

TNR

THE NAVY RESERVIST

OCT 2010



Reservists Integrated at RIMPAC 2010

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NAVY RESERVE
Ready Now. Anytime, Anywhere.



NAVY RESERVE C-40A
CLIPPER AIRCRAFT
DELIVER PEOPLE, PARTS
AND SUPPLIES AROUND
THE GLOBE IN A COST-
EFFECTIVE MANNER.

READY NOW!

A cost-effective Reserve Force optimizes the Navy Total Force.

Shipmates,

This month we highlight the Navy Reserve as a cost-effective force. Our ability to deliver a ready and accessible force and to provide valued capabilities – in a cost-effective manner – is one of the foundational reasons for our existence. We deliver full-time excellence on a periodic, part-time basis, when and where needed. Working with the active component, we help optimize our Navy Total Force.

How do we do this? We begin by leveraging the active component's strengths, such as training and schools, bases and facilities, IT infrastructure, headquarters staffs, and much more. The additional overhead of executing our program is minimal. And most importantly, we ensure our Sailors are doing real and meaningful work for the Navy and Marine Corps, or Joint forces whenever they are on orders.

The vast majority of us have transitioned from the active component after an initial period that usually includes extensive and therefore expensive training, including Recruit Training, A and C Schools, nuclear power training, officer accession programs, aviation pipeline training and much more. Not only does the Navy Reserve not need to provide this training, through a Continuum of Service, we provide the Navy the ability to preserve and access the investment that was made by the Navy to acquire these critical skill sets.

The Navy Reserve provides great value to our nation's defense because Navy Reservists deliver valuable operational support at a minimal cost: we are paid only for necessary hours/days of work with overall lower medical costs, lower retirement expenditures, virtually no moving or household goods shipment expenses, fewer entitlements and lower base support costs for infrastructure and services.

When a Navy Reserve Sailor provides operational support, it is usually for a specified period of time to accomplish a specific task or mission. When the requirement/mission is completed, we don't remain on active duty but rather we return to our civilian employers – off the Navy payroll! There are many examples of Sailors providing full-time expertise on a part time basis, like our SURGEMAIN program taking on expensive shipyard overtime projects; the VR community flying logistics and passengers all around the world with FTS and SELRES aircrews; and our Intel community providing key intelligence support where and when needed around the world.

As the Navy balances requirements, risk, and cost, it is important to remember that there are no Navy Reserve requirements – only Navy Total Force requirements that can be carried out by either the active component, the reserve component, or a combination of both. America will continue to invest in the active and reserve components of our Navy only if the Nation perceives that we are ready, accessible, and cost-effective. We must be good stewards of the lives and resources our Nation entrusts to us and worthy of our Force Motto: *Ready Now. Anytime, Anywhere.*

VADM Dirk Debbink
Chief of Navy Reserve

FORCM Ronney A. Wright
Navy Reserve Force Master Chief



TNR

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The Navy Reservist is always looking for good action photos of Navy Reservists (minimum 300 dpi) that tell a story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph, including their respective rating, rank and command. Photos should also include a visual information record identification number or VIRIN. Information about VIRINs is available online at www.mediacen.navy.mil/vi/virin.htm. Submissions should be received eight weeks prior to publication month (i.e. October 1st for the December issue). Material will not be returned.

NEWS ONLINE ... The Navy Reservist current and past issues can be accessed online at <http://navyreserve.navy.mil>. Navy Reserve News Stand, a Web site featuring Navy Reserve news and photos, plus links to Navy fleet pages, can be viewed at www.news.navy.mil/local/nrf.

CHANGE OF ADDRESS ... Selected Reservists with address changes need to provide updates to the NSIPS (Navy Standard Integrated Personnel System) via their NOSOC Personnel Office.

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COVER PHOTO: The Wasp-class amphibious assault ship USS Bonhomme Richard (LHD 6) and other ships assigned to the Rim of the Pacific (RIMPAC) 2010 combined task force transit the Pacific Ocean during Rim of the Pacific (RIMPAC) exercise 2010. Photo by Mass Communication Specialist 3rd Class Stephen M. Votaw.

Letter from the Editor



Readers,

This month in TNR you should notice a new look. Hopefully you will find our layout and design cleaner and more reader friendly. The story behind our redesign is quite interesting and it reminds me of many of the best things about our Navy Reserve Force.

About a year ago Gunner's Mate 1st Class (SS) Russ Chilcoat contacted me and volunteered to help us incorporate some new design elements for TNR. This is where the story gets interesting. Like many Reservists, Chilcoat has expertise in a field not related to his Navy job. He brought TNR his expertise from his civilian job as a graphic designer.

Chilcoat, who drills at NOSC Denver, is the principal and owner of Asher Studio, a Denver graphic design firm specializing in creative materials for business development.

This same story can be repeated every day when talking about the Navy Reserve Force. Reservists frequently work in a field not related to their Navy job. It is those additional skill sets, and life experiences, that make our Force stronger. When there is a need for a particular skill, it is pretty safe to say it can be found in the Navy Reserve.

Additionally, by employing Reservists for assignments like this we are truly showing our value as a cost-effective force. In the case of TNR, if we had hired Chilcoat's studio, or any other graphic design firm, it would have cost tens of thousands of dollars for a redesign.

You can find examples of the Navy Reserve being cost effective anywhere you look. Read our story this month about RIMPAC. It is another great example of the Reserve Force being cost-effective. RIMPAC is a relatively short exercise that demonstrates how Navy Reservists deliver a timely, cost-effective operational capability to our Force.

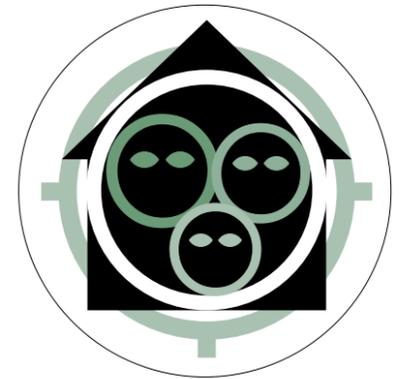
Enjoy the new look of TNR. If you have feedback please send it my way, james.vorndran@navy.mil.

Jim Vorndran
Editor-in-chief
The Navy Reservist

FOCUS ON FAMILIES

Cost Effective Family Programs

Written by SUSAN HARE, NAVY REGION SOUTHWEST RESERVE COMPONENT COMMAND WARRIOR AND FAMILY SUPPORT PROGRAM SPECIALIST



The term "cost effective" can be defined as providing adequate financial return in relation to outlay. When it comes to Warrior and Family Support programs, financial return has always been difficult to measure. With so many variables involved in each deployment, measuring the number of issues prevented by preemptive readiness training has always been difficult.

It is difficult to recall a time in the Navy Reserve when Warrior and Family Support programs have received such unprecedented support and focus. This is mainly due to the increased tempo of Reservists serving on active duty to support missions around the world. Sailors and their families can leverage this support in many ways to effectively manage the full mobilization continuum.

"An ounce of prevention is worth a pound of cure," is a familiar expression. It is especially true in regard to pre-deployment family readiness conferences (PDFRCs). PDFRCs provide information to ensure Sailors and their families are ready for the rigors of deployment. The following resources are available for Sailors and their families at PDFRCs:

Administrative support

Defense Enrollment Eligibility Reporting System (DEERS) assistance

Financial counseling

Employer Support of the Guard and Reserves (ESGR) information

Veterans Affairs benefit information

Legal services

Local community resource information

During a Sailor's mobilization, families have an amazing asset in their Ombudsmen. According to Commander, Navy Installations Command the year-to-date cost avoidance to the Navy by having Ombudsmen volunteer their time exceeds \$1.3 million. The ombudsman is the link between the command and the Navy family. This is especially true for deploying members where the ombudsman is the primary point of contact between the families at home and the command during deployment. Command sponsored Ombudsmen help servicemembers and their families prepare for all issues before, during and after a deployment

After returning from mobilization, Sailors and their families may attend a Returning Warrior Workshop (RWW). RWWs are a weekend getaway designed to assist Sailors and their families through the time following deployment. They are designed to help families have a healthy reintegration into civilian life. A post-mobilized Sailor and a guest may attend RWWs on active duty for training orders.

The Reserve Force is comprised of Sailors who, when called upon, come together to support missions around the world. Tools are available to build effective and mission-focused Sailors and families. What is the cost for these programs to Sailors and their families? All of these services, along with many others, are provided free of charge.

For more information on these or other Warrior and Family Support Programs, contact Jim Warren through e-mail at james.d.warren@navy.mil or by phone at (757) 322-6568.

LEADERSHIP

Reservists Continue to be a Great Value

Written by Cmdr. STEPHEN P. FERRIS

Reservists are a great value for the Navy. They are not full time, so the funding for Reservists' pay and benefits is far less than active-duty Sailors. The true value of the Navy Reserve is more than a dollar amount. Reservists provide a number of other benefits to the Navy at a low cost. This makes the Navy Reserve a very cost-effective force.

Reservists contribute to the success of the Navy mission through a broad spectrum of activities. Reservists relieve strain placed on the active duty forces. This allows the active component to recover from the stresses of global deployment driven by a high operating tempo. Reservists permit the Navy to meet surge requirements by supplementing the capabilities of active duty forces. Reservists provide the Navy with civilian skills that are not often readily available in the fleet.

The Contribution of Leadership

There are a number of actions unit leadership can undertake to contribute to the cost effectiveness of the Navy Reserve. The common thread across these initiatives is the timely delivery of capable Reserve assets to the active component. This allows the Navy to meet worldwide missions.

Communication: Leadership must be in frequent communication with the active-duty commands where their Reservists are assigned. This will identify the preparation leadership needs in its training schedule to help mobilized Reservists make immediate contributions.

Flex drills: By combining drills or drilling Monday through Friday, flex drilling allows Reservists to participate in different ways. With flex drilling, Reservists can fill workforce voids and directly contribute to mission accomplishment.

Virtual travel: This represents a way Reservists are a cost-effective asset for the Navy. It enables Reservists to work outside of the traditional drill structure. Reservists can log onto a network, download assignments, complete them, and upload the final product. This work is done without incurring the cost of travel from the Reservist's home.

Annual Training: Unit leadership should be creative when managing annual training (AT). AT is a way for Reservists to fill gaps in their skills check list. It can also be used to provide direct support to an active-duty command. Either way, AT assignments should be used to deliver cost-effective support to the fleet or to train Reservists to provide future support.

Recruiting and Retention: The loss of skilled personnel is costly to the Navy. When a Sailor leaves the Navy, the skills associated with that Sailor vanish. Leadership should work diligently on the retention of Sailors the Navy has invested in. Reserve leaders should recruit Sailors leaving active duty who are already fully trained.

Administrative Processes: Unit leadership should encourage the active component to request Reserve support for situations other than mobilization. Split AT, inactive duty training and flex drills are ways leadership can deliver Reserve capabilities to the active-duty Navy. Unit leadership should be directly involved in helping Reservists manage the administrative processes associated with the use of these and other creative methods of delivering cost-effective support to the fleet.

