



February
2010
Vol. 36
No. 2

TNR

Ready Now.
Anytime,
Anywhere.



**The Reserve Force...
The Navy's Ace in the Hole**



NAVY RESERVE

Ready Now. Anytime, Anywhere.

FROM THE EDITOR

Readers,

I want to start off this letter writing about the cover of TNR this month. This month's magazine focuses on how the Navy Reserve brings on-demand expertise to the Force. So, the cover is of a card table because your expertise is "What we bring to the table." Navy Reservists deliver full-time excellence through part-time and full-time service. There are many capabilities in the Reserve component that don't exist anywhere else. For instance, I have been told that 100 percent of cargo handling capabilities is handled by the Reserve Force and medium airlift is almost completely done by Reservists.

The "Ace in the Hole" you provide are the talents and skills you bring to the table. Many Reservists have the ability to branch out from their ratings or designators because of the skills they possess from their civilian work and life experiences. This month we have a story about one such Reservist who is working on a fuel cell initiative for unmanned aerial vehicles. It is a great story about a Reservist bringing his skills to the table.

Also, you will read about a team of Reservists who are trained as a rapid response fire team. These Sailors were trained to be firefighters but they also bring with them civilian skills that make them especially skilled for their mission.

This month you will also find our second installment of "Anchors in the Dirt." Chief Brian Naranjo will be continuing his series for many months to come. But that also means that we are saying goodbye to a column you have seen for quite awhile, Capt. Larry Jackson's "Boots on the Ground." Capt. Jackson is signing off his columns this month and we will miss his writing. It was a fascinating journey we took with him.

Thank you Captain and welcome aboard Chief.

Jim Vorndran

February 2010

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ON OUR COVER:

GRAPHICS: BY MASS COMMUNICATION SPECIALIST 2ND CLASS LESLIE LONG

PHOTOS BY (LEFT TO RIGHT) U. S. NAVY PHOTO, MASS COMMUNICATION

SPECIALIST 3RD CLASS JOSUE ESCOBOSA, MASS COMMUNICATION SPECIALIST 2ND

CLASS SARAH BITTER, MASS COMMUNICATION SPECIALIST 2ND CLASS DANIEL

EDGINGTON

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CHANGE OF ADDRESS ... SELECTED RESERVISTS WITH ADDRESS CHANGES NEED TO PROVIDE UPDATES TO THE NSIPS (NAVY STANDARD INTEGRATED PERSONNEL SYSTEM) VIA THEIR NOSC PERSONNEL OFFICE.

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WINNING LINE-UP



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CULTURE OF FITNESS

TIME OUT!

WRITTEN BY: CHIEF PERSONNEL
SPECIALIST (AW) CHAD HELMS



I hope you all had a successful physical fitness cycle. During the most recent cycle, I had the opportunity to talk to many Sailors to get their opinions of physical fitness and on how to better prepare themselves for the cycle.

After hearing talks of mission support, self proclaimed laziness and how we wish we would prepare more, I realize that we can.

We have to take a personal approach to physical fitness and figure out what we as individuals need to do. After all, it is recorded and reported as an individual score. Your scores and overall physical fitness are a reflection of you. At the end of day, are the core values something you hold true?

Time Out: As Sailors we take "time out" of our workday to handle a barrage of personal issues that arise; phone calls, meetings and appointments. Yet, the first thing we sacrifice is time for physical training. This does not mean the allocated time for command PT.

I am referring to the time you had a meeting off base that concluded at 1500 and you chose to spend the additional time talking and hanging out. Did you take "time out" of your day?

Time Out: How many times have you said, "There's nothing else I can do to better my scores?" I say "time out." Take the time out of your busy schedule to do the following: Return the shopping cart to the store or at a minimum the designated cart return areas. How often do you make the effort to return the

carts? This could be the first steps towards your daily reward.

When the opportunity arises, do you take the stairs or the elevator? If at all possible, we should take the stairs. These are truly the next steps toward your daily reward. Sailors on independent travel during TAD, TDY, AT, ADT, ADSW and mobilization, did you take time out to visit the fitness center on installations you visited or were you busy taking in the food?

Remember, you see the results in the mirror. You must reinforce personal physical readiness.

Time Out: HMCS (Ret) H. P. Henry, Fleet Marine Force and Martial Arts Chief Instructor, had a great solution to ensure the minimum. Liberty call did not commence until members of his staff could prove they walked 5,000 steps on a

pedometer during the day's work. His intent was clear; get out from behind the desk, phone or work space whenever possible. Take time out to increase your physical activity on a daily basis.

Also, I want to list some activities that can be performed individually or by groups in confined or small workspaces. Pushups, shoulder raises, bicep curls, squats, crunches, jumping jacks, heel touches, hamstring curls, and march with a kick are all workouts that can be completed in just minutes a day. Contact your Command or Assistant Command Fitness leaders to demonstrate proper techniques for each exercise.

Most importantly, take ownership of your oath and service to the Navy. In return you will build a healthier lifestyle that will certainly reward you.



Sailors aboard the aircraft carrier USS Harry S. Truman (CVN 75) play a game of basketball as part of their physical training. Photo by Mass Communication Specialist 3rd Class Kilho Park

CAREER COUNSELOR CORNER



SPONSOR PROGRAM: MAKE A GOOD FIRST IMPRESSION

WRITTEN BY: CNRFC RESERVE CAREER
RESOURCES AND INFORMATION OFFICE

The Command Sponsor program can represent the difference between a good tour and a great tour. Through the sponsor program you can ensure a smooth transition and assimilation into the command/unit, set the stage for a positive experience at the beginning of the tour, and an atmosphere for continued success.

Making the Team

Like any great team, there are key personnel that set the tone for the program. Every Command's/Unit's team is comprised of the Commanding Officer, Command Master Chief, Command Sponsor Coordinator and the sponsor.

When it's the bottom of the ninth with the bases loaded, the entire team ensures the success of the program.

Keys to Success

You cannot make it to the World Series without good teamwork and the right equipment. The teamwork behind a successful sponsor program comes from an engaged Wardroom, CPO Mess, First Class Petty Officer Association, Ombudsman, Family Readiness Group and Fleet and Family Support Center (FFSC), if available. The equipment comes in the form of OPNAVINST 1740.3, local instructions, quality sponsors, sponsor checklists, sponsor questionnaires and the use of the

Career Information Management System to assign sponsors.

Additionally, the general military training video, "U.S. Navy: The First 72 Hours," examines the damaging effects of a poor command climate/sponsorship program. Viewers learn how negative first impressions lead to professional and personal problems among newly reporting Sailors.

A copy of "The First 72 Hours" is available free from the Defense Imagery Web site at <http://www.defenseimagery.mil>. To order the DVD, use the search option and enter the number "806440." Complete the ordering instructions and the DVD should be delivered to your command within five days.

Sponsor Choice and Responsibilities

Sponsorship begins when orders are received by the gaining command/unit and a sponsor is assigned. There are certain responsibilities that fall to the sponsor starting from pre-arrival through the first year onboard. The guidelines for sponsor responsibilities can be found in OPNAVINST 1740.3.

Sponsors:

- Should be ambassadors for the command/unit and the Navy.

- Should be of equal or higher paygrade (at least E5) of the incoming Sailor.
- Marital status should be considered when assigning sponsors.
- Must have at least 12 months remaining onboard.
- Should not be the person that the incoming Sailor is slated to relieve.
- Must complete sponsor training prior to being assigned.

Sponsor training is provided by your local FFSC or your Command Career Counselor.

One Navy Family

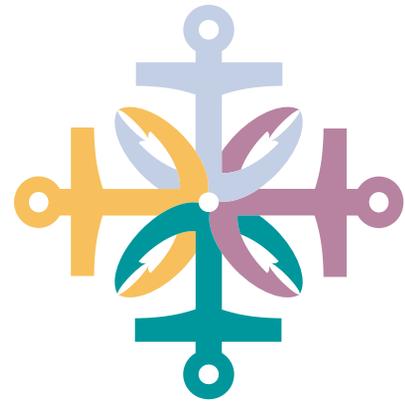
In many cases, the efforts put forth are the command's/unit's first opportunity to prove it cares about the well-being, professional success, and family support of its Sailors. These actions set the tone by which shipmates and families ultimately choose to "Stay Navy."

Proactive sponsorship can solve many issues and concerns before the Sailor arrives onboard, paving the way for a smooth transition, and most importantly, making that Sailor and their family feel like part of their new command/unit.

For more information about Brilliant on the Basics read NAVADMIN 043/08.

DIVERSITY – PROVIDING STRATEGIC DEPTH AND FLEXIBILITY

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



Ensuring we have a flexible, strong force incorporating many viewpoints; and to meet the growing demands of contingency operations, we need a diverse force.

The Navy Reserve is in the unique position to be able to provide our Navy with diverse people from many backgrounds. These individuals bring their experiences in the civilian world to bear in a way career Navy folks can't. Talk about depth, flexibility and expertise!

