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Reservists Surge Forward



NAVY RESERVE

Ready Now. Anytime, Anywhere.

From the Editor



Readers,

While we were putting this issue of TNR together, two historic events happened which I felt were stories not to miss. First was the devastating earthquake that hit Haiti Jan.12 and then there was the launch of space shuttle Endeavour Feb 8.

The earthquake shows us how valuable Reservists are to the ability of the Navy to surge forward at a moment's notice. Relief efforts got underway and Reservists joined in the charge to give support. In this issue you will find a story about how the Navy's medium airlift capability is a critical component of Haiti relief. The part of this that makes me proud is the Navy Reserve provides 100 percent of that capability. Our VR squadrons were able to surge forward and provide hundreds of flight hours to deliver millions of pounds of supplies to Haiti.

The space shuttle Endeavour launch is something all Americans can be proud of, especially Navy Reservists. On board was Reservist Capt. Kay Hire; a 21-year veteran of the space shuttle program. This shows how Reservists bring incredible civilian skills to the Navy, while also bringing Navy skills to your civilian employers. I was recently going through past issues of TNR and found coverage of other launches involving Navy Reservists and have to say Hire is part of a good size group of people that do amazing work, as civilians and as a Reservist. Welcome home Capt. Hire.

To wrap up this letter I would like to wish a great big happy 117th birthday to the chief petty officer community. Through the years there have been many chiefs I have worked with whose lessons I will never forget. When you are done reading this issue go out and thank a chief.

Sincerely,

Jim Vorndran



10
RESERVISTS HELP HAITI

14
ACCESS: ANYTIME, ANYWHERE.

18
ANSWERING THE CALL

20
UKRAINE TRAINING

22
OPENING A "WINDOW ON THE
WORLD"

26
DIVERSE SAILORS WITH DIVERSE
MISSIONS

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- 02....TRAVEL SMART
- 03....DIVERSITY
- 04....SPIRITUAL NAVIGATION
- 05....CAREER COUNSELOR
- 06....CULTURE OF FITNESS
- 07....FOCUS ON FAMILIES
- 08....LEADERSHIP
- 13....PROFILES IN
PROFESSIONALISM
- 16....BACK TO BASICS
- 28....ANCHORS IN THE DIRT
- 30....MOBILIZATION CHECKLIST
- 32....RC PHONE DIRECTORY

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TRAVEL SMART



DTS/NROWS INTEGRATION

WRITTEN BY: LT. CATHERINE ANDERSON
RESERVE FORCE TRAVEL

MENTIONED in the December 2009 edition of TNR, the Defense Travel System (DTS) has been integrated with the Navy Reserve Order Writing System (NROWS) to streamline the process of booking travel and getting paid for it.

The most common reasons orders do not get ticketed and the member experiences difficulties are listed below, with the explanation of how to avoid these pitfalls.

Let's start at the beginning ... DTS Self Registration. This needs to be completed once and should be done and approved at least five days before a set of orders begins. The most common reason a self registration is disapproved is when a Reservist doesn't put an "R" at the end of their social security number. For a step by step print out on how to register, along with a lot of other DTS information, visit our SharePoint page (private side) at https://private.navyreserve.navy.mil/3447B/n3/N33_WebPages/DTS_Information.aspx

Next is NROWS. Submit your orders like you always have and route them up your chain of command. To see where your orders are in the approval process, go to "View Application Details," then "Track this Application," and to "Actions and Comments." If the orders are stuck, you can see who the point of contact is and get a hold of that person directly. If the orders have been disapproved you will see the explanation as to why.

Now that you're registered and you've submitted your NROWS orders, it's time to complete your DTS authorization request, right? Not quite. NROWS needs to import your file into DTS. DTS will send you an e-mail (to the address you have listed in NROWS) to tell you it's time to create an authorization. An important item to remember after creating an authorization is to sign it before clicking "Save and Continue."

You will receive a second e-mail from DTS 72 hours prior to travel that provides your itinerary and shows your trip has been ticketed. Again, we encourage you to visit our

SharePoint page to review the step by step procedure until this whole process becomes second nature.

If you need help, the trained and dedicated staff at your local Navy Operational Support Center (NOSC) or squadron is standing by to assist. CNRFC has sent training teams into the regions (RCCSW and RCCSE will be trained this summer) and has provided them with the knowledge and tools to work through most issues. If you have a concern that stumps the NOSC, then you or your NOSC should try to resolve the issue with the travel experts at your regional command. If still not resolved then call the DTS Help Desk at 888-HELP 1 GO (1-888-435-7146) for additional guidance.

Sometimes special situations arise so we want to address those as well. This month we'll cover out of the continental United States (OCONUS) orders and back-to-back orders:

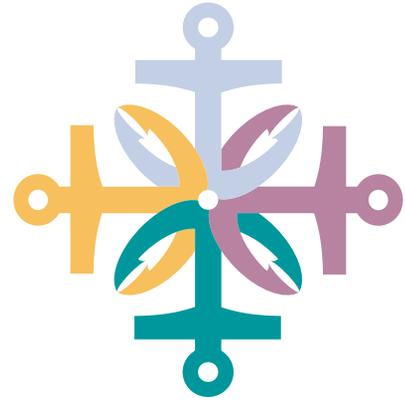
- OCONUS Orders – When traveling overseas and a unit identification code is not available, you are required to include the full city and country name (FPO/APO addresses are not acceptable and will result in orders being rejected)
- Back-to-Back vs. For Further Assignment Orders – Back-to-back orders are completed at one location but have different funding sources (i.e. annual training and inactive duty training travel). For Further Assignment orders are when you travel to one location for part of your duty, travel to a second location for continuing duty and travel to your home of record upon completion.

CNRFC N33, along with the NOSCs and RCCs are here to support you. We are mindful of the vital contributions you are making with your service and every day we strive to make the process better.

If you have a question or comment for CNRFC N33, please email CNRFC_NROWSDTSHELPDESK@NAVY.MIL and we will select the most common issues to address.

DIVERSITY

DIVERSITY READINESS



WRITTEN BY:
LT. CMDR. ELIZABETH ZIMMERMANN
PUBLIC AFFAIRS OFFICER
NAVY DIVERSITY DIRECTORATE

THE Ready Mobilization Pool list came out in January accompanied by a long list of readiness requirements. Not much was new, but the reminder to make ready was necessary for many.

Some may find the prompt irritating and respond by saying “My security clearance is up-to-date. I did my medical last month. My training is current. Why are you bugging me?” But many will appreciate the prod as they realize their security clearance is expiring in two months, their family care plan doesn’t work anymore, or they need a new crown for dental readiness level 1.

Diversity training and heritage events may elicit similar responses. “I treat everyone the same, why do I need this? It never makes any difference, why should I care? They don’t celebrate my culture, heritage or religion so what makes this one better?”

I recently read an article by Sonia Nieto, a Professor Emerita of Language, Literacy, and Culture, School of Education, University of Massachusetts, Amherst, in which she describes four levels of diversity and multicultural interactions, challenging readers to move beyond tolerance.

For many years we have been taught to be tolerant. Merriam-Webster defines tolerance as ‘sympathy or indulgence for beliefs or practices differing from or conflicting with one’s own.’ Perhaps it can be stated more simply as: I put up with it without protest.

Tolerance is the bare minimum of required behavior for Sailors, but we should work to move beyond that.

At the acceptance level, “differences are acknowledged and their importance is neither denied nor belittled.” Perhaps one neighbor celebrates Easter and another Yom Kippur. Maybe your coworker eats curry and naan, your boss has adopted children and your friend wears a hijab. Is your response, “These things are interesting and important to them, but has very little impact on me” Why not read a book discussing a political position other than your own? You could try a new restaurant, go to an art

event highlighting a different culture or engage people in conversation to learn more about what they value.

Respect implies admiration and high esteem for diversity. Nieto says with respect for diversity comes change—and often differences are used as the basis for activities. Rather than respond “that’s the way we’ve always done it,” why not take advantage of your diverse workgroup to come up with something new? Their different backgrounds and experiences may just result in a better solution.

In ‘Affirmation, Solidarity, and Critique’ Nieto reports the most powerful learning comes from working and struggling with one another, even if it is sometimes difficult and challenging. Yes, it is hard to find the best way to accomplish the mission when everyone involved has a different idea of how to get there. But the process of getting there may be as rewarding as achieving the goal.

We have the solidarity of being part of the world’s greatest Navy. Our shared goal is continued mission accomplishment, but it is okay to challenge the status quo. As you think about getting ready to mobilize, I challenge you to think about getting ready to flourish in a diverse environment, and to make the most of the diversity around you. Let’s be Level 4 ready!



SPIRITUAL NAVIGATION



MOBILIZATION –MORE THAN A SEASON

WRITTEN BY:
CMDR. ROBERT J. THOMAS, CHC,
NAVY MOBILIZATION PROCESSING SITE,
SAN DIEGO

ENTERING the ninth year of mobilizations since 2001, I believe each successful mobilization is directly related to a Sailor's ability to be resilient.

At first glance it may appear that the mobilization process is just a season. Like the cycle of a vineyard, this season of deployment is filled with phases. Typically, the pre-deployment phase may last two to four months, deployment phase six to 12 months, return and reunion phase one month and six months of a post-deployment phase.

Each one brings challenges to service members and families. The pre-deployment phase has preparation, anticipation and uncertainty. During deployment the emotional challenges are dangers, hardships, fear of failure and isolation. The return and reunion phase involves readapting, reconnecting, recovering and sharing narratives. Finally, the post-deployment phase involves putting the past in the past, retraining and future planning.

Though these cyclical events exist, some may view mobilization only as a period of obligatory time that must be served to maintain military eligibility. My spiritual advice for those with a seasonal mindset is found in Galatians 6:9, "So let's not get tired of doing good. At just the right time we will reap a harvest of blessing if we don't give up."

Prior to the season of mobilization, plant seeds of love, forgiveness and appreciation, and you will reap benefits during and after deployment.

At second glance, mobilization is more than a season; it is a way of life. As I see Sailors forward deployed numerous times, I realize mobilization for some is a lifestyle.

Upon our initial enlistment or commission, the primary training focus is not "if" you will be mobilized but "when." Therefore, at the outset, leadership vigorously and consistently articulates the importance of a

mobilization mindset. As our military frame of reference matures with every drill, Navy Knowledge Online course and annual training experience, we are greater prepared to maintain the seamless integration between the active and Reserve component.

Each evolution hardwires our military consciousness for the challenges we may one day be called upon to face with honor, courage and commitment. For those who understand mobilization as a way of life, my spiritual advice is found in 2 Timothy 4:2, "Be prepared, whether the time is favorable or not."

When mobilization becomes a way of life, the benefits of resilience are more apparent. The lessons learned from a successful mobilization should

sharpen and heightened one's perspective on life. Some of those benefits may include:

- Adaptability when changes occur.
- Confidence from successes giving you the ability to deal with new challenges and difficulties.
- Quickening the ability to bounce back after illness, injury and other hardships.
- Achieving goals even if there are obstacles.
- Staying focused and thinking clearly under pressure.

My spiritual advice for the resilient is found in James 1:2-4, "Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing." Perseverance means to keep continuing forward with an attitude of hope and a smile on your face when confronted with unpleasant circumstances and great distresses.

