic information on the program enabling eligible Selected Reserve Sailors to receive benefits.

Regional Contractors:

TRICARE North:

Health Net Federal Services

1-800-555-2605

TRICARE South:

Humana Military

1-800-444-5445

TRICARE West:

TriWest

1-888-874-9378

TRICARE Overseas:

1-888-777-8343

TRS Health Plan Overview

- Effective Oct 1, 2007.
- Eliminated the three tiers of TRS coverage.
- Premium-based health plan that provides coverage to all qualified SELRES and their families.
- Qualified members may purchase TRS at anytime during the year.
- Provides for continuous open enrollment.
- Provides TRICARE Standard or TRICARE Extra benefit, Military Treatment Facility space available care and full TRICARE pharmacy benefit.
- Coverage date determined by requested first of the month start date on submitted DD Form 2896-1, "TRICARE Reserve Select (TRS) Request."

- First month premium payment must be included with the enrollment form.
- Coverage begins on the first day of the following month except for those with other TRICARE Coverage who need continued, uninterrupted coverage.
- Statutory Qualification.
- TRS participation is open to all members of the SELRES except those who are eligible for, or enrolled in, the Federal Employee Health Benefits (FEHB) Plan.
- Pre-mobilization benefit and/or AD for more than 30 days (requires re-enrollment and recertification).
- Non-payment of monthly premium.
- Voluntary termination (1 year lockout).
- Continuation Coverage
 - Qualified members who lose coverage under another non-premium TRICARE plan may purchase TRS to continue uninterrupted health care coverage
 - TRS coverage must be purchased within 60 days of loss of other TRICARE benefits continuation coverage.

- Select type of coverage:
 - TRS member only
 - TRS member and family
- Print New TRS Request Form (DD 2896-1) .
- Sign the document certifying your non-eligibility for or enrollment in FEHBP.
- Submit completed TRS Request Form with first month's premium payment to TRICARE regional contractor whose address will auto populate via the Portal.

TRS Costs (FY 07)

Monthly Premiums *

- \$81 TRS Member-only
- \$253 TRS Member and family

Annual Deductibles (per fiscal year)

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Catastrophic Cap (for fiscal year)

- \$1,000 each family

*Premiums subject to change Jan 1 each year.

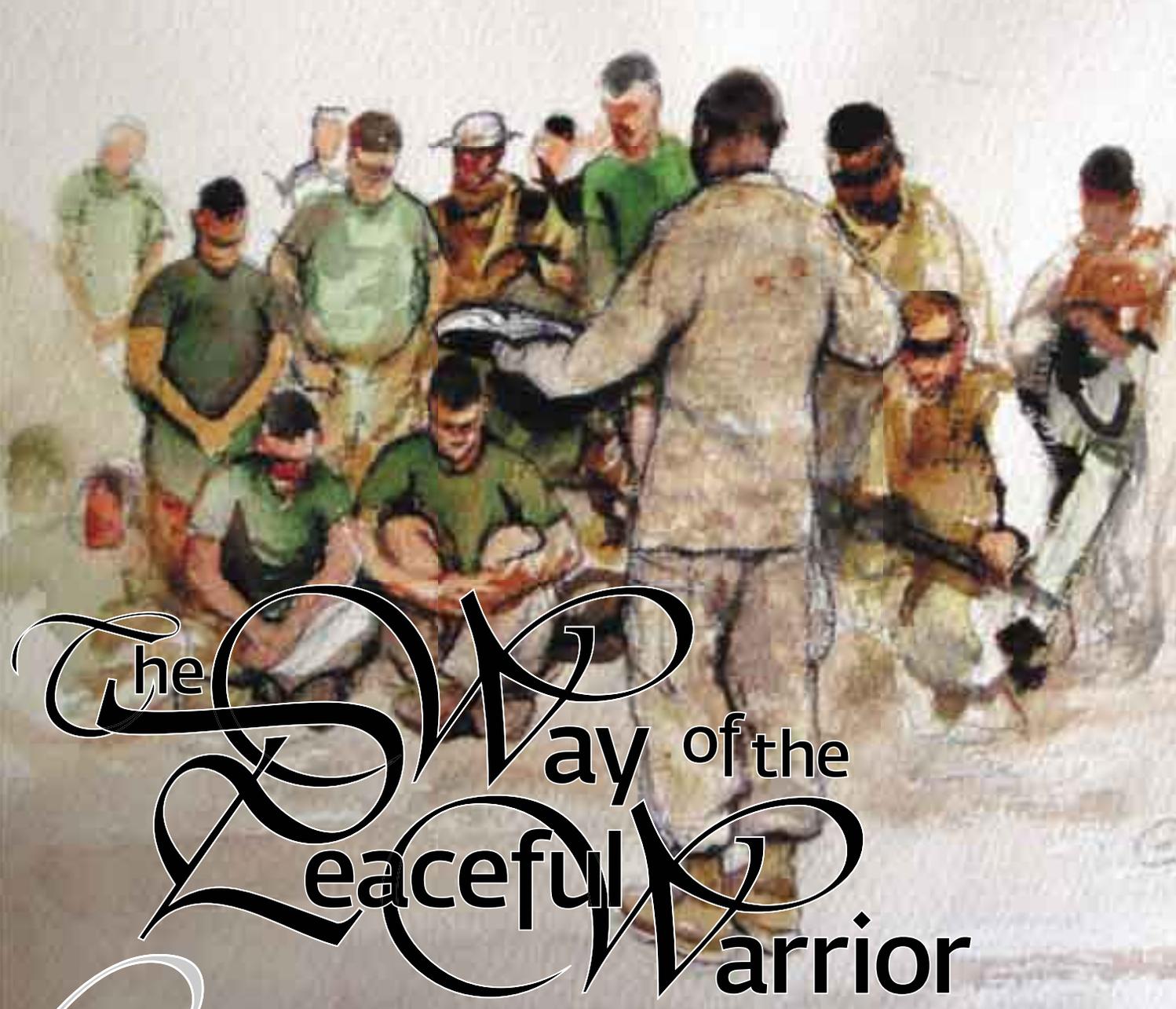
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The Way of the Peaceful Warrior

Let Cmdr. Kobena Arthur's odyssey has taken him across America and around the world to minister to the young men and women who serve on the front lines of the global war on terrorism.

Story by
Capt. Paul Greenberg
Marine Forces Reserve PAO

Watercolor by
Sgt. Kristopher Battles
USMC

Photos by
Petty Officer 3rd Class Michael Marie



Arthur is stationed with the Reserve Marines and Sailors of 2nd Battalion, 25th Marine Regiment (2/25) at the Marine Corps Air-Ground Combat Center in Twentynine Palms, Calif. The regiment deployed to Iraq this fall.

The reinforced battalion is comprised of Reserve and active-duty Marines and Sailors from 16 companies and detachments in 12 states.

Regardless of where the service members are from or their religious background, Arthur's job is to reach

out to them all, both as warriors and as human beings.

"Chaplains are a force multiplier, as they provide spiritual care and support to all members of the command, helping ensure that Marines are able to perform their military duties. The unique role of the chaplain in the command allows them to observe and monitor personal and family readiness. Chaplains are able to provide their commanders with advice and insight on critical morale and readiness issues, helping ensure that the unit is fully capable of fulfilling any mission," said Navy Capt. Jim Hightower, the deputy chaplain of the Marine Corps.

"In addition to accommodating



ABOVE: Lt. Cdr. Kobena Arthur, the 2nd Battalion, 25th Marine Regiment Chaplain, delivers a Sunday church service at a remote training site at Camp Pendleton, Calif.

for the religious needs of personnel in the unit, chaplains provide spiritual support, confidential counseling, and ethical and moral instruction," added Hightower. "Chaplains are present to assist Marines with issues of faith and conscience, care for their spiritual health and morale, and address issues related to combat stress and resiliency - maintaining combat readiness."

Arthur, a four-year veteran of the battalion, understands his role. And more importantly, he understands his Marines.

Born in Potsin, Ghana, in 1955, Arthur moved to the U.S. at the age of 24 to attend an undergraduate program at Patten University in Oakland, Calif.

"More than anything, I wanted to be a minister," said Arthur. "I could do that in Ghana, but there were so many





ABOVE: Lt. Cdr. Kobena Arthur gives a motivational speech to Marines and Sailors. Arthur exclaimed, "Keep on!" to which the troops responded, "Keeping on!" This adage has become ubiquitous throughout the battalion as they head into the final phase of their pre-deployment training.

more educational opportunities in America."

He explained that because of nepotism and "the good old boys' network" in his native country, he was limited in where he could study and what professional opportunities were open to him.

Arthur embraced the world of American academia. He was ordained in the Methodist Church in 1985, and shortly after earned a master's degree in divinity from Southern Methodist University.

"That was my number-one dream, to be a minister. Ever since I was young, I felt it was my calling," said Arthur.

He served as a pastor in Methodist churches in Texas for several years. With a Socratic love for learning, Arthur returned to school in 1987 to pursue a doctorate degree.

