

TNR

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CAUTION
SAFETY
FIRST

TO OPEN

A Letter from the EDITOR



Student riders participate in a Basic Rider Course at Naval Station Norfolk. The course provides service members with motorcycle safety training in the classroom and on the range, covering topics such as proper personal protective equipment, traffic safety, bike inspection and care, and stopping and handling technique.

U.S. Navy photo by
Alan Warner

Hello Readers,

Safety first. We hear it all the time. This popular phrase has ingrained itself into our work place, our homes and our culture. While there have been huge advances in our society and technology to make things safer where we work, live and play, there is still an inherent danger in many of the things we do on a daily basis.

And so we bring you this issue concentrating on safety. This past year has seen a high number of Sailors and Marines killed in motorcycle accidents, so the Navy has instituted some new initiatives to combat this problem. You can read all about it on page 12.

There are many other safety hazards out there as well. Many of them are addressed on the Enterprise Safety Applications and Management System (ESAMS). ESAMS is a Web-based program that provides required safety training to Sailors throughout the fleet. ESAMS enrollment is required of all Navy Reserve personnel. Learn more about it on page 15.

Wrapping up our trio of safety themed stories is our story about off-duty recreational safety on page 18. It will give you tips on how to stay safe while enjoying an active lifestyle.

Keep reading and you'll see we also have two excellent stories about Reservists doing great things in your Navy. We have all that plus the next installment of "Boots on the Ground" and all of the great columns and useful information you're used to getting from TNR magazine.

So enjoy this issue, but don't turn those pages too fast. You wouldn't want to get a paper cut. Remember - safety first!

Mass Communication Specialist 2nd Class Ryan Hill

TNR - EDITOR

12 Motorcycle Safety



U.S. Navy photo by Chief Mass Communication Specialist Brian Nararjio

Alarming number of two-wheeler fatal accidents prompts Navy to initiate new DOD and CNO rules and instructions.

Enterprise Safety Applications and Management System manages all aspects of the Navy Safety and Occupational Health.



15 ESAMS

18 Off-Duty Dangers



Statistics show off-duty recreational accidents are killing and injuring Sailors at a far greater rate than combat-related incidents.

Shattering the norm of one weekend a month and two weeks a year, all Reservist EODOSU 7 geared up for more than a year in action.



20 EOD Reservists

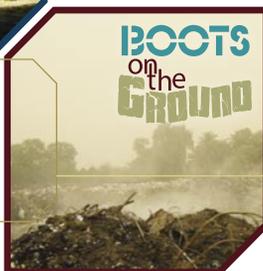
U.S. Navy photo by Mass Communication Specialist 2nd Class Ron Reeves

24 Total Force Deployment



Destroyer Squadron Four Zero completed deployment supporting the Partnership of the Americas exercises in the Caribbean, Central and South America.

We take for granted in suburban America our benign olfactory environment. In Iraq, the odors are so pungent that it assails your senses.



28 Follow Your Nose

Our Cover:
Culinary Specialist Seaman Danielle Pinango, part of a rehabilitation team responsible for the safety, cleanliness, and habitat of all shipboard spaces.

US Navy photo by Mass Communication Specialist Seaman Luis Ramirez



Compartment

- 02... Sailors Matter
- 03... Career Counselor Corner
- 04... Focus On Families
- 05... Money Matters
- 06... Culture Of Fitness
- 07... Profiles In Professionalism
- 08... N6 Tech Talk
- 10... Leadership
- 11... Diversity
- 16... Back To Basics
- 30... Checklists
- 32... RC Phone Directory

The ABCs Of Safety

<http://safetycenter.navy.mil/media/pod/quotes.htm>

*Alert today. Alive tomorrow.
Be alert – accidents hurt.
Chance takers are accident makers.*



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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

February 2009

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Sailors Matter

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Forces Command

"... you are ultimately responsible for your actions."



Don't Be A Statistic!

What will it take to reduce the military's motorized vehicle death toll? This is one of many new topics discussed throughout the military. One of the leading causes of death in the military is motorized vehicle accidents. Recently, the motorcycle death toll has risen at an alarming rate. High-ranking military officials are trying to figure out a way to reduce the motorized death rate. They have recently mandated a new motorcycle training course in effect for all motorcycle riders.

What about all other forms of motorized vehicles that can be fatal? Here is my breakdown of motorized vehicles:

- Automobiles
- Motorcycles
- ATVs
- Recreational vehicles (RVs, campers)
- Boats

Each one of these vehicles can contribute to the military death tolls in one fashion or another. Currently, motorcycles and automobiles lead the way, but all vehicles contribute to the military death rate. How can we help to decrease this death rate? Proactive supervisors will ensure their Sailors have all the appropriate licenses, mandatory training and provide continued training. However, leadership can provide all the necessary training and offer all mandatory safety courses available. Until motorists take the responsibility of further actions, we may not see a decrease in the death rate.

Here are a few topics that could be used for continued training:

- Operate your vehicle within limits.
- Be aware of your surroundings.
- Utilize common sense.
- Perform periodic maintenance.
- Don't travel when tired.
- Know your limitations.
- Don't operate any vehicle under the influence or impairment of drugs or alcohol.
- Wear proper protective equipment.
- Be aware of the effects of peer pressure.

Here are some hints:

- Take a look at your own driving habits first before you criticize others.
- Determine whether or not you are an aggressive driver or a defensive driver. An over-cautious driver can be just as dangerous as an over-aggressive driver.
- Be familiar with the current state and federal laws, because they change constantly.
- Pay attention to your surroundings because they are constantly changing and you may not be able to predict what the other drivers will do.



U.S. Navy photo by
Mass Communication Specialist 3rd Class Myriam M. Padilla

In closing, whatever the situation you are in and whatever you are operating, remember you are ultimately responsible for your actions.

Be safe and don't become a statistic.

The Navy - and more importantly, your family - needs you.



Reservists Eligible for Navy COOL Credentialing Benefits

Written by
Chief Mass Communications Specialist Maria R. Escamilla,
Sea Warrior Program Office

All Selected Reserve, Full-Time Support and active enlisted Sailors with at least one year of service remaining on contract are eligible for credentialing benefits via Navy Credentialing Opportunities Online (COOL).

Navy COOL is a powerful, Web-based tool in the Navy Career Tools suite. Sailors use COOL to discover which civilian certifications and licenses they can get based on their rating, job and occupation. COOL shows Sailors how to get the credentials, plus identifies resources to help pay for credentialing fees. In many cases the Navy will pay certification and recertification costs.

"There's an array of credentials available," said Keith Boring, Credentials Program Manager at the Navy Credentials Program Office. "Some examples of credentials earned by Reservists last year include Master-At-Arms getting Homeland Security credentials like certified in Homeland Security and Certified Anti-Terrorism Specialist; and Culinary Specialists as certified food executives. There were Hospital Corpsman certified as pharmacy techs and Emergency Medical Technician basic; and Information Technicians certified in 'Security+', 'A+' and 'Network+'."

Another exciting aspect of Navy COOL is that Sailors can use it to

earn more than one certification.

"Once you complete a certification, you can request another, just as long as you are working on and completing them one at a time," explained Boring.

The Navy's Credentials Program Office will fund certification exams and application fees, but books and study materials will be the Sailors' responsibility.

"The only limit is funding. Once funds run out, that's it until the next fiscal year. First come, first served," said Boring. "Keep in mind your certification must be based on one of the three criteria-rating, job or occupation-in order to meet the needs of the Navy. The Navy won't pay for your certification in welding if it's not based on one of those three areas."

The steps to get credentialed via Navy COOL are straightforward.

"First, do a search based on your rate, job or occupation. Then review the credentials available and choose the one you want to work on," advised Boring. "Check the requirements for that credential and prepare, study and train to meet them. When you're ready, go

back into Navy COOL and follow the steps outlined for that particular credential."

If the credential requires a fee, "Request exam payment by downloading the voucher request online," said Boring. "Print that out and have your command approve the request. When complete, return it to us and we'll make the arrangements to pay for the testing."

However, Boring advised, "You'll have to make your own test arrangements. We don't handle the test scheduling;

only the testing costs. Keep in mind that the program will pay for a specific test once. If you fail, you will have to pay for any retesting out of your own pocket. After receiving

your certification, make sure to document everything in your Electronic Training Jacket. Having your credentials properly documented can help you get promoted and enhances your career development."

Sailors ready to enhance their careers can access Navy COOL online at <https://www.cool.navy.mil>. For more details on policy refer to OPNAVINST 1540.56.



Boise Ombudsman Nationally Recognized

Written by
Cynthia Miller,
Family Program Administrator, NRNW RCC

In 1970, the Navy Family Ombudsman Program was created by Adm. Elmo Zumwalt. Today, approximately 4,000 Navy ombudsmen worldwide volunteer an estimated 120 hours a piece each year. The total estimated value of their service to the Navy is approximately \$10 million annually, although the assistance they provide is often priceless.

Since its origins, the Ombudsman Program has successfully assisted millions of Navy families. Ombudsmen represent the critical link between a commanding officer and the families they serve. Guided by their command's commanding officer, ombudsmen selflessly assist families by disseminating information or providing resource referrals. In many instances, they resolve family issues before any command attention.

All ombudsmen are extraordinary individuals just for the simple fact they altruistically volunteer for the well-being of others. Reserve ombudsmen can also face geographical challenges and often assist families in different cities and different states.

Annually, exceptional individuals are recognized on a national scale. Such is the case for Lucinda Hodges; an ombudsman at NOSC Boise, Idaho. In 2008, Lucinda received the Very Important Patriot (VIP)

Joni Nowatzki, command ombudsman of the guided-missile destroyer USS Russell (DDG 59), logs onto "The Destroyerman," the ship's blog which is using an innovative way to capture the experiences of the day-to-day life at sea. The blog can be viewed at <http://destroyermen.blogspot.com/>.

U.S. Navy photo by Ens. Theresa Donnelly



Award of Merit from the National Military Family Association for her outstanding service as ombudsman. The VIP Award recognizes exceptional volunteers worldwide whose outstanding service contributes to improving the quality of life in their military and/or neighboring communities.

The ombudsman position is a vital role for any command. Extensive research completed by the Navy Inspector General demonstrated that a fully supported ombudsman program improves family readiness, which in turn improves Navy mission readiness. The Navy Family Ombudsman Program ensures an effective, well-trained information and referral service, which results in a highly responsive and accurate source of information between commands and families. Ombudsmen often provide information and

education resource via carelines, newsletters, telephone/e-mail trees, and briefings. They are positive spokesmen and role-models for family members. Ombudsmen have proven to be invaluable during natural and man-made disasters. They serve as critical links for families during mobilization or geographic separation. Ultimately, the Navy Family Ombudsmen Program plays an important part in retaining Sailors, because a happy family results in a happy and productive Sailor.

