

TNR

The
Navy
Reservist

March
2009
Vol. 35
No. 3

Honoring Our Past...
Forging Our Future!

**HAPPY BIRTHDAY
NAVY RESERVE**



Celebrate 94

A Letter from the EDITOR

Hello Readers,

Happy Birthday!

Okay, so it may not be your birthday, but March 3 is the 94th birthday of the Navy Reserve Force. To mark this milestone, TNR has dedicated its March issue to you and your fellow Navy Reservists.

We're commemorating the birth and history of the Navy Reserve with a couple of our columns, a Happy Birthday Citizen Sailor story and our Back to Basics historical timeline pull-out.

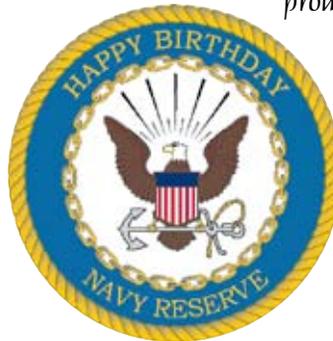
Moving beyond the past and looking into the future, we're also extolling the continued excellence in our Navy Reserve Force. Reserve Sailors integrate seamlessly with active component Sailors in a story about Reservists training IT personnel aboard a carrier strike group. Our Reservists also integrate with other services in a story about a Senior Chief being named an Army 1st Sgt. Your Reserve Force is also working hard to provide Sailors a smooth transition from a deployment back to home life with a story about Returning Warriors.

To sum it all up, our Reserve Force works in multiple facets, in multiple assignments with multiple skill sets and abilities. We laud you and your shipmates. You have been doing this country proud with your dedicated service since 1915.



Secretary of the Navy the Honorable Dr. Donald C. Winter pays homage to Navy Reservists during a celebration marking the birthday of the U.S. Navy Reserve.

*U.S. Navy photo by
Mass Communication Specialist 1st Class
Sally Hendricks*



So blow out the candles and have a piece of birthday cake (check out our back page ad), because it's a great time to celebrate your Navy Reserve. Ninety four years young and getting better than ever.

*Mass Communication Specialist 2nd Class Ryan Hill
TNR - EDITOR*

14 Happy Birthday Citizen Sailor!

U.S. Navy photo by
Mass Communication Specialist and Class
Erik C. Barker



March 3, 2009, marks the 94th birthday of the Navy Reserve Force and the burning passion to serve in the Navy has not diminished!

Aviation Warfare Specialist (NAC/AW) Senior Chief Ernest C. Edwards became the first Navy 1st Sgt. at Forward Operating Base Camp Stone.



18 Navy Senior Chief Makes Army 1st Sgt.

21 Reservists Support Inauguration



Navy Reservists were among more than 700 military members providing support on the Armed Forces Inaugural Committee.

A new brand support restoring force readiness is initiated by Southwest Reserve Component Command combatting "combat stress."



24 Returning Warrior Workshop

U.S. Navy photo by
Mass Communication Specialist 1st Class
Larry Foos

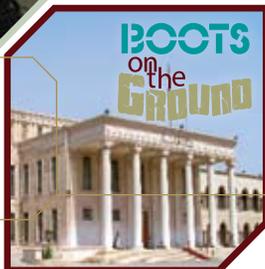
24 Reservists ITs

U.S. Navy photo by
Mass Communication Specialist 3rd Class
Kenneth Abbate



Seven Space and Naval Warfare Systems Command San Diego Reservists board the USS Stennis (CVN 74) to smooth out e-mail and tactical communications.

A Coalition officer unable or unwilling to spend social time before conducting Iraqi business will severely limit their effectiveness as an advisor. What?



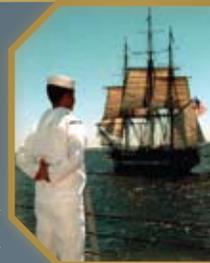
28 The Baghdad Social Scene

Photo by
Lt. Col. Graham Clark,
Australian Army

Our Cover:

A Sailor 'mans the rail' from the U.S. Navy destroyer USS Ramage (DDG 61) providing escort for the world's oldest commissioned war ship USS Constitution.

US Navy photo by
Chief Mass Communication
Specialist John E. Gay



Compartments

- 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... Diversity
- 11... Leadership
- 12... APPLY
- 13... Policy Board
- 16... Back To Basics
- 30... Checklists
- 32... RC Phone Directory

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

Mark Twain

The Navy Reservist is an authorized publication for members of the Department of Defense (DoD). Contents are not necessarily the official views of, or endorsed by, the U.S. Government, DoD or the U.S. Navy. This monthly magazine is prepared by the Public Affairs Office of Commander, Navy Reserve Forces Command, New Orleans. Contributors may send news and images by mail to: The Navy Reservist, COMNAVRESFOR (NooP), 4400 Dauphine Street, New Orleans, La. 70146-5046 or by e-mail to nwor_tnr@navy.mil. Telephone inquiries should be made to (504) 678-1240 or DSN 678-1240.

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.



March 2009

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Sailors Matter

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Force Master Chief
Navy Reserve Force



Answering the Call

Although the concept of an American Navy dates back to the Revolutionary War, it was not until the late 19th century Sailors would serve in a Reserve component of the service. From humble beginnings in the 1880's as individual state Naval militias - essentially "Navy national guards" - the Navy Reserve grew to an all-time high of 2.8 million in World War II. Today, 68,000 men and women of the Navy's Reserve component continue a tradition of service and sacrifice.

Naval militias from a number of states proved their value in 1898, manning four ships as well as many small craft and other commands. Recognizing the tremendous value of maintaining such a trained, ready element, Assistant Secretary of the Navy Franklin D. Roosevelt led the drive to create an organized national Reserve.

Roosevelt's efforts resulted in Congressional legislation that established the Naval Reserve Force on Mar. 3, 1915. This year, the Navy celebrates the 94th birthday of it's Navy Reserve and recognizes the considerable contributions in developing our proud Navy heritage.

The original purpose of the Reserve was to provide a trained, equipped Naval augmentation force in time of conflict. Since Sept. 11, 2001, however, the integration of the Reserve component with the active component becomes an essential tool allowing the Navy and Defense Department to meet ongoing operational commitments.

The concept of "Total Force" is stronger than ever, and having

an operational and a strategic Reserve gives the nation the best of both worlds. Whether it is bringing the fight to the enemy, repairing a storm-damaged levy or fighting wildfires, today's Reserve component is fully integrated, providing seamless service in support of our nation's global and domestic maritime strategy.

Navy Reserve Sailors have fought in every major conflict since the Spanish American War, yet some people remain unfamiliar with these talented Americans. Most Sailors in today's Navy Reserve have previously served on active duty. Although these men and women have made the decision to follow other business or advanced educational pursuits, they continue the commitment to wear the cloth of the nation as "Sailors for Life" serving the United States Navy.

Since Sept. 11, more than 52,000 mobilization requirements in

support of Operations *Enduring Freedom* and *Iraqi Freedom* have been filled by Selected Reservists. On any given day, more than 17,000 of the 68,000 Navy Reservists are providing fully integrated global operational support to the fleet and combatant commanders. Critical skill sets include port security, Seabees, cargo handling,

special warfare, customs inspectors, medical support, intelligence, aviation and myriad mobilization assignments. Our core values glow brightly in the hearts of Sailors in the Navy's Reserve component.

These professional and dedicated Sailors have and will continue to accomplish the mission. I would like to extend a warm Happy 94th Birthday to the Navy Reserve and all the Sailors of the active and Reserve components as we continue to achieve great success together.

Visit www.navyreserve.com for more information.





Are Reservists Eligible For The New Post-9/11 GI Bill?

Written by
Chief Mass Communication Specialist Maria R. Escamilla,
Navy Information 7th Fleet Det. Dallas

A new GI Bill for veterans who served on active duty after Sept. 11, 2001, will go into effect Aug. 1, 2009.

According to Paul Dowd, director of Education and Incentive Programs at Commander, Navy Reserve Forces Command, "Reservists with aggregate qualifying active duty service time of 90 days to 36 months on or after Sept. 11 may be eligible for the new GI Bill benefit. Qualifying active duty service includes active duty in the active forces and/or periods of mobilization/active duty in support of contingency operations. The benefit amount will vary, depending on total service after Sept. 11. In addition, members don't have to contribute \$1,200 to be eligible unlike the current active duty GI Bill."

Benefits of the new GI Bill include

The cost of traditional college courses taken at institutions of higher learning including tuition and fees, a monthly housing stipend and a stipend for books and supplies. Part-time students will receive a portion of the payment based on the number of units of study.

Total amount of benefits paid under the new GI Bill vary depending on the state in which you are attending school, the number of units taken and the total amount of post-Sept. 11 qualifying active duty service.

To be eligible for the full 100 percent benefit, members must have three years of post-Sept. qualifying

active duty service or have completed 30 days of continuous service with a service-connected disability discharge.

The quick reference here shows the percentage of total combined benefit eligibility based on the following periods of post-Sept. 11 qualifying service:

- 100 percent - At least 36 months; or at least 30 continuous days with a disability-related discharge.
- 90 percent - At least 30, but less than 36 months.
- 80 percent - At least 24, but less than 30 months.
- 70 percent - At least 18, but less than 24 months
- 60 percent - At least 12, but less than 18 months
- 50 percent - At least 6, but less than 12 months
- 40 percent - At least 90 days, but less than 6 months

Tuition Rates - The cost of tuition at the highest in state rate for full-time undergraduate study at a public institution in the state where the member is enrolled.

Housing Stipend - A monthly housing stipend equal to the monthly amount of the basic allowance for housing for an E-5 with dependents based on the zip code of the school attending. Members on active duty or in a distance learning program aren't entitled to this stipend.

Books and Supplies Stipend - An annual stipend of \$1,000 for books,

supplies and equipment.

Tutorial Assistance - Up to \$100 monthly for tutorial assistance for a maximum of \$1,200.

Benefits Expiration Date - Members will have 15 years from their date of last discharge or separation from active duty.

Licensing and Certification - Up to \$2,000 for one licensing or certification test.

Benefit Transferability - Members who have served at least six years in the Armed Forces (active duty or drilling Reserve) and agree to another four-year contract in the Armed Forces may elect to transfer benefits to their spouse. Members who serve at least 10 years in the Armed Forces and agree to another four-year contract may elect to transfer benefits to their children.

Existing GI Bill Benefits Affects - Members currently eligible for the active duty Montgomery GI Bill and who meet the criteria for the post-Sept. 11 GI Bill have the option to keep what they have or can elect to convert remaining benefit months to the new program. Note: Members in this category must convert to the post-Sept. 11 GI Bill in order to elect transfer of benefits to spouse and children.