How we then harness everyone's capabilities, foster their talents and retain the best and brightest has a considerable impact on our ability to accomplish our mission.

Over the last months, I've talked about life-work balance, and the impact that has on recruiting and retention of a diverse and highly-capable workforce. Reserve members have a special three-part balancing act: life-work-work.

There are offices in place to help with that balance, including Employer Support of the Guard and Reserve (www.esgr.mil) and the Navy Fleet and Family Support Center (www.nffsp.org).

You'll have noticed I also emphasized mentoring in previous columns – it too impacts our Total Force's ability to accomplish the mission and capitalize on our

diverse makeup. Each of us can find ways to mentor others – fellow Sailors in our unit; individuals new to our designator, rate or rank; and someone about to take over a job we just left. Mentorship opportunities are endless.

Finding mentors often is the more daunting half of the mentor-mentee

The Navy Reserve is in the unique position to be able to provide our Navy with diverse people from myriad backgrounds.

equation. It certainly seems a lot easier to share what we know than to ask for help or seek out support!

The Navy encourages participation in professional development and outreach activities that may help with this process. Often the roles will blur as you engage, and you'll find yourself moving from mentor to mentee and back again.

There are a number of conferences coming up in the next few months that provide opportunities to develop mentoring relationships, as well as be part of the Navy's outreach efforts.

- Black Engineer of the Year Awards, Feb. 18-20, Baltimore
- 20th Annual Women in Aviation International Conference, Feb. 25-27, Orlando, Fla.
- Asian American Engineer of the Year Awards, Feb. 27, New Brunswick, N.J.
- Heroes and Heritage Student Leadership Summit, Mar. 20, San Antonio
- 22nd Annual National American Indian Science and Engineering Fair, Mar. 11-13, Albuquerque, N.M.

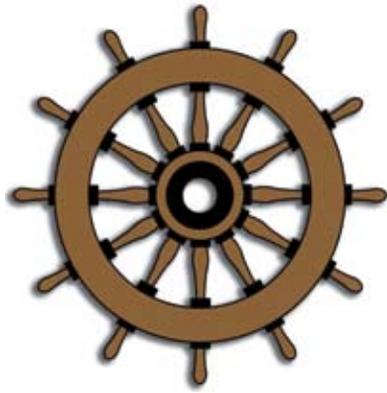
The Reserve component provides strategic depth and flexibility to the Navy Total Force. We thrive on the infusion (and retention) of new ideas and diversity of thought.

Let's keep doing what we can to nurture our Sailors and provide challenge, balance and development – it's good for them and it's good for the Navy.

Navy Diversity Outreach
<http://www.npc.navy.mil/CommandSupport/Diversity/>

Task Force Life Work
<http://www.npc.navy.mil/CommandSupport/TaskForceLifeWork/>

LEADERSHIP



THE LEADERSHIP ELEMENT OF STRATEGIC DEPTH

WRITTEN BY: CMDR. STEPHEN FERRIS

The Navy Reserve, based on its mission statement, provides strategic depth to the Navy's operational capabilities across the spectrum of warfare. What this means is unit leaders must focus on providing fully trained Sailors, ready to deploy at a moment's notice for any kind of operation.

Reserve component Sailors must be ready to come off the bench and play at the same level as the active component.

Due to its flexibility and responsiveness, the Navy Reserve is a force multiplier. It makes the Navy more capable than the active duty force level might imply. But developing this operational flexibility doesn't just happen. It is the result of careful thought and planning by unit leadership.

Let us briefly review what leaders can do to ensure their Sailors contribute to the strategic depth provided by the Navy Reserve.

Leadership Training:

Leaders must be certain their members receive the formal training that is available to all paygrades. Leaders should not view this training as simply another check in the box towards advancement. Rather, leadership must recognize this training as an efficient method for providing Sailors with the tools and perspectives necessary for effective leadership at the next rank.

Leveraging Civilian Job Skills:

Unique to Reservists is the substantial job skills and experiences they bring to their Navy jobs. In many cases, the Reservist's civilian experience might be at a level higher than their current Navy rank or involve the use of leading edge technologies that are only beginning to be used in the Navy.

Effective unit leaders will be aware of these skills and encourage Sailors to use them when possible in providing operational support.

Cross-Training:

When leaders establish a strong program of cross-training, they produce greater operational flexibility. Cross-training allows individuals to substitute for each other in the performance of critical responsibilities, thereby eliminating or reducing the delays that result from an exclusive reliance on one person. This makes for greater interoperability among unit personnel and provides the Navy with an improved capability to put the right person in the right place at the right time.

Jointness:

Unit leadership must continually be aware of the opportunities for Sailor development through attendance at schools of other services, participation in joint exercises, or other beneficial exposures to our sister services. This involvement is a way to prepare Sailors for the challenges of service in

the joint environment that characterizes many of today's deployments.

This early introduction to the joint nature of the military represents another way Reserve leadership can improve unit operational flexibility.

Anticipate Requirements:

A leader's deep understanding of unit mission and frequent communication with the chain of command can provide valuable insights into training, equipment and readiness requirements.

Effective leaders will not simply react, but attempt to anticipate requirements they are likely to face and prepare accordingly.

Lesson Learned:

Leaders do not need to reinvent the wheel. There is an abundance of after action reports, command histories, lessons learned and other commentaries available to leadership. Even the most superficial reading of this material will provide important insights that can accelerate unit readiness. These documents can help leaders avoid earlier mistakes while focusing efforts on activities most relevant to mission success.

Developing operational flexibility and accelerating unit readiness is central for enhancing the Navy's strategic depth. These must become primary goals for leaders of all ranks in the Navy Reserve.

SPIRITUAL NAVIGATION

CALLED TO SERVE

WRITTEN BY: CAPT. RONALD J. WELLS
CHC, DEPUTY CHAPLAIN
U. S. SECOND FLEET



For 23 years I had the pleasure of serving in the Reserve component (RC) of the United States Navy and I must confess once I was promoted to Captain, I never envisioned being recalled to active duty. However, as a man of faith and during a pilgrimage to Israel, I rededicated my life and ministry to God.

During my Baptism in the River Jordan, I pledged, "God I am willing to be used by you, whenever, wherever, however, with whomever and doing whatever you deem."

The dream of being recalled to active duty came to fruition when I received what would be a life-altering phone call. Through the phone I heard, "The 25th Naval Construction Regiment needs a chaplain to deploy with them to Iraq." I quickly responded, "Okay, I accept." I agreed to serve with the Seabees for two major reasons: the type of work the Seabees perform and because for many years I prayed for and waved goodbye to many RC "Bees."

As time unfolded the mission of 25 NCR changed and their orders were changed from Iraq to Afghanistan. From the date I arrived at Kandahar Air Field (KAF) I was intimately aware of the unique challenges of being in a combat zone and providing ministry.

I proclaimed on my last Sunday, in my own pulpit, "It is easy to tell you in Harlem, N.Y. that God is with you. I am going to proclaim this same message of hope, faith and reassurance in Afghanistan."

The daily challenges of KAF included what I termed my two jobs: by day, working as the 25th NCR chaplain and by night working as the pastor of the gospel service. Much of my days were spent counseling military personnel, visiting Seabee work sites, delivering care packages, conducting Bible studies, blessing convoys and providing a ministry of presence.

The gospel service was energetic, spirit-led, cross-cultural, multi-racial, multi-national and inter-denominational. During my tenure the gospel service grew spiritually and numerically, growing by 100% in attendance and outgrowing the existing chapel space. I sensed, in many worshippers, a deeper yearning for authentic spirituality. Therefore, in an effort to meet their considerable spiritual needs, we developed four new ministries: men's ministry, women's ministry, prayer warrior ministry and praise dance ministry.

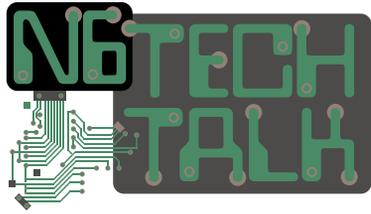
Navy chaplains are assisted by religious program specialists (RP), forming a religious ministry team. As chaplains are non-combatants,

RPs also serve as the chaplain's "body guards." I was very ably assisted by Chief Religious Program Specialist Jorge Proctor.

One of the added benefits of being deployed at KAF was the rare privilege of meeting and working in a joint environment supervising Air Force, Army and Navy chaplains as well as developing working relationships with NATO chaplains.

Through my mobilization I developed a deeper appreciation for individual augumetees (IA). As we continue mobilizing Sailors, more of my RC counterparts will be called upon to serve. I therefore, challenge my RC counterparts to be ready, willing and able to serve when called upon. Are you ready to serve?





ALL THUMBS

WRITTEN BY: *STEPHEN BLAISURE,
CNRFC N6*

So what is it about thumb drives, or USB based flash memory media that made them so evil in the last year? While much has been written at the classified level about threats to computer networks I am hoping to answer questions on threats in an unclassified forum. There are several very simple issues that have been compromised by adversaries.