"With ordinary talent and extraordinary perseverance, all things are attainable." Thomas F. Buxton

"FOR EVERYTHING THERE IS A SEASON,
A TIME FOR EVERY ACTIVITY UNDER
HEAVEN"
ECCLESIASTES 3:1

CAREER COUNSELOR CORNER

RECOGNITION PROGRAMS – A LITTLE PRAISE GOES A LONG WAY



WRITTEN BY:
CNRFC RESERVE CAREER RESOURCES AND
INFORMATION OFFICE

THE Navy has countless recognition programs. Commands are recognized for battle efficiency, retention excellence and much more. Sailors are recognized for referrals to recruiters and at the end of tours and civilians are recognized for their service. But what about recognition for the little accomplishments along the way?

Recognition is about taking the time to say “Bravo Zulu shipmate, job well done.” The end of a tour should not be the only time we recognize Sailors. Recognition reinforces the actions and behaviors you most want to see repeated.

An effective recognition program is simple, immediate and powerfully reinforcing. Sailors who are recognized for their accomplishments have a sense of belonging and ownership and want to stay Navy.

There are two forms of recognition in the Navy, formal and informal.

Formal includes but is not limited to:

- Medals
- Letters of Appreciation
- Letters of Commendation
- Sailor of the Month/Quarter/Year
- Meritorious Mast

Informal includes but is not limited to:

- “1MC” announcements by the commanding officer (CO) or executive officer (XO)
- A personal note or e-mail from the CO, XO or command master chief (CMC)
- A coin from the CMC presented during quarters
- A phone call to a spouse or parent(s)
- A parking spot
- Head of the line privileges

The most important thing to remember about informal recognition is to think outside of the box when informally recognizing Sailors. Timing is also important. The sooner you acknowledge a Sailor’s performance, the clearer they

get the message and the more likely they are to repeat the performance. Recognition is most powerful when it’s contingent. Leaders that bring doughnuts every Friday for everyone, however great for morale, may create an environment of entitlement. Make recognition contingent upon desired behavior and performance. Sailors value the recognition more and you’ll continue to see results.

There is a close relationship between Sailors’ overall satisfaction with their jobs and the Navy and their intention to stay or leave. The below statistics were taken from the Reserve portion of the 2009 ARGUS survey. The results show recognition as being influential in the decision of whether or not a Reservist stays in the Navy:

- Recognition of job accomplishment via an awards system:
 - Inadequate formal recognition influences 37 percent to leave.
 - Proper and appropriate recognition influences 63 percent to stay.
- Verbal praise for a job well done:
 - Lack of praise influences 29 percent to leave.
 - Appropriate praise influences 71 percent to stay.

Based on this information, leaders shouldn’t underestimate the power of positive reinforcement through formal and informal recognition. Recognize your Sailors and reinforce their importance to the TEAM.

T – Together
E – Everyone
A – Accomplishes the
M – Mission

You can find more information on recognition programs in the following instructions:

SECNAV 1650.1 (series) Outlines Navy and Marine Corps Awards.
SECNAV 12430.4 (series) DoN Performance management guidelines for civilian awards.
SECNAV 12451.3 (series) DoN Policy on Incentive Awards for Civilians.

CULTURE OF FITNESS



10 WEEK NOTICE

WRITTEN BY:
CHIEF PERSONNEL SPECIALIST (AW) CHAD HELMS

SHIPMATES, does the phrase, “The upcoming Physical Fitness Assessment (PFA) cycle is just around the corner” scare you or is it just a reminder? As you complete this current PFA cycle I encourage you to keep in mind your preparation for future PFAs. If you feel anxiety when you hear we are 10 weeks out, it is time for a self assessment.

Proper Planning:

Muscle development and fat loss are factors you should consider while developing your plan. Aerobics incorporated with weight training exercises are necessary for toning and strengthening. Manage the amount of sugar intake and remember natural sugars contained in fruit are more easily processed and burned by the body. Lowering your sugar intake is helpful in improving your health.

Make a meal plan that actually works for you. Be realistic and account for others in your household. Fruit juices and promotional energy drinks contain more sugar than you may expect so read the nutritional facts on all food and drinks.

When developing your workouts, try to get someone to workout with you. This can be someone from the command, a relative or a friend. From a motivation and time management point of view you should set a time with this person for workouts. This gives a sense commitment and seriousness.

Never waste your holidays, leave and liberty; these are optimal times for physical training.

Tracking progress is very important. During the first few weeks of starting a program you may see dramatic results, but then results may begin to slow. This is considered a plateau and that’s when you refer to your plan and step up your routines. At this point it is time to push yourself and your body. Keep track of your routines to find the one most suitable for you. You may need to make adjustments along the way.

For assistance setting up a workout routine or inquiries for a personal trainer, visit your local gym and speak with the staff. Take a tour and have them explain what benefits and programs they offer. Also, your command fitness leaders can assist and provide tools to help you. Additionally, the Navy Physical Readiness Program Office has developed and provides information, instructions, briefs, links and frequently asked questions. Get smart on physical fitness.

Visit <http://www.npc.navy.mil/CommandSupport/PhysicalReadiness/> and do your part to promote basic physical fitness, health and readiness. Strive to be a positive example for others to follow.

Physically Preparing for Mobilization:

Kevlar Helmet: The Kevlar helmet is approximately 3 lbs, therefore creating an additional workload for the neck musculature during extended periods of wear. If the neck muscles are not strengthened adequately, not only will they fatigue early and reduce the individual’s ability to perform certain combat training activities, but it may also result in injury, muscle soreness or tension headaches.

Interceptor Body Armor (IBA): Interceptor body armor may weigh anywhere from 25-40 lbs depending on the size of the vest, how many ballistic plates are inserted and if all the attachments (groin, throat and auxiliary protectors) are worn.

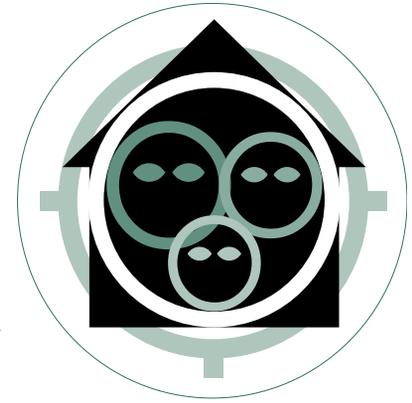
Combat Boots: The average weight of the combat boot is 4 lbs and varies depending on shoe size and company. Since the boot is more restrictive and weighs more than a running or cross training shoe, if an individual does not train properly prior to combat training activities, they will be more susceptible to lower extremity injuries such as shin splints and plantar fasciitis.

In order to reduce the incidence and severity of shin splints, all individuals should initiate tibialis anterior strength exercises.

Walking up hills or on treadmill is a good start. Begin these exercises several weeks prior to reporting to mobilization training in order to build up the shin muscles so they can accommodate for the extra weight of the boot during the combat training activities.

FOCUS ON FAMILIES

FAMILY SUPPORT NEWS



WRITTEN BY:
MR. JAMES WARREN

THIS month will bring together the Family Reserve Force Support team as we get ready to hold a Reserve specific ombudsman conference from April 30 to May 2, in Orlando, Fla. This has been long overdue for our hard working volunteers who give their time and energy to commit to our Reservists and their families as they get prepared for their rigorous mobilization deployments.

The Warrior/Family Support office at Commander, Navy Reserve Forces Command has made significant changes in the last couple of years and now offers more support to the field and to our Reservists on all matters pertaining to mobilization issues.

We currently have five family support administrators; one at each Regional Component Command (RCC). They support all Navy Operational Support Centers (NOSCs) across the Navy Reserve Force with regard to ombudsman training, family support, pre-deployment family readiness conferences (PDFRC) and Returning Warrior Workshops (RWW).

Our primary focus is to manage the ombudsman program, the command individual augmentee

coordinator (CIAC) program and manage, coordinate and oversee all Yellow Ribbon events for the entire Navy Reserve.

The conference will open with our own returning warrior Commander, Navy Reserve Forces Command, Rear Adm. Lothrop S. Little as our guest speaker. He will speak about his experiences in Iraq and let us know what we can learn and take with us as a support team tools for the upcoming years of mobilizations.

Some items we will be highlighting will be operational combat stress, the Navy Family Accountability Assessment System, operational security, CIAC, family support, newsletters, the fleet and family service center, the joint family support assistance program, post 9/11 GI Bill, Yellow Ribbon initiatives and returning warrior workshops.

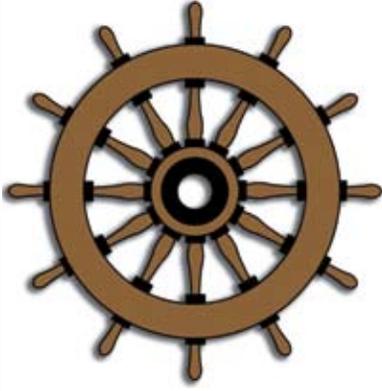
In other news, we received some great news from the ombudsman program advisory group. We have a new Chief of Naval Operations ombudsman-at-large, Mrs. Debbie Green. Debbie will act as a focal point for the important flow of information to Navy Ombudsmen, Sailors, and their families.

Scheduled for June 15-17 is the 2010 Certified Ombudsman Trainers Symposium for all in Norfolk, Va.

Newly launched is a Fleet and Family Support program Facebook page and Twitter profile for all service and family members.

Chief of Navy Installations Command (CNIC) has launched a Navy Ombudsman Program discussion group on Facebook for those in the Ombudsman registry.

LEADERSHIP



MAKING TIMELY SUPPORT A REALITY

WRITTEN BY:
CMDR. STEPHEN FERRIS
CENTER FOR PERSONAL AND PROFESSIONAL DEVELOPMENT

A critical component of the Navy Reserve vision is the ability to provide timely support to global operations and to respond to surge requirements as demanded. To make this vision a reality requires trained Sailors, ready and available for deployment whenever needed. The ability to provide this kind of timely personnel support is a continuing challenge to unit leadership.

There are a variety of things leadership can do to improve Sailors' mobilization readiness, and more importantly, to make a Sailor an effective asset once in theater.

The following represents some basic activities leadership can undertake to make timely support a reality.

Training: How realistic or effective is the unit's training? The mobilization and operational support assignments for many units can be anticipated with a reasonable degree of confidence. In these cases, unit leadership should strive to align training evolutions and requirements with the projected mobilization billets.

Conversations with individuals who have mobilized to these billets can be valuable a source of information for training officers looking to improve unit operational capabilities.

Security Clearances: Each Sailor owns their security clearance. It is up to them to make sure their clearances are current. Many billets require a security clearance and a Reservist with an expired clearance is a degraded asset. Given the time it takes for a clearance to be processed, a one year lead time is not too soon for Reservists to begin the process.

Unit leadership can track current clearances and their issuance dates, and let Sailors know when expirations are approaching. They can also arrange for the Navy Operational Support Center (NOSC) security manager to educate the unit about the latest procedures for completing an application.

Unit leadership should not only explain why maintaining a security clearance is important, but ensure unit members are provided with adequate instruction regarding the application process.

Medical: It is surprising how many undocumented medical conditions are revealed upon notice of mobilization or during the in-processing prior to actual deployment. These conditions often result in the individual becoming non-deployable, thus degrading the unit's ability to provide the required surge capability.