"Knowledge is power," said Arthur. "Knowledge helps you to be able to communicate with everybody, regardless of their educational, economic or social background. That is what the U.S. military stands for."

Arthur's perseverance paid off. Over a six-year period, he earned a PhD in higher education administration and counseling from the University of North Texas while concurrently working as a parole officer for the state and raising three children with his wife, Mary, who came to the states from Ghana with him.

"Trying to help individuals change their lives, motivating them to get a higher education and open opportunities- that was my goal," said Arthur.

He returned to California in 1992 to pursue his second doctorate in psychology at the Center for Psychological Studies. He also worked as an outreach consultant for the Oakland City School Districts, helping to develop a program to keep at-risk

adolescents in school.

"I tried to keep them away from drugs and gangs and get their parents more involved in their lives. It really opened my eyes to the social influences on adolescents in America," said Arthur, who did his doctorate dissertation on the subject of retention of at-risk students.

One night in 1995, Arthur had a dream that he was a U.S. Navy Chaplain. He couldn't get back to sleep, and in the morning he called the local U.S. Navy officer recruiter.

He was pleased to find that he met all the requirements to enter the chaplain training program. This included holding a master's degree in divinity, serving at least two years as a pastor in a church and being formally endorsed by his denomination.

"I saw myself as a good candidate for providing service to the men and woman of the Navy and their families based on my academic and professional skills," explained Arthur.

After completing all the coursework for his second doctorate degree in psychology, Arthur set off for the U.S. Navy Chaplain Course in Newport, R.I., in the winter of 1996.

He spent nine weeks with a diverse group of approximately 50 chaplain candidates from nearly as many religious faith groups. Together, they studied U.S. Naval history, culture and the role of the military chaplain. Following graduation, Lt. J.G. Arthur, then 41 years old, headed to the fleet.

"That's the uniqueness about the U.S. Navy Chaplain Corps," said Arthur. "I'm a people's chaplain in the Navy, I am not a Methodist chaplain. I serve everyone."

Arthur explained that regardless of service members' religious backgrounds, he must find a way to reach out to them spiritually and intellectually. In doing so, he can help them find answers to existential

questions that young people are confronted with for the first time. He guides them in resolving personal issues with relationships, finances and difficulty with adjustment to military lifestyle.

His four-year active duty tour was at Naval Station Great Lakes, Ill., where he ministered to the new recruits at the Navy's only Recruit Training Center, and fledgling sailors at the advanced service schools.

"I worked closely with the Navy psychologists to determine which Sailors were truly in need of psychological help and which could resolve their issues through informal counseling," explained Arthur.

Arthur left active duty in 2000, but served as a drilling Reservist with a U.S. Naval Reserve Support Unit at Great Lakes while working as a financial consultant for a non-profit organization in North Chicago, Ill.

Always looking for a new challenge, Arthur moved to the east coast to serve as assistant pastor at a church in South Orange, N.J. He began teaching psychology at Essex County College in Newark, N.J., in the fall of 2002. He drilled with a Navy Reserve unit at Naval Weapons Station Earle in Colts Neck, N.J. until joining 2/25 in 2004.

During this time, Arthur worked on his second master's degree in diplomacy and international relations at Seton Hall University. This education, combined with his personal knowledge of the U.S. immigration system, has given Arthur the tools to advise many Marines and Sailors applying for U.S. citizenship and acquiring visas for spouses overseas.

"He gives the Marines clear ears, a clear mind, and a clear heart. The chaplain is a force multiplier because he brings peace to our Marines," said Battalion Sgt. Maj. Anthony Allen. "When the chaplain speaks, people listen."

Over the course of his tenure with 2/25, Arthur has deployed with the battalion during their annual training exercises in Senegal, Norway and Quantico, Va. He was eligible to rotate to another Navy or Marine Reserve unit this year, but extended his tour with 2/25 in order to remain with them for their upcoming seven-month deployment to Iraq.

"I have been training with them every step of the way," asserted Arthur. "They know me, from the commander down to the individual Marines. By deploying to Iraq with them, I can make an impact. One of my senior chaplains told me that I am the flesh and blood of the battalion. I welcome this opportunity to deploy with my Marines."

Sgt. Julio Barrera-Riveira, the battalion's pay and promotions chief from Brooklyn, N.Y., has forged a close bond with the chaplain over the past two and a half years.

"He makes a personal connection with the Marines. Even if you haven't known him for a long time, he makes an effort to get to know you," said Barrera-Riveira, who narrated a story about the battalion's three-week annual training in Senegal during the summer of 2007.

"Things were tough toward the end of the deployment," said Barrera-Riveira. "But he was always there. Whenever the Marines were in the field, he was always there, and his message was the same: 'Keep on keepin' on.' Then everyone started



saying it: 'Keep on keepin' on.'"

With only one chaplain for more than 1,100 battalion personnel, Arthur is in high demand. He delivered eight services to Marines and Sailors at three ranges scattered across the Twentynine Palms training areas on June 29, undaunted by the temperatures topping 110 degrees.

"Chaplain Arthur brings a wealth of experience and knowledge to the Battalion," said Lt. Col. Michael J. Froeder, the battalion executive officer. "He is a true gentleman; his sincerity in his dealings with others and his genuine concern for the Marines and Sailors of 2/25 have enhanced the morale and readiness of the battalion. Additionally, his work with the Key Volunteer Network has promoted strength and cohesion among our families. He has been and continues to be a force multiplier for

"Trying to help individuals change their lives, motivating them to get a higher education and open opportunities - that was my goal."



2/25. His motto, 'Keep on keeping on,' and daily interaction with all personnel have been instrumental to the battalion's success and high level of motivation throughout pre-deployment training."

The battalion was mobilized on May 17 and shipped out from locations throughout the U.S. on May 27 for about four months of intense training in the Mojave Desert.

For many of the Reservists, the transition from a sedentary civilian career or university campus life in the northeast to the brutal summer heat and grueling Marine Corps training here has been a great challenge.

Arthur has sweated alongside them every step of the way, always armed with his spiritual guidance and words of encouragement.

Maj. Danan Campbell, the Weapons Company executive officer,

expressed the sense of pride he has in serving with Arthur and his fellow Reserve Marines.

"The chaplain is a perfect example of the people we have," said Campbell. "The man has five graduate degrees, and he could be doing anything. And what has he chosen to do? He chose to come out here," Campbell motioned toward the barren desert landscape. "He wants to serve with us."

During a recent conversation with a job recruitment agency, the interviewer asked Arthur why, with all his education and earning potential, he has elected to serve as a Navy chaplain.

Arthur's modest response was, "It's all about service to your country, and service to God. The satisfaction I get from working with these Marines is worth more than a million dollars."

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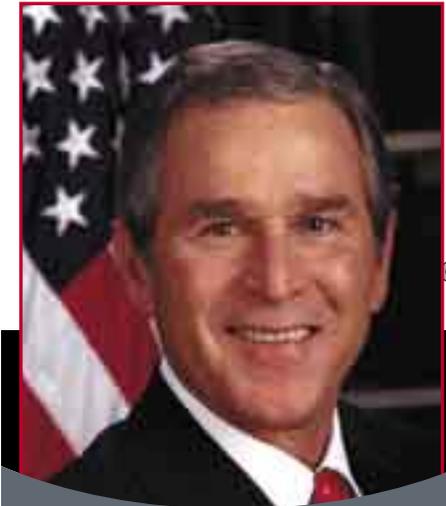
Questions? Please contact:

Personnel Specialist 1st Class (AW) Sharon Chapel
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504-678-9246

Navy Reserve Forces Command Chain of Command

Written by
Mass Communication Specialist 2nd Class Ryan Hill



Commander in Chief
Honorable
George W. Bush



Secretary of Defense
Honorable
Robert Gates



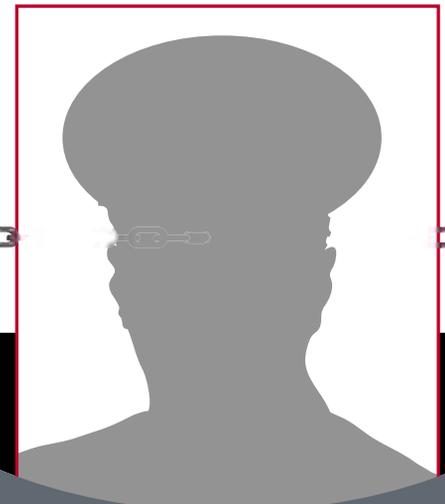
Secretary of the Navy
Honorable
Donald Winter



Deputy Commander,
Navy Reserve
Forces Command
Kent Hudgens



RCC
Commander



NOSC
Commanding Officer

For this month's Back to Basics we look at your Navy Reserve Forces Command Chain of Command. We have left the spots from RCC Commander on down blank so that you can fill in the remainder of your specific Chain of Command.



