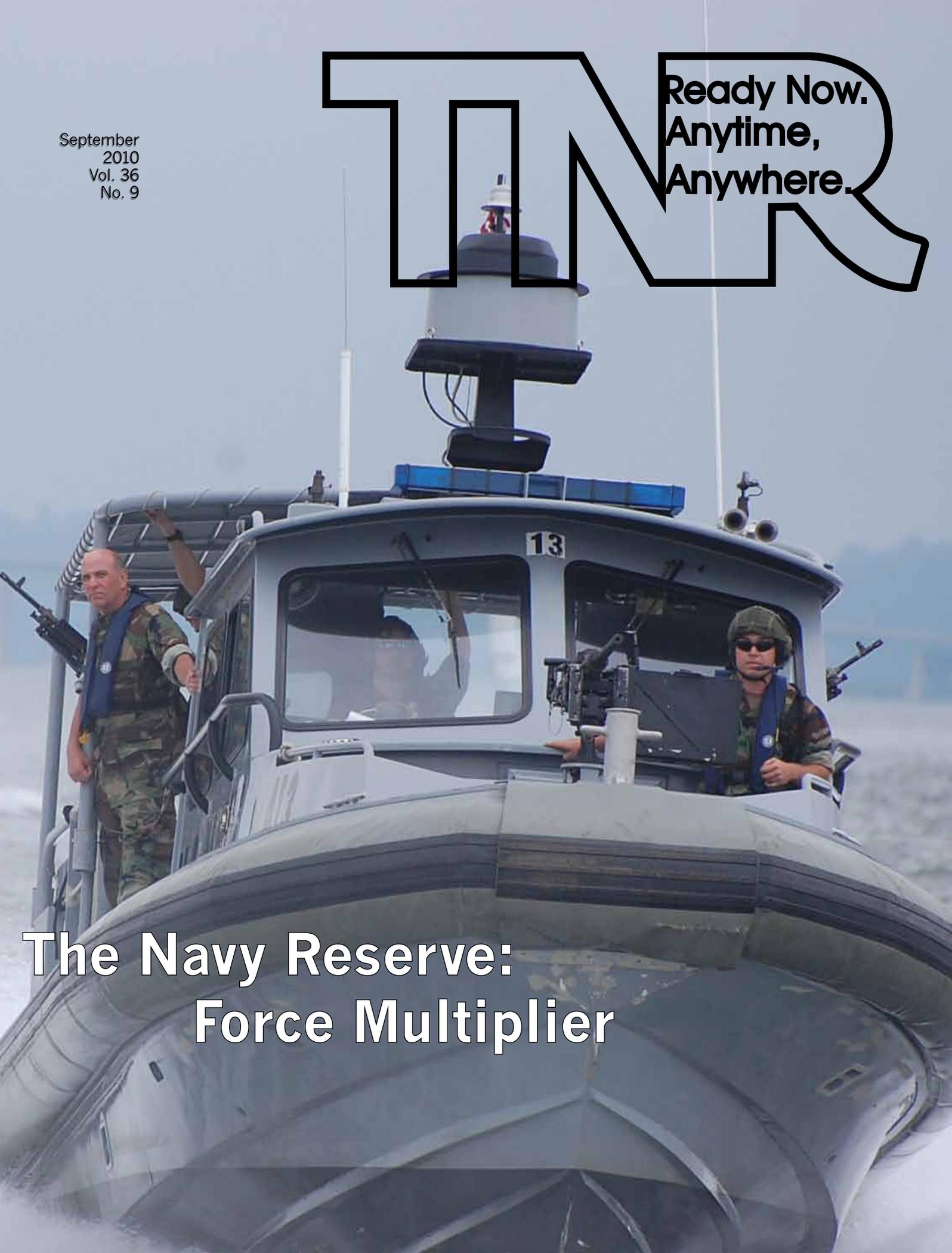


September
2010
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TNR

Ready Now.
Anytime,
Anywhere.



The Navy Reserve: Force Multiplier



NAVY RESERVE
Ready Now. Anytime, Anywhere.

Ready Now!



The Navy Reserve's ability to deploy reliably and surge when needed has earned a reputation as a force multiplier.

Volume 2, Issue 9

A Force Multiplier

September 2010

Shipmates,

This month our communication priority is the Navy Reserve as a force multiplier. In our November 2009 discussion of the concept of the Navy Reserve as a force multiplier, we used the analogy of how getting a seasonal flu shot was a force multiplier for our health. As the old adage goes, an ounce of prevention is worth a pound of cure. Clearly, it is better to take small actions to avoid illness than to become ill.

Prevention is an important concept in our Navy. As our CNO, Admiral Gary Roughead, USN, wrote in Naval Operations Concept 2010 (NOC 10). "We do more than just respond; we prevent. In our Maritime Strategy we state that we believe that it is just as important to prevent wars as it is to win wars. That is done through our worldwide presence, our well-trained Sailors, and our very capable ships, airplanes, and submarines."

NOC 10, published in May 2010 and signed by the Commandant of the Marine Corps, the Chief of Naval Operations, and the Commandant of the Coast Guard, describes when, where and how U.S. naval forces will contribute to enhancing security, preventing conflict and prevailing in war in order to guide Maritime Strategy implementation in a manner consistent with national strategy. NOC 10 articulates the ways naval forces are employed to achieve the strategy conveyed in A Cooperative Strategy for 21st Century Seapower (CS-21), our Maritime Strategy. NOC 10 and CS-21 are must-reads for all Sailors.

Another important document, published in January 2010 by the Chief of Naval Operations, the Chief of Naval Personnel, and the Chief of Navy Reserve, is the Navy Total Force Vision for the 21st Century (NTF 21). Both NTF 21 and NOC 10 recognize our Total Force, Active and Reserve Sailors and Navy civilians, as the Navy's most important resource and the critical component to meeting the demands of CS-21.

What is fascinating about these two important documents is that other than a brief definition of the two components, Sailors are Sailors, capabilities are capabilities and forces are forces – with no distinction made as to whether they reside in the Active or Reserve component. We truly are one Navy today!

Our readiness and performance during the nine years since 9/11 has earned the Navy Reserve a reputation as a reliable provider of flexible force options, scalable with respect to capability, capacity, and legal authorities. We provide a critical part of our Navy's rotational forces, where our forward posture is a cost-effective means of proactively influencing events and responding to crises. When required, these naval forces can be rapidly reinforced by other naval forces surged from globally dispersed locations – and from either component.

NOC 10 states, "We believe that preventing war is as important as winning, and that prevention activities will constitute the most likely application of naval power" and "Sailors, Marines, and Coast Guardsmen should expect to be engaged in both preventing and winning wars." While we strive to make our deployments periodic and predictable, our ability to surge forces when needed to prevent and win wars is a true force multiplier. It's how we earned our Navy Reserve Force Motto: Ready Now. Anytime, Anywhere.

VADM Dirk Debbink
Chief of Navy Reserve

FORCM Ronney A. Wright
Navy Reserve Force Master Chief





September 2010

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NAVY RESERVE

Ready Now. Anytime, Anywhere.

From the Editor



Dear Readers,

This month in TNR we focus on a variety of topics I hope you find useful. As we put the magazine together each month, I have the pleasure of working with Reservists throughout the globe who come from all walks of life. During the process of bringing ideas to print; I learn many things about the people who write the articles, shoot the pictures, lead and work in Navy Reserve units. Most interesting is the different skills these people bring to the Navy Total Force. Reservists don't just bring the skills they gain from being in the Navy; they bring their civilian skills as well. I find it very interesting when I hear about a gunner's mate who is an electrician by trade, or the supply officer who teaches a foreign language. The reason I mention this is because it shows many Reservists have a background that goes well beyond their Navy jobs.

The skill sets Reservists have, whether military or civilian, enhances the Reserve Force's ability to fulfill the Navy's requirements.

In this issue we have given some space to recognize an important event that happens every September. For a few weeks now, chief petty officer selectees have been preparing for a day they will never forget. On September 16, chief's messes will welcome our newest chief petty officers as they "put on the hat." In addition to featuring a story about chief induction, our center spread pays tribute to all 13 Reserve Force Master Chiefs. I look at the two pages and see I have had the pleasure of working with eight of our enlisted leaders. I hope you recognize

a few of the master chiefs yourself. So, I put out an all points bulletin to anyone who has contact information for our former Reserve Force Master Chiefs. If you do, please contact Master Chief Personnel Specialist (SW) Ray Sutton at ray.sutton1@navy.mil or 703-614-2872.

Speaking of former Force Master Chiefs, on page nine you will see a story about the 11th, Tom Mobley. At the end of the story is FORCM Mobley's address. I encourage our Reserve Force to reach out and send him a short note or well wish. This might even be a nice group event for chief selectees.

Have a great month shipmates.

VR/R/WR

Jim Vorndran

Graphic Credits:

U.S. Navy Reserve Force Master Chief Petty Officers (pages 16-17), by Master Chief Information Systems Technician Jim Leuci, Naval Historical Heritage Command

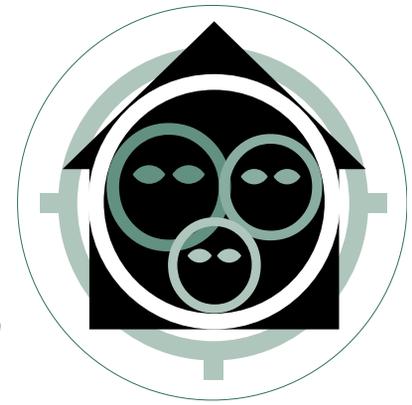
Back page Diversity, Graphics by Senior Chief Mass Communication Specialist Maria Escamilla, Sea Warrior Program Public Affairs

Photography by Mass Communication Specialist 2nd Class Les Long

FOCUS ON FAMILIES

HELPING CHILDREN COPE WITH DEPLOYMENT

FROM GUARD AND RESERVE NEWSLETTER DATED JULY 2010



If your family has been through one or more deployments, you probably won't be surprised by the recent research published in the Journal of Developmental and Behavioral Pediatrics. Researchers from Madigan Army Medical Center surveyed 101 active-duty families with a deployed parent and found that:

Thirty-two percent of the children were at risk for social and psychological problems. This is 2.5 times the national average.

Forty-two percent of the spouses reported high stress levels. The study found the children of a parent experiencing stress from a spouse's deployment are seven times more likely to have social and psychological problems.

Parents using available military and community resources were less likely to report these problems in their children.

The researchers acknowledged the families of activated Guard and Reserve members may experience some differences in the impact of deployment. They also noted differences in their support structures as compared to active-duty families living on or near military installations. But all military families can benefit from two focus areas suggested by this research study.