1. How much memory do you have? We know that a CD holds approximately 650 MB of data and a single layer DVD holds approximately 4.7 GB of data. We know your computer can see all of that data and your virus protection software can see it as well. How big is the flash drive? Due to the way data is accessed under USB protocols, when it is plugged into a computer, that 2 GB device might very well be a 4 GB device with a partition that shows 2 GB and hides the remaining for other purposes (like data collection). You just don't know.

This is why we use CDs. Our computers can scan and check all the data sectors that account for the 650 MB of data. We can't be sure with standard flash memory.

2. AutoRun and USB memory. As stated by Microsoft: "Certain malware, including the Conficker worm, have started making use of the capabilities of AutoRun to provide a seemingly benign task to people – which masquerades as a Trojan Horse to get malware onto the computer. The malware then infects future devices plugged into that computer with the same Trojan Horse."

A detailed description, with screen shots of how this works, is available at:
<http://blogs.msdn.com/e7/archive/2009/04/27/improvements-to-autoplay.aspx>

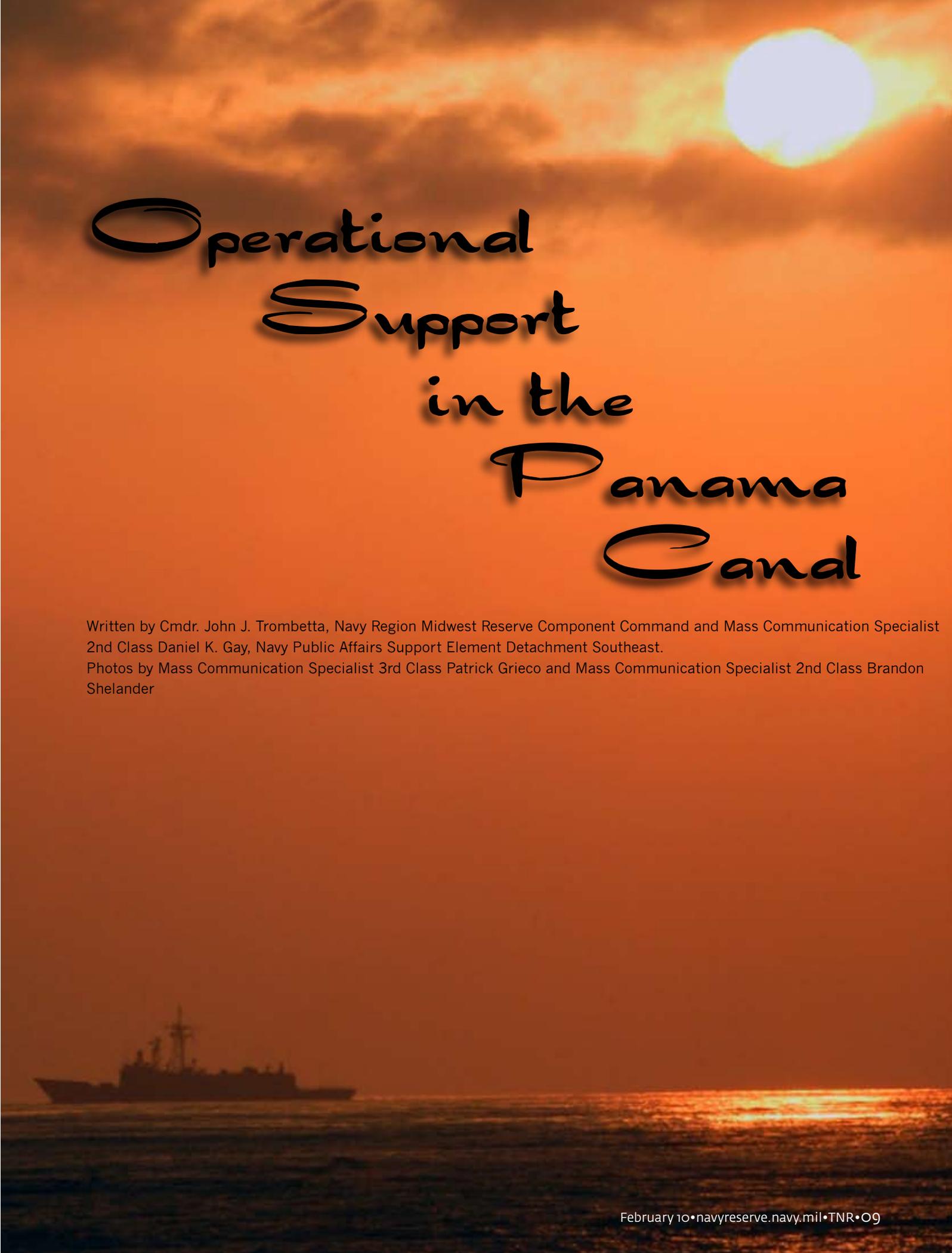
This vulnerability is so huge Microsoft completely disabled this capability in the recently

released Windows 7 operating system and the vulnerability has been addressed throughout our government computer networks. This is one you should fix at home as well. Below is the link to learn how to protect your home windows based computer.
<http://support.microsoft.com/kb/967715>

If you combine both 1 & 2, you can see you have a perfect storm of malware with ease of use that generated significant vulnerabilities for our networks.

So what has to happen to get this functionality back? While DoD and Department of Navy-wide policy is still being developed, we do expect government procured, accountable and secured flash media to return for some users.



A sunset over the ocean with a large ship on the horizon. The sun is a bright, glowing orb in the upper right, casting a golden light across the sky and reflecting on the water. The ship is silhouetted against the horizon line in the lower left.

Operational Support in the Panama Canal

Written by Cmdr. John J. Trombetta, Navy Region Midwest Reserve Component Command and Mass Communication Specialist
2nd Class Daniel K. Gay, Navy Public Affairs Support Element Detachment Southeast.
Photos by Mass Communication Specialist 3rd Class Patrick Grieco and Mass Communication Specialist 2nd Class Brandon
Shelander



Above: PANAMAX participant ships steam in formation. Photo by Mass Communication Specialist 3rd Class Patrick Grieco.

Facing page: The sun rises on a new day for the crew of the guided missile frigate USS Doyle (FFG 39) as she sails through the Pacific Ocean.

Photo by Mass Communication Specialist 3rd Class Patrick Grieco

In 2003, three nations participated in a Navy exercise known as Fuerzas Aliadas PANAMAX. During the most recent FA PANAMAX there were 20 participating countries contributing 24 ships and more than 5,000 personnel for a joint multinational exercise involving all military branches.

PANAMAX is an annual multinational exercise tailored to train forces to defend the Panama Canal. It involves civil and military forces from countries from the Caribbean, Central and South America and around the world. It focuses on responding to requests from the government of Panama to protect and guarantee safe passage of traffic through the canal, ensure its neutrality, and respect national sovereignty. The neutral waterway is crucial to global maritime commerce and peace and prosperity in the region.

The security of the canal remains more important than ever as the growth of world trade coincides with an expansion of the waterway in the future. Thousands of ships haul more than 200 million tons of cargo through the canal each year.

Embedded in this exercise were more than 153 Reservists who contributed 1,836 operational support days.

A part of that operational support was a number of Reservists assigned to Commander, Destroyer Squadron 40 (DESRON FOUR ZERO), who honed their skills while

supporting the embarked multinational staff onboard USS Mesa Verde (LPD 19) during the exercise.

Reserve component logistic specialists ensured ships and personnel received the necessary equipment and supplies throughout the exercise.

Operations specialists and information systems technicians (IT) from the Reserve component were working with their ship's company counterparts conducting operational and communication duties; an element to the exercise not made any easier with increased communication challenges created by the number of different nations participating.

"It's great experience and training for us because we get to do hands on work with active duty members and other staff members we wouldn't normally get," said Chief Personnel Specialist Lanita Hutto, a Reservist onboard.

"It really helps to get some time out here and work with other ITs and their equipment used aboard ship. Out here we have 12 hours a day we devote to training," said



Fire Controlman 2nd Class(SW) Eric Brown stands safety watch aboard guided-missile frigate USS Kauffman (FFG 59) during live firing exercises off the coast of Chile. Photo by Mass Communication Specialist 2nd Class Brandon Shelander.

Information Systems Technician 1st Class Marion King, a Reservist who worked in the ships radio department.

Training onboard a ship adds a different element for these Reservists. “Normally at our NOSC (Navy Operational Support Center) we don’t have access to equipment we have here, so the training is much more in depth,” Information Systems Technician 2nd Class Jeffery Cheeks said.