All Reservists are encouraged to tell your spouses and family members about your command ombudsman. Your ombudsman has an extensive tool box containing a wealth of resources and solutions. Get the word out! Spouses interested in becoming an ombudsman simply need to contact your Sailor's commanding officer.

Mortgage Assistance and Relief for Veterans

Written by
Lt. Cmdr. Marc J. Soss,
SC, USN

On October 10, 2008, the Veterans' Benefits Improvement Act of 2008 (S. 3023) was signed into law. The three major provisions of the law are designed to enhance the Veterans Administration Home Loan Guaranty Programs, originally established in 1944 under the original GI Bill. Eligibility for the relief requires good credit, no prior mortgage defaults, and a residence valued at least as much as the amount being borrowed. A veteran who meets the eligibility criteria will increase his or her opportunity to either obtain a home loan or refinance an existing mortgage (including a sub-prime mortgage) with a VA loan and potentially avoid foreclosure.

Home Loan Guaranty Amount:

The law applies to loans closed by a veteran between Oct. 10, 2008 and Dec. 31, 2011. Throughout the United States (except in Alaska, Guam, Hawaii, and the U.S. Virgin Islands), the maximum loan guaranty amount for a single-family residence is increased to \$1,094,625 in January 2009. In Alaska, Guam, Hawaii, and the U.S. Virgin Islands, the maximum loan guaranty amount will be \$1,641,937.50 in January 2009.

The new law also reduces the origination fee for home loans to one percent of the loan value. The maximum loan guaranty amounts will be adjusted annually and will be reduced by any unpaid loan balance.

Home Loan Refinancing:

The law increases to 100 percent (up from 90 percent) the maximum

refinance loan guaranty amount.

This will enable a veteran to refinance a home loan up to \$417,000 in value in most locations, and up to \$729,750 in high-cost areas. The law also eliminates the loan origination fee for a refinanced loan.

Extension of Adjustable Rate Loan Guaranty Programs:

The law extends the Adjustable Rate Mortgage (ARM) and Hybrid Adjustable Rate Mortgage (HARM) programs. The programs originated in 1993 as a demonstration project through September 30, 2012. The program had expired on September 30, 2008. All VA program requirements related to ARMs and HARMs will remain in effect.

The programs interest rate adjustment provisions correspond to a national interest-rate index and adjust the monthly payment on an annual basis. The provisions are also limited to a single annual interest rate adjustment with a maximum increase or decrease of one percentage point. The provisions are limited over the term of the mortgage to a maximum increase of five percentage points above the initial contract interest rate.

"Eligibility for the relief requires good credit, no prior mortgage defaults, and a residence valued at least as much as the amount being borrowed."



Written by
Mass Communication Specialist 1st Class Paul G. Scherman

The Navy and Marine Corps Public Health Center (NMCPHC) has a challenge for you. It's called Crews Into Shape and the 9th annual challenge runs from Mar. 1 until Mar. 28, 2009.

This four-week challenge offers a team approach to wellness. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables, and drinking fluids. A weigh-in is not required and registration closes Feb. 28, 2009.

Held every March in conjunction with National Nutrition Month, the goal of Crews Into Shape is to spark and guide workplace-focused, team-oriented physical activity and improved nutrition among the whole DoD family. This includes Sailors and their family members

Sign-up and forms are Web-based. Top scoring crews win T-shirts. Crew leaders receive frequent "Crews Notes" during the campaign to encourage their crew members. Crew names and locations are posted on the Web.

According to Bob MacDonald, project manager of the Crews Into Shape challenge, "A key concept of this intervention is the 'crew'; people committed to help and encourage each other in the struggle to establish healthful habits. An astounding number of crew members tell us an additional and important benefit of the Crews Into Shape challenge is stronger work groups."

In 2008, 2,570 crew members in 374 crews composed of Soldiers, Sailors, Airmen, Marines, Coast Guardsmen, civilians, contractors and family members registered for Crews Into Shape.

Of the 508 people who completed the post-crews survey, most agreed or strongly agreed that they met their weight-loss goal (63 percent), and that the Crews Into Shape helped improve daily habits

regarding exercise (80 percent), fruit and vegetable consumption (89 percent) and healthy fluid intake (83 percent).

"Participants in the Fitness Enhancement Program who have had difficulty with some aspect of the Physical Fitness Assessment have been especially encouraged to take part," said Capt. Lorrie Sammons of Navy Reserve Naval Hospital Camp Pendleton Det H. "Hospital Det H and NOSC Alameda staff and family have participated for years. Rather than emphasize the competition, they have enjoyed the support shared among team members."



How To Participate:

- Find two to 10 team/crew members
- Pick a crew leader
- For challenge rules and registration information, go to: http://www-nmcpHC.med.navy.mil/hp/crews_into_shape/index.htm

Amphibious assault ship USS Wasp (LHD 1) Command Master Chief James Williams leads the "No. 1 Ship in the Fleet" during command fitness training. Wasp was the first ship in the fleet to fully outfit its Sailors with the new PT uniform.

U.S. Navy photo by Mass Communication Specialist 2nd Class Andrew McCord



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.hill@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: Cincinnati, Ohio

NOSC: Columbus, Ohio

Unit: MEFREL 105

Brief description of your job: In my civilian position I manage a security team at a large facility, but my fun job is as a Navy Fleet Marine Force Religious Program Specialist.

Your civilian job: Security Manager

What has been your greatest Navy achievement: Completed Chaplains and RP Expeditionary Skills Training (CREST).

Who has been your biggest influence since joining the Navy: Chief Religious Programs Specialist Walker and Religious Programs Specialist 1st Class Dizon.

Most interesting place visited since joining the Navy: D.C./Quantico Area

Current hobbies: Paintball, rock climbing, computers and gaming.



Religious Programs Specialist 3rd Class Vincent Tyler

U.S. Navy photo

Hometown: Albuquerque, New Mexico

NOSC: Albuquerque, New Mexico

Unit: NAVCENT MAST Det B

Brief description of your job: Mobilization Department Head. I ensure all personnel are mobilization ready and provide mobilization family support along with AT scheduler and budget estimator. I am also the Command Fitness Leader.

Your civilian job: United States Postal Service, Letter Carrier

What has been your greatest Navy achievement: Completing more than 20 years of service for my country.

Who has been your biggest influence since joining the Navy: Senior Chief Ballasteros. His motto was, "Always strive to be the best." In 1989 he took me under his wing and taught me everything he knew.

Most interesting place visited since joining the Navy: The Middle East in support of OIF.

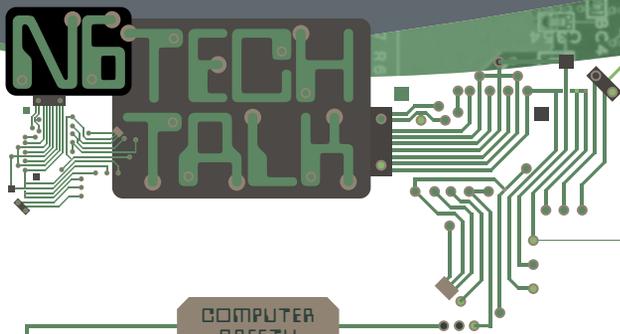
What did you enjoy most about the Navy: Camaraderie and the long lasting friendships which have endured.

Current hobbies: Playing basketball, softball, hunting and fishing.



Electricians Mate 1st Class (EXW/SW) Derrick Chee

U.S. Navy photo by Mass Communication Specialist 1st Class Carolyn M. Cerninara



COMPUTER SAFETY

In keeping with this month's "Safety" theme, I thought we would go over some ways to keep your personal and the Navy's computers safe. Without further ado, I give you the top 10 ways to keep your computer and your data safe:

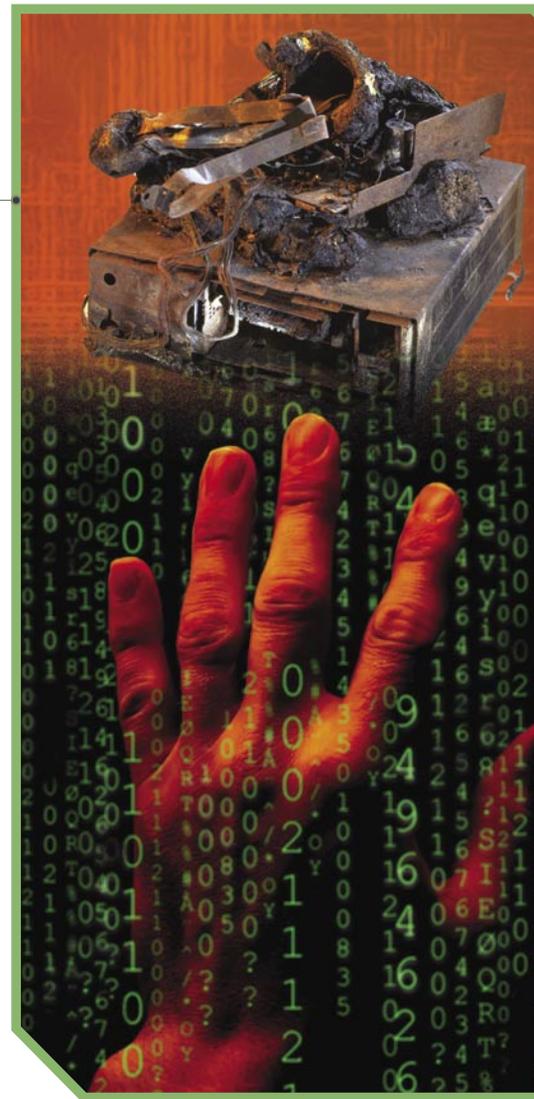
1 Install antivirus software and keep it updated. The number of viruses and trojans out on the internet has exploded in recent years. They range from benign files that take up space to files that can steal or destroy your data. It's not enough to install the software; you have to keep it updated. New variants of viruses may not be caught with older virus definitions. Macintosh users are no less susceptible. There are just fewer viruses for Macs so you don't hear a lot about it. You get immunizations to keep your body healthy, do the same for your computer. Best of all, it's free for Navy personnel at <https://infosec.navy.mil>.

2 Install firewall software and keep it updated. The information highway is a two way street. Firewalls protect you by keeping unauthorized computers

from connecting to your computer. They filter out potentially hazardous traffic and data while allowing authorized computers to connect. The software on the INFOSEC Web site has firewall and antivirus software bundled together in one program. Get it and use it!