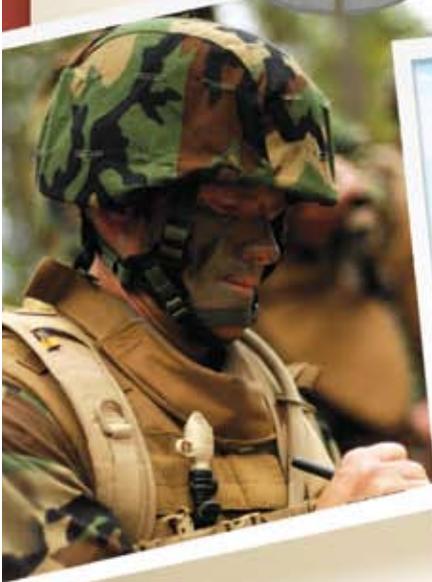
Unit leadership must be diligent in tracking the medical and dental readiness of personnel. Performance results on the physical health assessment are another indicator of an individual's overall health and capability to deploy.

Others' Experiences: NOSCs are full of Sailors who have recently deployed. These individuals represent valuable subject matter experts about mobilization for your unit personnel. They can provide first hand knowledge about issues as diverse as managing family life while away, negotiating the Tricare health system, family care plans, the emotional issues of separation and the tax implications of combat pay. Their discussion of these issues will make your Sailors more mobilization ready as well as more effective once they are in theater. Make sure your unit learns from their experiences so mistakes are not repeated.

The Reserve Force provides the Navy with strategic depth by developing a cadre of trained personnel available to surge when needed. Unit leadership allows this to occur by proactively managing the mobilization readiness of its Sailors.

Beyond mobilization readiness, unit leadership must also emphasize the training and education necessary to make a mobilized Reservist a meaningful in-theater asset. These leadership efforts will permit the Navy Reserve to provide effective on-demand expertise across the warfighting spectrum.

WE ALL SERVE



*Mr Keith Vaughn, Managing Partner of
Womble Carlyle Sandridge & Rice, PLLC
with employee and U.S. Navy Reserve
Lieutenant Commander Christopher Geis*

ARMY NATIONAL GUARD ★ ARMY RESERVE ★ NAVY RESERVE ★ MARINE RESERVE
COAST GUARD RESERVE ★ AIR NATIONAL GUARD ★ AIR FORCE RESERVE

We all serve. Whether serving our communities or our country, members of the National Guard and Reserve depend on their military units, families, and employers for support. Employer Support of the Guard and Reserve is a Department of Defense agency that seeks to promote a culture in which all American employers support and value the military service of their employees by recognizing outstanding support, increasing awareness of the law and resolving conflict through mediation.





Reservists

Written by Specialist Juanita Phillip
JTF Public Affairs, Guantanamo Bay

WHEN mother nature knocked the Caribbean island of Haiti to her knees January 12, a proud group of Reserve Sailors stepped up to support the battered island nation.

Navy Cargo Handling Battalion 13, a Reserve logistics unit headquartered in Gulfport, Miss., responded within 48 hours to assist with Operation Unified Response—the United States’ organized relief effort that is sending personnel, food, supplies and medical equipment to the region which was devastated by the 7.0 earthquake.

The Reservists, who specialize in supply and logistics missions, support Combined Task Force-48 (CTF 48), which was established January 17 and is commanded by Rear Adm. Patricia E. Wolfe, a recalled Reservist from Jacksonville,

Fla. CTF 48 is strategically established at Naval Station, Guantanamo Bay, Cuba (GTMO), a mere 170 miles east of Port-au-Prince, Haiti. The GTMO location serves as a “lillypad” for CTF 48 to ship supplies via land and air to Haiti through interagency and international levels of operation.

Within days of the earthquake, the unit members were called to active duty from Navy Operational Support Centers (NOSC) in Mississippi, Missouri and Texas to support the major relief work. Reservists from these NOSCs were willing to step up to the challenge, embodying the Reserve force motto of being “Ready Now. Anytime. Anywhere.”

“They asked for volunteers on Friday,” Logistics Specialist 2nd Class Ann-Marie Shy said. “On Sunday we were told to put our orders in and the day after we were on a flight to Cuba.”

Help Haiti

A photograph showing two military personnel in camouflage uniforms and yellow hard hats working on a ship's deck. They are handling yellow straps, likely used for securing cargo. The background shows the ship's structure and a concrete deck.

The assignment served as a new experience for many of the Reservists. "I've never worked on a humanitarian mission," Shy said. "While it's extremely rewarding, the work is not much different since we're trained to unload planes, and that's what we are doing."

With the use of standard forklifts and extended forklifts, called millennia military vehicles, the unit quickly unloaded pallets of supplies, which included food, water, Meals Ready to Eat (MRE), bedding and dry goods. They were repackaged at Guantanamo Bay's piers or at the base airfield and then sent to Haiti on ships and aircraft.

Although these Reserve Sailors don't see the goods delivered on the ground in Haiti, they appreciate how their work contributes toward helping people.

"Everybody can do something by giving money, but, we're here doing our Navy jobs, which by extension directly helps these people who've been hardest hit," Shy said.

The supplies the unit moves do not just come from the U.S. Supplies are provided by many countries and non-government organizations. "We received a shipment from the Columbian Red Cross, with mattresses, cots and dry goods," said Logistics Specialist 2nd Class Yvonne Macias. "There was even a pallet with a small bike. That was nice to see."

In the brief amount of time the task force has been established, the logistics hub has been the focal point for the receipt and transfer of more than 1.86 million bottles of water, 962,000 meal rations, 52,000 bedding cots, 850 tent units and 850 pallets filled



with medical supplies and equipment to the Haiti joint area of operations.

Even though this operation is global, there is something personal about what they are doing. Cases of baby food arrived on the Guantanamo airfield and while they were being put on pallets, the Reservists were told the Marines would be passing them out from the back of their vehicles directly to the people who needed them most.

“What I’ve touched here will go directly into the hands of a Marine and then into the hands of a person in need,” Shy said. “That, I can visualize.”

Although the unit has been working long hours to move the supplies, this side

of the relief effort seems to be winding down about month after the earthquake happened.

Leading Chief Petty Officer at the airfield terminal counter Chief Yeoman Tracey McDonald foresees a resurgence of activity through Guantanamo Bay when the military begins to scale down operations in Haiti.

“There is a tremendous amount of people on the ground that will have to come back through Guantanamo,” McDonald said of the personnel stationed in Haiti. “That will become part of our mission here as well -- to make sure they get through here and back to the states as painlessly as possible.”

When the relief efforts have wrapped up, the joint logistics hub will be seen as a prime example of the U.S. Navy carrying out its role as a “Global Force for Good” in the world community.

“I absolutely believe this is a very important mission,” McDonald said. “In times of major need and world crises such as this earthquake, the Navy is well-equipped in their ability to respond.”

The nature of assignments like Haiti relief is an ideal use of Reserve personnel. Reservists have the ability to report to an assignment quickly, bring valuable skills needed for a mission and then return home when a mission is complete.



Previous page: Navy Boatswains Mate 1st Class Jose Martinez throws a strap over a spreader bar at U.S. Naval Station Guantanamo Bay. NCHB 13 was activated to provide logistics support at U.S. Naval Station Guantanamo Bay for Operation Unified Response. Photo by Mass Communications Specialist 3rd Class Joshua Nistas.

Above left: A Sailor assigned to Task Force 48 moves pallets of relief supplies at the airfield at Naval Station Guantanamo Bay. TF-48 is leading the joint logistics hub at GTMO in the effort to transport humanitarian relief supplies to support Operation Unified Response. Photo by: Chief Mass Communication Specialist Bill Mesta.

Above right: Thousands of displaced Haitians live in one of the many tent cities located throughout the capital of Port-au-Prince. Photo by Seaman Ash Severe

Left: Logistics Specialist 2nd Class Yvonne Macias operates an extended forklift at CTF 48, the Joint Logistics Hub, at Guantanamo Bay. Macias, a Navy Reservist from Houston, is with Navy Cargo Handling Battalion (NCHB) providing logistics support to Operation Unified Response, the U.S. Haiti relief effort. Photo by Mass Communications Specialist 3rd Class Joshua Nistas.

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, james.vorndran@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.



AZ2 Andrew B. Mercy



Hometown: Jacksonville, Fla.

NOSC: Naval Air Facility Washington D.C.

Unit: Full-time support

Brief description of your Navy job: Reserve Pay Clerk for 24 units with over 500 members.

Brief description of your civilian job: N/A

What has been your greatest Navy achievement? My greatest Navy achievement was making it home safely from my first Individual Augmentee assignment. I did Detainee Operations in Iraq for nine months in 2009 and I was awarded the Joint Service Commendation Medal for my efforts.

Who has been your biggest influence since joining the Navy? In 2008, I took the opportunity to work for the eleventh Master Chief Petty Officer of the Navy, MCPON Joe Campa. I had only been in the Navy for a few years, and I had just made AZ3 when I went to his office. In the nine months that I was there, I learned so much about the Navy. We all know that it's hard to follow in a MCPON's footsteps, but it's given me something to strive for, especially since I plan to make a career out of the Navy.

What do you enjoy most about the Navy? The opportunity to travel, the chance to get to see and meet people away from home, and the fact that no matter where you are or what you do for the Navy, you learn more about yourself than you thought you knew. Though you don't always know what's around the next corner, there's always a shipmate somewhere that has been through the same thing at one point, and we all help each other out.

Most interesting place visited since joining the Navy: I would have to say Iraq was the most interesting place I've visited since joining the Navy. I say this because it was a very different world for me. Despite the dangers of being there, I was able to learn about how Iraqis live. I learned about their cultures and traditions and how different they are from Americans. I also had to learn a bit of their language.

Current hobbies: I enjoy going to the gym, road trips, and grilling.

ACCESS:

ANYTIME, ANYWHERE

WRITTEN BY MASS COMMUNICATION SPECIALIST 2ND CLASS (SW/AV) ELIZABETH MERRINA



A demonstration of a MobiKEY® portable virtual desktop device.

As technology advances in the world, the Navy Reserve is improving the way it adapts and uses technology to keep Sailors connected. During fiscal year 2010, Commander, Navy Reserve Forces Command (CNRFC), N6 code will be working to expand some of the current practices the Reserve Force is already using while implementing some new technology that will improve access.

“‘Access: Anytime, Anywhere’ is our vision for the next few years with the Navy Reserve,” said Capt. Matthew Ragan, chief technology officer, CNRFC. “Many companies already work this way and it’s up to leadership to create an environment Navy Reservists want to work in.

We’re trying to mimic the top 50 employers—they’re successful for

a reason. One of the reasons they are successful is because all of their employees can collaborate. All the best ideas don’t come from leadership. Many come from the deck plates and we need to capture those ideas so we can implement the best ones.”

The first improvement Reservists can expect is the consolidation of all Reservists on the Navy and Marine Corps Intranet (NMCI) for both secure internet protocol routing and unclassified network users.

“It’s going to be a big deal that will save the Navy \$100,000 a month. The Navy Reserve will be riding 100 percent within NMCI. We will have no legacy networks to manage or get accredited, Ragan said. “We are taking all of our legacy applications and functionality and rolling it

into SharePoint so it has the same SharePoint look and feel. The applications will at least have the same functionality but more often than not they will have increased functionality. This greatly reduces the work load.”

With an increased emphasis on SharePoint, N6 will be working to increase the usability and collaborative efforts available on the Navy Reserve homeport. Users will be able to set up communities of interest to share files, pass information on ratings, schedules, points of contacts and lessons learned. This will turn SharePoint into a virtual pass-down binder available to Reservists worldwide.

“We are redesigning the private side landing page to make it more oriented to the business of the force

as apposed to a bulletin board or an information exchange,” said Michael Schoedler, director of IT programs and policy. “We’ve redesigned it to have immediate links to those activities that are associated more with the day-to-day business of anyone in the force. When Reservists are in the portal, everything they need to do their job is a click or two away.”