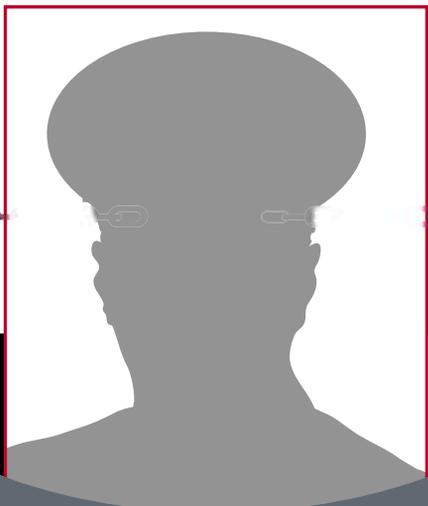
Chief of Naval Operations
Admiral
Gary Roughead,
USN



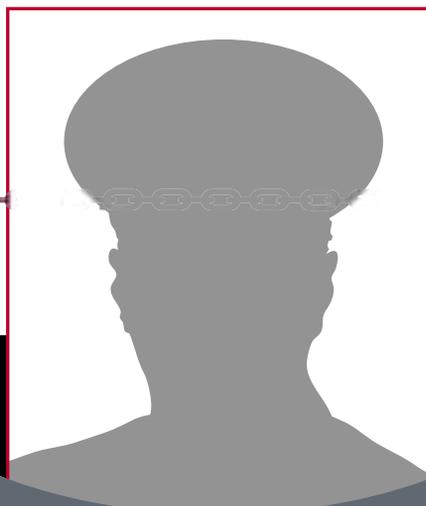
Chief of Navy Reserve
Vice Admiral
Dirk Debbink



Commander, Navy Reserve
Forces Command
Rear Admiral (Lower Half)
John Messerschmidt



NOSC
Executive Officer



Unit
Commanding Officer



Unit
Executive Officer

ENLISTED TO ENSIGN

Reservist Makes Dreams A Reality

story and photo by
Mass Communication Specialist 3rd Class
Joshua Bruns,
CNIC HQ Public Affairs

As Hetty Otome Kueberuwa grew up in a middle-class family in Warri, Nigeria, she never dreamed she would someday be standing in Washington, D.C., having a three-star admiral pin golden ensign bars to her collar, marking her as a commissioned officer in the United States Navy. But this is exactly what would happen.

Kueberuwa was an over-achiever from the start. Coming from a family of eight sisters and two brothers, she earned a bachelor's degree in marketing from the University of Port Harcourt, Nigeria, in 1993, beating the odds against traditional expectation.

"Nigerian society doesn't expect females to attend college; they got married off," Kueberuwa said. "I guess my parents weren't that traditional because they always wanted each of their children to have a college degree."

After receiving her degree, Kueberuwa started to think more seriously about America.

"I always wanted to come to the United States because I always knew it to be a country of opportunity," Kueberuwa said. "After all, I believed that America is God's own country flowing with milk and honey. I was particularly impressed with the last words of the National Anthem '...the land of the free and the home of the brave'. Yes, I wanted to be free and brave, so I came!"



Vice Adm. Bob Conway, Commander, Navy Installations Command (CNIC) (right), and Capt. Robert Harris, Naval Facilities Command (NAVFAC) (left), pin golden ensign bars to Ensign Hetty O. Kueberuwa during her commissioning ceremony August 20 at the Washington Navy Yard.



The realization of Kueberuwa's dream began on an August day in 1993 when she took off on a jumbo jet bound for John F. Kennedy International Airport in New York City. After sleeping through the night, dawn found Kueberuwa watching the skyscrapers of New York City, thousands of miles away from home. It was not only the dawn of a new day, but it was also the dawn of a whirlwind experience she has cherished dearly.

Kueberuwa soon realized just as there are open doors everywhere, one has to earn the right to enter them. The open door she wanted to enter very early on was the one that led to the United States Navy.

"It had always been my passion to be a Naval Officer," Kueberuwa said. "If I wasn't in the military, there would be something missing."

Graduating boot camp in 2002 to become a Yeoman 3rd Class in the Navy Reserve, Kueberuwa's first drill weekend was in support of the victims and families of the Sept. 11, 2001 attack on the Pentagon.

"It was exciting for me to be there and to do what I did," Kueberuwa said. "I was face-to-face with the people who were really affected by terrorism, and it became clear to me why the United States needs me as a service member."

In 2002, Kueberuwa inquired about officer programs and was told her package wouldn't be selected in such a competitive field because she only had a bachelor's degree. Her determination drove her to earn a master's degree in 2005 from the University of Maryland and in 2006, she submitted her package.

"At the time, my civilian employment was with the Federal Emergency Management Agency (FEMA)," Kueberuwa said. "The work was very demanding. Every time there was a hurricane, we were working 12 hours a day, seven days a week."

With the desire to spend more time with her three children, Kueberuwa left FEMA and started a job at Commander, Navy Installations Command (CNIC) in November 2006.

"CNIC is a great place to work," Kueberuwa said. "Working here was part of the reason I was selected. Some of the officers were generous enough to send letters of recommendation. I only needed three reference letters, but I got 11, and my package went through about six different captains to review."

In February, 2008, Kueberuwa received an email. "It said 'YN2,

you were selected. Congratulations!'" Kueberuwa said. "My vision was blurred. It was such a wonderful feeling."

On Aug. 20, Commander, Navy Installations Command, Vice Adm. Bob Conway and Capt. Robert Harris, Naval Facilities Command (NAVFAC), pinned the golden ensign bars to Kueberuwa's collar during a commissioning ceremony at the Washington Navy Yard. Kueberuwa called it the crowning achievement of her life.

"This is a great American story," Conway began as he informed the crowd of Kueberuwa's transformation from Nigerian civilian to United States commissioned officer. "She kept at it, and that's how she got where she is today."

Among the many family, friends and co-workers in the audience were Kueberuwa's father, Mr. Smart Ofugara, and her three children, Alexia, Julian and Adrienne.

"I intend to do all I can to help Sailors get to the same place I am," Kueberuwa said. "It's just having the right state of mind. You tell yourself you want to do it and you can do it. There's nothing you can't do. God bless America and the United States Navy!"

TNR



**"I BELIEVED
THAT
AMERICA IS
GODS OWN
COUNTRY
FLOWING
WITH
MILK AND
HONEY."**

Navy Reserve Engineman 2nd Class James Devane spent two years on an aircraft carrier before he joined the Reserve Force. He now drives a fast patrol boat Sea Ark assigned to Maritime Security Squadron (MSRON) 10.

The Citizen Sailor likes the change and the chance to patrol close to shore.

"I love being part of it, and don't want to leave," Devane said.

He got plenty of both when he teamed with approximately 150 Reserve Sailors from MSRON 10. These Reservists maneuvered high-speed boats and rolled in convoys to provide security at sea and on land during Joint Task Force Exercise (JTFEX) 08-

4. The exercise, dubbed "Operation *Brimstone*" took place off the coast of the southeastern United States.

The Sailors were among 15,000 service members from four countries - the United States, France, Britain and Brazil - who tested interoperability of joint and combined forces. The exercise also marked the first time the Navy Expeditionary Combat Command (NECC) engaged in an East Coast-based JTFEX with an NECC Task Group staff in control of expeditionary Sailors.

Reservists make up 47 percent of the 42,000 Sailors assigned to NECC.

"We bring a significant additional piece of realism to the exercise and elevate the knowledge across the force of our capabilities and the challenges of controlling the littoral area," said Capt.

Robert Perry, commodore of MSRON 10.

The Navy Expeditionary Combat Task Group, which included MSRON 10 headquartered in Jacksonville, Fla., coordinated an adaptive force package from Seabees to cargo handlers. There were approximately 750 Reserve and active-duty Sailors operating in or near Camp LeJeune, Elizabethtown, Military Ocean Terminal Sunny Point, N.C., and Williamsburg, Va.