3 Regularly back up your data. This applies to home and work. A lot of people store financial information, digital photos and scanned copies of important documents on their computer. Hard drives are prone to failures that can destroy that data. You should have an identical copy of your important data on separate media, CDs/DVDs, external hard drives, etc. On the NMCI side of the house, if you have the requirement, you can get the Mobile Information Protection contract line item number. This will automatically back up the data you specify to an NMCI server. See your NOSC's NMCI customer technical representative for more information

4 Keep your operating system and other programs updated with the latest patches. Software



vendors are continually updating their software to keep hackers from exploiting bugs in their software. Both Windows and Macintosh have the ability to download and install patches automatically. If you don't like to let the computer do it itself, set the update program to notify you when patches are available.

5 Don't use commercial e-mail to conduct Navy business. Doing so is prohibited by DOD and Navy regulations. All Navy Reserve personnel have, or can get, a navy.mil account on NMCI. For several years, RESFOR has been issuing Common Access

Safe Keeping

Written by
Lt. Cmdr. Bill Batson
Director, Information Assurance
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Graphic by
Bryan Bordelon

Card (CAC) readers for home use so Reservists can get to their NMCI e-mail from home, using Outlook Web Access. Commercial e-mail services do not have adequate security in place to protect Navy For Official Use Only (FOUO) data.

6 Protect your and the Navy's data, while in transit and at rest. Purses, briefcases and laptop bags can get stolen. If you are carrying sensitive data for the Navy or yourself, it can be compromised. If you have a valid requirement to carry FOUO or Personally Identifiable Information (PII), you must encrypt it while it is in transit. There are details on how to use WinZip to encrypt on the CNRFC N64 page of the Navy Reserve Web site. If you store sensitive personal data on your home computer or external media, consider encrypting it. This will render the data unusable in the event it gets lost or stolen. For the same reasons, NMCI is deploying a data at rest solution called Guardian Edge starting in February. This will encrypt all the data on your NMCI computer and to any external media you write data to. More information is available on the Homeport Web site.

7 Don't open Web site links or attachments in e-mail from anyone you do not know and trust. The corollary to that is don't trust

anyone on the internet. Your bank or credit card company will not ask you to verify your personal banking info through a Web site by sending you an e-mail. It is easy to craft e-mails that have the look and feel of your bank's Web site and some can be quite convincing. If you have a question about an e-mail that looks like it came from your bank, call the bank and ask. E-mail attachments are the most common way viruses and trojans are spread. Enable the auto protect function on your antivirus program to scan your e-mails as they come in. The only way to be sure an e-mail is from the stated sender is if it is digitally signed.

8 Use your CAC to login to computers and Web sites whenever possible. Passwords are extremely vulnerable to compromise. By using your CAC to login, known as Cryptographic Log On (CLO), you eliminate the password. Reservists who are government civilians or contractors should have separate computer accounts for those roles. With two accounts, one must be on the CLO exceptions list and it should be the Reserve account because it normally gets used the least. If your account is on the

exceptions list, you can login with username and password. Of note: look for NETWARCOM to tighten up CLO restrictions as solutions come available for secondary accounts, ombudsmen, and other exceptions.

9 If you have to use passwords, use complex passwords. If a hacker steals the password file from your computer, it's only a matter of time until the encryption is broken. Don't use common personal information, like birthdays, SSN, etc. Don't use whole words that appear in the dictionary. On your home computer, use at least 9 characters (the requirement for DOD computers is 14 characters) with uppercase, lowercase, numbers and symbols. This makes cracking your password much more time consuming.

10 Take the DOD IA training and the PII training. There is a lot of good information in both courses that apply to both Navy networks and your home computers.

Thanks for all your help out there.

LEADERSHIP

Explaining the New Enlisted Leadership Training Requirements

Written by
Cmdr. Stephen Ferris
Reserve Program PAO
Center for Personal & Professional Development

NAVADMIN 272/08 changed the policy regarding required leadership training for first and second class petty officer selectees. The changes reflect a new philosophy regarding leadership training that focuses on the removal of potential barriers to advancement. The new requirements employ what business would call a “just in time” approach to leadership training. The training will now be provided upon a Sailor’s selection for advancement as part of their preparation for their new leadership role. The policy change also shifts responsibility for providing leadership training to individual commands, using curricula provided by the Center for Personal & Professional Development. The critical changes associated with each pay grade are as follows.

Petty Officer Second Class Selectees

Beginning with the August/September 2009 advancement cycle, individuals selected for advancement to E5 will be required to complete the new Petty Officer Second Class Selectee Leadership Course (PO2SLC). The PO2SLC course will consist of two phases. For the Fall 2009 advancement cycle, both phases must be completed by Feb.



28, 2010. For future advancement cycles, the individual must complete phase one prior to frocking. The individual must then complete phase two before the first pay increment date. It is important to understand completion of this new course is not a requirement to participate in the E5 advancement exam. It is only after selection to E5 that the individual must enroll and complete the course.

Petty Officer First Class Selectees

The new NAVADMIN eliminates the requirement that E5s’ must complete the Work Center Supervisor Leadership Course prior to sitting for the E6 advancement exam. Instead,

the Petty Officer First Class Selectee Leadership Course (PO1SLC), has been created.

Individuals will complete this course after taking the exam and being selected for advancement. The

PO1SLC consists of two phases. For the February/March 2009 advancement cycle, the newly selected E6 must complete both phases by Aug. 31, 2009. For future advancement cycles, the newly selected E6 must complete phase one of PO1SLC prior to frocking and phase two must be finished before the first pay increment date.



Rear Adm. Christine S. Hunter congratulates Sailors after a frocking ceremony promoting 166 Sailors.

U.S. Navy photo by
Mass Communication Specialist 3rd Class
Jake Berenguer

Petty Officer First Class

For those individuals already holding the rank of Petty Officer First Class, the NAVADMIN eliminates the requirement to complete the Leading Petty Officer Leadership course prior to sitting for the E7 advancement exam. This change is consistent with the desire to remove potential barriers to advancement. Chief selectees will continue to take Phases One and Two of the Chief Petty Officer Selectee Leadership Course prior to their frocking to CPO.

Chief Petty Officer

For Chiefs, the NAVADMIN eliminates the requirement to complete the Leading Chief Petty Officer Leadership Course as a prerequisite for the E8 board.



CLO – An Unsung Part of the Reserve Force, Could It Be For You?

Written by

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

On college campuses across the country, a number of individuals are working tirelessly for the Navy in a unique capacity. They are Campus Liaison Officers (CLO), and they are charged with increasing awareness of the opportunities available in the Navy.

They seek to boost this awareness across the diverse spectrum of qualified applicants, many of whom may not have been aware of the Navy or considered it an option. CLOs are uniquely positioned to assist the local recruiting districts because each of them is an administrative or professorial faculty member at a college or university.

“They help the district get their foot in the door,” said Chief Warrant Officer Kevin Powers, CLO program manager. “There is definitely value in the program - now we have a Navy representative working at the universities!”

Individuals serving as CLOs assist recruiters in understanding campus politics, protocol and student issues in order to assist in recruiting efforts. They act as a source of continuity on campus, lend credibility to the Navy’s diversity recruiting initiatives and maintain a rapport within their college or university. They help to identify applicants and assist in ensuring graduates from their academic institutions are placed in the Navy

career path that offers the best fit for their skills and interests.

The CLO job is different from other Navy Reserve jobs, in that it does not have weekend drill or annual training requirements. It does, however, carry a lot of the traditional Reserve benefits, including retirement points for drills and some paid training. CLOs can also hold a regular drilling Reserve billet concurrent to CLO assignment - accumulating both pay and more points with their units.

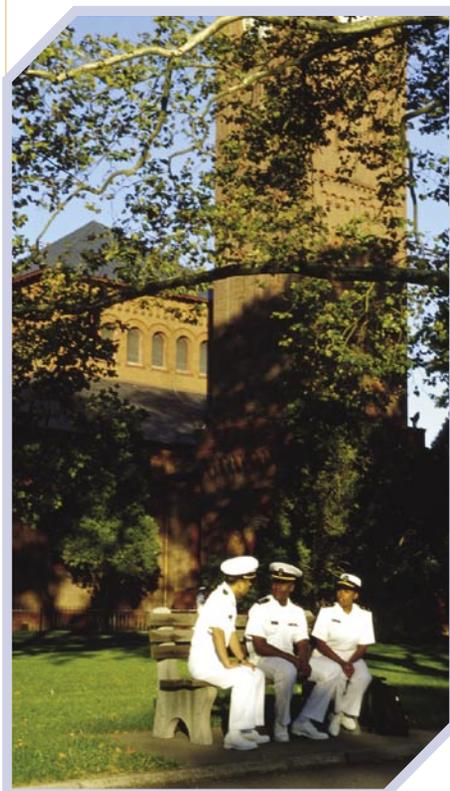
CLOs are Reserve component human resource officers (designator 1205), and can enter the program a number of ways. They can be direct commissioned as a civilian or from the enlisted ranks. Current HR Reserve officers can also apply to be a CLO, and others can redesignate to become a 1205.

Powers said many CLOs already are involved in activities that promote the Navy, and becoming a CLO is a way to solidify the relationship. Volunteers who put on the uniform become even more committed to helping the Navy, he said.

The Navy is looking for more CLOs. Powers would like to see CLOs at all colleges and universities, helping to promote the Navy with students and those who have influencing roles with students.

Faculty and administrative staff at any two or four-year college or

university may be eligible. They are subject to Navy physical standards, and a relatively simple screening process. Commissioning must occur before the 42nd birthday, although waivers for prior service are available up to age 50.



For more information on the Campus Liaison Officer Program, please visit the Navy Diversity Web site at: <http://www.npc.navy.mil/CommandSupport/Diversity>; or contact Chief Warrant Officer Kevin Powers by phone: (901) 874-9333 or by e-mail: kevin.a.powers@navy.mil.

RIGHT: Machinist's Mate 1st Class Jason Witty and Machinist's Mate 1st Class Steve Oleson, assigned to guided-missile submarine USS Ohio (SSGN 726), ride their motorcycles through the advanced motorcycle safety training course. All motorcyclists stationed aboard Ohio were asked by their command to attend this course to improve motorcycle safety skills and awareness.

U.S. Navy photo by
Mass Communication
Specialist 2nd Class
Eric J. Rowley



BOTTOM RIGHT: Motorcycle safety class instructor Chief Aviation Electronics Technician Dan Ganet shows a student proper cornering, during motorcycle driver training at Naval Auxiliary Landing Field (NALF), Imperial Beach. Drivers use their own motorcycles for the half-day class, which is currently mandatory for active duty personnel who choose to drive motorcycles on military installations.