To increase a Sailor’s access to tools like SharePoint, some Reservists will get to work with a new device called the MobiKEY®. This portable virtual desktop can fit into one hand and connect to any Windows-based computer with a universal serial bus port.

The MobiKEY® allows a Reservist to create a virtual network to their home command without installing new hardware to the computer they are using. This will allow the Reservists access to shared drives and Navy applications even when away from the office. The MobiKEY® doesn’t have drivers so it will not pick up viruses or malware from its host computer and it works with the user’s common access card (CAC).

“When you improve access to information, you speed up the business process,” Ragan said. “People will have more flexibility and we will increase their ability to get Navy work done in a less intrusive way. The systems and applications will be more available.”

Another access possibility that is going to become more available for Reservists at Navy Operational Support Centers (NOSC) and squadrons are new Wi-Fi hot spots. Some NOSC and squadrons will start to receive Wi-Fi this year. The goal is for all NOSC and squadrons to have it during fiscal year 2011. Combined with currently available CAC readers and the new MobiKEY@s, Reservists will be able to take personal laptops into work with them and link into the Wi-Fi.

The goal is improved access to network online tools like the Navy Reserve Homeport. This will effectively reduce the current wait time for NOSC computers, allowing

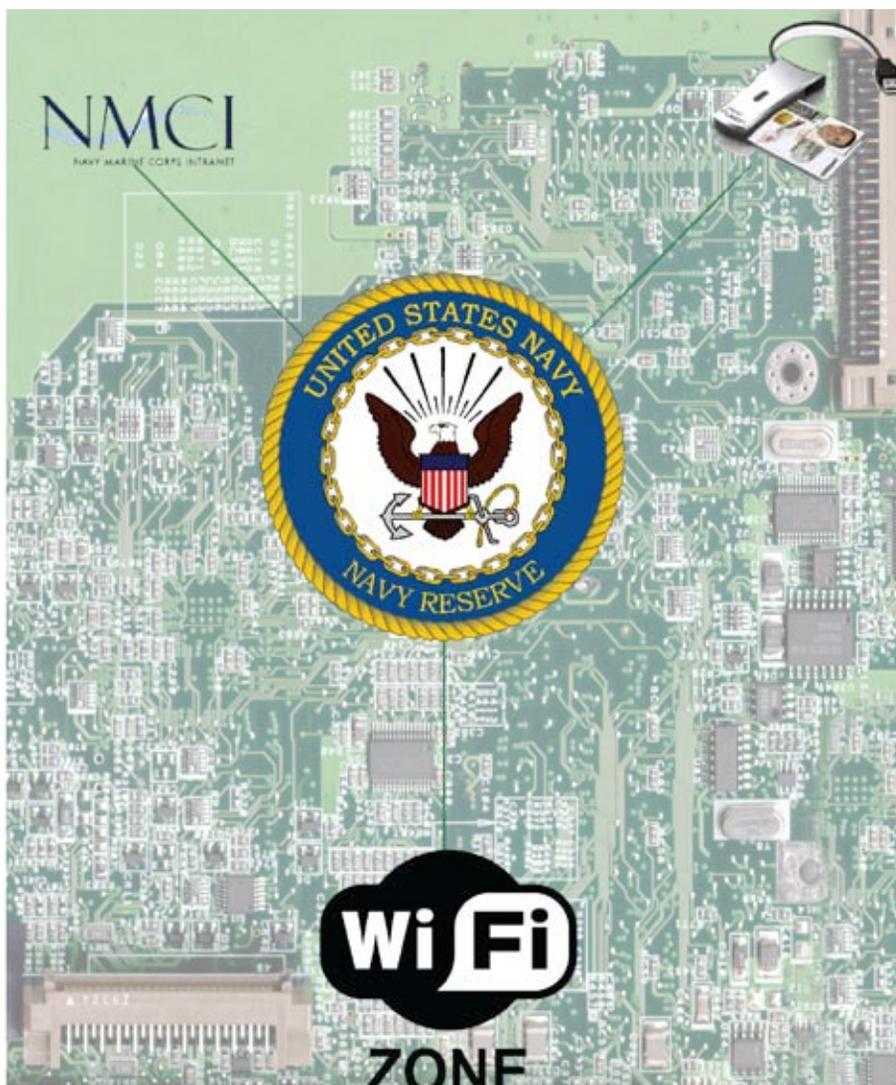
users to have quicker access to Navy programs they need to do their jobs effectively.

“Sailors will not log-in like they do when using NMCI. It will be managed like a home Wi-Fi password protected system. Each location will have a set number of established connections for accessing the system. People will not be able to use the Wi-Fi outside a certain area or without an assigned access code,” said Cmdr. Chris Pratt, CNRFC N6. “By combining these technologies, we are confident Reservists will be better able to complete their missions with less time spent worrying about access.”

“I would like Reservists to know their questions and concerns are being heard,” Ragan said. “I think

with all these emerging technical issues, there will always be a yes down the road. We may not be able to field the solution right away, but it is not because we don’t want to. We need to exercise patience and due diligence to make sure the solution we deploy results in secure and reliable end-to-end communication that facilitates the mission accomplishment.”

While these are the main technologies N6 is looking to implement and expand right now, they are always looking for ways to improve practices to increase access, usability and security. Reservists can expect more changes in the future to help them have Access: Anytime, Anywhere.



BACK TO BASICS

Navy Working Uniform Guide

Written by
CNRFC Public Affairs

The t-shirt collar should fit comfortably around the neck.

The 8-point cover is worn square on the head, not resting on the ears. The visor is worn just above eye level and parallel to the deck.

Trousers will be worn at the waistline with a belt. Enlisted will wear a silver closed buckle. Officers and Chiefs will wear a gold closed buckle.

Primary warfare insignia shall be sewn centered and flush with the top of the U.S. Navy tape. The fabric strip shall be sewn with a 1/4 inch border on the left and right of the embroidery.

Boot laces must be tied and tucked into the cuff of the boots. Boot socks should be worn.

Smooth finish boots are authorized for shore and shipboard use.

Rough-out boots are authorized for shore duty only.

PULL-OUT

* All buttons and closures shall be secured. For best results, launder uniform inside out.



When sleeves are rolled, the roll should be a 3-inch wide band covered with fabric side out and cuff clearly visible. The bottom of the roll should be 2 inches above the elbow.

When sleeve cuff is fastened, the length of the sleeve should cover the wrist bone but not extend further than the first knuckle at the base of the thumb.



The Mockneck sweater sleeve length shall not extend beyond the length of the NWU sleeve.

Blouse must extend to the bottom of the crotch but not lower than the middle of the cargo pocket flap. Both sides of blouse front must overlap with no gapping.

Trousers shall be bloused using blousing straps. The straps should be affixed between the 3rd and 4th eyelets from the top of the boots.

Trouser length should be long enough to touch the deck when not wearing boots.

Answering the Call

Written by MCSN Oliver Cole, Naval Air Forces Public Affairs





Facing page: The Petionville Country Club in Port-au-Prince, Haiti is being used as a field hospital, food distribution location and as a tent city to house 50,000 earthquake survivors. Photo by Interior Communications Electrician 1st Class Jason Richard Stephens.

Above left: Naval Air Crewmen 2nd Class Nicole Garza and David Murray and Naval Air Crewman 1st Class David McDermott load cargo bound for Haiti at Naval Air Station Jacksonville. Photo by Lt. Kendra Kaufman.

Above right: Aviation Warfare Specialist Jason Laplant unloads relief supplies at Leeward Air Field at Guantanamo Bay, Cuba. Photo by Mass Communication Specialist 2nd Class John K. Hamilton.

Left: Humanitarian daily rations are staged by Sailors assigned to Fleet and Industrial Supply Center Jacksonville (FISJC) at Guantanamo Bay, Cuba. Photo by Daphne Cassani

ANSWERING the call for help and leaving behind their civilian lives, hundreds of Navy Reservists assigned to fleet logistic support squadrons (VR) deployed Jan. 14, to support Haiti relief efforts as part of Operation Unified Response.

Operation Unified Response is the joint U.S. military operation providing humanitarian assistance and disaster relief to Haiti in wake of a 7.0 magnitude earthquake that devastated the country Jan. 12.

According to Naval Air Forces' VR Program Manager Cmdr. Chad Baker, the Navy's Reserve aviation component possesses all the "medium and heavy-lift air transport assets," making them the primary platform for supplying Haiti with the materials, personnel and equipment needed to help push through the devastation.

"The specific VR mission in Haiti is logistics transportation for the relief assets," said Baker. "Primarily we fly the cargo into [U.S. Naval Station] Guantanamo Bay and stage it there for further transfer into Port Au Prince, Haiti; that includes Navy personnel, water, food and medical personnel."

Six weeks into the mission, Naval Aviation Reserve air crews have logged more than 450 flight hours, delivering in excess of two million pounds of cargo and personnel including:

- 1.38 million pounds of meals ready to eat, medical supplies and water.

- 139,655 pounds of gear and equipment used by the mobile diving and salvage units.
- 221,949 pounds of equipment has been scheduled for the Expeditionary Logistics Support Group, including six large forklifts and a 25,000 pound K-loader.
- 63,860 pounds of equipment has been scheduled for the mobile ashore support terminal.
- 669 medical personnel and 78,498 pounds of medical supplies.

Currently, the Reserve VR force is using a variety of aircraft including C-40 "Clippers," C-9 "Skytrains," C-20 "Gulfstreams," C-130 "Hercules" and C-12 "Hurons." These come from 15 Reserve VR squadrons and perform multi-day and multiple-hit missions.

"I'm obviously very proud of the effort and overall willingness of all Navy personnel to step up when needed the most," said Commander, Naval Air Forces Reserve Rear Adm. Patrick McGrath. "To be honest, I'm not surprised at the ability of Navy Reservists to make meaningful contributions. You often hear about a feeling of being part of something bigger than yourself. The units, crews and Sailors that are contributing know they are privileged to bring comfort, and hopefully, some hope, to so many that have lost so much."

Naval Aviation's VR Reserve efforts in Haiti directly tie into the Chief of Naval Operations' "Cooperative Strategy for 21st Century Seapower" - which outlines the Navy's standing commitment to support regional allies.



INTERNATIONAL COHESIVENESS

WRITTEN BY LT. CMDR. RAYMOND GUERARDINI, MARITIME PARTNERSHIP PROGRAM AND MASS COMMUNICATION SPECIALIST 2ND CLASS DYAN JILL, COMMANDER, NAVY RESERVE FORCES COMMAND PUBLIC AFFAIRS

WHEN it comes to being “Ready Now. Any time, Anywhere,” Commander U. S. Naval Forces Europe (CNE)-Commander 6th Fleet (C6F) Maritime Partnership Program (MPP) Reserve Detachment 513, Great Lakes, fits the bill. The Reservists in this unit live all around the Midwest but many of them drill out of the Naval Operational Support Center (NOSC) on Naval Station Great Lakes. Their availability doesn’t just consist of them meeting up at NOSC Great Lakes for their monthly drills. The majority of the work these Reservists do takes place on both U.S. coasts and even in Europe. The content of the work they do consists of working with a number of European nations to build cohesive interoperability. That’s a tall order to fill, but these Reservists are up to the task.

With a lot of CNE-C6F MPP Reserve Det 513's work happening in Europe, it takes people with certain skills and abilities to make their assignments successful. This means the participation of Reservists with particular civilian skill sets is not only beneficial; it's essential. CNE-E6F MPP Reserve Det 513 fits that bill too.

