

TNR

Ready Now.
Anytime,
Anywhere.

BACK TO
BASICS

2010 CALENDAR

A Letter from the EDITOR

TNR Readers,

This month we are doing something a little different with TNR. This special calendar edition has us thinking about all the great work the Navy Reserve has done and will continue to do in the coming year(s). We hope you find this useful in your home or briefcase as a planner for the work you do to defend our great nation.

In my calendar I will write down the many different schedules my Reserve unit members have. Some of my notes I have in mind are to track unit training dates; when my Sailors return from mobilizations; when the seven new Ensigns in my unit will be going to Direct Commissioning Officer school; and a handful of other evolutions Sailors participate in during the year.

It amazes me when I think about how many different ways Reservists support our Navy force. Working two days a month for some, on active duty and then back to Reserve duty for others--the service you provide continues throughout the year. When I look back to when I started my Navy Reserve career I drilled on the weekend and did two weeks of annual training. Today, you have so many more opportunities (and ways) to perform your Navy service.

Chief of Navy Reserve, Vice Adm. Dirk Debbink, is committed to providing you with opportunities to transition between active and Reserve components. I believe this will greatly enhance your service. As opportunities to transition seamlessly between active and Reserve status are provided, Navy's Total Force will capitalize on the spirit of volunteerism to encourage a Sailor's lifetime of service to the nation.

Thanks for all you do.

Jim Vorndran
TNR magazine

	ALFA "A" (AL-fah)		JULIETT "J" (JEW-lee-ett)		SIERRA "S" (see-AIR-ah)		ONE "1" (WUN)		SIX "6" (SICKS)
	BRAVO "B" (BRAH-voh)		KILO "K" (KEY-loh)		TANGO "T" (TANG-go)		TWO "2" (TOO)		SEVEN "7" (SEV-en)
	CHARLIE "C" (CHAR-lee)		LIMA "L" (LEE-mah)		UNIFORM "U" (YOU-nee-form)		THREE "3" (TREE)		EIGHT "8" (AIT)
	DELTA "D" (DELL-tah)		MIKE "M" (MIKE)		VICTOR "V" (VIK-tah)		WHISKEY "W" (WISS-kee)		NINE "9" (NIN-er)
	ECHO "E" (ECK-oh)		NOVEMBER "N" (no-YEM-bur)		XRAY "X" (ECKS-ray)		FOUR "4" (FOW-er)		ZERO "0" (ZEE-roh)
	FOXTROT "F" (FOKS-trot)		OSCAR "O" (OSS-kur)		YANKEE "Y" (YANG-kee)		FIVE "5" (FIFE)		
	GOLF "G" (GOLF)		PAPA "P" (pah-PAH)		ZULU "Z" (ZOO-loo)				
	HOTEL "H" (hoh-TELL)		QUEBEC "Q" (kay-BECK)						
	INDIA "I" (IN-dee-ah)		ROMEO "R" (ROH-me-oh)						

The U.S. Navy is steeped in history and tradition. Before the advent of electronic communication, ships would pass messages to one another through the use of signal flags. Even though the modern Navy can broadcast ship-to-ship, signal flags are still used to this day.



Colors

BACK TO BASICS

On Navy, Marine Corps and Coast Guard Bases

At commands ashore and aboard ships of the Navy and Coast Guard not under way, the ceremonial hoisting and lowering of United States Flag at 8 a.m. and sunset are known as morning and evening colors.

YOU WILL RENDER HONORS AS FOLLOWS:

- If in ranks, you'll be called to attention or order arms.
- If in uniform but not in ranks, face the colors and give the hand salute.
- If driving a vehicle, stop and sit at attention but do not salute.
- If a passenger in a boat, remain at attention, seated or standing. The boat officer or coxswain salutes for the boat.
- If in civilian clothes or athletic uniform, face the colors at attention and salute by placing your right hand over your heart.
- Aboard Navy ships or naval shore activities, when the national ensign is hoisted and lowered or half-masted for any occasion, the motions of the senior officer present are followed.

Ships not under way also hoist and lower the union jack on the jackstaff, at the ship's bow, and at morning and evening colors. The union jack is the rectangular blue part of the United States Flag containing the stars.

At morning colors, hoisting the ensign begins when the National Anthem starts. The national ensign is hoisted "smartly" to the top of the flagstaff.

At evening colors, lowering of the ensign also starts at the beginning of the music. Hoisting and lowering of the ensign are completed at the last note of the music.

THE NATIONAL FLAG IS ALWAYS HOISTED SMARTLY AND LOWERED CEREMONIOUSLY.

"Carry on" is sounded at the completion of the music.

If a band is not available for colors, "The Star-Spangled Banner" is played at morning colors and "Retreat" is played at evening colors.

For ships without a band or a bugler, "Attention" and "Carry on" are signals for beginning and terminating the hand salute.

Sometimes the music for colors from another U.S. ship can be overheard aboard your ship. When this happens, and no band or bugler is aboard your ship, the command to "Carry on" should not be given until the music being overheard is completed.

After morning colors, if foreign warships are present, the national anthem of each country represented is also played. If your ship is visiting a foreign country, the national anthem of that country is played immediately following morning colors, followed by the national anthems of any other foreign nations represented. You should show the same respect for national anthems of foreign countries as you do for our own.