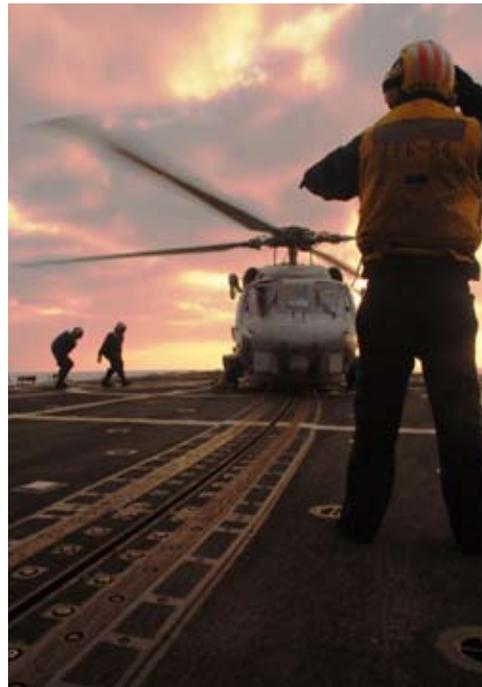
The work onboard Mesa Verde wasn’t limited to only U.S. Sailors, as many multinational force Sailors were aboard as well during PANAMAX.

“It’s been very interesting here; day to day we work with the multinational force and learn new things, and all of it helps to enhance our ability to be prepared the next time we are called on,” said Chief Information Systems Technician Jeff Ogburn, who has been in the Navy Reserve for 15 years.

“Working with PANAMAX has been excellent training. We get a chance to work with other Sailors, not only U.S. Sailors, but Sailors from around the world,” said Culinary Specialist 1st Class Araceli Agustin, who worked in the ship’s wardroom. “I think it’s great we are combining all these nations together, and working together, so everybody is on the same page doing the same tasks.”

The Reservists blended seamlessly with the crew onboard the Mesa Verde.

“Everyone has gone the extra mile to integrate and contribute in every way possible during the exercise. You can’t tell who is a Reservist and who is not, and that of



A landing signal enlisted Sailor signals to an SH-60B “Knighthawk” helicopter, assigned to the Helicopter Anti-Submarine Squadron (Light) (HSL 43) Detachment 4, the “Wild Cats,” aboard the guided missile frigate USS Ford (FFG 54). photo by Mass Communication Specialist 3rd Class Patrick Grieco.

course is the goal,” said Cmdr. Mike Fields, commanding officer of the DESRON FOUR ZERO Reserve unit.

Members of the ship’s crew also noticed the contribution the Reserve Sailors made to the exercise.

“The Reservists that have been on board have been professional, motivated and have been doing anything to assist the crew and I couldn’t be more proud to have them onboard,” said USS Mesa Verde Command Master Chief Scott Knoworski.

USS Mesa Verde participated in the exercise as part of U.S. Southern Command’s Partnership of the Americas maritime strategy.

Fire and Rescue Reservists

Written by Jim Voradran, Senior Public Affairs Specialist, Commander, Navy Reserve Fleet Command

Photos by Steve Standifird, Public Affairs Specialist, Naval Station Ingleside



ABE1 John Perez and ABH3 Felix Gutierrez responding to a heavy smoke and fire drill at Naval Station Ingleside, Texas. Reservists from Commander, Navy Installations Command Fire and Emergency Services Detachments are currently manning the station's fire department. Members of the detachments are a trained to be rapid mobile force of first responders in case of natural or manmade disasters.

The Navy saying that “every Sailor is a firefighter” has been heard for many years. When a ship experiences a fire at sea, a crew’s training on fighting fires aboard that vessel and knowledge of every corner of the ship are vital. Navy Reservists from Commander, Navy Installations Command (CNIC) Fire and Emergency Services Detachments A and B don’t have the luxury of knowing every corner of the places they work because they can deploy to any Navy installation in the world.

Although their surroundings change, their advanced skills at structural and airfield fire fighting can most likely overcome their unfamiliar surroundings. “Our east and west coast units are

mobile-ready national disaster or emergency teams. We can deploy trained structural and airfield fire fighters within two days” Chief Aviation Boatswain Mate (Handling) Christian Bailey said. “We have sent firefighters to bases where they were short on manning strength in Maryland, Spain, Italy and Bahrain.” The detachments will also soon be supporting bases in Korea and Japan.

Through a program between CNIC and the Maryland Fire and Rescue Institute (MFRI) at the University of Maryland, Aviation Boatswain Mates from the Reserve component receive structural firefighting training to fill the critical billets in the two units. The units

formed in 2007 and are home based at Ft. Dix, N.J. and San Diego, with plans for a third unit at Jacksonville, Fla.

“This innovative program was developed by Fire & Emergency Services Director Carl Glover and Deputy Director Ricky Brockman. They envisioned to one day have the capability to train, equip and deploy Reserve firefighters in order to allow CNIC the capability of a rapid mobile force of first responders in case of natural or manmade disaster,” CNIC, Navy Fire & Emergency Services Reserve Program Manager Chief Aviation Boatswain Mate (Handling) Tony Trannum said.

Contracting MFRI to train the Reservists was cost effective. Attendance to the DoD Fire Academy at Goodfellow Air Force Base in San Angelo, Texas takes four months of active duty training (ADT) days to fund Reservists. MFRI is a less expensive option that offers equitable training and certifications for a firefighter. This program delivers timely and cost-effective capabilities, which is relevant and valued by the Navy. Training at MFRI also supports the Reservist's life/work balance by reducing the time needed for training. The program only requires 30 days of ADT in conjunction with 14 days of annual training.

"The advanced training we receive at the fire and rescue institute gives us the ability to support a number of fire fighting needs. With our Navy firefighting training and the additional training received at MFRI we are well suited to support fire fighting efforts during national disasters," Bailey said. Bailey, from the Ft. Dix unit, is currently serving as the assistant fire chief at Naval Station Ingleside, Texas.

The different firefighting detachments have been tasked lately with supporting bases impacted by Base Realignment and Closure (BRAC).

"BRAC bases are a perfect fit for the program right now," Bailey said. "As bases go into BRAC, their civilian DoD firefighters get reassigned to other bases, leaving critical manning shortfalls. When our trained Reservists staff the base fire departments, it gives the civilians ample opportunity to find work elsewhere and the bases maintain a qualified firefighting capability."

Currently Reservists make up 95 percent of the firefighting staffing at Naval Station Ingleside and 75 percent at both Naval Air Station (NAS) Willow Grove, Pa. and NAS Brunswick, Maine.

Though the Navy Reserve has many people who have received fire fighting training, and many of those are civilian firefighters, Aviation Boatswain Mates were selected to staff the units because in most cases they are already trained in airfield fire

and rescue operations. They also have general knowledge of military shipboard firefighting which allows them to assist at naval stations where ships are assigned.

The Aviation Boatswain Mate (Handling), or ABH, rating is the only one with the 7012, shore base airport and aircraft firefighter, Navy Enlisted Classification (NEC). This gives them the opportunity to already work at some base fire stations. By having the NEC, ABHs are certified in accordance with National Fire Protection Agency Standards as airport firefighters. They perform duties as rescue, firefighting and salvage team members aboard NASs, outlying fields and other naval activities ashore. They are also well versed in duties as hazardous materials (HAZMAT) response team members.

"Reservists bring a unique set of skills to the program. Besides some members already being civilian firefighters, others work in fields where those skills are used in the every day operations of the fire service," Bailey

ABE1 John Perez and ABH3 Felix Gutierrez conducting rescue operations training in a smoke filled room at Naval Station Ingleside, Texas.



said. "My work in the oil industry gives me a wide knowledge of fuels and chemicals that could be used in a HAZMAT situation."

As the Navy's standard for on-demand expertise, the Reserve component delivers full-time excellence through part-time and full-time service. The 70 personnel from the fire and emergency detachments are able to contribute their skills by filling short or long term Navy needs. "We primarily support the force by going on active duty for special work orders, but we have also accepted ADT orders from as short as 30 days to as long as three months," Bailey said.

The firefighting Sailors of the Fire and Emergency Services Detachments take quick response time to heart. Whether responding to a fire, HAZMAT incident or deploying to the far corners of the world, they are "Ready Now. Anytime, Anywhere."



Above: ABE1 John Perez and ABH3 Felix Gutierrez conduct rescue drills in a smoke filled room at naval Station Ingleside, Texas. The members of Commander, Navy Installations Command Fire and Emergency Services Detachments use thermal imaging cameras to locate victims.



Left: Rescue team member ABE1 John Perez and hose team members ABH1 Andre Patrick and ABHC Alberto Alvarez are debriefed following a search and rescue drill at Naval Station Ingleside, Texas.

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.



LS2 (SS) Michael V. Brickley

Hometown: Salem, Mass.

NOSC: Navy Operational Support Center Norfolk

Unit: U.S. Joint Forces Command (USJFCOM)

Brief description of your Navy job: Logistics Specialist. I attend to uniform inventory management in support of my reserve unit.

Brief description of your civilian job: Business and financial data analyst, working for the 1st Naval Construction Division (1NCD).

What has been your greatest Navy achievement? My greatest achievement is becoming the leading petty officer (LPO) for my division during the absence of my LPO. I was working in the role of a 1st class as a 2nd class.

Who has been your biggest influence since joining the Navy? My biggest influence in the Navy was YN1 (SS) Gary White. He made me the Sailor I am today. I know I can achieve everything I put my mind to because of him. He was my mentor.

What do you enjoy most about the Navy? My job! I like to make people happy and with great customer service I can make that happen.