Military and community support services

It is a good idea to take advantage of military and community support resources. There are many wonderful resources parents can use to help children understand and cope with deployment. For infants and toddlers, be sure to see the materials developed by the nonprofit organization ZERO TO THREE. Preschool age children can use the Talk, Listen, Connect materials developed by Sesame Street Workshop. These booklets, CDs and DVDs are available free of charge from Military OneSource. Look for them by going to the Navy Reserve section of the Military OneSource website at the link "Finding

Support When Your Service Member Is Called to Active Duty." You can also see all of the Sesame Street initiatives on the National Guard Family Program website. There you can see if the Sesame Street USO Experience for Military Families will be performing near you.

Help your children by managing your own stress. If you're worried your stress level may be affecting your children, it's time to act. Check out Military OneSource's iCanRelax program and other tools for managing stress. Military OneSource can also help you learn techniques for lowering your stress level. Call 1-800-342-9647 to speak with a consultant.

Remember, Military OneSource is available 24/7 to help with a whole range of work and personal issues, including parenting issues. Call 1-800-342-9647 or check the website at www.MilitaryOneSource.com. Military OneSource is brought to you by the Department of Defense at no cost to you.

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A Seabee assigned to Naval Mobile Construction Battalion (NMCB) 22, a Navy Reserve battalion based in Dallas, Texas, is greeted by his son at Naval Construction Battalion Center, Gulfport, Miss. NMCB-22 is returning from a seven-month deployment from the U.S. Central Command area of responsibility. U.S. Navy photo by Equipment Operator 3rd Class Mikayla Mondragon.

SPIRITUAL NAVIGATION



LEADING THE WAY: CHAPLAIN ENDEL LEE

WRITTEN BY:
CAPT. BARRY CRANE, CHC,
NAVY REGION NORTHWEST DEPUTY CHAPLAIN

READY Now. Anytime, Anywhere describes the growing reality of life in the Navy Reserve. Our commander, Vice Adm. Dirk Debbink, has emphasized the “continuum of service” that allows Navy Reserve Sailors to move more easily between civilian and military life, bringing together unique skill sets at the right time and place. This enhances the readiness of our Navy for whatever contingency presents itself. I know of no better illustration of how this is already happening than in the career of my shipmate, Chaplain Endel Lee.

I first met Endel when he was a seminary professor in New Orleans and a Navy Reserve chaplain assigned to the Coast Guard. When we served together, little did we know the world was about to change—on September 11, 2001. Endel quickly found himself on Active duty at Ground Zero, where the World Trade Center once stood. He cared for military members and police and fire personnel who were impacted by the trauma of this event. He accompanied those who had lost loved ones to the observation area overlooking the scene of the devastation.

Chaplain Lee returned to his seminary and his teaching career, but his life would soon be changed by Operation Iraqi Freedom. Working as a Navy Reserve Chaplain with the Marine Corps, he mobilized and served with the 2nd Marine Expeditionary Force in Al Anbar Province in 2005. There he covered 17 sites from Fallujah to the Syrian border. He was only home from his deployment for a few weeks when our paths crossed once again. A storm called Katrina devastated New Orleans and the Gulf Coast, flooding Endel’s home and forcing him and his family to flee. When he assured the safety of his family, he quickly donned the Coast Guard uniform and returned to Coast Guard Station New Orleans, on Lake Pontchartrain, to support the brave men and women who had been working around the clock to rescue others. He was technically “on loan” from the Marine Corps to the Coast Guard for this event. He joined up with Religious Program Specialist Seaman Daniel Guiffreda, whom he served with in Iraq. Guiffreda had also just returned

home, and they became a religious ministry team that tirelessly traveled from Coast Guard station to Coast Guard station with either snacks or a sermon, delivering whichever was needed.

As the flood waters receded and the Coast Guard returned to a more normal operational tempo. Chaplain Lee decided to make a career change that would use the wealth of experience he acquired through his military service. He accepted an appointment with the North American Mission Board of the Southern Baptist Convention. There he served as the national coordinator of Disaster Relief Chaplaincy, helping associations of churches prepare to serve their communities effectively in response to natural or man-made disasters. He laid some solid groundwork for his denomination, but once again, in 2008, he responded to the call to serve our country. Specifically identified for this mission, he joined up with special forces elements to provide ministry and support to those who were at the pointiest tip of the spear in current conflicts. Immediately upon his return from deployment, he accepted an assignment as the Deputy Force Chaplain for Marine Forces Reserve in New Orleans. He has just completed another tour of active duty.

Navy Reserve chaplains like Cmdr. Endel Lee are leading the way in assuring the “continuum of service” is a reality in our Navy Reserve so we can truly be “Ready Now. Anytime, Anywhere.”



Chaplain Endel Lee leading a convoy in prayer

GETTING IT TO THE SAILOR

CELL PHONE SAFETY



WRITTEN BY:
BY LT. JOHN GUZMAN
CNRFC ASSISTANT
INFORMATION ASSURANCE MANAGER

CELLULAR phones have come a long way since the days of the black bag phone. But with the technological advances that have brought us smart phones come increased risks. Users should be aware and apply due diligence to ensure their mobile devices are secure. Not doing so can unknowingly make cell phone users vulnerable to cyber crime.

According to the Navy Chief Information Office (DON CIO) Privacy Team the following are some risks involved and some ways to protect yourself.

Just about every cell phone has Internet and text messaging capabilities. Although these features are certainly convenient, attackers may exploit them which can result in any of the following:

Abuse your service. Unless your mobile phone plan has unlimited text messaging, attackers can spam your phone with text messages causing an increase in your bill. An attacker can also infect your phone with malicious code that will allow them to use your service.

Lure you to malicious websites. Phishing is an e-mail attack that lures the user to a malicious website. These websites are designed to have the same look and feel as safe websites. Once a user accesses one of these sites, the attacker attempts to get the user to provide sensitive information such as social security numbers, account numbers, user names and passwords. These same attacks can also be conducted via text message.

Use your cell phone in an attack. If an attacker gains control of your service they may be able to use your phone to launch attacks against others. This will hide the attacker's identity and allow them to attack others anonymously.

Gain access to private account information. Some mobile phones have applications that can store user names and passwords for you. If an attacker should gain access to this application they can steal your information.

WHAT CAN I DO TO PROTECT MYSELF?

Follow general guidelines for protecting portable devices. Take precautions to secure your cell phone and PDA the same way you secure your home computer.

Be careful about posting any personal information on the web to include your cell phone number and e-mail address. Attackers can use software that browses the web for e-mail addresses and phone numbers in a search for victims. By limiting exposure to your information you reduce your chances of being a victim.

If you receive unsolicited e-mails or information, do not follow embedded links or download any attachments. While web links may appear legitimate, they can easily be fraudulent or malicious.

Be wary of downloadable software. There are numerous sites that offer free utilities, games and other software you can download onto your cell phone. Although free, some infectious software may be costly to remove or cause irreparable damage to your phone. If you download software, look for a valid website certificate.

Lastly, take advantage of the security features offered on your mobile device. Consider disabling unused services connections such as Bluetooth and WiFi. These connections can be exploited by attackers. More information regarding mobile device security can be retrieved from the DON CIO website at www.doncio.navy.mil.

Information for this article was provided by DON CIO Privacy Team.



MONEY MATTERS



GET YOUR NAVY BENEFITS TO WORK FOR YOU

WRITTEN BY: CMDR. CAROLINE S. TETSCHNER,
CNRFC PUBLIC AFFAIRS OFFICER

AHHH... fall is in the air. It's a great time of year here as the summer mugginess finally dissipates and the leaves begin their crimson parade. It's back to school and back to focus. Accordingly, the shift from vacation to work season also presents an opportune time to sit down and think about your finances. As a Navy Reservist, you are in a pretty special category. You are entitled to some great financial benefits that are yours for the asking.

One of those benefits is the federal employees' Thrift Savings Plan (TSP). From the website <http://www.tsp.gov>, the plan is described as, "a retirement benefit that allows Federal employees and members of the uniformed services to increase their retirement income by contributing to a long-term savings and investment plan."

It's really designed as an investment retirement account, so the "savings" part of the title is a bit of a misnomer if you think of safe "savings," such as bank account passbooks.

Bottom Line Up Front – the TSP is very similar to a commercial 401(k) plan that many private businesses offer their employees. It's a retirement savings and investment program that allows you to invest your pre-tax dollars into a long-term investment account.

It's a pretty good deal in terms of ease of use and the "you-don't-miss-it," factor. But, as with any investments based on the stock market, there are inherent risks, which I'll discuss later.

As a drilling Reservist, I signed up for the TSP program online a couple years ago. You can decide how much of your pre-tax drill pay (or how little) you'd like to contribute to the plan. I started with 10 percent. TSP pulls 10 percent from my pre-tax base pay directly into my investment account. Since this withdrawal is pulled right "off the top" automatically, I don't really see or miss the money.

In setting up your TSP account, you must also decide on the flavor of your investments. The type of choices you make may depend largely on your risk tolerance, and other important factors including years until retirement. There

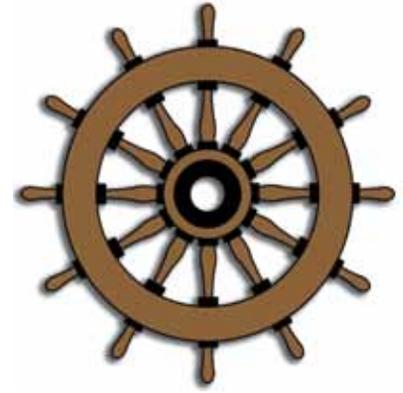
are five TSP funds you can choose from. They range from the relatively safe Government Securities or a "G" fund to the International or "I" fund which carries market, currency and inflation risks. If you want a mix of all five investment funds, the "L" fund might meet your needs.

I've been tracking mine now on a regular basis for several years. My account is largely diversified among the several different funds. It's had peaks and valleys, and I'm probably better off if I don't look at it often.

If you can stomach the ups and downs of the stock market, and intend to stay in for a long-term gain, you'll be fine with the TSP. It is not a "quick investment," and not a "savings" plan in the sense of saving for a motorcycle or expensive shoes but, if you want to begin a stock-market based investment program through mutual funds that have been professionally selected (but offer no guarantee of investment), the TSP offers a great start. I recommend this tangible benefit that comes as part of the package of returns for your service to this great country of ours. For more information on the TSP or to begin investing, check out www.tsp.gov/planparticipation.



MAKING THE NAVY RESERVE A FORCE MULTIPLIER



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

A FORCE multiplier is defined as a capability that, when added to a combat force, significantly enhances the fighting potential of that force and thereby increases the probability of successful mission accomplishment. The Navy Reserve as a force multiplier makes the Navy and the Department of Defense (DoD) more effective than it would otherwise be. The Navy Reserve is a small input into the overall DoD budget that yields a large output. A small number of Navy Reserve Sailors are delivering impressive results across the entire spectrum of Navy and joint operations. As a force multiplier, Navy Reservists are mobilizing and providing important warfighting support to Navy, Army and Air Force commanders.