On U.S. Army and U.S. Air Force Installations

Reveille is conducted to honor the U.S. flag as it is raised in the morning. Honors (salute) during reveille should be rendered similar to the procedure for retreat. Army and Air Force commands may conduct a command reveille or command retreat ceremony to help honor special days or events (Memorial Day, Veteran's Day, POW/MIA Day).

Reveille is conducted at different times on Army posts and Air Force bases. The time is set according to the installation commander. It can be as early as 6 a.m. or as late as 7:30 a.m.

Retreat is conducted in the evening, and again, the times vary according to the commander of the installation. The bugle may sound as early as 5 p.m. or as late as 6 p.m.

The ceremony remains a tradition in today's military by marking the end of the military day and honoring the flag as it is lowered. The bugle call "Retreat" precedes the flag ceremony.

At the first sound of the bugle, face the flag, or sound of the bugle if the flag is not visible and stand at parade rest. When you see the flag being lowered or hear the bugle call "To the Colors" or the national anthem, come to attention and render a salute. Hold a salute until the flag is lowered or music ends.

Civilians should stand at attention, facing the flag or music with their right hand over their heart. Vehicles should stop during both reveille and retreat. Passengers should remain quietly seated.

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Rank Abbreviations

Each of the armed services uses unique rank abbreviation for official correspondence (i.e. letters, memos, messages, etc.). For example, a Navy captain (CAPT) should not be mistaken for a Marine Corps captain (Capt.) or Army captain (CPT). The following table provides the appropriate abbreviations. **TNR**

	Navy	Coast Guard	Marines	Air Force	Army
O-10	ADM	ADM	Gen	Gen.	GEN
O-9	VADM	VADM	LtGen	Lt. Gen.	LTG
O-8	RADM	RADM	MajGen	Maj. Gen.	MG
O-7	RDML	RDML	BrigGen	Brig. Gen.	BG
O-6	CAPT	CAPT	Col	Col.	COL
O-5	CDR	CDR	LtCol	Lt. Col.	LTC
O-4	LCDR	LCDR	Maj	Maj.	MAJ
O-3	LT	LT	Capt	Capt.	CPT
O-2	LTJG	LTJG	1stLt	1st Lt.	1LT
O-1	ENS	ENS	2ndLt	2nd Lt.	2LT
CWO-5	CW05	CW05	CW05	---	CW5
CWO-4	CW04	CW04	CW04	---	CW4
CWO-3	CW03	CW03	CW03	---	CW3
CWO-2	CW02	CW02	CW02	---	CW2
WO-1	---	---	WO1	---	WO1
E-9	MCPON / MCPO / CMDCM / FLTCM / FORCM	MCPOCG / MCPO / CMDCM /	SMMC / SgtMaj / MGySgt	CMSAF / CMSgt / CCM	SMA / CSM / SGM
E-8	SCPO	SCPO	MSgt / 1stSgt	SMSgt	MSG / 1SG
E-7	CPO	CPO	GySgt	MSgt	SFC
E-6	P01	P01	SSgt	TSgt	SSG
E-5	P02	P02	Sgt	SSgt	SGT
E-4	P03	P03	Cpl	SrA	CPL / SPC
E-3	SN / AN / FN / HN / DN / CN	SN	LCpl	A1C	PFC
E-2	SA / AA / FA / HA / DA / CA	SA	PFC	Amn	PV2
E-1	SR / AR / FR / HR / DR / CR	SR	Pvt	AB	PV1





February

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	Washington's Birthday	U.S. flag raised on Mt. Suribachi, Iwo Jima, 1945																																																																																															
28	<p>"A dream doesn't become reality through magic; it takes sweat, determination and hard work." - General Colin Powell</p>				<p>January 2010</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p>March 2010</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
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Birth of the Navy Reserve Force

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JUNE 12, 1775

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

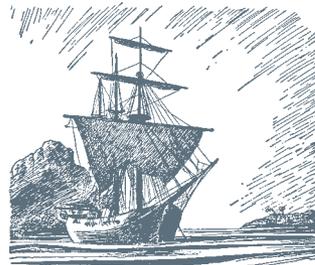
Throughout the American Revolution, the small size of the Continental Navy necessitated the service of "Citizen Sailors," who put to sea manning privateers. Their raids against the British merchant fleet were as important as the sea battles of John Paul Jones in establishing American tradition.

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.

1812

Reservists raided British commerce on the high seas and also outfitted a fleet of barges called the Chesapeake Bay Flotilla in an effort to defend the vital body of water against British invasion. Though overwhelmed by superior numbers, they continued to wage war on land, joining in the defense of Washington D.C.

1860

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.



1914

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.

MARCH 3, 1915

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.

MEN WANTED FOR THE NAVY!



All able-bodied men not in the employment of the Army, will be enlisted into the Navy upon application at the Naval Recruiting Stations on Coast Street, next door to the Printing Office.

H. K. DAVENPORT, Com'r. & Senior Av.



The UNITED STATES NAVY offers to YOU, Young Men between 17 and 30, to YOUR SONS—American FATHERS and MOTHERS—a fine chance to See the World, Save Money, and Learn a Useful Trade—Read what follows, compare the columns, and then pass this card along to someone else.



