

# TNR

THE NAVY RESERVE

FEB 2011



## Honoring Our People

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# Ready Now!



Sailors assigned to the U.S. Pacific Fleet Band march on Kalakaua Ave. during the Aloha to the Military Ohana celebration and parade. Photo by Mass Communication Specialist 2nd Class Mark Logico

Volume 3, Issue 2

Honoring Our Sailors

February 2011

Shipmates,

This month, we honor the Sailors at the heart of our Navy Reserve – our drilling Selected Reserve Sailors. The full-time excellence of these part-time Sailors is how the Navy Reserve carries out its mission to provide strategic depth and deliver operational capabilities to our Navy and Marine Corps team, and Joint forces, from peace to war. We dedicate this issue of our “Ready Now!” Newsletter to these 53,000 Sailors.

Selected Reserve Sailors, you are amazing patriots! You fit your Navy duties into busy lives already filled with work, school and family obligations. You deliver knowledge, skills and experience with energy, enthusiasm and excitement. You stand ready to answer the call to duty when our country needs you. Your dedicated service is worthy of our highest honor.

We honor you by aligning our words and deeds so that all we say and do conveys our respect for your service. We strive to make our Force better each day by focusing our work on you, the Sailors of our great Navy.

We honor you by providing outstanding staff support. The capabilities you provide are the very reason our Navy Reserve Force has a cadre of Full-Time Support (FTS) Sailors and Navy Civilians entrusted with your care. These dedicated professionals deliver high readiness with a minimum of overhead – lots of tooth and very little tail! They are 100% committed to you and your success.

Under the leadership of Rear Admiral Little, Commander, Navy Reserve Forces Command, the Navy Reserve is pursuing a “World-Class Customer Service” initiative as part of our Navy Reserve Strategic Plan. This multi-year initiative will improve customer service to you, your Families and your Employers. It will also increase transparency so problems can be seen and fixed. Our goal is to increase your career satisfaction, and to eliminate barriers when we encounter them.

We honor you by making the most productive use of your time. Another key strategic initiative is a comprehensive review of our individual readiness requirements. By ensuring that all requirements are current, relevant and can be efficiently met, we can make best use of your valuable and finite training time.

We honor you by providing real and meaningful work. We work closely with your supported commands – the fleets, the warfare and provider enterprises, and Joint Forces – to ensure that every Navy Reserve Sailor is in a billet where they are needed, can contribute, and are valued. We want to ensure that your service is truly meaningful, truly significant and truly rewarding.

Selected Reserve Sailors go to great lengths to serve, and they serve with honor, courage and commitment. We honor you with both our heartfelt thanks and with people, procedures and policies that enable you be: “Ready Now. Anytime, Anywhere!”

VADM Dirk Debbink  
Chief of Navy Reserve

FORCM Ronney A. Wright  
Navy Reserve Force Master Chief



# TNR

Vice Adm. Dirk J. Debbink  
Chief, Navy Reserve  
Commander, Navy Reserve Force

Rear Adm. Buzz Little  
Commander, Navy Reserve Forces Command

Rear Adm. John Sadler  
Commander, Naval Air Forces Reserve  
Deputy Commander, Naval Air Forces

FORCM (FMF) Ronney A. Wright  
Navy Reserve Force Master Chief

Cmdr. Caroline Tetschner  
Force Public Affairs Officer

Ed Buczek  
Deputy Force Public Affairs Officer

Jim Vorndran  
Editor-in-chief

Mass Communication Specialist 2nd Class  
Leslie Long, Creative Director

Mass Communication Specialist 2nd Class  
Ryan Hill, Editor

Mass Communication Specialist 2nd Class  
Elizabeth Merriam, Staff Writer/Webmaster

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

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

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

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**COVER PHOTO:** TNR’s newest columnist, Chief Mass Communication Specialist Terrina Weatherspoon. MCC Weatherspoon will be highlighting the work being done by the Third Naval Construction Regiment in Afghanistan.

# Letter from the Editor



Readers,

As I reflect on producing TNR each month I remind myself why I do what I do. The stories we publish are about you and what you do for our nation. Reporting on your good work is one small way to honor you for the sacrifices you make. This month we have given a focus on honoring our Sailors. This makes me think of how many different ways Reserve Sailors can be honored.

Typically the first way that comes to mind is with an award. A letter of appreciation, a Navy Achievement medal, or being selected as Sailor of the Quarter are all common ways to honor what you do and thank you for doing it. There are so many more ways however. Reserve Sailors have an incredible job balancing between family, civilian employment and Navy commitments. This triple threat of responsibility reminds me of additional ways to honor your service. This month we have a story about an initiative designed to provide greater customer service to Reserve Sailors. I for one believe this initiative is an outstanding way to honor you.