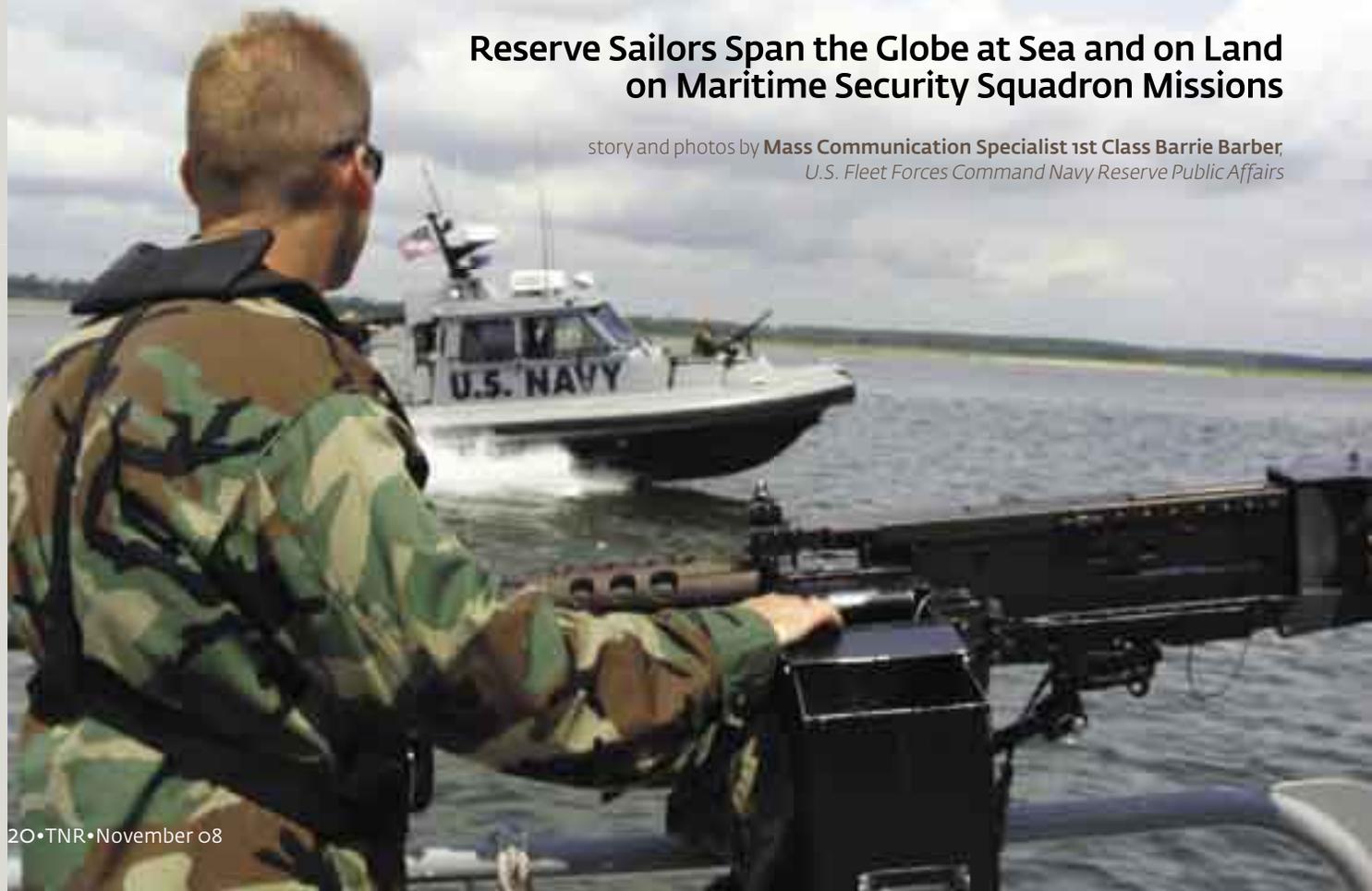
"Obviously, we get valuable training in terms of interoperability so we can be adaptive, flexible and highly capable to respond to various maritime missions," said Cmdr. Reginald Hendrix, commanding officer of a MSRON 10 detachment in Charleston, S.C.

In the real world, Maritime Security

Drop Us Anywhere!

Reserve Sailors Span the Globe at Sea and on Land on Maritime Security Squadron Missions

story and photos by **Mass Communication Specialist 1st Class Barrie Barber**,
U.S. Fleet Forces Command Navy Reserve Public Affairs





FAR LEFT Navy Reservist Lt. Shane Bosse, officer in charge of Maritime Expeditionary Boat Detachment 102, keeps a close eye on sister patrol boat as the two vessels maneuver on the Intracoastal Waterway in the Cape Fear River area of North Carolina during Joint Task Force Exercise o8-4 "Operation Brimstone."

LEFT Reserve Sailors of Maritime Security Squadron 10 cruise Cape Fear River

"Its mere presence in a port security environment acts as a very good deterrent."

Squadron Sailors protect high-value assets in a myriad of land- and sea-based missions, Perry said. Along with force protection, anti-terrorism missions and maritime interdiction operations, Sailors may engage in humanitarian and disaster relief where and when needed.

"They can drop us anywhere in the world," Perry said.

The squadron also touts a communications division that conducts surveillance and communicates from anywhere in the world. They also have a ground security division that controls entry control points to prevent improvised explosive device attacks.

"Our goal is nothing moves in the area that we don't know about or have the ability to intercept," Perry said.

The heavily armed, maneuverable and fast 34-foot-long Sea Ark, for instance, has guarded off-shore oil platforms.

"Its mere presence in a port security environment acts as a very good

deterrent," said Lt. Shane Bosse, officer in charge of a MSRON 10 unit based in Charleston, S.C.

The 300 Citizen Sailors assigned to MSRON 10 typically hail from Virginia, Florida, Georgia, Maryland and South Carolina. Half of the squadron participated in JTFEX under a fictional scenario.

Many Sailors devote more than one weekend a month and two weeks a year to the squadron's mission, Perry said.

"The vast majority of my people are Selected Reservists who have civilian jobs," Perry said. "We were ecstatic to be invited to participate as this is highly realistic training which allows us to meet all our readiness goals. We take great pride and effort in achieving the status of full and equal partners with our active duty counterparts."

Operation *Brimstone* made it real for Sailors on the ground too.

"It's good practice for us," said Hospital Corpsman 2nd Class Michael

Christforo, also a MSRON 10 Sailor. "It allows us to practice our battlefield skills."

The Navy has turned over more mission duties to the active-duty Force, but active-duty Sailors, and often more experienced Reservists, are integrated and work hand-in-hand, Hendrix said.

"We play a vital role in that we are able to assist the active-duty with building their forces," Bosse added.

The myriad roles and tight spaces on a patrol boat demand teamwork. Work aboard a Sea Ark is a major change from life on a carrier.

"On a Sea Ark, a gunner's mate has to learn how to drive the boat," Devane said. "You only have three or four crewmen, so everybody has to pitch in and learn everyone's job. You work with (Sailors) long enough (and) everybody thinks what the other person is thinking. You don't have too much discussion of what needs to be done."



The Active Reservist

story by Mass Communication Specialist 2nd Class Steven King

For motivated Reservists, the frustrating days of standing on the drill deck and doing busy work or hopelessly searching for opportunities are gone. As technology changes, rates merge and the global war on terrorism rolls on, new relationships provide eager U.S. Navy Reservists with numerous training outlets and opportunities.

Traditionally, Reserve components were seen as secondary or backup assets who trained on their own. At Naval Expeditionary Combat Command detachment Combat Camera (COMCAM) Norfolk, active-duty and Reserve Sailors work and train together as one team. Setting the table for this change, the Reserve component of COMCAM was moved from Naval Air Station Willow Grove, Pa., to Norfolk, Va.

"Half of our manning includes the Reserve component," said Lt. Cmdr. David Hanselman, COMCAM officer in charge. "In the past, we weren't utilizing them, and if we did, it was in a very small capacity. I can't put them in the game if I don't give them a ball and a bat to play with. This was a poor use of this incredible resource called the Reserve."

"Before the Reserve component could be fully integrated into our operations I had to take ownership, Hanselman said. "They needed to be



“Our active component sees their Reserve component as part of the solution and not an afterthought.”

FAR LEFT: Mass Communication Specialist 2nd Class Orlando Quintero, a Reservist attached to Naval Expeditionary Combat Command detachment Combat Camera Norfolk prepares to take a photograph during his two-week annual training.

*U.S. Navy photo by
Mass Communication Specialist 2nd Class Steven King*

BELOW: Mass Communication Specialist 1st Class Steven Harbour (center) of Phoenix, Ariz., teaches night vision capabilities during a Combat Camera detachment Norfolk semi-annual field exercise. Integrating more than 30 active and Reserve Sailors, the training was designed to enhance photographic skills in conjunction with basic combat tactics.

*U.S. Navy photo by
Mass Communication Specialist 2nd Class Steven King*

trained and equipped to the same level as our active Sailors. Every discussion regarding operations and training involved the one question. ‘How can we involve the Reserve?’

“Our active component sees their Reserve component as part of the solution and not an afterthought,” said Cmdr. Kathleen Hogan-Garrett, Reserve COMCAM director. “They took ownership - training and investing in equipment for the Reserve. Then the Reserve must deliver on the investment. Clearly, the effort must come from both sides to work as one organization.”

By committing enough professional and combat equipment to outfit both active and Reserve Sailors, Reservists are able to continually train on the same equipment they use when activated. Having enough camera and video equipment on hand allows Sailors to familiarize and train at their own homes and become proficient in a short amount of time.

“To be honest, I wasn’t thrilled to see the Reserve unit moved to Norfolk,” said Chief Mass Communication Specialist James Perkins, photojournalism and video department leading chief petty officer. “My first thought was, ‘Oh no, we’re going to be babysitting.’ It changed as we trained together. We were training the people who one day would activate and work alongside us. I documented UNITAS (a multi-country military exercise held off the coast of South America) with a Reservist. I was surprised and impressed by her work.”