IN CIVIL LIFE

1. Take uncertain orders, layoffs and sickness.
2. Promotion and advancement uncertain and slow.
3. Education and practice are frequently absent.
4. Pay small and limited while learning a trade.
5. Waste all resources, become tired every day.
6. Health, pleasure and sustaining working place.
7. When sick, your pay stops and doctor's bill starts.
8. If disabled or injured, you receive little or no pay.
9. If you die, your family gets only what you have saved from your small wages.
10. Little CLEAR MONEY, nearly all your pay goes to a stranger and some other man.
11. Old age, sickness, little money saved, your job gone to a stranger and some other man.

IN THE NAVY

1. Steady and healthy employment, with good pay.
2. Promotion quick and sure for deserving men.
3. No uncertain or uncertain pay, the best men win.
4. Pay good, with chance to learn a useful trade.
5. Travel, education, knowledge, change of scene.
6. Fresh air, sun, sea, clean, healthy, athletic life.
7. When sick, pay goes on, doctor and hospital free.
8. If disabled, during enlistment, you get a pension.
9. If you die, any time during your enlistment, a son equal to fortunate pay goes to your family.
10. Your pay is CLEAR MONEY, a \$600 discharge, with, love, an ending.
11. After 30 years' service, retirement on three-fourths pay, plus \$12.25 for allowances.

It will be worth your while to call at a Navy Recruiting Station to talk over your future with the men there. They have served in the Navy and KNOW what the Navy offers to young men who are ambitious. Or, write for full information to the Navy Recruiting Station, U.S. NAVY, WASHINGTON, D.C.



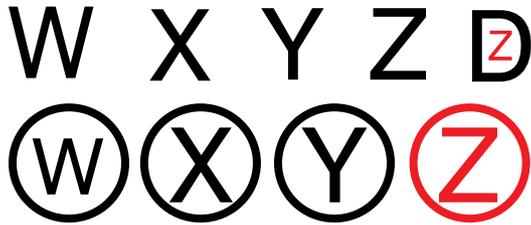


March

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28	29	● 30	31	<p>"Great necessities call forth great leaders." - Abigail Adams</p>	<p>February 2010</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28							<p>April 2010</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
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<p>Palm Sunday</p>		<p>Jewish Passover</p>																																																																																									

BACK TO BASICS

Navy Material Conditions



Material Conditions (NWP 3-20.31) establish the fighting integrity of the ship and maintain its survivability. The determination of the material condition set at any time is the responsibility of the commanding officer, who may authorize modifications of any material condition.

One of the most important features of ship survivability is the ability to configure the ship to simultaneously allow the survivability system to function and the ship to be operated. Standard configurations representing varying degrees of closure and known as “material conditions” set the ship according to the degree of threat to the ship and the current operational directives.

Some fittings that are required to be open or closed for specific purposes carry special markings indicating how they are to be set during various material conditions. Closures are defined as closable openings in overheads, decks and bulkheads for access by personnel. Fittings are covers, valves, caps and plugs for access other than for personnel and for control of fluid flow. They may be on or in piping and ventilation systems, or in overheads, decks and bulkheads.

For brevity, where context allows, the term fitting is used to include the meaning of both fitting and closure, and the term compartmentation is used to include both structural and fluid system segregation.

WILLIAM:

WILLIAM fittings are vital sea suction, Collective Protection System zone ventilation fittings valves (serving vital equipment in manned spaces) and valves that must be open to maintain mobility and fire protection. WILLIAM fittings are open during all material conditions. They are secured only to control damage, contamination or to repair equipment served.

WILLIAM fittings are marked with a black W. Circle WILLIAM fittings, like WILLIAM fittings, are normally open, but are secured for protection in attack. Circle WILLIAM fittings are marked with a black W in a black circle.

X-RAY:

X-RAY provides the least tightness and the greatest ease of access throughout the ship. It is set when the threat to the ship is minimal, during working hours when in port, or when there is no danger of attack or bad weather.

When condition X-RAY is set, all fittings marked with a black X are closed.

YOKE:

YOKE is set when at sea, or in port during wartime.

Condition YOKE provides a greater degree of watertight integrity than condition X-RAY, but to a lesser degree than the maximum condition.

When condition YOKE is set, all fittings marked with black Xs and Ys, Circle X and Circle Y are closed. A modified condition YOKE is sometimes used at sea when cruising independently in good weather and calm seas and in port in peacetime. In the modified condition, YOKE fittings above the waterline are left open to improve ventilation and habitability.

All other X-RAY and YOKE fittings are closed.

ZEBRA:

ZEBRA provides the greatest degree of subdivision and tightness to the ship. It is set immediately and automatically when general quarters is sounded. It is also set when entering or leaving port during wartime, to localize damage and control fire and flooding, or at any time the Commanding Officer deems it necessary. Modified Material Condition ZEBRA - allows movement around the ship for special conditions such as: Underway Replenishment ; Vertical Replenishment; Air Operations; Amphibious Operations; transit of known or suspected hazardous navigation areas.

Condition ZEBRA is the maximum state of readiness for the ship's survivability system.

When condition ZEBRA is set, all fittings marked with black Xs and Ys, Circle X, Circle Y, Circle Z, red Zs and DOG Zs are closed.

Circle ZEBRA fittings are closed when condition ZEBRA is set. They may be opened with the permission of the CO during extended periods of general quarters for the preparation and distribution of battle messing, to provide access to limited sanitary facilities, to ventilate battle stations, to transit from squadron ready rooms to the flight deck and to allow limited access throughout the ship. Open Circle ZEBRA fittings must be guarded so they can be closed immediately. Circle ZEBRA fittings are marked with a red Z in a red circle.