Given the importance of the Navy Reserve in its role as a force multiplier, what can leadership do to ensure his or her unit fully contributes to this mission? The following discussion reviews three of the most critical areas for unit leadership to address while responding to this challenge.

Sailors

Units need to be manned. A hollow unit can not be a force multiplier. This means leadership must be actively involved in Sailor recruiting, training and retention. Reserve Sailor recruitment is not simply the job of the recruiting office. Each Sailor in your unit is a potential recruiter. Unit leadership should spend some time sharing this perspective with its Sailors. Word of mouth and personal endorsements remain the most effective military recruiting tools.

For Sailors to multiply the combat effectiveness of the Active-duty forces, they must arrive trained and ready to contribute. As leadership, you are responsible for their training. The design, execution, and monitoring of the training plan is your direct contribution toward making your unit a real force multiplier.

After recruiting and training your Sailors, you must retain them. There are dozens of reasons why Sailors fail to reenlist or ask for transfers. It is leadership's responsibility to create reasons for having its Sailors stay Navy. It is the mobilization of trained and ready Sailors that make the Navy Reserve a force multiplier. This happens only when we retain our people.

Equipment

Reservists need access to equipment for both training and execution purposes. Reservists can not learn their job without access to the equipment they are expected to use upon deployment. Leadership must be aggressive and creative in gaining access to equipment for training purposes. It must recognize that there are limitations to virtual training and ultimately there is a need for hands-on training.

ADT/AT Funds

Active duty training (ADT) and annual training (AT) represents the best ways for Reserve Sailors to gain the experience and training needed to make them individual force multipliers. There are several important things leadership can do regarding funding for training. First, it can aggressively seek ADT funding. These funds represent a tremendous opportunity to gain additional hands-on experience to accelerate a Sailor's readiness. Second, leadership must manage the AT assignments of its Sailors, ensuring the duty directly contributes to professional development and experience. Finally, leadership needs to critically review the past year's AT to identify areas for change, especially regarding skills learned and duty postings.

In its mission statement, the Navy Reserve is assigned to provide flexible forces to enhance the Navy total force and to act as a true force multiplier. To accomplish this, leadership must focus on the resources it manages at the unit level. These are Sailors, equipment and funding. Leadership's effective management of these items will allow the Navy Reserve to meet its force multiplier assignment.



Want more information?
Visit <http://www.navyreserve.navy.mil> and click the "Questions or Comments" button.

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.



**Yeoman 3rd Class (SW/AW)
Aaron Gaskins**

Name and Rank: YN3 (SW/AW) Aaron Gaskins

Hometown: Landover Hills, Md.

NOSC: Norfolk

Unit: Commander, Navy Reserve Forces Command

Brief description of your Navy job: As a Navy Reserve Order Writing System clerk, I assist Reserve and active-duty personnel with their questions and concerns when getting ready to mobilize.

Brief description of your civilian job: I am a full-time student at Old Dominion University and was recently hired by the Marine Corps Systems Command, as an engineering technician. I troubleshoot and repair ground weapon systems.

What has been your greatest Navy achievement? Successfully embarking on the USS George Washington (CVN 73) as we changed homeport from Norfolk to Japan.

Who has been your biggest influence since joining the Navy? All of my leading petty officers and many other first classes and chiefs. They have all been exemplifying models of hard work.

What do you enjoy most about the Navy? The chance to serve my country.

Most interesting place visited since joining the Navy: Rio, Brazil and St. Marteen, for allowing me to experiment and discover new foods during the port visit.

Current hobbies: I play semi-pro football for the Hampton Roads Hurricanes, the Diamond football league champs for 2010, poker, and watching action or romantic comedy movies.



**Yeoman 2nd Class
Sharon Stokes**

Name and Rank: YN2 Sharon Stokes

Hometown: Philadelphia, Pa.

NOSC: Norfolk

Unit: Commander, Navy Reserve Forces Command

Brief description of your Navy job: I assist with the process of transferring education benefits for Reserve and active-duty personnel.

Brief description of your civilian job: I do administrative work as an executive analyst for a cable company.

What has been your greatest Navy achievement? Being able to relocate and to support the Navy Reserve.

Who has been your biggest influence since joining the Navy? Several chiefs in my chain of command who helped me set and achieve goals in my career.

What do you enjoy most about the Navy? The variety of people have come across and the work opportunities.

Most interesting place visited since joining the Navy: Hawaii because of the culture and relaxed atmosphere.

Current hobbies: I enjoy reading, bike riding and creating and designing custom jewelry.



FORCM (Ret.) David Pennington, FORCM (Ret.) Tom Mobley and FORCM Ronney Wright.

Retired Force Master Chief Tom Mobley Likes it Boisterous

By Andrew Thomas, Naval Support Activity New Orleans Public Affairs

Retired Reserve Force Master Chief Tom Mobley's eyes shine bright and his smile speaks volumes.

Mobley's wife, Heather Mobley, talked about a relative's visit to their home. During the visit, two of the Mobley's sons were there as well, laughing and joking around with their father.

"I believe our relative expected a quiet and somber atmosphere at our home because of Tom's condition," said Heather Mobley. "She was a bit surprised and asked me if our sons were always so boisterous. I told her they are, and Tom likes it that way."

The condition she speaks of is Amyotrophic Lateral Sclerosis, also known as Lou Gehrig's disease. Mobley was diagnosed with the disease after retiring. He was the 11th Sailor to hold the position of Navy Reserve Force Master Chief before retiring in 2005.

The Mobley's have had many visitors at their home 30 miles north of New Orleans in Slidell, La. Visitors have included the 12th Reserve Force Master Chief David Pennington and the current and 13th Reserve Force Master Chief, Ronney A. Wright. They recently visited Mobley, along with Navy Region Southeast Command Master Chief (AW) Scott Woods.

Woods once lived four doors down from the Mobley's in Slidell, La.

"A lot of people are thinking about you Tom, and we wanted to let you know that," Wright said to Mobley. Wright said Mobley was a compassionate and caring leader whose focus was always on the Sailors.

"Tom's service had a great impact on me and many Sailors," Pennington said. "I remember him bumping heads with an admiral or two if he thought his Sailors were not being treated fairly. He was a great force master chief and a great leader."

"He is still a great leader. Tom helps me see the big picture. He is very patient with me," Heather Mobley said.

Heather said the disease affects his body, but not his mind. "Very often he will remember things I forgot," she said.

Mobley moves around by using a motorized wheelchair he controls with head movement. He communicates by using an eye gaze response interface computer. When Mobley blinks the computer generates speech.

"Tom has never been one to sit around. He is glad to have mobility," Heather Mobley said.

The retired and active master chiefs shared sea stories during their visit. They also took time to talk about the Navy Reserve and their families.

"I am so proud of each of you and what you have accomplished," Mobley said to his visitors. "As I have reflected on the Navy, I now consider the Navy as my family."

Wright said he stays in touch with other force master chiefs who held the title before him. He said keeping in touch with Tom Mobley has been special.

"We visited Tom to honor his service and celebrate him as a shining example of a 'Sailor for Life'," said Wright. "He is continually striving to serve our nation and take care of his shipmates and their families." Wright said the service and sacrifice of Mobley and his family has laid a strong foundation for Sailors who came after him. Thanks to leaders like Mobley, Reserve Sailors are prepared to be "Ready Now. Anytime, Anywhere" for the challenges ahead.

Send cards and notes to FORCM Tom and Heather Mobley, 1414 Hillary Drive, Slidell, LA 70461.



Chief Petty Officer Induction: Pinning the Anchors and Wearing the Hat

Written by:
Master Chief Hospital Corpsman (FMF) Mark T. Hacala and
Master Chief Information Systems Technician James L. Leuci

In the weeks leading up to September 16 each year, the transition from petty officer to chief is facilitated by chief petty officer (CPO) messes around the world. This transition is conducted under the guidance and direction of the Master Chief Petty Officer of the Navy. During this time, selectees

receive indoctrination, final training and mentoring that prepares them for their pinning ceremony. This will be the most memorable day in their enlisted careers; the day these new chiefs will “wear the hat.”

Much like “wearing the hat,” many of the visible symbols and traditions associated with making chief, can be traced back to late nineteenth century petty officer messes. Classes of petty officers—third, second and first—were introduced in 1886. Until 1893; the first class petty officers were the senior enlisted leaders of the Navy. Their uniform was distinctly different from the officers’ high collar tunic and the enlisted jumper. They

wore a double breasted coat and visor cap that highlighted their unique role as senior enlisted leaders. The visor cap became the symbol of enlisted leadership.

Over the years, making chief was often referred to as “wearing the hat.” When the chief petty officer rate was established in 1893, chiefs assumed the role of senior enlisted leaders. The 1st class petty officer uniform, including its visor cap, became the uniform of chief petty officers. In 1897, a new and distinctive cap device with a fouled anchor and the letters “USN” was added. This addition gave more emphasis to the unique role of CPO leadership. The insignia became iconic of the CPO rate.

In 1959, CPO collar devices were introduced and became the mark of the Navy chief. Since then the CPO advancement ceremony has included the pinning of anchors to the new chief’s collar.

CPO initiations began following World War II. They were not uniform and varied between messes. Some initiation rituals took on characteristics of crossing the line ceremonies; including a kangaroo court, bizarre costumes, and the consumption of alcohol and tobacco. The details of initiation were kept secret. This often left the selectee both looking forward to and dreading initiation day.

In 1967, the billet of Master Chief Petty Officer of the Navy (MCPON) was established. The first MCPON, Delbert Black, issued guidance relating to CPO initiation. Every year since, the current MCPON has promulgated guidance and direction that has improved the process.

Throughout the years, it has become more relevant and professional. CPO induction, as it is now called, has become a more formal transition that remains a mix of tradition, heritage, professional training and humor.

Today, the goal of induction is for current chiefs to welcome and support new chiefs into the mess as they begin a broadened leadership role in the Navy. There is an extreme emphasis on trust, mutual support, heritage, professionalism, and camaraderie. What new chiefs learn during their induction creates a bond with all chief petty officers of the U.S. Navy—past, present and future. Chief selectees are reminded their selection for chief was not because of their accomplishments as first class petty officers. They were selected because they demonstrated leadership and technical competence that indicates their potential to refine and expand those skills as a Chief.

On September 16, new uniforms and caps will be worn and new anchors will be pinned. The significance of these advancement ceremonies transcends the evolution of the event and the insignia. The trust the Navy puts in their potential is the reason they will get pinned, and “wear the hat.”