A Web-enabled enrollment system, tentatively scheduled to launch in June, will aid in eligibility determination and benefit transfers. For more information visit <http://www.gibill.va.gov> or contact your career counselor.

*Written by
Cmdr. Alex Brinker,
CSO – Navy Region Southeast Reserve Component Command*

Chief of Navy Reserve considers our Navy families as one of its most valuable assets and continues to invest energy and resources towards programs to meet their needs. With the shift from a strictly strategic Reserve to more operational Reserve Force in the past 10 years, our Sailors have deployed more often and in more diverse missions in support of the Total Force. By necessity, our family programs are more robust and designed to meet increasing family needs across all phases of the deployment cycle – pre-deployment, deployment, demobilization, post-deployment and reintegration. Two of our most innovative programs are the annual Family Readiness Day – which meets pre-deployment needs – and the regional Returning Warrior Workshops (RWW), which meets post-deployment and reintegration needs.

The NOSC-hosted Family Readiness Day provides a fun venue for the entire family to connect with other families. Mini-classes are provided on a range of subjects from legal and financial issues to stress and resiliency issues. One NOSC even coordinated a scavenger hunt as a way of filtering families through the many resources that were available at the Family Day. Many families have said these events are instrumental in ensuring their personal matters are in order prior to deployment.

RWWs are designed to honor the service member and their spouse, significant other or family member. These workshops also disseminate information to combat operational stress and common stressors associated with family and social re-integration. Each event is structured to support up to 150 Warriors and their guests. The positive responses from our Sailors and families speak volumes as to the important role these workshops have played in improving the family environment.

The staffs at each Reserve Component Command take great care and pride in ensuring each workshop runs professionally. These staff members underscore the heartfelt appreciation we have for the families and the Sailors who shifted from part-time to full-time service members. These events are held at major conference or hotel venues to facilitate a relaxed, off-site environment where Warriors and guests can feel at ease and share their experiences.

Keynote speakers address five core elements in the RWW process. “Spiritual Balance” allows Returning Warriors to explore the framework of their lives, to figure out how the pieces fit together and to then promote spiritual fitness as a grounding source. “Code of the Warrior and Warrior Transition” is an inspiring discussion about managing unexpected symptoms related to combat stress. “Combat

and Operational Stress Control” provides critical information and education on self care, resiliency and identification of stress injuries. “Military Families” recognizes the integral part the family plays in the lives of our Warriors and addresses post-deployment family re-integration challenges. “Transformational Growth” empowers people to make the most of their natural abilities.

Leadership also recognized the importance of complimenting the RWWs with a NOSC-level education process and resource referral source regarding combat stress and resiliency. The Navy Bureau of Medicine created the Regional Psychological Health Outreach Program to create an additional “safety net” for Returning Warriors who may have deployment-related issues. The NRSE RCC Outreach Program staff consists of two psychological health outreach coordinators and three psychological health support team members. These professionals are able to assist the Sailors and their families in identifying needs and aligning referral services for further assistance.

There is nothing more powerful in our organization than Sailors taking care of Sailors. Family Days and RWWs are just examples of our commitment to those who serve with honor, courage and commitment. Thank you for serving.

State Provided Service Member Benefits

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

With our economy struggling through a recession, it is important to not only be aware of but take full advantage of every benefit available to veterans. In spite of budget cuts, many states, commonwealths and counties provide grants, loans and assistance that go unused.

Available Service Member Benefits Overview:

Grants

Several states have enacted programs that provide basic subsistence grants to eligible *Operation Enduring Freedom* or *Operation Iraqi Freedom* veterans. Family members are eligible to apply if the grant will directly or indirectly aid or provide care for a veteran. The grants are designed to assist with emergencies or problems in which assistance is unavailable from regular social agencies.

The grant programs are designed to assist veterans with:

- Temporary subsistence pending disability claim approval.
- Eviction, mortgage and foreclosure problems.
- Basic subsistence.
- Caregiver expenses when traveling to a distant medical facility.
- Funds to re-start or reinvigorate a business.

Hunting and Fishing Licenses

Almost all states have enacted programs providing free and reduced annual fee hunting and fishing licenses. Many of the programs apply to both permanent residents and service members on leave within the state for 30 days or less. Disabled veterans, based upon their disability rating, may be entitled to discounted and no-cost fishing and hunting licenses.

License Plates

Numerous states provide veterans with discounted and free license plates. Eligibility applies to service members who are:

- Recipients of the Medal of Honor, Distinguish Service Cross, Navy Cross, Air Force Cross or the Purple Heart
- Pearl Harbor survivors and ex-prisoners of war
- Disabled veterans

Income Tax Exemption

Several states have enacted laws precluding all retirement or compensation received as retirement benefits by a retired service member from state, county or municipal income tax. Other states exempt combat zone income from state income taxes.

Veteran Employment Programs

Many states offer honorably discharged veterans with extra points (ranging between five to 15

points) on civil service examinations. Spouses and widows of disabled or deceased veterans will also have bonus points extended to them and added to any earned ratings.

Property Tax Exemptions

Several states and counties have established grant programs to assist with the payment of ad-valorem property taxes. The programs assist deployed service members with the support of their families and homes. Grants range from \$600 to \$1,500 a calendar year. A widow may also be eligible for program benefits based on their spouse's service.

Travel and Leisure

Although not the most convenient, space-available travel is an option for service members traveling on leave and vacations. In 2007, these benefits were expanded to allow spouses and children of deployed personnel to utilize military transport in CONUS, to/from CONUS, and within/between theater. Service members may also utilize the Armed Forces Recreation Centers for luxurious accommodations at affordable prices throughout the world.

Every state provides differing benefits to service members. It is important to check with your respective states Department of Veterans Administration to learn about what you may qualify to receive.

Don't pass them up!

Whether it's a drill weekend, your two-week annual training or you travel for work, eating healthy away from home can be a challenge.

One of the recommendations of *Bodyfueling* author Robyn Landis, is if you're traveling, make sure you make eating a priority. How many of us have ended up at an airport where all the food kiosks are closed and there isn't a vending machine in sight. Or you get to the hotel only to find there are no open restaurants within a 20-mile radius except for that dreaded fast-food chain eatery. If you don't plan ahead, circumstances beyond your control will conspire to keep you from eating in the air, at your destination or in the airport.

You are responsible for supplying your body with the fuel it needs while traveling, so forget skipping meals or telling yourself you don't have time. Being hungry, thirsty and tired while traveling can affect your health, performance and well-being.



Eating on the Road Strategies

Never Skip Breakfast

Although it is well documented that breakfast is the most important meal of the day there are those who, for whatever reason, still skip it. Eating breakfast helps stimulate your metabolism so you follow more normal eating patterns and don't binge eat later in the day. It also gives your body the energy it needs to get mentally and physically ready to face the day ahead of you.

Eating Out

Don't be afraid to ask for low-fat substitutions and cooking techniques. Ask for high-fat sauces and dressings on the side, or omit them altogether. Avoid fattening appetizers. Try bread or a salad instead. Split a meal with a companion if portions are large or ask for a "doggie bag."

Load Up On Complex Carbohydrates

Aim for six servings a day of fresh, minimally processed plant foods such as whole grain breads, cereals, rice, pasta, fruits and vegetables.

These foods are more nutrient dense and will help give you the energy boost you need to get through the day rather than the fat-laden and nutrient deficient fast food.

Trim The Fat

Convenience rather than nutrition is what drives most travelers' quest for food. Fat intake by frequent business travelers

is 45 to 48 percent of daily calories on average; far above the 30 percent or less recommended by most experts. Plan ahead and pack healthy snacks rather than running for the nearest vending machine or fast food eatery when you are hungry. Learn to recognize where fat is hidden.

Seek Fiber Rich Foods

Getting enough fiber will help you avoid one of the evils of traveling: constipation.

Try to include whole grain breads and cereals, bran cereals and muffins, oatmeal, beans, brown rice or dried prunes in your travel diet.

Drink Plenty Of Fluids

Travel is dehydrating, from long flights in bone-dry airplanes to avoiding excess fluids while driving. Performance is greatly diminished and fatigue increases even with slight dehydration of only one percent of body weight. Carry bottled water with you or keep an empty sports water bottle in your carry-on so you can fill it at the airport drinking fountain.

Limit Your Alcohol Intake

Many travelers rely on alcoholic beverages to help them relax and/or to help them sleep. However, alcohol often has the opposite effect and actually disturbs the body's internal clock and impairs your ability to think and concentrate. Not to mention the effects it has on hydration, which, as mentioned before, is already a serious problem for the average traveler.

PROFILES IN PROFESSIONALISM

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

Hometown: Laguna Pueblo, N.M.

NOSC: Albuquerque

Unit: NAVCENT MAST Det B

Brief description of your job: I am the mustering petty officer along with taking care of the unit binder and recall bill.

Your civilian job: Correctional Officer Cadet (COTA-Correctional Officer Training Academy) New Mexico State University-G for CCA Women's Correctional Facility.

What has been your greatest Navy achievement: I advanced to E5 within 1.5 years and to E4 within half a year. I attended the accelerated program for OS "A" School and will be participating in a unit AT exercise at Doha, Qatar.

Who has been your biggest influence since joining the Navy: My two children, Kristin and Justin Kie; along with my friend, retired Navy veteran, Vernon C. Valdez, my late grandfather, Timothy P. Analla; and my NAVCENT MAST Det B unit.

Most interesting place visited since joining the Navy: The most interesting place I went to was New York. It is the most diverse state in America. The city is amazing and big.

What did you enjoy most about the Navy: I enjoy serving my country with pride, knowing that I am giving back to a bigger purpose to my community and knowing our country was built on the foundation of freedom.

Current hobbies: Slow pitch softball, running, attending my children's games, reading, watching movies and spending time with family.



**Operations Specialist
2nd Class
Darlene E. Analla**

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

Hometown: Vandalia, Ill.

NOSC: Columbus

Unit: Fleet Combat Training Center Unit

Brief description of your job: I care for acutely ill patients, enter doctor's orders and deliver labs.

Your civilian job: Patient Support Assistant/Unit Coordinator in a Cardiac Intensive Care Unit.

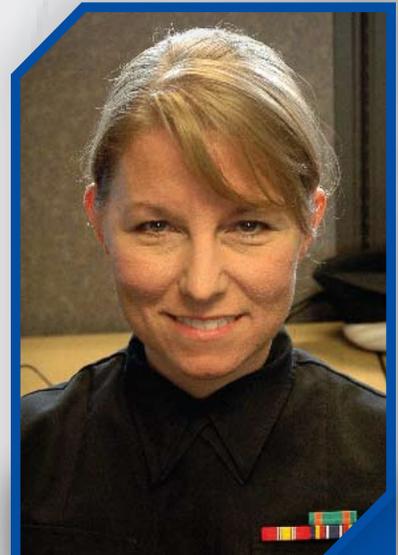
What has been your greatest Navy achievement: Surviving basic training and also receiving a Navy Achievement Medal.