Taking care of your needs through outstanding customer service tells me the Sailors and Navy civilians providing customer service care about you, your family and your service.

Also in this month's TNR, we have a story about fantastic work Navy Reserve Seabees are doing to honor other servicemembers. At Kandahar Air Field in Afghanistan, 3NCR is working to improve conditions at a wounded warrior compound. These Seabees have seen the tremendous sacrifice made by those at the compound and they took action to make life a little better.

As you're reading this month's TNR, please take some time to think about how you can honor your shipmates.

Regards,

Jim Vorndran  
Editor-in-chief  
The Navy Reserve

## CULTURE OF FITNESS

# Top Fitness Trends for 2011

Written by Chief Mass Communication Specialist PAUL G SCHERMAN



**When The American Council on Exercise (ACE) and the American College of Sports Medicine (ACSM) predicted their top fitness trends for 2011, did anyone take notice?**

The most surprising findings were the trends that have fallen off the list for 2011 – balance training, stability balls and pilates. Replacing them were boot camp-style workouts, yoga, core, and strength workouts using traditional techniques such as sit-ups and free weights. More unique activities include Zumba, TRX Suspension and interval training.

**Strength training:** Strength training remains a central emphasis for many health clubs. Incorporating strength training is an essential part of a complete physical activity program for everybody.

**Core training:** Distinct from strength training, core training specifically emphasizes conditioning of the middle-body muscles. This includes the pelvis, lower back, hips and abdomen—all of which provide needed support for the spine.

**Functional fitness:** This is a trend toward using strength training to improve balance and ease of daily living. Functional fitness and special fitness programs for older adults are closely related.

**Boot camp:** Boot camp is a high-intensity structured activity program modeled after military style training and led by an instructor. Boot camp incorporates cardiovascular, strength, endurance and flexibility drills in both indoor and outdoor settings.

**Stress Reduction through Fitness:** With the increased knowledge of how stress negatively affects the body, gyms and clubs offer wellness programs so their members develop strategies for managing stress levels. Consumers can expect to see

programming to alleviate this all-too-common by-product of our time-pressured lifestyles.

**Exercise and weight loss:** In addition to nutrition, exercise is a key component of a proper weight loss program. Professionals who provide weight loss programs are increasingly incorporating regular exercise and caloric restriction for better weight control for their clients.

**Small-Group Workouts:** Small-group sessions remain a popular way for people to exercise. Whether through personal training, strength training, cardiovascular exercise, or sessions for older adults, small-group sessions will be “in” as a way to socialize, cut costs and stay motivated.

**Buddy System:** Healthy support groups will become a more popular offering in gyms due to peer encouragement and increased potential for success

**Technology Becomes a Support Resource:** Social networks like Facebook, Twitter and YouTube are becoming increasingly popular as an online motivational support system to complement personal training sessions.

It is each Sailor's responsibility to be within physical standards year round. If your exercise routine is not giving you the results you want then you need to change what you are doing. Use these fitness trends to enhance workouts and get results.

To see the ACSM list: [http://journals.lww.com/acsm-healthfitness/Fulltext/2010/11000/Worldwide\\_Survey\\_of\\_Fitness\\_Trends\\_for\\_2011.6.aspx](http://journals.lww.com/acsm-healthfitness/Fulltext/2010/11000/Worldwide_Survey_of_Fitness_Trends_for_2011.6.aspx)

To see the ACE list: <http://www.acefitness.org/blog/1036/ace-reveals-economic/>

## NOTABLE

# Essential Information Delivery

Written by CNRFC PUBLIC AFFAIRS

For Reserve Sailors, information is essential to mission accomplishment. Any tool a Reserve Sailor can use to get important information about their career improves their capabilities. Commander, Navy Reserve Forces Command (CNRFC) has a service that helps Reserve Sailors receive this information.

CNRFC uses an online communication tool that lets users receive information about specific topics. It is designed to provide filtered information to just the people who want or need it. Users can sign up and they will find a number of topics that might have important information for them and their careers.

Signing up is easy. Log on to the Navy Reserve homepage at <http://www.navyreserve.navy.mil>. On the front page, there is a link to subscribe to Navy Reserve news via e-mail. Click this link. You will be prompted to select your subscription type. Your options are e-mail or SMS/text message. You can subscribe to both, but each subscription must be done separately. This way, you can choose to receive different information with each form of media. After selecting your subscription type, enter either your e-mail address or your wireless number, depending on the subscription type you entered. When finished, click on the submit button.