The Navy Reserve is a highly capable force whose limited funding requirements make it very cost effective. The challenge for unit leadership is to identify opportunities that exploit the cost advantages associated with the Navy Reserve.



SPIRITUAL NAVIGATION

Faith Motivates Service

Written by Capt. WILLIAM P. PAYNE, CHC,
DEPUTY NAVY RESERVE FORCE CHAPLAIN

Some years back, I took a group to an Asian country. As we travelled the nation, we spent time in large cities, squatter communities and rural villages. In this Asian country, affluence and squalor set juxtaposed to each other. There was an endless sea of cardboard shacks in the shadows of sky rise buildings. Our group witnessed the unadorned face of abject poverty and the sophisticated people who managed to overcome impoverishment to live productive lives. In truth, the poor had a sense of peace that cannot be described as mere resignation to their plight.

The group participants realized religion was sewn into the fabric of that society. The people lived their religion without making a distinction between the sacred and the profane. The religiously formed worldview of the people cut to the core of their identity. Soon, participants began to critique the radical individualism, consumerism, and secular apathy that dominate parts of American society.

After the second week, participants asked a penetrating question: "Why are the orphanages, leprosariums, and most of the aid, relief, and development organizations run by religious people?" Those who have deployed on humanitarian missions or participated on community relation projects may have asked a similar question. Why is there a link between faith and service?

I know a woman who was the valedictorian in high school and Vanderbilt University. Besides excelling in academics, she was the

cheerleader captain and on many service clubs. Along with all of that, she read to a blind woman for one hour a day. She did this for years. She did it without fanfare or the desire for recognition. When people found out about her service, they asked her why she did it. She shrugged her shoulders and said, "I do it for the love of God."

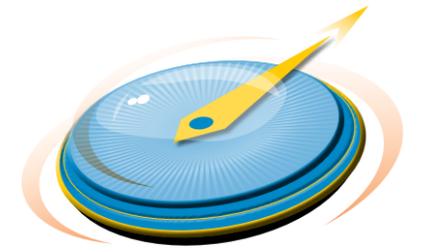
In the tradition of Judeo-Christian faith, love of God necessitates love of neighbor. Likewise, service to God requires service to neighbor. The Bible says, "If a person is naked and lacks daily food, and one of you tells him, 'Go in peace; keep warm, and eat your fill,' and yet do not supply the bodily need, what good is that?" Then it adds, "Show me your faith apart from your works, and I will show you my faith by my works" (James 2: 15-18).

Jesus said, "Inasmuch as you have done it unto the least of these...you have done it unto me" (Matt 25:40). The "unto me" elevates my neighbor from a lowly status of a person in need to a high status as one through whom I serve God.

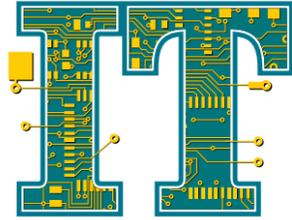
A SPIRITUALLY FIT SAILOR WILL HAVE CONCERN FOR THE WELFARE OF SHIPMATES, NEIGHBORS, AND THE LESS FORTUNATE.

We are called to be our neighbor's keeper. For that reason, a spiritually fit Sailor will have concern for the welfare of shipmates, neighbors, and the less fortunate. True faith propels the believer into action and causes the believer to serve the needs of others. Love of neighbor always shows itself in a tangible way.

We can affirm three things. One, service matters because people matter. Two, whenever we serve others, we are serving God. Three, a spiritually fit sailor will have a disciplined character that has been shaped by an encounter with God and the world. That character will show itself through service to others.



GETTING IT TO THE SAILOR



Social Networking Risks & Rewards

Written by CNRFC N6 Department

The use of Social Networking Tools has had a great impact on how people communicate personally and professionally. The Chief of Naval Operations, Master Chief Petty Officer of the Navy and many Navy commands now use Facebook to get the word out to Sailors and civilians. These tools are a way to get messages out to many people quickly. But with ease of use comes online risks. Because of their popularity, social networks are targeted by online attackers. Some of the top social network threats and risks that we should consider are:

Social networking worms: Koobface is a worm that is designed to spread across social networks. When a PC is infected, the worm hijacks user accounts to send more spam to enlist even more machines. It is responsible for spreading scareware and dating service pop ups.

Phishing bait: E-mails with supposed links to legitimate websites are sent to thousands sometimes millions of people. The sender of these links hopes the recipient doesn't notice the web address actually takes you to a phishing website. Clicking these links can compromise computers and social networking accounts.

Trojans: Social networks have become popular for the spread of Trojans. Zeus is a banking Trojan that has increased its footprint by being spread through social networking sites. There have been several recent high-profile thefts blamed on Zeus, notably the Duanesburg Central School district in New York State in late 2009.

Data leaks: Social networks are about sharing information with friends, family and colleagues. Facebook and Twitter however are not ways to share your plan of the month, organizational changes,

deployment dates, movement information, and other sensitive Navy information. Data leaks can also be spread by spouses. The result is a compromise of operational security (OPSEC).

Shortened links: People use link shortening services to fit long web addresses into tight spaces. Hackers disguise malicious links so it isn't apparent to victims they're clicking on a malware installation. Many of the Twitter clients automatically shorten a link making the malicious one more difficult to spot.

What makes these methods of attack is the trust we have in social networks. People trust the information they receive from friends. But these attacks, while they may appear to come from friends, can be from a hijacked computer sending messages to spread bad things.

To protect you from threats follow Navy guidance and policy of the acceptable use of social media. The Department of Defense, along with the Navy Chief of Information (CHINFO), put together some recommendations for securing Facebook. You can access the CHINFO guide using the following link located on the DON-CIO website: <http://www.doncio.navy.mil/ContentVies.aspx?id=1818>.

Strict adherence to OPSEC policies is also important. Release of personally identifiable information, disclosure of unit movements, and data loss due to negligence can be avoided by using a common sense approach to social media.

When creating unit and command social media sites all personnel should review the Chief Information Officer Council Guidelines for Secure Use of Social Media by Federal Departments and Agencies, the Navy snapshot on OPSEC & social media, and complete the social media users agreement.

MONEY MATTERS



Your Educational Benefits

Written by Cmdr. CAROLINE S. TETSCHNER

Mass Communication Specialist 3rd Class Kleynia McKnight says the best part of the G.I. Bill is it lowers her stress level. It causes her less worry about funding her college education. The Norfolk, Va. based Sailor explains, "With the G.I. bill, you don't have to worry about employment. You can focus on school."

G.I. Bill Benefits for Navy Reservists

McKnight is just one of roughly 11,000 Navy Reservists participating in the much-talked about Post-9/11 G.I. Bill. The program is administered by the Department of Veterans Affairs. It provides financial support for college-related education and housing expenses for military members who have completed at least 90 days of aggregate service. The program will also pay a monthly housing allowance based on the Basic Allowance for Housing for an E-5 with dependents determined by the ZIP code of the institution. In the case of MC3 McKnight for example, a Norfolk-based participant receives \$1,452 a month. Eligible members may also receive a book and supplies stipend of up to \$1,000 per academic year.

Types of Higher Education covered under the G.I. Bill

Currently a freshman at the Medical Careers Institute in Norfolk, McKnight plans to transfer to Old Dominion University to pursue a Bachelor's in Science degree, majoring in nursing. Both school choices are covered under the G.I. Bill which includes graduate and undergraduate degrees and vocational and technical training. The G.I. Bill also covers online courses but excludes housing allowance for participants doing only online education.

Yellow Ribbon Program helps Offset Private School Tuition

Some people's career track might have them enrolled at a private university or commercial trade school. That's where the G.I. Bill's Yellow Ribbon program comes in. In August, the VA expanded the Yellow Ribbon program adding more than 1,100 institutions to the G.I. Bill's eligible schools list. Before the change, students were only reimbursed for tuition up to the highest "in-state undergraduate tuition rate for a public institution." Now, when schools contribute to the difference between the in-state max and their fees, the VA will match them up to 50 percent of the difference. According to the VA, the Yellow Ribbon program is reserved for veterans eligible for the Post-9/11 GI Bill who have served at least 36 months on active duty.

More Info and Application Details

McKnight recommends applying for the program as soon as possible because the paperwork takes a while. She began her application process in October 2009 and was getting the benefits in January 2010. So for those of you looking at a fall semester start, it may be a little late to get in your paperwork for G.I. Bill assistance. However, now is a good time to begin the process for the spring semester, if you're G.I. Bill eligible. More information on the program is available through your NOSC career counselor or by logging onto www.gibill.va.gov.



Cmdr. Caroline Tetschner
Commander, Navy Reserve Forces Command
Public Affairs Officer

CAREER COUNSELOR CORNER



High Year Tenure: How the New Changes Affect You

Written by CNRFC CAREER RESOURCES AND INFORMATION OFFICE

High year tenure (HYT) limits will be changing next year, and now is the time to make career decisions if you will be affected by HYT. The changes apply to Reserve component enlisted, E-6 and below, who are drilling and who are on active duty for operational support. They also apply to Reservists who are on active duty for special work and mobilized. The changes are going to be phased in beginning February 2011. The phased implementation allows all affected Sailors two additional advancement cycles before reaching the new HYT limits.

Effective February 1, 2011, the E-1 to E-5 HYT limits are adjusted to the following:

- E-1 and E-2: Six years of service.
- E-3: 10 years of service.
- E-4: 12 years of service.
- E-5: 20 years of service.

Effective October 1, 2011, E-6 HYT limits will be adjusted to 22 years of total service.

It is important to know length of service does not mean only qualifying years, it means all years. It includes all inactive and active federal military service, regardless of branch of service, and is computed from your pay entry base date (PEBD). Inactive service covers all periods of inactive duty (including delayed entry) served under a qualifying enlistment contract.

Sailors who reach the new HYT limits will be transferred out of the Selected Reserve by the end of the month in which the new HYT limit occurs. For example, an E-6 who currently has 22 years or more based on PEBD will be transferred to either the retired Reserve or Individual Ready Reserve (IRR) on October 31, 2011.

Significant milestones:

If you fall into the new HYT limits, you should contact your command career counselor (CCC) about setting up a career development board to discuss your options.

Waivers

MILPERSMAN 1160-130 outlines the Selected Reserve HYT policies and procedures, including how to properly submit a HYT waiver request. HYT waiver requests may be submitted up to 12 months prior to a Sailor's HYT date. Yes, HYT waivers do get approved. There are several factors that come into consideration when looking at waivers, the manning level of your rate and rating, the year group inventory, and Navy Enlisted Classification Code (NEC) are all key factors in the waiver decision process. If you are interested in submitting a HYT waiver, contact your CCC.

If you do not receive a HYT waiver or voluntarily transfer to the IRR/VTU/Retired Reserve (with or without pay) before the end of your new HYT month, you will be involuntarily transferred to the IRR.