Who has been your biggest influence since joining the Navy: Petty Officer Basham. He gave me a lot of encouragement and believed in me when I was having a lot of trouble in my personal life.

Most interesting place visited since joining the Navy: San Diego

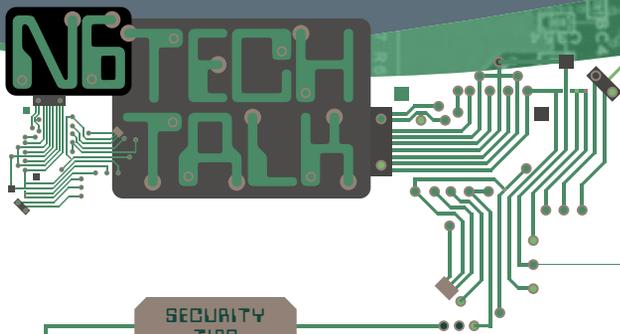
What did you enjoy most about the Navy: The honor of serving my country and the different people I get to meet.

Current hobbies: Nursing school keeps me busy. If I have spare time I watch movies, go fishing with my boyfriend Michael or shop with my daughter Megan.



**Information Specialist
Technician 3rd Class
Lisa Eakin**

U.S. Navy photo



SECURITY TIPS

- These E-mails Must Be Encrypted:**
- Sensitive information as defined by the DoD Information Assurance Directive 8500.1
 - Any matter that may serve as an OPSEC indicator
 - Information categorized as FOUO or SBU
 - Contract sensitive information that normally would not be disclosed to anyone other than the intended recipient
 - Privacy Act data, PII or information that is intended for inclusion in an employee's personnel file
 - HIPAA, medical or health data, to include medical status or diagnosis concerning another individual
 - Operational data regarding status, readiness, location or deployment of forces or equipment

There is a lot of good computer security information on the Internet. The below comes from a SANS newsletter entitled "Ouch." You can subscribe for free at <https://www.sans.org/newsletters>. Remember, these are good tips for your home computer but may not apply to Department of Defense and Department of Navy computers. You should familiarize yourself with the governing Navy instructions on information security.

COMMENCE DOWNLOAD

Ten Do-It-Yourself Computer Security Tips

1 Treat your computer like a machine. Computers need regular maintenance. If you ignore problems or put off fixing them, you risk more than the smooth functioning of your system. You may be inviting bad guys to steal your information or take over your system and use it to attack other computers.

2 Use e-mail wisely. E-mail is not private. Never send personal or sensitive information by e-mail. Never view, open or

even click on e-mail attachments unless you know who sent it, why they sent it and what's in it. Even messages forwarded to you by friends might contain infected attachments and links that will shuttle you off to dangerous Web sites.

3 Don't assume your security software is working. Familiarize yourself with the security software installed on your computers. Do you have a complete suite of anti-virus, anti-spyware and a two-way software firewall? Identify onscreen icons and messages that indicate your security software is enabled and working. If an icon is not there, if its color or shape has changed or if you see a message that says your security software isn't working, is out of date or needs attention, take action to correct the problem immediately.

4 Keep your software up-to-date. Many software products, including Windows and Mac OS X, have built-in automatic updaters. Make sure these are turned on. Some software products require manual updating. Know which are which on your computer. Not sure? Visit the Web site of the software manufacturer for

tips on updating your software. Consider installing Secunia's free Personal Software Inspector, which provides extensive details on the software installed on your computer and gives you direct links to update programs that are older and potentially not secure.

5 Regard the Internet as a bad neighborhood at 2 a.m. In 2008, about 1.5 billion people were using the Internet worldwide, and the number of Web sites approached 200 million. With that many apples in the barrel, it's anybody's guess how many are rotten. The steady growth of Web commerce attracts not only ordinary scammers, pirates and thieves, but also national and multi-national organized crime syndicates. Criminal activity for financial gain is the single largest driver of massive increases in Internet threats, and bringing Internet criminals to justice remains a challenging task. Practice online safety. Protect your privacy, your identity and your money.

6 Ratchet up your browser's security. Malicious hackers and virus writers can infect your computer by taking advantage of low security settings in your

Computer Security

Written by

Lt. Cmdr. Bill Batson

Director, Information Assurance

Commander, Navy Reserve Forces Command N64

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E-mails Must Be Electronically Signed That:

- Require integrity and/or non-repudiation
- Require message authenticity
- Contain an attachment or embedded hyperlink
- Direct, task or passes direction or tasking
- Request or respond to requests for resources
- Promulgate organization, position or information external to the organization
- Discuss any contract information, operational, financial, funding or personnel management matter
- Involve financial transactions that commit to, authorize or deny the use of funds in some matter

browser software and enticing you to visit a malicious Web site. You can help limit your chances of being attacked by increasing your security settings and conducting business or entering sensitive information only on secure Web sites. Look for addresses that begin with <https://> and check for the yellow security lock icon at the bottom of your browser window.

7 Back up your data. Here is a simple and basic backup plan. Plug a good-sized, formatted, blank thumb drive (or “USB stick”) into your computer. Double click on it and open a directory. As you work on your latest project and it comes time to take a break, save your work, close those crucial files and drag copy them into the directory of the thumb drive. The more important your project is and the closer you get to the deadline, the more often you should pause to make a copy of your crucial files. The more often you backup, the less you stand you lose. After you’ve made a backup by whatever means, check to make sure the copies are complete and they work. At the office, check with IT about using a thumb drive. Some organizations do not allow them.

8 Protect sensitive information, especially when you use a public computer. It’s best to avoid typing your credit card number or other financial or sensitive information into any public computer, but sometimes you can’t avoid it. Don’t save your logon information. Don’t leave a public computer unattended with sensitive information on the screen. Web browsers keep a record of your passwords and every page you visit, even after you’ve closed them and logged out. Learn how to erase your tracks. Watch for over-the-shoulder snoops.

9 Be careful with wireless networks. Secure your own wireless network by enabling and using wireless encryption that scrambles the data transmitted between your PC and your wireless router. Check your WAP (wireless access point) to find out what kinds of encryption it can provide. Out of the box, the encryption on most WAP’s will be shut off. The most effective encryption is WPA2 (Wireless Protected Access version 2). Use a strong password for your WPA2 encryption key. Before you connect to someone else’s wireless network, make sure it’s a legitimate hotspot: Nefarious types have been known

to set up pirate WAP’s with familiar names like “wayport” or “t-mobile,” and then use them to capture passwords and other private data. Verify your two-way software firewall is turned on and filesharing is off. Always turn your Wi-Fi networking off when you’re not at a hotspot.

10 Know your limits and when you reach them and get expert advice.

- Not sure what the error message means?
- Don’t know why you got that pop-up?
- Puzzled because a familiar Web site has asked you for a password or other sensitive information unexpectedly?
- Not sure whether or not you should allow that program to access the Internet?

Ask before you do the wrong thing. Contact your network administrator, IT help desk, your computer manufacturer’s technical support department, your Internet Service Provider (ISP) or a trusted computer consultant.

Thanks for all your help out there.





Reserve Component: A True Picture of Diversity

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

As we celebrate the Navy Reserve's birthday, it is fitting to recount some of what contributes to our ability to accomplish our mission. While our birthday marks the official establishment of the Navy Reserve; as early as 1775, the first Reservists began serving at sea - and Citizen Sailors were a key part of the struggle for independence. From these earliest times, a diverse cross-section of society could be found in the Navy Reserve, and heroes and legends arose throughout the ranks.

One such hero was prior-enlisted Lt. Cmdr. George Harry Rose, who received a Medal of Honor for meritorious conduct in June 1900. Perhaps more legendary are the five Sullivan brothers, all enlisted Navy Reservists, who were lost together with the sinking of USS Juneau (CL-52) in World War II.

Reservists come from all walks of life, and include celebrities such as Rear Adm. John Ford who directed motion pictures for several Hollywood studios while concurrently serving in the Reserve. Ford's talents were put to good use by the Navy, and among other things, he produced a historical and pictorial record of the Pearl Harbor attack with motion-picture photography.

Reserve Sailors bring other unique skills as well. The first

authorized weekly drilling Navy Reservist in west Texas was John Ragland. A ham radio operator, Ragland began broadcasting Navy information as early as September 1934 while a student at Texas Tech University in Lubbock. The ham radio station became an official and informal communications link.

To maximize our capability, the Navy needs to tap the potential of the diverse talent (such as Ragland's) that exists in our melting pot nation. This goal was furthered through individuals like Rear Adm. Eugene M. Fussell, Medical Corps, the first African American Navy Reserve officer. Also, the Women's Reserve was established July 30, 1942. Shortly thereafter, on Aug. 3, Capt. Mildred H. McAfee (Horton), became the Navy's first female line officer. On Oct. 19, 1944, the force expanded to include African American women.

**March is
Women's History Month:
DOD observances tools and
info at www.deomi.org.**

Another notable woman, with name recognition throughout the world, Rear Adm. Grace Hopper joined the Navy Reserve during WWII. She served from 1943 to 1966 and retired as a commander. She was recalled shortly thereafter and remained active duty for the

next two decades. Hopper was a pioneer in computer languages and among other accomplishments, helped develop a common business computer language (COBOL).

The Navy Reserve has included Presidents (six), senators such as J. Robert Kerrey (Nebraska) who received a Congressional Medal of Honor for actions as a Navy SEAL, and star athletes like David "The Admiral" Robinson, who graduated from the Naval Academy in 1987. He was the first-round NBA draft pick that year and the San Antonio Spurs waited two years for him to serve his active commitment before he started.

The Navy has grown from a force of less than 10,000 in 1860 to more than 400,000 active and Reserve members today. In recent times, there has been an expansion of roles and a concerted effort to truly integrate Reserve and active components so the personnel are truly interchangeable. One such effort was realized Mar. 7, 2003, when Capt. Jeff Hill became the first Reservist mobilized as executive officer of an active-duty Naval Hospital in Pensacola, Fla.

As you celebrate, take this time to look around you and recognize the variety that exists among fellow Sailors. We wear the same uniform, but we are far from uniform in nature, talent or background. Every one of us is necessary and valuable to our Navy's success.

LEADERSHIP

Lets' Ace That Test! Prepare for Advancement Testing

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

Now that the March advancement test cycle is upon us, it is a good time to review both the exam preparation resources that are available to Sailors and what constitutes a successful study strategy. The effective use of the many online resources available to Sailors, coupled with a thoughtful study strategy, can produce higher test scores and rapid advancement.

Advancement exams consist of 200 questions representing a mix of rate-specific and professional military knowledge questions. As you progress from E-4 to E-7, the percentage of professional military knowledge questions increases while that of rate specific questions declines. This reflects the greater emphasis on leadership at higher pay grades.