DOG ZEBRA fittings are secured when condition ZEBRA is set and whenever the ship is darkened, regardless of the material condition that is set. During “Darken Ship” they are closed to prevent light inside the ship from showing outside. DOG ZEBRA fittings are marked with a red Z in a black D.



April

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<p>4</p> <p>NATO est. 1949 Easter Sunday</p>														<p>5</p>														<p>6</p> <p>U.S. entered World War I, 1917 Cmdr. Robert Perry reached North Pole, 1909</p>														<p>7</p>														<p>8</p>														<p>9</p>														<p>10</p>																																																																												
<p>11</p> <p>Submarine Force est. 1900 Holocaust Remembrance Day</p>														<p>12</p>														<p>13</p>														<p>14</p>														<p>15</p> <p>Federal Income Tax due E-9 Evals Due</p>														<p>16</p>														<p>17</p>																																																																												
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BACK TO BASICS

Fire Classifications

Fires are classified according to the nature of the combustibles (or fuels) involved. The classification of any particular fire is of great importance since it determines the manner in which the fire must be extinguished. Fires are classified as being either class ALPHA, class BRAVO, class CHARLIE, or class DELTA fires.



ALPHA: (CLASS A)

MATERIALS: Wood, paper, cloth, upholstery and similar materials.

EXTINGUISH: Water, using high or low velocity fog, solid streams or high pressure water mist.

NOTE: Class A fires leave embers or ashes and must always be overhauled.



CHARLIE: (CLASS C)

MATERIALS: Electrical equipment and wiring.

EXTINGUISH: Non conducting extinguishing agents, such as potassium bicarbonate (PKP), CO₂ and

Halon 1211.

NOTE: CO₂ and Halon 1211 are preferred because they leave no residue.



BRAVO: (CLASS B)

MATERIALS: The vapor air mixture over the surface of flammable liquids, such as gasoline, jet fuel, paint, oil, diesel oil, fuel oil, thinners, solvents, lubricating oils and greases.

EXTINGUISH: Aqueous film-forming foam (AFFF), Halons (Monobromotrifluormethane) 1211 and 1301, Carbon Dioxide (CO₂), water fog or dry chemical Purple-K-Powder (PKP).

NOTE: The agent used will depend upon the circumstances of the fire.



DELTA: (CLASS D)

MATERIALS: Combustible metals; magnesium, titanium and sodium.

EXTINGUISH: Special techniques have been developed to control this type of fire. Apply large amounts of water on the burning material to cool it down below its ignition temperature. However, a magnesium fire can be smothered by covering it with a large volume of dry sand.

NOTE: If possible, jettison the burning material overboard.

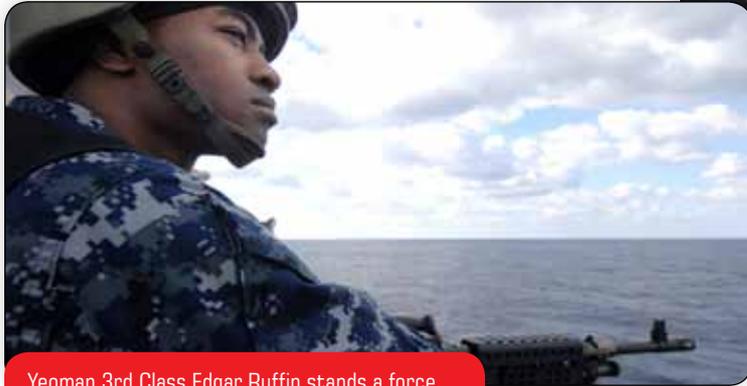


May

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Mother's Day				Navy Nurse Corps est. 1908		Armed Forces Day																																																																																					
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					American Red Cross founded, 1881																																																																																						
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BACK TO BASICS

The Eleven General Orders of a Sentry



Yeoman 3rd Class Edger Ruffin stands a force protection security watch aboard the aircraft carrier USS Harry S. Truman (CVN 75).

U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Jessica Ellington



Fire Controlman 3rd Class Lacey Robertson mans a .50-caliber machine gun on the fantail of the guided-missile cruiser USS Chosin (CG 65) as the ship conducts counter-piracy operations in the Gulf of Aden.

U.S. Navy photo by Mass Communication Specialist 1st Class Scott Taylor

8

To give the alarm in case of fire or disorder.

9

To call the Officer of the Deck in any case not covered by instructions.

10

To salute all officers and all colors and standards not cased.

11

To be especially watchful at night and during the time for challenging, to challenge all persons on or near my post and to allow no one to pass without proper authority.

1

To take charge of this post and all government property in view.

2

To walk my post in a military manner, keeping always on the alert and observing everything that takes place within sight or hearing.

3

To report all violations of orders I am instructed to enforce.

4

To repeat all calls from posts more distant from the guard house than my own.

5

To quit my post only when properly relieved.

6

To receive, obey and pass on to the sentry who relieves me, all orders from the Commanding Officer, Command Duty Officer, Officer of the Deck and Officers and Petty Officers of the Watch only.

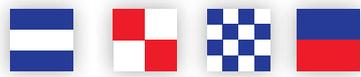
7

To talk to no one except in the line of duty.