U.S. Navy photo by
Deris Jeannette



Open Road SALE *story by* Mass Communication Specialist 2nd Class Ryan Hill DRIVING



hroughout this year, many a Sailor will strap on a helmet, put on their protective leathers and start up their motorcycles, ready to take a ride on the open

road.

Not so fast. There are some new steps and procedures Navy personnel must go through before they even think about getting on their two-wheeler. It's all part of the Navy's goal to decrease the alarming number of accidents which have caused many Sailors to lose their lives.

Fifty-eight Sailors and Marines were killed on motorcycles last year. That's a 65 percent increase from the previous year. Fifty of the 58 were killed on sport bikes. Most of those were in the E-4 to E-5 paygrade.

"Trends indicate an increase in recklessness and noncompliance with traffic laws among younger riders, especially sport bike riders," said Navy Reserve Forces Command Safety Director, Cecilia Daley. "There are several contributing factors on why we are seeing more motorcycle riders: fuel costs, affordable motorcycle prices, speed, looks and fun."

Whatever the factors, the Navy is doing something about it. There are now new rules instituted through the Navy instruction, the DOD and the CNO. New requirements are now in place for Sailors riding motorcycles and even for those who don't ride.

"It used to be once you received your motorcycle training, it was a one-time thing," said Commander Navy Reserve Forces Safety and Occupational Health Manager, Thaddeus Timberlake. "Now it's completely changed. There's refresher training required every three years. The sport bike riding course is brand new and is specific to sport bike riders."

Besides the training for motorcycle riders, it is now a requirement for all Navy personnel to complete various items in regards to motorcycle safety. Navy personnel must complete training by logging onto the Enterprise Safety Applications Management System (ESAMS) Web site. They must also complete the motorcycle census application on the Navy Safety Centers Web site.

With requirements like this, it is of utmost importance the word gets out to the entire Reserve Force so everyone is made aware of what is expected of them.

"We're getting a good response from the field," said Timberlake. "We do feel the word is getting out there. We want to ensure everyone - all the way down to the individual Sailor - is aware of the requirements to reply."

There is more requested of those Navy personnel who are motorcycle riders. For this, the Navy offers the Motorcycle Foundation Safety Riding Course free of charge to all bike-riding Navy personnel. This course is offered nationwide in fleet concentration areas. The push to get

motorcycling Navy personnel to take this course is a high priority.

"Even if someone were not to be required to attend the motorcycle safety foundation courses, I would highly recommend they go anyhow," said Timberlake. "I ride motorcycles myself and I can tell you there's not a part of that syllabus



I don't use every time I ride. I have some true ownership over ensuring this program moves forward."

For many Navy Reservists, there can sometimes be a problem of course availability for those scattered throughout the country and away from fleet concentration areas.

"We believe we have identified several shortfalls, and every initiative is being taken to address these issues so a plan can be implemented to ensure our Reservists will be taken care of," said Daley. "Our goal is to have the training provided at the least inconvenience and not to have our Selected Reserves have to [take this course] on the outside and pay for it."

The Commander Navy Reserve Forces Command Safety Office is asking that all Sailors get involved in their commands to be sure these requirements are being met. It is also a good idea to assist those who decide they want to ride a motorcycle.

"Every person along the chain of command needs to be aware of their responsibility to identify all motorcycle operators within their commands and ensure their training is assigned and completed prior to operating their motorcycles," said Timberlake. "Our experienced riders should seek out and mentor the inexperienced riders. [Give them advice on] what kind of bike to get. If they've already purchased the bike, offer to go out and ride with them to get them into the habit of riding safely and let them know what to look out for. Every region of the country has its own hazards."

Losing more Sailors to motorcycle mishaps is something the Reserve Force is not willing to accept.

"No matter what the mishap may be, it ultimately has an impact on each and every one of us in the Navy," said Daley. "We are already doing more [work] with less [personnel] and when we lose a Sailor due to injuries, disabilities or a fatality, it impacts the morale of shipmates and impedes both the command and Navy in regard to our readiness." **TNR**



Volunteer motorcycle safety instructor Nick Brunney gives feedback to Aviation Boatswain's Mate (Handling) 2nd Class Jun DeLeon, after performing a rapid deceleration maneuvering exercise during the Naval Safety Center's first Military Sport Bike Course at Naval Station Norfolk.

U.S. Navy photo by
Mass Communication Specialist 2nd Class Kristopher S. Wilson

Motorcycle Safety Additional Information:

- OPNAVINST 5100.12H
-Navy Safety Traffic program
- DOD 6055.4
-DOD Traffic Safety Program
- CNO NAVADMIN 041845Z NOV 08
-Motorcycle and Motor Vehicle Safety Requirements
- ALSAFE 030-08
-Military Sport Bike Rider Course

WEB Links:

- CNRMA Motorcycle Training:
<https://www.cnic.navy.mil/cnrma/Programs/Safety/trafficsafety/index.htm>
- Navy Safety Center:
<http://safetycenter.navy.mil/ashore/motorvehicle/motorcycle>
- Motorcycle Safety Foundation:
<http://www.msf-usa.org/>
- RHUMBLINES 14 MAY 08
- Motorcycle Safety
<http://www.navy.mil/navco/speakers/currents/Motorcycle%20Safety%2014%20May%2008.pdf>
- Motorcycle Safety Resources:
<http://safetycenter.navy.mil/toolbox/traffic/motorcycles/default.htm>
- What you need to know before you buy a motorcycle:
<http://www.helium.com/knowledge/82743-what-you-need-to-know-before-you-buy-a-motorcycle>

For more information on ESAMS and ESAMS enrollment, read the following article on page 15.



ESAMS

Supporting Safety Success

Story by
Chief Mass Communication Specialist Suzanne Speight



You may have heard talk at your NOSC about ESAMS and ESAMS enrollment. **But what exactly is ESAMS? The following frequently asked questions should help clear up questions and concerns you may have about ESAMS.**

What is ESAMS?

Enterprise Safety Applications and Management System (ESAMS) is the primary tool used by Commander Navy Reserve Force (CNRF) to manage all aspects of the Navy Safety and Occupational Health (NAVOSH) program as directed by OPNAVINST 5100.23G.

CNRF NOTICE 5100 requires all CNRFC commands/units

to fully implement ESAMS. Full implementation and use of ESAMS will greatly assist commands with their Safety and Occupational Health (SOH) program management responsibilities and reduce administrative burdens. ESAMS is a Web-based system which allows command administrators to easily assign, track and document safety related training requirements for its assigned members, review and document safety deficiency reports, submit mishap reports, review hazard analysis reports and much more. ESAMS also provides individual Sailors the ability to enroll in training courses for SOH, traffic safety and other safety courses offered within each region. Additionally, ESAMS provides a tool

for individual commands and their higher echelon commands to easily track SOH related training and overall program status.

What do I need to do?

Command ESAMS coordinators or Safety Officers are responsible for ensuring that every member has been enrolled in ESAMS and has an active account. Individual Navy Reserve commands/units should assign an ESAMS Coordinator who should in turn work through the NOSC to get their assigned personnel enrolled in ESAMS. NOSC ESAMS Coordinators should coordinate with their respective Reserve Component Command ESAMS Coordinators for assistance as well as the ESAMS helpdesk.

What about Safety Training?

Safety training is assigned by command and is specific to your assigned duties. All safety related training is administered by each command ESAMS coordinator.

How can I log on?

Contact your command ESAMS coordinator for enrollment. Once enrolled and assigned a user ID and password, log on to the ESAMS Website at: https://www.hgwllc.com/ESAMS_GEN_2/LoginEsams.aspx. The ESAMS login page is available via the Web and members are not required to use an NMCI workstation. Users can also find the login page located on the ESAMS contractor's main Web site at <http://www.hgwllc.com>. Click on customer links and choose the CNRF link. ESAMS user IDs and passwords are not case sensitive. For first time users, ESAMS will require you to create a new user ID, password and create a security question.

Where does my information go?

How is it used?

The ESAMS system is a secure database. Your personal information is protected and used solely to track SOH related compliance. Personal information is not shared with outside entities other than for officially approved purposes.

TNR

CNRF PUBLIC AFFAIRS BACK TO BASICS

MOPP

Written by
Mass Communication Specialist 1st Class Gino Flores

This month's Back to Basics focuses on the four MOPP (Mission Oriented Protective Posture) levels of readiness and their respective risk assessment levels. A step-by-step collective effort by all hands to increase the survivability and continue forward with its mission during a Chemical, Biological or Radiological (CBR) attack.



PURPOSE

- Enhance the survivability of ship's crew.
- Sustain shipboard operations critical to fulfilling the mission.
- Management tool which coordinates individual collective protection activities & shipboard systems into effective countermeasures.
- Provides for incremental preparations to defend against CBR attacks.
- Provides incremental application of increased protection to counter minimum to maximum levels of CBR environments.
- Implementation of MOPP levels must be the result of threat/risk assessment.

CHEMICAL, BIOLOGICAL & RADILOGICAL DEFENSE RESPONSIBILITIES

Commanding Officer

- Establishes Maximum Permissible Exposure.
- Direct & coordinate the training of ship's crew & embarked personnel.
- Designate the appropriate MOPP level.

RISK ASSESSMENT THREAT LEVELS

Level 1 Suspected

- Possession of CBR capabilities by an adversary with delivery systems in the operational area constitutes a suspected threat.
- Implementation of MOPP-1 countermeasures.

Level 2 Possible

- Assessed political will of an adversary to utilize CBR warfare increases the threat.
- Implementation of MOPP-2 countermeasures.

Level 3 Probable

- Statements of intent to employ CBR warfare.
- Changes to political or military posture of an adversary possessing CBR capabilities.
- Use of CBR warfare within operational area.
- Implementation of MOPP-3 countermeasures.

Level 4 Imminent

- Confirmation of increased activity involving delivery systems.
- Recognized platform attack patterns.
- Electronic or visual indication of employment.
- Implementation of MOPP-4 countermeasures.



U.S. Navy photo by Mass Communication Specialist 1st Class Chris Desmond

MOPP LEVEL 1

Attack Suspected

- Individual protective equipment and medical supply are issued to shipboard personnel.
- Maintained at respective battle stations.
- Protective masks issued and fitted.

Biological Protection

- Protective measures same as chemical.
- No medical supplies.

Radiological Protection

- Mask only.
- Operational inspection of installed detection equipment monitoring systems.

Chemical Protection

- M40 protective mask.
- Chemical Protective Over (CPO) garment suit.
- Personnel decontamination kit, M-291.
- Operational inspection of detection equipment and monitoring systems.
- Threat is assumed as "worst case scenario".