When an advancement test is written, a list is compiled of instructions, books and sources of information from which the questions were drawn. This list is referred to as the bibliography or the "bib." The bibliography tells every Sailor where to find the information for their tests. Many Sailors aren't aware that professional military knowledge and rating specific references, as well as bibliographies for advancement, are just a simple click away on the internet. One such Web site, [\[nt.cnet.navy.mil\]\(http://nt.cnet.navy.mil\), has everything from bibliographies for specific ratings to practice exams and study tips. The professionally developed online advancement guide that is downloadable from the Web site provides detailed information on exam preparation, how to take an exam, background on the Navy enlisted advancement system, professional military knowledge, rating specific master reference lists and practice exams for each pay grade.](http://www.advanceme</p></div><div data-bbox=)

The effectiveness of these resources is maximized when they are used in conjunction with a well-designed program of study. So what constitutes an effective study program? The following steps are a proven strategy for doing well on advancement tests:

- Start Early. Five to six months prior to the test is not too long!
- Download your current bib from the Advancement Center Web site. This is the source of what you need to know. Make sure it is the most current bib and reflects your rate.
- Determine which chapters in each reference were used to create your exam questions. You don't want to study too much or too little; focus on the right information.
- Develop a written study schedule with enough time to cover all references. A written schedule will keep you on track while showing you the progress you have made.
- Include self-study and group-

study time in your plan; the variety in study approaches will keep things interesting as well as allow you to learn from others.

- Develop a study schedule with your study group; this will help keep the group focused and make sure that time is being productively utilized.

Although success in the advancement cycle is ultimately the individual Sailor's responsibility, it is also a leadership issue. Supervisors can help to get their people advanced. They should make sure all eligibility requirements are satisfied and know who can and cannot sit for the exam. Supervisors must emphasize the importance of starting preparation early.

They should ensure Sailors know about the many resources that are available to assist in exam preparation. Supervisors must encourage their Sailors to use the Advancement Exam Strategy Guide to focus their study.

Finally, supervisors should let their Sailors know after they pass their advancement exam and are selected for advancement, they have specific requirements to complete before they can be paid at their new pay grade. For example, PO2 and PO1 selectees will complete the Petty Officer Second Class or Petty Officer First Class Selectee Leadership Course. These leadership courses are developed and facilitated by the Center for Personal and Professional Development.



FY10 APPLY Board General Updates

Written by
APPLY Board

As always, we seek to improve the assignment selection process to ensure that our Reserve officers and active component customers are afforded the best opportunity for career progression, service and support.

The search has been launched for the members of the next APPLY Board, the recorders and other board support and administrative staff. Service on the board and the staff is career-enhancing.

Commander, Navy Reserve Forces Command (COMNAVRESFORCOM) will appoint the membership of the APPLY Board, including voting members (board members), recorders, assistant recorders (board support) and administrative staff. COMNAVRESFORCOM will make notification to those selected via e-mail no later than April 17, 2009. The FY10 APPLY Board convenes in August 2009.

Paramount to the overall effectiveness of the board is a combination of geographic distribution and diverse representation within the structure of the voting board membership. Each panel of the APPLY Board should include a cross-section of members representing a variety of major active component supported commands and Reserve programs that are sourced by the specific panel community or designator.

Historically, the board requires a substantial number of board members and support staff to handle the anticipated workload of screening and assigning of more than 4,500 officer applications to critical command and senior leadership billets within the Navy Reserve.

For the next board, applicant numbers will dramatically increase as all officers of ranks O-5 and O-6 will be required to register and compete in the FY10 APPLY Board in order to be eligible for post board command/OIC interim fills. All officers who are currently assigned to billets with a planned rotation date of November 2009, are in the Volunteer Training Unit, are in an in assignment processing status or are voluntarily or involuntarily mobilized, will be required to register and submit a "dream sheet" application for the FY10 APPLY Board.

Membership and staff is not just a Reserve component matter. Active duty personnel are highly encouraged to participate as board members or as board support, and the goal is that 30 percent of the board and staff will come from the active component. Participation allows for a better understanding of the role and vision of the Navy

Reserve in the ever-evolving active-Reserve integration endeavor.

How can you help shape the leadership of the Navy? Submit a membership or board support application by going to <http://navyreserve.navy.mil/Public/Staff/WelcomeABoard/default.htm>.

Deadline for submission of board membership and board support application packages is Mar. 31, 2009.

If you have any questions or difficulty navigating within the APPLY Web site, please send an e-mail to cnrfc_apply@navy.mil.



U.S. Navy photo by
Bryan W. Borden



"Service on the board and the staff is career-enhancing."

Changing The Navy Reserve Through The Policy Board

Written by
Lt. Cmdr. Brian Emory,
Commander Navy Reserve Forces Command N53

The annual meeting of the Commander, Navy Reserve Policy Board (NRPB) will happen this month in Norfolk. The board will consider policy issues received from regional policy boards and issues directly from Reservists via NRPB@navy.mil. As advocates for Reserve Sailors, the NRPB examines policy issues and recommends appropriate policy actions to better enable ready and fully integrated support to the fleet. The Navy Reserve is ever-evolving in the total force environment. During this period of positive change, unintended consequences occur that are frequently felt at the deck-plate level. NRPB issue submission is your chance to bring those issues directly to the attention of leadership and improve the Navy.

The NRPB consists of 16 members competitively selected from across the entire Reserve Force. The 11

Selected Reservists and five Full-Time Support members of the 2009 NRPB meet face-to-face once a year, then continue receiving and working policy issues throughout the entire year. Representing a wide range of Navy communities, the 10 officers and six enlisted members serve on the NRPB in addition to their primary assignments in the Navy Reserve.

Policy issues may be submitted year-round, by all levels of the Navy Reserve. Submissions containing improvements and innovations that increase Navy Reserve readiness or effectiveness through support to the fleet, the Sailor or the family are especially desired. You can make a difference by submitting your recommendations to address Navy Reserve policies.

When proposing a policy change, consider the following questions:

- Benefit to the Navy Reserve?

- Good for the Navy as a whole?
- Balance the benefit to the Reserve Sailor against the cost and value to the Navy?
- Consistent with a total force policy?
- Contribute to increased force readiness or support?

Policy issues may be sent to your local NOSC/ISIC, community boards or directly to the NRPB e-mail address listed below. For further information regarding policy issue submissions, see the Navy Reserve Web site (private side) and look under “Welcome Aboard Links” on the left side and select “NavRes Policy Board.” A template for submissions is provided to assist in drafting an improvement along with COMNAVRESFORINST 5420.5K and other policy board information.
CNRF NRPB Point of Contact:
NRPB@navy.mil

Attention All:
Want to know how to input orders into the Navy Reserve Order Writing System (NROWS)?



If so, NAVRESPRODEVCCEN has the answer for you. The NROWS course will provide you with the basic knowledge to process/request AT/ADT and IDTT orders as well as the inner workings of the Navy Reserve Order Writing System from application entry, to verification, travel arrangements to final approval.

Questions? Please contact:
Aviation Structural Mechanic 1st Class (AW)
Cheryl Heavens
cheryl.heavens@navy.mil
504-678-9280

Navy Reserve Force: 94 Years and Counting

“When we assumed the soldier,

Story by
Mass Communication
Specialist 2nd Class
Ryan Hill

ABOVE:
Karen Horne
Nurse

LEFT:
Bobby Greene
EOD Diver
Lt. Cmdr.

RIGHT:
Christine Boyer
Boatswain's Mate
2nd Class





Today, some 67,000 Selected Reservists have taken up the calling. They are fully integrated in every aspect of the Navy and often mobilized at the tip of the spear in Iraq and Afghanistan. Mobilization has become even more commonplace for the Reserve Force since Sept. 11. A concept of "Total Force" has started forming, integrating the active with the Reserve to increased combat readiness.

Reserve Sailors like Mass Communication Specialist 1st Class Gino Flores have had first hand experience in active-Reserve integration. Flores mobilized to active duty twice; once to Guantanamo Bay, Cuba in 2008 and once to Kuwait in 2005.

He credits

his Reserve training in helping him prepare for the tasks he faced during his mobilization.

"In the Reserves, we are constantly reviewing and updating training requirements that may be applicable to real world situations," said Flores, who drills out of Jacksonville, Fla. "In being mobilized to active duty, we have the opportunity to put that training into practice. You become a valuable asset to your unit."

The vision of a total integrated Force is one Commander, Navy Reserve Force Vice Adm. Dirk Debbink feels strongly about.

"Our Reserve Sailors are truly dedicated to fulfilling our vision of 'Support to the Fleet, Ready and Fully Integrated.' I feel privileged to be working for each

of them," Debbink said. "The focus for our Force is three-fold: support to the Fleet, support to our Sailors, and support to their families."

Reserve Force Master Chief (FMF) Petty Officer Ronney Wright agrees.

"Since Sept. 11, more than 52,000 mobilization requirements in support of Global War on Terrorism *Operations Enduring Freedom* and *Iraqi Freedom* have been filled by Selected Reservists," said Wright. "On any given day, more than 17,000 of the 68,000 Navy Reservists are providing fully integrated global operational support to the Fleet and Combatant Commanders. Critical skill sets include cargo handling, special warfare, customs inspectors, medical support, intelligence, aviation and myriad mobilization assignments."

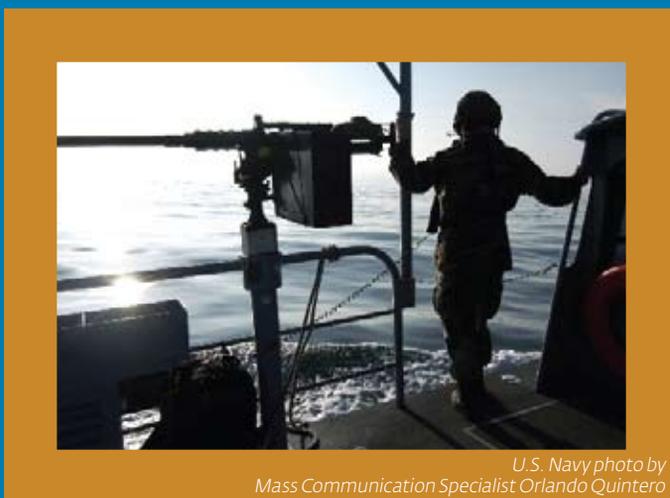
With a fully integrated Reserve component, there is seamless service provided to the support of the Maritime Strategy. At any given time, up to 30 percent of the Navy Reserve is providing global operational support.

"The integration of the Reserve component with the active component becomes an essential tool allowing the Navy and Defense Department to meet ongoing operational commitments," Wright said. **TNR**

we did not lay aside the citizen."