Chief Culinary Specialist James Reid, assigned to Naval Station (NAVSTA) Pearl Harbor, receives his chief petty officer combination cover during a traditional Chief Pinning Ceremony. Twenty-seven chiefs from seven Hawaii-based commands were pinned by friends, family and fellow chiefs in a traditional ceremony at Sharkey Theatre at NAVSTA Pearl Harbor. Photo by Mass Communication Specialist 2nd Class Michael A. Lantron

The Navy Reserve: Force Multiplier

Written by Mass Communication Specialist 2nd Class Mark Meredith
Navy Region Midwest Reserve Component Command Public Affairs



Reserve component Sailors assigned to Beach Master Unit (BMU) 2, from Kansas City and Baltimore, prepare to check the water depth from a landing auxiliary rescue craft during a joint logistics over-the-shore exercise at Joint Expeditionary Base Little Creek-Fort Story as part of Operation Hampton Lion. Photo by Mass Communication Specialist 3rd Class Ryan Steinhour

A force multiplier is a capability that, when added to and employed by a combat force, significantly increases the combat potential of that force and enhances the probability of successful mission accomplishment. In other words: when a force is made better by a specific factor, that's a force multiplier.

The Navy Reserve is the very definition of this: an added component of the Navy's active-duty force to enhance the capability of its overall strength and sea power.

"The Navy Reserve is 'Ready now. Anytime, Anywhere,'" said Command Master Chief (AW) Steve Campos of Navy Region Midwest Reserve Component Command. "When the fleet needs us, we can increase its manning through individual augmentees and mobilizing Reserve units. We are the manpower component of force multiplication."

Through the Navy Reserve's stance of preparedness, the Reserve population is capable of deploying anywhere in the world on short

notice. By reaching a high level of family readiness and communicating effectively with civilian employers, Reservists have the ability to mobilize in a short period of time to support global operations around the world.

"We cannot be the Navy we are today without our Reserve component," said Chief of Navy Operations, Adm. Gary Roughead while addressing a Senate subcommittee on defense. "The way they move in – into our active force is absolutely seamless. The importance that we place in our Reserve programs is extremely high."

The Navy Reserve continues to prove its increasing worth. With more than 6,000 Reservists deployed abroad, the Reserve provides more than half of the Navy's individual augmentees serving in Iraq, Afghanistan and other vital areas. Executing the maritime strategy and supporting the United States' warfighting efforts requires our Navy's total force; both active and Reserve. Warfighting efforts would be diminished if the Navy relied solely on the active component.

"Right now, our footprint in the sand in the Middle East is filled largely with Reservists," said Lt. Cmdr. Joseph E. Banks, the Navy Region Midwest Reserve Component Command supply officer. "The job they're doing in Iraq and Afghanistan is enormous."

Navy Reservists provide warfighting support to operational commanders and allow the Navy to maintain a sustainable operating tempo around the world.

"The Navy Reserve and its personnel bring multi-faceted skill sets to our forces," said Lt. Cmdr. Gregory R. Buck, the Navy Region Midwest Reserve Component Command operations officer. "These unique skill sets help to enable the Navy and Department of Defense to complete its mission. Reservists bring a different perspective to dynamic situations from their experience in the civilian world."

Through the continued efforts and skills of Reservists on all fronts, the Navy is a stronger, more capable global force for good.

Gunner's Mate 2nd Class Randall Wood loads a .50-caliber remote weapons system on a RG-33 mine-resistant light armored vehicle in support of Joint Special Operations Task Force, SEAL Team 18. SEAL Team 18 is a Reserve component unit that forward deploys personnel in support of Operation Iraqi Freedom and Operation Enduring Freedom. Photo by Mass Communication Specialist 2nd Class Joshua T. Rodriguez





Cooks from the Valley

Story and photos by Lt. Kendra Kaufman, VR-57 Public Affairs Officer



"Cooks from the Valley" preparing steaks on one of the seven grills set up at Naval Support Activity Bahrain



VR-57 delivers 15,000 pounds of steak in Bahrain.

When the Conquistadors of Fleet Logistics Support Squadron (VR) 57 fly one of their aircraft, it's usually to transport military personnel, needed equipment and supplies. It was a different type of mission when they flew a C-40A Clipper aircraft before this year's Fourth of July. The destination: locations in Africa and the Middle East. The cargo: 60 American chefs and 15,000 pounds of steak.

The San Diego-based Conquistadors flew a total of 9,000 miles to transport their cargo. The mission was to provide Sailors and Marines in four overseas locations with an American Independence Day barbeque. In Bahrain, Sailors and Marines at the Shaikh-Isa Air Base and the Naval Support Activity took part in a simultaneous barbeque. Military personnel in Camp Lemonnier in Djibouti, Africa, and onboard USS Nassau (LHA 4) enjoyed a barbeque as well. The chefs were from an organization called "Cooks from the Valley." They are a group of volunteers who pay their own way to feed U.S. military personnel serving overseas.

An attorney from California, Tom Anton founded the organization 20 years ago. Since then, Cooks from the Valley has hosted barbeques at remote bases, deployed ships and military hospitals. Since Sept. 11, they have

prepared more than 130,000 Harris Ranch, 12-ounce New York center-cut steaks for servicemembers around the world.

"We are honored to be part of this mission," said VR-57 Commanding Officer, Cmdr. Bill Crump. "This is particularly gratifying because of the involvement of Cooks from the Valley. I am inspired by their genuine sincerity and appreciation of our forward-deployed troops."

After configuring the aircraft for 68 passengers and 15,000 pounds of steak, VR-57 faced the challenge of transporting perishable meat. Three full pallets of steak were packed on ice before they were put on the plane. Additional boxes of meat and seasoning were stowed in the aircraft's belly. VR-57 also pre-positioned a new flight crew at a fuel stop in Bangor, Maine. This was done to avoid delay, said Lt. Ethan Karp, aircraft commander on two of the legs of the steak run.

The Conquistadors had to overcome more obstacles on this unusual mission. First they had to sort through the diplomatic and logistic requirements needed to bring civilians into multiple combat zones. Then there was the concern with landing in the 100 degree temperatures of Bahrain with perishable meat. To

solve this problem, they had "chiller" trucks on standby. They were able to immediately move the meat into the trucks for transporting to refrigerated storage. The cooks and steaks were divided into four groups. Then they were sent to their ultimate destinations for the Fourth of July feasts. Thanks to VR-57, 14,000 military personnel had a meal of steak, corn, potatoes and watermelon.

"A common response from servicemembers is surprise, and appreciation," Anton said. "Not only that we're there, but that we went to such extreme measures to cook and serve them a meal."

Naval Aircrewman 1st Class Darryl Calzo, who is deployed to Bahrain, agrees with Anton's assessment. Between bites of his center cut, Calzo said, "Knowing we are not 'out of sight, out of mind' and that people at home are thinking about us is a great feeling."

The thanks go both ways. Chef Brad Peters was a volunteer on his sixth trip with Cooks from the Valley. "Our hearts go out to everyone in the military," said Peters. "They are the reason we can have a safe and secure July Fourth at home in the United States."

U.S. NAVY RESERVE FORCE MASTER



Richard P. Johnson
Aug 1973 - Aug 1975



Joseph Lalley
Aug 1975 - Aug 1976



Harvey L. Murphy
Aug 1976 - Jun 1979



Jeffrey A. Brody
Sep 1988 - Oct 1992



Ronney
Jun 2000



Michael Krbec
Jun 1995 - Apr 1998



Christopher C. Glennon
Apr 1998 - Jul 2001



NAVY
Ready M

CHIEF PETTY OFFICERS 1973-2010



Don W. McDow
Jun 1979 - Jul 1981



Kenneth L. Gallaher
Aug 1981 - Jun 1985



Larry L. Sorenson
Jul 1985 - Sep 1988



A. Wright
8 - Present



Paul R. Gauthe
Nov 1992 - Jun 1995



Tom W. Mobley
Jul 2001 - Jun 2005



David R. Pennington
Jun 2005 - Jun 2008

Y RESERVE
low. Anytime, Anywhere.

NOTABLE



EXCELLENCE IN MILITARY SERVICE

WRITTEN BY:
CNRFC PUBLIC AFFAIRS



Selectd Reservist Electrician's Mate 1st Class Eric Dixon recently received the 2010 League of United Latin American Citizens (LULAC) Excellence in Military Service award. Dixon received the award at the LULAC national convention and exposition in Albuquerque, N.M.

training of his command when he conducted Navy pride and professionalism training for 300 Sailors. He is a keynote speaker on sexual harassment awareness, equal opportunity and grievance procedures. This training is a result of his membership on the command training team.

Dixon was born in Tegucigalpa, Honduras and at the age of 12 moved with his family to New Orleans, La. Eight years later he enlisted in the U.S. Navy. "I owe my successes to all the Sailors I work with here and at all my other duty stations," Dixon said.

LULAC was established 81 years ago and is the largest Latino civil rights group in the United States. The organization works to improve opportunities for Hispanic Americans.

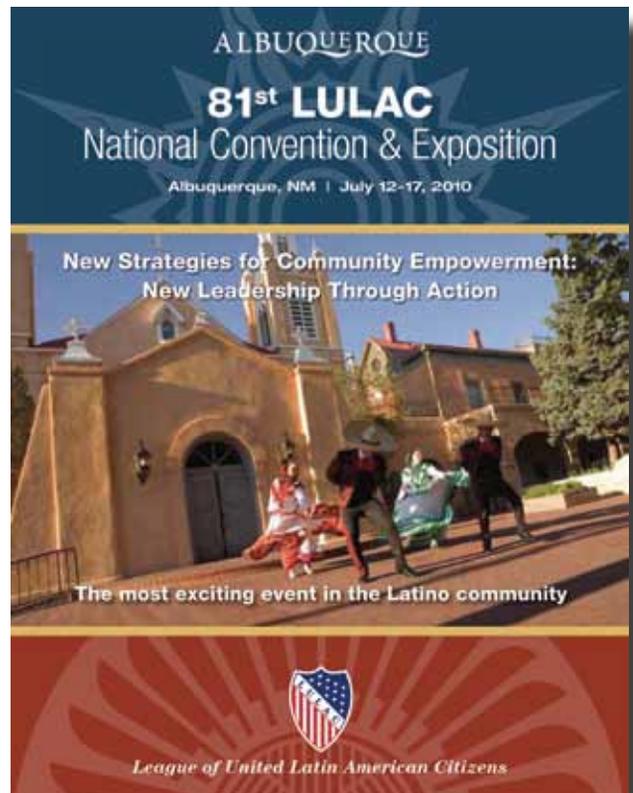
Dixon was nominated for the award while on active duty for special work at Commander, Navy Reserve Forces Command. He is currently serving as the leading petty officer for the Reserve Force Travel and Orders Management Directorate.