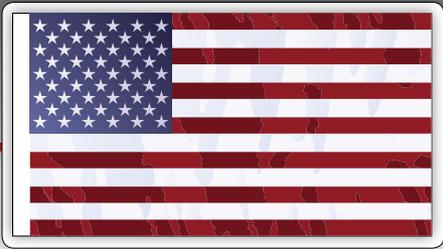
Aviation Boatswain's Mate 2nd Class Dusty Winkler keeps a look out while standing sentry aboard the USS Harry S. Truman (CVN 75).

U.S. Navy photo by Mass Communication Specialist 2nd Class Arturo Chavez



June

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<p>"Good order is the foundation of all great things" - Edmund Burke</p>		1	2	3	4	5																																																																																																		
			Battle of Midway began, 1942																																																																																																					
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Normandy Invasion, 1944		Office of Judge Advocate General est. 1880																																																																																																						
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	Flag Day	E-4 Evals Due		Navy Hospital Corps est. 1898																																																																																																				
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Father's Day	U.S. Constitution ratified, 1788 First Day of Summer																																																																																																							
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Folding the Flag

BACK TO BASICS

by CNRFC Public Affairs

Graphics by Bryan Bordelon

1



Open edge.

Folded edge.

Fold the lower striped section of the flag over the blue field.

2



Open edge.

Folded edge.

Fold the folded edge over to meet the open edge.

3



Open edge.

Folded edge.

Start a triangular fold by bringing the striped corner of the folded edge to the open edge.

4



Open edge.

Folded edge.

Fold the outer point inward parallel with the open edge to form a second triangle.

5



Open edge.

Folded edge.

Continue folding until the entire length of the flag is folded into a triangle with only the blue field and margin showing.

6



Tuck the remaining margin into the pocket formed by the folds at the blue field edge of the flag.

7



The properly folded flag should resemble a three point hat.

THE CORRECT METHOD OF FOLDING THE FLAG

A properly proportioned flag will fold 13 times on the triangles, representing the 13 original colonies. When finally complete, the triangular folded flag is emblematic of the tri-corner hat worn by the Patriots of the American Revolution. When folded no red or white stripe is to be evident leaving only the honor field of blue and stars.

The colors of the Flag symbolize:
 Red - valor, zeal and fervency.
 White - hope, purity, cleanliness of life and rectitude of conduct.
 Blue - color of heaven, reverence to God, loyalty, sincerity, justice and truth.

The stars in the union, one star for each state, symbolizes dominion and sovereignty, as well as lofty aspirations.

Flag Names: "Old Glory," "Stars and Stripes" and "Star Spangled Banner."

George Washington's Flag interpretation:
"We take the stars from Heaven, the red from our mother country, separating it by white stripes, thus showing that we have separated from her, and the white stripes shall go down to posterity representing Liberty."



United States Navy Ethos

We are the United States Navy, our Nation's sea power – ready guardians of peace, victorious in war.

We are professional Sailors and Civilians – a diverse and agile force exemplifying the highest standards of service to our Nation, at home and abroad, at sea and ashore.

Integrity is the foundation of our conduct; respect for others is fundamental to our character; decisive leadership is crucial to our success.

We are a team, disciplined and well-prepared, committed to mission accomplishment. We do not waver in our dedication and accountability to our Shipmates and families.

We are patriots, forged by the Navy's core values of Honor, Courage and Commitment. In times of war and peace, our actions reflect our proud heritage and tradition.

We defend our Nation and prevail in the face of adversity with strength, determination, and dignity.

We are the United States Navy.



POWER

"Successful diplomacy is made possible by the capability evidenced by Naval power." (Secretary of the Navy, Donald C. Winter)

A Cooperative Strategy for 21st Century Seapower



P R E S E N C E

By being there, forward deployed and engaged in mutually beneficial relationships with regional and global partners, we will promote frameworks that enhance security.

A Cooperative Strategy for 21st Century Seapower

Sailor's Creed

I am a United States Sailor.

I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.

I represent the fighting spirit of the Navy and all who have gone before me to defend freedom and democracy around the world.

I proudly serve my country's Navy combat team with Honor, Courage and Commitment .

I am committed to excellence and the fair treatment of all.



July

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<p>June 2010</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>												S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				<p>August 2010</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>												S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p>"The American Revolution was a beginning, not a consummation." - Woodrow Wilson</p> <p>0-3 Midterm Counseling Due</p>												<p>1</p> <p>Marine Corps Reserve est. 1925</p>												<p>2</p>												<p>3</p>											
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The Hand Salute

BACK TO BASICS



Sailors aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) render hand salutes to the USS Arizona Memorial in Pearl Harbor, Hawaii, as they man the rails pulling into the harbor.

Photo by Photographer's Mate Airman Apprentice Timothy C. Roache Jr.

The origin of the hand salute is uncertain. Some historians believe it began during the age of the Roman Empire when assassinations were common. A citizen who wanted to see a public official had to approach with his right hand raised to show that he did not hold a weapon. Knights in armor raised visors with the right hand when meeting a comrade.

This practice gradually became a way of showing respect; in early American history, sometimes involved removing the hat. By 1820, the motion was modified to touching the hat. Since then, that gesture has become the hand salute used today.