Gen. George Washington said these words in his description of Americans taking on dual roles in serving their country. These were Americans who picked up rifles to join state militias for short periods, while at the same time continuing to support the fledgling country as everyday citizens. There are Americans today who continue to follow in those footsteps, serving dual roles as every day American citizens and as Navy Reservists.

March 3, 2009, marks the 94th birthday of the Navy Reserve Force. While the responsibilities and identity of the Navy Reserve has substantially changed throughout history, the burning passion to serve in the Navy has not. As a Force that has supported the United States in every major conflict since the Spanish American War, the Navy Reserve reached its peak in numbers in World War II, when 2.8 million "Citizen Sailors" supported this nation.



U.S. Navy photo by Mass Communication Specialist Orlando Quintero

CNRF PUBLIC AFFAIRS

BACK TO BASICS

JUNE 12, 1775

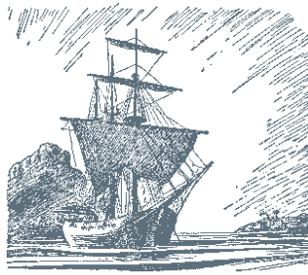
Citizens of the seaside town of Machias, Maine, commandeered the schooner Unity and engaged the British warship HMS Margareta, boarding her and forcing her surrender after bitter close quarters combat.

Throughout the American Revolution, the small size of the Continental Navy necessitated the service of "Citizen Sailors," who put to sea manning privateers. Their raids against the British merchant fleet were as important as the sea battles of John Paul Jones in establishing American tradition.

Following the American Revolution, the expense of maintaining a standing Navy was deemed too great.

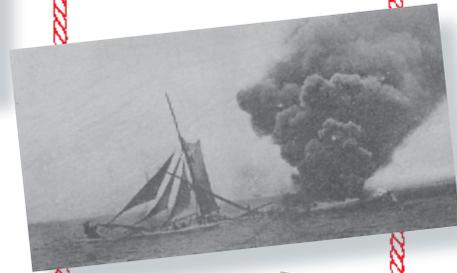
1785

The Continental Navy sells their last ship.



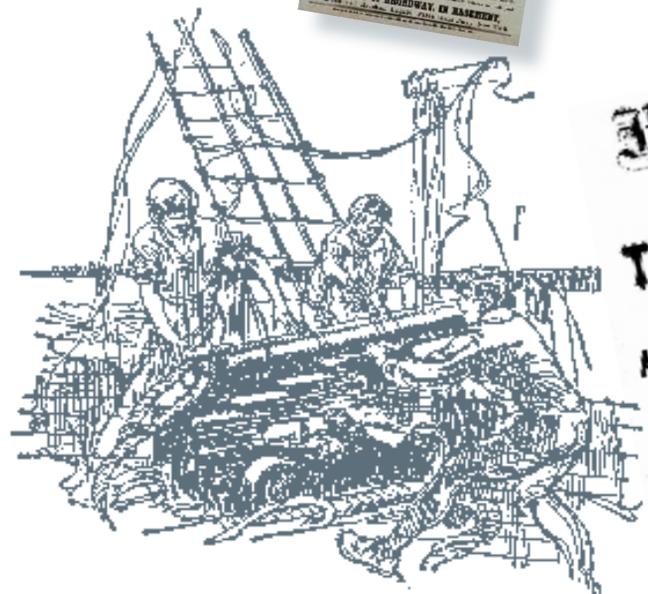
1794

Attacks by Barbary pirates against American merchant vessels in the Mediterranean Sea prompted a change in course. A Navy that helped give birth to the nation was now deemed essential to preserving its security.



18

Reservists raised commerce and also outfitted the Chesapeake in an effort to defend the body of water against invasion. Though by superior numbers, they continued to war on land, joining in the Washington D.C.



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In the spirit of celebrating the Navy Reserve's birthday, this month's "Back to Basics" focuses on some of the events and activities in history that led to the birth of the Navy Reserve Force. This and more historical information about the Navy Reserve can be found on the Navy Reserve Web site at <http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/MissionAndHistory/default.htm>.

Birth of the Navy Reserve Force

Information from Navy Reserve Web site

Graphics by Bryan Bordelon



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MARCH 3, 1915

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President Abraham Lincoln authorized a Navy personnel increase assuring the Confederacy's defeat with a blockade of the South and the control of the Mississippi River. During the war, 101,207 men from 21 states enlisted and volunteers were present during some of the storied naval engagements, including serving on the Monitor during her battle with CSS Virginia and the daring mission to destroy the Confederate ironclad CSS Albemarle. The latter action resulted in the awarding of the Medal of Honor to six Reserve enlisted.

After the Civil War, the Navy took on the appearance of the force it had been in 1860 with 58,296 Sailors.

Naval theorist, Capt. Alfred Thayer Mahan published "The Influence of Sea Power Upon History" helping prompt the fleet's modernization and brought the first calls for an organized Naval Reserve to man more advanced ships. State Naval militias represented the Navy's manpower Reserve during the Spanish-American War in coastal defense and service aboard ship. Militiamen from Massachusetts, New York, Michigan and Maryland manned four auxiliary cruisers – Prairie, Yankee, Yosemite and Dixie – seeing action off Cuba. Some 263 officers and 3,832 enlisted men of naval militias answered the call to arms.

After the success of the state Naval militias in the Spanish-American War, the outbreak of World War I demonstrated a modern war at sea required a federal Naval Reserve Force. Secretary of the Navy Josephus Daniels and a young Franklin D. Roosevelt launched a campaign in Congress to appropriate funding for such a force.



Birth of the Navy Reserve Force! Legislation was passed on this day to create the Navy Reserve Force, whose members served in the cockpits of biplanes and hunted enemy U-boats during the Great War to end all wars.



wanted
FOR
NAVY!
bodied men and boys
into the NAVAL SERVICE
of the Naval Reserves.
forward and own your Country
OUT CONSCRIPTION!
Dec. 10, 1918

**MEN WANTED
FOR THE
NAVY!**

ALL able-bodied men not in the employment of the Navy will be enlisted into the Navy upon application at the Naval Recruiting, or Cracker Barrel, next door to the Prudential office.
H. B. DAYENPOUR,
Chief, & Senior Naval Officer.



The UNITED STATES NAVY offers
THE BEST OPPORTUNITIES FOR THE YOUNG MEN OF THE UNITED STATES AND THE WORLD.
1. CIVIL LIFE
2. BOUNTY
3. ADVANCEMENT
4. PROMOTION
5. FREE TRAVEL
6. FREE EDUCATION
7. FREE HOUSING
8. FREE MEALS
9. FREE CLOTHING
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11. FREE DENTAL CARE
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RIGHT:
Aviation Warfare Specialist (NAC/AW) Senior Chief Ernest C. Edwards explains to Army Private 1st Class Doug Nolen his Camp Stone entry control point future improvements.

FAR RIGHT:
Storekeeper Petty Officer 2nd Class John Webster introduces Edwards to a Afghan contractor who delivered gravel for Camp Stone.



Senior Chief Takes Chief's Creed to a New Level



Story and photos by
Mass Communication Specialist 1st Class
Monica R. Nelson

"Of all the candidates for the 1st Sgt. position, he was absolutely the best choice," said U.S. Army Capt. and ARSIC West Headquarters and Headquarters Company Commander Steven Olson from Omaha, Nebraska.



The man he was referring to usually sat in a desk across the hall. The U.S. Navy Chief's Creed was taped above the computer. "These privileges, these responsibilities do not appear in print, they have no official standing, they cannot be referred to by name, number nor file," it reads. "They exist because for over 200 years the Chiefs before you have freely accepted responsibility beyond call of printed assignment, their actions and their performance, demanded the respect of their seniors as well as their juniors."

A Senior Chief plate hangs on the wall as well, above a Navy poster and a picture of his mother.

The non-traditional 1st Sgt. was out of his office making rounds, checking up on the enlisted service members across the camp.

"It doesn't matter that he's Navy and not Army; he's filling the shoes of a fantastic Army 1st Sgt.," said Olson. "He is mature as a person and as a military member. He's also the senior Navy person here, so he already has that kind of interaction with a lot of personnel - whether it's Army, Navy or Air Force."

Since March 3, 1915, when the Navy Reserve was established, Sailors have been redefining what it means to be a Navy Reservist. Their roles and responsibilities as service members continue to change according to the needs of the Fleet and the nation. On this 94th year of the Navy Reserve Force, one Senior Chief has taken the expectations of a Reserve Sailor one step further.

U.S. Navy Reservist Aviation Warfare Specialist (NAC/AW) Senior Chief Ernest C. Edwards of Belle Glade, Fla., became the first Navy 1st Sgt. at Forward Operating Base Camp Stone outside Herat, Afghanistan, more than two months ago. He began his deployment as the non-commissioned officer in charge of the Regional Police Advisory Command at the same camp, before being selected by Army Col. John Bessler, commander of ARSICW, and Army Command Sgt. Maj. Mark Howe from Salem, Ill., for the typical Army position.

"Some people say, 'Wow, a Navy 1st Sgt.,'" said Edwards, "but to me, I'm just doing my job. This is where they need me and this is what I do. I don't see anything special. I just wake up every day and do the same thing I did yesterday. I just do my job."

Twenty-two years ago, Edwards reported to his first duty station, an undesignated seaman at the bottom of the enlisted ranks.

"I wasn't nervous until I actually got into Bahrain," said Edwards.

"They put me on the chopper and we flew out to the ship. The guy told me, 'look down, that's your ship.' When I saw it in the water, that's when the tears built up. I thought - 'wow, I've never been this far away from home before. I'm in the middle of the water in one of the world's most dangerous regions, and I don't know what to expect.'"

It was the leadership of a 2nd class boatswain's mate that instilled confidence in Edwards. He took Edwards under his wing and showed him the ropes, literally. He also helped Edwards get qualified in driving the USS LaSalle (AGF 3). Now Edwards uses his position of leadership to do for Navy and Air Force individual augmentees and Army personnel, what his 2nd class boatswain's mate did for him. Information Technology Specialist 1st Class Vanessa Quinn from Vancouver, Wash., has only been at Camp Stone one month, but considers Edwards an above average Senior Chief. "On a ship, a chief usually stays within their shop. But we are on a forward operating base; we're not used to this. There are only so many of us out here, and we all have different jobs, yet he interacts with us all the time, comes to visit us at work," said Quinn.



"He always knows where we are, what we are doing. Others here care, but they are not physically going out asking questions, making sure we are taken care of," Quinn added.

"He's on top of all that. He's just everywhere."

As 1st Sgt., Edwards is "the company commander's senior enlisted advisor in all matters pertaining to the enlisted service members of that unit," according to Howe. "Without a good 1st Sgt., a company commander is crippled. The position is a key element in the company structure."