The LULAC award recognizes members who have made significant contributions to the advancement of minority groups. It honors those who promote diversity and equal opportunity in the military and federal workforce. One active component and one Reserve component member from each service is honored each year.

Dixon is a key member of his command's cultural awareness committee. He was instrumental in the production of five major diversity observances involving 14 international communities.

"I was surprised and excited when I found out about my selection for this honor," Dixon said.

Unlike Dixon, his coworkers were not surprised. "EM1 Dixon does so much for this command," said Chief Personnel Specialist Lisa Clements, Force Travel leading chief petty officer. "He leads and mentors the staff at force travel and he contributes countless hours to promoting cultural awareness in the Navy Reserve." LULAC honoree Dixon also contributed to further



Reservist is the First for New Bonus Program

By Jim Vorndran, Commander, Navy Reserve Forces Command Public Affairs

Last year he would have paid to do it. Now, he is doing something he loves and is getting paid to do it. On top of that, he is the first to do it.

Master-at-Arms 1st Class James Fisher is taking Contemporary World History at Brookdale Community College in Monmouth, N.J.

Many Sailors seek higher education but few, so far, have done what Fisher has done. He is the first Navy Reservist to apply for and use the benefits of a Navy Reserve program that gives bonuses for taking college classes in foreign language and cultural disciplines.

"I already have an undergraduate degree, but I want to stay active in advancing my education," Fisher said. However, Fisher was almost not the first to use the benefits of the Foreign Language and Culture Pilot program. "I had already enrolled for the class when I saw the program featured in The Navy Reservist magazine earlier this year," Fisher said. "I read the article and knew contemporary world history was right on the money for being acceptable."

Fisher knew he would have to move fast to receive the bonus available through the program. "Due to certain timeframes required to apply, I had to get the [bonus] application completed and through my chain of command within a week," he said.

The one week timeframe was tight and that wasn't the only obstacle Fisher had to work through. Being a relatively new program, Fisher had to learn the application process and educate his approvers on how it worked. "Once we had all the information on how to apply for the bonus, I learned it is a relatively easy process," Fisher said. "When you are

the first, it can seem like a lot of effort but then it turns out just fine. The application is quite straight forward. It took me about 15 minutes to fill out."

What Fisher learned about applying for the language and culture program proved to be useful for others. He was asked by his Navy Operational Support Center Command Chief, Chief Yeoman Felipe Garcia, to hold command-wide training on the program. "Chief Garcia and my ESO (educational services officer) agreed this was valuable enough information for all to become familiar with the program," Fisher said.

The office of the Secretary of Defense and the Navy maritime strategy indicate increased language skills, regional expertise, and cultural awareness enables the Navy to more effectively conduct missions that prevent war and build partnerships.

"I have received questions about how this program will affect a Reservist's mobilization status," Lisa Wade of Commander, Navy Reserve Forces Command said. "Taking advantage of the bonuses available through this program doesn't mean someone is any more or any less likely to

deploy. What it does do is make a Sailor better prepared. Sailors who take advantage of this program will be better overseas ambassadors. They will better communicate and understand the people they will be working with."

Fisher agrees the instruction will be beneficial. "I am continuing to learn and getting paid for it. That is twice as good," Fisher said. For his first eligible course, the college charged \$427 in tuition. Fisher's monetary benefits to take the course included \$345 through the Montgomery GI Bill. He then received \$1,250 as the program's bonus amount. Two very good reasons to continue his studies. Fisher's planned course of instruction includes more than 60 credit hours he thinks are eligible for the bonus program. "That is quite the benefit. I received more than \$1,500 worth of benefits for one three-credit class."

Currently the program focuses on certain areas of study, and certain enlisted ratings and officer designators. Although Wade encourages Reservists from outside of those ratings and designators to still apply for benefits as each application is given consideration.



MA1 Fisher instructs members of Naval Operational Support Center Earle, N.J. on the benefits of the Foreign Language and Culture Pilot program.

Warfighter Support in Kandahar



**Contributors to this article were:
Cmdr. Anthony Wojcik and Lt.
Matthew Gachi of NMCB 21 and
Jim Vorndran, Commander, Navy
Reserve Forces Command
Photos by: Chief Mass
Communication Specialist
Jeffrey J. Pierce**



Seabees from Naval Mobile Construction Battalion TWENTY ONE (NMCB 21) use a power screed to smooth out the freshly placed concrete.

A military surge to Kandahar Air Field (KAF), Afghanistan is more than assigning additional people to the area. With a surge comes the increased need for warfighting aircraft. The pilots of the additional fixed and rotary wing aircraft needed for the surge found the competition for space wasn't just in the sky. When missions were complete there was competition for ground space as well.

The expansion of the Mustang Ramp, a helicopter landing zone, is a high priority project for U.S. Forces Afghanistan South and for one Reserve Seabee battalion in particular.

The Seabees of the Blackjack Battalion, Naval Mobile Construction Battalion (NMCB) 21 were called in to project manage and expand the Mustang Ramp at KAF. The expansion is to facilitate the relocation of rotary wing assets throughout KAF. It will also increase the operational capability of rotary wing aircraft units in southern Afghanistan. Also important, it will establish an area where efficient depot level maintenance takes place.

"Reserve Force Seabees are the closest link to Seabee origins," said Lt. Matthew Gachi, NMCB-21 supply officer, referring to the first Seabees. The original Seabees were experienced tradesmen who volunteered to serve their country by using their construction skills.

The battalion, homeported out of Lakehurst, N.J., has become a force multiplier. They worked cohesively in Afghanistan with four other NMCBs that are staffed by active-component Sailors.

Out on the Mustang Ramp, Leading Petty Officer, Builder 1st Class Anthony Amato and his team have cast five concrete pads. The team is also underway on construction of Super Southwest Asia Huts (SWA huts). The SWA huts will provide 8,960 square feet of office space and a machine shop.

Unlike construction units from other military services, NMCB 21 is organized so they can tailor themselves to specific missions.



Above: BU1 Peter McParland (left) and EOCN Alain Lareiu (right) use a power pump to place concrete for a pad for a future Super Southwest Asia Hut (Super SWA Hut).

They can send only the necessary equipment for a job rather than a standard list of items that may not be needed.

“The benefit of this is that it allows us to do more with less. By task-tailoring, we manage our resources very closely to maximize each man hour and the use of each piece of equipment,” said Gachi.

NMCB 21 adds to the force by bringing their civilian construction and military skills to the fight. In addition, through the unique ability to task-tailor their construction teams, 50 Seabees worked on forward operating base projects that would have usually been completed by 150 soldiers from an Army engineering battalion.

The Blackjack Battalion didn’t start out with the operation tempo they have now. NMCB 21 started out with a couple small projects. As the

quality of their work was noted by the customers, additional job requests started to pour in. “The word spread like wild fire that there were Seabees on the base who were capable of very specialized projects,” Gachi said. Soon, special operations forces were asking for the Seabees of NMCB 21 by name.

The Seabees bring many valuable skills and experiences from their civilian careers to their military work. Although, as with most military units, they also have less experienced junior members. Each junior constructionman is assigned a mentor who cultivates them into experienced Seabees. Unit members also enroll in the Seabee combat warfare program to comprehensively learn the skills and qualifications needed in their career.

Lt. j.g. William Siemerling, the manager of the Mustang Ramp project, finds his job challenging and

rewarding. “Challenging because the coordination that is required between all of the parties involved, and rewarding because I am able to watch the Seabees, of various skill levels, who for the most part have never worked together, erect 16 buildings on a tight schedule while in a contingency environment,” Siemerling said.

To make the most use of their time, NMCB 21 is using a prefabrication yard to accelerate construction and delivery of the project. They are doing this in anticipation of additional troop surges. Builder 1st Class John Armstrong and his team use the yard to fabricate steel reinforcing cages for concrete; trusses for roofs; pre-cut wall studs; and stairways and doors for use in construction at the project site.

“Every member here has risen to the challenge of a very fast paced, repetitive task. They are all very

professional and I am proud of each and every one of them,” Armstrong said.

In the rebar fabrication area, Steel Worker 1st Class Mike Boucher leads a crew of six Seabees. Together, they have bent more than 8,000 lineal feet of rebar to fabricate steel reinforcing cages. These cages are used in the concrete foundations and slabs on the project site. In the truss fabrication area, Builder 1st Class Kenneth Arnold leads a crew of three Seabees. They work cutting 2x4s, 2x6s and plywood into parts for fabrication of structural wood trusses. The trusses will be used for the roof structures of the Super SWA Huts on the project site.

“I love working hard with my hands,” said Builder 2nd Class Sid Neely, a Seabee assigned to the truss crew. “Building the trusses keeps my morale high.” The pre-fabricated components are staged and trucked

to the project site for construction of the Super SWA Huts.

At KAF, the additional surges of troops will also require a large processing terminal to handle the massive force flow. The job was bid on and won by a local contractor who was unable to start the project. With the project so far behind schedule, NMCB 21 took on the project within days after arrival in theater. The project included laying five reinforced concrete pads and erecting three big-top tents in four weeks. Typically, each tent takes an experienced crew two weeks to construct.

The crew from the Seabees had never erected this type of tent before. The math to reach the deadline did not add up. The Seabees of NMCB 21 accepted the challenge regardless. Overcoming required materials that were missing, the Seabees began horizontal construction immediately

to prepare the sight. A stash of materials left by the contractor was on site to get them started but not enough to complete the job. The Seabees additionally faced problems in a location where delivery time for materials could be as long as six months. Also, rebar for the reinforcement of the concrete, which is a requirement for the job, was in short supply.

Materials arrived in what amounted to the Seabee version of just-in-time.

Concrete pads were poured and the tents erected all before the original deadline, much to the amazement of the customer. To those familiar with NMCB 21, it was always in the cards as long as the Seabees were involved. They do it through the technical expertise and can-do attitude of the Seabees.