U.S. Navy photo by Mass Communication Specialist 2nd Class Brian P. Caracci

MOPP LEVEL 3

Attack Probable

- Install new canister on M40 gas mask. Suit (with hood down) and boots worn. Mask and gloves are carried on person.
- Activate CWDS system intermittently.
- Weather deck activities require wet weather gear.
- Activate Collective Protection System (CPS).

Chemical Protection

- Don CPO with hood down.
- Initiate Nerve Agent Pre-treatment Pyridostigmine pills.
- M-291 kit stow in mask carrier, medical supplies are stored in jumper cargo pocket.

Biological Protection

- Same as chemical, -medical supplies and NAPP.
- Radiological protection.
- Don battle.
- Warm up and test all Radiation Detection, Indication and Computations (RADIACs).
- Ready shelter.

MOPP LEVEL 4

Attack Imminent

- Set Circle WILLIAM.
- Activate CMWDS continuously.
- Chemical/biological, secure jumper hood overhead and around mask.
- Don protective glove set.

Radiological

- Don battle dress.
- Monitor radiation detection equipment.



U.S. Navy photo by Mass Communication Specialist 3rd Class Ja'lon A. Rhinehart

MOPP LEVEL 2

Attack Possible

- Protective mask in carrier case and readily accessible.
- Pre-position CBR-Decontamination equipment.
- Operationally test Countermeasure wash down system (CWDS).
- Operationally test alarms.
- Radiological only, issue dosimeters.
- Training.



OFF-DUTY

DANGERS

Story by

Chief Mass Communication Specialist Suzanne Speight

An Unexpected Enemy

On the job, you've sworn to defend against all enemies, foreign and domestic. **Terrorists? Let me at 'em! Natural disasters? Been there, done that. Pirates? They are no match for this Sailor. But off duty, I just want to relax and have some fun. No worries, right?**



Wrong. Statistics show off-duty recreational accidents are killing and injuring Sailors at a far greater rate than combat-related incidents. Activities like skateboarding, hunting, boating and hiking, while not inherently dangerous, can each present a level of risk if correct safety procedures aren't taken.

"Sailors must be concerned about risk management on and off-duty," said April Phillips of the Navy Safety Center in Norfolk. "These needless and preventable losses affect the loved ones of the Sailor, but it's also a loss to the entire Navy team and the American people who count on them for our nation's defense."

You've seen the stories. A 21-year-old E-2 is skateboarding

when the wheels hit a rock, and he falls, losing an estimated 90 workdays with a broken ankle. A 29-year-old O-3 riding a jet ski hits a submerged sandbar at full speed. Her watercraft stopped on a dime, launching her about 20 feet. She suffered a broken femur and lost her front teeth. A 37-year-old chief petty officer on a hunting trip with his son gets lost in a snowstorm in a remote area. He failed to check the weather report and didn't tell anyone where they were going.

While not every mishap can be avoided, most hazards can be minimized with a little thought and pre-planning on your part.

"Sailors do a great job of using ORM -- Operational Risk Management -- while they're on duty, but it's also a tool that can be applied to any activity," said Phillips. "ORM is really common sense. It's taking time to think about what you're going to do, planning for what might go wrong, and taking steps to ensure success. You can apply ORM principles to any recreational pastime. Taking that quick step to think about what you're going to do before you do it goes a long way toward preventing mishaps."

No matter what your game, some common sense rules apply across the board. Give your equipment a safety check each time you use it. Always wear approved safety gear. Obey the posted rules. Practice and learn before you take the reins. Don't participate if you've been drinking.

Other sport-specific rules include:

Skateboarding

- Observe traffic and areas where you can and cannot skate.
- Don't skate in crowds of non-skaters.
- Never have more than one person on a skateboard.
- Never hitch a ride from a car, bicycle or other such means.
- Don't take chances; complicated tricks require careful practice and a specially designated area.
- Learn to fall; practice falling on a soft surface or grass.

Personal Watercraft (PWC)

- Don't depend on the other guy to see you and to react first or correctly.
- Learn how to operate your PWC skillfully.
- Take time to practice emergency turns.

- Learn how to quickly climb aboard your PWC from the water. This skill comes in handy when you fall off and need to get out of the way because someone is bearing down on you at high speed.

Hunting

- Tree stands, clothing, survival kits, ammunition, and maps should be inspected for signs of wear and tear.
- Assume every gun is loaded.
- Get a detailed map of the area you are hunting, review it before you leave, and carry it with you in the field.
- Carry a compass and know how to use it.
- Weather can change quickly, so hunters should carry a simple survival kit and be prepared for an unexpected overnight stay in the field. The survival kit should contain a rope, a knife, water, waterproof matches, an emergency shelter, and first aid supplies.

For more information and tips on off-duty recreational safety, check online at <http://safetycenter.navy.mil/safetips>.

TNR



“No matter what your game, some common sense rules apply across the board.”

“Sailors must be concerned about risk management on and off-duty.”

Graphic by Bryan Bordelon



All Reserve EOD Unit

A handful of Navy Reservists in the explosive ordnance disposal (EOD) community are shattering the norm of one weekend a month and two weeks a year. Explosive Ordnance Disposal Operational Support Unit Seven (EODOSU 7) geared up for more than a year in action as the first all Reservist EOD unit.

Story by
Mass Communication Specialist 2nd
Class (SW) Elliott J. Fabrizio,
USS John C. Stennis Public Affairs

EODOSU 7 became the first Reservist EOD platoon to completely field an active-duty operational requirement when they formed in August 2008. EODOSU 7 is embarked and attached to the John C. Stennis Carrier Strike Group on its 2008 Western Pacific deployment.

With the exception of their officer in charge (OIC), the entire unit is comprised of Reservists called back to active duty.

"Up until this point we've been providing one or two people wherever they were needed," said Senior Chief Explosive Ordnance Disposalman Jon Culver. "Now we're seeing if we can take it a step further and create

an entire platoon of Reservists. The only reason we took an active-duty OIC is because we had no Reservist lieutenants available."

The unit will protect the carrier strike group from ordnance threat during the deployment. However, more significantly in fielding this billet, the unit will also demonstrate the full capabilities of EOD Reservists, said EODOSU 7 OIC Lt. Nick Tramontin.

"We are a force multiplier," said Electrician's Mate 1st Class Jeff Fildey, a member of EODOSU 7 cross-rating to EOD. "The EOD forces are wanted and needed in more places than they can be. The active-duty EOD units doing the job day in and day out are

a lot more up to speed. We can send them to some of the higher priority areas, and us Reservists can fill in on the carriers and on some of the home fronts. There's a lot of Reservists filling in to make the EOD force greater than it really is."

Due to the complexity and danger of ordnance disposal, there is concern that Reservists will lose the skills necessary to complete the varying EOD mission requirements.

"EOD is a very perishable skill," said Tramontin. "If you don't practice it on a daily basis it will atrophy. There's a lot of new tools that come out all the time.

Tactics and procedures change almost on a daily basis – almost an hourly basis depending on the scenario."

"There's a mindset on the active-duty side that we wouldn't be able to maintain the skill set in the Reserves, and there is some validity to that," said Culver.

The Reservists from EODOSU 7 came to active duty several months before their deployment. During that time they underwent a training work-up cycle, both with the carrier strike group and ashore to ensure they could perform their mission.

"We'll be mobilized for 15 months

LEFT: Senior Chief Explosive Ordnance Disposal Jon Culver, attached to Explosive Ordnance Disposal Operational Support Unit (EODOSU) 7, fast ropes from an MH-60S Knighthawk from the "Eightballers" of Helicopter Sea Combat Squadron (HSC) 8.

*U.S. Navy photo by
Mass Communication Specialist 3rd Class
Josue L. Escobosa*

BOTTOM: Aviation Structural Mechanic 2nd Class Brock Beh attached to EODOSU 7, fast ropes from the top of hangar bay two aboard the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74).

*U.S. Navy photo by
Mass Communication Specialist 2nd Class
Ron Reeves*



total just to do this 6-month deployment," said Culver. "Our mobilization is longer since we need months of work ups. They can't just mobilize us two weeks prior to getting on the ship."

Once the Reservists are brought up to speed in their field, they return as seasoned veterans prepared to handle any operational demands, said Tramontin.

"My senior chief is learning a lot from me since I'm caught up on the current stuff," said Tromontin. "But he's a huge wealth of knowledge and of experience because he's seen a heck of a lot more than me. We seem to blend really well together and learn a lot from each other."

This relationship represents the ideal active-Reserve integration the Navy strives for, said Culver. Active-duty members keep the Reservists apprised to new developments in their warfare community, while Reservists bring their experience both from their former enlistment and their new civilian careers.

"I look at it as a bonus because the guys are coming from a wide variety of civilian jobs; we have a Reno sheriff on the team, we have computer



programmers, and we have bridge builders and construction men,” said Tramontin. “We have a lot of skill sets a normal EOD team may not have.”

One member of EODOSU 7, Gunner’s Mate 1st Class Mark Duncan, is able to not only bring his civilian experience to the platoon, but as a sheriff on the Reno bomb squad, he can bring his military training to his civilian job, too.

“The public side tends to be a year or two behind the military,” said Duncan. “When something comes out, the Navy EOD tests it, uses it and then it trickles down to the public. When they come out with a new robot or x-ray machine, I already know how to use it before it gets to the sheriffs department.”

For Duncan, his Reservist duties and his civilian job compliment each other, but EOD Sailors stay in the

Reserves for many reasons. Some are looking to continue working for retirement, while others are in it for the thrill.

“Most guys don’t want to come to the Reserves to sit on their thumbs,” said Culver. “People in the EOD community have an adventurous personality. We don’t want to sit in our office two days a month doing NKO courses. In the Reserve EOD, they still get to dive, parachute, blow things up and ride around in fast boats; it’s exciting for them.”

With a successful deployment, the Reservists of EODOSU 7 will pave the way for future EOD Reserve units to operate in the same capacities as their active-duty counterparts, enabling the Reserves to further fulfill their mission of supplementing the active-duty Navy in their areas of need.

TNR



TOP: Senior Chief Explosive Ordnance Disposalmen Jon Culver of Explosive Ordnance Disposal Operational Support Unit 7 is conducting fast rope training to prepare for fast roping out of a helicopter.

*U.S. Navy photo by
Mass Communication Specialist 2nd Class
Ron Reeves*

LEFT: Explosive Ordnance Disposal 1st Class Al Dublin (left) and Lt. Nick Tramontin fast rope from an MH-60S Knighthawk on the flight deck of the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74). Stennis and Carrier Air Wing (CVW) 9, as part of the John C. Stennis Carrier Strike Group, are conducting composite training unit exercises off the coast of southern California.