"As Reservists, we come from different backgrounds with different skill sets; aviation, surface warfare, logistics and engineering for example," said CNE-E6F MPP Reserve Det 513 member, Lt. Cmdr. Raymond M. Gherardini. "Additionally, we have folks that speak Croatian, Italian and other European languages. This makes us more than qualified to be ambassadors to the various foreign military members we work with."

The backbone of the MPP for CNE-C6F is military-to-military interoperability. Their mission is to support Commander, Sixth Fleet by coordinating and completing military-to-military events with the eastern European countries of Albania, Azerbaijan, Bulgaria, Croatia, Georgia, Romania, Turkey, Poland and the Ukraine.

"Our overall goal is to establish personal and professional relationships with our foreign counterparts," said Gherardini. "A lot of the militaries we interact with are still in the process of establishing themselves post-Cold War. By engaging them in the various familiarization events with U.S. fleet commands, our counterparts can see how we train, operate and function."

Our hope and goal is that by taking part in activities with us, they can take some of that information and experience back with them to their respective countries. Also, by establishing relations, we are creating a bond with these countries and their militaries. Should the need arise to operate together in the future, relationships have already been established."

Nowhere is this more evident than in the recent U.S. visit from a group of high-ranking Ukrainian naval officers. Sailors from CNE-C6F MPP Reserve Det 513 coordinated various training and educational opportunities for the visitors in a number of different locations. The foreign officers were able to see and participate in water survival training and flight simulator training in Great Lakes, tour U.S. Navy ships USS Nimitz (CVN 68) and USS Rentz (FFG 46) and see Navy SEAL training in San Diego, Calif.

Maritime Action Officer, Senior Chief Boatswain's Mate (Air Crew) Kevin O'Brien supplied his expertise through the entire Ukrainian visit. O'Brien speaks fluent Russian and is currently living in Sevastopol, Ukraine on active-duty special work orders. O'Brien lent his skills as an interpreter throughout the Ukrainian's visit.

"Our goal for this event was to familiarize and expose our Ukrainian counterparts to how we develop our senior enlisted and also enhance military relationships with both countries," said O'Brien. "Not only were we able to brief them on our developmental processes, but we were able to take the group out to the fleet and show them our processes in action."



Above: Ukrainian naval officers participate in water survival training. Photo by Lt. Cmdr. Mike Williams.
Facing page: Instructors help Ukrainian naval officers don fire protective gear. Photo by Lt. Cmdr. Mike Williams.

O'Brien and the other Reservists involved received a lot of high praise from the visiting Ukrainians throughout their visit.

"It is always a pleasure to work with Senior Chief O'Brien and the Reserve Sailors from Great Lakes," said Ukrainian Vice Adm. Sergii Yeliseiev. "Each and every event we do together strengthens our relationship and provides valuable information. We are all walking away from this event very well informed and impressed. There is so much information to take in. I think we only scratched the surface here."

There will most likely be many more opportunities for the Ukrainians and other allied countries to participate in these types of exchanges with each other. These exchanges, in turn, will always provide the Reserve Force the opportunity to show how they're always ready to meet the task head on.

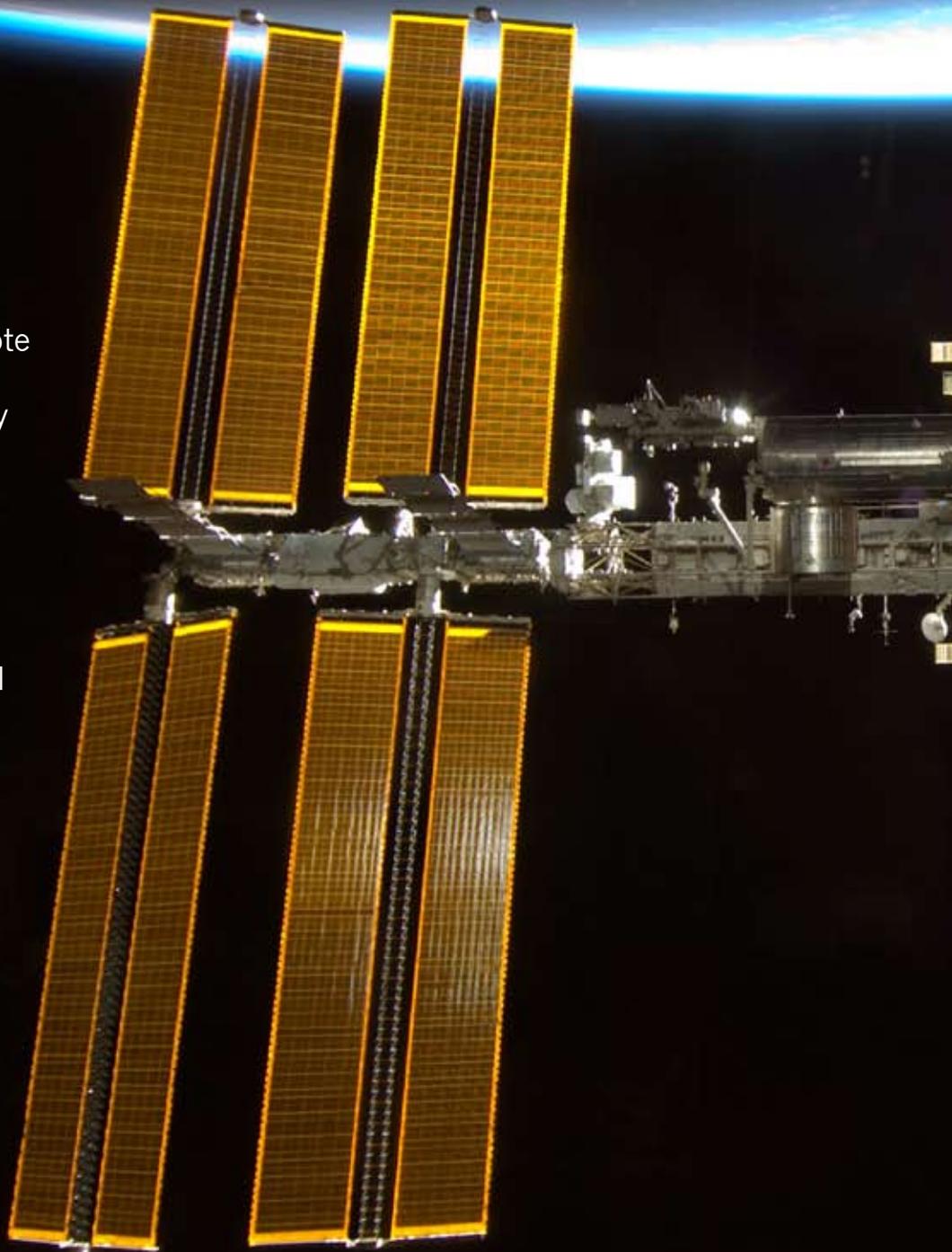


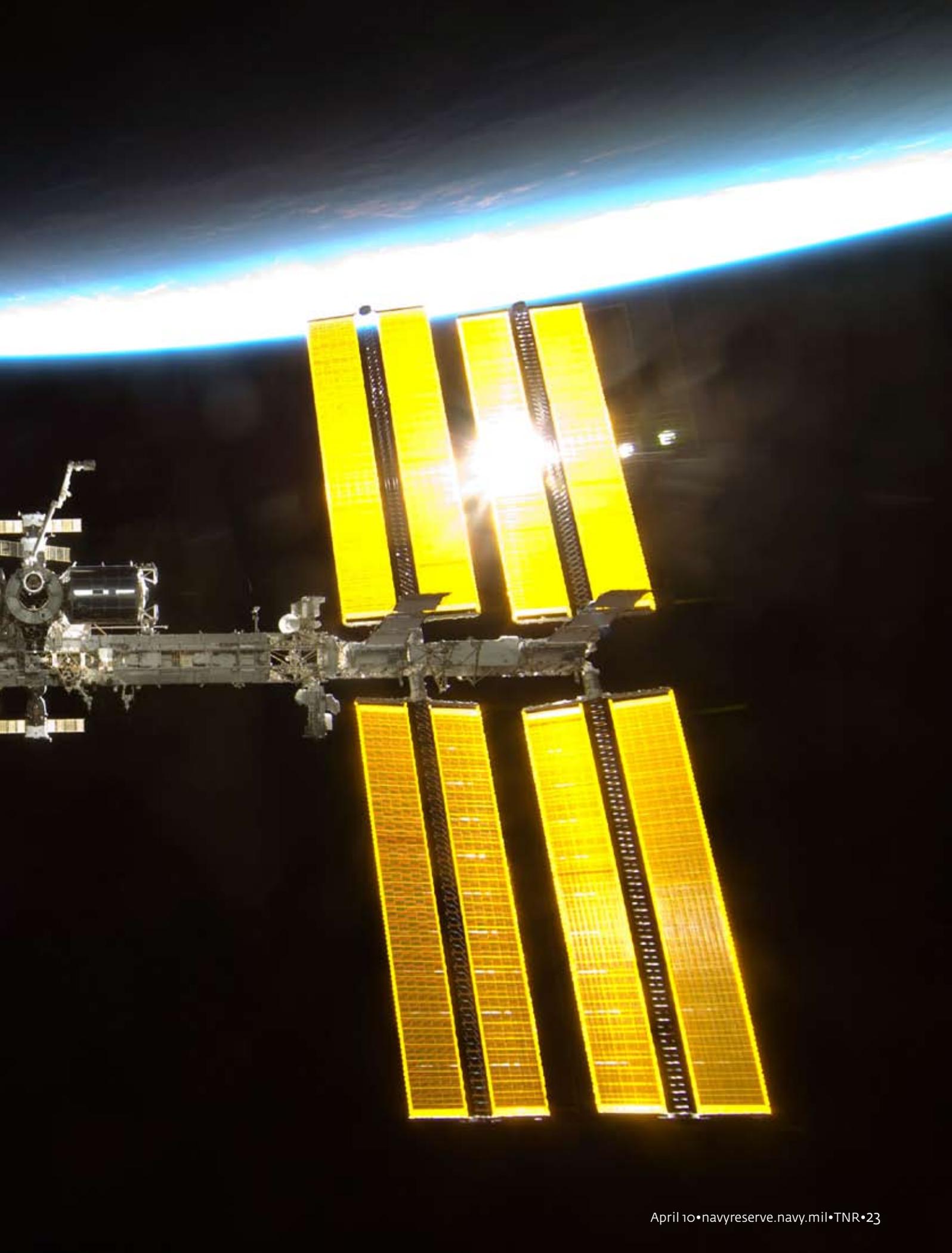
OPENING A "WINDOW ON THE WORLD"

Written By: CNRFC Public Affairs
Biographical information on Capt. Hire
provided by NASA

Photos courtesy of NASA

WHEN Jimmy Buffet wrote the song, "Window on the World" he probably had no idea it would be played for a Navy Reservist who was one of the first to look through a very real window of the world. The window Capt. Kay Hire, commanding officer of Navy Reserve Space and Naval Warfare Systems Command 1010 in Austin, Texas, was looking out of was that of a newly installed seven panel copula on the international space station.







Mission specialist Hire, along with fellow astronaut pilot Terry Virts, cranked open the shutters of the cupola one at a time to test the deployment mechanisms. "Terry and Kay, you are clear to open window number seven for a shutter check and get the first view out the cupola," Endeavour commander George Zamka called out.

The seven windows provide a breathtaking view of space, Earth and visiting spacecraft, while the 360-degree viewing spectrum provides a vital access point for monitoring spacewalks and docking operations.