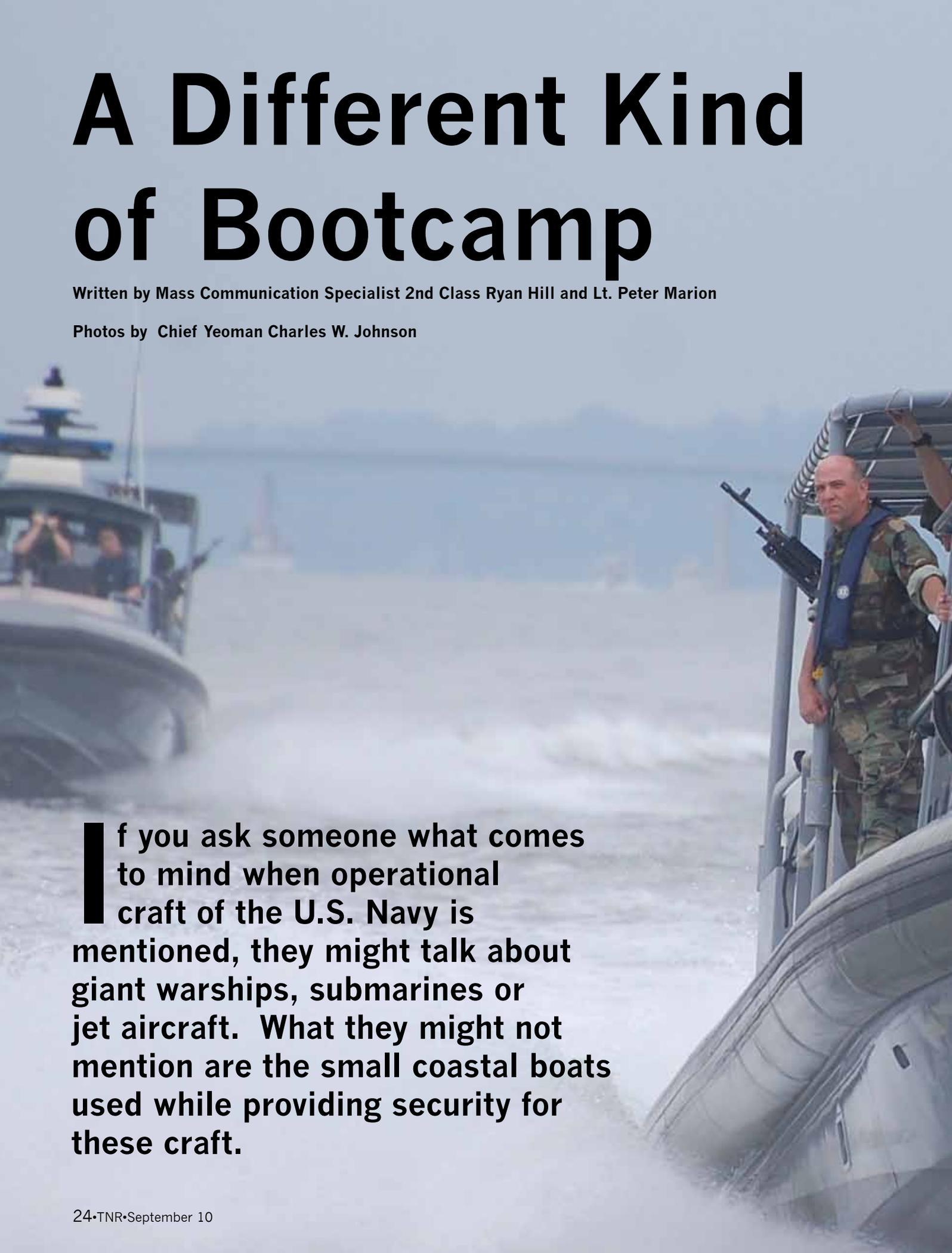
BU3 Nino Hernandez from Naval Mobile Construction Battalion TWENTY ONE(NMCB 21) puts the finishing touches on a fresh concrete placement.



A Different Kind of Bootcamp

Written by Mass Communication Specialist 2nd Class Ryan Hill and Lt. Peter Marion

Photos by Chief Yeoman Charles W. Johnson



If you ask someone what comes to mind when operational craft of the U.S. Navy is mentioned, they might talk about giant warships, submarines or jet aircraft. What they might not mention are the small coastal boats used while providing security for these craft.



Lt. Patrick Coughlin, ET1 Michael Pyska and EN1(SW) Dale Vinson conduct underway operations.



Above: MA3 Joe Dec runs the obstacle course during MSR0N-12's crewman bootcamp.

Below: Members of MSR0N-12 receive classroom instruction.

our watchbill and a renewed interest in qualifications for our more senior crewmen," said Chief Electrician's Mate (EXW/SS) Marshall Westall, MSR0N-12, Detachment C. Westall was one of the lead instructors of the bootcamp. "It was also refreshing to have so many new faces excited about and actively engaged in training."

The first four days of the bootcamp included classroom instruction introducing Sailors to proper equipment operation and to the unique vocabulary of an underway watch. Students also qualified as second-class swimmers. On the fifth day, they received hands-on weapons training. During weapons training, students went to different stations and gained experience with the different weapons used on a 34-foot patrol boat.

A normal load out is a .50 caliber machine gun and two M240 machine guns. Built for speed, the 34-foot Sea Ark Navy patrol craft are designed specifically for inshore use. The Sea Arks weigh about 10 tons with two 370-horsepower turbo-diesel engines aboard. The power from the engines allows the boat to reach speeds of approximately 40 knots. All of this knowledge would prove vital for the scenario training that followed.

The scenario portion of the bootcamp consisted of putting the Reservists in simulated patrol situations. They had to apply the skills and knowledge they learned into practice. In this particular situation, they were in a fictional country and had to convoy their boats from a point of entry to a boat ramp. The following day they loaded weapons onto the patrol boats and tested the .50 caliber machine gun. When loading of the boats and an engineering check was complete, the Sailors then attended a patrol brief. When the instructors were confident in the students' knowledge of the essential skills, they ramped up the intensity of the exercise.

A mock scenario was set up in which the Sailors had to maneuver four patrol boats as a

Part of the Navy Expeditionary Combat Command (NECC), Maritime Expeditionary Security Squadrons (MSRON) were established in the wake of terrorist attacks abroad, in particular the 2000 bombing of the USS Cole (DDG 67). MSR0Ns provide rapidly deployable point defense personnel and assets for force protection and anti-terrorism operations. The mission of MSR0Ns is to protect designated high value assets against terrorist attacks in locations where U.S. force protection infrastructure does not exist or requires augmentation. Recent MSR0N missions have included protecting oil platforms and ships entering and leaving ports in the U.S. 5th Fleet area of operations.

This is a responsibility that newly commissioned MSR0N-12, a Reserve squadron with detachments from Williamsburg, Va., Earle, N.J., Raleigh, N.C., Atlanta and Annapolis, Md., takes with utmost importance. To increase the readiness of all MSR0N-12 Sailors, they recently completed their first crewman bootcamp in Annapolis, Md. The bootcamp ensures the three boat detachments

and three security detachments that make up MSR0N-12 will be mission ready.

The goal of this first bootcamp was to introduce or refresh the Reservists on a variety of skills. They were trained on seamanship, weapons, lookout training, first aid and use of the equipment onboard their patrol boats. Additionally, the Sailors were trained to operate and drive the large FL-80 trucks used to tow the patrol boat and trailer. They learned everything from the rules of the road to the rules of engagement.

The bootcamp is already paying dividends in the fleet, as both new and experienced Sailors took valuable lessons from the training. "The qualifications that resulted from the crewman bootcamp have led to greater flexibility in



unit. The goal was to deliver a high-ranking government official from one location to another for an important meeting. Within this scenario, role-players, posing as terrorists from an island nation, hijacked a patrol boat from a friendly nation. The terrorists' goal was to prevent the meeting from taking place and allowed the Sailors to operate as realistically as possible, while still operating under instruction.

The training didn't stop there. While the Sailors steered the patrol boats into a new formation, a dummy was tossed off one of the boats. The dummy, known as Seaman Oscar, played the role of a Sailor in a man overboard situation. The crew on the patrol boat maneuvered their craft to Oscar's location and pulled the "injured Sailor" back onboard. They administered first aid and prepared Oscar for transport to a safe boat for evacuation to a hospital.

This high-intensity training provided familiarization with the high speeds and abrupt turns patrol boats perform while on critical missions. The bootcamp setting was also a big help to the Sailors. This setting gave them access to a training environment at all times.

"Having the ability to train both in classroom and practical settings is invaluable," said Lead Instructor, Chief Information Systems Technician (EXW/SS) Troy Dahlin. "We had more than 50 students with their undivided attention. Having all the instructors available during off duty hours helped [the students] with their crewman qualification preparation."

Bootcamp students gained invaluable unit cohesion experience that will stay with them out in the fleet.



Above: EM2 David Withers and BM2 Samson Desta clean a .50 caliber machine gun following operations.

Below: Members of MSRON-12 prepare for underway operations.

"This training provided ample operational time for all of the different units in our squadron to work together as a team. It prepares us to operate on the same page when we deploy as a squadron in the future," said Electronics Technician 1st Class (SS) Paul Colardeau.

MSRON missions include small boat support, picket boat operations, embarked security teams, oil platform security, close-in protection of shore parties in high threat areas, cross training with foreign national military

and police forces and other high threat force protection missions.

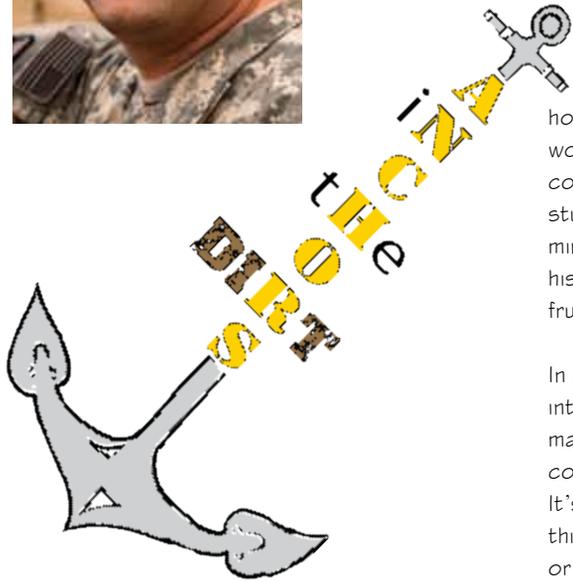
Navy warships are ready to patrol the high seas to protect our nation. Thanks to units like the newly commissioned MSRON-12, maritime expeditionary security squadrons are ready to provide anti-terrorism and force protection while conducting harbor and homeland defense and coastal surveillance missions.





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

PART 9



how accurate the commander's words would prove to be. I've never committed a felony or found myself stuck in a state or federal prison—minimum security or otherwise—but his description of the stress, fear, frustration and long hours all ring true.

In a combat zone, every day requires intense focus. Tomorrow doesn't matter in the least; for it may never come. Also, forget about yesterday. It's over and done with. Dwelling on things that happened in weeks, days or hours past is a luxury no one has. It's a constant battle just to give your very best effort and keep a positive attitude throughout the non-stop cycle and it wears you down. A lot.

Like everyone around me, I pull myself through this challenging time through regular milestones:

missed birthdays of loved ones back home; holidays that are briefly observed; daily (sometimes hourly) prayer; and the many evolutions that come and go within a single day.