Reorganization streamlined Navy public affairs in Sept. 2004, creating a much smaller “mass communication” community. Sailors now fly from across the country to drill in Norfolk. A lack of travel funding became a major obstacle and was the catalyst to switch from a monthly two-day drill to a quarterly four-day drill.

“The quality of training increased tremendously with a four-day drill,” said Mass Communication Specialist 1st Class Eric Beauregard, a Reservist from Malvern, Pa., attached to COMCAM. “In the old days, a training block would start and you would have five people come in late finishing with medical.

“Halfway through the training you would have three people leave with unfinished business with [the] personnel [department]. It really wasn’t the best training. The quarterly drill, as tough as it is on family and work, gives you time to learn and hone your skills.”

The extended training periods softened the typical “us and them” relationship. Field exercises are now commonplace with emphasis on utilizing professional skills: photography, videography and satellite transmission in a combat environment. When the Reservists come to town, training is a command event attended by all COMCAM Sailors, active and Reserve alike.

“Active and Reserve Sailors are the same, we just see the Reservists less,” said Master Chief Mass Communication Specialist Mark Reinhard, COMCAM senior enlisted advisor. “Integration was an easy thing. The Reserve component was out-of-sight, out-of-mind when they were located at Willow Grove. We had no idea of their capabilities. Now we see them work in the field and we know their capabilities. It was a pretty simple solution to a complex problem—a problem of our own making.”

Weapons training, land navigation, urban combat techniques, immediate action drills (IAD) and combat first aid make up a large part of field exercises. In addition, the training evolutions are documented with still and video cameras. The imagery is edited and made ready for transmission at the end



of each night with an emphasis on real deployment conditions.

“It is amazing to see a COMCAM Sailor return to the unit after four days in the field. They are tired, they are dirty, they have weapons to clean, professional gear to turn in, and still have imagery to screen. And they are smiling. That is what sets this unit apart,” said Senior Chief Mass Communication Specialist Douglas Waite, Reserve COMCAM senior enlisted advisor.

Better training plus first-rate equipment leads to better assignments. Reservists have been living them, from Djibouti, Africa;

Guantanamo Bay, Cuba; the Kingdom of Bahrain; a 13-country humanitarian mission aboard hospital ship Comfort; and the front lines of Afghanistan and Iraq. COMCAM Reservists have evolved from a secondary asset to a front fill solution.

“It was spot on, from ruck sack marches and patrol movements to IADs to shooting at night. We were given good information on what to expect,” said Mass Communication Specialist 2nd Class Kelvin Surgener, a Reservist attached to COMCAM currently deployed in Iraq. “I was on patrol the day after I hit the ground. Everything I was taught I had to pull



“COMCAM isn’t your typical MC billet”, said Waite. “It’s challenging, the Sailors train hard, and they want to be here. Those who don’t have the desire don’t make it.”

up and use. I shoot video wearing 100 pounds of battle rattle and need to move like a gazelle. You can’t go back for a missed shot. COMCAM’s training was spot on and drove that point home.”

“COMCAM isn’t your typical MC billet,” said Waite. “It’s challenging, the Sailors train hard, and they want to be here. Those who don’t have the desire don’t make it.”

“I often run into people who tell me they’ve always wanted to be in COMCAM but never had the opportunity,” said Waite. “We are currently undermanned and are always looking for MC’s who want to be challenged. Give us a call.” **TNR**

UPPER LEFT: Mass Communication Specialist 1st Class Curtis Biasi, assigned to the Navy Expeditionary Combat Command Detachment Combat Camera, Norfolk, listens to a weapons briefing.
U.S. Navy photo by Mass Communication Specialist 2nd Class Kitt Amaritnant

TOP: Mass Communication Specialist 2nd Class Kelvin Surgener documents 1st Lt. Rusty Mason, with Mortar Platoon attached to Apache Company 4th Battalion 64th Armory, as he speaks to a local in Saydiyeh, Baghdad.
U.S. Navy photo by Petty Officer 2nd Class Joan E. Kretschmer

FAR LEFT: Mass Communication Specialist 2nd Class Kelvin Surgener documents with video from the tail of a HM-53 Sea Dragon during a crises response exercise.
U.S. Navy photo by Mass Communication Specialist 2nd Class Kirk Worley

DIRECTLY ABOVE: Mass Communication Specialist 2nd Class David Coleman runs to a safe area, while Mass Communication Specialist 2nd Class Kori Melvin, Mass Communication Specialist 2nd Class Orlando Quintero and Mass Communication Specialist 2nd Class Andre McIntyre stand by to provide a covering fire during a tactical exercise.
U.S. Navy photo by Mass Communication Specialist 2nd Class Kitt Amaritnant

Photos and words by Mass Communication Specialist 2nd Class Farrukh Daniel
Naval Community Support Center Milwaukee, WI/Port Arthur

In this photo spread,
we take you back
to what some fellow
Reservists were doing
this past summer.

A Photo Flashback

**"Soldiers, Sailors, and
Airmen of the Allied
Expeditionary Force.
You are about to
embark upon the Great
Crusade, toward which
we have striven these
many months. The eyes
of the world are upon
you."**

**-General
Dwight D. Eisenhower
June 6, 1944**

And these fellow Reservists
in turn take you back to D-
Day, June 6, 1944: the day U.S.
troops landed on Omaha
Beach.

It was all part of a re-
enactment put together by
active-duty and Reserve
Sailors from ACU-1 at Naval
Training Center (NTC)
Great Lakes and a non-
profit organization called
Lest We Forget.

The Sailors used two
landing craft, the LCM-
501 and the LCM-502,
and sailed each east
across Lake Michigan in
front of an audience of
thousands.

"This is a great
opportunity to show our
capabilities, and it's a lot
of fun to be involved in
community events like
this. We're honored they
invited us," said Lt. Cmdr
John Hunt, commanding
officer of the ACU-1
Detachment stationed at
Great Lakes.

The two boats
loaded up troops for the first
run, transiting to Tiscornia
Park Beach, to simulate a
Marine landing at Peleliu in
the Pacific, and then returned
to pick up troops for the second
landing at Omaha Beach.

During both landings, the beach
was lined with enemy troops in
fortified positions prepared to repel
all attackers.

"These boats are powerful," said





Boatswain's Mate 1st Class Richard Sundstrom. "They can carry more than one hundred troops to the beach, or an M1A1 Abrams Tank. These are hearty platforms, and they serve this purpose easily."

The entire weekend was hosted by Lest We Forget, which is based in Southwest Michigan. The organization conducts historical re-enactments like this every year, to live up to their mission statement: Lest We Forget has a goal of preserving, promoting and disseminating the memories of men and women who fought for the freedoms enjoyed by the citizens of the USA. Lest We Forget "Brightens the future by illuminating the past." Hank Richmond, coordinator of the event, said, "We put these on to show people what the troops had to endure, and to honor those brave men to whom we owe so much."

"These kind of events are great," said Electrician's Mate 1st Class Earl Cox. "These people take a lot of pride in this. They are so excited to see us, and they really take great care of us while we are here."

While underway for the event, ACU-1 also hosted public tours and hosted a cruise on Lake Michigan for the local Sea Cadet Company. LCM-501 and LCM-502 are part of Navy Operational Support Center Chicago, and are berthed at NTC Great Lakes. They are used as training platforms by the 31 drilling Reservists from ACU-1. **TNR**

"LEST WE FORGET has a goal of preserving, promoting and disseminating the memories of men and women who fought for the freedoms enjoyed by the citizens of the USA."



DIRECTLY ABOVE: Navy Landing Craft LCU-502 powers through a sandbar on its way to deliver troops to the beach during a D-Day Re-enactment in St Joseph's MI.

TOP CENTER: WWII re-enactors simulate storming the beaches at Normandy.

CENTER: Troops attempt to advance past German positions while landing at Omaha Beach.

BOTTOM CENTER: Members of Lest We Forget, a WWII re-enactment group, simulate the D-Day's invasion of Normandy.

BOOTS

by Capt. Larry Jackson

On the GROUND

photos by Lt. Cmdr. Fretz and Capt. Larry Jackson



a very realistic training experience. The only downside was the lecture in preparation for the convoy. My particular unit had an ex-Army instructor who had an amazing ability to speak large volumes of words without actually saying anything meaningful, or even intelligible. He was very enthusiastic, however, always smiling and saying "Hooah."

For the uninitiated, "hooah" is an Army expression that, as far as I can tell, can

mean just about anything except "no." In my limited exposure to the ground-pounder profession, I've heard it used to mean: hello; how are you?; good morning; I understand; do you understand?; I'm ok; are you ok?; goodbye; I'm ready; are you ready?; can you hear me?, and yes. I suspect there are many more meanings yet to be unveiled.