In charge of all the operations at Camp Stone, Edwards' position as 1st Sgt. makes him responsible for security forces, force protection, billeting, the service members standing the watch and the Morale, Welfare and Recreation department. Edwards also holds a weekly non-commissioned officer's meeting.

"Our platoon was separated from the rest of our company when we were based here, so we were kind of just out here on our own. Everyone that works inside the camp is really counting on the guys that work up here," explained 22-year-old Army Pfc. Doug Nolen from Mount Zion, Ill., while standing watch at the entry control point for the camp. "The leadership is doing a great job. Even though he's Navy, 1st Sgt. has adapted to us really well. He's really taken to us and us to him. He comes up here almost on a daily basis, asking us if we need anything-if we

are staying warm. He's a great 1st Sgt. I definitely feel safe with him in charge of force protection."

Of the nearly 500 personnel at Camp Stone, about 15 percent of them are Navy. Twelve of those personnel are Reservists. "I'm impartial to the word 'Reservist' and I've been for a long time," said Edwards, who is Full Time Reserve Support and stationed at a Reserve Component Command in Jacksonville, Fla., when he's not in Afghanistan. "I've met some of the sharpest people from the Army, Navy, Air Force and Marines, all Reservists who are just as sharp as the people on active duty. I think it's about your dedication and what you do day-to-day. You do have Reservists that only serve 24 days a year, but then you have those that keep mobilizing, that stay in the fight. I know the word out there is that there are active duty and Reservists, but years ago they changed the ID cards from 'Reserve' to 'US Navy'. I just think everyone in uniform is one team, one fight, regardless."

With wars in Iraq and Afghanistan requiring so many troops, the U.S. military has had to pull all the services' active and Reserve components together. "It's not something that's new to the service, but it's certainly reinforced the need for it and it's changed the way we interact," said Navy Reservist Jim Hackworth from Knoxville, Tenn. Hackworth is a nuclear criticality



safety engineer in his civilian job and a submariner in his Navy career and is based at Camp Stone with Edwards. "Senior Chief is obviously one of the people that has come over and is filling a non-traditional role - any IA is - but he is certainly doing a bang-up job at what would typically be done by someone else. He has the respect of all of his subordinates; he's very professional in the way he approaches everyone. He's got good judgment, so there's a reason he now occupies the position he is in."

"Filling non-traditional roles is something we are getting used to," said Navy Reservist Hospital Corpsman Chief Tracy Ferzozo from Cape Cod, Massachusetts. "It's awesome they made him the 1st Sgt. We were all shocked, but the first thing we thought of was, 'We can do it, the Navy can do it,' and 'If any chief is capable of doing it, it would be Senior Chief.' Their trust in him to get the job done just proves that we have the ability to move forward and do what

the Army can do."

Edwards attributes his knowledge of Army systems and procedures to Bessler, Howe and Olson. While working at RPAC, Bessler and Howe were in offices across the hall. They would sit him down and teach him the Army way of life. Olson explained Army systems to Edwards after his selection as 1st Sgt.

"His integrity is beyond reproach," said Olson. "He's very receptive to my ideas and he does what any good 1st Sgt.

does - he'll argue with me and we'll hash out whatever issues we have, but as soon as I make the decision as the Commander and the door opens, the decision is as if it was his. He understands the relationship between Commander and 1st Sgt. very well."

If you ask Edwards, it's being a Navy Chief that best defined the role of a 1st Sgt. for him. "It's a level of leadership," explained Edwards. "We take care of things at the lowest level. When things are push to pull, then I go to my Commander."

"There are always things you fight daily to improve," continued Edwards. "As long as my motto is, 'leave it better than I found it,' I've done a good job for my Soldiers, Sailors, and Airmen. That's my main concern."



ABOVE:
Edwards greets Italian Army First Sergeant Stephan Sibi on his morning rounds of the forward operating base Camp Stone.

BELOW LEFT:
An IP address hopper and internet bandwidth stealer had Edwards and U.S. Air Force Master Sergeant Vincent Ramos working together to find ways to narrow down their search to catch the thief.



LEFT: Mass Communication Specialist 1st Class Daniel J. Calderon is interviewed by Univision, a Spanish-language news station during a large scale map exercise.

U.S. Navy photo by Lt. Cmdr. Charles Summers

BELOW: U.S. Navy Electronic Technician 1st Class Daniel Stone, a member of the U.S. Navy Armed Forces Inaugural Committee, (AFIC) ties up a sandbag used to hold down equipment to protect it from falling over on a windy Inauguration Day. AFIC carries on a tradition, which dates back more than 200 years, of honoring the new commander-in-chief and recognizing civilian control of the military.

DoD photo by Tech. Sgt. Alan Port, U.S. Air Force

Navy Reservists Support Presidential Inauguration



Story by Chief Communication Specialist Teresa J. Frith, Armed Forces Inaugural Committee Public Affairs

When President Barack Obama raised his hand Jan. 20 to take the presidential oath of office, Navy Reservists were among more than 700 military members there to provide support through their positions on the Armed Forces Inaugural Committee (AFIC).

“The Navy Reservists are highly motivated men and women who have come together from all walks of life with one common goal - to conduct world class military support for the 56th Presidential Inauguration,” said AFIC Deputy Chairman, Rear Adm. Earl L. Gay.

Created in 1950, AFIC is a joint-service organization that coordinates all military ceremonial support for the

Presidential Inauguration under the Joint Force Headquarters National Capital Region, commanded by Army Maj. Gen. Richard J. Rowe, Jr. During the period from Jan. 18 to Jan. 21, the military provided ceremonial support to inaugural events with musical units, marching bands, color guards, salute batteries and honor cordons. As many as 5,000 service members participated in events on inauguration day. Their presence and activities are coordinated by AFIC.

Military involvement in the Presidential Inauguration dates back to April 30, 1789, when members of the U.S. Army, local militia units and Revolutionary War veterans escorted George Washington to his first inauguration. President Obama became the 44th president to have ceremonial support during his inauguration.

AFIC brought together Reservists from all ratings from units all over the United States. One such group was the

Navy Reservists who were a part of the AFIC Public Affairs Directorate.

"This is the first time since the active-Reserve integration in 2004 that such a large group of Reserve Mass Communication Specialists (MCs) have been sent in support of a mission like this," said Master Chief Mass Communication Specialist (SS) John Williams, senior enlisted advisor for Chief of Information Office, Washington D.C. "My thanks to all the commanding officers who let their people participate."

One of the MCs participating in the inauguration was Mass Communication Specialist 1st Class Daniel J. Calderon, from NOSC Phoenix. Calderon was one of several Navy Reservists working in the AFIC Public Affairs directorate. His job was to photograph and document events leading up to and during the inauguration.

"I'm a big believer in going out and experiencing as much as possible," said

Calderon, a 15-year veteran. "I wanted to be a part of AFIC because it was a challenge I hadn't tried yet. When I get older, I want to look back and have as few regrets as possible and passing up the chance to be here would likely have been a huge regret. Plus, it sounded like fun."

Chief Mass Communication Specialist Tom McCarthy, NR Fleet Public Affairs Center Atlantic was also a part of the AFIC Public Affairs

"The Navy Reservists are highly motivated men and women whom have come together from all walks of life with one common goal - to conduct world class military support for the 56th Presidential Inauguration."



Mass Communication Specialist 1st Class Michael Heckman signs the attendance sheet at the map exercise at the DC Armory in Washington, D.C.

*U.S. Navy photo by
Mass Communication Specialist 1st Class Cynthia Z. De Leon*



Storekeeper 2nd Class Stephanie Ruth inspects and documents the condition of the vehicle she will drive to support the Armed Forces Inaugural Committee.

U.S. Air Force photo by Tech. Sgt. Suzanne M. Day

Directorate. He added, "When I saw the message about this opportunity, I jumped right in with both feet! I am a high school history teacher and just to be here in Washington for the inauguration is an experience I can share with my students."

Everyone seemed to be aware that the 2009 Presidential Inauguration was special, being the first time in history that the United States has elected an African American president.

"I wanted to take advantage of an opportunity that only comes once every four years," said Electrician's Technician 1st Class (SS/DV) Daniel Stone, a 12-year veteran with the Navy Computer and Telecommunications Area Master Station, Norfolk, Va. Stone worked in AFIC as a base station operator responsible for relaying messages and status reports inside the capital. Stone added that his unit was behind his decision "100 percent," and "they assisted me in obtaining the orders on very short notice."

Storekeeper 2nd Class Dannie Meeker, a 10-year veteran from Navy Cargo Handling Battalion Four, Charleston, SC, added, "I knew this was something I wanted to be a part of. Once the historical significance of the 44th president was known, my excitement went up exponentially."

Participation by the Armed Forces traditionally includes musical units, marching bands, color guards, salute batteries and honor cordons. Soldiers, Marines, Sailors, Airmen and Coast Guardsmen assigned to AFIC also provided invaluable assistance to the Presidential Inaugural Committee, a

not-for-profit, partisan organization representing the president-elect and the Joint Congressional Committee on Inauguration Ceremonies.

This year marks the 94th birthday of the Navy Reserve, which became official Mar. 3, 1915. Even before that, citizen Sailors participated in the battle for American independence in 1775 and may even have participated in President Washington's inauguration in 1789. Then, as now, the Navy Reservist will continue to play an integral part in our nation's history, standing ready to support and defend when called upon to serve. **TNR**



ABOVE: The Ceremonial Guard participated in the 2009 Presidential Inaugural Parade in Washington, D.C.

*U.S. Navy photo by
Mass Communication Specialist 2nd Class
George Trian*

BELOW: Chief Mass Communication Specialist Tom McCarthy reviews photographs U.S. Army Specialist Jeffrey Graves captured during the Inauguration.

*U.S. Navy photo by
Mass Communication Specialist 1st Class
Anthony Dallas*



Returning Warrior Workshops

The Right Formula for Force Readiness

Proven successes prompt leaders to take it force-wide and beyond.

Story and photos by MASS COMMUNICATION SPECIALIST 1ST CLASS LARRY FOOS, Region Southwest Reserve Component Command



The Navy Reserve Force faces a new era in its history, having transformed to a leaner, smarter and more mobile force in a time of war. Reservists by the thousands turn into combatants, also known as individual augmentees (IA), and deploy to war theaters. They have become so integral with the active fleet, their IDs have been recast to shed any word of “Reserves” on them.

But an old nemesis has taken rise among its returning warriors, calling itself “combat stress,” “isolation” and “aggression,” among other names. These are the effects on many service men and women integrating back into civilian life after an intense period of combat life. A group of Navy leaders within the Region Southwest Reserve Component Command (RCC) recognized the issues and took the offense. Their weapon: The Returning Warrior Workshop (RWW). With March

marking the Reserve Force’s 94th year of existence, RWW represents the beginning of a new brand of support to restore force readiness. They are taking one more giant step in the improvement of a Reserve Sailor’s quality of life.