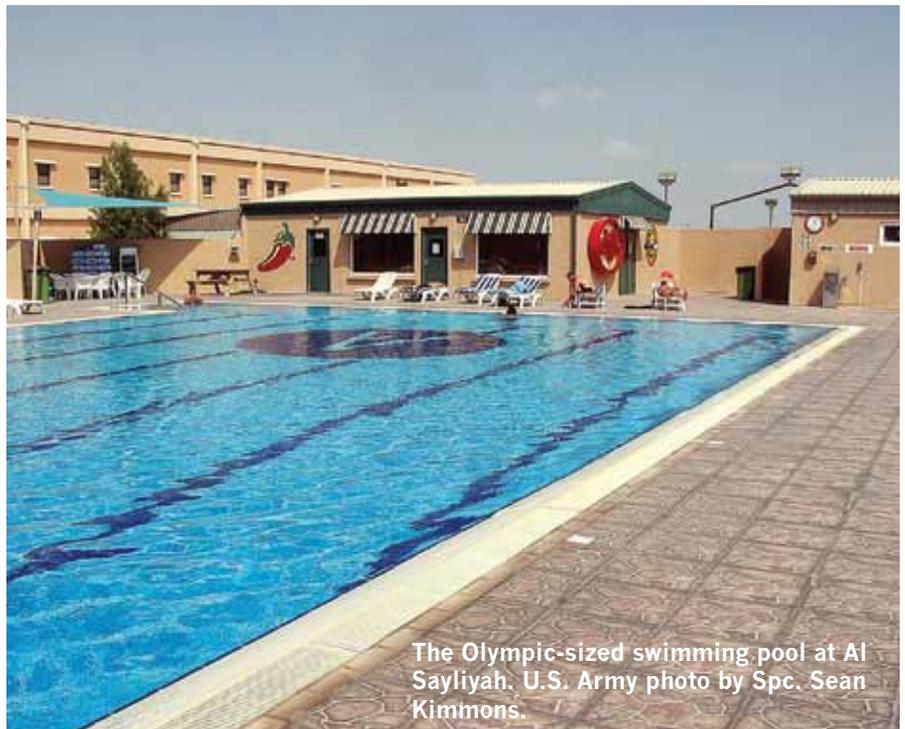
The best milestones occur when one of your comrades finishes their tour and goes home. I think I've mentioned before that it feels like we're all in a giant candy dispenser; and as each person comes and goes, you find yourself moving up in the stack, getting closer to your own chance for fresh air and freedom.

Also, for those on a 350-day boots-on-ground rotation, there's the 14 days of leave to any destination in the world, paid for by the Department of Defense. Many people just go home; but some of my friends went to Greece, Spain or Italy, meeting

Several months ago, when we gathered in Kuwait for some administrative drills and final training, a commander spoke to our group of individual augmentee Sailors about life in a combat zone.

That seems like an eternity ago, but one piece of insight he gave us stuck like glue. Pacing back and forth in the front of the briefing tent, the officer told us, "Life in a combat zone is a lot like life in a minimum security prison. Everything you do is regulated. Your movements outside the wire are carefully scrutinized and monitored. On the compound, you're going to work some hard, long hours, seven days a week. You'll have precious little down time, and you're never alone." He paused to consider his next words. "It's a dangerous environment, filled with stress, fear and frustration, and just about everyone you meet is going to be packing some kind of firearm."

I'd never been downrange before, and really had no idea at that time



The Olympic-sized swimming pool at Al Sayliyah. U.S. Army photo by Spc. Sean Kimmons.

their families there for an all-too-brief fortnight of downtime.

Until recently, we also had something else to look forward to: either one or two four-day liberty passes to the resort-like desert atmosphere of the As Sayliyah Rest and Recuperation Center in Qatar. A year-long tour in Afghanistan, Iraq or the Horn Of Africa would earn you two trips; six-month deployers earn one trip.

For U.S. service members in Afghanistan, the program was discontinued due to the extreme difficulty of air travel in this theater. Often, this four-day break turns into a 14-day nightmare, with lots of cancelled flights and extended stays in the Qatar passenger terminal, or worse; a few nights in the foul-smelling, filthy, sweltering, overcrowded tents at Bagram Air Field. Because of the logistics issue that caused the policy change, I missed out on the chance for a second trip but was fortunate enough to make the first one. The R-and-R opportunity dried up only a few weeks after I returned. Some guys I know didn't even get that.

Getting there and back was definitely a pain in the butt. And the customs searches in Qatar were unreal. Believe me when I tell you that U.S. customs procedures make way more sense! We had to stop at two different places for identical baggage search processes. It's tough to find patience when you badly need a shower and haven't slept in a couple of days. But everyone in my group, conditioned by the deployed lifestyle, just grinned and bore it, taking it one small step at a time. Funny how that works.

I'll spare you all the details of my four total days in transit coming and going, and focus instead on the awesome experience of just being in Qatar, relaxing in civilian clothes after several months of non-stop work, clad in Army camouflage.

First of all, Qatar is one hot enchilada. The thick air and searing



A service member rides a personal watercraft in the Persian Gulf as part of the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah.

hot sand made me feel like an egg frying on the sidewalk. But it was awesome, because no matter how thick or humid the convection oven-like air – it was clean. No tiny burnt particles of rubber, plastic or human waste to breathe into my poor lungs, just pure desert air.

The heat didn't bother us much, because once we got briefed, released and cleaned up in the immaculate open-bay berthing facility the cammies were stowed and out came shorts, t-shirts, sandals and shades. There were no formations or musters, no dragging weapons or body armor around, no schedule to keep. It was just (pardon the cliché) a lot of fun in the sun.

There was so much fun to be had in that four-day respite, and at the same time, no work to get done. I bowled, went swimming, took a cruise in the Persian Gulf, had a beach picnic, went driving on the sand dunes, sang karaoke, played pool, ate at Chili's and went to the mall. I also enjoyed the lightning fast free Wi-Fi internet service, and reveled in the fact that I could finally download and install the multitude

of software updates that had eluded me over all that time in "The Stan." The staff and facilities at the USO are simply first-rate. Most of them have been deployed to either Afghanistan or Iraq before, and so they relate to weary deployed troops in a way no one else can. They really pulled out all the stops to show us a good time. It was very evident that the excellently-funded and fully-staffed program really is about rest and recuperation. It was a very liberating, and much appreciated experience; one that I'll always look back on with a smile.

The time in Qatar went quickly, but I wouldn't have changed a thing. I found it hard to fathom that only the week before I'd contemplated not even going because of the difficulty getting there and back. An outstanding Air Force captain, who never even had a chance to go herself, encouraged me to take the time and make the most of it, regardless of the haphazard travel scenario. I'm so glad I went through with it. I came back to work feeling refreshed and tanned, shaking my head at the casual world which existed only a few hours flight time away from the mountains and dust of Afghanistan.

Places You Need To Know

Navy Reserve Resources for Life

Health and Fitness

TRICARE

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

<http://www.tricare.mil>

Quit Tobacco--Make Everyone Proud

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

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

The President's Challenge

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

<http://www.presidentschallenge.org>

Hooah4Health

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

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

Finances and Relief

NMCRS

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

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

Hire Vets First

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

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

Hope Now

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

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

Veterans Affairs Home Loans

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

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

Services that make Reserve life easier!