Most historians believe, however, that the U.S. Military salute was influenced more by the British Navy. The Naval salute differs from the "Open Hand" British Army salute in that the palm of the hand faces down towards the shoulder. This dates back to the days of sailing ships, when tar and pitch were used to seal the timber from seawater. To protect their hands, officer wore white gloves and it was considered most undignified to present a dirty palm in the salute so the hand was turned through 90 degrees.

WHEN TO SALUTE:

Military personnel in uniform are required to salute when they meet and recognize, in or out of uniform, persons entitled (by grade) to a salute except when it is inappropriate or impractical (in public conveyances such as planes and buses, in public places such as inside theaters or when driving a vehicle).

PERSONS ENTITLED TO A SALUTE:

- The President of the United States (Commander-in-Chief).
- Commissioned Officers and Warrant Officers of the U.S. Armed Services, U.S. Public Health Service, and the National Oceanographic and Atmospheric Administration.

- Any Medal of Honor recipient.
- Officers of friendly foreign countries.

A SALUTE IS ALSO RENDERED:

- When the U.S. National Anthem, "To the Color," "Hail to the Chief," or foreign national anthems are played.
- On ceremonial occasions (such as Change of Command, and Military Parades).
- At reveille and retreat ceremonies, during the raising or lowering of the U.S. Flag.
- During the sounding of honors.
- When the Pledge of Allegiance to the U.S. Flag is being recited outdoors.
- When turning over control of formations.
- When rendering reports.

Salutes are not required when:

- Indoors, except when reporting to an officer or when on duty as a guard.
- Addressing a prisoner.

PERFORMING THE HAND SALUTE:

- The right hand is raised smartly until the tip of the forefinger touches the lower part of the headdress or forehead above and slightly to the right of the right eyebrow.
- Thumb and fingers extended and joined, palm to the left, upper arm parallel to the deck, forearm inclined at 45 degrees, hand and wrist straight.
- Turn your head toward the person saluted.
- To complete the greeting, the junior person must hold their salute until the ranking official has dropped their salute. At that time the arm is dropped to its normal position by the side in one motion, at the same time turning the head and eyes to the front.



August

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1 Office of Naval Research est. 1946	2	☾ 3	4 Medical Service Corps est. 1947	5	6 First atomic bomb dropped, Hiroshima, Japan, 1945	7																																											
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15 U.S. Naval Academy est. 1845	☾ 16	17	18	19	20	21																																											
22 Dental Corps est. 1912	23	● 24	25	26	27	28																																											
29	30	31 BUMED est. 1841	<p>0-2 Midterm Counseling Due</p> <p>“Not everything that is faced can be changed, but nothing can be changed until it is faced.” - James Baldwin</p>		<p>July 2010</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>		S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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Jewelry in Uniform



According to OPNAVINST 2201.6, "Conservative jewelry is authorized for all personnel and shall be in good taste while in uniform."

Both male and female servicemembers are authorized a wedding band or engagement set along with one ring on each hand. Thumb rings are not to be worn by either sex while in uniform.

Males are not authorized to wear earrings while in uniform, on a military installation or while attending a military event. Females are authorized one earring in each lower center earlobe while in uniform.

Earring specifications are as follows:

- Ball stud earrings must be between four and six millimeters with either a shiny or matte finish. Female junior enlisted are to wear a silver finish; female chiefs and officers wear a gold finish.

Body and facial piercings are not authorized for either sex while in uniform, on a military installation or while attending a military event.

Males and females, while in uniform, may wear one necklace, providing the jewelry does not show.

While in uniform, only one wristwatch may be worn. The servicemember may wear a bracelet on the opposite wrist. Bracelets with dangling charms are not to be worn while in uniform. This is due to foreign object debris hazards, should any piece fall off the bracelet.

Faddish bracelets are not to be worn while in uniform by either sex. This includes, but is not limited to, rubber charity bracelets or leather wrist cuffs. Ankle bracelets are unauthorized while in uniform for either sex.

For more information, please reference OPNAVINST 2201.6.

BACK TO BASICS

*U.S. Navy photos by
Mass Communication Specialist
2nd Class Kurt Eischen*

*Aptly demonstrated by
Mass Communication Specialist
3rd Class Quinn Whisner*

*Note:
Photo representations are not to
scale.*





September

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The Haircut



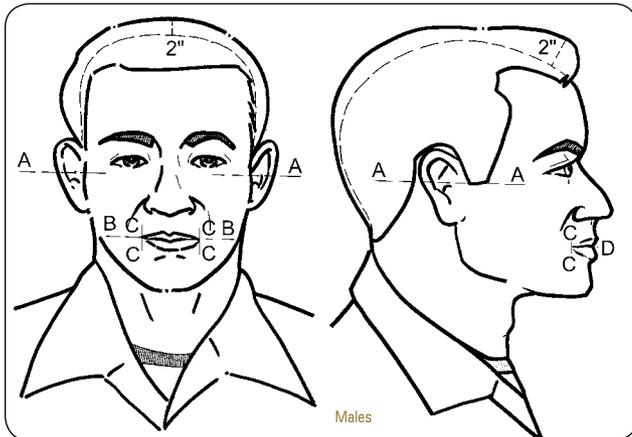
The Navy haircut standards are not intended to be overly restrictive nor are they designed to isolate Navy personnel from society. The limits set forth are reasonable, enforceable, and insure that personal appearance contributes to a favorable military image.

Men's and women's grooming policies, in reference to haircuts, recognizes the difference between the sexes; sideburns for men, different hairstyles and cosmetics for women.