The mission was known as STS-130 and was the 32nd shuttle mission to the station.

During the two-week mission Zamka, Virts and Hire, fellow mission specialists Stephen Robinson, Nicholas Patrick and Robert Behnken left behind more than 36,000 pounds of hardware. STS-130 included three spacewalks and the installation of the Tranquility node, a module that provides

additional room for crew members and many of the space station's life support and environmental control systems. Tranquility and its cupola are the final major U.S. portions of the station. The orbiting laboratory now is approximately 90 percent complete in terms of mass.

Hire began work with NASA at the Kennedy Space Center in 1989, first as an orbiter processing facility activation engineer and later as a space shuttle orbiter mechanical systems engineer for Lockheed Space Operations Company. In 1991, she certified as a space shuttle test project engineer and headed the checkout of the extravehicular mobility units (spacesuits) and Russian orbiter docking system. In 1994, she was assigned as the supervisor of space shuttle orbiter mechanical systems and launch pad access swing arms.

Selected by NASA for astronaut training December 1994, Hire reported to the Johnson Space Center March 1995. After a year of training, she initially worked in mission control as a spacecraft

communicator. Since then she has served as the astronaut office lead for the shuttle avionics integration laboratory, shuttle payloads, flight crew equipment, the astronaut office shuttle branch, and the astronaut support personnel team. Hire flew as Mission Specialist-2 on STS-90 Neurolab in 1998 and logged more than 381 hours in space.

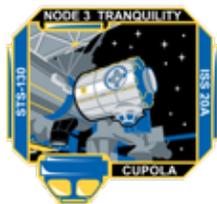
“My first flight was on the space shuttle Columbia and we had the Spacelab which was a laboratory that filled the majority of the payload bay of the space shuttle. It was a great facility but in comparison to the International Space Station it was absolutely teeny,” Hire said.

During her latest mission on Endeavour, Hire was responsible for operating the space shuttle robotic arm and assisting with operating the international space station robotic arm.

As the era of shuttle launches reaches its end with three missions remaining, Hire has mixed emotions about the program. “I’ve been

involved with the space shuttle for twenty years and it’s been a tremendous experience for me. I’m just so fortunate to have worked the ground aspect of the space shuttle as well as had the opportunity to fly the space shuttle and now go to the international space station,” Hire said.

Talking about the final few missions for the program Hire felt a little sad to see it come to an end. Hire thinks back on the wonderful experience the program has been and feels working with the team as being a tremendous experience. “It’s like a family and in some ways it’s kind of sad because we do see this family moving on to other things and that’s a little bit bittersweet. We are very excited about continuing space exploration, continuing all the work we are doing on the international space station and then moving forward,” Hire said.





A child holds a packet of school supplies at the Tongoni Primary School in Tanga, Tanzania. Teachers, local government officials and Sailors assigned to MCAT 214 distributed the school supplies that were provided by People to People International. Photo by Mass Communication Specialist 1st Class Jonathan Kulp.

Diverse Sailors with Diverse Missions

Written by: Maritime Civil Affairs and Security Training Command Public Affairs

In a small village along the eastern coast of Africa, where the aroma of fresh fish is a welcoming smell, a local fisherman struggles with wet, entangled nets in an effort to collect the day's meager catch. For centuries this was daily routine, but over-fishing and pollution is now endangering this way of life. Better ports, fisheries and security measures are needed to stabilize this situation and stimulate commerce.

To help, the Navy is now sending teams from the Maritime Civil Affairs and Security Training Command (MCAST) to assist communities like this. Deploying to regions on a recurring basis, the teams develop ongoing relationships with local leaders to help solve local problems. From harbor access to local fishing practices, Maritime Civil Affairs Teams (MCAT) work with the local populace and government leadership to find sustainable solutions that lead to economic growth and development. The focus is on helping partner nations help themselves through projects that improve maritime security and stability.

"It's like the old adage, 'Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime,'" Reservist Lt. Cmdr. Jamie Rock, officer in charge of MCAT Detachment 214 said.

Rock, along with four other Reserve MCAST Sailors, recently returned from a six-month African deployment. While deployed, the Reservists worked with local African government officials, the U.S. Department of Fisheries, the U.S. Department of Agriculture and Navy Seabee's to refurbish schools, rebuild infrastructure, repair port structures and restore an 18th century cistern.

"We have a diverse group of Sailors on our team. One Sailor builds elevators as his civilian job and another is a Merchant Marine. We have a marine surveyor and another team member fixes medical lab equipment," Rock said. "These skills combined are very useful when you go out and do assessments of waterways, ports and harbors. This is an extraordinary component that the Reservist attached to MCAST brings to Combined Joint Task Force-Horn of Africa."

MCATs deploy globally and engage on the front lines of maritime security to support joint task force component and combatant commanders. MCATs are comprised of Sailors that bear unique language expertise and cultural skills in order to quickly identify the critical needs of local citizens in the most vulnerable regions of the world.

Nearly 40 percent of these Sailors are Reservists. "Working for MCAST is

rewarding. I don't know of any other community where so few can accomplish so much and at such junior ranks," Rock said.

MCAST Sailors are specifically selected for these missions and represent a variety of designators. Rock's returning MCAT team is comprised of an electrician's mate, boatswain's mate, master-at-arms and an operations specialist.

All MCAT team members, active and Reserve, undergo an extensive maritime civil affairs and cultural training process to prepare them to be maritime civil affairs generalists. The teams also learn how to coordinate and interact with other government agencies, non-government organizations, foreign militaries and partner nation local populace.

In Tanga, Tanzania, the MCAT Reserve team worked with local officials to help the community gain an International Security Port Standards certification (ISPS). This certification lowers the insurance premiums ships pay



Petty Officer 1st Class Konstantin Kotlyar, from Yardley, Pa. fits a pair of shoes on a local boy in Muheza Village, Tanzania. The shoes were donated by church groups in the U.S. and provided to MCAT-214 by the Chaplain Department of Combined Joint Task Force-Horn of Africa. Photo by Mass Communication Specialist 1st Class Jonathan Kulp.

during port calls and is an important step toward increasing local commerce.

"The leaders were extremely receptive and understood the importance of gaining their ISPS standard," Boatswain's Mate 1st Class Brian Shapley said. "The township ran out of funding for their security wall and we were able to find the money necessary by working through embassy."

After the crash of Yemenia Airways Flight 626 in the Indian Ocean, MCAT Det 203 coordinated group support and liaison with local authorities to execute search and rescue (SAR) operations. Comoros, the small African nation where these efforts originated, possesses almost no sea rescue capabilities. The MCAT was instrumental in collaborating with the French military maritime rescue effort while assisting a U.S. Air Force SAR team.

The five person MCAT teams are led by a junior officer or senior enlisted member. This is a community where junior Sailors are responsible for conducting dozens of face-to-face engagements with foreign military, civilians and government agencies.

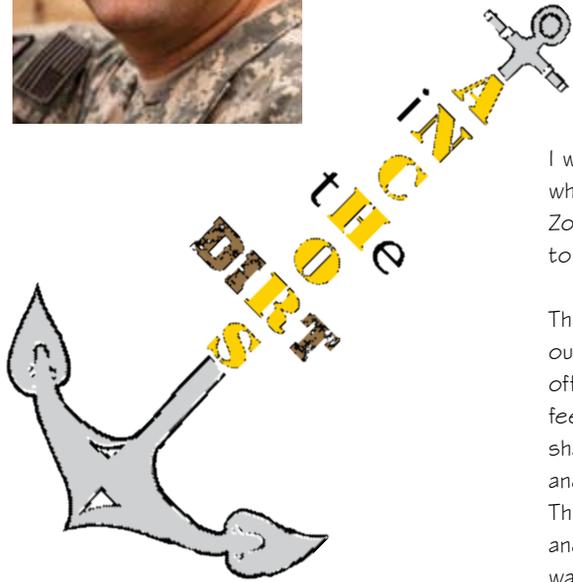
Boatswain's Mate 1st Class Brian Shapley, from Canadensis, Pa. deployed with MCAT 214, hands a packet of school supplies to a child at the Tongoni Primary School in Tanga, Tanzania. The school supplies were provided by People to People International, a private sector, not-for-profit organization based in Kansas City, Mo. Photo by Mass Communication Specialist 1st Class Jonathan Kulp





**WRITTEN BY CHIEF MASS
COMMUNICATION SPECIALIST BRIAN
NARANJO**

PART 4



(These were my thoughts which I compulsively wrote down in the aftermath of a vehicle-borne suicide bomb attack on the main gate of International Security Assistance Force Headquarters in Kabul, Afghanistan. I was in the barracks nearby when it all happened.)

There's a huge crater the size of a swimming pool in the road where the guy melted himself under the heat and pressure of hundreds of pounds of explosives.

Such things I will never understand. What is it that drives someone to commit such a horrific act? It certainly goes beyond the borders of state politics and likely deep into the realm of insanity. There's nothing left of Ahmad, which I know was the guy's name. I know this because before the crater had even stopped smoldering, the Taliban e-mailed us a press release praising Ahmad's work. I read it when I went to work. I think we're all pretty shaken up on this compound, in the jittery aftermath of all this.

I work the night shift, so I was asleep when he rolled through the Green Zone streets, looking for somewhere to strike.

The explosion actually knocked me out of bed. I had just finally dozed off, and woke up on the floor. I could feel everything around me vibrating, shaking through my arms to my neck and head, then back to my very core. The building swayed like an accordion and my teeth chattered in rhythm. It was like a loud, sustained episode of thunder, accompanied by a massive earthquake. In the darkness of the room, I instinctively pressed my body against the floor, using my available senses to feel what was happening.

Mortar attack? Rocket? Assault? None of these seemed plausible.

As I tried to wrap my groggy brain around the situation, everything subsided. There was dust everywhere, but it was eerily quiet for about 30 seconds.

And then I heard someone shouting, cursing, screaming to get out of the building, we're under attack! Get to the bunkers!

It was surreal. My door had been blown open, and I momentarily just lay there watching figures move by in the dusty subdued light streaming in from the new holes punched in the walls and exit ways. I scrambled to my feet, and absently grabbed some pants and shower shoes, threw on my dog tags and ID pouch—and staggered out into the hallway.

The hall was filled with so much dirt and dust that I couldn't see anything but the shadowy movements of people working their way down to the exit. All the barracks doors had been blown open, it seemed. We all went room to room, a stunned mob, peering into the rooms through the haze, calling out to people, listening for a response and then entering the space, always glad to find an empty space without an unconscious comrade, or worse.

The terrorist didn't get any uniformed troops that day, but he did kill some local civilians who'd been in



British and Afghan security forces hold the line after suicide attack rocked ISAF Headquarters in Kabul.
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the cleaning lady who cared for the female barracks. I could see how scared and weary she looked. She was crying, and the two Macedonian soldiers, also female, held her hands and comforted her with soothing words.

I remembered hearing before that this woman had personally seen the cruel insurgency violence in the recent past. She'd been forced to watch her husband die, murdered by the Taliban in her village, when she was 8-months pregnant. I felt horrible sorrow for her.

That's when it hit me how close we'd all come to buying the farm today. Just a little closer, just a little more explosive, a little more dumb luck and we'd have been toast.

