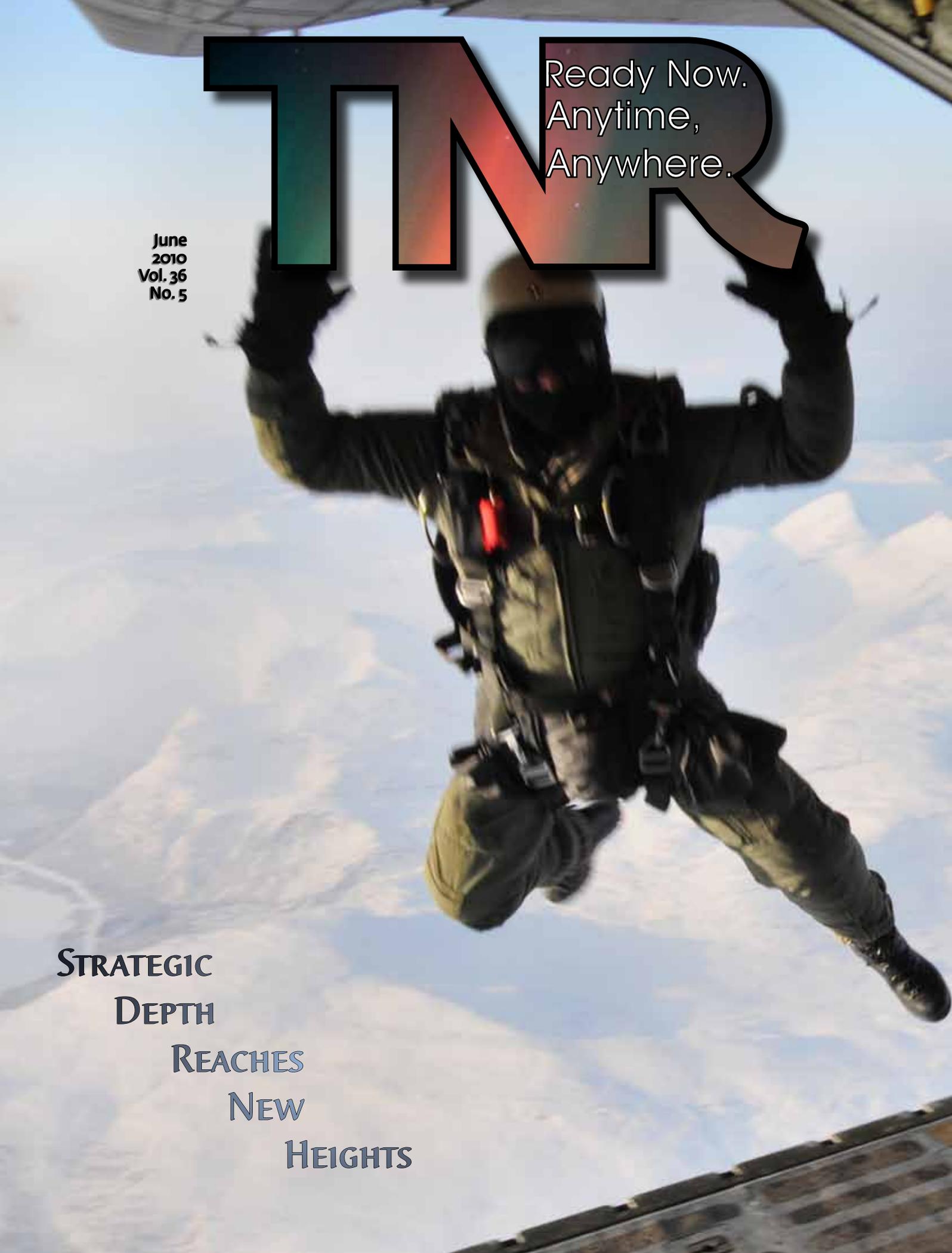


# TNR

Ready Now.  
Anytime,  
Anywhere.

June  
2010  
Vol. 36  
No. 5

STRATEGIC  
DEPTH  
REACHES  
NEW  
HEIGHTS





# NAVY RESERVE

*Ready Now. Anytime, Anywhere.*

## *From the Editor*



Readers,

*This month in TNR we take a look at some ways the Navy Reserve provides strategic depth and delivers operational capabilities to our Navy and Marine Corps team. Navy Reservists from SEAL Team 18 and Explosive Ordnance Disposal Support Unit 10 do the same job as their active component counterparts, plain and simple. These two articles tell the story about how Navy Reserve units train and fight the same way as their shipmates in the active component. Units like these are everywhere in the Navy Reserve. By focusing on providing strategic depth, our Reserve Force is working side by side with our Active component.*

*Also while putting this issue together we had an opportunity to sit down with our commander, Rear Adm. Buzz Little. MC2(SW/AW) Elizabeth Merriam reports on Admiral Little's thoughts on strategic depth and about some of the unique skills the Reserve Force brings to the table.*

*In addition to the stories we publish about the great work the Navy Reserve is doing, we also make a point of including information on important programs going on for Reservists. Summer is upon us which means motorcycles are being taken out of garages. This month our Back to Basics looks at motorcycle safety. CNRFC is continuing its program of reimbursing you for taking a motorcycle safety class. Check with your NOSC or squadron to see how you can receive orders to take a course.*

*Keep sending great photos and interesting stories.*

VR

Jim Vorndran

# June 2010

## Compartments

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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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# you might be a mentor if...

## Six-star Thoughts on Mentorship

**T**ALK to any successful winner and you'll find a number of common traits; energy, intellect, drive, passion and, maybe even a bit of luck. Somewhere along the way, most winners undoubtedly benefited from a talented and involved coach or mentor.

It's no coincidence that successful people make successful organizations, and successful organizations benefit from, and are best served by, the existence of great mentorship.

But not all successful people know how to be an effective mentor. Certainly some individuals are more effective in that role than others. Whether a person makes a good mentor may depend upon their own stage of development, maturity or experience, and yet there is very little evidence that great mentors are born and not made. In fact, there is every indication effective mentorship is something that anyone can learn and deliver. Therefore, the fundamental question becomes: What makes someone a good mentor?

This was the subject of a provocative discussion between three "Salty Seniors" attached to the office of the Chief of Navy Reserve, and it resulted in the following list of attributes (tailored in the unique style of that great American philosopher: Jeff Foxworthy, author of "You May be a Redneck if..."). So please enjoy, think about, and build upon these "six-star" observations on the characteristics of a good mentor.

### You might be a mentor if...

- you think of yourself as a mentor...

- you have had a positive experience with a patient, persistent and personable mentor...
- you are well respected within your organization...
- you listen; you maintain eye contact and give others your full attention...
- you willingly share your knowledge, skills and winning techniques...
- you will commit to initial and ongoing formal mentorship training...
- you take the time to read a book or visit a Web site on mentorship and encourage others to do the same...
- you are a model of continual learning...
- you maintain your own technical knowledge and skills...
- you are open to learning from your mentee...
- you have a strong network and are able to easily find resources...
- you are honest and trustworthy...
- you are known for communicating enthusiasm and optimism...
- you have made the choice to be a role model...
- you reflect and take inventory of your own leadership style...
- you use your experience to help Sailors avoid mistakes and learn from good and bad decisions...
- you ask questions that help Sailors discover their potential...
- you care about Sailors' personal and professional development...
- you offer practical and realistic advice...
- you understand persistence is important...
- you maintain a mentorship journal or log...
- you have developed or use a mentorship checklist...
- you have a mentorship folder on your computer and in your e-mail inbox...
- your calendar has mentorship time blocks...
- you "keep it real" through open and honest constructive criticism...
- you have the courage to tell Sailors what they NEED to

hear instead of what they may WANT to hear...

- you focus upon Sailors' needs...
- you act as a sounding board...
- you look for the good in a Sailor and build upon it...
- you are sought out by junior personnel and you make time for them even though you are extremely busy...
- you know things like first names, spouse and children's names and employers' names...
- you know what goals people have set for themselves...

- you believe in your Sailor's abilities and potential...
- you provide networking opportunities to Sailors...
- you are positive and keep relationships fun...
- you provide appropriate challenges that help Sailors advance step-by-step...
- your words are put to action...
- your Sailors succeed...
- individuals you have mentored become mentors themselves...
- you can add something meaningful to this ("you might be a mentor") list.

Many people feel being a mentor requires special skills, but mentors are simply people who make the choice to develop others and have the qualities of being a good role model. A mentor might not have all the required characteristics right away, but as with many other talents, mentorship can be learned through training and practice. However, two things are for certain:

- (1) most successful leaders are mentors, and;
- (2) the life-long impact of a wonderful mentor never stops.

All of us should strive to have a positive effect on those who follow us.