The next page includes a list of categories with topics in each category. The categories are Newsletters, Communities of Interest, Opportunities, and All Hands. You can select separate topics within the categories, or select the category as a whole to receive information on all the topics in that category.

Some examples of topics in the Newsletters category include Career Management, Officer APPLY Board, and Training, just to name a few. The Opportunities category includes Enlisted Opportunities, Officer Opportunities, and Operations. Select all the categories and topics that are of interest to you and your career. When finished, click the submit button. You will then start receiving information about the topics you selected in your e-mail, wireless device, or both. You will be able to go back at any time afterwards to choose your topics as desired. If you wish to quit receiving information about a certain topic, deselect it. If you want to start receiving information from another topic, select it.

By subscribing to this service, Reserve Sailors can stay in the loop on information important to their careers. It serves as another tool to ensure the Reserve Force is "Ready Now. Anytime, Anywhere."



## SPIRITUAL NAVIGATION

# Honoring Our People

Written by CHIEF RELIGIOUS PROGRAM SPECIALIST TRACY SCOTT,  
NAVY REGION SOUTHWEST RESERVE COMPONENT COMMAND RP MATTERS

Recently, I instructed a group of Sailors in a leadership course. We began the lesson by reciting the Sailor's Creed and took a deeper look at how it applied to our life. We focused on the paragraph that states "I proudly serve my country's Navy combat team with honor, courage and commitment." The class had solid responses for how courage and commitment applied to their lives but honor seemed harder to pin to one definitive answer.

Honor can mean to have a good name or public esteem. Sailors with high public esteem are easy to spot. They are the hard-chargers who bring value to the mission by taking pride in their work and going the extra mile. These are the few who stand out of the masses and are the easy picks for awards. Yet there are more who meet the status quo and slip quietly in and out of our spaces. How do we honor those people?

To honor one another means to treat each person as valuable. Many quips are made about today's "gentler Navy." As a chief, I don't always agree with the gentle approach. I often find that to honor a person means to care enough to correct a discrepancy or confront an adverse issue. This isn't comfortable and it's not the easy path. It's challenging to view confrontation as "honoring" until you look at the fruit that it produces. When properly done, counseling and disciplinary review boards help bring Sailors to higher standards for years. These tools are also great for discovering problems at home that can be addressed by the numerous resources we have available. Holding a person accountable for their actions most

often produces a better Sailor in the end. Holding a person accountable should be done with respect and establish a sense of worth.

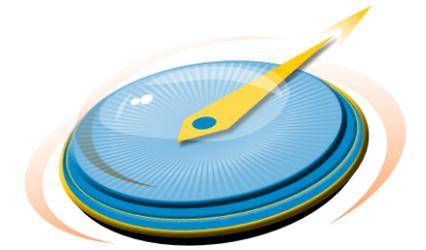
A favorite scripture verse in my faith says to "Honor one another above yourselves." This particular quote from Romans 12:10 reminds me of a family friend named Doris. Doris worked in the kitchen of a law firm of which I was employed. It didn't matter if you were an attorney or a copy room staff member, Doris always treated everyone with respect and acceptance. She had a gift for making everyone feel special. She's

**WE HONOR OUR PEOPLE BY VALUING THEM, BY HAVING THE COURAGE TO DO WHAT IS NOT COMFORTABLE AND BY HAVING THE COMMITMENT TO LEAD BY EXAMPLE.**

been a wonderful reminder to treat every person I encounter with the respect all human beings deserve. It only takes a small amount of time to listen to a Sailor or acknowledge them when they walk in the room. We can look them in the eyes and say thank you for a job well done or follow up on an award and ensure they receive it.

It is said that all people want the same things: to have purpose, to be happy and to be free of pain. When we honor our people, we bring honor to our Navy. Honor is the embodiment of the Sailor's Creed.

We honor our people by valuing them, by having the courage to do what is not comfortable and by having the commitment to lead by example.



## MONEY MATTERS

# Reserve Retirement Pay

Written by Cmdr. CAROLINE S. TETSCHNER

As a newly commissioned Navy Reserve officer, eager to climb the ranks of responsibility, I carried in my day planner a slip of paper with two important notes. The first was a quote by President John F. Kennedy, “Any man who may be asked in this century what he did to make his life worthwhile, can respond with a good deal of pride and satisfaction: ‘I served in the United States Navy.’”