As far as udari goes, it's starkly beautiful...for about 10 minutes, and then you're ready to leave and go somewhere with water and trees. It's like being in the middle of an ocean of sand. We saw a few Bedouins, a few camels, and lots of sand. Sand was our constant companion...blowing in our faces, blowing in our food, blowing up our noses and in our ears and in our weapons.

At least we didn't have to sleep with it, except for what we already had on our bodies, and the tents were climate-controlled. All we had to eat were "Meals Ready to Eat," or MREs. If you've had one (or more), you know few concessions are made to taste. I tend to eat the pasta meals, which have different names but all pretty much taste like Chef-Boy-Ardee. Two days of that and sleeping with ten to 25 of your unbathed shipmates makes Camp Virginia look like paradise.

And in fact, I think there's an interesting psychology at work here. Each place in the training pipeline has had successively worse accommodations. This way, when we finally get to the metal container that will be our home for the next year, we'll be happy about it.

P.S. We were supposed to have flown to Iraq today, but a sandstorm shut down the country...which just goes to prove how important that training on learning how to wait was.

On the morning of the 21st of February, the word



Reserve Friends,

I think Neil Armstrong and Buzz Aldrin went about 230,000 miles farther than necessary to see what the moon is like. Kuwait seems strikingly similar.

We got back yesterday from the udari range, out in the middle of the desert, where we practiced close quarters maneuvering with our weapons. Essentially, this entails walking, turning, and running on a live-fire range with your weapon, shoulder-to-shoulder with 49 of your shipmates shooting at a target. You're so close to each other that the shells ejecting from the weapon on your right occasionally cross your field of fire or hit you; so, this helps you get used to that, as well as not waving the muzzle of your loaded weapon at your friends.

The shooting was great, but perhaps the best part of this training was having the instructor teach us how to fit our body armor to ourselves. In my case, my armor had actually been put together incorrectly (by me), so that it was too small for me. We fixed it right there, and it was a huge improvement.

We also spent time in the HUMVEE rollover simulator, which is a good E-ticket ride, and more than enough to convince me that I don't want to be in a HUMVEE that's rolling over. Then we had an intense refresher on convoy training. With real explosions, small urban areas, choke points and Arabs, it provided



quickly spread around Camp Virginia: pack up; the busses will be here in 30 minutes. We were scheduled to leave at noon, but another sandstorm was threatening, and we needed to be able to drive to the airport before the roads closed. By 1000, we were on the buses and bound for the airfield.



Two days prior, we had said goodbye to our classmates going to Afghanistan. We were supposed to have left that day, too, but a sandstorm blew in and though the planes were flying, the busses weren't driving. Since the Baghdad flight was early in the evening, we missed it. The Afghanistan flight, however, was later, and the weather cleared enough for them to get to the airfield.

We got to the airfield eight hours before our scheduled departure time. (Those of you who've read prior installments recall the importance of waiting.) We filled out several pages of paperwork to ensure we would get transportation to the Green Zone, and we ate, but mostly we waited for word to board our flight.

Loading a military flight is a self-service affair. Each time we got aboard a plane or bus, we formed bag lines to remove the bags. For the trip from South Carolina to Kuwait, we had more than 800 bags, each one weighing about 50 to 70 pounds. For the flight to Baghdad, we were down to about 400 bags, and this time the bags were put on pallets to load in the back of the C-17.

Around 1900, an hour after takeoff, we touched down at Baghdad International Airport. When the rear ramp dropped, I could see a beautiful full moon, as well as lots and lots of aircraft taking off and landing. We walked out of the plane, across the tarmac to the terminal, and handed in our ID cards to be scanned to verify our arrival. Then we were herded out into a courtyard where, after weeks of NARMY training, we naturally made a formation.

Gradually, other service members formed a ring around us. They seemed excited. Captain

Keck turned to me and said, "Why do I get the feeling we're new meat?" At about that time, people in the crowd started calling out names and it became clear that they were calling out the names of their replacements. Each response would be met with a big grin and an obvious sense of relief by the name-caller. It was more

than a little surreal: We were new meat.

After our paperwork was processed and our IDs returned, we walked out to the tarmac to begin sorting our bags...again. You haven't lived until you try to find your green sea bag amongst 400 other green sea bags in the

dark. Even with markings, colored strings, tape, and nametags, it was tough.

Then we carried all the bags about 200 yards to a bus stop on a walkway "paved" with four inches of gravel, which was a little easier than walking across a beach, but not much. For an hour, we waited for the shuttle bus.

When it came, we had more bags than it could carry. We filled a van and a pickup truck with the remainder, and then set out for the "rhino yard."

A rhino is essentially an armored bus, and it's the usual mode of travel between the airport and the Green Zone. We got manifested, and people dispersed to find food before it got too late.

After eating around 2200, I fell asleep on the floor. Sometime later, they woke us up to clean the floors. A while after that, the convoy showed up. We loaded our bags into an armored tractor-trailer, loaded ourselves in the rhinos and then headed for the green zone.



By dawn, we had arrived. We once again formed a bag line, unloaded our bags, and searched for them in darkness. A sergeant took me and my MNSTC-I-bound colleagues to the compound where we were to

live. After sunrise, I got my bags and my body - by now feeling very much like a bag myself - up to the container box that will be my home for the next year.

By the time I crawled into my rack, it had been 22 hours since we left our tent in Kuwait.



-CONTINUED NEXT MONTH-

Activation and Mobilization Checklist

Required Documents for Your Family and You.

A. Pay/Direct Deposit/Allotment

- Voided personal check or deposit slip (displaying bank address/telephone, bank routing/account numbers).
- Bank account information (bank address/telephone, bank routing/account numbers) for each desired allotment.
- Copy of current mortgage(s) (with principal/interest/tax/insurance breakdown) and documentation of one month's average utilities, OR copy of house or apartment rental agreement and documentation of one month's average utilities.
- Copy(s) of current child support agreement(s).
- If [Medical Corps (MC), Dental Corps (DC), Medical Service Corps (MSC) (Clinical), Nurse Corps (NC)] certified copies or proof of the following:
 - Current license/certificate
 - Current BCLS, ACLS, PALS, etc.
 - Current demographic information if MC
 - Internship
 - Residency
 - Board certification in specialty or board certification qualifications.

B. Service Record/PSD

- Certification of discharge/separation (DD-214) for all former periods of active duty.
- Your birth certificate or passport (for those deploying OUTCONUS).
- Birth, adoption or guardianship certificates for family members.
- Social Security Numbers for self and family members.
- Certified copy of marriage certificate for present marriage.
- Certified copies of documentation terminating any previous marriage (divorce/annulment/spouse's death certificate).
- Certification of full-time enrollment for self and college-age dependents from school registrar.
- Signed statement from licensed physician for dependent parent/children over twenty-one years of age who are incapacitated.
- Current DON Family Care Plan Certification (NAVPERs 1740/6).
- Emergency Contact Information (Page 2).

C. Security Clearance

- Certified copy of naturalization papers.

- Names/addresses of personal/professional references (minimum of 3 each required).
- Names/addresses/dates of employment for the past ten years (or since graduation from high school).
- Names/addresses/dates of high school and college.
- Addresses and dates of all previous residences.
- Names/dates/places of birth for your parents and your spouse's parents.

D. Legal

- Location of current valid will.
- Copy of current power(s) of attorney (business arrangements/tax filing/child care/family medical emergency care/household goods and POV storage).
- Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits.

E. Medical

- Verify Defense Eligibility Enrollment Reporting System (DEERS) information for self and family members.
- Copy of most recent eyeglass prescription and extra set of eyeglasses. (**NOTE Contact lenses may not be authorized depending upon duty assignment.)
- Extra hearing aid/batteries.
- Documentation of significant medical/dental conditions not documented in military medical/dental records.
- Copy of prescription(s) issued by physician (or other documentation of approved medications). Minimum 90 days supply of medications.
- Documentation to support enrollment of exceptional family member in available Navy/DOD programs.
- Documentation of enrollment in TRICARE SELRES Dental Program (TSRDP).

F. Personal

- Driver's license (to support issuance of government license.)
- For those authorized POV travel, vehicle registration/insurance documentation.
- Documentation to support any claim delay and/or exemption.
- Completed and mailed application for registration and absentee ballot. Federal Post Card Application (FPCA, SF 76), Federal Write-In Ballot (FWAB, SF 186)).

*** NOTE: If requirements listed above for Service Record/PSD and Security Clearance are reflected in your service record, you need not bring additional documents.*

Navy Reserve Travel and Pay Processing Checklist

What You Need To Know.

1. Messing and Berthing

- Verify whether you will be reimbursed for commercial or government berthing and messing:
- A Berthing Endorsement or Certification of Non-Availability (CNA) is required for reimbursement of commercial lodging expenses (hotel costs). If a CNA is not provided on your itinerary and you are directed to stay in government berthing, you must stay in government quarters or obtain a CNA endorsement from the local berthing authority.
- Verify government messing availability/non-availability at check-in. If messing is directed but not available, endorsement or order modification is required for meal reimbursement.