*U.S. Navy photo by
Mass Communication Specialist 3rd Class
Josue L. Escobosa*

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Questions? Please contact:

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Partnership of the Americas

TOTAL FORCE DEPLOYMENT



Story by
**Cmdr.
Robert Rafford,**
Destroyer
Squadron 40
Chief Staff Officer



FAR LEFT: Gunner's Mate 3rd Class Corey Douglass shoots a line to the Argentine Frigate ARA Guirrico.

U.S. Navy photo by
Mass Communications Specialist 2nd Class
J.T. Bolestridge

LEFT: USS Forrest Sherman (DDG-98) fires an SM-2 standard missile during an advanced missile exercise.

U.S. Navy photo by Capt. Rudy Laco



ABOVE: USS Farragut (DDG-99) fires an SM-2 standard missile during an advanced missile exercise.

U.S. Navy photo by Lt. Jacob Steele

BELOW: Quartermaster 2nd Class Scott Coulson explains navigation equipment to Nicaraguan sailors and soldiers during a subject matter expert exchange aboard USS Kauffman (FFG 59).

U.S. Navy photo by Mass Communications Specialist 2nd Class J.T. Bolestridge

Silent Forces Exercise (SIFOREX) with Peru were extremely motivated. We could not have carried out the planning process effectively without their involvement with everything from operation areas and air support to exercise reconstruction,” said Lt. Cmdr. Darrel Capo, lead planner for SIFOREX. “I was extremely impressed with the effort they put in.”

After completing the planning process, NOSC units from Pensacola and Houston continued their valuable support by joining at the start of the exercises. Four multi-national

exercises conducted during POA included UNITAS Atlantic and Pacific Phase, SIFOREX and PANAMAX.

During Unitas Atlantic Phase, seven Reserve personnel from DESRON 40 Reserve Unit Pensacola went aboard USS George

Washington (CVN-73) for their two-week annual training period. These Reservists joined operations in the Sea Combat Commander (SCC) module watch stations to perform real-world command and control, safety of navigation, and event sequencing.

ABOVE: Destroyer Squadron 40 heads up the United States, Argentina and Brazilian vessels which participated in UNITAS 49-08 Atlantic Phase 2008.

U.S. Navy photo

LEFT: Sailors load Project Handclasp donations.

U.S. Navy photo by Mass Communication Specialist 1st Class Christopher Okula



This past summer, Destroyer Squadron Four Zero (DESRON 40) completed their deployment in support of the annual Partnership of the Americas (POA) exercises in Caribbean, Central and South America. The deployment included multi-national exercises in Theater Security Cooperation (TSC), Community Relations (COMREL), and Counter-Narco-Terrorism. The success of the six month sea tour was credited to the support provided by Navy Reservists. They effectively provided support executing the Chief of Naval Operations Global Maritime Strategy.

Reservists participated alongside active-duty DESRON 40 staff in exercise planning conferences in Brazil, Peru and Panama. The Reserve element was well organized and participated in all aspects of the planning process.

“The Reservists that were assigned to assist with the planning of the

BELOW: USS Farragut (DDG-99) fires the 5” forward gun on a firing range in Northern Chile after completing EJAS Norte (Spanish: Northern ASW exercise) with Chilean diesel submarines and surface units. United States partnerships in Central and South America are strengthened through military exercises, civilian engagement and community service projects such as these.

U.S. Navy photo by Lt. Jacob Steele

FAR LEFT: Boatswain’s Mate 2nd Class (SW) Victor Thomas helps land an Uruguayan helicopter on the flight deck of USS Farragut (DDG-99) during a bilateral exercise following UNITAS Atlantic Phase 2008.

U.S. Navy photo by Mass Communications Specialist 2nd Class J.T. Bolestridge



LEFT: A Sailor assigned to Commander, Task Force 43 marks donations of medical supplies, hygiene items and toys for Project Handclasp bound for Latin America.

*U.S. Navy photo by
Mass Communication Specialist Seaman
Alan Gragg*



The active-duty Sailors of DESRON 40 then shifted to USS Farragut (DDG-99) to complete exercise requirements. This allowed DESRON 40 staff to maintain both its role as Sea Combat Commander for the George Washington Carrier Strike Group (GWSG) and as Exercise Task Force Commander while aboard Farragut.

While assigned to the George Washington, Navy Reservist Lt. Rachel Pastorin volunteered to be a "crossdeck" Sailor aboard the Brazilian ship Bosisio during Unitas Pacific Phase. She was able to carry out the exercise from the perspective of the Brazilian Navy.

"The opportunity to embark a Brazilian ship was once in a lifetime. I was able to watch and learn from them as they accomplished exercise tasks in warfare areas such as surface warfare and air defense," said Pastorin. "The hospitality that the Brazilians

showed was amazing and I was able to get the most out of this opportunity," she added.

The importance of the Sailor exchange was acknowledged by DESRON 40 Commodore, Capt. Rudy Laco.

"The opportunity to crossdeck to other platforms was a perfect fit for our Reserve detachment. We were able to use Lt. Pastorin's Portuguese language skills to further integrate with the Brazilian Navy. We are very proud of the relationships she helped build and improve with our Brazilian friends," said Laco.

During SIFOREX, the Reserve detachment augmented the DESRON staff with seven personnel for the critical job of exercise reconstruction. The reconstruction team was led by Capt. Jim Hudson, commanding officer of the DESRON 40 Reserve unit, and Lt. Bill Sipperly. The anti-submarine warfare exercise concentrates on Peruvian diesel submarines and ships. The participating ships and submarines departed Lima, Peru, and soon encountered an electrical storm causing a power outage affecting the reconstruction. This left Hudson and the rest of the reconstruction team with no way to communicate or develop the reconstruction model.

The Reservists immediately went to work finding ways to work around these set backs. Utilizing their civilian work skills, they built a network for their personal laptop computers while rigging portable power over a distance of 200 yards from pier-side ships. Their ingenuity led to the establishment of e-mail accounts with the ships allowing the team to communicate the necessary updates for the complete reconstruction of the seven days spent underway.

"With all of the unforeseen issues that arose, these two weeks became quite challenging. To see the seven

Reservists come together as a team, and not only solve these problems, but present DESRON 40 and the Peruvian submarine force with an extremely well made and valuable reconstruction was very satisfying." said Sipperly.

Nine Reservists arriving from Pensacola and Houston joined the battle watch floor for UNITAS Pacific phase held in Lima in June. They stood battle watch and coordinated the movements and activities of more than 15 ships and submarines from Chile, Peru, Ecuador, Colombia and the United States. The team also supported the Peruvian Central Training Academy with reconstruction efforts.

"Exercise reconstruction was a new concept for the Peruvian Navy, and we were able to bring our knowledge from doing reconstruction for the past years to assist the Peruvian Navy operational staff. The Peruvians were extremely grateful and welcomed our support in making this exercise a challenging and beneficial exercise for all those involved," said Lt. Cmdr. Dave Stubbings.

In August, Reservists from the U.S. 4th Fleet and DESRON 40 joined the largest POA exercise in the Western Hemisphere. PANAMAX is a joint multi-national exercise that focuses on the protection of the Panama Canal. A total force of 95 Sailors came together to support Combined Forces Maritime Component Commander (CFMCC). CFMCC was responsible for



the navigation, safety and training schedule of more than 30 surface ships from 22 different countries. The Reserve personnel were responsible for the execution of the maritime piece of the exercise and ensuring that the 4th Fleet Commander was prepared for daily briefs to the Joint Task Force Commander. The Reserve component was key to the certification of U.S. Army South as a Joint Task Force Commander.

Following the end of PANAMAX, two ships remained under tactical control of DESRON 40: USS Farragut (DDG 99) and USS Kauffman (FFG 59). DESRON 40 used these ships to conduct TSC events in the Caribbean and Central America in September. It was there that Reserve Sailors became involved within these other communities.

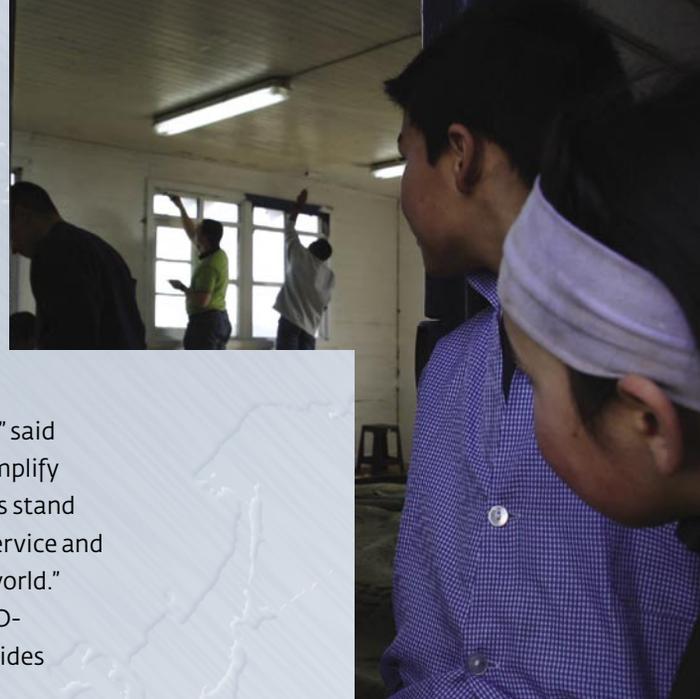
"Sailors were involved in coordinating COMREL projects and

cleaning, painting and conducting minor repairs to medical clinics and school buildings during the events. They also helped distribute Project Handclasp first-aid and hygiene products to needy members of the host nations," said Hudson. "Efforts like this exemplify what makes the United States stand out as the best in providing service and hope for the majority of the world."

Project Handclasp is a CNO-sponsored program that provides supplies and gifts to organizations throughout the Southern Command area. Project Handclasp and COMREL were the cornerstone of 10 TSC visits around South America.

"This was a huge honor for me to go down and work with the people of South America to spread good will and have long lasting affects on people's lives," said Chaplain, Lt. Cmdr. Luis Perez. "I really got to put the CNO's philosophy of working together to form global maritime partnerships into action."

During the six month deployment,



ABOVE RIGHT: Children from the Caleta Chome Elementary School watch as Sailors from guided-missile destroyer USS Farragut (DDG 99) paint a room in their school which will be used as a computer center.