CCCs can access a list of affected Selected Reservists at their command at the BUPERS Online website at <https://www.bol.navy.mil> under the application titled RATE MANNING MANAGEMENT. For questions regarding the list please contact the selective Reserve enlisted community managers at the following website <http://www.npc.navy.mil/Enlisted/CommunityManagers/SelectedReserves/>

PROFILES IN PROFESSIONALISM

We have many talented people in our Navy Reserve. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they are providing to the fleet. To nominate a Sailor, e-mail the editor, james.vorndran@navy.mil, for the submission form. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



Benito Martinez III
INTELLIGENCE SPECIALIST 2ND CLASS

Hometown: Alamosa, Colo.

NOSC: Jacksonville, Fla.

Unit: Joint Intelligence Center, Central Command, Det. O274

Brief description of your Navy job: Analyze and interpret intelligence information. Analyze photographs, prepare reports. Work in support of Joint Intelligence Center, Central Command.

Brief description of your civilian job: Teach visit boarding search seizure class at the Center for Security Forces at Naval Station Mayport. I use skills I learned on active duty in my civilian career.

What has been your greatest Navy achievement? Attaining the Master Training Specialist qualification when I was an instructor at rescue swimmer school.

Who has been your biggest influence since joining the Navy? My grandfather, Benito Martinez Sr., served in the Navy as a signalman during World War II.

What do you enjoy most about the Navy? I enjoy the lifestyle and the chance to travel.

Most interesting place visited since joining the Navy? Spain. I loved the culture and got to watch a lot of soccer matches.

Current hobbies: Fly fishing is my favorite hobby, every time I visit Colorado I fish with my father. I also like to drive down the coast and visit the Florida Keys.



Jennifer Cericola
HOSPITAL CORPSMAN 1ST CLASS

Hometown: Brooklyn, N.Y.

NOSC: Norfolk, Va.

Unit: Operational Health Support Unit, Det. S

Brief description of your Navy job: I am the clinical coordinator at Branch Medical clinic Sewells Point. I ensure all work spaces are manned with essential personnel, help coordinate the patient flow through the physical health assessment process. I conduct orientation for new enlisted personnel assigned to the clinic.

Brief description of your civilian job: I am in my Senior year of nursing school at Old Dominion University.

What has been your greatest Navy achievement? I was selected a Sailor of the Quarter for OHSU Portsmouth.

Who has been your biggest influence since joining the Navy? I've been blessed to have had several wonderful mentors during my Reserve career. Lt. Cmdr. Laura Back-Brehm was my mentor for two years. I want to thank her for her support and encouragement. Her mentorship has helped shape the nurse and officer that I am working on becoming.

What do you enjoy most about the Navy? I enjoy meeting new and interesting people. I enjoy being able to work in different places during annual training.

Most interesting place visited since joining the Navy? California. I found so many diverse things to do during the two years that I was stationed at Naval Hospital Oakland, California.

Current hobbies: Running, weight training and spending time with family and friends.

Fleet Logistics: Anytime, Anywhere

Written by Chief Mass Communication Specialist SUZANNE SPEIGHT



Fleet Logistics Support (VR) squadrons are a critical component of deployed maritime operations. Their mission of transporting people and parts saves the Navy millions of dollars a year. VR squadrons have a diverse range of assignments. They are called upon to transport everything from aircraft parts to marine animals. They are assigned to forward deployed detachment sites to support combatant commanders in all corners of the globe. The VR community is the Navy's own global logistics company.

"We are truly a 24/7 operation, our best selling point is our surge capability," said Naval Aircrewman 1st Class Shaine Ott, a loadmaster assigned to VR-62 in Jacksonville, Fla. "We are worldwide deployable, we can go places commercial delivery services can't, and it's not unusual for us to launch within 24 hours of being tasked." VR squadrons provide 100 percent of the Navy's shore-based, fixed-wing airlift capability. They are the embodiment of the Navy's 'total force' concept. Full-time support (FTS) Sailors and selected Reservists (SELRES) work together to accomplish the squadron's mission.



Aviation Structural Mechanic 3rd Class Frank Medina of San Antonio, Texas, communicates with the cockpit of a C-130T Hercules assigned to Fleet Logistics Support Squadron Five Three (VR-53) during maintenance turns. Photo by Mass Communication Specialist 2nd Class Jason T. Poplin.

VR squadrons support the fleet, European Command, Africa Command, 5th Fleet and Pacific Command. They have detachments in Sigonella, Sicily; Atsugi, Japan and Manama, Bahrain. commanding officer of VR-62. "At the same time, we support the Naval Air Logistics Office (NALO) in New Orleans," said Cmdr. Chris Thomson, VR-62 commanding officer. "[VR squadrons] provide express delivery of high-priority passengers and cargo to anywhere in the world."

There are 15 fleet logistics support squadrons in the Navy Reserve, with no active duty counterpart. They operate a variety of aircraft, including C-40 Clippers, C-9 Skytrains, C-20 Gulfstreams, C-130 Hercules and C-12 Hurons. Aircraft like the C-40A can operate in varying configurations, modified to carry a full load of passengers, a full load of cargo, or a combination of both. "Right now, we operate two passenger and one combination aircraft that fly many priority two missions—that's an airlift tasking with compelling operational considerations making commercial transportation unacceptable," said Naval Aircrewman 1st Class Jason Brunette of VR-58, at Naval Air Station Jacksonville, Fla.

Flexibility is a key component of both the aircraft and the Sailors. With a typical manning of 60 percent SELRES and 40 percent FTS, Reserve pilots and air crew rarely work one weekend a month and two weeks a year schedules. Many Reservists in VR squadrons were prior active duty

◀ Naval Air Crewman 2nd Class (NAC/AW) Thomas Beer (foreground) provides guidance and Naval Air Crewman 1st Class (NAC/AW) Brian Gillespie monitors height clearance as a 42-foot boat and trailer are loaded onto a C-130 Loadmaster. Photo by Naval Air Crewman 2nd Class (NAC/AW) Erick Parsons.

in the aviation field. "Our pilots were pilots when they were on active duty, same as loadmasters. Very often they were aircrewman in other aircraft before they joined the Navy Reserve," said Thomson.

Thomson, a SELRES and a Delta Airlines pilot, said the squadron does a good job of working with Reservists to plan work schedules. "VR-62 has only two mandatory drill weekends a year, and the detachment schedule is planned a year ahead of time," he said.

"SELRES are very dedicated and they make the time to come here and work," said Senior Chief Aviation Administrationman Karen Quinn, a mobilized Reservist with VR-62. "Pilots and air crew are required to fly a minimum number of flight hours a month. Reservists want to be here and they are very committed to the squadrons they work in."

Senior Chief Naval Aircrewman Mike Wendelin said he appreciates the significance of the job. "Every time we go on a NALO mission, every time we go on a detachment, it's a real mission," he said. "When we went to Lima, Peru and delivered H-60 and F-18 engines there was a C-2 beach detachment waiting for us. When the carrier air group needed the engines, we were a big piece of that supply chain." Like many SELRES, Wendelin brings a wealth of civilian skills to the table. He has been a C-130 loadmaster for more than eight years. As a civilian, Wendelin has

▶ A C-130 Hercules from the Nomads of Fleet Logistics Support Squadron (VR) 62 arrives at Naval Air Station Jacksonville, Fla. Photo by Mass Communication Specialist 2nd Class Elisha Dawkins/Released

worked as a logistics manager and has a Master of Science degree in supply chain management.

There is perhaps no time the VR community is more essential than during a natural disaster or humanitarian crisis. Within days after the earthquake in Haiti, VR squadrons answered the call to assist. Squadrons like the "Conquistadors" of VR-57 deployed 14 San Diego-based Sailors and a C-40A "Clipper" cargo/passenger airliner to Haiti after the earthquake.

VR-57 Commanding Officer Cmdr. Bill Crump was extremely proud of his personnel. "In less than 24 hours they took one of our aircraft in a down status, repaired it, reconfigured it, and completed a post-maintenance check flight. They then flew it across the country to have it on station in support of Operation Unified Response."

The detachment arrived at Naval Air Station Jacksonville and began flying non-stop missions in the C-40A. They delivered food, water and supplies to Naval Station Guantanamo Bay. The C-40A is the military equivalent of a Boeing 737. The aircraft is unique because it can be configured in three ways: to carry 121 passengers, to carry 40,000 pounds of cargo or a combination of 68 passengers and 15,000 pounds of palletized cargo.

For the Operation Unified Response mission in Haiti, VR-57 rigged the C-40A in the all-cargo configuration. They transported hundreds of pallets of bottled water, clothing, medical supplies, meals ready to eat and humanitarian daily rations. The long range, high speed and large payload of the C-40A made it ideal for this mission. The C-40A aircrews, working with other aircraft platforms from the Fleet Logistics Support Wing, were able to empty a full warehouse in Jacksonville in three days.

In total, VR-57 transported more than 200,000 pounds of critical lifesaving cargo in support of Haitian disaster relief. Naval Aircrewman 1st Class David McDermott, one of VR-57's selected Reserve crew chiefs who volunteered for the mission, said, "Knowing that people were starving and thirsty made me feel we were doing something good for the people of Haiti."

Similar success stories are not hard to find. Missions ranging from Hurricane Katrina to humanitarian disasters in Asia and Africa showcase the expeditionary capabilities of the VR community.

Whether supporting humanitarian disaster relief or carrying out the daily operations of delivering mission-essential equipment and parts the VR community is a valuable, cost-efficient asset to the Navy.



Ready Now: The Navy Reserve Strategic Plan for 2011

Written by Capt. ROBERT DURAND, OFFICE OF THE CHIEF OF NAVY RESERVE



If you were in charge of the Navy Reserve, what would you change? That's the question that Vice Adm. Dirk Debbink asked himself when he was sworn in as Chief of Navy Reserve in 2008 – and a question he puts to his staffs every year.

The answers are detailed in the 2011 update to Ready Now: The Navy Reserve Strategic Plan, published August 20. Now in its third year of execution, the plan serves as the blueprint for building the Navy Reserve so it can effectively and efficiently carries out its mission. This year's strategic plan lays out twelve strategic initiatives and identifies who is responsible for carrying them out.

"Our strategic initiatives go right to the heart of our Navy Reserve Force Motto: "Ready Now. Anytime, Anywhere.", said Debbink. "We have a solid plan that delivers real improvements in how we carry out our mission to provide strategic depth and deliver operational capabilities to our Navy and Marine Corps team, and Joint forces, from peace to war."

Jim Grover, a Department of the Navy civilian employee on the staff of the Office of the Chief of Navy Reserve, has been an integral part of Debbink's strategic planning team from the start, and has seen how the process has matured.

"What we did get right the first time, and what has guided us since, was the framework for our planning process: define the mission, articulate the vision, and identify our strategic focus areas to organize our change efforts," Grover said. "Our Strategic Plan organizes change efforts into three strategic focus areas – DELIVER a Ready and Accessible Force, PROVIDE Valued Capabilities, and ENABLE the Continuum of Service."