The second note showed what my retirement pay would be at varying ranks if I decided to stay in the Reserve force until becoming retirement eligible. I referred to both of those notes quite a bit in the past 20 years, especially during challenging times of juggling a Navy career, civilian career and family.

Both notes, in their own way, served as great motivators. They motivated me to stay in this outstanding organization for which I am very proud and honored to have served these many years. And the financial “carrot” also motivated me to take challenging jobs, understanding that while I was taking on ever greater responsibility, promotions would pay dividends in my “golden years.”

Navy Reserve Sailors who complete at least 20 years of “qualifying” service (creditable retirement years) are eligible to collect retired pay at age 60. Reserve Sailors who’ve deployed after Jan. 28, 2008, for every 90 consecutive days spent mobilized, retirement begins three months earlier. In other words, if you mobilized for one full year in 2009, you’ll begin receiving your retirement pay at age 59. Or, if you’ve done two, one-year deployments, you’ll see retirement pay at age 58.

To figure out your retirement pay, there are a number of Reserve retirement pay calculators available on-line through a simple internet search. The Navy’s Bureau of Personnel offers a useful tool at <https://staynavytools.bol.navy.mil/RetCalc.Default.aspx>. This calculator allows you to provide personalized information, including retirement



points, years served, etc. and computes what your retirement pay will be. If you’d like to start with a decent estimate of what your retirement pay will be, I highly recommend the Army’s site, <https://www.hrc.army.mil/site/Reserve/soldierservices/retirement/retirementcalc.asp>. When I compared this site with the Navy’s, they came within \$15 of each other. The Army calculator will also compute retirement pay at the time of eligibility. For instance, when I entered retiring as an E-7, current dollars put the monthly retirement at \$785. But, if you’re 45 for instance and won’t be collecting for another 15 years (until you’re age 60), your retirement will jump to \$1,223, in 2026 figures.

When you’re relatively young and in your prime working years, it’s hard to think that far down the road to retirement age of 60 or a few years prior. But, we’ll all get there (hopefully) and having that Navy Reserve retirement is a guaranteed income flow that will make those golden years much less stressful for ourselves and our family.



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

## LEADERSHIP

# Strategic Communication

Written by Lt. JOHN B. RIPLEY

One of the hottest topics within the military recently has been Strategic Communication (STRATCOMM), a term that, depending on the service or command, has a varied definition.

For those in leadership positions – regardless of level - STRATCOMM is a vital component of managing people.

In short, STRATCOMM is a systematic process for engaging audiences, where communication doesn’t mean just talking; it’s also about actions and listening. Audiences can be anyone from foreign nations to junior Sailors and their families. STRATCOMM contains a number of elements leaders should follow:

**Leadership Driven:** Commanders, whether the president or the director of a Reserve unit, must not only embrace the culture of STRATCOMM, but ensure that messages and actions flow downward. For example, a commanding officer (CO) might demand physical readiness, but do they reserve time for Sailors to do physical training?

**Credible:** There must be the perception the command is truthful.

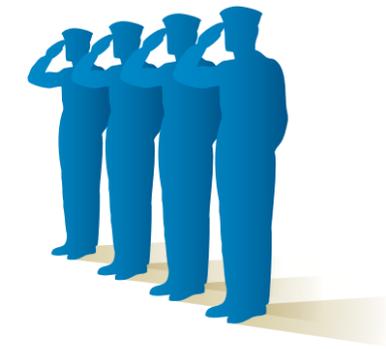
**Dialogue:** This means a true dialogue with those you’re trying to reach, which often translates more into listening than talking.

**Understanding:** Communicators must learn about their audience, such as cultural differences and how they might perceive messages.

**Pervasive:** Every action sends a message. Even more important: the lack of communication also sends a message, and an audience will fill an information void with speculation.

**Results-Based:** Key is working towards an effect, and then ensuring the results are measured.

For today’s leader, STRATCOMM should be an essential element of a managerial strategy, incorporating both internal and external messages.



For example, Naval Air Station (NAS) Brunswick, which will close in May due to base realignment and closure, developed a STRATCOMM plan to ensure audiences are kept informed and feel that they are a part of the closure process.

One of the base’s strategic objectives is to “preserve a positive image of the Navy” during and beyond closure. From that, themes were developed, including “we care about the impact of closure on our employees and the community.”

This happens in part with community engagement – command briefs to community organizations and base personnel, media interviews and other tactics – based on identified stakeholders.

Then, we keep track of metrics: how many briefs were given? Did we respond to requests for information? Were we successful in helping personnel gain new duty stations or employment elsewhere? Surveys, as well as immediate feedback from social media, gave us measurements to see if we were on track.