U.S. Navy photo by
Mass Communications Specialist
2nd Class
J.T. Bolestridge

DESRON 40 circumnavigated South America while embarked on five different ships. The Reserve support during this was essential. More

than 17,000 man-days of support were provided to the squadron by Reservists. This deployment was successful in establishing long term relations with partner nations in South America, Central America and the Caribbean region. **TNR**



LEFT: Capitan de Navio (Capt.) Jose del Alamo, Peru's Submarine Force Commander, points out a detail of BAP Antofagasta (SS 32) to Destroyer Squadron 40 Commander, Capt. Rudy Laco during informal tour of the submarine force.

U.S. Navy photo by
Lt. Jacob Steele



ABOVE LEFT: USS Farragut and USS Kauffman Sailors take on their Peruvian counterparts in tug-of-war during the closing ceremonies. To celebrate their hard work, team spirit, and international camaraderie Peru, Colombia, Ecuador, Chile Argentina and U.S. Sailors also participated in soccer, volleyball, baseball and basketball matches.

U.S. Navy photo by Mass Communications Specialist 2nd Class J.T. Bolestridge



ABOVE: USS Farragut (DDG 99), USS Forrest Sherman (DDG 98) (not shown), USS Kauffman (FFG 59) and units from Argentina, Chile, Colombia, Ecuador and Peru participate in the fiftieth iteration of the UNITAS 49-08 Atlantic Phase 2008 which culminates in December 2009.

U.S. Navy photo

BOOTS

by Capt. Larry Jackson

On the GROUND

LOG ENTRY FIVE

Hi Shipmates,

Working in a war zone is a surreal experience, as I think I've mentioned before. In addition to being in a foreign third-world country with vast differences from our country (and western countries, in general) there's the added weirdness of having so many different nationalities here. There are, of course, the coalition forces with whom I work regularly: Aussies, Brits,

Italians, Poles, Danes, Romanians, and so on. But on any given day, I'll say "Buenos días" to the Peruvians who guard FOB Blackhawk where I live, "Jumba" to the Ugandans who guard FOB Phoenix where I work, and "Salaam alekum" to the Iraqis I see. I also see Ghurkas, who guard the NATO compound, but I just salute them; they like to salute a lot. Most of the food I eat is cooked by Indians and Pakistanis (The curry is great, but the meatloaf is not). I still haven't identified the

nationalities of the people who do my laundry.

At times this place reminds me of a western movie because it's so dusty and everyone is armed: some with handguns, some with rifles like the M-16 or M-4, some with light machine guns such as the Squad Automatic Weapon, some with grenade launchers, and some with AK-47's. The latter are the weapon of choice for the foreign nationals who guard the various compounds within the Green Zone.

Sometimes this place feels a lot like prison. There are concrete walls, guard towers, and barbed wire everywhere.

The lights are always on. We wear uniforms, eat institutional food, live in walled compounds with armed guards on the inside and outside, and work all the time. When we're not working, there's not much to do except eat, work out, play cards and watch TV. We can't see our loved ones, and we love to get care packages.

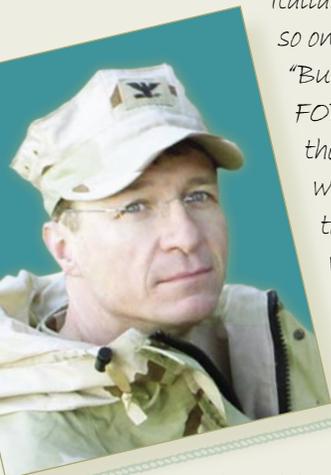
At other times, probably most of the time, I feel like I'm back in college—minus the drinking, of course. We wander from building to building, going to meetings, eat in a cafeteria and sleep in a dorm. Most people have roommates. We write papers and briefs, and are frequently quizzed by generals and admirals who think that we don't have anything else to do but work on their one project.

Adding to the college feel is the happy coincidence that there are quite a few people here with whom I have served over the years. Except for one good friend, I had no idea they were here. Like me, most are Navy Reserve officers who have been activated for a year. And then I'm always bumping into the friends I made during training in Fort Jackson, who are scattered about the Green Zone.

But in terms of surreal, I think today took the cake. My morning alarm was "INCOMING, INCOMING, INCOMING!" I rolled out of my bed into my waiting IBA and helmet. Soon after, we received an Easter sunrise mortar/rocket attack of about 10 rounds. After the "all clear," I went to meet my friends for breakfast. Then, I was confronted by perhaps one of the more surreal things I've experienced here: as we passed through the line, a Pakistani (in all probability a Muslim) dressed in a bunny suit handed each of us a chocolate rabbit from the Easter basket he was carrying.

I didn't have my camera, but I know this will be one of my enduring images of my time in Iraq.

One of the things we take for granted- or at least I took for granted before coming here- is the benign olfactory environment of suburban America. We are simply accustomed to clean air and pleasant smells, and I suspect that puts us in the minority of the world's population. Inside our homes, we can choose from a



stunning variety of air “freshening” agents: candles, aerosol sprays, plug-ins, scented gels, scented cleaners, scented carpet powder, potpourri and those little round things that go in toilets and urinals.

Now that it’s April in the States, those people who don’t suffer allergies will be reveling in the fresh smells of spring: running water, freshly turned earth, roses, rain, freshly cut grass, mulch, lilies and so on.

You don’t get that here, and by “here” I mean Iraq. Over the last couple of weeks, I have been getting out a bit: first by car over to the National Defense University, which is located in what used to be the cultural center of Baghdad, then over to FOB Honor, where the Joint Staff is located, and then this past week out east to Diyala and Baquba and west to Habbaniyah by helicopter. They all smell, and with no exceptions, the smells are bad.

On days when we have sandstorms, the air smells of dust. And as I mentioned when I was discussing sandstorms in Kuwait, the sand is fine and powdery, and it gets everywhere: in your hair, in your nose, in your ears, in your clothes, in your backpack or briefcase, in your socks and shoes, in your office and home, on your desk, on (and in) your computer, your printer, your copier, your food...really, truly everywhere. I think the closest thing I’ve experienced in the States is the garage spring cleaning when the air is so thick with dust you can see it and it makes your nose itch. There’s also that dusty, musty smell. That’s what Iraq smells like during sandstorms and to a certain extent, whenever it doesn’t rain. Since it rarely rains here, from spring to fall, that’s most of the time.

While we occasionally get a break from the dust, there is always pollution. I think every day in Baghdad is a “Code Red” day. It’s not uncommon for the weather forecast to call for “smoke.” On these days, the breezes aren’t blowing or they are, but in the wrong direction, and the overpowering smell of burning garbage permeates the air. On days like this I have actually opened the door of my hooch, taken

a breath of air, and then decided not to do whatever it was I was about to do. There’s no escaping the smell once you’re outdoors, and you can only escape it indoors if the

building you’re in has a good filter system.

The smell of burning garbage is a smell with hang-time, so pungent it stings the back of your throat and it carries. We flew over Baghdad to Diyala the other day and I saw why the smoke and the smell are so pervasive. In Baghdad alone, I could see the plumes of smoke rising up from at least half a dozen dumps and dust billowed upwards from construction sites. Across the river from the Green Zone, a refinery belched smoke skyward, and the roads were jammed with cars, busses, and trucks stuck in traffic. The odor wafted up to our height and beyond, and stayed with us for miles as we headed eastward. We headed out across the countryside and we left behind the smoky, polluted air of Baghdad for the less smoky, but still polluted, air of the countryside.

If you think about your average flying experience, you are in a sealed tube with highly processed air, and any odors you smell are the byproduct of something or someone on the plane, not so with helicopters. You fly with the doors, for the most part, opened. You feel the breeze generated by your forward motion, as well as the downdraft of the rotor blades. And when you’re not over an urban area, you fly fairly low. This gives you the opportunity not only to look at the countryside, but also to smell it. And friends, let me tell you, the countryside can be quite smelly.

I attribute this mostly to the many farm animals we saw. In a 45-minute flight, we passed over only one major highway after leaving Baghdad. Along dusty country roads I spotted many horse or mule-drawn wagons taking people and produce to or from the market. There were also sheep and cows grazing. The houses looked like they might have two or three rooms, and I’m sure most didn’t have indoor plumbing, which might have been another reason for the odoriferous countryside. (This might also explain the lurid green color of the rivers and canals we overflew.) And of course, there were the burning dumps, though not as many as in Baghdad. I thought to myself that if it smelled like this from 800 feet in the air on a pleasant spring day when the temperature was barely in the 90s, what must it smell like on the ground in the summer once the temperature gets into the 120s?

I don’t want to know.



Accelerate your mind!

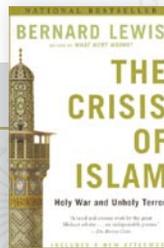
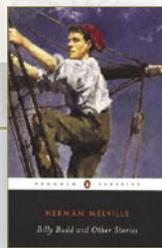
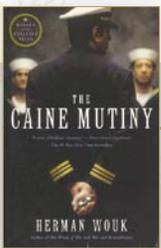
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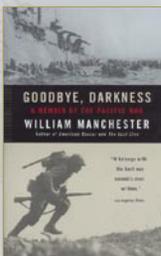
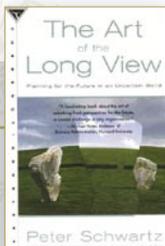
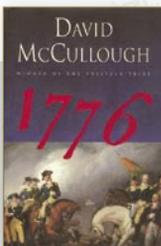
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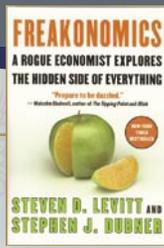
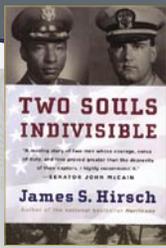
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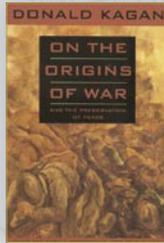
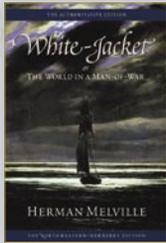
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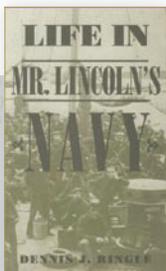
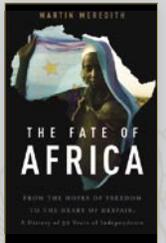
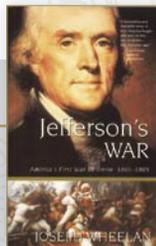
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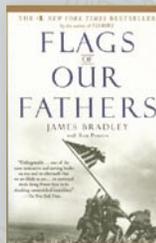
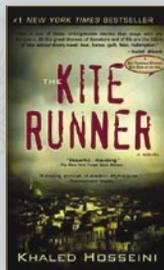
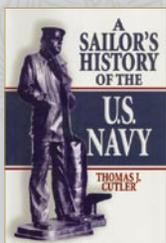
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VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
(207) 921-1462