Debbink sees the strategic plan as a way to create some fundamental changes and improvements in the way the Navy Reserve operates. It's also a useful tool for getting changes made to laws and policies that are beyond the Navy Reserve's control.

"Our Sailors have performed magnificently in the years since 9/11, and we enjoy tremendous support from the Chief of Naval Operations, Congress and the Navy enterprises we support," Debbink said. "When we come to them with a well thought-out plan and say 'these are the things we want to fix so we can serve you better and make life better for our Sailors,' they are eager to help us make the changes we need."

"WE HAVE A SOLID PLAN THAT DELIVERS REAL IMPROVEMENTS IN HOW WE CARRY OUT OUR MISSION TO PROVIDE STRATEGIC DEPTH AND DELIVER OPERATIONAL CAPABILITIES TO OUR NAVY AND MARINE CORPS TEAM, AND JOINT FORCES, FROM PEACE TO WAR."

READY NOW: THE NAVY RESERVE STRATEGIC PLAN - 2011

MISSION

The mission of the Navy Reserve is to provide strategic depth and deliver operational capabilities to our Navy and Marine Corps team, and Joint forces, from peace to war.

VISION

Our vision for the Navy Reserve is to be a provider of choice for essential naval warfighting capabilities and expertise, strategically aligned with mission requirements and valued for our readiness, innovation, and agility to respond to any situation.

Strategic Focus Areas

DELIVER a Ready and Accessible Force	PROVIDE Valued Capabilities	ENABLE the Continuum of Service
DELIVER a Ready and Accessible Force Initiatives/Objectives		
Validate and Optimize Delivery of Training and Administrative Requirements.	By ensuring that all of our requirements are current, relevant and can be efficiently met, we can make best use of Sailors' valuable training time.	
Improve Navy Reserve Sailors' ability to maintain medical readiness.	This initiative will see how we can make it easy for Sailors to understand medical requirements and to attain and maintain readiness.	
AC / RC Force Mix Analytic Model.	This will help make sure the right Sailor – Active or Reserve – is being used for the job, at the best cost.	
Navy Reserve Ready Now Fleet CONOPS.	We will develop a concept of operations to help the fleet understand how best to employ Reserve Sailors so your work is meaningful, significant and important.	
PROVIDE valued Capabilities Initiatives/Objectives		
World-Class Customer Service Initiative.	This will improve customer service to Reserve Sailors, their Families and Employers and increase transparency so problems can be seen and fixed.	
Navy Air Force Reserve within NAE Unmanned Aerial System requirement generation.	Unmanned Aerial Systems will become a huge part of Naval Aviation – Navy Reserve Sailors can play a vital role.	
Optimize Navy Reserve IT Investment.	The Navy Reserve runs on information – this will improve RC Sailors' access to more systems at a lower cost	
Validate Navy Reserve Aviation aircraft/simulator training requirements to optimize available resources.	This will help make the best use of flight hours and simulators so more people can be trained.	
ENABLE the Continuum of Service Initiatives/Objectives		
Continuum of Service Initiative – Variable Service.	If there were an option somewhere between being a SELRES and the IRR, Sailors would have more flexibility and the Navy could retain and maintain key skills in vital areas.	
Continuum of Service Initiative – Enlisted SELRES Recall.	This will give the authority to have enlisted SELRES go on recall orders as officers can today.	
Continuum of Service Initiative – Abridged Work Schedule.	This initiative will allow RC Sailors to do AC work on a part-time basis.	
Identify Requirements to Inform and Expedite Reserve Headquarters Support (RHS) sunset strategy.	As we retire an old legacy computer system, this will ensure that the new system gives NOSC's and unit leadership the information they need to manage their units.	

The Tools for Leadership

written by Mass Communication Specialist 2nd Class Mark Meredith, Navy Region Midwest Reserve Component Command Public Affairs and Command Master Chief (AW/NAC) Mike Curry, Commander, Navy Reserve Forces Command



Leading Sailors in the fleet requires tools. Leading Sailors in the fleet requires knowledge. When 75 Reserve component chiefs, senior chiefs and master chiefs get together, they come with a lot of both. More importantly, when they go back to their commands they return with even more.

Three master recently chiefs gathered this diverse group of deckplate leaders to bring them education and information needed for their jobs. Leading the group was Navy Reserve Force Master Chief (FMF) Ronney Wright. Assisting Wright was Command Master Chief (AW) Steve Campos of Navy Region Midwest Reserve Component Command and Command Master Chief (AW/NAC) Mike Curry of Commander, Navy Reserve Forces Command (CNRFC).

“Leadership is a continuous learning experience,” said Total Force Fleet Master Chief (SW/AW/SCW) Scott Benning. One of many presenters at the leadership continuum, Benning uses this message in his Sailor grams sent to the force.

Chief of Navy Reserve, Vice Adm. Dirk Debbink and CNRFC, Rear Adm. Buzz Little were also on hand. They worked with the attendees and answered any questions they had. The admirals focused on three strategic areas that set the tone of the Reserve Force. The areas are to deliver a ready and accessible force, provide valued capabilities, and enable the continuum of service. While the tone is set by the admirals, it can't be accomplished without the team.

Debbink's strategic plan is used to create changes and improvements in the way the Navy Reserve operates. Little supports these initiatives through the use of the headquarters staff. In the coming year they are focusing their attention on a number of issues. Some of the issues include future pay and personnel system, optimal Navy total force solutions, total force policy, continuum of service. The Yellow Ribbon Reintegration Program and information technology investments are also on their radar.

The information was an eye opening experience for Campos.

“It gives a chance for enlisted leaders to see the expectations of the force master chief and our force senior leaders,” Campos said.



MCPON (SS/SW) Rick West, Vice Adm. Dirk Debbink, FORCM (FMF) Ronney Wright, Rear Adm. Buzz Little, and CMDCM (AW/NAC) Mike Curry address the attendees of the leadership continuum.

Wright, Campos and Curry planned some opportunities out in the field to give the senior enlisted leaders other avenues to learn. One of the field assignments included donning the blue and gold physical training uniform to put a focus on fitness. The fitness of the force is one program that helps Reservists live up to the motto “Ready Now. Anytime, Anywhere.”

The enlisted leaders were instructed on the use the Navy Operational Fitness and Fueling Series (NOFFS) package. NOFFS consist of an assortment of tension bands used for resistance exercises. They were designed to provide the Navy with a world class performance training resource for Sailors.

The NOFFS exercises replicate activities Sailors conduct in their operational duties, such as lifting, pushing, pulling and carrying. Developed as a complete fitness package, the fueling aspect of NOFFs provides Sailors the tools to make healthy nutrition choices in both shore-based and operational environments.

In another field activity, the senior and master chiefs took a tour of Great Lakes Recruit Training Command (RTC). Many parts of RTC were different from the bootcamp they went to more than 20 years ago.

“The ship tour of the USS Enterprise (BLDG 7115) provided valuable insight to the technological advances of the Navy. The facilities integrate berthing, classrooms, learning resource centers, a galley and quarterdeck all under one roof,” said Curry. “The days of marching from building to building are gone forever.”

To learn more about advances in training, they also toured the USS Trayer which is dry-docked inside the USS Iowa complex. This 210-foot Arleigh Burke-class destroyer simulator embarks and trains more than 40,000 recruits each year. As the centerpiece for Battle Stations 21 (BST-21), the training uses lessons learned from actual naval events, attacks and mishaps at sea.

The leaders experienced the real-life training conducted with the use of video screens, smells, vibrations and sound effects. They witnessed the recruits in their final BST-21 evolution. They also saw the capping

ceremony, where the Sailors were given their new Navy ball caps to replace the recruit covers they had worn for eight weeks. The skilled instructors working with the recruits supply the fleet with top-quality and basically trained Sailors. The RTC tour reminded the attendees to keep young Sailors energized when they arrive on their future quarterdecks.

As attendees got back to the conference, they were provided a copy of the book “Raving Fans” by Ken Blanchard and Sheldon Bowles. Debbink and Little explained how this book was applicable to all Navy Reservists. The enlisted leaders found the message of the book to be very simple. Successful commands are those that exhibit outstanding customer service. That is the role at Commander Navy Reserve Force and is the message to all units across the force.

“LEADERSHIP IS A CONTINUOUS LEARNING EXPERIENCE,” SAID TOTAL FORCE FLEET MASTER CHIEF (SW/AW/SCW) SCOTT BENNING.

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

BACK TO BASICS

Fire Classifications

Written by Mass Communication Specialist 2nd Class RYAN HILL

EXTINGUISHING METHODS

METHOD	FIRE TETRAHEDRON COMPONENT AFFECTED
Cooling	Heat
Smothering	Oxygen
Starving	Fuel

Materials

Wood, paper, cloth, upholstery and similar materials.

Extinguish

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

Note

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

CLASS A ALPHA FIRE

CLASS B BRAVO FIRE

Materials

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

Extinguish

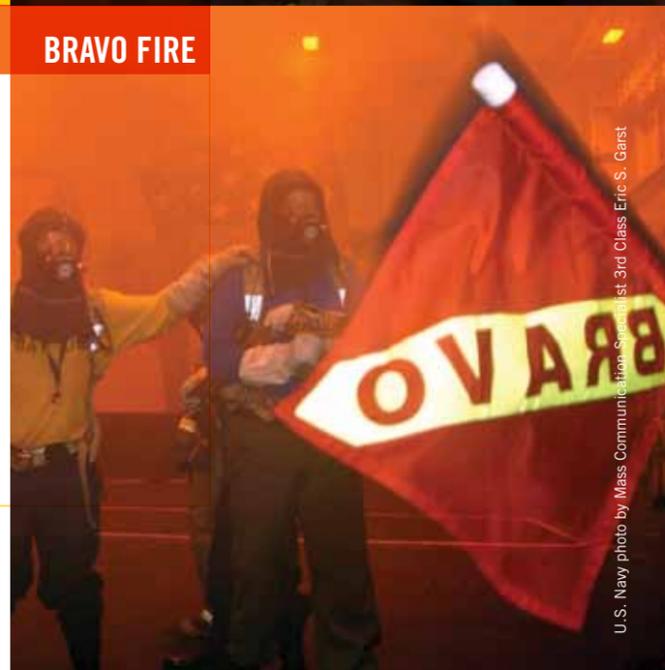
Aqueous film-forming foam (AFFF), Halons (Monobromotrifluoromethane) 1211 and 1301, Carbon Dioxide (CO₂), or dry chemical Potassium Bicarbonate powder (PKP).

Note

The agent used will depend upon the circumstance of the fire.



U.S. Navy photo by Mass Communication Specialist Seaman Craig R. Spiering



U.S. Navy photo by Mass Communication Specialist 3rd Class Eric S. Garst



U.S. Navy photo by Mass Communication Specialist Seaman Kyle D. Cahlan

CHARLIE FIRE

CLASS C



U.S. Navy photo by Mass Communication Specialist 3rd Class Patrick Dille

DELTA FIRE

CLASS D

Materials

Electrical equipment and wiring.