Most interesting place visited since joining the Navy: The most interesting place I have been is Dubai. The love and honor for their culture makes their lives prosperous and successful.

Current hobbies: My current hobbies are school and playing pool for the Eastern Amateur Pool League.

Hometown: Bethel Park, Pa.

NOSC: Norfolk, Va.

Unit: Full time support at NOSC Norfolk

Brief description of your Navy job: I work as information technology consultant. As the assistant command technical representative I manage more than 4,000 NMCI accounts for the NOSC staff and Reservists assigned here. I also manage the command's social media networks. We have a Facebook page which really helps individual augmentees keep in touch or get information.

What has been your greatest Navy achievement: When I was in Iraq I was a guard at Camp Bucca. We had 400 Sailors among 5,000 soldiers. That was quite an experience.

Who has been your biggest influence since joining the Navy: I came from a military family so I had numerous influences. All Air Force—I thought I could do better so I joined the Navy.

What do you enjoy the most about the Navy: I have been to all four corners of the U. S. and then Iraq. I really enjoy the opportunities for travel.

Most interesting place visited since joining the Navy: Brunswick, Maine where I was stationed for with Patrol Squadron 92. I love the weather especially the snow. I like the fact that there were more moose than people. I thought the recreation opportunities were great.

Current hobbies: Bird keeping, I own two parrots.



AT2 Neil T. Taydus

CNRF PUBLIC AFFAIRS

BACK TO BASICS

Fathom These Links

Written by
Mass Communication Specialist 1st Class (SW/AW) Rebecca Kruck

Made of steel, Navy anchor chains vary in size according to the size of the ship and her anchors.

Chain comes in 15-fathom lengths called shots. One fathom equals six feet.

How many shots a ship will carry depends on the type of ship.

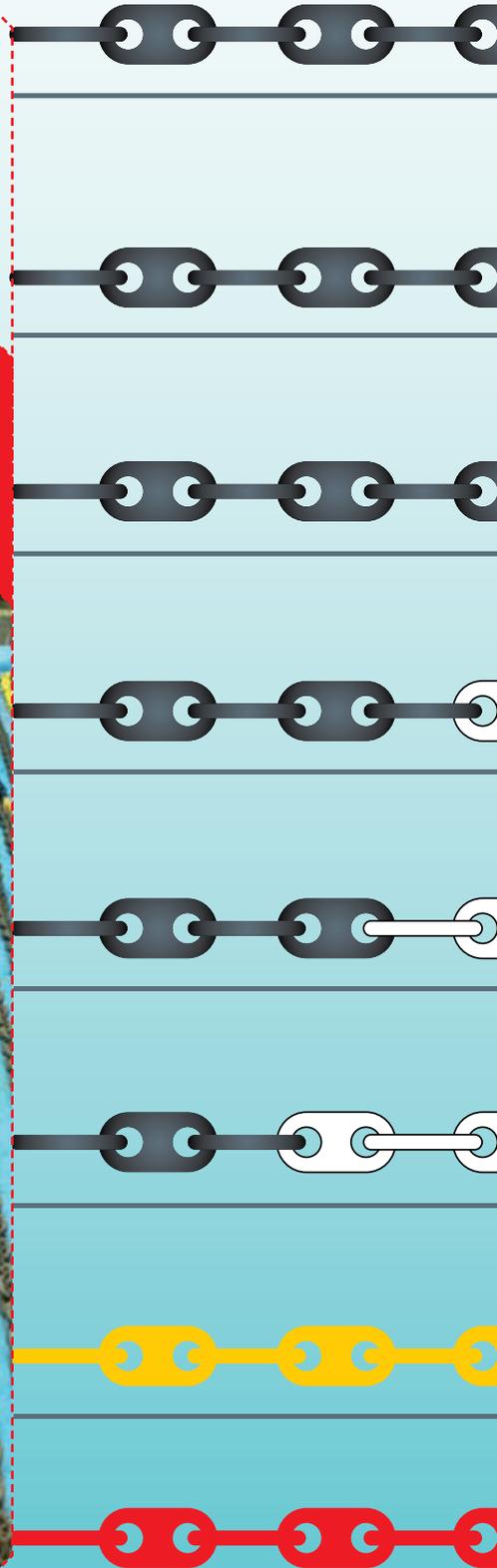
Shots are attached to one another by detachable links.

A special color-coding system is used to identify the various shots so that when the ship is anchored, you can tell, just by looking at visible chain on deck, how much chain has been paid out and is underwater.

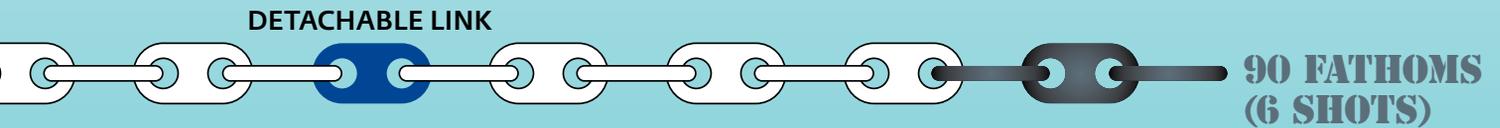
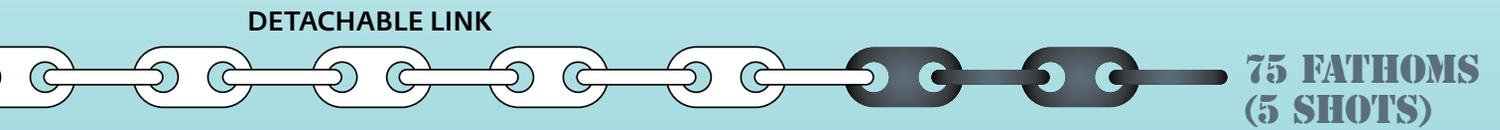
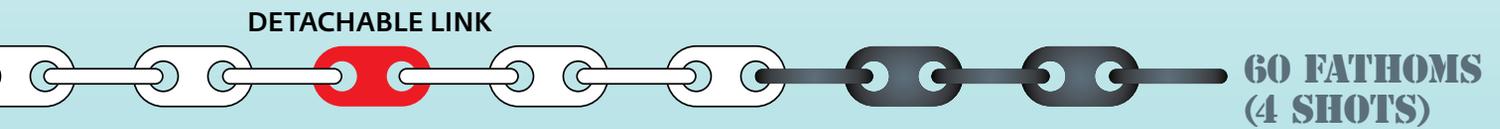
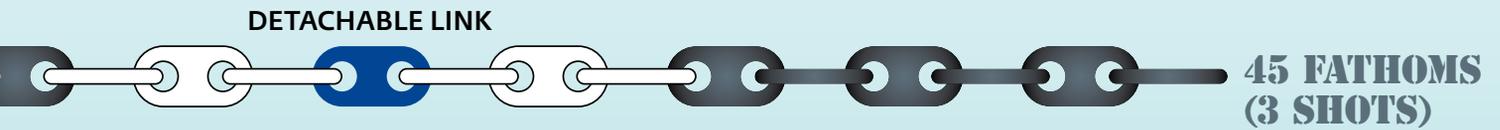
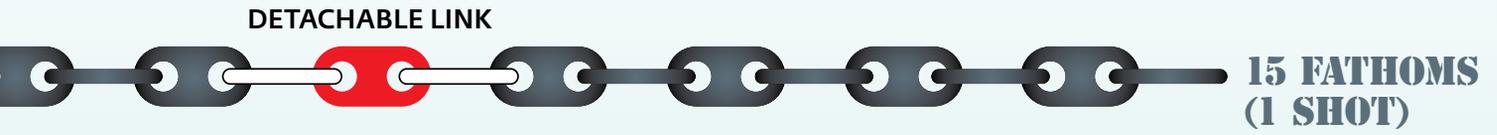
Each of the detachable links that marks the beginning of another shot of chain is painted red, white, or blue. The links on either side are painted white (the number of links corresponding to the number of shots) and pieces of wire are also twisted onto the last white link to further aid in identification (the latter useful in the dark when you cannot see the links clearly, but can feel the turns of the wire.)

Boatswain's mates paint the anchor chains aboard the guided-missile destroyer USS Stethem (DDG 63), while the ship is in the dry dock.

*U.S. Navy photo by
Ens. Danny Ewing Jr.*



PULL-OUT



THE FOREIGN LANGUAGE AND CULTURE PILOT PROGRAM

A new program for the Navy Reserve is giving selected Reservists another area in which Reserve Force expertise adds to the strategic depth of the Navy.

The Foreign Language and Culture Pilot Program that allows Reservists, in specific designators and ratings (see sidebar), to receive bonuses for completing certain language and culture studies programs at accredited colleges and universities. Eligibility for this program is established by OPNAVINST 1550.11.

Bonuses potentially could be as high as \$5,000 during a fiscal year.

To be eligible for the program enlisted members must have at least 24 months remaining on their service contract at completion of the last approved course.