VR-64
(215) 443-6400

Tactical Support Wing
(678) 575-6830

VAQ-209
(240) 857-7828

VAW-77
(678) 655-6382

VFA-204
(504) 678-3491

VFC-12
(757) 433-4919

VFC-13
(775) 426-3644

VFC-111
(305) 293-2654

HSC-85
(619) 545-7218

HCS-84
(757) 445-0861

HSL-60
(904) 270-6906

VP-30 SAU
(904) 542-3060

VAQ-129 SAU
(360) 257-2276

VAW-120 SAU
(757) 444-5072

VFA-125 SAU
(559) 998-1841

HSC-3
(619) 545-8196

HS-10
(619) 545-6600

VFA-106
(757) 433-9081

VFA-122
(559-998-3482

Operational Support Offices and
Reserve Force Operations

Allied Command Transformation
(NATO)
(757) 747-3400

Amphibious Group One
011-81-811-742-2377

Expeditionary Strike Group Two
(757) 462-7403 x 110

Expeditionary Strike Group Three
(619) 556-1470

Bureau of Medicine
and Surgery
(202) 762-3211

Center for Naval Aviation
Technical Training
(850) 452-9700

Naval Personal Development
Command
(757) 444-2996

Comptroller of Navy
(202) 685-7000

Defense Intelligence Agency
(202) 231-4044

Defense Logistics Agency
(877) 352-2255

Destroyer Squadron Two
(757) 444-1452

Employer Support of the
Guard and Reserve (ESGR)
(800) 336-4590

First Naval
Construction Division
(757) 462-8225 x 222

Fleet Activities Chinhee, Korea
011-82-55-540-2852

Fleet and Industrial
Supply Center Jacksonville, Fla.
(904) 542-1000 x144

Fleet and Industrial
Supply Center Norfolk, Va.
(757) 443-1134

Fleet and Industrial
Supply Center Pearl Harbor,
Hawaii
(808) 473-4627

Fleet and Industrial
Supply Center San Diego, Calif.
(619) 532-3439

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

Fleet Forces Command
(757) 836-3644

Fleet Intelligence
Training Center Pacific
(619) 524-5814

Headquarters
US Marine Corps
DSN: 278-9360

Joint Chiefs of Staff
(703) 697-9121

Joint Transformation Command
for Intelligence
(757) 836-7000

Judge Advocate General
(202) 685-5190

Logistics Group
Western Pacific
011-65-6750-2645

Marine Forces Reserve
(504) 678-1290

Merchant Marine Reserve
Program
(504) 678-0590

Military Sealift Fleet
Reserve Support Command
(202) 685-5155

Mine and Anti-submarine
Warfare Command Corpus
Christi
(361) 961-4858

Naval Air Force
US Atlantic Fleet
(757) 444-2928

Naval Air Forces/
Naval Air Force
US Pacific Fleet
(619) 545-2017

Naval Construction
Forces Command
(757) 462-3943

Naval District Washington
Headquarters
(202) 433-0960.

Naval Education and
Training Command
(850) 452-4000

Naval Facilities
Engineering Command
(202) 685-9008

Naval Health Care
Newport, RI
(401) 841-3771

Naval Hospital
Bremerton, Wash.
(360) 475-4000

Naval Hospital Camp Lejeune, N.C. (910) 450-3079	Naval Station Rota Spain 011-34-956-82-3232	Navy Region Northwest (360) 315-5123	US Pacific Command (808) 477-2322	Naval Expeditionary Combat Command (757) 462-7400	Naval Coastal Warfare Group	Chief of Naval Air Training CAOSO (361) 961-2409 CNRF CNATRA/FRS PM (504) 678-1072
Naval Hospital Camp Pendleton, Calif. (760) 725-1288	Naval Supply Systems Command (717) 605-3565	Navy Region Southwest (619) 532-2925	US Pacific Fleet (808) 474-8415	Explosive Ordnance Disposal Group One (619) 437-3700	Maritime Expeditionary Security Group One (619) 437-9475	
Naval Hospital Charleston, S.C. (843) 743-7000	Naval Support Activity, Bahrain 011-973-39-14-6793	Navy Support Activity, Washington, D.C. (202) 433-3963	US Second Fleet (757) 443-9850	Explosive Ordnance Disposal Group Two (757) 462-8453	Maritime Expeditionary Security Group Two (757) 396-0513	
Naval Health Clinic Great Lakes, Ill. (847) 688-4560	Naval Surface Force US Atlantic Fleet (757) 836-3057	Office of Naval Intelligence (301) 669-5557	US Seventh Fleet 011-81-6160-43-7440 x4090	First Naval Construction Division (757) 462-3658		
Naval Hospital Jacksonville, Fla. (904) 542-7300	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2950	Office of Naval Research (703) 696-5031	US Sixth Fleet 011-39-081-568-1267			
Naval Hospital Lemoore, Calif. (559) 998-4481	Puget Sound Naval Shipyard (360) 476-7683	Sealift Logistics Command Atlantic (757) 443-5758	US Southern Command (305) 437-1109			
Naval Hospital Naples Italy 011-39-081-811-6000/1	Sealift Logistics Command Europe 011-39-081-568-3568	Sealift Logistics Command Pacific (619) 524-9600	US Strategic Command (402) 294-8141			
Naval Hospital Oak Harbor, Wash. (360) 257-9500	Space And Naval Warfare Systems Command (619) 524-7323	Space And Naval Warfare Systems Command (619) 524-7323	US Third Fleet (619) 524-9537			
Naval Hospital Pensacola, Fla. (850) 505-6601	Commander Submarine Force US Atlantic Fleet (757) 836-1341	Commander Submarine Force US Pacific Fleet (808) 473-2517	US Transportation Command (618) 229-4278			
Naval Hospital Yokosuka, Japan 011-81-46-816-5137	Naval Expeditionary Logistics Support Group (757) 887-7639	Submarine Group Nine (360) 396-6530	Reserve Intelligence Command Headquarters Fort Worth, Texas (817) 782-7107			
Naval Inspector General Hotline (800) 522-3451	Navy Emergency Preparedness Liaison Officer Program (504) 678-4264	Submarine Group Ten (912) 573-3733	Regional Intelligence Area Northwest Silverdale, Wash. (360) 315-6001			
Naval Medical Center Portsmouth, Va. (757) 953-5000	Navy Expeditionary Combat Command (757) 462-4316	Submarine Group Two (860) 694-3696	Reserve Intelligence Area Southeast New Orleans, La. (504) 678-3411			
Naval Medical Center San Diego, Calif. (619) 532-6400	Navy Expeditionary Logistics Support Group (757) 887-7639	Submarine Squadron Eleven (619) 553-7033	Reserve Intelligence Area Southeast Fort Worth, Texas (817) 782-6464			
Naval Medicine Manpower Personnel Training and Education Command (301) 295-2333	Navy Information Operations Command(NIOC) Maryland (301) 677-0817	US Central Command (757) 836-4180	Reserve Intelligence Area Southwest San Diego, Calif. (800) 873-4139			
Naval Meteorology and Oceanography Command (228) 688-4384	Navy Net-Centric Warfare Group (240) 373-3001	US European Command 011-49-711-680-4002	Reserve Intelligence Area Southwest Aurora, Colo. (720) 847-6240			
Naval Network Warfare Command (540) 653-5001	NIOC Misawa, Japan 011-81-3117-66-2834	US Fifth Fleet 011-973-724-383	Reserve Intelligence Area Midwest Great Lakes, Ill. (847) 688-6273			
Naval Network Warfare Command (757) 417-6750	NIOC Norfolk, Va. (757) 417-7112	US Fleet Forces Command (757)-836-4180	Reserve Intelligence Area Midwest Minneapolis, Minn. (800) 353-4011			
Naval Operational Logistics Support Center (717) 605-5790	NIOC Pensacola, Fla. (850) 452-0400	US Joint Forces Command (757) 836-6555	Reserve Intelligence Area Fourteen Marietta, Ga. (678) 655-6380			
Chief of Naval Operations (703) 697-5664	NIOC San Diego, Calif. (619) 545-9920	US Naval Forces Alaska (907) 463-2248	Reserve Intelligence Area Mid-Atlantic Norfolk, Va. (757) 444-1352			
Naval Operations Office of the Chief of Chaplains (504) 678-1394	Naval Installations Command (202) 433-3200	US Naval Forces Central Command 011-973-724-383	Reserve Intelligence Area Sixteen Willow Grove, Pa. (215) 443-6651			
Naval Operations Office of Naval Intelligence (504) 678-1394	Navy Munitions Command (757) 887-4541	US Naval Forces Europe 011-44-207-514-4605	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610			
Naval Sea Systems Command (202) 781-1748	Navy Office of Information (504) 678-6055	US Naval Forces Japan 011-81-46-816-3155	Reserve Intelligence Area Washington (240) 857-2030			
Naval Training Support Center Great Lakes, Ill. (847) 688-3536	Navy Personnel Command 1-877-807-8199	US Naval Forces Korea 011-822-7913-5795				
Naval Special Warfare Command (619) 437-2848	Navy Region Europe 011-39-081-568-4636	US Naval Forces Marianas (671) 339-7133				
Naval Special Warfare Operational Support Group (619) 522-3232	Navy Region Guam (671) 355-1110	US Naval Forces Southern Command (904) 270-7354 x4304				
	Navy Region Southeast (904) 542-2324	US Naval Special Warfare Command (619) 522-2825				
	Navy Region Hawaii (808) 473-4505	US Northern Command (719) 554-5872				
	Navy Region Japan 011-81-46-816-3155					
	Navy Region Korea 011-822-7913-5795					
	Navy Region Mid-Atlantic (757) 322-2800					
	Navy Region Singapore 011-65-57-50-2594					
	Navy Region Hawaii (808) 473-1168					
	Navy Region Midwest (847) 688-2884					

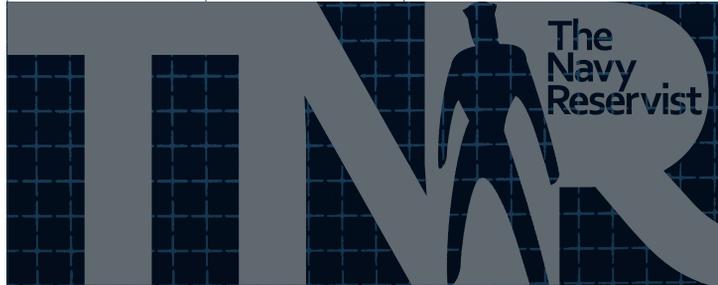


Photo Submissions:

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 outline 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.hill1@navy.mil
or call (504) 678-1240.

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