Extinguish

Non conducting extinguishing agents, such as CO₂ and Halon 1211.

Materials

Combustible metals; magnesium, titanium and sodium.

Extinguish

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

Note

If possible, jettison the burning material overboard.

On Behalf of a Grateful Nation

Written by Jim Vorndran, Commander, Navy Reserve Forces Command Public Affairs
Photos by Gunner's Mate 1st Class (SS) Russ Chilcoat.

“On behalf of the President of the United States, a grateful nation and a proud Navy, I present to you this National Ensign in dedication to your loved one’s faithful service to the United States Armed Forces.”

These words are heard dozens of times a day. To those who say them, they are part of a very honorable part of service to our country.

Every day Navy veterans are laid to rest. During the funeral service, Navy Reservists don their dress uniforms, pick up their bugles, and provide a final honor to these shipmates. Navy Reservists make up twenty percent of the total force, yet conduct 61 percent of funeral honors. Active component commands are located primarily on the coasts. The Reserve component footprint in the heartland of the United States makes Reserve contributions significant. There is at least one Navy Operational Support Center (NOSC) in each state.

Reservists who volunteer for these missions have many stories to tell. The story told most is how much of an honor it is for them to be there for a fallen shipmate. “I have been conducting honors for years, but every time I do a funeral my heart races,” said Personnel Specialist 1st Class Daniel Kneifl. “I want to make sure every detail is right.” Kneifl is the funeral honors coordinator at NOSC San Antonio.

Kneifl has been involved in hundreds of funerals. He has seen everything from the most elaborate ceremony to a simple and touching memorial. “Our NOSC team provided honors for a shipmate who was a trucker and a Harley rider,” Kneifl said. “We followed a convoy of Harley’s flying flags with the casket being transported on the back of a semi. We crossed a running creek out to a pasture to a private burial site. We arrived in our whites to find the ground covered in red clay.”

While red clay and white uniforms don’t go together very well, Kneifl’s team didn’t miss a step while honoring their shipmate. “When we arrive to a burial site we take charge of all aspects,” Kneifl said. “No two funerals are alike. We have to check out the site so we can navigate around grave markers, chairs, tent poles and trees. We practice to be perfect,” Kneifl said.

Kneifl could not do his job if it wasn’t for volunteer Selected Reservists (SELRES). These Sailors take time away from their civilian careers to conduct funeral honors. Hospital Corpsman 2nd Class Linda Villalobos is a SELRES who has been volunteering for honors for ten years. As a SELRES, she receives one additional drill credit and pay for her time.

“I have done more than 700 funerals and none of them for the monetary benefits. It is not about the pay; it is about honoring fellow shipmates,” Villalobos said. “I have done up to seven funerals in a week. Sometimes we even help out the Army when they are short handed.”

While San Antonio has active component commands in the area, Reservists are the primary source to staff funeral honor duty. “The active commands are training commands. It is difficult to train Sailors who are just in the area for a relatively short time. It would not be easy for them to take a break from their studies as well,” Villalobos said.

Villalobos understands how important these honors are to family members. At the same time she takes honor in providing the service. “Providing funeral honors makes me feel really, really good. I am honored to do a service for a shipmate. They are people who were willing to give their life to our country,” Villalobos said. “This gives me honor, pleasure and pride.”

Some funerals attended by NOSC San Antonio personnel are just a short drive for a short ceremony. Others, however, can be a drive of a few hours. “Our team considers the distant funerals a road trip,” Villalobos said. “Sometimes the family invites us to have a meal with them. In Texas that can mean taking a chance on eating barbeque while wearing our whites.”

“I AM HONORED TO DO A SERVICE FOR A SHIPMATE. THEY ARE PEOPLE WHO WERE WILLING TO GIVE THEIR LIFE TO OUR COUNTRY. THIS GIVES ME HONOR, PLEASURE AND PRIDE.”

The long distance funerals also allow the funeral detail members to see the sights of their state. NOSC San Antonio Reservists have been known to stop at peach orchards on their drive home to pick up a couple pies.

The funeral honors program is executed by Commander, Navy Installations Command, and fulfilled 42,756 requests in fiscal year 2009. It expects to exceed that number in 2010. The increase in requests doesn't surprise Aviation Ordnanceman 1st Class Grady Nations. Nations is a SELRES and the funeral honors coordinator at NOSC Nashville. He has seen the number of honors increase every year since 2006 when he took on the assignment. “In 2006 we did 280 funerals. This year I predict 570,” Nations said. Nations believes part of that increase is due to the professional standards set at his NOSC.

“Four and five years ago the National Guard was covering some Navy funerals,” Nations said. “I set out to make our program the best it can be, so we would be asked to do all Navy honors in our area.” The results have paid off. NOSC Nashville has built teams that have provided honors to as many as 20 funerals in one day.

Nations continually recruits funeral honor members and provides extensive training to the Reservists. He has been holding funeral honors training for NOSC Nashville Reservists one night a week during the last four years. Recently he has started a training program that accepts volunteers from other NOSCAs as well. The initial response from Reservists wanting to attend the week-long training was not a surprise to Nations. “We received more than 1,000 responses, so it looks like the program will grow,” Nations said.

During the training, Nations prepares his teams for everything from full honors, which would include a six-man fold of the flag, to the minimum of a two-person team.

During the training attendees will find a drill deck with two or more caskets. They will also see the rigging placed over a gravesite, wheel dollies and a funeral home representative with a hearse. “What the Navy Ceremonial Guard taught me in three weeks I had to condense down to five days,” Nations said.

Nations' teachings are much more than how to hold the battery-operated bugle or how to fold a flag. The people who complete the training have increased military bearing, esprit de corps and understanding of servitude. “We have had occasions where a chief will send us a Sailor that might be drifting down the wrong path. This training builds or renews the pride of students,” Nations said.

But most impressive to Nations is the attitude of the students. “You can't perform honors if you have no honor,” Nations says. The people who attend the training come with plenty.

In addition to providing an honorable service, funeral honors volunteers frequently advance in rank more quickly according to Nations. He says they're also more physically fit and, of course, have a high degree of honor.

Prior to this training, NOSC Nashville found many teams throughout the Navy Reserve were not standardized in the performance of funeral honors.



▲ HM1 Dennis Durst and HM3 Jerrod Green of NOSC Denver's honor guard practice flag folding prior to a funeral service for a Navy veteran. NOSC Denver performs 650 funeral honors a year.

“The teams were still providing an honorable and professional service, but they weren't as perfect as they could have been,” Nations said. As an example, Nations points out Navy standards say the upper arm should be parallel to the ground when saluting. “The Ceremonial Guard taught me lowering the elbow was the proper way to salute during honors. Then the uniform top won't be pulled out of the ceremonial belt,” Nations said. It is that attention to detail that has helped Nations personally perform more than 1,400 funeral honors.



Navy Reservists Support Twin Cities Navy Week

written by Mass Communication Specialist 2nd Class MARK MEREDITH
NAVY REGION MIDWEST RESERVE COMPONENT COMMAND PUBLIC AFFAIRS

Every year, the Navy Office of Community Outreach (NAVCO) plans and executes more than 20 Navy Weeks throughout the country. Navy Weeks are designed to educate Americans on the importance of Navy service and the investment they make in their Navy. They also increase awareness in cities which might not otherwise see the Navy on a regular basis. Navy Weeks are organized around an “anchor event” or large community event such as a state fair or a public holiday celebration.



▲ Members of the Navy Rock Band "Horizon," perform at a theme park as part of Twin Cities Navy Week. Photo by Senior Chief Mass Communication Specialist Susan Hammond.

By planning Navy Weeks around larger public events, Navy Week participants are able to increase Navy awareness of a large number of people from diverse geographic areas in regions.

Navy Weeks would be impossible without the continued support of the Reserve component.

"Reservist are part of the total force," said, Commander, Navy Reserve Forces Command Rear Adm. Buzz Little. Little participated in many events and speaking engagements during the Minneapolis Navy Week. "They represent the Navy's citizen Sailors, and are a huge support for the active-duty component."

The Navy Week saw the appearance of Horizon, the Great Lakes area Navy rock band. Horizon performed at different venues around the Twin Cities, including a Minnesota Twins baseball game.

Participants in a Navy Week typically include a flag officer, a Navy Band and active duty and Reserve Navy Public Affairs Officers. Local civic organizations, Sailors from the nearest Navy Operational Support Center (NOSC) and recruiters from the regional Navy Recruiting District provide valuable support. By employing local elements, the Navy is able to save money on the endeavor, increasing the event's cost effectiveness.

"Navy Reservists are invaluable to Navy Weeks," said Cmdr. Rick Haupt, director of NAVCO. "While we emphasize America's Navy as a Global Force for Good, our NOSCs very much provide a local force for good. They help connect the Navy to communities away from fleet concentration areas. Because Reserve Sailors live and work in so many cities which need to hear the Navy message, we look forward to an increasingly closer partnership with NOSCs as part of Navy Weeks."

Reservists enjoy telling the Navy story to their communities and neighbors. "Navy Week is so great," said Chief Cryptologic Technician (SW/AW) Tracie Robinson, a staff member at NOSC Minneapolis. "A lot of people in the Midwest don't know anything about how the Navy works. Navy Weeks help show everyone what the Navy does."

Cities and towns are selected based on a wide range of criteria. Careful consideration is given to aspects like anchor events, Blue Angels' air shows, asset availability, city size and demographic make-up. Geographic region, relationship building, relationship sustainment and new outreach opportunities are also considered.

The Twin Cities carry a unique connection to not only the Reserve forces, but to the defense of our nation through the USS Ward (DD-139).

Ward, a 1,247-ton Wickes class destroyer, is legendary for firing the first American shots of World War II. On the morning of Dec. 7, 1941, she was conducting a precautionary patrol near Pearl Harbor when it detected a Japanese Midget submarine. It attacked and sank the sub only hours before the Japanese attacked Pearl Harbor. The gun that fired that fateful first shot was manned by members of the Minnesota Navy Reserve.

Today, the very same four inch/50 caliber gun that fired the first shot is located at the state capitol in St. Paul as a memorial. The ship's bell is located in St. Paul's City Hall.

"Navy Weeks are a chance for the Sailors to meet people of the Twin Cities, who pay for the Navy," said Little. "The Navy is a global force for good, and contact between Sailors and civilians is vitally important."

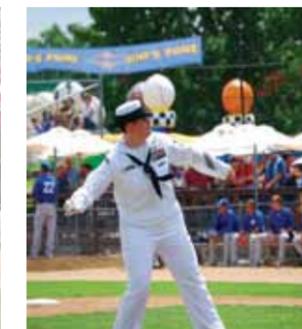
During the Navy Week, the Leapfrogs Navy jump team made parachute drops at both the Minneapolis Saints and the Minnesota Twins baseball games. They made parachute drops at various other events around the city as well. Navy Reservists from Minneapolis

found themselves busy with a multitude of tasks. The NOSC color guard participated in the opening ceremonies at both baseball games. Other Reserve participation included Little speaking to a group of students at a local YMCA about leadership and Navy opportunities. "My favorite part of Navy Week was talking and speaking to the YMCA leadership class," said Little. "These kids form a diverse group of leaders and want to know more about the Navy."