Officers must agree, by signing a page 13, to continue serving as a selected Reservist for 24 continuous months following the end of the last approved course.

A course of study in critical languages and regional areas or cultural disciplines must meet the certain criteria to be approved.

The course must be three or more credit hours and completed at an institution of higher learning which is accredited and recognized by the Department of Education (DOE). A database of accredited institutions can be found at the DOE Web site at <http://ope.ed.gov/accreditation>.

To apply for bonuses eligible members should submit the course application, the Language Culture Bonus application (OPNAV 1500/55) and a copy of the course description from the school's course catalog within 60 days of registering for the course.

To receive the bonus submit the course application, a completed Language Culture Bonus application with course grade and a course transcript with a grade of "C" or higher within 60 days of course completion.

If there are any questions members should contact their local Navy Reserve Activity, education service officer or the program point of contact Lisa Wade COMNAVRESFOR N73,(757) 322-6607/DSN: 262 Fax: (757) 444-1061, lisa.wade@navy.mil. Additional information can be found at www.navyreserve.navy.mil under N7 (Training Department).

The total bonus amount paid to an individual participant shall not exceed \$5,000 in the fiscal year the course is completed. The following award levels are authorized:

Bonus Amount	Course Level and Discipline
\$1,250	100-200 (or equivalent) level culture
\$1,500	300 and higher (or equivalent) level culture
\$2,000	100-200 (or equivalent) level language
\$2,500	300 and higher (or equivalent) level language

Courses must focus on the following languages or one of the disciplines for a designated cultural regional area:

Foreign Languages:

Modern standard Arabic and Arabic dialects

Cambodian/Khmer

Chinese – Mandarin

Hausa

Hindi

Ibo/Igbo

Indonesian

Japanese

Kurdish

Malay

Pashto/Pashtu

Persian – Dari/Farsi

Philippine languages (excluding Tagalog)

Serbo-croatian

Somali

Swahili

Thai

Turkish

Urdu

Vietnamese

Yoruba

Regional Areas:

Caribbean

Central America

Central Asia

East Asia

Eastern Europe

Middle East North Africa

South America

South Asia

Southeast Asia

Sub-Saharan Africa

West Africa

Disciplines:

Economics

Foreign Language

Geography

History

Political Science

Religion

Sociology/Anthropology



The following officer and enlisted communities are eligible for the program:

1655	Public Affairs	Builder (BU)
2105	Medical Corps	Construction Electrician (CE)
2205	Dental Corps	Construction Mechanic (CM)
2505	JAG Corps	Engineering Aide (EA)
2905	Nurse Corps	Equipment Operator (EA)
3105	Supply Corps	Hospital Corpsman (HM)
4105	Chaplain Corps	Master-at-Arms (MA)
5105	Civil Engineering Corps	Mass Communication Specialist (MC)
		Steelworker (SW)
		Utilitiesman (UT)

Applications from other designators and ratings will be considered on a case by case basis.



Mean Green UAV

Story by Mass Communication Specialist
2nd Class Ryan Hill

Photos provided by Lt. Teng Ooi







Length 3.02 m (9 ft 11 in)
Wingspan 3.86 m (12 ft 8 in)
Weight 64 kg (140 lb)
Speed max: 130 km/h (70 knots); cruise: 83 km/h (45 knots)
Ceiling 3000 m (10000 ft)
Range 75 km (40 nm)
Endurance > 7 h
Propulsion 3W piston engine; 7.8 kW (10.5 hp)

A Mako UAV prepares to land at the U.S. Army Yuma Proving Ground in Yuma, Az.

Green energy. It's a topic that garners a lot of attention. Regardless of what side of the fence one may find themselves in regards to energy conservation, green energy focuses on saving money and resources.

The Navy is onboard with "going green" and Navy Reservists are leading the way. With their civilian experience, Reservists are able to bring their knowledge and skill sets to the table to help the Navy reach the goals of their green initiatives.

Enter Navy Reservist Lt. Teng Ooi from Office of Naval Research Science and Technology (NR ONR S&T 102).

As a civilian, Ooi teaches as an adjunct associate professor in the mechanical and aerospace department and civil and environmental department at the University of Alabama in Huntsville. He is a visiting scholar in the department of aeronautics and astronautics at Stanford University and in the mechanical and aerospace engineering department at UCLA.

In the fields of engineering and aviation, he has a Ph.D., three Masters degrees, a Bachelors degree and more than 20 years of work experience.

However, Ooi is not currently using his talents to work on rockets. He is not using his talents to develop

supersonic jet aircraft for the Navy, nor is he using his skills to work on faster and more powerful ships.

He's using his skills to develop a power source for remote control airplanes.

Ooi is part of a team developing a lightweight fuel cell system to power the payload and avionics on a NAVAIR Mako Unmanned Aerial Vehicle (UAV). The team's job is to ensure the new fuel cell system is safe, reliable, cost-effective and more energy-efficient for future Navy missions.

UAVs are used in a number of military applications. Among the uses are surveillance and reconnaissance for ground troops. The production of a more energy-efficient fuel cell is of great importance to military personnel who depend on the unmanned aircraft.

"The tests we completed for the new lightweight fuel cell system in a NAVAIR Mako UAV demonstrated its ability to withstand launch, trajectory accelerations, landing and the effects of operational environments," said Ooi. "The fuel cell is forward compatible with advanced hydrogen storage technologies that have the potential to increase payload and avionics flight time from one to four hours over a wide range of conditions."

The possibilities of this new fuel cell go beyond its use in UAVs. The development of the fuel cell for the UAV is just the beginning of some applications the Navy plans

to pursue with this technology. It serves as a tool for the Navy to build its fleet for the future.

“Many people believe fuel cell is the best fuel source for the future,” said Ooi. “It is the route to clean and green energy. It is clean during use because the chemical reaction that happens in the fuel cell makes electricity and produces water vapor and no air pollutants.

“Proponents of this technology see it as a solution for everything from wearable power for Sailors and soldiers to a means to power vehicles,” Ooi said.

The use of fuel cells as a power source could lead to the reduction of the reliance on fossil fuels to support Navy operations and missions. The possibilities for military applications include unmanned fighter jets where the fuel cells produce zero or low emissions and make little noise and have a low thermal signature. They may also one day be used to power field deployable sensors and battery chargers to support an ever-increasing power need of the modern Sailor and soldier. Fuel cells are lighter than mechanical batteries and last longer—especially important to troops carrying heavy equipment in the field. The fuel cell cartridges can be re-fueled hundreds of times. “This results in substantial cost savings and eliminates the cost and problems associated with disposal of conventional batteries,” Ooi said.

As officer-in-charge of the NAVAIR Mako fuel cell project, Ooi oversaw the successful ground and flight-testing at the U.S. Army Yuma proving ground in Arizona. He was responsible for monitoring the performance, budget schedule and cost associated with the design, development, ground and flight-testing of the fuel cell and reducing overall program cost and schedule risks. As a Reservist, Ooi was excited about using his skills and education as a civilian with this Navy project.

“As a Navy officer, I have the opportunity to contribute and share my technical knowledge and operational experience in fuel cell technology with other Navy personnel,” said Ooi. “I want to use my education, military and civilian work experience and leadership and management skills to serve the Navy to the fullest of my capabilities.”

With his work in emerging technologies helping the Navy work towards its fleet of the future, Ooi is an example of another Reservist who is bringing their civilian skills to the table. Reservists like him are located all over the world; and they’re all helping to create a Reserve Force that is “Ready Now. Anytime, Anywhere.”



Above: A Mako UAV flies over the U.S. Army Yuma Proving Ground in Arizona.

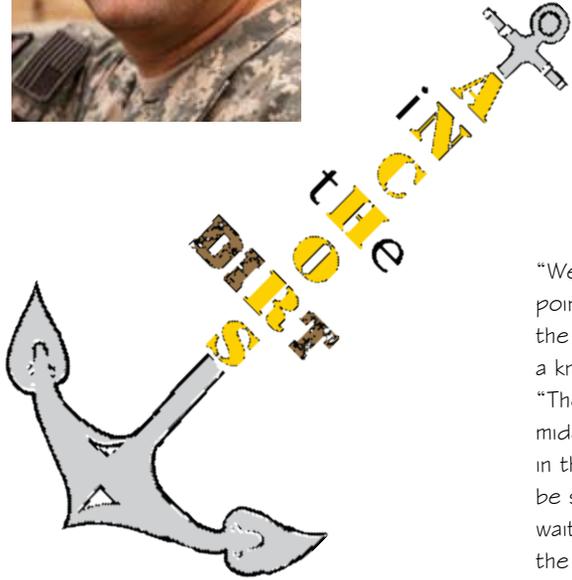


Left: Lt. Teng Ooi with the Office of Naval Research and representatives from the Pennsylvania State University’s Applied Research Laboratory conduct testing of a new fuel cell system which powers the payload and avionics on an Unmanned Aerial Vehicle. The fuel cell has the potential to increase payload endurance time by up to 300%.