Establishing identical grooming and personal appearance standards for men and women would not be in the Navy's best interest and is not a factor in the assurance of equal opportunity.

Navy personnel assigned to Marine Corps units who elect to wear and are issued Marine Corps service uniforms at no expense, will abide by grooming standards established for Marines.

Navy personnel assigned to Marine Corps units who do not elect to wear Marine Corps service uniforms will be issued only utilities and shall abide by grooming standards for Navy personnel.



MEN'S HAIRCUTS:

Men shall keep hair neat, clean and well groomed. Hair above the ears and around the neck shall be tapered from the lower natural hairline upwards at least 3/4 inch and outward not greater than 3/4 inch to blend with hairstyle.

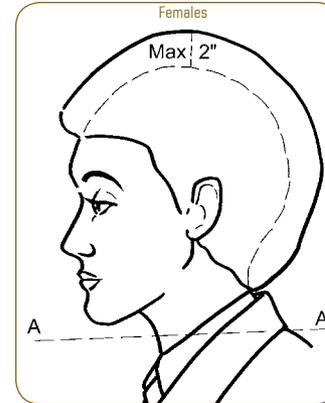
Hair on the back of the neck must not touch the collar. Hair shall be no longer than four

inches and may not touch the ears, collar, extend below eyebrows when headgear is removed, show under front edge of headgear, or interfere with properly wearing military headgear. The bulk of the hair shall not exceed approximately two inches. Bulk is defined as the distance the mass of hair protrudes from the scalp. Hair coloring must look natural and complement the individual. Faddish styles and outrageous multicolored hair are not authorized.

One (cut, clipped or shaved) natural, narrow, fore and aft part is authorized. Varying hairstyles, including afro, are permitted if these styles meet the criteria of maximum length and bulk, tapered neck and sides, and do not interfere with properly wearing military headgear.

Plaited or braided hair shall not be worn while in uniform or in a duty status.

Sideburns should be neatly trimmed and tailored in the same manner as the haircut and shall not extend below a point level with the middle of the ear, shall be even width (not flared) and shall end with a clean shaven horizontal line.



WOMEN'S HAIRCUTS:

Hairstyles shall not be outrageously multicolored or faddish, to include shaved portions of the scalp (other than the neckline), or have designs cut or braided into the hair. Hair coloring must look natural and complement the individual. Haircuts and styles shall present a balanced appearance.

Lopsided and extremely asymmetrical styles, ponytails, pigtailed, widely spaced individual hanging locks and braids which protrude from the head, are not authorized.

Multiple braids are authorized. Braided hairstyles shall be conservative and conform to the guidelines listed herein.

When a hairstyle of multiple braids is worn, braids shall be of uniform dimension, small in diameter (approx. 1/4 inch), and tightly interwoven to present a neat, professional, well groomed appearance.

Foreign material (i.e., beads, decorative items) shall not be braided into the hair. Short hair may be braided in symmetrical fore and aft rows (corn rowing) which minimize scalp exposure.

Corn row ends shall not protrude from the head, and shall be secured only with inconspicuous rubber bands that match the color of the hair. Appropriateness of a hairstyle shall also be judged by its appearance when headgear is worn.

All headgear shall fit snugly and comfortably around the largest part of the head without distortion or excessive gaps.

Hair shall not show from under the front of the brim of the combination hat, garrison, or command ball caps. Hairstyles which do not allow headgear to be worn in this manner, or which interfere with the proper wear of protective masks or equipment are prohibited. When in uniform, the hair may touch, but not fall below a horizontal line level with the lower edge of the back of the collar.

With jumper uniforms, hair may extend a maximum of 1-1/2 inches below the top of the jumper collar. Long hair, including braids, which fall below the lower edge of the collar shall be neatly and inconspicuously fastened, pinned, or secured to the head.

No portion of the bulk of the hair as measured from the scalp will exceed approximately two inches. A maximum of two small barrettes/combs/clips, similar to hair color, may be used in the hair.

Additional bobby pins or rubber bands matching hair color may be used to hold hair in place, if necessary. Fabric elastics and colored rubber bands/pins are not authorized.

Hair ornaments shall not present a safety or FOD (Foreign Object Damage) hazard.



October

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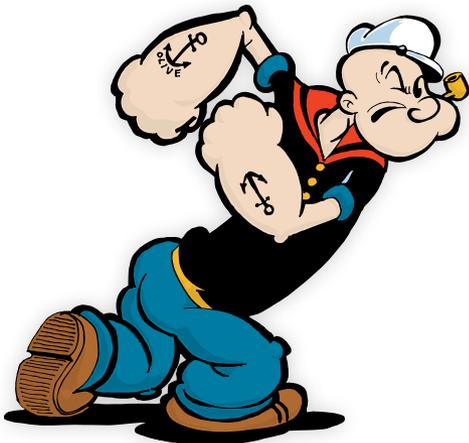
Body Art: Decorated Skin

CONTENT:

Tattoos located anywhere on the body that are prejudicial to good order, discipline and morale or bring discredit upon the naval service are prohibited. For example, tattoos that are obscene, sexually explicit, or advocate discrimination based on sex, race, religion, ethnic or national origin are prohibited. In addition, tattoos that symbolize affiliation with gangs, supremacist or extremist groups, or advocate illegal drug use are prohibited.