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

- Upon reporting for duty, submit to that Command's local PSD:
- Orders with Command Endorsements (Note: Orders must be imprinted with the word "ORIGINAL").
- Copy of current/verified NAVPERS 1070/60 "Page 2."
- Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (requirement varies by PSD).
- Electronic Funds Transfer (EFT) Certificate.

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.pasad.navy.mil>.

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

*Endorsed and approved by: PSAs LANT, WEST, PAC and EUR
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RC Phone Directory

Chief of Navy Reserve (703) 693-5757	Richmond, Va. (866) 252-6598	San Antonio, Texas (210) 225-2997	Rock Island, Ill. (309) 782-6084	Region Northwest RCC (425) 304-3338	VFA-204 (504) 678-3491	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1000 x144
Office of the Chief of Navy Reserve (703) 693-5757	Roanoke, Va. (866) 527-6595	Shreveport, La. (318) 746-9657	Saginaw, Mich. (989) 754-3091	Kitsap, Wash. (360) 627-2203	VFC-12 (757) 433-4919	Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1134
Commander Navy Reserve Forces Command (504) 678-1263	Rochester, N.Y. (585) 247-6858	Tallahassee, Fla. (850) 576-6194	Sioux Falls, S.D. (605) 336-2402	Billings, Mont. (406) 248-2090	VFC-13 (775) 426-3644	Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-4627
Force Equal Opportunity Advisor and EO Hotline Senior Chief Margaret Hoyt 1-877-822-7629	Schenectady, N.Y. (518) 399-2134	Tampa, Fla. (813) 828-1971	Springfield, Mo. (417) 869-5721	Boise, Idaho (208) 422-6236	VFC-111 (305) 293-2654	Fleet and Industrial Supply Center San Diego, Calif. (619) 532-3439
Naval Air Facility, Washington DC (240) 857-4880	Syracuse, N.Y. (315) 455-2441	Waco, Texas (254) 776-1841	St. Louis, Mo. (314) 263-6490	Cheyenne, Wyo. (307) 773-6500	HSC-85 (619) 545-7218	Fleet Air Mediterranean 011-39-081-568-4184
Naval District Washington RCC (240) 857-4880	White River Junction, Vt. (802) 295-0050	West Palm Beach, Fla. (561) 687-3960	Toledo (Perryburg), Ohio (419) 666-3444	Eugene, Ore. (541) 342-1887	HCS-84 (757) 445-0861	Fleet Forces Command (757) 836-3644
Baltimore, Md. (410) 752-4561	Willow Grove, Pa. (215) 443-6331	Region Mid West RCC 1-847-688-4916	Tulsa (Broken Arrow), Okla. (918) 258-7822	Everett, Wash. (425) 304-4777	HSL-60 (904) 270-6906	Fleet Intelligence Training Center Pacific (619) 524-5814
Region Mid Atlantic RCC (757) 444-7295	Wilmington, Del. (302) 998-3328	Akron, Ohio (330) 376-9054	Wichita, Kan. (316) 683-3491	Fort Richardson, Alaska (907) 384-6491	VP-30 SAU (904) 542-3060	Headquarters US Marine Corps DSN: 278-9360
Amityville, N.Y. (631) 433-2532	Wilmington, N.C. (910) 762-9676	Battle Creek, Mich. (269) 968-9216	Youngstown, Ohio (330) 609-1900	Helena, Mont. (406) 449-5725	VAQ-129 SAU (360) 257-2276	Joint Chiefs of Staff (703) 697-9121
Avoca, Pa. (570) 457-8430	Worcester, Mass. (508) 853-5522	Chattanooga, Tenn. (423) 698-8955	Region Southwest RCC (619) 532-1842	Portland, Ore. (503) 285-4566	VAW-120 SAU (757) 444-5072	Joint Transformation Command for Intelligence (757) 836-7000
Bangor, Maine (207) 974-1301	Region Southeast RCC (904) 542-2486 X123	Chicago, Ill. (847) 688-3760	Alameda, Calif. (510) 814-2605	Spokane, Wash. (509) 327-3346	VFA-125 SAU (559) 998-1738	Judge Advocate General (202) 685-5190
Brunswick, Maine (207) 522-1064	Amarillo, Texas 1-866-804-1627	Cincinnati, Ohio (513) 221-0138	Albuquerque, N.M. (505) 292-4141	Whidbey Island, Wash. (360) 257-2922	HSC-3 (619) 545-8196	Logistics Group Western Pacific 011-65-6750-2645
Bronx, N.Y. (718) 892-0312	Atlanta, Ga. (678) 655-5925	Columbus, Ohio (614) 492-2888	Denver, Colo. (720) 847-6205	VP-62 (904) 542-2211	HS-10 (619) 545-6600	Marine Forces Reserve (504) 678-1290
Buffalo, N.Y. (716) 807-4769	Augusta, Ga. (706) 733-2249	Decatur, Ill. (217) 875-1733	Fort Carson, Colo. (719) 526-2964	Fleet Logistics Support Wing (817) 825-6438	VFA-106 (757) 433-9081	Merchant Marine Reserve Program (504) 678-0590
Charlotte, N.C. (704) 598-0447	Austin, Texas (512) 458-4154	Des Moines, Iowa (515) 285-5581	Guam (671) 339-6724	VR-1 (240) 857-3722	VFA-122 (559-998-3482	Military Sealift Fleet Reserve Support Command (202) 685-5155
Earle, N.J. (732) 580-8545	Bessemer, Ala. (205) 497-2600	Detroit, Mich. (586) 307-6147	Pearl Harbor, Hawaii (808) 471-0091	VR-46 (678) 655-6333	Operational Support Offices and Reserve Force Operations	Mine and Anti-submarine Warfare Command Corpus Christi (361) 961-4858
Ebensburg, Pa. (814) 472-5083	Charleston, S.C. (843) 743-2620	Fargo, N.D. (701) 232-3689	Las Vegas, Nev. (702) 632-1455	VR-48 (808) 857-6814	Allied Command Transformation (NATO) (757) 747-3400	Naval Air Force US Atlantic Fleet (757) 444-2928
Eleanor, W. Va. (304) 586-0326	Columbia, S.C. (803) 751-9251	Grand Rapids, Mich. (616) 363-6889	Lemoore, Calif. (559) 998-3778	VR-51 (808) 257-3289	Amphibious Group One 011-81-611-742-2377	Naval Air Forces/ Naval Air Force US Pacific Fleet (619) 545-2017
Erie, Pa. (814) 866-3073	Columbus, Ga. (706) 322-4670	Green Bay, Wis. (920) 336-2444	Los Angeles, Calif. (310) 241-2100	VR-52 (215) 443-6553	Expeditionary Strike Group Two (757) 462-7403 x 110	Naval Construction Forces Command (757) 462-3943
Fort Dix, N.J. (609) 723-7160	Corpus Christi, Texas (361) 961-2241	Indianapolis, Ind. (317) 924-6389	Moreno Valley, Calif. (951) 656-1199	VR-53 (240) 857-9029	Expeditionary Strike Group Three (619) 556-1470	Naval District Washington Headquarters (202) 433-0960.
Greensboro, N.C. (336) 254-8671	El Paso, Texas (915) 565-3993	Kansas City, Mo. (816) 923-2341	North Island, Calif. (619) 545-2610	VR-54 (504) 678-3700	Bureau of Medicine and Surgery (202) 762-3211	Naval Education and Training Command (850) 452-4000
Harrisburg, Pa. (888) 879-6649	Fort Worth, Texas (817) 782-1805	Knoxville, Tenn. (865) 545-4720	Phoenix, Ariz. (602) 353-3002	VR-55 (805) 989-8755	Center for Naval Aviation Technical Training (850) 452-9700	Naval Facilities Engineering Command (202) 685-9008
Lehigh Valley, Pa. (610) 264-8823	Greenville, S.C. (864) 423-5889	Lansing, Mich. (517) 482-9150	Point Mugu, Calif. (805) 989-7559	VR-56 (757) 433-4065	Naval Personal Development Command (757) 444-2996	Naval Health Care Newport, RI (401) 841-3771
Manchester, N.H. (603) 537-8023	Gulfport, Miss. (866) 502-1271	Little Rock, Ark. (501) 771-0880	Port Hueneme, Calif. (805) 982-6106	VR-57 (619) 545-6920	Comptroller of Navy (202) 685-7000	Naval Hospital Bremerton, Wash. (360) 475-4000
New London, Conn. (860) 625-3208	Harlingen, Texas (956) 425-0404	Louisville, Ky. (502) 375-3329	Reno, Nev. (775) 971-6289	VR-58 (904) 542-4051	Defense Intelligence Agency (202) 231-4044	Naval Hospital Camp Lejeune, N.C. (910) 450-3079
Newport, R.I. (401) 841-4550	Houston, Texas (713) 795-5202	Madison, Wis. (608) 249-0129	Sacramento, Calif. (916) 387-7100	VR-59 (817) 782-5411	Defense Logistics Agency (877) 352-2255	
Norfolk, Va. 757-318-4500	Jacksonville, Fla. (904) 542-3320	Memphis, Tenn. (901) 874-5256	Salt Lake City, Utah (801) 736-4200	VR-61 (360) 257-6595	Destroyer Squadron Two (757) 444-1452	
Plainville, Conn. (860) 747-4563	Meridian, Miss. (601) 679-3610	Milwaukee, Wis. (414) 744-9764	San Diego, Calif. (858) 537-8040	VR-62 (207) 921-1462	Employer Support of the Guard and Reserve (ESGR) (800) 336-4590	
Pittsburgh, Pa. (412) 673-0801	Miami, Fla. (305) 628-5150	Minneapolis, Minn. (612) 713-4605	San Jose, Calif. (408) 294-3070	VR-64 (215) 443-6400	First Naval Construction Division (757) 462-8225 x 222	
Quincy, Mass. (617) 753-4600	New Orleans, La. (504) 697-9205	Nashville, Tenn. (615) 228-6893	Tucson, Ariz. (520) 228-6282	Tactical Support Wing (678) 575-6830	Fleet Activities Chinhae, Korea 011-82-55-540-2852	
Raleigh, N.C. (866) 635-8393	Orlando, Fla. (407) 240-5939 x 2117	Oklahoma City, Okla. (405) 733-1052		VAQ-209 (240) 857-7828		
	Pensacola, Fla. (850) 452-1341	Omaha, Neb. (402) 451-2098		VAW-77 (678) 655-6382		
	Puerto Rico (787) 707-2324	Peoria, Ill. (309) 678-5755				