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

**PHOTOS BY MASS COMMUNICATION
SPECIALIST 2ND CLASS JORGE
SAUCEDO**



PART 2

he looked back. He shrugged. "Hey man, they're doing it wrong. How was I supposed to know?"

So, thanks to my friend's erroneous information, we ended up smashed together like sardines, waiting for nearly two hours before taking off. The miserable flight to Bagram Air Field, Afghanistan lasted four hours.

When we finally landed and taxied, the C-17's aft hatch opened and the first rays of overcast Afghan morning sunlight crept into the aircraft.

We groggily stood up, straggled off the plane and boarded a bus, blearily looking out the windows at the snow-capped mountains which were barely visible through the cloud cover. From the view, the landscape could've been Colorado, or Tennessee, I supposed. It wasn't anything like I'd expected.

I thought I'd see plumes of smoke rising off distant battlefields, and hear the rumble of gunfire and the whistle of rockets and missiles nearby. Instead,

"We need to board last," he said, pointing to the opened aft section of the aircraft from which we would board, a knowing conspirator's grin on his face. "These air crew guys always fill up the middle seats first. No one wants to sit in the middle. With all this gear on, we'll be smashed together like sardines. Let's wait, and take the good cargo seats on the side. Better leg room." George, a chief hospital corpsman, winced as he flexed his sore right leg.

Following my friend's logic, George and I, and a couple other friends, fell back and waited.

But the side cargo seats filled up first. I shoved George, and glared at him when

After spending about a week in Kuwait with my fellow Navy students, attending briefings and spending a couple days learning more about improvised explosive devices and convoys (all geared toward the desert), we said goodbye to our shipmates headed to Iraq. Then, our smaller group, bound for Afghanistan, lined up on the Ali Al Saleem flight line to board an Air Force C-17. We had an early flight. I looked at my watch. It was about 1:30 in the morning. True to the nature of military air travel, I knew we'd sit on the runway for awhile before actually taking off.

We already palletized most of our gear, but wore our body armor and Kevlar helmets, and brought our weapons and any carry-on bags with us. We walked awkwardly with heavy, deliberate steps, like we were on the moon.

So imagine my consternation when my buddy George grabbed me by the strap of my armor and jerked me backwards to get my attention, almost knocking both of us down.



Instructors simulate a rocket-propelled grenade attack on Sailors during a convoy exercise at Udari Range in Kuwait. The exercise is to prepare Sailors for situations that may occur in Afghanistan during their deployments.



Operations Specialist 1st Class Luis Vazquez pulls security during convoy training at Udari Range. O5I Vazquez will be going to Bagram, Afghanistan working for Task Force Paladin.

it looked like a typical flight line on any military base I had ever found myself.

Our exhausted crew of enlisted and officer Sailors stuck together mostly out of habit, as we spent the day shuffling from place to place, doing the all-too-familiar “hurry up and wait” dance.

We were briefed in the terminal tent, and then removed our gear from the pallettes, only to wait around in a gym to be briefed again. I did finally learn that several of my shipmates and I were going to be in Kabul, as part of a new command: U.S. Forces, Afghanistan. I was intrigued by this information, as were the others. We made small talk between briefings, discussing the possibilities that awaited us in Kabul.

I couldn't wait to get over there, and not only because I wanted to get settled into my new job. I quickly discovered that Bagram isn't a very nice place for transient personnel. Overnight visitors are given access to huge tents filled with hundreds of cots. There's no place in these structures to secure military or personal gear, and very little indoor plumbing is available. In fact, the portable toilets-potties were great compared to the foul, clogged-up, repugnant latrines meant for transients. For those permanently assigned to Bagram, the living conditions are significantly nicer. My friends tell me that comfortable private barrack rooms are

available with decent shared shower and bathroom facilities. More improvements are on the way. The base itself is in a constant state of construction.

There's also a medium-sized exchange and a food court with Pizza Hut and Burger King. The Burger King is referred to as “Burgerstan,” since the food isn't quite up to stateside standards. They frequently run out of lettuce, tomato and sometimes even burger patties.

To be reminded I was in Afghanistan, I only needed to note the subtle and not so subtle differences.

For one, everyone, whether in military or civilian clothes, was armed.

I was surprised to see even military personnel walking around Bagram in physical training (PT) gear and wearing their weapons with magazines inserted. Up to that point in South Carolina and in Kuwait, we were told to secure our weapons when we did PT. Outside of what we used at the firing ranges we hadn't yet been issued live rounds to put in our magazines. Those assigned to Bagram apparently use the PT outfits as liberty clothing; visiting the exchange and food court and hanging out in the recreation center.

Another indication I was in Afghanistan were the signs on the perimeter fence warning of land mines. Bagram is an

old Soviet airfield built by the Russians several years ago. Apparently, the Russians didn't clean up their mess before pulling out of the country in the late 1980s. There are literally millions of mines in barren fields near the base. The danger lurks in areas a few miles from the base as well. Members of the local population have been maimed and killed by these indiscriminate explosive devices. They don't have nice metal signs to post on non-existent fences bordering mine fields in their villages. Instead, the Afghans mark known dangerous areas with painted rocks to warn others to keep away.

It was surreal for me to visit the exchange and eat Burger King grub in the middle of a combat zone. We had extremes from both ends of the spectrum. Stateside-brand fast food and shopping on one end, and crude living conditions on the other.

This didn't dampen my appetite though. There I sat—surrounded by mine fields and people wearing t-shirts, sweat pants and loaded weapons, on a post that's routinely targeted with enemy rockets—munching on a Double Whopper with cheese, drinking a Coke.

After finishing my meal and then hanging out for about two hours in the jam-packed transient tents with its assorted aromas of unwashed bodies, sweaty feet and cigarette smoke, I couldn't wait to leave for Kabul. Fortunately, our flight was due to depart early the next morning, which meant our show time at the passenger terminal was around 10 p.m. the same day we arrived. As my exhausted mind and body endeavored to persevere, my friends and I prepared to once again hurry up and wait.

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The tools you need to get there.

<http://www.npc.navy.mil/CareerInfo/CareerToolbox/>



BOOTS

by Capt. Larry Jackson

On the GROUND



Victory Base complex.

FINAL ENTRY

Hello, Shipmates.

My sense of relief at being home is palpable. During autumn and early winter, those of us in Baghdad were dealing with tremendous uncertainties. It's one of the contradictions of war, I suppose, that although the effects of war are so lasting—and for some, permanent—the conduct of the war itself is very transitory.

For example, for months we had no idea what rules would govern our operations when the U.N. Security Council Resolution expired. With no signed agreement and just weeks to go before the deadline, we found ourselves planning for a Coalition withdrawal.

But we knew we might stay; so, we had to plan for that, too.

And we knew the Status of Forces Agreement conditions could (and in fact, do) drastically alter how and where we operate; so, we had to plan for that as well.

Finally, we had to plan for the return of the International Zone to Iraqi control; so, we were planning for that, too. The Palace, where I spent most of my Thursday nights (morale night with my former training team) and

Friday mornings (breakfast and a swim), emptied out during November and December as State Department and some military personnel moved to the new Embassy compound or out to the Victory Base complex.

This drastically changed the character of the Green Zone as I had known it. The tiny PX, which was perpetually short or out of items and always seemed to have long lines, suddenly had full shelves and short lines. I could visit the combat support hospital for an appointment and get it on the same day, often without waiting.

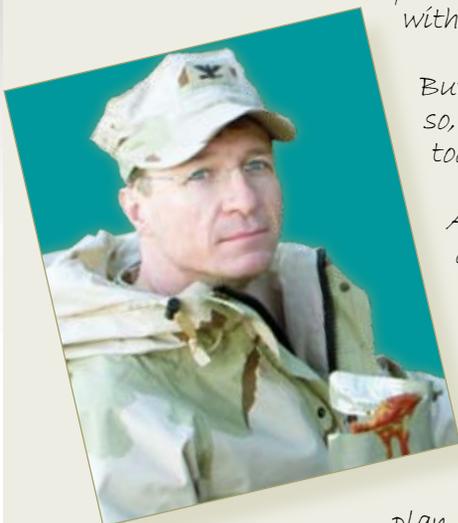
As workmen returned the Palace grounds to their pre-invasion condition, many of my friends and colleagues had to vacate their living spaces.



The big dining facility got emptier and emptier, cut the number of stations in half, and then closed down completely. There was a real sense of winding down that spread across the IZ, and I considered myself fortunate to be winding down myself.

In fact, this shift may have been more palpable for me because I was winding down my tour. I could feel the emotional and physical effects of cramming two years' worth of work into one.

Yet, I found I was at the peak of my knowledge and awareness. I knew how to get things done, knew whom to call throughout MNSTC-1 (Multi-National Security Transition Command) and our parent command to get an answer on short notice.



Most importantly, I knew the recent history of MNSTC-1 like few other officers did. This had nothing to do with my mental capabilities; it was just an artifact of the rapid personnel turnover (When the average military tour is less than 12 months, you're turning over 25 percent of your workforce every 90 days). But it had the effect of making me more of the "go-to" guy in my arena.