Family

NAVY Services Family Line

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

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

Military HOMEFRONT

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

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

American Academy of Pediatricians

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

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

National Military Family Association

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

<http://www.nmfa.org>

Education

GI Bill

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

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

Navy COOL

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

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

One Stop Websites

Commander Navy Reserve Force

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

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

Military OneSource

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

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

RC Phone Directory

Chief of Navy Reserve
(703) 693-5757

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

Commander Navy Reserve
Forces Command
(757)445-8500

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

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

Naval District Washington RCC
(240) 857-4880

Baltimore, Md.
(410) 752-4561

Region Mid-Atlantic RCC
(757) 444-7295

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

Avoca, Pa.
(570) 457-8430

Bangor, Maine
(207) 974-1301

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

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

Earle, N.J.
(732) 866-7288

Ebensburg, Pa.
(814) 472-5083

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

Erie, Pa.
(814) 866-3073

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

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

Harrisburg, Pa.
(888) 879-6649

Lehigh Valley, Pa.
(610) 264-8823

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

New London, Conn.
(860) 625-3208

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

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

Norfolk, Va.
(757) 318-4500

Pittsburgh, Pa.
(412) 673-0801

Plainville, Conn.
(860) 747-4563

Quincy, Mass.
(617) 753-4600

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

Richmond, Va.
(804) 271-6096

Roanoke, Va.
(866) 527-6595

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

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

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

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

Wilmington, Del.
(302) 998-3328

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

Region Southeast RCC
(904) 542-2486 X123

Amarillo, Texas
1-866-804-1627

Atlanta, Ga.
(678) 655-5925

Augusta, Ga.
(706) 733-2249

Austin, Texas
(512) 458-4154

Bessemer, Ala.
(205) 497-2600

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

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

Columbus, Ga.
(706) 322-4670

Corpus Christi, Texas
(361) 961-2241

El Paso, Texas
(915) 565-3993

Fort Worth, Texas
(817) 782-1805

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

Gulfport, Miss.
(866) 502-1271

Harlingen, Texas
(956) 425-0404

Houston, Texas
(832) 380-7400

Jacksonville, Fla.
(904) 542-3320

Meridian, Miss.
(601) 679-3610

Miami, Fla.
(305) 628-5150

New Orleans, La.
(504) 697-9205

Orlando, Fla.
(407) 240-5939 x 2177

Pensacola, Fla.
(850) 452-1341

Puerto Rico
(787) 707-2324

San Antonio, Texas
(210) 225-2997

Shreveport, La.
(318) 746-9657

Tallahassee, Fla.
(850) 576-6194

Tampa, Fla.
(813) 828-1971

Waco, Texas
(254) 776-1841

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

Region Midwest RCC
1-847-688-4916

Akron, Ohio
(330) 376-9054

Battle Creek, Mich.
(269) 968-9216

Chattanooga, Tenn.
(423) 698-8955

Chicago, Ill.
(847) 688-3760

Cincinnati, Ohio
(513) 221-0138

Columbus, Ohio
(614) 492-2888

Decatur, Ill.
(217) 875-1733

Des Moines, Iowa
(515) 285-5581

Detroit, Mich.
(586) 239-6148

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

Grand Rapids, Mich.
(616) 363-6889

Green Bay, Wis.
(920) 336-2444

Indianapolis, Ind.
(317) 924-6389

Kansas City, Mo.
(816) 923-2341

Knoxville, Tenn.
(865) 545-4720

Lansing, Mich.
(517) 482-9150

Little Rock, Ark.
(501) 771-0880

Louisville, Ky.
(502) 375-3329

Madison, Wis.
(608) 249-0129

Memphis, Tenn.
(901) 874-5256

Milwaukee, Wis.
(414) 744-9764

Minneapolis, Minn.
(612) 713-4600

Nashville, Tenn.
(615) 267-6345

Oklahoma City, Okla.
(405) 733-1052

Omaha, Neb.
(402) 451-2098

Peoria, Ill.
(309) 697-5755

Rock Island, Ill.
(309) 782-6084

Saginaw, Mich.
(989) 754-3091

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

Springfield, Mo.
(417) 869-5721

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

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

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

Wichita, Kan.
(316) 683-3491

Youngstown, Ohio
(330) 609-1900

Region Southwest RCC
(619) 532-1842

Alameda, Calif.
(510) 814-2605

Albuquerque, N.M.
(505) 853-6289

Denver, Colo.
(720) 847-6205

Fort Carson, Colo.
(719) 526-2964

Guam
(671) 339-6724

Las Vegas, Nev.
(702)632-1455

Lemoore, Calif.
(559) 998-3778

Los Angeles, Calif.
(310) 241-2100

Moreno Valley, Calif.
(951) 656-1199

North Island, Calif.
(619) 545-2610

Pearl Harbor, Hawaii
(808) 471-0091

Phoenix, Ariz.
(602) 353-3002

Point Mugu, Calif.
(805) 989-7559

Port Hueneme, Calif.
(805) 982-6106

Reno, Nev.
(775) 971-6289

Sacramento, Calif.
(916) 387-7100

Salt Lake City, Utah
(801) 736-4200

San Diego, Calif.
(858) 537-8040

San Jose, Calif.
(408) 294-3070

Tucson, Ariz.
(520) 228-6289

Region Northwest RCC
(425) 304-3338

Anchorage, Alaska
(907) 384-6491

Billings, Mont.
(406) 248-2090

Boise, Idaho
(208) 422-6236

Cheyenne, Wyo.
(307) 773-6500

Everett, Wash.
(425) 304-4777

Helena, Mont.
(406) 449-5725

Kitsap, Wash.
(360) 627-2203

Portland, Ore.
(503) 285-4566

Spokane, Wash.
(509) 327-3346

Springfield, Ore.
(541) 915-2391

Whidbey Island, Wash.
(360) 257-2922

VP-62
(904) 542-4461

VP-69
(360) 257-6969

Fleet Logistics
Support Wing
(817) 825-6438

VR-1
(240) 857-3410

VR-46
(817) 782-3420

VR-48
(240) 857-6814

VR-51
(808) 257-3289

VR-52
(215) 443 6600

VR-53
(240) 857-9029

VR-54
(504) 678-3061

VR-55
(805) 989-8755

VR-56
(757) 433-4065

VR-57
(619) 545-6920

VR-58
(904) 542-2380 x110

VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
(904) 542-8557

VR-64
(215) 443-6400

ETD Pacific
808-448-9278

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

Defense Logistics Agency
(866) 204-4850

Destroyer Squadron Two
(757) 444-1452

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

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

Expeditionary Strike Group Three
(619) 556-1470

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

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

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

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

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

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

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

Fleet Forces Command
(757) 836-3644

Fleet Intelligence
Training Center Pacific
(619) 524-5814

Headquarters
US Marine Corps
DSN: 278-9360

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

Joint Transformation Command
for Intelligence
(757) 836-7000

Judge Advocate General
(202) 685-5190

Logistics Group
Western Pacific
011-65-6750-2645

Marine Forces Reserve
(504) 678-1290

Merchant Marine Reserve
Program
(800) 535-2580

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

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

Naval Air Force
US Atlantic Fleet
(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 Support Activity, Bahrain 011-973-39-14-6793	Navy Support Activity, Washington, D.C. (202) 433-3963	US Pacific Fleet (808) 474-8415	First Naval Construction Division (757) 462-3658	Maritime Expeditionary Security Group Two (757) 396-0513
Naval Hospital Jacksonville, Fla. (904) 542-7300	Naval Surface Force US Atlantic Fleet (757) 836-3057	Office of Naval Intelligence (301) 669-5557	US Second Fleet (757)443-9850	Naval Construction Forces Command (757) 462-3658	Chief of Naval Air Training CAOSO (361) 961-3386
Naval Hospital Lemoore, Calif. (559) 998-4481	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2950	Office of Naval Research (703) 696-5031	US Seventh Fleet 011-81-6160-43-7440 x4090	Naval Coastal Warfare Group	CNRF CNATRA/FRS PM (757) 322-6751
Naval Hospital Naples Italy 011-39-081-811-6000/1	Naval War College (401)-841-3089	Puget Sound Naval Shipyard (360) 476-7683	US Sixth Fleet 011-39-081-568-4634	Maritime Expeditionary Security Group One (619) 437-9808	
Naval Hospital Oak Harbor, Wash. (360) 257-9500	Navy Criminal Investigation Service Espionage Hotline (800) 543-6289	Sealift Logistics Command Atlantic (757) 443-5758	US Southern Command (305) 437-1261		
Naval Hospital Pensacola, Fla. (850) 505-6601	Navy Emergency Preparedness Liaison Officer Program (504) 678-4264	Sealift Logistics Command Europe 011-39-081-568-3568	US Strategic Command (402) 294-0246		
Naval Hospital Yokosuka, Japan 011-81-46-816-5137	Naval Expeditionary Combat Command (757) 462-4316	Sealift Logistics Command Pacific (619) 524-9600	US Third Fleet (619) 767-4296		
Naval Inspector General Hotline (800) 522-3451	Navy Expeditionary Logistics Support Group (757) 887-7639	Space And Naval Warfare Systems Command (619) 524-7323	US Transportation Command (618) 229-8269		
Naval Medical Center Portsmouth, Va. (757) 953-5000	Navy Information Operations Command(NIOIC) Maryland (301) 677-0817	Commander Submarine Force US Atlantic Fleet (757) 836-1341	Nav Reserve Intelligence Command		
Naval Medical Center San Diego, Calif. (619) 532-6400	NIOIC Misawa, Japan 011-81-3117-66-2834	Commander Submarine Force US Pacific Fleet (808) 473-2517	Reserve Intelligence Command Headquarters Fort Worth, Texas (817) 782-7107		
Navy Medicine Manpower Personnel Training and Education Command (301) 295-2333	NIOIC Norfolk, Va. (757) 417-7112	Submarine Group Nine (360) 396-6530	Nav Intelligence Reserve Region Northwest (360) 315-6001		
Naval Meteorology and Oceanography Command (228) 688-4384	NIOIC Pensacola, Fla. (850) 452-0400	Submarine Group Ten (912) 573-3733	Nav Intelligence Reserve Region Southeast Det New Orleans (504) 678-3411		
Naval Network Warfare Command (540) 653-5001	NIOIC San Diego, Calif. (619) 545-9920	Submarine Group Two (860) 694-5683	Nav Intelligence Reserve Region Southeast - Ft. Worth (817) 782-6464		
Naval Network Warfare Command (757) 417-6750	Navy Net-Centric Warfare Group (240) 373-3125	Submarine Squadron Eleven (619) 553-8641	Nav Intelligence Reserve Region Southeast - Jacksonville (877) 882-7396		
Naval Operational Logistics Support Center (717) 605-5790	Naval Installations Command (202) 433-3200	US Africa Command 011-49-711-729-4484	Nav Intelligence Reserve Region Southwest Det San Diego (800) 873-4139		
Chief of Naval Operations (703) 697-5664	Naval Munitions Command (757) 887-4834	US Central Command (757) 836-4180	Nav Intelligence Reserve Region Southwest Det Denver (720) 847-6240		
Naval Operations Office of the Chief of Chaplains (504) 678-1394	Naval Personnel Command 1-877-807-8199	US European Command 011-49-711-680-113	Nav Intelligence Reserve Region Midwest (847) 688-6273		
Naval Operations Office of Naval Intelligence (504) 678-1394	Naval Region Europe 011-39-081-568-4636	US Fifth Fleet 011-973-724-383	Nav Intelligence Reserve Region Midwest Det Minneapolis (847) 688-6273		
Naval Personal Development Command (757) 444-2996	Naval Region Guam (671) 355-1110	US Fleet Forces Command (757) 836-4180	Nav Intelligence Reserve Region Midwest Det Atlanta (678) 655-6380		
Naval Sea Systems Command (202) 781-1748	Naval Region Southeast (904) 542-2324	US Joint Forces Command (757) 836-6555	Nav Intelligence Reserve Region Southeast Det Atlanta (678) 655-6380		
Naval Training Support Center Great Lakes, Ill. (847) 688-3536	Naval Region Hawaii (808) 473-4505	US Naval Forces Alaska (907) 463-2248	Nav Intelligence Reserve Region Mid-Atlantic (757) 444-1352		
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Naval Special Warfare Operational Support Group (619) 522-3232	Naval Region Korea 011-822-7913-7251	US Naval Forces Europe 011-44-207-514-4605	Nav Intelligence Reserve Region Midwest Det Millington (847) 688-6273		
Naval Station Rota Spain 011-34-956-82-3232	Naval Region Mid-Atlantic (757) 322-2800	US Naval Forces Japan 011-81-46-816-1110	Nav Intelligence Reserve Region Midwest Det Detroit (847) 688-6273		
Naval Supply Systems Command (717) 605-3565	Naval Region Singapore 011-65-67-50-2531	US Naval Forces Korea 011-822-7913-5795			
	Naval Region Southwest (619) 532-2925	US Naval Forces Marianas (671) 339-7133			
	Naval Region Hawaii (808) 473-1168	US Naval Forces Southern Command (904) 270-7354 x4304			
	Naval Region Northwest (360) 315-5123	US Naval Special Warfare Command (619) 522-2825			
	Naval Region Southwest (619) 532-2925	US Northern Command (719) 554-5920			
		US Pacific Command (808) 477-9138			
				Explosive Ordnance Disposal Group One (619) 437-3700	
				Explosive Ordnance Disposal Group Two (757) 462-8453	



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Anywhere.

Photo Submissions:
Due 5th of the month.

High-resolution 300 dpi photos.
Set camera on the highest setting (TIFF, FINE and/or HQ). Shoot photos of action supporting the story. Posed shots or “grip-n-grins” are the least desirable. If the story is about people receiving awards, show us what they do that garnered said award.

Send us the original image. Do **NOT** tinker with it in Photoshop™ or other image-editing software. We will make any color corrections and edit it to fit into our page layout requirements. All photos **must** have a VIRIN and include outline information identifying the subjects and what they’re doing in the photo. Also credit the photographer. Send photo submissions to leslie.long@navy.mil.

Story Submissions:
Due 5th of the month.

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

Questions and Suggestions:

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

SUBMISSION GUIDELINES



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“There is a terrific opportunity for women in the Navy today. Life is about what you choose to make of it, and a woman can do anything she sets her mind to. I’m at a point in my life where I think it is important to reach out to young women in the Navy and help them develop into the leaders of tomorrow.”

- Rear Adm. Michelle Howard, Commander, Expeditionary Strike Group 2

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