How can you train to sleep defensively? How can you protect yourself from a, fanatical enemy that will stop at nothing, including killing themselves and innocent civilians, to get to their target? You can't. You just roll the dice.

the wrong place, at the wrong time. I found the person who had screamed for us to get out of the building. This one Chief was standing at the exit wearing only a t-shirt and short pants under his Interceptor Body Armor and Kevlar helmet. He was quite a sight with his loaded M-16 pointed at the ceiling, screaming as he waved his rifle, "Get out of here! Now! We're under attack! Get to the bunkers!"

you?" His reply was his usual, "Never better."

Then he just kept walking, and I followed him out to the bunkers. People were calling out, "Look for secondary explosives! Watch where you walk!" as we made our way outside in the dusty haze of filthy sunlight. We still didn't know what had happened.

The sunlight hurt my eyes, and I saw a black plume of smoke churning into the air, right over the wall closest to our barracks. I saw a lieutenant colonel that I know, and followed him down the outside stairs. A grizzled, middle-aged Army man, he looked over at me and asked, "You doin' okay, Chief?"

The female barracks is right next to ours, and it was far worse off. There were gaping holes in the bulkhead, literally exposing barracks rooms to the open air. I could see the beds, the knick knacks and toiletries and other personal belongings thrown on the floor by the concussion.

It's funny because that's the same thing he says to me whenever I pass him on the narrow streets of the compound. Not really a question so much as a greeting. But this time, I think he was really asking me if I was okay.

We sat there and mustered in the makeshift bunkers. There were 13 disheveled people in one bunker with me, and eventually the squawking Chief joined us as well.

I shrugged my shoulders and rolled my eyes, like this was no big deal, and said, "Yes sir, I'm fine. How about

I thought of the local Afghans who clean our building, and asked myself, did one of them plant an IED? I was suddenly filled with rage and distrust. Then I noticed, sitting in our bunker between two Macedonian soldiers,



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).

30•TNR•April 10

- 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
- 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).
- Complete appropriate Medical Screening documents:
- HAVMED 1300/4, Expeditionary Medical and Dental Screening for Individual Augmentee and Support Assignments to Overseas Contingency Operations
- HAVMED 1300/5 - 11, Area of Responsibility theater-specific medical screening forms
- HAVMED 1300/21, Medical Suitability Certification
- HAVMED 1300/22, Expeditionary Screening Checklist

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.pasd.navy.mil>.

REF: JFTR VOL 1 and JTR VOL 2 / DODFMR VOL 9 U2510

*Endorsed and approved by: PSAs LANT, WEST, PAC and EUR
Provided by: CNREC CUSTOMER SERVICE DIRECTORATE / N000*



RC Phone Directory

Chief of Navy Reserve
(703) 693-5757

Office of the
Chief of Navy Reserve
(703) 693-5757

Commander Navy Reserve Forces
Command
(757)445-8500

Force Equal Opportunity Advisor
and EO Hotline
Chief Diann Henderson
1-877-822-7629
(757) 322-5679