#### About the "six-star" authors:

**HMCMSW Mark Heltzel** (bottom right photo) has served 27 years in the Navy with assignments as an independent duty corpsman on two FFG's, LCPO at Naval Medical Center Portsmouth and presently on staff with OCNR. **CMDCM(AW/SW) Robert Rose** (bottom left photo) is a 24-year Navy veteran with experience as an FTS detailer with two individual augmentee assignments to Saudi Arabia and Djibouti. **Rear Adm. Gar Wright** (Top center photo) is the former Director of Navy Reserve Leadership training and currently serves as Deputy Chief, Navy Reserve.

# NOTABLE



## CHIEF PETTY OFFICER LEADERSHIP CONTINUUM

*WRITTEN BY:  
MASS COMMUNICATION SPECIALIST RON KUZLIK,  
NAVY OPERATIONAL SUPPORT CENTER BRONX  
PUBLIC AFFAIRS*

**N**AVY Operational Support Center (NOSC) New York City hosted a Chief Petty Officer (CPO) Leadership Continuum for chief petty officers from NOSC New York City and NOSC Amityville, N.Y., recently.

According to NOSC Bronx Command Master Chief (SW) Martin Aguiar, the CPO Leadership Continuum has been a part of the training curriculum at NOSC Bronx since 2004.

"It is a collaborative effort by the combined CPO messes of NOSC Bronx and NOSC Amityville," Aguiar said.

"The training is intended to create an environment that allows the Mess to focus on 'the mess' and professional development of the CPO community, allowing chief petty officers to come together and discuss and vet current policies, receive briefs from leaders of the Reserve Force, and to conduct valuable and meaningful training."

Topics of instruction included readiness and training, awards and recognition, evaluations and fitness reports, mobilization, legal, Navy programs, as well as other career subjects that CPOs may encounter during their tenure as leaders and mentors.

The course is command-delivered training, and focuses on the roles and responsibilities of chief petty officers and is designed to provide the framework for lifelong learning and instruction.

Keynote speaker for the training was Navy Reserve Force Master Chief (FMF) Ronney A. Wright.

Wright focused his remarks on the mission of the Navy Reserve of providing strategic depth and delivering operational capabilities to the Navy and Marine Corps team and joint forces, from peace to war with its motto of "Ready Now. Anytime. Anywhere."

"We must always concern ourselves with the question, are families and employers prepared when Sailors are called to serve?" This is why the mission and motto are so important; they are not just words for a bumper sticker - they are words that Sailors and families know and understand the impact of not being ready!

"Communication between the family, employer and chain of command is extremely important throughout the deployment cycle, pre-deployment family readiness conferences provide the opportunity for families to learn about the multiple resources that are available to assist them while providing an opportunity for family members to ask questions specific to their needs." Wright said.

"We have about 30 percent of our force proudly serving at home and all around the globe, shoulder-to-shoulder with active and Reserve Component soldiers, Sailors, airmen, Coast Guardsmen and Marines.

"CPO Leadership Continuums like this ensure that the CPO's Mess is focusing on what is required to ensure Sailors they are leading and mentoring are always "Ready Now. Anytime. Anywhere.""

"NOSC Bronx puts special emphasis on this training. It's a pleasure to be able to interact with these chief petty officers. I can tell that they are eager to engage and do whatever they need to do to complete the mission and get the job done."

Chief Hull Technician Steve Triano of NR USS Emory S. Land (AS-39) Det. Bravo reflected on his first leadership continuum as a new chief petty officer.

"There is a lot of excellent information being presented during the continuum that is relevant to our Sailors. It's also important that we learn from other people's own experiences in dealing with different circumstances and situations."

NOSC Bronx is one of the largest Reserve centers on the East Coast, with more than one thousand drilling Reserve component Sailors.



# CAREER COUNSELOR CORNER

## POST 9/11 GI BILL: HOW TO APPLY AND WHAT YOU NEED TO KNOW



WRITTEN BY:  
CNRFC RESERVE CAREER RESOURCES AND  
INFORMATION OFFICE

**R**ESERVISTS who have served on active duty for 90 days or more since Sept. 11, 2001 are eligible for the Post-9/11 GI Bill. Members currently eligible for the Montgomery GI Bill (MGIB) should compare both programs to determine which provides greater benefits. The decision to convert to the Post 9/11 GI Bill is irrevocable, meaning that once you choose the program, you cannot get out of it and go back to MGIB. One unique benefit to the Post 9/11 GI Bill is Sailors may transfer unused benefits to a spouse and/or children enrolled in the Defense Eligibility Enrollment System.

Eligibility requirements can be found in NAVADMIN 187/09 and transferability requirements found in NAVADMIN 203/09.

Reservists wishing to transfer their benefits to family members should first determine the number of months of eligibility they have available by calling the Veterans Administration (VA) education line at 1-888-442-4551. The next step is to log in and submit their family information at <https://www.dmdc.osd.mil/TEB>. The website is common access card enabled or you can use your Defense Finance and Accounting System personal identification number for access. To transfer benefits to family members click edit next to their name. The begin date for the transfer of benefits should be the current date.

Upon completing the transfer of education benefits the system will take up to 48 hours to process the transfer request. When your request is processed the website will display if your transfer was approved or disapproved. If approved, we recommend you print the page (in landscape format) for your files. The page will show each family member and the number of months of benefits you authorized each to receive.

There are a number of reasons a request could be disapproved.

- Member does not have six years in the Armed Forces
- Member has not committed to an additional four years of service
- Officers need an electronic page 13 in the Navy Standard Integrated Personnel System
- Enlisted Sailors need an extension or reenlistment

- Member needs to contact a service representative at 1-800-621-8853
- Member does not have qualifying Post 9/11 active duty service
  - Sailors that are in the individual ready reserve, volunteer training unit, retired or not in an active drilling status as of Aug. 1, 2009.
  - Sailor was discharged prior to Aug. 1, 2009.

Service members can apply for benefits online at the veterans online application website (VONAPP) <http://vabenefits.vba.va.gov/vonapp/main.asp>

When you complete form 22-1990, print it and the confirmation to keep on file. Next, have your family member(s) who are attending college fill out the application to transfer benefits (Form 22-1990E) and submit the form electronically. Once again we encourage you to print the form and the confirmation for your files. A copy of the transfer approval should be given to the Veterans Administration representative at the college your family member is attending.

You will receive a certificate of eligibility from the VA showing the percentage of benefits you qualify for. The service that qualifies is a mobilization, active duty for special work, additional duty training and active duty for operational support. If you receive your certificate of eligibility and believe you qualify for a larger percentage follow the appeal process on your certificate and also contact the Commander, Navy Reserve Forces Command Post 9/11 GI Bill Office at [cnrfc\\_post911gibill@navy.mil](mailto:cnrfc_post911gibill@navy.mil).

The VA determines your percentage based on the following chart.

Post-9/11 Active Service	Percentage of maximum amount payable
At least 36 cumulative months	100%
At least 30 continuous days on active duty and discharged due to service-connected disability	100%
At least 30 cumulative months	90%
At least 24 cumulative months	80%
At least 18 cumulative months	70%
At least 12 cumulative months	60%
At least 6 cumulative months	50%
90 cumulative days	40%

# CULTURE OF FITNESS



## CHANGES TO THE PHYSICAL READINESS PROGRAM

WRITTEN BY:  
CHIEF PERSONNEL SPECIALIST (AW) CHAD HELMS

**T**HE Physical Readiness Program is changing. You must take personal responsibility and the first step is to become knowledgeable of current instructions and changes.

NAVADMIN 131/10 provides guidance for continued improvement of the Navy's culture of fitness. This guidance is effective with the fall 2010 physical fitness assessment (PFA) cycle, commencing July 1, and will be incorporated in the next update to OPNAVINST 6110.1.

The provision authorizing commanding officers to waive body composition criteria up to the DoD maximum standard when Sailors score an overall outstanding or excellent on the physical readiness test, with no single event scored below good, is rescinded effective July 1. Therefore, any Sailor who exceeds Navy body composition assessment (BCA) standards will be scored as a failure in the physical readiness information management system (PRIMS). The spring 2010 PFA cycle, and all prior cycles, are not affected by this change.

### Male Body Fat Standards:

Age 17 - 39: Maximum of 22 percent body fat  
Age 40 and over: Maximum of 23 percent body fat

### Female Body Fat Standards:

Age 17 - 39: Maximum of 33 percent body fat  
Age 40 and over: Maximum of 34 percent body fat

Sailors who exceed their allowable body fat are considered overweight. They are screened by medical personnel, and should be entered into a mandatory weight-loss program.

Have a plan. Know the minimum requirements so you don't risk a failure by missing one or two sit-ups. Having a plan will also keep you from over exerting yourself right before the cardio event.

Wear proper gear. The Navy physical training uniform was designed and modified to provide comfort. The Navy has designated optional items including a long-sleeved shirt, compression shorts and running shoes which you can wear

during these events. Basketball shoes, VANS, or the old set of New Balances' you got eight years ago at boot camp are poor choices. Not only are they going to add time to your run, but prolonged use will also cause damage to your knees and back.