Through the combined efforts of hundreds of Sailors and civilians, the Twin Cities Navy Week was a great success. This Navy Week promises to remain on the minds of people throughout the Midwest.

You can find out more about Navy Weeks by visiting navyweek.org.

"NAVY RESERVISTS ARE INVALUABLE TO NAVY WEEKS," SAID CMDR. RICK HAUPT, DIRECTOR OF NAVCO. "WHILE WE EMPHASIZE AMERICA'S NAVY AS A GLOBAL FORCE FOR GOOD, OUR NOSCS VERY MUCH PROVIDE A LOCAL FORCE FOR GOOD."



▲ Above (L to R) A TBM Avenger WWII era Navy Dive bomber entertains the crowd during the 2010 "Mn Air Expo". Photo by Lt. j.g. Michael Sheehan. Sailors begin a 5k run. Photo by Senior Chief Mass Communication Specialist Susan Hammond. zMembers of the color guard from Naval Operational Support Center Minneapolis post the colors at Midway Stadium during the opening ceremonies of the St. Paul Saints game against the Fort Worth Cats for Navy Day. Photo by Mass Communication Specialist 2nd Class Mark Meredith. Mass Communication Specialist 1st Class Lorin Sawyer, Navy Recruiting District Minneapolis Sailor of the Year, throws out the honorary first pitch for Navy Day at the St. Paul Saints game. Photo by Senior Chief Mass Communication Specialist Susan Hammond. Sailor Sam gives a "high-five" to the U.S. Army mascot as visitors enter the Navy SEAL tour exhibit. Photo by Senior Chief Mass Communication Specialist Susan Hammond.

◀ Opening page: A member of the Navy Parachute Team "Leap Frogs" descends with the American flag into Midway Stadium during opening ceremonies of the St. Paul Saints game against the Fort Worth Cats for Navy Day. Photo by Senior Chief Mass Communication Specialist Susan Hammond.



Written by Ens. KEN HAGIHARA, RIMPAC PUBLIC AFFAIRS



Photo by Mass Communication Specialist 2nd Class Chris Okula

RESERVISTS INTEGRATE AT RIMPAC 2010

▲ Cmdr. Thad Shelton, commanding officer of 3rd Fleet Marine Air Operations, demonstrates proposed unit movements at the Sea Spirit Battle Lab during Rim of the Pacific (RIMPAC) 2010 exercises. The Battle Lab allows component commanders from each of the participating nations to strategically orchestrate unit placement and timing during combat operations.

Throughout the last decade, RIMPAC has evolved from a maritime-focused exercise to the current combined environment that incorporates air, ground and maritime forces. The Navy Reserve component, which included 280 Reservists from Commander, U.S. Third Fleet (C3F) and other units, played a significant role in the evolution.

According to U.S. Navy Cmdr. John Madril, commanding officer C3F headquarter unit, the extensive amount of Reserve support provided to RIMPAC 2010 was enabled by a DoD total force policy. Throughout the decades, this policy has integrated the Reserve and active components (AC) into a single cohesive and cost-effective force. "The C3F Reserve component has trained our AC and coalition partners in crucial mission areas such as joint air operations, operational level of war (OLW) planning, and joint fires. The Reserve Sailors provided experience that perfectly complemented the operational capabilities of the active-component staff in a resource and fiscally-constrained environment."

"RIMPAC is a total force show, with Reservists manning many key billets," explained U.S. Navy Reserve Capt. Paul Krug, C3F. "Working closely with coalition participants and active-duty personnel, Reservists play a crucial role in planning and executing RIMPAC requirements. Reservists provide us with augmentation for the exercise and give us scalability needed to sustain high-tempo, high-demand operations."

Serving in his fourth RIMPAC exercise, Krug greatly expanded the OLW component of RIMPAC 2010 by introducing an operational war planning exercise called "Sea Spirit." Sea Spirit allowed participants to position and move wooden pucks around a 30 by 40-foot floor map. In this type of exercise, known as the Australian Joint Military Appreciation Process, the pucks represent military forces. "Sea Spirit took us back to the old-school war-game techniques. This better enabled participants to learn and visualize the operational art of planning."

U.S. Navy Cmdr. John Carlson, NR C3F HQ support unit, noted Reservists were critical to implementing the new OLW element.

Once every two years, there is an event that takes place through the course of six action-packed summer weeks. Military components from a growing number of Pacific Rim countries converge on the Hawaiian Islands to participate in the event. It is the world's largest multinational maritime-centric exercise, Rim of the Pacific (RIMPAC).

RIMPAC 2010

RIMPAC 2010 provided a unique opportunity for 14 nations to practice working in a multinational environment. The nations planned, communicated and completed operations in four distinct phases: in-port planning, schedule of events, force integration training (FIT), and tactical.

The nations involved in the exercise were: Australia, Canada, Chile, Columbia, France, Japan, Indonesia, Malaysia, Netherlands, Peru, Republic of Korea, Singapore, Thailand and the United States. RIMPAC involved 34 ships, five submarines, more than 170 aircraft, and more than 22,000 people.



“THE PERFORMANCE OF ALL THE PARTICIPANTS ACROSS THE VARIOUS TASK FORCES IN THE MARITIME COMPONENT WERE SUPERBLY PLANNED AND BRILLIANTLY EXECUTED,” SAID CANADIAN NAVY REAR ADM. RON LLOYD

Serving in his third RIMPAC, U.S. Navy Reserve Capt. Jon Blacker, C3F MARAIROPS, brought his experience from previous exercises to his role as maritime dynamic targeting chief in the MOC. “By employing Reservists, we reduce the time it takes to train personnel and build proficiency in our systems and procedures.”

Blacker was responsible for identifying and attacking time-sensitive mobile targets. He said this was the first RIMPAC to implement the innovative Joint Automatic Deep Operations Coordination System (JADOCs) across all component task forces. This enabled international experts to identify and attack targets while minimizing collateral damage. “We introduced JADOCs to ‘Big Navy’ to show them how the joint world plays the dynamic targeting game,” said Blacker.

Implementing new systems and optimizing them in future exercises and real-world contingencies requires a lot of training and continuity. “This is a niche area for Reservists,” said Blacker. “The Reserve component augments RIMPAC with capacity and capability. Our Reservists train aggressively for this and bring specialized expertise our active-duty counterparts don’t need on a daily basis.”

“In addition to manning the planning teams that produced the exercise war plans, Reservists also played a major role in building strong military relations with coalition partners necessary to further U.S. strategic-level goals in the region,” Carlson said.

In addition to providing 24/7 access control and physical security for the MOC, CAOC and 3rd Fleet forward headquarters, Reserve enlisted Sailors brought a wealth of specialized technical expertise to the exercise. “Information systems technicians helped set up and maintain systems used to allow coalition partners and the MOC to exercise effective command and control throughout RIMPAC,” said Capt. Russ Allen, commanding officer of NR C3F. “Enlisted Reservists managing these complex systems was a cost-effective and efficient way to solve many aspects of relocating the MOC from its home in San Diego to the Pacific Warfighting Center on Ford Island.”

U.S. Navy Reserve Capt. Jay Mills, C3F Maritime Air Operations (MARAIROPS), explained the value Reservists contribute to the exercise operations. “RIMPAC is the culmination of many other exercises and the manpower demands are enormous. The Maritime Operations Center (MOC) and Combined Air Operations Center (CAOC) are staffed mostly with Reservists. Just as in many real-world scenarios, we could not fulfill the manning requirements with active-duty personnel alone.”

According to Mills, this was the first time FIT was integrated into RIMPAC. During this phase of the exercise, the challenges of working together with international and joint force participants increased. This was done by integrating air, land and maritime forces to rehearse for the tactical phase of the exercise.

“The Reservists bring the critical skill sets required to execute all elements of the exercise,” stated Mills. “In addition, Reservists provide valuable continuity by carrying their experiences from one exercise to the next. This enables us to maximize the impact and effectiveness of the training received during the RIMPAC exercises.”



Photo by Mass Communication Specialist Seaman Benjamin C. Jernigan

U. S. Pacific Command JADOCs Liaison Officer Steve West explained that Reservists bring a level of continuity to the exercise that is invaluable. “Active-duty personnel move from assignment to assignment. These RIMPAC exercises are typically manned by personnel who have previously served in multiple RIMPACs. The Reservists bring continuity which allows us to keep adding to our knowledge base from one exercise to the next.”

Comprised primarily of Reservists from the Air Force and Navy, and coalition partners, the CAOC allowed RIMPAC to be a joint and combined exercise. “Our Reservists bring a wealth of experience to the CAOC,” explained U. S. Navy Reserve Capt. Jon Papez. “We work as a purple (joint) team for the air component commander and bring a Navy flavor to air war planning. Without the air and land components, RIMPAC would be only a maritime exercise.”

“RIMPAC wouldn’t work without the Reservists,” stated Papez. “In addition to providing the scalability required to support this 24/7 environment, Reservists bring on-demand expertise.”



Photo by Lance Cpl. Orlando Perez, USMC



Photo by Mass Communication Specialist 2nd Class Jon Dasbach



by Mass Communication Specialist 2nd Class Jeremy M. Starr

- ▲ A CH-53D Sea Stallion helicopter is on the flight deck as another prepares to land aboard the amphibious assault ship USS Bonhomme Richard (LHD 6)
- ▲ The Los Angeles-class fast-attack submarine USS Pasadena (SSN 752) returns to Joint Base Pearl Harbor-Hickam after participating in Rim of the Pacific (RIMPAC) 2010 exercises.
- ▲ Vice Adm. Richard W. Hunt, commander of Combined Task Force Rim of the Pacific (RIMPAC) 2010, explains the RIMPAC exercise to Sailors in the hangar bay of the aircraft carrier USS Ronald Reagan (CVN 76).
- ◀ Sailors and Marines man the rails aboard the aircraft carrier USS Ronald Reagan (CVN 76) as the ship arrives in Pearl Harbor for a scheduled port visit. Ronald Reagan is underway participating in Rim of the Pacific 2010, the world’s largest multinational maritime exercise.



MCC Brian Naranjo

Chief Mass Communication Specialist Brian Naranjo enlisted in the Navy in Dec. 1990 and is a graduate of the Defense Information School. While on active duty he was stationed in Guam and Japan. Naranjo earned his anchors Sept. 16, 2002. He has been mobilized twice since Sept. 11, 2001, serving in Chinhae, Republic of Korea and Kabul, Afghanistan. Naranjo has written two novels, and resides in Manhattan, Kan. with his wife and two children.

ANCHORS IN THE DIRT

PART 10

I could barely believe it. Almost eight months since arriving in Kabul, Afghanistan, I was actually packing up to go home. Not permanently, of course. It was time for my mid-tour leave. I'd requested to take it as late as possible. I wanted to eat through the bulk of my tour on the front end, so I wouldn't have a lot to face after returning. As things stood, I'd only have about three months left in Afghanistan after my two-week break.