This caused me to have to work longer hours to get stuff done, since I spent large portions of my day helping others. As I got closer to the end of the tour, I realized how much I wanted to accomplish before I had to turn over to my relief. "I don't want him having to deal with this mess," I'd think to myself.

Christmas and Thanksgiving, like every other holiday, were just workdays where we had better food and had part of the day off. I worked until midnight both days, partly to mask the pain of being away from home and partly because I figured they were good days for the bad guys to hit us, but mostly because I could get more work done with everyone else out of the office. There were a couple of projects that had long-range implications for Iraqi-U.S. military relations and had come to the attention of the Pentagon and the Congress.

Thanks to my friend Lt. Col. Dave Shugart, who had worked late into the night up until the day he left, I had a great start. Somewhat ironically, however, I spent both holidays working on different iterations of the same project.

Thanksgiving was particularly challenging for me because the previous year MNSTC-1 was attacked on Thanksgiving, with one of more than 20 rockets hitting the Phoenix Base dining facility (No one was injured). The threat to us was significantly reduced for a variety of reasons, but I found myself limiting my time outdoors, despite the picture postcard weather. I slept a little late and came in after breakfast had finished, and I was hungry at 12:30 p. m., but when I heard the line at the dining facility was out the door, I worked another hour until the line was inside.

At about 4 p.m., I learned the Iraqi Council of Representatives (parliament) had voted in favor of the strategic agreement between our two

countries, further increasing the likelihood of an attack. With evening coming and most people gone from work, I decided to stay and work on the Shugart project.

I figured the attack wouldn't happen on a Friday (Muslim Sabbath) morning; so, I slept in a bit the next morning. I went for breakfast at the Palace and caught up with a classmate from Fort Jackson. After dropping off and picking up my laundry, I rode my bike back to the hooch. On the way, I began thinking about the hours I had been putting in at work. I knew part of this was because my boss worked long hours. But I concluded that there are psychological benefits to working such long hours because,

- The hooch is tin, but the office is concrete; so, it's safer to be at work.
- When I slept, I felt more vulnerable; so, it's stressful to sleep for longer than necessary.

It would be Saturday before we got hit again. I had actually woken up that morning at 5 a.m. and thought, "You'd better get into the office," but I was too tired and went back to sleep. An hour later, I heard the first explosion, rolled out of my rack and into my body armor on the floor, cursing at myself for being lazy. Before we even got the all-clear, I was getting dressed.

I was at the forward-operating base Phoenix checkpoint when the next alarm went off, and in my office shortly after the second all-clear sounded.

Fall and winter are the rainy season in Iraq, and right around Thanksgiving we finally got real rain instead of the "iron" kind. The heavens simply opened, complete with lightning and thunder, for quite some time.

By the time the rain (and hail!) had quit, the main parking/driveway on Phoenix looked like a lake, and the guard directing traffic at the checkpoint had to stand on a chair. It wasn't possible to walk anywhere on Phoenix without filling your boots with water.

Unbeknownst to me, my hooch was also filling up with water, so that when I got home around 2300, I had to spend an hour removing wet rugs, drying puddles on the floor, and

draining water out of my main light fixture. Fortunately, the worst leak in the roof appears to have been over the shower; so, it wasn't nearly as bad as it could have been. The rest of Baghdad was no better—when it only rains like that a couple times a year, I suppose there isn't much incentive to fix the street drains or patch roofs. Many had it worse than I did.

And I guess that's one of the big conclusions that I've drawn after a year in Iraq: many had (and have) it worse. This applies to my military brethren who've had more demanding and dangerous tours, and to the citizens of Iraq and other less-fortunate countries around the world. I have come away with a much greater appreciation for what a wonderful country we live in. Even with our current economic troubles, the stability and security of the United States is unique in the world. I'm not sure I can convey just how exceptional our country is.

Our prosperity, security, and stability make us the envy of nearly every country in the world.

As a result, there are many countries who would like to take us down a peg. And as long as that's the case, we will need a robust defense to preserve our way of life.

So we will continue to deploy our young men and women around the world to defend our interests, to protect what we hold dear. I am very proud to have served with those young men and women, and I am amazed at those who repeatedly deploy, year after year, trading the security of hearth and home for the uncertainty of a cold tent in Afghanistan or a hot abandoned building in Iraq.

But I'm especially proud of my family, who didn't sign up for the military, but who have endured the resulting hardship and come through with flying colors.

This makes me think that it's always hardest for all of our families left behind. Families truly deserve our nation's greatest tribute.

It's great to be back!



Capt. Larry Jackson with his family.



Places You Need To Know

Navy Reserve Resources for Life

Health and Fitness

TRICARE

As a member of the military community, one of the most important benefits you've earned is comprehensive health care coverage. TRICARE is the Department of Defense's health care program for members of the uniformed services, their families and survivors.

<http://www.tricare.mil>

Quit Tobacco--Make Everyone Proud

Sponsored by the DoD, Quit Tobacco is a program dedicated to helping service members become tobacco free. Go to this site to chat with a coach, read about quitting, and create an account, which allows you to develop a customized quit plan.

<http://www.ucanquit2.org/>

The President's Challenge

The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. Create your own personal profile for free and log your daily activity. There are individual categories for seniors, adults, teens and children, educators, or create your own group and compete against your friends and family.

<http://www.presidentschallenge.org>

Hooah4Health

This Web site offers resources and tools to help service members and their families achieve good health and wellness. Using interactive tools such as a customizable food pyramid and various health calculators. There are healthy recipes and tip sheets on a wide range of topics--dietary supplements, cancer prevention, sun safety, and more.

<http://www.hooah4health.com/>

Finances and Relief

NMCRS

The mission of the Navy-Marine Corps Relief Society is to provide financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need. The Society provides financial assistance to eligible recipients in the form of: interest-free loans for educational purposes and budget counseling services.

<http://www.nmcrs.org/index.html>

Hire Vets First

This Web site was created to help employers find qualified veterans, and to help veterans make the best use of a national network of employment resources. This site includes links and resources for veterans to search jobs, find information about one-stop career centers, and translate their military skills into current civilian workplace needs.

<http://www.hirevetsfirst.gov/>

Hope Now

HOPE NOW is an alliance between counselors, mortgage companies, investors, and other mortgage market participants. This alliance will maximize outreach efforts to homeowners in distress to help them stay in their homes and will create a unified, coordinated plan to reach and help as many homeowners as possible.

<http://www.hopenow.com/>

Veterans Affairs Home Loans

VA can guarantee part of a loan from a private lender to help you buy a home, a manufactured home, a lot, or certain types of condominiums. VA also guarantees loans for building, repairing, and improving homes. If you already have a mortgage, VA may be able to help you refinance your loan at a lower interest rate.

<http://www.homeloans.va.gov>

Services that make Reserve life easier!

Family

NAVY Services Family Line

Naval Services FamilyLine is a volunteer, non-profit organization dedicated to improving the quality of life for every sea service family. Their aim is to provide an introduction to Navy life and to increase family members' understanding of the Navy's mission.

<http://www.lifelines.navy.mil>

Military HOMEFRONT

A DoD Web site for official Military Community and Family Policy (MCGFP) program information, policy and guidance designed to help troops and their families, leaders, and service providers. Whether you live the military lifestyle or support those who do, you'll find what you need.

<http://www.militaryhomefront.dod.mil>

American Academy of Pediatricians

The American Academy of Pediatricians Military Youth Deployment Support Web site has been designed to support military youth, families, and the youth serving professionals caring for this population. Parents can download a PDF version of the Parent's Guide to the Military Child During Deployment and Reunion booklet.

<http://www.aap.org/sections/uniformedservices>

National Military Family Association

The National Military Family Association's primary goals are to educate military families concerning their rights, benefits, and services available to them. This Web site includes information and resources for deployment, education, family life, family member benefits, health care, and money management.

<http://www.nmfa.org>

Education

GI Bill

The Department of Veterans Affairs Web site contains information about the Montgomery GI Bill and the Post-9/11 GI Bill. Service members can decide which program is right and determine eligibility.

<http://www.gibill.va.gov/>

Navy COOL

A developing product for active and Reserve Navy service members. It allows the service member to obtain civilian credentials that relate to their rating, job, occupation, or designator. Navy COOL also works with programs that can help the service member pay for credential fees.

<https://www.cool.navy.mil>

One Stop Websites

Commander Navy Reserve Force

Ready Now. Anytime. Anywhere. The mission of the U.S. Navy Reserve Force is to provide mission-capable units and individuals to the Navy, Marine Corps Team throughout the full range of operations from peace to war.

<https://navyreserve.navy.mil/>

Military OneSource

Military OneSource is a 24-hour, 7-days-a-week, toll-free information and referral telephone service available worldwide to active-duty, Reserve, and National Guard military members and their families. Military OneSource provides information ranging from everyday concerns to deployment-related issues.

<http://www.militaryonesource.com/>

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

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

Springfield, Ore.
(541) 643-7280

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
(920) 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
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Naval Hospital
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