Get some REST. (RUN, EAT, SLEEP, TEST) A good night sleep before your PT test will help your performance. But just as important is getting in a light run a few days before the test, eat proper meals as your approach test day and make sure you stay properly hydrated.

What's your warm-up? Know your body; your pre test warm-up routine is probably not enough. Practice with a warm-up routine to include a light run, stretch and knock out 10 to 15 sit-ups and pushups before a practice (MOCK) test.

### Drink Water

One gallon a day for men or three quarts for women. If you are not drinking enough water, your body cannot burn fat as efficiently, and you will also have unnecessary weight gains due to water retention. It may not make a lot of sense, but you need to drink more water to allow your body to stop retaining water. Limit salty food intake as well.

### Cardio

Swim, bike or run/walk. Do this four times a week for 30 to 45 minutes.

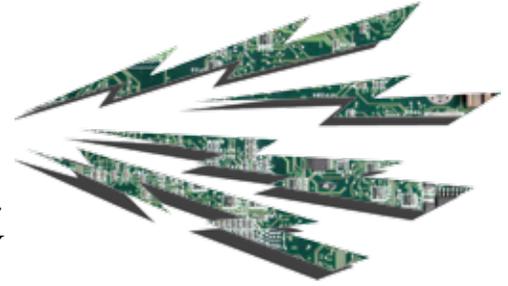
### PT or Weights

Two upper body workouts and two lower body workouts and abdominal workouts.

These workouts build muscle while simultaneously losing fat and inches. Some people gain weight due to muscle gains over fat loss but will still lose inches. Muscle weighs more than fat, so do not expect a huge weight loss. Inches lost will be much more noticeable in the first month. Permanent weight loss tends to really pick up after the six-week mark, once your muscle growth has stabilized. Weight loss will be slight. This is the healthiest way to lose weight - limiting it to one to three pounds per week.

# GETTING IT TO THE SAILOR

## PERSONALLY IDENTIFIABLE INFORMATION



WRITTEN BY:  
CNRFC INFORMATION TECHNOLOGY

### PROTECTIVE MEASURES

#### IT Equipment

- Never leave your laptop unattended.
- Keep your laptop in a secure government space or secured under lock and key when not in use.
- Laptops and mobile electronic equipment must have full disk encryption.
- Mark all external drives or mobile media with "FOUO, Privacy Sensitive."
- As a best practice, do not create, store or transmit PII on IT equipment when the information is not encrypted.
- Ensure PII resides only on government furnished IT equipment. Never store PII on personal devices.
- Do not maintain PII on a public website or electronic bulletin board.

#### E-mail

- E-mail containing PII must be digitally signed and encrypted using DoD approved certificates.
- As a best practice, ensure the e-mail subject line contains "FOUO Privacy Sensitive" if the document contains PII.
- Ensure the body of the e-mail contains the following warning, "For Official Use Only. Privacy Sensitive Information. Any misuse or unauthorized disclosure may result in both civil and criminal penalties."
- Double-check that you have the correct e-mail addresses before sending.
- Phishing is a growing concern; ensure you open and respond to legitimate sources only.

#### Printed Materials & Fax Machines

- Verify printer location before sending a document containing PII to the printer.
- Promptly pick up all copies of the documents as soon as they are printed.
- Ensure someone is standing by on the receiving end of the fax.
- Ensure all printed documents with PII are properly marked with "FOUO, Privacy Sensitive."
- Limit storage of PII on shared drives and folders whenever possible.
- Delete files containing PII in accordance with the SECNAV Records Management Manual.
- Verify that access controls are restored after maintenance.

### Collecting PII

#### Disposal

- Dispose of documents containing PII by making them unrecognizable by shredding or burning.
- As a best practice, before turn-in, ensure all hard drives are properly marked, physically destroyed, and actions documented.
- Do not discard documents containing PII in trash or recycle bins.
- Copiers and printers use hard drives and must be properly sanitized.

#### Network Shared Drives

- Make sure that controls are in place to limit access to files/folders that contain PII to those with a "need to know."

### COLLECTING PII

If you collect, maintain or use PII, it must be needed to support a Department of the Navy function or program as authorized by law, Executive Order or operational necessity. Whether you are working from your desk at the office, at home, at sea, or in the field, it is your responsibility to:

- Ensure that the information entrusted to you in the course of your work is kept secure and protected.
- Minimize the use, display or storage of SSNs and other PII whenever possible. -Keep the information timely, accurate and relevant to the purpose for which it was collected.
- Allow only those personnel with "a need to know" access to PII.
- Immediately notify your supervisor if you suspect or discover that PII has been lost or compromised.

### DEFINITION OF PII

Personally Identifiable Information (PII) is any information that can be used to distinguish or trace an individual's identity. Examples include but are not limited to: Name, Social Security number (SSN), date of birth, home address, home phone number, personal e-mail address, financial information, fingerprints, photograph, medical information, and civilian National Security Personnel System (NSPS) data.

# DIVERSITY



## NAVY DIVERSITY DIRECTORATE

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

**T**HE Navy Diversity Directorate (OPNAV N134) is an office that wears many hats. In this office are people who specialize in plans and policy development. Others work with life and work balance initiatives, seeking to find ways to both recruit and retain the best and the brightest our country has to offer. Another division manages the Navy's equal opportunity programs, and still others oversee the Office of Women's Policy. The largest section within the Navy Diversity Directorate is that of diversity outreach.

Individuals in Diversity Outreach work with affinity groups across the country to develop relationships with influential individuals in diverse communities. Outreach officers connect with members of Congress, influential community and media members, leaders in academia, parents and youth. They organize Navy presence and support at affinity group events, both to conduct positive awareness activities among external audiences and to encourage professional development for Sailors.

How does the Diversity Directorate impact me?

On an individual level, there are ADSW positions available as city outreach coordinators in major metropolitan areas around the United States. There are jobs in the Diversity Directorate in Washington, D.C., and part-time unique Reserve assignments as campus liaison officers (see TNR February 2009 for more information on CLOs).

Additionally, many of the initiatives managed by the Diversity Directorate have the potential to directly impact your career and quality of life. The Chief of Naval Operations (CNO) wants the Navy to be considered on par with 'Top 50' companies. If you ever read about Fortune magazine's 'Best Companies to Work For,' you'll get the idea. The Navy isn't eligible to compete for that award, but they do compete with the listed organizations to recruit, develop and retain a diverse and high-quality workforce. Developing each individual to their maximum potential is part of the CNO's direction to each of us. In the end this will make for a stronger and more competent workforce with higher morale and better retention. You can assist in this regard by (1) taking steps to develop

yourself personally and professionally, and (2) seeking opportunities to help fellow Sailors be successful.

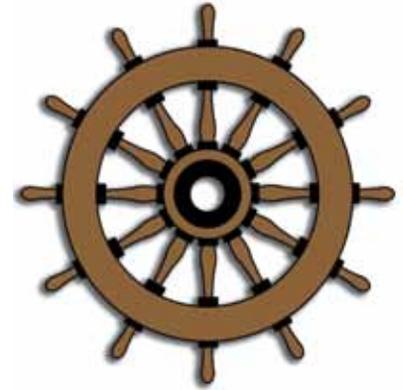
One way to develop yourself and others is through mentoring. The Navy has a large number of mentoring resources available including at the Diversity Directorate's Web site. In addition, members are encouraged to participate in diversity outreach events. Participation enables professional development through attendance at various training sessions and conferences. Participation also allows networking within the Navy as well as with civilians who have similar interests. When you are involved with this type of networking you will be provided with opportunities to establish mentoring relationships. In addition, your attendance increases the Navy's 'foot-print' at these events and improves public awareness.

Some upcoming events sponsored in part by the Navy Diversity Directorate include:

- Japanese American Citizens League National Convention, June 30-July 4, Chicago
- National Association for the Advancement of Colored People Convention and Academic, Cultural, Technological and Scientific Olympics, July 10-15, Kansas City, Mo.
- Federally Employed Women National Training Conference, July 12-16, New Orleans
- League of United Latin American Citizens National Convention, July 12-17, Albuquerque, N.M.
- National Naval Officers Association and Association of Naval Services Officers Joint Conference, July 26-30, Portsmouth, Va.
- Black Data Processing Associates, July 28-31, Philadelphia
- National Tuskegee Airmen Incorporated Convention, July 29-Aug. 1, San Antonio, Texas

Many of these organizations have awards programs, providing an opportunity for Sailors to gain recognition for their accomplishments. There are often opportunities to assist in Navy-sponsored activities during the events.

## THE NAVY RESERVE AND STRATEGIC DEPTH



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

**A** REVIEW of the Navy Reserve's mission statement shows that it must provide strategic depth to the Navy and joint forces. Further, the Navy Reserve is required to provide this strategic depth across the full spectrum of operations in both war and peace. What exactly is strategic depth and how can unit leadership enhance it?