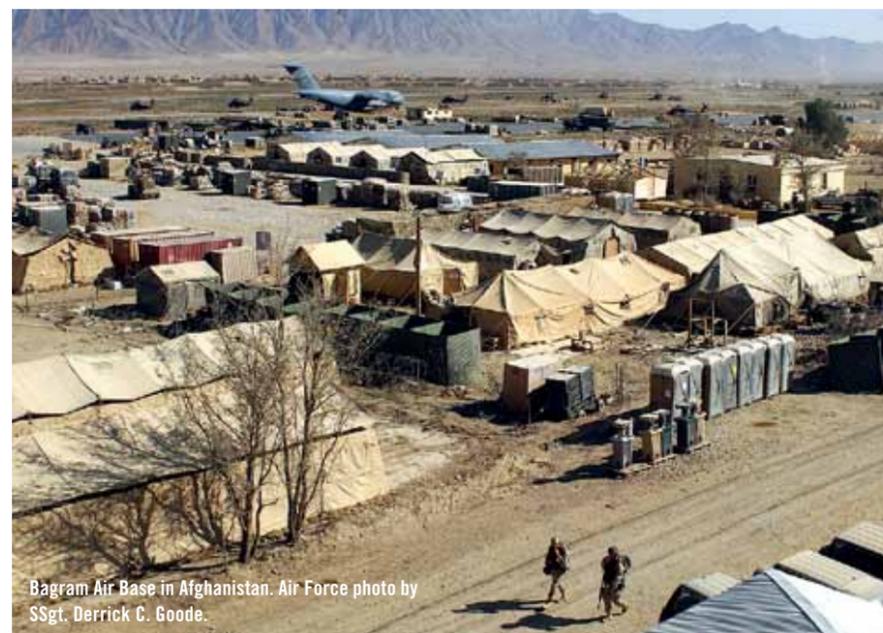
Needless to say, I was excited, but heeded all the warnings of friends who'd gone before me. Their advice included travel tips: Pack light. Lock up your weapon in your locker. DO NOT take it with you. Bagram sucks. Stay out of the transient tents. Don't forget your cover and reflective vests (we don't use either in Kabul). The cops at Bagram will bust you after dark if you are not wearing them. You'll probably get stuck a day or two in Kuwait. Bring a book and lots of extra batteries for your music or gaming devices.

Then, for my arrival home, they offered these pearls of wisdom: Make the most of it. Get in some down time. Don't try to do too many things that will only put unnecessary stress on you and your family. Fifteen days will go fast, but don't ruin the last few days by thinking of this place. It will all be here when you get back.

The biggest hassle of taking leave? The travel, of course. As I'd already learned on various trips around this country, it isn't exactly the friendly skies. Everyone, their brother and their

dog are all trying to get somewhere. There are limited aircraft missions and available seats to accommodate this large number of people.

I got lucky and caught a quick flight to Bagram early in the morning on my first day of travel. I caught the morning travel brief. I had the dubious honor to be named the non-commissioned-officer-in-charge (NCOIC) of my group. This was because I was the senior enlisted person on the flight. So I served as the right hand man for the chalk commander of our flight. My job was to ensure good order and discipline on the way to our destination, and keep a muster to ensure no troops got left behind.



Bagram Air Base in Afghanistan. Air Force photo by SSGT. Derrick C. Goode.

On this flight we were a boisterous group of nearly 60 people, in our case all bound for the U. S. of A. Others choose to go elsewhere because the Department of Defense picks up the roundtrip travel cost to anywhere in the world for all military serving in our neck of the woods. Talking to some of those who chose this option, they said meeting their families in a vacation spot rather than home would make it easier to come back here.

The people in my group and I reached the consensus that Dorothy was right. There's no place like home!

Saying it is one thing; doing it is another. Getting to the U. S. was quite the hassle. Our flight out of Bagram to Kuwait got cancelled or delayed three separate times. It took quite a bit of good-humored patience to wait out those long hours in the over-crowded terminal.

We finally started flying to Kuwait, sweating under the weight of our gear in the hot, stuffy compartment of a Canadian C-130 aircraft. We sat uncomfortably on the cargo net seating, and everyone tried to get some rest. Once we landed, the entire "hurry up and wait" evolution was quickly implemented. After several hours, we secured all of our heavy gear in a massive bag drag. The gear included Interceptor Body Armor and ballistic plates. It was all painstakingly catalogued and stowed in various compartments, where it would be awaiting us on our return. Each person was cautioned against losing their inventory form, which guaranteed big trouble. I looked around at the young, eager faces around me, and predicted a 50 percent loss rate on the paperwork going home.

We attended a few travel briefs and went to SATO for final travel itineraries and electronic ticket issue. Then we bedded down for a few hours of rest before our early morning muster.

At that muster we were informed the flight was cancelled, and went back to the tents to kill time. Our next muster was at 2 p. m., when we were surprised and delighted with news of a scheduled flight. We went through an extremely thorough customs inspection and personnel search. Then we boarded a nice double-stack commercial airplane and flew relaxed and in style to Germany. There were no incidents requiring the action of the chalk commander, or his NCOIC, thankfully. I slept like a baby.

During our stop in Germany, I could feel the excitement beginning to build. Our uniforms were a little worse for wear, we all needed showers, and our bodies were weary. Despite all this, morale was high and we all gave knowing looks. Next stop: The United States.

Landing in Dallas, we were overwhelmed by a large and appreciative crowd of men and women. They cheered wildly for us when our group spilled into the main terminal at Dallas-Fort Worth International Airport. Goosebumps formed on my arms and tears welled in my



Soldiers are greeted upon arrival at the Dallas/Fort Worth International Airport in Texas. Photo by Cherie A. Thurlby

eyes; it was a completely unexpected welcome home. I will never forget that welcome. People handed us snacks, sodas and stuffed animals.

In Dallas, I was officially relieved of my NCOIC duties. Bidding the commander farewell, I found a phone in the USO and called my brother, who lives nearby. We ate lunch and made small talk. After he left the airport, I found my gate and took another nap in preparation for the hour-long flight to Manhattan, Kan. Almost there!

I will spare you the details of my arrival in Manhattan and my two weeks of leave. As predicted and expected, it went way too fast. I will also spare you the agonizing farewell with

my family. I will say only this: it was much, much worse leaving the second time. I think most who've gone through an experience like this would agree with that assessment.

Knowing I had only a few months left in my tour did little to give me solace as I once again found myself in the Manhattan airport, sadly preparing to get on a plane and start over once again. The trip back was the exact opposite of the trip home. By the time we arrived in Kuwait and claimed our gear, grim faces, slumped shoulders and war-weary nods had replaced the excited energy of a half-month previous. It was time to get back to business.

AT THAT MUSTER WE WERE INFORMED THE FLIGHT WAS CANCELLED, AND WENT BACK TO THE TENTS TO KILL TIME. OUR NEXT MUSTER WAS AT 2 P. M., WHEN WE WERE SURPRISED AND DELIGHTED WITH NEWS OF A SCHEDULED FLIGHT.

Activation and Mobilization Checklist

Required documents for you and your family.

• 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.

• 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).
- Verify emergency Contact Information on Electronic Service Record.

• 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.
- Social Security Numbers for self and family members.

• SECURITY CLEARANCE

- Certified copy of naturalization papers.
- Names/addresses of personal/professional references (minimum of three 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.

• 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

• 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.

• MESSING AND BERTHING

Verify whether you will be reimbursed for commercial or government berthing and messing:

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

• SELRES PAY AND ALLOWANCE (FOR AT AND ADT ORDERS)

Upon reporting for duty, submit to that Command's local PSD:

- Orders with Command Endorsements (Note: Orders must be imprinted with the word "ORIGINAL").
- Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (requirement varies by PSD).
- Electronic Funds Transfer (EFT) Certificate.

• SELRES TRAVEL CLAIM CHECKLIST (FOR ALL ORDERS: AT, ADT AND IDTT)

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

If any information in this Navy Reserve RC Phone Directory is in error, please E-mail the editor at james.vorndran@navy.mil with the correction.



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(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 Dionn 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

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Avoca, Pa. (570) 457-8430

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

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Erie, Pa. (814) 866-3073

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Region Southeast RCC
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1-847-688-4916

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Nashville, Tenn. (615) 267-6345/6352

Oklahoma City, Okla. (405) 733-1052

Omaha, Neb. (402) 451-2098

Peoria, Ill. (309) 697-5755

Rock Island, Ill. (309) 782-6084

Saginaw, Mich. (989) 754-3091

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

Springfield, Mo. (417) 869-5721

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

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

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

Wichita, Kan. (316) 683-3491

Youngstown, Ohio (330) 609-1900

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Helena, Mont. (406) 449-5725

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VP-69 (360) 257-6969

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VR-1 (240) 857-3410

VR-46 (817) 782-3420

VR-48 (240) 857-6814

VR-51 (808) 257-3289

VR-52 (215) 443 6600

VR-53 (240) 857-9029

VR-54 (504) 678-3061

VR-55 (805) 989-8755

VR-56 (757) 433-4065

VR-57 (619) 545-6920

VR-58 (904) 542-2380 x110

VR-59 (817) 782-5411

VR-61 (360) 257-6595

VR-62 (904) 542-8557

VR-64 (215) 443-6400

ETD Pacific 808-448-9278

ETD Sigonella 011-39-095-86-5289

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 011-81-611-742-2377

Bureau of Medicine and Surgery (202) 762-3211

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

Comptroller of Navy (202) 685-7000

Defense Intelligence Agency (202) 231-4044

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

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

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Fleet Intelligence Training Center Pacific (619) 524-5814

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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 (757) 444-2928

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

Naval Construction Forces Command (757) 462-3658

Naval District Washington Headquarters (202) 369-7683

Naval Education and Training Command (850) 452-4000

Naval Facilities Engineering Command (202) 685-9499

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

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

Naval Hospital Camp Lejeune, N.C. (910) 451-3079

Naval Hospital Camp Pendleton, Calif. (760) 725-1288

Naval Health Clinic Charleston, S.C. (843) 743-7000

Naval Health Clinic Great Lakes, Ill. (847) 688-4560

Naval Hospital Jacksonville, Fla. (904) 542-7300

Naval Hospital Lemoore, Calif. (559) 998-4481

Naval Hospital Naples Italy 011-39-081-811-6000/1

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

Naval Hospital Camp Pendleton, Calif. (760) 725-1288

Naval Health Clinic Charleston, S.C. (843) 743-7000

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Naval Hospital Jacksonville, Fla. (904) 542-7300