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

Naval District Washington RCC
(240) 857-4880

Baltimore, Md.
(410) 752-4561

Region Mid Atlantic RCC
(757) 444-7295

Amityville, N.Y.
(631) 433-2532

Avoca, Pa.
(570) 457-8430

Bangor, Maine
(207) 974-1301

Bronx, N.Y.
(718) 892-0312

Buffalo, N.Y.
(716) 807-4769

Charlotte, N.C.
(704) 598-0447

Earle, N.J.
(732) 580-8545

Ebensburg, Pa.
(814) 472-5083

Eleanor, W. Va.
(304) 586-0326

Erie, Pa.
(814) 866-3073

Fort Dix, N.J.
(609) 723-7160

Greensboro, N.C.
(336) 254-8671

Harrisburg, Pa.
(888) 879-6649

Lehigh Valley, Pa.
(610) 264-8823

Manchester, N.H.
(603) 537-8023

New London, Conn.
(860) 625-3208

Newport, R.I.
(401) 841-4550

Norfolk, Va.
757-318-4500

Plainville, Conn.
(860) 747-4563

Pittsburgh, Pa.
(412) 673-0801

Quincy, Mass.
(617) 753-4600

Raleigh, N.C.
(866) 635-8393

Richmond, Va.
(804) 271-6096

Roanoke, Va.
(866) 527-6595

Rochester, N.Y.
(585) 247-6858

Schenectady, N.Y.
(518) 399-2134

Syracuse, N.Y.
(315) 455-2441

White River Junction, Vt.
(802) 295-0050

Wilmington, Del.
(302) 998-3328

Wilmington, N.C.
(910) 762-9676

Region Southeast RCC
(904) 542-2486 X123

Amarillo, Texas
1-866-804-1627

Atlanta, Ga.
(678) 655-5925

Augusta, Ga.
(706) 733-2249

Austin, Texas
(512) 458-4154

Bessemer, Ala.
(205) 497-2600

Charleston, S.C.
(843) 743-2620

Columbia, S.C.
(803) 751-9251

Columbus, Ga.
(706) 322-4670

Corpus Christi, Texas
(361) 961-2241

El Paso, Texas
(915) 565-3993

Fort Worth, Texas
(817) 782-1805

Greenville, S.C.
(864) 423-5889

Gulfport, Miss.
(866) 502-1271

Harlingen, Texas
(956) 425-0404

Houston, Texas
(713) 795-5202

Jacksonville, Fla.
(904) 542-3320

Meridian, Miss.
(601) 679-3610

Miami, Fla.
(305) 628-5150

New Orleans, La.
(504) 697-9205

Orlando, Fla.
(407) 240-5939 x 2117

Pensacola, Fla.
(850) 452-1341

Puerto Rico
(787) 707-2324

San Antonio, Texas
(210) 225-2997

Shreveport, La.
(318) 746-9657

Tallahassee, Fla.
(850) 576-6194

Tampa, Fla.
(813) 828-1971

Waco, Texas
(254) 776-1841

West Palm Beach, Fla.
(561) 687-3960

Region Mid West RCC
1-847-688-4916

Akron, Ohio
(330) 376-9054

Battle Creek, Mich.
(269) 968-9216

Chattanooga, Tenn.
(423) 698-8955

Chicago, Ill.
(847) 688-3760

Cincinnati, Ohio
(513) 221-0138

Columbus, Ohio
(614) 492-2888

Decatur, Ill.
(217) 875-1733

Des Moines, Iowa
(515) 285-5581

Detroit, Mich.
(586) 239-6148

Fargo, N.D.
(701) 232-3689

Grand Rapids, Mich.
(616) 363-6889

Green Bay, Wis.
(920) 336-2444

Indianapolis, Ind.
(317) 924-6389

Kansas City, Mo.
(816) 923-2341

Knoxville, Tenn.
(865) 545-4720

Lansing, Mich.
(517) 482-9150

Little Rock, Ark.
(501) 771-0880

Louisville, Ky.
(502) 375-3329

Madison, Wis.
(608) 249-0129

Memphis, Tenn.
(901) 874-5256

Milwaukee, Wis.
(414) 744-9764

Minneapolis, Minn.
(612) 713-4605

Nashville, Tenn.
(615) 267-6345

Oklahoma City, Okla.
(405) 733-1052

Omaha, Neb.
(402) 451-2098

Peoria, Ill.
(309) 697-5755

Rock Island, Ill.
(309) 782-6084

Saginaw, Mich.
(989) 754-3091

Sioux Falls, S.D.
(605) 336-2402

Springfield, Mo.
(417) 869-5721

St. Louis, Mo.
(314) 263-6490

Toledo
(Perryburg), Ohio
(419) 666-3444

Tulsa (Broken Arrow), Okla.
(918) 258-7822

Wichita, Kan.
(316) 683-3491

Youngstown, Ohio
(330) 609-1900

Region Southwest RCC
(619) 532-1842

Alameda, Calif.
(510) 814-2605

Albuquerque, N.M.
(505) 292-4141

Denver, Colo.
(720) 847-6205

Fort Carson, Colo.
(719) 526-2964

Guam
(671) 339-6724

Pearl Harbor, Hawaii
(808) 471-0091

Las Vegas, Nev.
(702)632-1455

Lemoore, Calif.
(559) 998-3778

Los Angeles, Calif.
(310) 241-2100

Moreno Valley, Calif.
(951) 656-1199

North Island, Calif.
(619) 545-2610

Phoenix, Ariz.
(602) 353-3002

Point Mugu, Calif.
(805) 989-7559

Port Hueneme, Calif.
(805) 982-6106

Reno, Nev.
(775) 971-6289

Sacramento, Calif.
(916) 387-7100

Salt Lake City, Utah
(801) 736-4200

San Diego, Calif.
(858) 537-8040

San Jose, Calif.
(408) 294-3070

Tucson, Ariz.
(520) 228-6282

Region Northwest RCC
(425) 304-3338

Kitsap, Wash.
(360) 627-2203

Billings, Mont.
(406) 248-2090

Boise, Idaho
(208) 422-6236

Cheyenne, Wyo.
(307) 773-6500

Eugene, Ore.
(541) 342-1887

Everett, Wash.
(425) 304-4777

Fort Richardson, Alaska
(907) 384-6491

Helena, Mont.
(406) 449-5725

Portland, Ore.
(503) 285-4566

Spokane, Wash.
(509) 327-3346

Whidbey Island, Wash.
(360) 257-2922

VP-62
(904) 542-4461

VP-69
(360) 257-6969

Fleet Logistics
Support Wing
(817) 825-6438

VR-1
(240) 857-3410

VR-46
(817) 782-3420

VR-48
(240) 857-6814

VR-51
(808) 257-3289

VR-52
(215) 443 6600

VR-53
(240) 857-9029

VR-54
(504) 678-3061

VR-55
(805) 989-8755

VR-56
(757) 433-4065

VR-57
(619) 545-6920

VR-58
(904) 542-2380 x110

VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
(904) 542-8557

VR-64
(215) 443-6400

ETD Pacific
808-448-9278

Tactical Support Wing
(817) 505-5708

VAQ-209
(240) 857-7828

VAW-77
(504) 390-6288

VFA-204
(504) 678-3491

VFC-12
(757) 433-4919

VFC-13
(775) 426-3644

VFC-111
(305) 293-2654

HSC-85
(619) 545-7218

HCS-84
(757) 445-0861

HSL-60
(904) 270-6906

VP-30 SAU
(904) 542-3060

VAQ-129 SAU
(360) 257-2276

VAW-120 SAU
(757) 444-5072

VFA-125 SAU
(559) 998-1841

HSC-3
(619) 545-8196

HS-10
(619) 545-6600

VFA-106
(757) 433-9081

VFA-122
(559-998-3482

Operational Support Offices and
Reserve Force Operations

Allied Command Transformation
(NATO)
(757) 747-4071

Amphibious Group One
011-81-611-742-2377

Bureau of Medicine
and Surgery
(202) 762-3211

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

Comptroller of Navy
(202) 685-7000

Defense Intelligence Agency
(202) 231-4044

Defense Logistics Agency
(877) 352-2255

Destroyer Squadron Two
(757) 444-1452

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

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

Expeditionary Strike Group Three
(619) 556-1470

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

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

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

Fleet and Industrial
Supply Center Norfolk, Va.
(757) 443-1610

Fleet and Industrial
Supply Center Pearl Harbor,
Hawaii
(808) 473-7928

Fleet and Industrial
Supply Center San Diego, Calif.
(619) 556-6234

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

Fleet Forces Command
(757) 836-3644

Fleet Intelligence
Training Center Pacific
(619) 524-5814

Headquarters
US Marine Corps
DSN: 278-9360

Joint Chiefs of Staff
(703) 693-9753
(703) 695-1033

Joint Transformation Command
for Intelligence
(757) 836-7000

Judge Advocate General
(202) 685-5190

Logistics Group
Western Pacific
011-65-6750-2645

Marine Forces Reserve
(504) 678-1290

Merchant Marine Reserve
Program
(800) 535-2580

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

Mine and Anti-submarine
Warfare Command San Diego
(619) 524-0114

Naval Air Force
US Atlantic Fleet
(202) 762-3211

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

Naval Construction
Forces Command
(757) 462-3658

Naval District Washington
Headquarters
(202) 369-7683

Naval Education and
Training Command
(850) 452-4000

Naval Facilities
Engineering Command
(202) 685-9499

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

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

Naval Hospital Camp Lejeune, N.C. (910) 451-3079	Naval Special Warfare Operational Support Group (619) 522-3232	Navy Region Midwest (847) 688-2884 Navy Region Northwest (360) 315-5123	US Northern Command (719) 554-5920	Explosive Ordnance Disposal Group One (619) 437-3700	Naval Coastal Warfare Group	Chief of Naval Air Training CAOSO (361) 961-3386 CNRN CNATRA/FRS PM (757) 322-6751
Naval Hospital Camp Pendleton, Calif. (760) 725-1288	Naval Station Rota Spain 011-34-956-82-3232	Navy Region Southwest (619) 532-2925	US Pacific Command (808) 477-9138	Explosive Ordnance Disposal Group Two (757) 462-8453	Maritime Expeditionary Security Group One (619) 437-9475	
Naval Health Clinic Charleston, S.C. (843) 743-7000	Naval Supply Systems Command (717) 605-3565	Navy Support Activity, Washington, D.C. (202) 433-3963	US Pacific Fleet (808) 474-8415	First Naval Construction Division (757) 462-3658	Maritime Expeditionary Security Group Two (757) 396-0513	
Naval Health Clinic Great Lakes, Ill. (847) 688-4560	Naval Support Activity, Bahrain 011-973-39-14-6793	Office of Naval Intelligence (301) 669-5557	US Second Fleet (757)443-9850	Naval Construction Forces Command (757) 462-3658	-----	
Naval Hospital Jacksonville, Fla. (904) 542-7300	Naval Surface Force US Atlantic Fleet (757) 836-3057	Office of Naval Research (703) 696-5031	US Seventh Fleet 011-81-6160-43-7440 x4090	-----		
Naval Hospital Lemoore, Calif. (559) 998-4481	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2950	Puget Sound Naval Shipyard (360) 476-7683	US Sixth Fleet 011-39-081-568-4634	US Africa Command 011-49-711-729-4484		
Naval Hospital Naples Italy 011-39-081-811-6000/1	Naval War College (401)-841-3089	Sealift Logistics Command Atlantic (757) 443-5758	US Southern Command (305) 437-1261	US Strategic Command (402) 294-0246		
Naval Hospital Oak Harbor, Wash. (360) 257-9500	Navy Criminal Investigation Service Espionage Hotline (800) 543-6289	Sealift Logistics Command Europe 011-39-081-568-3568	US Third Fleet (619) 767-4296	US Transportation Command (618) 229-8269		
Naval Hospital Pensacola, Fla. (850) 505-6601	Navy Emergency Preparedness Liaison Officer Program (504) 678-4264	Space And Naval Warfare Systems Command (619) 524-7323	-----	Naval Reserve Intelligence Command		
Naval Hospital Yokosuka, Japan 011-81-46-816-5137	Navy Expeditionary Combat Command (757) 462-4316	Commander Submarine Force US Atlantic Fleet (757) 836-1341	Reserve Intelligence Command Headquarters Fort Worth, Texas (817) 782-7107	Naval Intelligence Reserve Region Northwest (360) 315-6001		
Naval Inspector General Hotline (800) 522-3451	Navy Expeditionary Logistics Support Group (757) 887-7639	Commander Submarine Force US Pacific Fleet (808) 473-2517	Naval Intelligence Reserve Region Southeast - Ft. Worth (817) 782-6464	Naval Intelligence Reserve Region Southeast - Det New Orleans (504) 678-3411		
Naval Medical Center Portsmouth, Va. (757) 953-5000	Navy Information Operations Command(NIOCC) Maryland (301) 677-0817	Submarine Group Nine (360) 396-6530	Naval Intelligence Reserve Region Southeast - Ft. Worth (817) 782-6464	Naval Intelligence Reserve Region Southwest - San Diego (800) 873-4139		
Naval Medical Center San Diego, Calif. (619) 532-6400	NIOCC Misawa, Japan 011-81-3117-66-2834	Submarine Group Ten (912) 573-3733	Naval Intelligence Reserve Region Southeast - Jacksonville (877) 882-7396	Naval Intelligence Reserve Region Southwest - Det Denver (720) 847-6240		
Naval Medicine Manpower Personnel Training and Education Command (301) 295-2333	NIOCC Norfolk, Va. (757) 417-7112	Submarine Group Two (860) 694-5683	Naval Intelligence Reserve Region Midwest (847) 688-6273	Naval Intelligence Reserve Region Midwest - Det Minneapolis (847) 688-6273		
Naval Meteorology and Oceanography Command (228) 688-4384	NIOCC Pensacola, Fla. (850) 452-0400	US Central Command (757) 836-4180	Naval Intelligence Reserve Region Midwest (847) 688-6273	Naval Intelligence Reserve Region Midwest - Det Atlanta (678) 655-6380		
Naval Network Warfare Command (540) 653-5001	NIOCC San Diego, Calif. (619) 545-9920	US European Command 011-49-711-680-113	Naval Intelligence Reserve Region Midwest (847) 688-6273	Naval Intelligence Reserve Region Mid-Atlantic (757) 444-1352		
Naval Network Warfare Command (757) 417-6750	Navy Net-Centric Warfare Group (240) 373-3125	US Fifth Fleet 011-973-724-383	Naval Intelligence Reserve Region Midwest (847) 688-6273	Naval Intelligence Reserve Region Washington (240) 857-7878		
Naval Operational Logistics Support Center (717) 605-5790	Naval Installations Command (202) 433-3200	US Fleet Forces Command (757)-836-4180	Naval Intelligence Reserve Region Midwest (847) 688-6273	Naval Intelligence Reserve Region Midwest Det Millington (847) 688-6273		
Chief of Naval Operations (703) 697-5664	Naval Munitions Command (757) 887-4834	US Joint Forces Command (757) 836-6555	Naval Intelligence Reserve Region Midwest (847) 688-6273	Naval Intelligence Reserve Region Midwest Det Detroit (847) 688-6273		
Naval Operations Office of the Chief of Chaplains (504) 678-1394	Naval Personnel Command 1-877-807-8199	US Naval Forces Alaska (907) 463-2248	Naval Intelligence Reserve Region Midwest (847) 688-6273	Naval Intelligence Reserve Region Midwest (847) 688-6273		
Naval Operations Office of Naval Intelligence (504) 678-1394	Naval Region Europe 011-39-081-568-4636	US Naval Forces Central Command 011-973-724-383	Naval Intelligence Reserve Region Midwest (847) 688-6273	Naval Intelligence Reserve Region Midwest (847) 688-6273		
Naval Personal Development Command (757) 444-2996	Naval Region Guam (671) 355-1110	US Naval Forces Europe 011-44-207-514-4605	Naval Intelligence Reserve Region Midwest (847) 688-6273	Naval Intelligence Reserve Region Midwest (847) 688-6273		
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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:

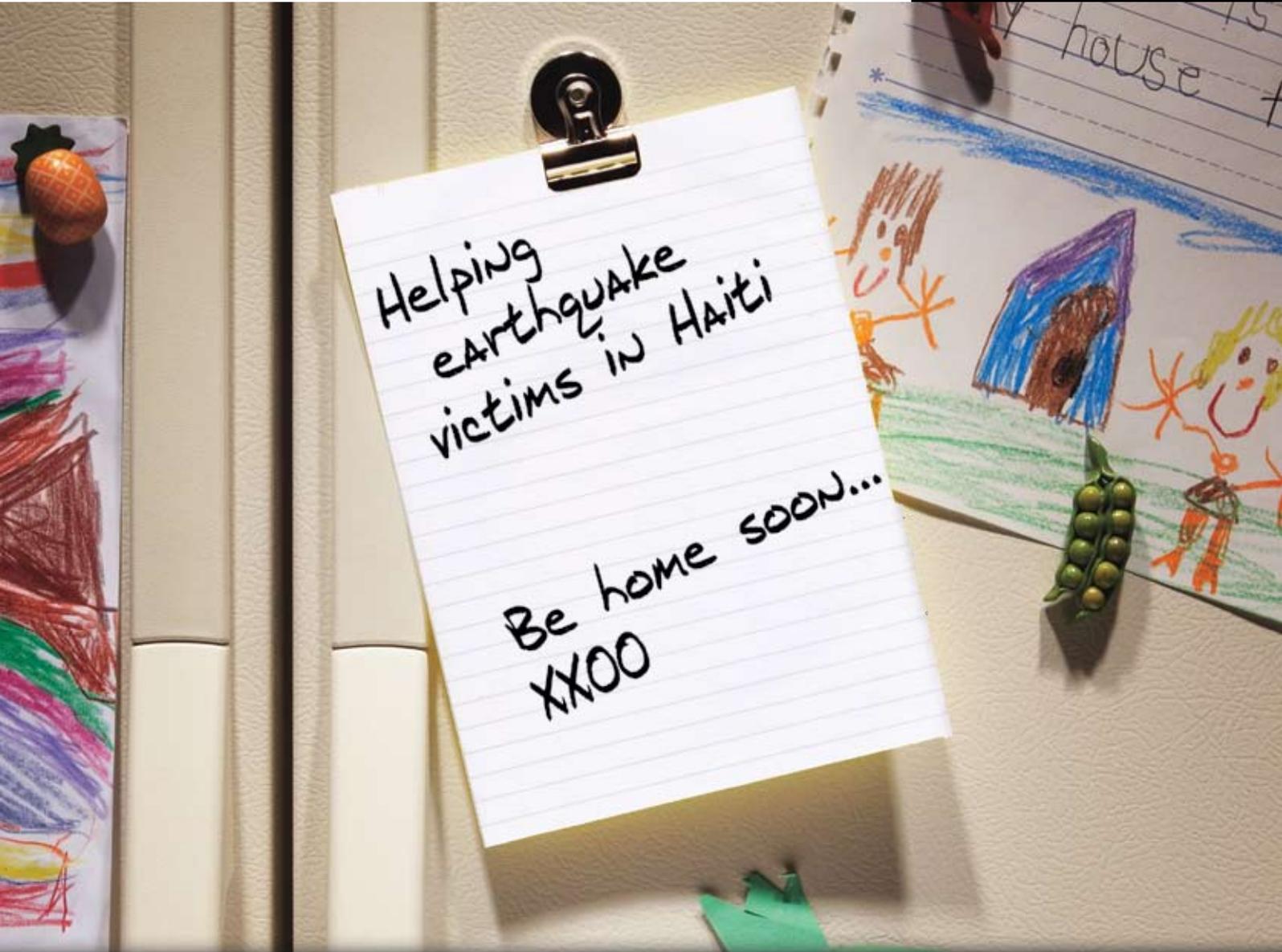
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Monthly columns: at least 500 words. More is okay, we'll edit it. Feature stories: at least 600-700 words and need supporting photos. Feature-based stories will compel the reader to read the entire story. We do not want a straight-news story written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

Questions and Suggestions:

Please contact the editor at james.vorndran@navy.mil or call (757) 322-5624

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