In one sense, strategic depth is simply space or distance. It is the physical distance between you and the enemy. The French lacked sufficient depth in 1940 to succeed during World War II, while the Soviets possessed it with abundance in 1941. With enough depth, one can exploit the inherent strengths of defense and even survive battlefield reverses.

There is another way of thinking about strategic depth and that refers to the ability of the military to sustain prolonged operations. This perspective is comparable to the strength of an athletic team's "bench" and its ability to perform with reserve or back-up players. The Navy Reserve provides protection from the enemy not due to physical distance, but from the combat readiness of its people. This is the strategic depth that the Navy Reserve offers to the Department of Defense.

There are two critical requirements the Navy Reserve must satisfy to provide meaningful strategic depth to the nation's security. The first is capabilities. Reserve personnel need to possess the abilities and skills to perform at the same level as the active duty component. Second, Reservists must be immediately accessible. Delays in mobilizing or limitations on mobilization duty degrade depth.

Leadership can enhance strategic depth by focusing on several critical areas to influence the Navy Reserve's ability to immediately deliver trained personnel in response to a national need.

*Enhancing Training:* Since Reservists must come off the bench and are directly deployed into a warzone, disaster area or other critical situation, there is little

time for additional training. The Reservist must arrive fully ready to serve. Unit leadership must ensure appropriate training is scheduled and accomplished. This means careful screening of annual trainings, the scheduling of practical training during unit drills, and the constant search for useful inactive duty training travel opportunities or schools.

*Mobilization Readiness:* Since strategic depth requires the immediate availability of personnel, unit leadership must aggressively monitor the deployability of its members. This means regular tracking of the various aspects of an individual's mobilization readiness: medical, dental, uniform, training security clearance and legal. Leadership must continually work on remedying deficiencies in any of these areas.

*Retention and Recruiting:* Both retention and recruiting can be influenced by unit leadership and directly affect the Navy Reserve's strategic depth. Unit leadership is probably best able to influence retention since individuals continue to serve based largely on their satisfaction with their current unit. Leaders can enhance a member's satisfaction with their service by ensuring personnel receive the training required to do their job, that ATs are meaningful, and appropriate consideration is given to balancing work and family responsibilities.

Attention to these issues generally leads to a satisfied Reservist and higher levels of retention. Leadership can impact recruiting through word of mouth promotion of the Navy Reserve, community presence, and positive outreach to potential recruiting groups.

Strategic depth represents the core purpose of the Navy Reserve and is explicitly referenced in its mission statement. The efforts of leaders at all levels are critical in assuring the Navy Reserve is able to achieve this depth.

# MONEY MATTERS



## CREDIT CARD FEES? NOT NECESSARILY AUTOMATIC

WRITTEN BY:  
CMDR. CAROLINE TETSCHNER  
CNRFC PUBLIC AFFAIRS

I am one of those people who never carries a credit card balance. But don't hate me. I only got to this position because in my 20's I carried thousands of dollars of credit card balance and spent the next couple of years digging out from under (yes Virginia, you can charge textbooks and even college classes!). Since then, I vowed "never again" to be at the mercy of credit card companies. Don't get me wrong, I think credit cards are essential and sometimes even good (try renting a car without one). And for young people, a well-managed credit card helps establish a positive credit history. But credit card success means paying "attention to detail," including reading your statements very carefully.

### The Shocker! A Service Fee? Not Me!

Well, I recently slipped in practicing what I preach. Upon opening one of my most recent credit card bills (a new account, established only months earlier), I felt like I was thrown back into the the late 1980's when I saw, - gasp - a \$39 "finance charge!" Knowing how meticulous I'd been about paying the full balance on time, my heart stopped when I saw this charge. I took a deep breath, got myself a glass of water and reread the statement. And there in small print, I found the culprit. Apparently, I had gone over my extremely low credit limit and thus was slammed with the charge. I was partially to blame, that's true. Had I tallied my balance dollar for dollar as I was using the charge card, I would've known exactly how much credit I had left.

### Honest Mistake? Try Asking Forgiveness (or threaten to close your account).

But I also felt this charge was a bit sneaky on behalf of the bank which approved the final transaction (less than \$30) that brought me over the card limit in the first place. I was a good customer with a high credit rating who felt a little taken. So I called the credit card company to see about reversing the charge. "Jim" a young man with a

lilting foreign accent, informed me that it was, "company policy" never to reverse an over balance charge. I politely told him that was fine, but then I needed to close the account. I was willing to walk. He then referred me to a "customer relations specialist" (I'm not making this up), an older sounding fellow who could've been from Iowa. "Tom" said the bank had e-mailed me "account alerts" as I was approaching my credit limit (yes, to an old e-mail address that I no longer used). I explained the honest mistake, vowing to correct future actions, but pointed out that his company had approved the final purchase which led to the almost \$40 overage fee. We both apologized, the fee was reversed and I have kept the account open, for now.

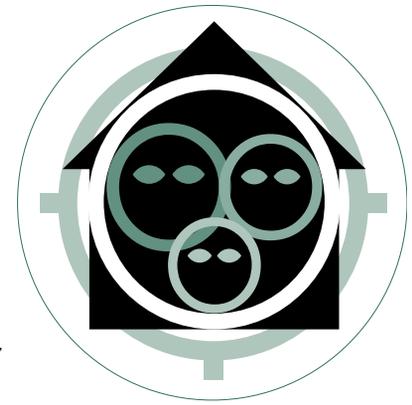
### Lesson Learned? Take Responsibility but Question "Line Items"

So many of us just take a glimpse at our credit card statement especially when there are numerous transactions. But when you see a questionable charge, "run it up the flagpole." If you made an honest mistake, fess up and don't be afraid to ask for a break. Nothing ventured, nothing gained. But in this case 12 minutes on the phone earned me \$39. That's a pretty good return on investment in my book!



# FOCUS ON FAMILIES

## WHAT MILITARY ONESOURCE CAN DO FOR YOU



WRITTEN BY:  
CNRFC WARRIOR AND FAMILY SUPPORT

**T**HIS month we introduce you to Military OneSource representative Amy Rines, who has joined us at Navy Reserve headquarters. Amy's role is to help you understand the range of support and services available through Military OneSource and to connect you with the resources you need.

Military OneSource is a free, 24-hour support program provided by the Department of Defense for service members and their families, including the Reserve. The program supplements existing military support services, but because it offers help online, by phone, and through in-person sessions in your own community, it's especially useful for people who live far from an installation.

Military OneSource consultants are available 24 hours a day, every day of the year by phone at 1-800-342-9647. The program also maintains an information-rich Web site packed with resources on a range of issues affecting service members and their families. Go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) to find articles, booklets, audio CDs, podcasts, locator tools, video tips, online libraries, Webinars, newsletters, calculators and more.

Military OneSource also offers up to 12 counseling sessions per year, per issue with a counselor in your community, online, or by telephone. Counseling session can be for personal and relationship issues, such as stress management, grief, relationships and parenting skills.

### *Focus on Finances*

Military OneSource, in partnership with the National Foundation for Credit Counseling, now provides in-person financial counseling in most areas of the country. The program is specially designed to provide short-term, solution-focused financial counseling for service members and families who may be experiencing a financial setback. Whether you need advice for a specific debt problem or basic assistance with money management, a financial expert can help you analyze your situation and develop a debt management plan.

Military OneSource will provide telephone consultations to people who can't attend in-person counseling or who are in the few locations where in-person counseling isn't available. During tax season, Military OneSource provides free consultations with tax experts, as well as free online tax preparation and filing.

Military OneSource also expertly prepared educational materials, including articles on budgeting and planning; CDs (including Taking Charge of Your Money and Personal Finance for Everyone,) and more than 40 online financial calculators. The materials will help you with questions like whether it's better for you to rent or buy, whether it's the right time to refinance, and how much you need to save each month for a child's college education.

### *Other Support and Services from Military OneSource*

In addition to helping you get your finances under control, Military OneSource provides guidance and practical help for service members and their families in just about any area of concern, including:

- Health and fitness.
- Deployment and return.
- Child care and parenting issues.
- Education.
- Spouse education and career.
- Relocation.
- Consumer issues and travel.
- Elder Care.
- Violence and trauma.

Our goal is to have all military members learn about and take advantage of the services provided by Military OneSource. No problem is too big — or too small — to contact the program. Remember, Military OneSource is here for you 24 hours a day, seven days a week. Call 1-800-342-9647 to speak with a consultant or visit [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com).