After launching in 2006, RWW became so effective, no other program can even claim to have the kind of overwhelming response it has had on attending service members and their spouses. Not long after, Navy Reserve Forces Commander Rear Adm. Lothrop Little authorized RWW to expand force-wide and in 2008 workshops were being held in all five regions.

The Southwest Region held its eighth RWW Jan. 23-25, at the San Diego Town & Country Resort. A total of 138 Sailors, Marines and their guests attended the event. They came together to share stories, seek answers and get some needed help.

“This event tries to put it all back

in balance,” said Capt. Steve Seelig, Navy Reserve Chaplain and RWW counselor. “It’s a chance to appreciate Returning Warriors and help them be exposed to all these resources to help them and their family to be healthy and functioning,” Seelig said.

The San Diego RWW is a blueprint of the previous workshops that have proven so effective. It starts by hosting the workshop in a relaxing, retreat-style environment, and it is set up so that the service member can bring their spouse or significant other, if applicable, to help “heal the whole family.” Civilian attire is the uniform of the day, and everyone is on paid orders. Then there’s the agenda and

1. Electronics Technician 1st Class Michael Brelsford and wife, Erin, read love letters to each other during “Couples Coming Together.”

2. A couple attending the RWW Banquet of Honor takes a moment to read the Deployment Award they were just presented. Many Reservists expressed their appreciation and were moved by the event.

resources, loaded with support staff, professional speakers, counselors and resource providers. The first speaker on Saturday morning kicked off the event by explaining the "Code of the Warrior." Lakefield Family Foundation Distinguished Military Professor of Leadership at the U.S. Naval Academy, Dr. Joseph Thomas, was a Code of Warrior presenter. His goal was to help the attendees realize they aren't alone and to better cope with their experiences.

"The journey you are all on right now

being interviewed, he got a call to help an attendee who was experiencing combat stress and later had to be transported to San Diego's Navy Medical Center. The Reservist also ended up getting assistance to ensure he got health insurance coverage. TRICARE representatives were onsite to assist.

The San Diego RWW was also a first because attendees were not just a random collection of IAs from the Southwest Region. The vast majority of them served for about a year at the

and a special one is presented to the spouses as well. Banquet keynote speaker Rear Adm. Garland P. Wright Jr., deputy commander Navy Region Southwest, said, "Since Sept. 11, more than 500,000 Soldiers, Sailors, Airman and Marines have served in Iraq, Afghanistan, Kuwait and other distant lands protecting and serving America. Tonight we honor 138 patriots and heroes, 82 service members and 56 other family members who have shared the common bond of hardship, risk and sacrifice."



is extremely important. You are part of an honorable calling. Your service is essential to this nation. Your sacrifice is appreciated, even treasured by the rest of us," Thomas told the audience.

Attendees also participated in several breakout sessions they got to chose, including "Telling Your Story," "Improving the Process" and "Why I Want To Go Back," among others. A session called "Couples Coming Together" allowed couples to share love letters, which has proven effective to open communication and healing hidden emotions. In one letter, a service member wrote his wife, "I was torn between being a warrior and a family man..." because of his time in Iraq. His wife responded by sharing her emotions, saying "I would ache for my best friend to share my day with."

Professional counselors and chaplains were available at a moment's notice if someone or a couple wanted to talk alone. In fact, as Seelig was

Begram Theater Internment Facility in Afghanistan, and some others served with Naval Mobile Construction Battalion 17 in Iraq. All returned only three to four months before the workshop. RWW planners knew this group needed to be a high priority and brought them in from across the nation.

"We knew these people worked in a high stress environment and were under constant strain due to the day-to-day detainee operations," said Susan Hare, Family Support Program administrator and RWW coordinator. "They could benefit the most from RWW, and we certainly wanted to fully facilitate their integration into normal life," Hare said.

A key feature to RWW is the evening banquet dinner, called the Banquet of Honor. Organizers emphasize this is an important time to say "thank you" to the returning warriors. A deployment certificate is presented to all of them,

3. Builder 1st Class Kenneth McCinty and his wife, Janet, are congratulated by keynote speaker Rear Adm. Garland P. Wright, Jr.

4. Retired Marine Lieutenant Colonel, Dr. Thomas opened the Returning Warrior Workshop with the Code of the Warrior message.

RWW has been seeing enrollments from active duty IAs recently, but is still primarily for the Reserve Force. Capt. James Iannone, Southwest Region Reserve Component commander, said RWW is really becoming a huge component of our force readiness. "Being asked to mobilize is a major disruption to someone's life. We owe it to them to help them become reintegrated. Ultimately it's about readiness, and that's certainly what the value of RWW is," said Iannone.

Organizers say there is discussion to have RWW implemented across all military branches. While no one has been able to fully measure the effects of RWW, it is quite clear it is here to stay.

TNR

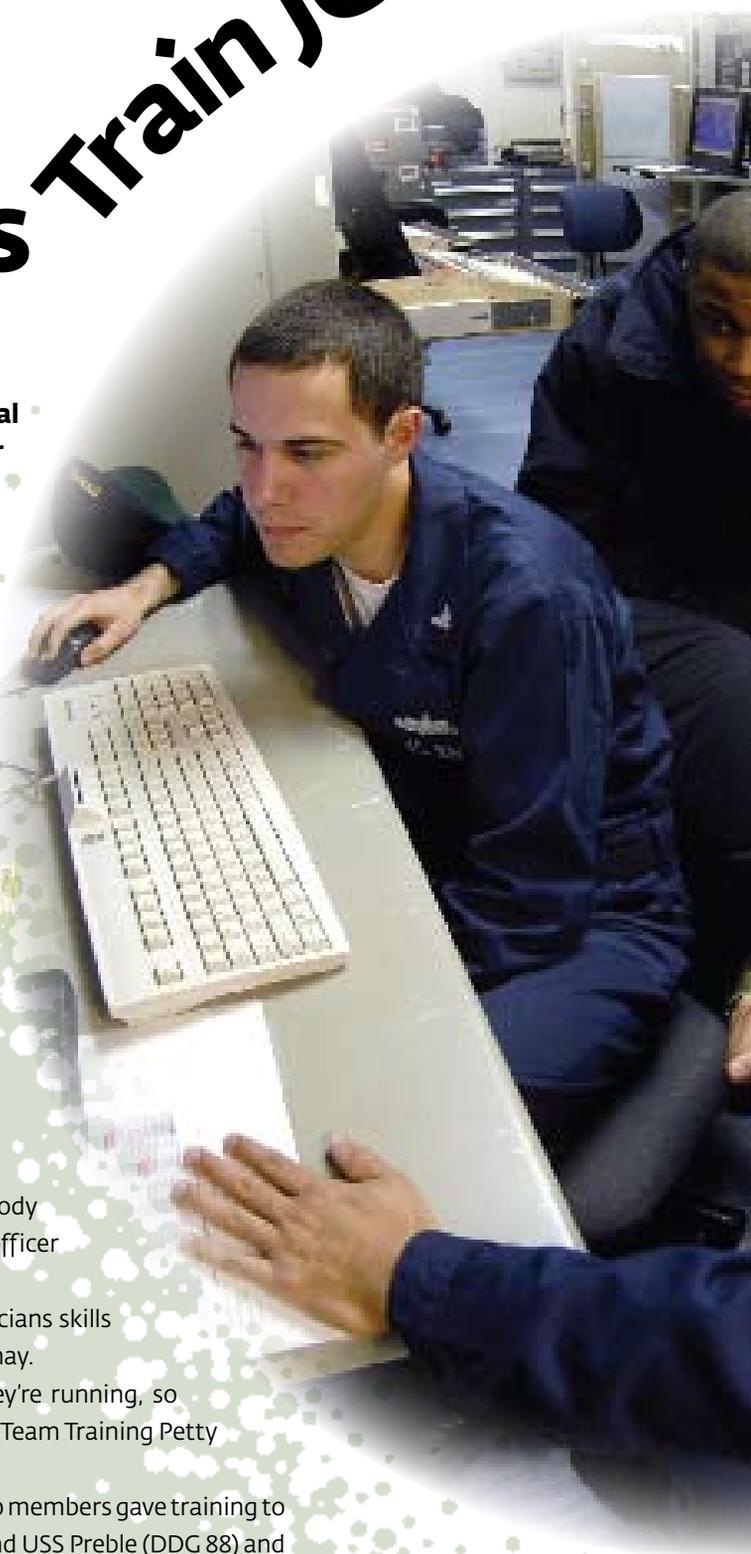
Story by Mass Communication Specialist 2nd Class (SW) Elliott J. Fabrizio,
USS John C. Stennis Public Affairs

Photos by Mass Communication Specialist 3rd Class Kenneth Abbate

Reservists

Train JCSCSG 0

Networks for personal e-mail and tactical communications may be running smoother aboard the USS John C. Stennis (CVN 74) Carrier Strike Group (JCSCSG) thanks to the efforts of seven Reservists from Space and Naval Warfare Systems Command (SPAWAR) in San Diego.



SPAWAR's flyaway team joined the strike group on Navy Air Station North Island to conduct 10 days of information technology training with JCSCGS's Sailors as they departed for their scheduled Western Pacific deployment.

"Information technology is the backbone of how anybody communicates aboard a ship," said Cmdr. David Shay, flyaway team officer in charge.

The training helped give the ship's Information Systems Technicians skills necessary to repair the ship's networks without external aid, said Shay.

"We're trying to help people understand the systems that they're running, so they know how to fix problems that keep coming up," said Flyaway Team Training Petty Officer, Information Systems Technician 2nd Class Alex Aguila.

Five team members instructed Sailors aboard Stennis, while two members gave training to the Sailors aboard guided-missile destroyers USS Kidd (DDG 100) and USS Preble (DDG 88) and the guided-missile cruiser USS Antietam (CG 54).

Through ten days, the team conducted approximately 330 hours of classroom training and more than 200 hours of hands-on instruction. Their efforts led to advancing the information technology expertise of approximately 77 of the strike group's Sailors.

n Information

CENTER: Information Systems Technician 2nd Class Alex Aguila (front right and in far left photo at left) walks through some of the reasons and possible solutions on why shipboard servers have been going down aboard Stennis to (clockwise) Information Systems Technician 2nd Class (SW) Steven Hauser, Information Systems Technician 3rd Class (SW) Chris Thomas and Electronics Technician 2nd Class Eric Cleveland.

Technology

Lesson topics included subjects like UNIX computer commands, network exchange principals and the evolution of hacking.

"I now have a better idea of how to do my job as a systems administrator, because I have a deeper knowledge of how our systems fit together and know where to start when diagnosing issues," said Stennis System Administrator, Information System Technician 2nd Class Chris Lamb.