Naval Hospital Lemoore, Calif. (559) 998-4481

Naval Hospital Naples Italy 011-39-081-811-6000/1

Naval Hospital Oak Harbor, Wash. (360) 257-9500

Naval Hospital Pensacola, Fla. (850) 505-6601

Naval Hospital Yokosuka, Japan 011-81-46-816-5137

Naval Inspector General Hotline (800) 522-3451

Naval Medical Center Portsmouth, Va. (757) 953-5000

Naval Medical Center San Diego, Calif. (619) 532-6400

Naval Medicine Manpower Personnel Training and Education Command (301) 295-2333

Naval Meteorology and Oceanography Command (228) 688-4384

Naval Network Warfare Command (540) 653-5001

Naval Network Warfare Command (757) 417-6750

Naval Operational Logistics Support Center (717) 605-5790

Chief of Naval Operations (703) 697-5664

Naval Operations Office of the Chief of Chaplains (504) 678-1394

Naval Operations Office of Naval Intelligence (504) 678-1394

Naval Personal Development Command (757) 444-2996

Naval Sea Systems Command (202) 781-1748

Naval Training Support Center Great Lakes, Ill. (847) 688-3536

Naval Special Warfare Command (619) 437-2848

Naval Special Warfare Operational Support Group (619) 522-3232

Naval Station Rota Spain 011-34-956-82-3232

Naval Supply Systems Command (717) 605-3565

Naval Support Activity, Bahrain 011-973-39-14-6793

Naval Surface Force US Atlantic Fleet (757) 836-3057

Naval Surface Forces/Naval Surface Force US Pacific Fleet (619) 437-2950

Naval War College (401)-841-3089

Naval Station Rota Spain
011-34-956-82-3232

Naval Supply Systems Command (717) 605-3565

Naval Support Activity, Bahrain 011-973-39-14-6793

Naval Surface Force US Atlantic Fleet (757) 836-3057

Naval Surface Forces/Naval Surface Force US Pacific Fleet (619) 437-2950

Naval War College (401)-841-3089

Naval Hospital Naples Italy 011-39-081-811-6000/1

Naval Criminal Investigation Service Espionage Hotline (800) 873-4578

Naval Emergency Preparedness Liaison Officer Program (504) 678-4264

Naval Expeditionary Combat Command (757) 462-4316

Naval Expeditionary Logistics Support Group (757) 887-7639

Naval Information Operations Command(NIOC) Maryland (301) 677-0817

NIOC Misawa, Japan 011-81-3117-66-2834

NIOC Norfolk, Va. (757) 417-7112

NIOC Pensacola, Fla. (850) 452-0400

NIOC San Diego, Calif. (619) 545-9920

Naval Net-Centric Warfare Group (240) 373-3125

Naval Installations Command (202) 433-3200

Naval Munitions Command (757) 887-4834

Naval Personnel Command 1-877-807-8199

Naval Region Europe 011-39-081-568-4636

Naval Region Guam (671) 355-1110

Naval Region Southeast (904) 542-2324

Naval Region Hawaii (808) 473-4505

Naval Region Japan 011-81-46-816-3155

Naval Region Korea 011-822-7913-7251

Naval Region Mid-Atlantic (757) 322-2800

Naval Region Singapore 011-65-67-50-2531

Naval Region Hawaii (808) 473-1168

Naval Region Midwest (847) 688-2884

Naval Region Northwest (360) 315-5123

Naval Region Southwest (619) 532-2925

Naval Support Activity, Washington, D.C. (202) 433-3963

Office of Naval Intelligence (301) 669-5557

Office of Naval Research (703) 696-5031

Puget Sound Naval Shipyard (360) 476-7683

Naval Region Europe
011-39-081-568-4636

Naval Region Hawaii (808) 473-4505

Naval Region Japan 011-81-46-816-3155

Naval Region Korea 011-822-7913-7251

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Naval Personnel Command 1-877-807-8199

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Naval Region Japan 011-81-46-816-3155

Naval Region Korea 011-822-7913-7251

Naval Region Mid-Atlantic (757) 322-2800

Naval Region Singapore 011-65-67-50-2531

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Naval Region Southwest (619) 532-2925

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Office of Naval Intelligence (301) 669-5557

Office of Naval Research (703) 696-5031

Puget Sound Naval Shipyard (360) 476-7683

Naval Reserve Intelligence Command

Reserve Intelligence Command Hdqtrs. Fort Worth, Texas (817) 782-7107

Naval Intelligence Reserve Region Northwest (360) 315-6001

Naval Intelligence Reserve Region Southeast Det New Orleans (504) 678-3411

Naval Intelligence Reserve Region Southeast - Ft. Worth (817) 782-6464

Naval Intelligence Reserve Region Southeast - Jacksonville (877) 882-7396

US Africa Command 011-49-711-729-4484

US Central Command (757) 836-4180

US European Command 011-49-711-680-113

US Fifth Fleet 011-973-724-383

US Fleet Forces Command (757)-836-4180

US Joint Forces Command (757) 836-6555

US Naval Forces Alaska (907) 463-2248

US Naval Forces Central Command 011-973-724-383

US Naval Forces Europe 011-44-207-514-4605

US Naval Forces Japan 011-81-46-816-1110

US Naval Forces Korea 011-822-7913-5795

US Naval Forces Marianas (671) 339-7133

US Naval Forces Southern Command (904) 270-7354 x4304

US Naval Special Warfare Command (619) 522-2825

US Northern Command (719) 554-5920

US Pacific Command (808) 477-9138

US Pacific Fleet (808) 474-8415

US Second Fleet (757)443-9850

US Seventh Fleet 011-81-6160-43-7440 x4090

Naval Reserve Intelligence Command

US Africa Command 011-49-711-729-4484

US Central Command (757) 836-4180

US European Command 011-49-711-680-113

US Fifth Fleet 011-973-724-383

US Fleet Forces Command (757)-836-4180

US Joint Forces Command (757) 836-6555

US Naval Forces Alaska (907) 463-2248

US Naval Forces Central Command 011-973-724-383

US Naval Forces Europe 011-44-207-514-4605

US Naval Forces Japan 011-81-46-816-1110

US Naval Forces Korea 011-822-7913-5795

US Naval Forces Marianas (671) 339-7133

US Naval Forces Southern Command (904) 270-7354 x4304

US Naval Special Warfare Command (619) 522-2825

US Northern Command (719) 554-5920

US Pacific Command (808) 477-9138

US Pacific Fleet (808) 474-8415

US Second Fleet (757)443-9850

US Seventh Fleet 011-81-6160-43-7440 x4090

Naval Intelligence Reserve Region Southwest San Diego (800) 873-4139

Naval Intelligence Reserve Region Southwest Det Denver (720) 847-6240

Naval Intelligence Reserve Region Midwest (847) 688-6273

Naval Intelligence Reserve Region Southwest Det Minneapolis (847) 688-6273

Naval Intelligence Reserve Region Southeast Det Atlanta (678) 655-6380

Naval Intelligence Reserve Region Mid-Atlantic (757) 444-1352

Naval Intelligence Reserve Region Washington (240) 857-7878

Naval Intelligence Reserve Region Midwest Det Millington (860) 694-5683

Naval Intelligence Reserve Region Midwest Det New Orleans (504) 678-3411

Naval Intelligence Reserve Region Southeast - Ft. Worth (817) 782-6464

Naval Intelligence Reserve Region Southeast - Jacksonville (877) 882-7396

Commander Submarine Force US Pacific Fleet (808) 473-2517

Submarine Group Nine (360) 396-6530

Submarine Group Ten (912) 573-3733

Submarine Group Two (860) 694-5683

Submarine Squadron Eleven (543) 553-8641

Commander Submarine Force US Pacific Fleet
(808) 473-2517

Submarine Group Nine (360) 396-6530

Submarine Group Ten (912) 573-3733

Submarine Group Two (860) 694-5683

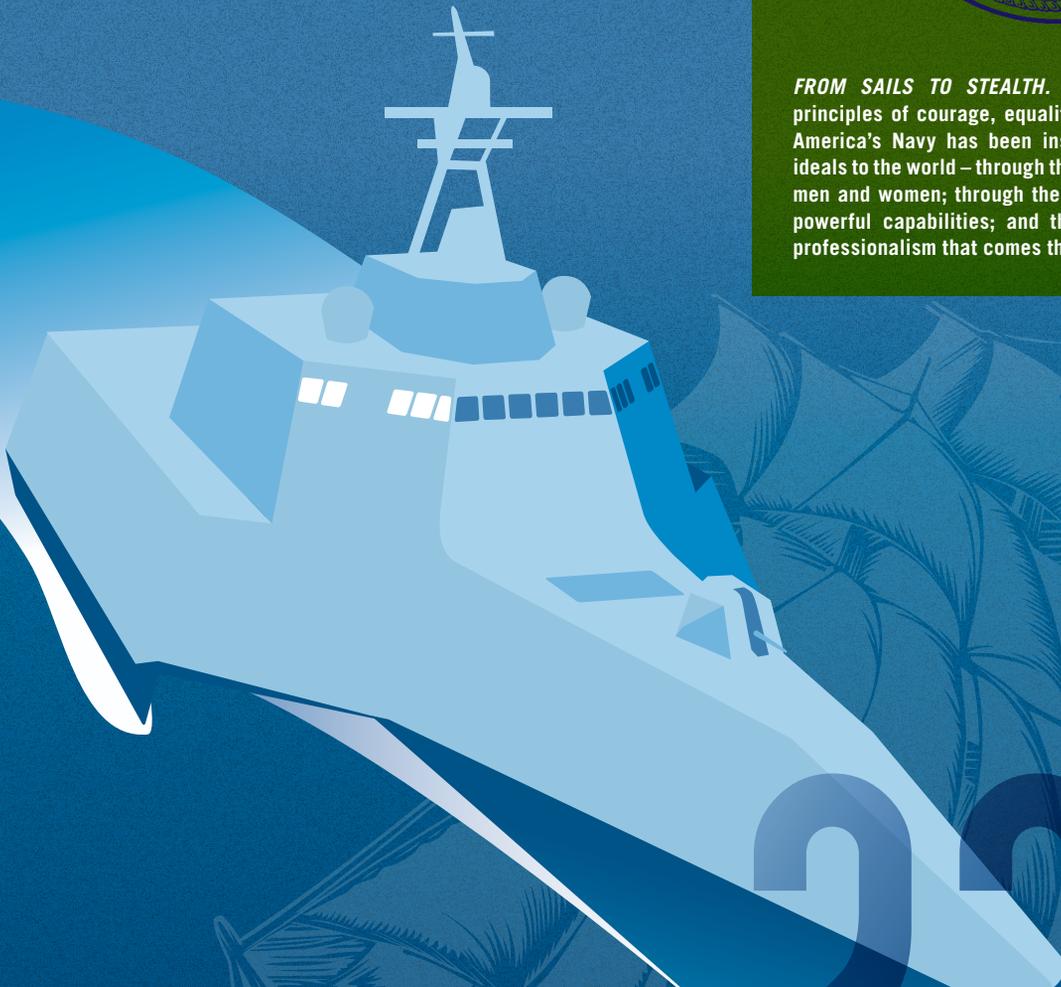
Submarine Squadron Eleven (543) 553-8641

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