# TRAVEL SMART



## THE SUMMER TRAVEL SEASON

WRITTEN BY: LT. CATHERINE ANDERSON  
RESERVE FORCE TRAVEL

**S**UMMER travel season is here and the Force Travel department wants to fill you in on Defense Travel System (DTS) lessons learned to make using the Navy Reserve Order Writing System (NROWS) and DTS hassle free. Below are the top issues to review for help in reducing obstacles and processing time:

1. Know which orders cannot be processed by DTS:
  - (a) Back-to-back travel
  - (b) Permanent Change of Station (PCS)
  - (c) Orders funded by other services or components
2. Submit your orders in a timely manner (per COMNAVRESFORCOMINST 1571.1B), orders within the continental United States should be submitted 14 days prior to the start date and orders outside the continental United States should be submitted 30 days prior to the start date.
3. Review the DTS training material located on the N33 area of the Navy Reserve website and be engaged in the training offered at your Navy Operational Support Center (NOSC) or squadron.
4. Know who to contact at your NOSC or squadron for DTS questions and concerns. They are your resident experts who support you.
5. Ensure all information submitted into DTS matches the information you entered into NROWS, exactly. (Name, e-mail address, unit identification code)
6. Only request items in DTS that your orders in NROWS have authorized. For example, if you were not authorized a rental car on your orders then you should not request one in DTS.
7. Ensure that you self-register completely (i.e. using your SSN + "R", selecting the correct routing through your NOSC or squadron, etc) well before you need to submit orders.
8. Ensure your e-mail address in DTS is valid. DTS will

send multiple e-mails to that address to let you know if you have work to do or if there is a problem that needs to be rectified.

9. Do not complete your DTS authorization until you receive an e-mail from DTS stating you can. Jumping the gun on this one will create an authorization without importing a line of accounting.
  10. If you do not receive an e-mail from DTS within 72 hours of your travel plans confirming your itinerary and ticket has been paid for, contact your NOSC or the help desk immediately.
  11. Submit your DTS travel voucher within five days of your return.
- Fax or scan the following documents to the DTS trip record:
- (a) Copy of NROWS orders, properly endorsed by the gaining command
  - (b) Final SATO itinerary (ticketed)
  - (c) All lodging expenses (itemized)
  - (d) Rental car receipt and rental car gas receipt
  - (e) All receipts for reimbursable expenses
  - (f) For foreign travel the currency conversion rate should be noted on receipts so proper reimbursement is received. Don't forget that conversion rates may change during the time you are on orders.

By following these guidelines you will reduce the challenges associated with travel. As always, we at Commander, Navy Reserve Forces Command along with your Regional Component Commands and NOSCs appreciate the work being done by you, our dedicated Reservists, and we are all standing by to support you.

#### Important Phone Numbers:

NROWS / DTS Travel Help Desk: 1-800-537-4617 (SPAWAR Customer Support)  
DTS Help Desk: 1-888-HELP-1-GO (1-888-435-7146) (DTMO Travel Assistance Center)  
NMCI Help Desk: 1-866-THE NMCI (1-866-843-6624) (Contact them if you have NMCI connectivity problems with your roaming profile which prevents you from accessing DTS.)

# 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](mailto:james.vorndran@navy.mil), for the submission form if you'd like to nominate a Sailor. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.

Photo by Mass Communication Specialist 1st Class Carolyn M. Cerminara



**Hospitalman 2nd Class  
Amanda L. Valenzuela**

**Hometown:** Los Lunas, N.M.

**NOSC:** Albuquerque, N.M.

**Unit:** Operational Health Support Unit Dallas Det A

**Brief description of your Navy job:** I am currently on my second set of active duty for special work orders at NOSC Albuquerque, totaling a two-year commitment. My duties include: funeral honors coordinator, command fitness leader and mobilization officer.

**Brief description of your civilian job:** I am a funeral service intern with a local funeral home.

**What has been your greatest Navy achievement?** Advancing to E-5 in three years.

**Who has been your biggest influence since joining the Navy?** I learn from everybody by reflecting upon their qualities and building myself into my own person; however, learning to become a better person, I can partly attribute to YNC (SW/AW) Douglas Melchior.

Chief Melchoir had a catch phrase that he would always use. I can still hear him shouting "maximum effort." That phrase motivated me.

**What do you enjoy most about the Navy?** The camaraderie. Everywhere a Sailor goes they have a friend.

**Most interesting place visited since joining the Navy:** I participated in a Dominican Republic Medical Training Exercise in Guayaramerin, a small village in Bolivia. Meeting the people, experiencing their culture, working along side their military, and **simply living in their world – the entire experience was absolutely amazing.**

**Current hobbies:** Snowboarding and physical training.

**Hometown:** Grants, N.M.

**NOSC:** Albuquerque, N.M.

**Unit:** U.S. Naval Forces Central Command Mobile Ashore Support Terminal Detachment Bravo

**Brief description of your Navy job:** As the unit LS, I am in charge of ordering and issuing supplies for 28 unit members. I also document the supply needs of the unit and update unit berthing requests. I am also the assistant training petty officer, so I plan the year's training requirements and assign trainers.

**Brief description of your civilian job:** I am a frozen food manager.

**What has been your greatest Navy achievement?** I augmented a gapped active duty LS billet where I provided real time mission support during a 36 day active duty for training with NAVCENT Bahrain. NAVCENT Mast B had returned from deployment off the coast of Iraq and I inventoried, cleaned and stored their equipment. I sent all damaged items to the Defense Reutilization and Marketing Office.

**Who has been your biggest influence since joining the Navy?** SK2 David Ulibarri, a fleet Sailor who showed me the ropes. I joined the Navy through the advance paygrade program. With only a two-week indoctrination course, SK2 Ulibarri provided me with technical training, instruction in military bearing and made me aware of team work and pride in a job well done.

**What do you enjoy most about the Navy?** The annual training opportunities, traveling to different locations to serve in the best Navy in the world.

**Most interesting place visited since joining the Navy:** London, England. I enjoyed the history of the city along with the museums, palaces, and churches.

**Current hobbies:** Camping and four wheeling



Photo by Mass Communication Specialist 1st Class Carolyn M. Cerminara

**Logistics Specialist 2nd  
Class Gary Alires**

# RETURNING WARRIOR LEADS THE WAY



Written by Mass Communication Specialist 2nd Class (SW/AW) Elizabeth Merriam  
Photos by Mass Communication Specialist 2nd Class Leslie Long

**U**NLIKE most commanding officers, Rear Adm. Buzz Little had a history with Commander, Navy Reserve Forces Command (CNRFC) when he took the reins in 2010. From 2006 to 2008, Little served as CNRFC chief of staff, then as commander. However, 10 months after assuming command, Little was called to serve as an individual augmentee (IA) in Iraq where he became the deputy commander, Multi-National Force-Iraq, Joint Task Force 134.

On March 31, 2010, Little returned from his IA assignment to once again become the Commander, Navy Reserve Forces Command. His background at CNRFC provided him with considerable “corporate knowledge,” while his experience in Iraq gave him a new outlook on future direction for the headquarters command.

“My top initiative is to match our daily work, effort and support with the goals that Vice Adm. [Dirk J.] Debbink (Chief of Navy Reserve), Adm. [John C.] Harvey (Commander, U.S. Fleet Forces) and Adm. [Gary] Roughead (Chief of Naval Operations) have set out for the combined Navy force,” Little said. “Our goal is to take care of our families; make sure our Sailors are paid; make sure they are looked after for advancement; and then finally, to continue to expand their opportunities and missions for the Navy as a whole. Increased missions provide our Sailors greater opportunities to learn new skills assisting with our nation’s defense.”

During his first tenure as commander, Little worked to move the CNRFC headquarters from New Orleans to Norfolk, an initiative that was completed when he was in Iraq.

“That’s the beauty of our work; things change all of the time, the largest of which is our location. We are now fortunate to work next door to our fleet commander Adm. Harvey, to provide better support to fleet forces and the waterfront. As we continue to be the Navy’s ready Reserve—strategic Reserve—we provide strategic depth to increase the capabilities of the Navy’s day-to-day operations.”



Little believes that a Reservist's ability to adapt is increasingly apparent as members mobilize on short notice for support efforts such as Haiti relief, while maintaining readiness for day-to-day operations in support of the war effort.

"Our staff here at RESFORCOM, we work for Vice Adm. Debbink, to provide the ready flexible Reserve force for our greater Navy. It's an ongoing process we're working hard on every day. There are no set doctrine answers. We're flexible; we take input from both our Reserve component and our Active component and our Sailors. In the end, working as a team, we get a better product. We get higher readiness and more strategic depth for our Navy."

Little believes a strong Reserve Force provides the nation with the greatest war fighting capabilities.

"Once again over the past nine years, since 9/11, our Navy Reserve has shown its great value to our nation. We are a very potent Reserve force with superb operational capabilities, outstanding administrative capabilities, while expanding the ability and resources of our Navy as a whole."



Little says Reservists are very good relationship builders, working closely with people from all walks of life.

"Navy Reserve Sailors are superb diplomats. One of the things about having a career as a selective Reservist is they're always in two different worlds. They're a civilian at home and in their community and, certainly for a good part of the year, they're a military member. They are a cross culture base already, so they're accustomed to being flexible and dealing with a cross section of society," Little said.