The team strives to bring the Navy some technical expertise from their civilian careers in computers.

"As Reservists we gain particular skills in the civilian world and use our Reservist budget to come out to the ships and pass on our skills through training," said Shay. "It's a big win for the active-duty side, since they don't have to pay for the training."

Aguila said he gained a lot of system administrator experience during his time working for Dell Computers, and that knowledge proved essential to diagnosing one particular problem with one of Stennis' network servers.

"Having worked at Dell, I'm kind of aware some servers might go out the door with a certain configuration issue," said Aguila. "The server here had that same issue, so I changed the configuration and now it works fine."

This is the third aircraft carrier Aguila has visited to conduct information technology training, and he said he's proud to be able to pass his expertise to the active-duty Navy.

"That's exactly the relationship we strive for between active duty and Reservists," said Shay. "We have skills that we can bring to assist the active Navy, and we can be a valued addition to the active component by sharing our skills."

Through these training sessions, the Reservists satisfy their annual commitment to the Navy. The active-duty Sailors gain valuable skills and expertise they may not always receive through standard military training.

Stennis' Information Systems Technicians can now use their recent training to keep the ship's communication networks operational. This in turn furthers the ship's self-sustainability and its ability to operate indefinitely in support of America's maritime strategy. **TNR**

BOOTS

On the GROUND

by Capt. Larry Jackson

LOG ENTRY SIX

Hi Shipmates,

I'm getting settled in to my new job, which is not the one I was sent here to do. This is fairly common, apparently, since the personnel needs on the ground are shifting faster than the manning documents can adjust. My job is to be the Senior Advisor to the Deputy Chief of Staff for Training and Doctrine (DCOS-T).

For this to mean anything to you, you need a little background in how the Iraqi military is set up. Though Iraq has had a long-standing relationship with the United Kingdom and there is quite a bit of British influence, I'll compare it to our system, since that's the system we know.

The Iraqi military is overseen by civilian leadership. The Minister of Defense (like our Secretary of Defense) and his ministry (like our Office of the Secretary of Defense) report to the Prime Minister. The Joint Headquarters (JHQ) is somewhat like our Joint Chiefs of Staff, but with more direct control over the military. The head of the JHQ is the Chief of Staff (COS), a 4-star general named Babakir. He is assisted by another 4-star general, the Vice Chief of Staff (VCOS).

Reporting to the COS and VCOS are the heads of the services (Army, Navy, Air Force) and several three-stars who hold deputy, or DCOS, positions. There is a DCOS for administration, operations, logistics and training, and their function is to man, train, equip and direct the Armed Forces of Iraq. Because Iraq's Armed Forces consist primarily of ground units, there is a very strong emphasis on the Army.

The organization I'm a part of is called the Multi-National Security Transition Command-Iraq (<http://www.mnstoic.iraq.centcom.mil/>). It's one of the two three-star commands working for the four-star at Multi-National Forces-Iraq, who is Gen. David Petraeus as of this writing. Our mission is to generate the Iraqi Security Forces (police, Army, Navy and Air Force) and assist the Iraqis in managing, employing and improving those forces.

I have just a few weeks to work alongside my predecessor, an Army special forces colonel named Dick McEvoy, before he redeploys to the States. Dick has been here nearly two years, knows everyone and everything, and Army training is a part of his DNA. The prospect of filling his shoes is daunting.

We work seven days a week, 365 days a year. Friday, being the Muslim Sabbath, is our short day: only eight to 10 hours, unless something big is happening. Otherwise, the workdays are rarely shorter than 12 hours.

A typical day starts in our office—a trailer on Forward Operating Base (FOB) Phoenix—with our staff



Colonel McEvoy (far left), myself, Capt. Alex Burton of the Royal Navy (sipping tea), and Lt. Gen. Hussain (right).

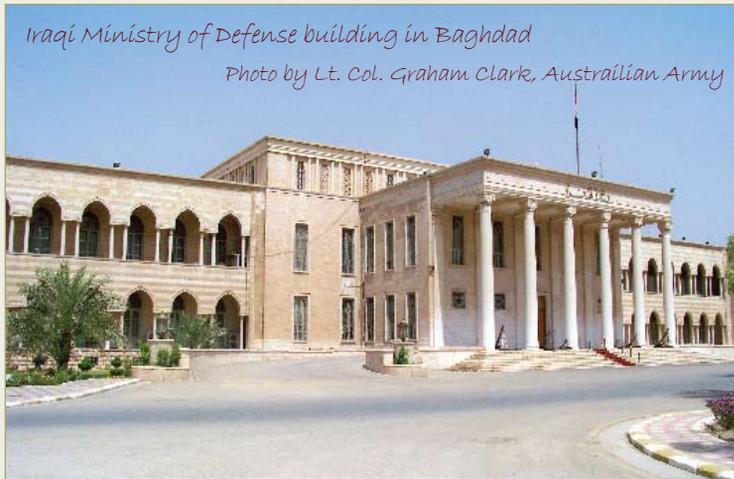
Photo by Lt. Col. Graham Clark

reviewing what we expect to be doing that day. This can range from helping an Iraqi get a badge to get into the Green Zone, to working with the Iraqis to determine weapons firing standards for basic training, to working out when and where units will receive basic training and their equipment to join the counterinsurgency (COIN) fight.

After the meeting, I put on my helmet and body armor, load up my pistol and walk over to the Ministry of Defense (Remember how I said that I didn't know how guys could wear this stuff all day every day? Now I know...you just do it). At the ministry, I spend the morning in meetings with the DCOS-T, Lt. Gen. Hussain and the other deputies. Translators attend these larger meetings and we wear wireless receivers to hear the translation.

After the meetings, Dick and I will spend time with Gen. Hussain, going over his schedule and discussing upcoming events and items that need to be attended to (Gen. Hussain speaks English well; so, we're able to accomplish quite a bit without a translator). We'd then walk back to the office, unload our weapons and eat lunch.

After lunch, we might drive over to FOB Honor (that's the place where the JHQ staff is located—the one with the burning dump), which again entails putting on the body armor and loading the weapon. There we'll work with some members of Hussain's staff on various projects, such as a joint exercise scheduled for the fall, or a brigade that is about to complete basic training but has no base to go to or sit in on a committee meeting to decide what



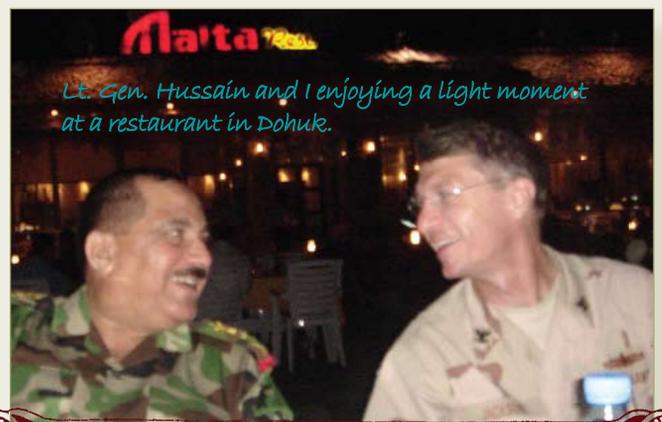
Iraqi Ministry of Defense building in Baghdad

Photo by Lt. Col. Graham Clark, Australian Army

responsibilities are appropriate for what ranks. Of particular interest to me, the committee decided that Iraqi officers must be at least lieutenant colonels before they're allowed to talk to the media.

Arab society is based on personal relationships; so, much of my time

at FOB Honor and other places has been spent drinking tea and talking about families, politics (which can be dicey), general warfighting philosophy and popular culture. A coalition officer unable or unwilling to spend this social time before conducting business will severely limit his or her effectiveness as an advisor. Being an extrovert, I find this to be very interesting, even fun, but I also find it very tiring. In part, I think this is because the language and cultural differences demand total focus during these conversations. I also think they're tiring because they're longer. The Iraqi will speak; then the translator will tell me what he said (sort of; some translators aren't so good); then I will respond and the translator will (I hope) convey what I intended back to the Iraqi. Then the process starts over again. It's hard for everyone involved.



Lt. Gen. Hussain and I enjoying a light moment at a restaurant in Dohuk.

-CONTINUED NEXT MONTH-

Activation and Mobilization Checklist

Required Documents for Your Family and You.

A. Pay/Direct Deposit/Allotment

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

B. Service Record/PSD

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

C. Security Clearance

- Certified copy of naturalization papers.

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

D. Legal

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

E. Medical

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

F. Personal

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

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

Navy Reserve Travel and Pay Processing Checklist

What You Need To Know.

1. Messing and Berthing

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

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

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

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

- Submit the following to your Reserve Activity within two (2) working days of completing travel:
- Completed Travel Voucher DD 1351-2 with ORIGINAL signature.
- Copy of endorsed orders.
- Second copy of endorsed orders (only required for IDTT processing).
- Receipts for lodging (regardless of amount) and all reimbursable expenses over \$75.00 or more. Credit card receipts are not acceptable for rental cars--actual rental car receipts are required.
- Copy of SATO Travel Itinerary (if travel incurred).
- Completed Direct Deposit "verification" form with Electronic Funds Transfer (EFT) data (some PSDs require this only upon change to EFT data; requirement varies by PSD).
- Certification of Non-Availability (CNA) for commercial lodging/meals from the BEQ/BOQ (if SATO has not already provided this on your Itinerary).
- Reserve Activity Authorizing Officer (AO) approval.

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

To minimize errors on your Travel Claims, see detailed instructions for your PSD and global forms at <http://www.pasad.navy.mil>.

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

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Office of the
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Commander Navy Reserve Forces
Command
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Force Equal Opportunity Advisor
and EO Hotline
Senior Chief Margaret Hoyt
1-877-822-7629

Naval Air Facility, Washington DC
(240) 857-4880

Naval District Washington RCC
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(315) 455-2441

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(910) 762-9676

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(508) 853-5522

Region Southeast RCC
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1-866-804-1627

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VP-69
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VR-46
(678) 655-6333

VR-48
(240) 857-6814

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(808) 257-3289

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(215) 443-6553

VR-53
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(904) 542-4051

VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
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VR-64
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Fleet and Industrial
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Fleet Air Mediterranean
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Fleet Forces Command
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Fleet Intelligence
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Headquarters
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Naval Inspector General Hotline (800) 522-3451	Navy Information Operations Command(NIOC) Maryland (301) 877-0817	Commander Submarine Force US Atlantic Fleet (757) 836-1341	Reserve Intelligence Command Headquarters Fort Worth, Texas (817) 782-7107
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	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 cutline information identifying the subjects and what they're doing in the photo. Also credit the photographer.

Story Submissions:

Due 5th of the month.

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

Questions and Suggestions:

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

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