Naval Hospital
Camp Pendleton, Calif.
(760) 725-1288

Naval Hospital
Charleston, S.C.
(843) 743-7000

Naval Health Clinic
Great Lakes, Ill.
(847) 688-4560

Naval Hospital
Jacksonville, Fla.
(904) 542-7300

Naval Hospital
Lemoore, Calif.
(559) 998-4481

Naval Hospital
Naples Italy
011-39-081-811-6000/1

Naval Hospital
Oak Harbor, Wash.
(360) 257-9500

Naval Hospital
Pensacola, Fla.
(850) 505-6601

Naval Hospital
Yokosuka, Japan
011-81-46-816-5137

Naval Inspector General
Hotline
(800) 522-3451

Naval Medical Center
Portsmouth, Va.
(757) 953-5000

Naval Medical Center
San Diego, Calif.
(619) 532-6400

Navy Medicine Manpower
Personnel Training and Education
Command
(301) 295-2333

Naval Meteorology
and Oceanography Command
(228) 688-4384

Naval Network
Warfare Command
(540) 653-5001

Naval Network
Warfare Command
(757) 417-6750

Naval Operational
Logistics Support Center
(717) 605-5790

Chief of Naval Operations
(703) 697-5654

Naval Operations
Office of the Chief of Chaplains
(504) 678-1394

Naval Operations
Office of Naval Intelligence
(504) 678-1394

Naval Sea
Systems Command
(202) 781-1748

Naval Training Support Center
Great Lakes, Ill.
(847) 688-3536

Naval Special
Warfare Command
(619) 437-2848

Naval Special Warfare
Operational Support Group
(619) 522-3232

Naval Station Rota Spain
011-34-956-82-3232

Naval Supply
Systems Command
(717) 605-3565

Naval Support Activity,
Bahrain
011-973-39-14-6793

Naval Surface Force
US Atlantic Fleet
(757) 836-3057

Naval Surface Forces/
Naval Surface Force
US Pacific Fleet
(619) 437-2950

Navy Criminal Investigation
Service Espionage Hotline
(800) 543-6289

Naval War College
(401)-841-3089

Navy Emergency Preparedness
Liaison Officer Program
(504) 678-4264

Navy Expeditionary Combat
Command
(757) 462-4316

Navy Expeditionary
Logistics Support Group
(757) 887-7639

Navy Information
Operations Command(NIOC)
Maryland
(301) 677-0817

NIOC Misawa, Japan
011-81-3117-66-2834

NIOC Norfolk, Va.
(757) 417-7112

NIOC Pensacola, Fla.
(850) 452-0400

NIOC San Diego, Calif.
(619) 545-9920

Naval Installations Command
(202) 433-3200

Navy Munitions Command
(757) 887-4541

Navy Office of Information
(504) 678-6055

Navy Personnel Command
1-877-807-8199

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

Naval Region Guam
(671) 355-1110

Naval Region Southeast
(904) 542-2324

Naval Region Hawaii
(808) 473-4505

Naval Region Japan
011-81-46-816-3155

Naval Region Korea
011-822-7913-5795

Naval Region Mid-Atlantic
(757) 322-2800

Naval Region Singapore
011-65-57-50-2594

Naval Region Hawaii
(808) 473-1168

Naval Region Midwest
(847) 688-2884

Naval Region Northwest
(360) 315-5123

Naval Region Southwest
(619) 532-2925

Naval Support Activity,
Washington, D.C.
(202) 433-3963

Office of Naval Intelligence
(301) 669-5557

Office of Naval Research
(703) 696-5031

Puget Sound Naval Shipyard
(360) 476-7683

Sealift Logistics Command
Atlantic
(757) 443-5758

Sealift Logistics Command Europe
011-39-081-568-3568

Sealift Logistics Command Pacific
(619) 524-9600

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

Commander
Submarine Force
US Atlantic Fleet
(757) 836-1341

Commander
Submarine Force
US Pacific Fleet
(808) 473-2517

Submarine Group Nine
(360) 396-6530

Submarine Group Ten
(912) 573-3733

Submarine Group Two
(860) 694-3696

Submarine Squadron Eleven
(619) 553-7033

US Central Command
(757) 836-4180

US European Command
011-49-711-680-4002

US Fifth Fleet
011-973-724-383

US Fleet Forces Command
(757)-836-4180

US Joint Forces Command
(757) 836-6555

US Naval Forces Alaska
(907) 463-2248

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

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

US Naval Forces Japan
011-81-46-816-3155

US Naval Forces Korea
011-822-7913-5795

US Naval Forces Marianas
(671) 339-7133

US Naval Forces Southern
Command
(904) 270-7354 x4304

US Naval Special Warfare
Command
(619) 522-2825

US Northern Command
(719) 554-5872

US Pacific Command
(808) 477-2322

US Pacific Fleet
(808) 474-8415

US Second Fleet
(757)443-9850

US Seventh Fleet
011-81-6160-43-7440 x4090

US Sixth Fleet
011-39-081-568-1267

US Southern Command
(305) 437-1109

US Strategic Command
(402) 294-8141

US Third Fleet
(619) 524-9537

US Transportation Command
(618) 229-4278

Naval Reserve Intelligence
Command

Reserve Intelligence
Command Headquarters
Fort Worth, Texas
(817) 782-7107

Regional Intelligence
Area Northwest
Silverdale, Wash.
(360) 315-6001

Reserve Intelligence
Area Southeast
New Orleans, La.
(504) 678-3411

Reserve Intelligence
Area Southwest
Fort Worth, Texas
(817) 782-6464

Reserve Intelligence
Area Southeast
Jacksonville, Fla.
(877) 882-7396

Reserve Intelligence
Area Southwest
Aurora, Colo.
(720) 847-6240

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

Reserve Intelligence
Area Midwest
Minneapolis, Minn.
(800) 353-4011

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

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

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

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

Reserve Intelligence
Area Washington
(240) 857-2030

Naval Expeditionary Combat
Command
(757) 462-7400

Explosive Ordnance Disposal
Group One
(619) 437-3700

Explosive Ordnance Disposal
Group Two
(757) 462-8453

First Naval Construction Division
(757) 462-3658

Naval Coastal
Warfare Group

Maritime Expeditionary Security
Group One
(619) 437-9475

Maritime Expeditionary Security
Group Two
(757) 396-0513

Chief of Naval Air Training

CAOSO
(361) 961-2409

CNRF CNATRA/FRS PM
(504) 678-1072



The
Navy
Reservist

Photo Submissions:

Due 5th of the month.

High-resolution 300 dpi photos. Set camera on the highest setting (TIFF, FINE and/or HQ). Shoot photos of action supporting the story. Posed shots or "grip-n-grins" are the least desirable. If the story is about people receiving awards, show us what they do that garnered said award. Send us the original image. Do NOT tinker with it in Photoshop™ or other image-editing software. We will edit it to fit into our page layout requirements. Include cutline information identifying the subjects and what they're doing in the photo. Also credit the photographer.

Story Submissions:

Due 5th of the month.

Monthly columns: at least 500 words. More is okay, we'll edit it. Feature stories: at least 600-700 words and need supporting photos. Feature-based stories will compel the reader to read the entire story. We do not want a straight-news story written in inverted pyramid newspaper style.

Questions and Suggestions:

Please contact the editor at
ryan.hill@navy.mil
or call (504) 678-1240.

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