"Then when we go overseas and we're confronted with Iraqis or other Middle Easterners, our Reservists have already developed good diplomacy skills," he continued. "They use the experience they've gained working with both civilian communities at home and in the military, applying that experience overseas with foreign civilians, foreign military... and they do very well at it. Diplomacy is very important because you're asking people of varying backgrounds to cooperate with us. The more comfortable you can make them feel, the more comfortable we will be, resulting in a better end product."

Now that Little has returned from Iraq, he brings back fresh ideas and a renewed perspective on how to accomplish more for the Reservists he serves.

"Over there I saw thousands of Navy Reservists, Reserve soldiers and airmen working together in the combat zone. I highlighted how we truly can't get things done for our national missions without our Reserve forces." Little continued, "and now I have a better appreciation for what our Sailors face when we send them in theatre away from their families for a long period of time. I want to focus on how we can better support them and their families and provide information for their employers before they go. I want our Reservists to be comfortable and to reassure them that someone is looking after their interests. If this happens, it'll make their deployment that much easier."

# BACK TO BASICS



## DoT Approved Helmet

Half



3/4



Full-face



## Eye Protection

Goggles



Face Shield



Safety Glasses



Gloves



Boots



Long Sleeve Shirt or Jacket



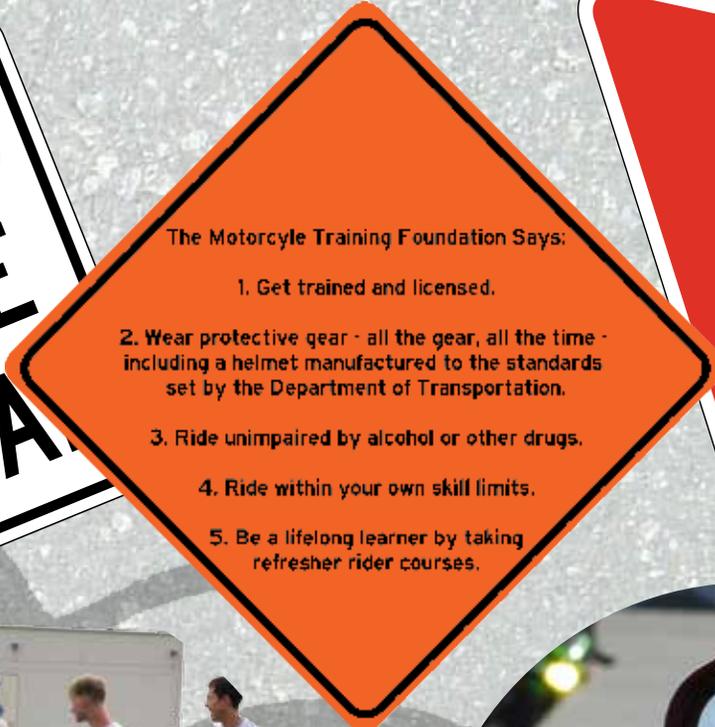
Reflective Gear



This month's Back to Basics focuses on motorcycle safety. All Reservists, who operate or intend to operate a motorcycle, are to complete a Motorcycle Safety Foundation (MSF) approved training course.

Every effort should be made to attend a Department of Defense sponsored course within your region.

In an effort to increase opportunities for motorcycle training, Commander, Navy Reserve Forces Command will provide tuition for personnel who attend a commercial (state approved) MSF course.



Above left: Chief of Naval Operations Adm. Gary Roughead, center, speaks with Sailors attending a motorcycle safety course at Naval Air Station Oceana. Photo by Mass Communication Specialist 1st Class Tiffini Jones Vanderwyst.

Above right: Aviation Boatswain's Mate (Equipment) 2nd Class Zack Renton adjusts his helmet during the Navy and Marine Corps traffic skills training rodeo at North Dock Yokohama. The event, open to service members from all branches, is intended to promote motorcycle road safety. Photo by Mass Communication Specialist 3rd Class Andrew Ryan Smith.



EL MONTE  
NORFOLK, VA.

LS-

01  
02  
18

A large white naval ship, possibly a minesweeper or auxiliary vessel, is docked at a pier. The ship has a complex superstructure with various antennas, masts, and railings. The hull is white with some dark markings. The ship is positioned in the water, with a sandy beach in the foreground. The sky is clear and blue. The text "KEEPING THE WATERS SAFE" is overlaid on the image in a large, blue, outlined font.

# KEEPING THE WATERS SAFE

WRITTEN BY CHIEF MASS COMMUNICATION  
SPECIALIST JIM BANE



Facing pages: Reservists from Explosive Ordnance Disposal Operations Support Unit 10 conduct dive training on a dock at Joint Expeditionary Base Little Creek-Fort Story. Photo by Mass Communication Specialist 2nd Class Jeff Kraus.

Left: A Navy Reserve diver attached to Explosive Ordnance Disposal Operations Support Unit 10 falls back into the water for dive training at Joint Expeditionary Base Little Creek-Fort Story. Photo by Mass Communication Specialist 2nd Class Jeff Kraus.

the demand signal for the capabilities of its Sailors who operate in every environment anywhere around the world. These highly trained and skilled Sailors are experts in explosives, diving, parachuting, weapons and small unit tactics.

Smith described his duty on deployment as a “two-fold assignment that covers both anti-terrorism/force protection diving and on-base response for any suspected improvised explosive device or conventional ordnance issues that may arise. By having Reservists on this job, it relieves the active duty EOD techs to complete missions in other parts of the world where they are desperately needed.”

Lt. Cmdr. Glenn Lininger, commanding officer of EODOSU Ten, said his unit’s purpose is to train and mobilize EOD technicians and divers to be prepared to respond to myriad explosive threats, both on land and underwater. “Our Sailors are focused and prepared to operate in the most high stress situations imaginable, which is a testament to their training, character and patriotism,” Lininger said.

“There are only about 120 Reserve sailors assigned to do these missions. It’s a unique and rewarding career path for those personnel capable and willing to meet the challenge,” Lininger said.

The mission of EODOSU Ten is to provide explosive ordnance disposal as well as ordnance clearance and search platoons in support of explosive ordnance group operations. Lininger said that “anti-terrorism force protection diving consists of searching for underwater explosives, hazards and threats in ports or on ships.”

**D**IVERS from Explosive Ordnance Disposal Operational Support Unit 10 (EODOSU Ten), based at Joint Expeditionary Base Little Creek-Fort Story in Virginia Beach, Va., are currently undergoing required training in preparation for mobilization and deployment later this year.

The unit is the only Reserve Explosive Ordnance Disposal force on the East Coast that deploys platoons to conduct underwater missions. Its divers recently participated in eight weeks of intensive EOD-specific team training to be ready to meet mission.

In September, EODOSU Ten platoons will deploy to the U.S. Central Command area of operations.

GM1 (SW/DV) Robert G. Smith, one of the EODOSU Ten Sailors who received the training, said it “was a fast period encompassing everything from undersea operations to nuclear threats. We learned how to operate EOD robots and learned the capabilities of some of our explosive tools. The training truly was invaluable.”

EODOSU Sailors are an integral part of EOD Group Two’s ability to meet



deploy in September,” said LT James Ebbert, EODOSU Ten operations and training officer.

Capt. Steve Williams of EODGRU Two emphasized the importance of the dive group’s Reserve Component to the mission by saying “We are a low density/high demand community. It takes a long time to train an EOD and OC Platoon. There are not a lot of us but we have a lot of missions.”

Smith adds that he is “proud of my service to our Nation and honored to serve with the men on my platoon and this community. Being a Reservist is tough; as a new father, it’s even more difficult. However, I feel that when my son is old enough for me to share my experiences, that will make it all worthwhile.”

The group’s unit of action is deployable platoons of divers with different skill-sets. “We train to deploy as platoons, but we can also provide individual augmentees for force multiplication on an as-needed basis but our primary unit of action is the EOD or Ordnance Clearance (OC) Platoon,” said Lininger.

EODOSU Ten deploys three types of Navy Deep Sea Divers: EOD divers, OC divers, and scuba divers. Lininger explained that the scope of the mission involves more than dealing with explosive threats. The initial phase of many EOD operations can be accomplished by any one from the three groups of divers. “For those of us who are EOD technicians, diving is one way of gaining access to a threat; it’s the only way to gain hands-on access to underwater threats.”

Lininger added that EODOSU Ten also relies on an “area search platoon that operates a wide variety of equipment to detect, locate, mark and re-acquire underwater objects.” This group also maps and locates objects in support of salvage operations.

EODOSU Ten OC Platoons also deploy with a diver recompression chamber in case of a medical emergency involving a diver. A recompression chamber is a pressure vessel used to treat divers suffering from certain diving disorders such as decompression sickness.

Anti-terrorism force protection operations for EODOSU Ten typically involve search operations on a pier or underneath the hull of U.S Navy warships. If an underwater explosive hazard is found, the EOD platoon

may be tasked with rendering the hazard safe and clearing the area of additional hazards.