LOCATION, LOCATION, LOCATION:

No tattoos are permitted on the head, face, neck or scalp. The neck area is any portion visible when wearing a crew neck t-shirt or open collar uniform shirt. In addition, otherwise permissible tattoos on the torso area of the body shall not be visible through white uniform clothing.



© King Features Syndicate



SIZE MATTERS AND EXTREMES:

Individual tattoos exposed by wearing a short sleeve uniform shirt shall be no larger in size than the wearer's hand with fingers extended and joined with the thumb touching the base of the index finger. Tattoos that exceed size criteria are waiverable provided they do not violate the content or location criteria.

Intentional mutilation of any part of the body is also prohibited. This includes, but is not limited to a split or forked tongue, foreign objects inserted under the skin to create a design or pattern, enlarged or stretched out holes in ears (other than a normal piercing), intentional scarring on neck, face, or scalp, or intentional burns creating a design or pattern.

Finally, the use of gold, platinum or other veneers or caps for purposes of dental ornamentation is prohibited. Teeth, whether natural, capped, or veneered, will not be ornamented with designs, jewels, initials, etc..



www.strangecosmos.com



November

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 28	29	30	<p>"It follows than as certain as that night succeeds the day, that without a decisive naval force we can do nothing definitive, and with it, everything honorable and glorious." - President George Washington</p>		<p>October 2010</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p>December 2010</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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Navy Chaplain Corps est. 1775 First Sunday of Advent	1st Army-Navy football game 1890																																																																																																	

Navigate Yourself

BACK TO BASICS

BASIC ORIENTATION:

Knowing how a ship is compartmented is crucial for navigating its vast interior. Each compartment of the ship is stamped with a series of alphanumeric numbers, known as “bull’s-eyes,” which give information on where you are, and what that compartment’s function is. The information is given in the following order: deck number, frame number, relation to the centerline of the ship and compartment usage. Each of these parts is separated by a hyphen.

Decks above the main deck are numbered 01, 02, 03, etc. and are referred to as levels. Below the main deck, there are the first, second, third decks, etc. Remember, on a carrier the hangar deck, the one below the flight deck, is the main deck. Frame numbers tell you where you are in relation to the bow of the ship; the numbers increase as you go aft. The third number in the bull’s-eye reflects compartmentation numbers in relation to the ship’s centerline. EVEN numbers are to PORT, and ODD numbers are to STARBOARD. The numbers increase as you travel outboard. The last letter on the compartmentation number indicates what the compartment is used for.

Indicates the second deck.

Indicates the compartments forward boundary is on or immediately aft of ship’s frame 115.

Indicates the first compartment outboard of the centerline to port (even numbers to port, odd to starboard).

Compartment used for living quarters.

2-115-1-L
115-129
ER04

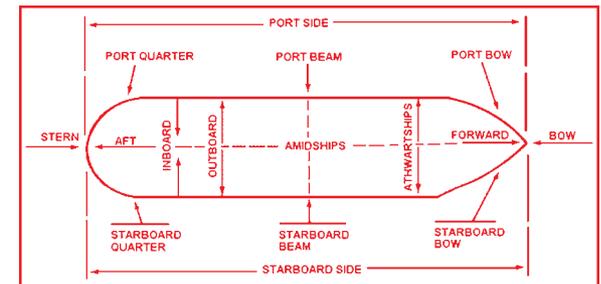
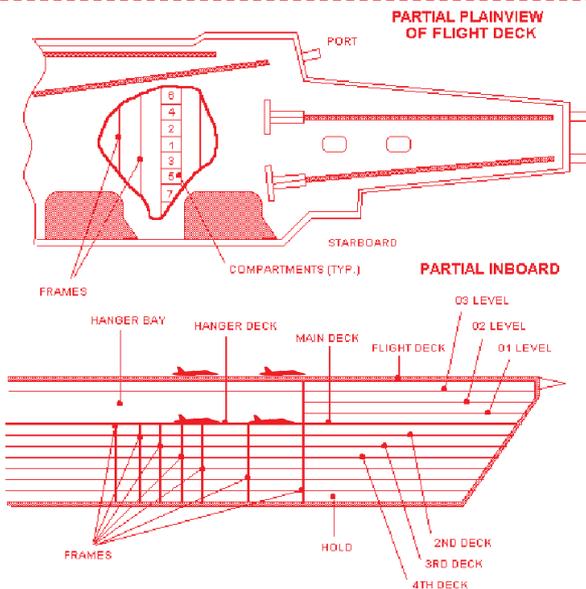
TYPICAL CARRIER COMPARTMENT USAGE CODES

- A - Supply and storage**
- B - Guns**
- C - Ship control**
- E - Machinery**
- F - Fuel**
- L - Living quarters**
- M - Ammunition**
- T - Trunks and passages**
- V - Void**
- W - Water**

Indicates frame location.

The division responsible for the space.

Bull’s-eyes or direction markers are made from phosphorescent decals or paint.





December

Sunday							Monday							Tuesday							Wednesday							Thursday							Friday							Saturday																																																																																			
November 2010 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30														January 2011 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31																												1							2							3							4																																																														
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Kwanzaa Begins																																																																																				New Year's Eve																																									



Ready Now.
Anytime,
Anywhere.

SUBMISSION GUIDELINES

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
james.vorndran@navy.mil
or call (757) 322-5624