EODOSU Ten drilling Reservists are all capable and deployable for the missions they are assigned “just like the active duty platoons,” according to Lininger. “Our guys are working right now to get qualified so they will be ready and prepared when they

**Top: Divers check each others gear before diving. Photo by Mass Communication Specialist 3rd Class Kleynia McKnight.**

**Bottom: A diver rolls into the water at Joint Expeditionary Base Little Creek. Photo by Mass Communication Specialist 3rd Class Kleynia McKnight.**



# COLD

# RESPONSE

STORY BY MASS COMMUNICATION  
SPECIALIST 2ND CLASS ASHLEY MYERS

# 2010





**I**MAGINE JUMPING ABOVE THE FREEZING HARSH WINDS BEAT SNOW. YOU CAN'T TELL IF YOU'RE NUMB APPROACHING HYPOTHERMIA. YOU PULL YOUR CHUTE AND GLIDE DOWN MUCH SLOWER NOW, STEERING YOURSELF AWAY FROM MOUNTAINS, HOPING TO FIND SURE FOOTING ON AN ICE COVERED LAKE BURIED UNDER MANY INCHES OF SNOW. THE VIEW IS BREATHTAKING, AND YOU PAUSE JUST FOR A SECOND TO TAKE IT IN, BUT YOU HAVE OTHER THINGS TO WORRY ABOUT. IN THE SNOW COVERED LANDMASS BENEATH YOU SOMEWHERE IS YOUR TARGET.

OUT OF AN AIRCRAFT AT 10,000 FEET WATERS OF THE ARCTIC CIRCLE. THE YOUR FACE WITH STINGING COLD WITH EXCITEMENT OR FROM THE



In a time when training lends itself to desert warfare more often than not, members of SEAL Team 18 (ST-18) located at Joint Expeditionary Base, Little Creek, Va. haven't lost site of the bigger operational picture. Ready to deploy anywhere at a moments notice, they train in winter warfare as well. Whether it's skiing cross-country reconnaissance missions or diving into the frigid waters of the Arctic Circle, they have the capability to do their job as safely and quickly as possible. Winter warfare training like Cold Response, a Norwegian invitational exercise open to all NATO countries, allows SEALs and their support crews to work in the harshest environments. There they learn how to adapt their gear, clothing, and techniques in order to work efficiently. Held in northern Norway, well within the Article Circle, Cold Response 2010 featured more than 8,500 military members, 1,000 special operations forces (SOF), from 14 partner nations. The exercise ran from February 17 to March 4, 2010.

Training between U.S. SOF and units from across the world was held in temperatures that might make the average person recoil to the comfort of their bed with a warm drink and a good book. For SEALs however, the harder the training the better. If it makes you uncomfortable, if it challenges you; if it scares you to death; that's what they want to do. Not just thrill seekers, but serious individuals preparing themselves for serious business.

As with any job, the more training you receive and the better prepared you are, the more likely your chances are for success.

"Annual training is mission critical for the Sailor to have an opportunity to improve individual skills," said Naval Special Warfare Group Eleven Commodore, Capt. Edward Gallrein. "The Reserve Sailors are part of the Navy total force. As part of the total force their contributions and their service are essential to the Navy and to Naval Special Warfare."

With that notion, it makes sense to push yourself to

the limit in all your training endeavors, making Cold Response a worthwhile training investment. "There are portions of Afghanistan that require cold weather knowledge. The extreme cold presents a challenge making the weather enemy number one, even before engaging with the enemy," Gallrein said. "Now, when we go there, we are able to operate in a variety of environments effectively."

Members of ST-18 worked side by side with the German Kommandos Spezialkrafte (KSK) and the German Long Range Reconnaissance Patrol (LRRPs, pronounced 'lurps') to conduct advanced winter warfare training and to develop partnerships in a joint special operations task group environment. A Reserve component SEAL operator from ST-18 said Cold Response was an invaluable training experience.

"Cold Response was a great opportunity for us to cross train with the KSK and other SOF units. To be able to jump out of an Austrian C-130 with the German KSK onto a frozen lake in Norway takes a lot of work and communication. To develop those partnerships in training

Previous pages: A fjord of northern Norway during Cold Response 2010. Photo by Mass Communication Specialist 2nd Class Ashley Myers.

Top and previous page: U.S. Navy SEALs freefall parachute onto a frozen lake in northern Norway during Exercise Cold Response 2010. Photos by Mass Communication Specialist 2nd Class (EXW) Matt Daniels.

Facing page: Navy Special Warfare reserve component sailors from SEAL Team 18 maintain watch during a direct action mission with the German Kommando Spezialkrafte (KSK). Photo by Mass Communication Specialist 2nd Class Ashley Myers.

Left: A Reserve component Navy SEAL from SEAL Team 18 receives instruction from a German special operator on use of their weapons. Photo by Mass Communication Specialist 2nd Class Ashley Myers.

Facing page top: Night vision view of Cold Response 2010. Photo by Mass Communication Specialist 2nd Class Ashley Myers.



operations is advantageous should we ever work together on real life missions."

The SEAL Team's Expeditionary Support Element benefited highly from Cold Response as well. A hospital corpsman from ST-18's support element said, "This was an extraordinary experience allowing our Reservists to work with our NATO allies in some of the most extreme conditions on the planet, while accomplishing our mission, and our personal goals."

When asked how Cold Response helped him, a Master-at-Arms from Reserve Naval Special Warfare Detachment, Ohio said, "I learned that layering and hydration are critical, that four meals a day increases your metabolism and warms a cold body, and that the cold is nothing to take for granted." Adding, "I also learned the role of SSE (sensitive site exploitation) and how it needs to work hand in hand with the SEAL teams and other special forces to accomplish one team goal."

Expeditionary warfare (EXW) training was held twice a day making it possible for

some members to receive their enlisted EXW pin above the Arctic Circle, an opportunity that is rare in Naval Special Warfare. In addition, SEALs and their support staff who participated in Cold Response in 2009 and 2010 accumulated enough time in a remote arctic outpost to earn their Navy Arctic Service ribbon.



Cold Response will only be held biannually now on even numbered years. "Frozen Tundra," a much smaller exercise will be supplementing the odd years.



# 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, [cnrfc\\_ciso@navy.mil](mailto:cnrfc_ciso@navy.mil). Additional information can be found at [www.navyreserve.navy.mil](http://www.navyreserve.navy.mil) under N7 Training Department (by clicking the CISO link).

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

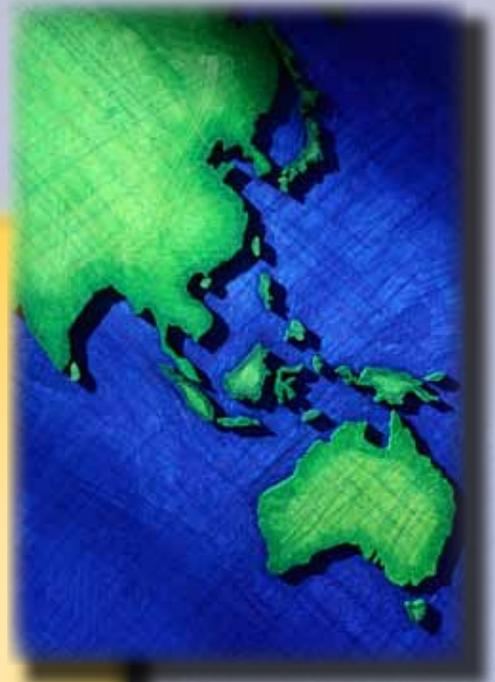
Geography

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.

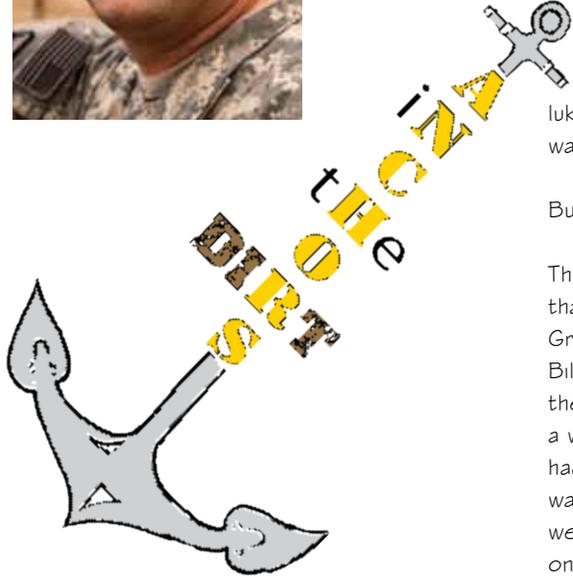




**WRITTEN BY CHIEF MASS  
COMMUNICATION SPECIALIST  
BRIAN NARANJO**

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

# PART 6



There's not a lot of free time in a combat zone, even for admin staff guys like me. It's a daily grind of get up, go to work, go to sleep. Wash. Rinse. Repeat. Over and over and over and over. To help people stay in shape and burn off stress, there is a small gym on the International Security Assistance Force compound for workouts in between work and rinse cycles. But to use the gym, you have to first get past the dirt-phobic maitre d' who works the door. The guy won't let you in unless you bring a spare pair of shoes. So you see a lot of people going to and from the building wearing shorts and tan combat boots, with running shoes draped over their shoulders. Pretty comical, in a combat zone sort of way. I'm talking about the rule, not the fashion statement. I mean, we wouldn't want to get any (ahem!) dirt on the floor or in the equipment, in a country that is nothing but dirt, dust and rock. Too bad that same keep-it-clean attitude isn't applied to our shower and bathroom facilities. I wish Mr. Dirt Phobia at the gym had a flair for plumbing! We could put him to work, and I could stop taking

lukewarm showers in stagnant, black water.

But I digress.

There's a running joke in Afghanistan that every day is the same, like Groundhog Day. A lot of us feel like Bill Murray, waking up every cycle to the same stuff. We work seven days a week, and there is many a time I've had to look at my old faithful Casio watch to figure out what part of the week it is. Not that it matters. The only way to get through a tour in Afghanistan is by focusing on one day at a time. Forget about yesterday, and don't worry about tomorrow. Today is all that matters – especially when you never know where the next rocket or suicide bomber will hit.

But for being in a combat zone, aside from enduring the occasional rocket attack, and vigilantly driving the hazardous streets on logistics missions, we don't see much combat. The old saying in the Navy

is, "Choose your rate, choose your fate." Well, I'm a paper pusher, and that's just the way it is. And I'm doing my part to bring peace and stability to this devastated country, I guess.

The best thing about this experience are the people with whom I serve. Regardless of service, we're all enduring it together. We live, work and eat together. We take care of business and then we find ways to break up the monotony. We have small birthday observances to celebrate the special days of our comrades, gather for hail and farewell barbecues, observe national holidays with special meals and music, hold re-enlistment ceremonies, and even sometimes mix it up on a small makeshift volleyball court. Several friends and I even make it a point each Thursday to enjoy movie night, gathering around a small computer, eating popcorn, drinking soda and watching classic flicks like *Hustle and Flow*, *Juice* and *Pulp Fiction*.

Practical jokes are another fun pastime. For lack of other conveniences like television and radio, we're allowed to access the social



Chief Mass Communication Specialist Brian Naranjo pauses on the back of an Afghan National Army pick-up truck with Cdr. Benjamin Nicholson, commander of Provincial Reconstruction Team Farah Province, Afghanistan, during a fact-finding patrol.



Right: Army Sgt. Josh Leonard, of the U.S. Forces Afghanistan public affairs office, recites the oath of reenlistment in Kabul, Afghanistan.

Below: Members of the U.S. Forces Afghanistan public affairs office burn off some steam with a Friday night volleyball game at the International Security Assistance Force headquarters compound in Kabul.

never had so much fun at work. Any deployment requires patience and a good thick skin, or you'll never get through it. Across the board, every Sailor, Marine, Airman or Soldier I've talked to calls this the toughest environment they've ever endured. We'd all go nuts without the good-humored releases. Business always comes first, of course.

When all is said and done, and I'm safely reunited with my family and friends, I know I'll remember the tough days filled with loneliness, fear, anger, frustration and all the other challenges. But I will also never forget the moments of levity and camaraderie provided by a strong supporting cast of brothers and sisters, from the United States and other nations. We're here for the people of Afghanistan, but this difficult task would be impossible to bear if not for the friends who surround us.



networking site Facebook. Just don't leave your workstation unlocked! My boss left hers open when she went to a meeting, and when she returned, she found that her profile had been updated literally about 100 times with the phrase "I like cheese!" She laughed it up with the rest of us, and vowed to never again leave her workstation unsecured.

I've been "got" a few times myself. Like the e-mail I received from Youmama Isafatti, demanding an apology for comments I made to the media about a combat operation in the east; and also attacking my writing skills, citing a couple of novels I've authored. It freaked me out, at first. Who was this person, and how did they know about my books? After I figured out the subtle humor in the name, and noticed the message came from a Gmail account, I replied with a humorous message of my own. We went back and forth a few times, until I discovered the author of the messages was my roommate, and we laughed ourselves into near-hysterics.

Another time a couple of my co-workers hung several wanted posters containing a photo of me wearing a traditional Afghan hat, warning everyone to be on the lookout for the infiltrator, who was known as a

connoisseur of Rice Krispie treats and pre-cooked nonperishable bacon.

I will spare you the details of the infamous Jolly Rancher war, or the battles we've had using hand sanitizer. That stuff will shoot a good 20 feet if you hit the dispensing spigot just right!

I think one of the funniest things done at my expense occurred early one morning as I slept. I have quite the reputation as a snorer, and early one morning my loud snort-filled breathing woke up both my roommates. Instead of commiserating about the noise and then covering their ears with pillows, they decided to make lemonade.

The next day, I was tagged in a homemade video on Facebook. The premise of the clip was two wildlife enthusiasts warily creeping into a growling bear's cave. I innocently played the starring role of the bear. They shot it with very low light, and it was hilarious. And I never even noticed their actions – slept right through it, in fact; but I laughed with everyone else in my office when it was viewed. My wife found it quite amusing, too.

Honestly, despite the intense environment and looming threats, I've

# ACTIVATION AND MOBILIZATION CHECKLIST

## REQUIRED DOCUMENTS FOR YOU AND YOUR FAMILY.

### A. PAY/DIRECT DEPOSIT/ALLOTMENT

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

### B. SERVICE RECORD/PSD

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

### C. SECURITY CLEARANCE

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

### D. LEGAL

- Location of current valid will.
- Copy of current power(s) of attorney
- 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:
  - NAVMED 1300/4, Expeditionary Medical and Dental Screening for Individual Augmentee and Support Assignments to Overseas Contingency Operations
  - NAVMED 1300/5 - 11, Area of Responsibility theater-specific medical screening forms
  - NAVMED 1300/21, Medical Suitability Certification
  - NAVMED 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.

### 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.

### 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.

### SUBMIT THE FOLLOWING TO YOUR RESERVE ACTIVITY WITHIN FIVE (5) 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. 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.
- 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 VOL9 U2510*

*Endorsed and approved by: PSAs LANT, WEST, PAC and EUR*



# 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

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.  
(868) 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

New York City, N.Y.  
(718) 892-0312

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 Midwest 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.  
(616) 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

Anchorage, Alaska  
(907) 384-6491

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

Helena, Mont.  
(406) 449-5725

Kitsap, Wash.  
(360) 627-2203

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  
(920) 857-6814

VR-51  
(808) 257-3289

VR-52  
(215) 443 6600

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

ETD Pacific  
808-448-9278

Tactical Support Wing  
(817) 782-5295

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

HSC-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  
011-811-611-742-2377

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  
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Naval Facilities  
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Naval Hospital Lemoore, Calif. (559) 998-4481	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2950	Office of Naval Research (703) 696-5031	US Sixth Fleet 011-39-081-568-4634			
Naval Hospital Naples Italy 011-39-081-811-6000/1	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2950	Puget Sound Naval Shipyard (360) 476-7683	US Africa Command 011-49-711-729-4484			
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Naval Meteorology and Oceanography Command (228) 688-4384	NIOCC Norfolk, Va. (757) 417-7112	Submarine Group Ten (912) 573-3733	Navy Intelligence Reserve Region Southeast - Ft. Worth (817) 782-6464			
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Chief of Naval Operations (703) 697-5664	Naval Installations Command (202) 433-3200	US European Command 011-49-711-680-113	Navy Intelligence Reserve Region Midwest (847) 688-6273			
Naval Operations Office of the Chief of Chaplains (504) 678-1394	Naval Munitions Command (757) 887-4834	US Fifth Fleet 011-973-724-383	Navy Intelligence Reserve Region Midwest Det Minneapolis (847) 688-6273			
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	Naval Region Korea 011-822-7913-7251	US Naval Forces Korea 011-822-7913-5795				
	Naval Region Mid-Atlantic (757) 322-2800	US Naval Forces Marianas (671) 339-7133				
	Naval Region Singapore 011-65-67-50-2531	US Naval Forces Southern Command (904) 270-7354 x4304				
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**Photo Submissions:**  
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High-resolution 300 dpi photos. Set camera on the highest setting (TIFF, FINE and/or HQ). Shoot photos of action supporting the story. Posed shots or “grip-n-grins” are the least desirable. If the story is about people receiving awards, show us what they do that garnered said award. Send us the original image. Do NOT tinker with it in Photoshop™ or other image-editing software. We will edit it to fit into our page layout requirements. Include cutline information identifying the subjects and what they’re doing in the photo. Also credit the photographer.

**Story Submissions:**  
*Due 5th of the month.*

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

**Questions and Suggestions:**

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

SUBMISSION GUIDELINES



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