Measurement is a crucial way of ensuring a command doesn’t have a “Say-Do” gap, or a distance between what is promised and what is delivered.

Another very important point: even if STRATCOMM starts at the top, it’s carried out by everyone.

At NAS Brunswick, “preserving a positive image of the Navy” isn’t just about the CO giving briefs to the Rotary club or at command quarters; it’s also delivered by civilian personnel who make sure the grass is mowed and by junior Sailors who keep their uniforms squared away.

Much of this might seem like common sense, but a good STRATCOMM plan keeps an effective leader on task, and helps to ensure stakeholders buy into their vision.

*John Ripley is the civilian Public Affairs Director at Naval Air Station Brunswick (Maine) and a Reserve Lieutenant Public Affairs Officer assigned to the Naval War College PA unit.*

# 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.



## Gerald Axsom HOSPITAL CORPSMAN 2ND CLASS

**Hometown:** Mitchell, S.D..

**NOSC:** Sioux Falls, S.D.

**Unit:** Naval Mobile Construction Battalion (NMCB) 15

**Brief description of your Navy job:** In charge of NMCB 15 Det Sioux Falls personnel for medical needs, shots, records, and training for the detachment personnel.

**Brief description of your civilian job:** I work as a Registered Nurse in a 36-bed intensive care unit.

**What has been your greatest Navy achievement?** While onboard USS Belleau Wood (LHA 3) in 1997 I went through the crossing-the-line ceremony to become Shellback. We were deployed for seven months as part of Operation Dessert Fox in the Arabian Gulf.

**Who has been your biggest influence since joining the Navy?** Hospital Corpsman 1st Class Billy Heap taught me to never give up and always follow my dreams. I learned how to be a good supervisor by watching him be an excellent one.

**What do you enjoy most about the Navy?** I enjoy the travel and meeting new and interesting people. I love to travel and do new things every deployment.

**Most interesting place visited since joining the Navy?** The Belleau Wood visited Vladivostok, Russia in 1997. We were the first U.S. warship to pull into that port since the Cold War. The architecture was amazing and the museums were full of Cold War relics.

**Current hobbies:** Motorcycling on my Harley Davidson, hunting, fishing, and including my two boys in my hobbies.



## Bobby Walker Jr. MACHINERY REPAIRMAN 1ST CLASS (SW/EXW)

**Hometown:** Dayton, Ohio

**NOSC:** Everett, Wash.

**Unit:** Full-time support staff

**Brief description of your Navy job:** As the Manpower officer, I am responsible for the overall Reserve pay and readiness of more than 457 selected Reserve Sailors. Also, I facilitate their mobilization readiness in support of overseas contingency operations.

**What has been your greatest Navy achievement?** I worked hard to get an individual augmentation billet. As a machinery repairman I felt it was important for my career to be operational. As part of Maritime Expeditionary Security Force Boat detachment 922 I got a look at another side of the military. The pinnacle of my career was qualifying as a tactical craft coxswain with weapons release authority. During this assignment I earned my expeditionary warfare specialist qualification.

**Who has been your biggest influence since joining the Navy?** The biggest influence in my career in the Navy, I would have to owe it to my grandfather Archie Walker, who is now deceased. He had a long and fruitful career in the Air Force. I saw how he served his country and I wanted to do the same.

**What do you enjoy most about the Navy?** Having challenging jobs and being able to travel around the world meeting and helping new people.

**Most interesting place visited since joining the Navy?** I grew up in Ohio and thought I would never have an opportunity to see the world. I was fascinated with the culture and people of Kuala Lumpur, Malaysia and Singapore.

**Current hobbies:** I enjoy Brazilian Jui-Jitsu (Gracie Barra), volunteer for the Drug Education for Youth program. I also enjoy working on physical fitness.

# World Class Customer Service

Written by Mass Communication Specialist 2nd Class RYAN HILL



Petty Officer 3rd Class Emily J. Hawkins, personnel specialist, from Arcata, Calif., updates a muster report while providing customer service in the Personnel office aboard the aircraft carrier USS Ronald Reagan (CVN 76). Photo by: Seaman Mikesa R. Ponder

When it comes to honoring our Sailors, nothing beats ensuring they receive the best customer service possible. The Reserve Force has taken this challenge and tackled it head on, implementing a three-day World Class Customer Service (WCCS) course to honor Reserve Sailors with the attention they deserve.

The inaugural WCCS course graduated in New Orleans Dec. 1 at the Navy Reserve Professional Development Center (NRPDC). The initial course was attended by full-time support (FTS) Sailors and began in November 2010. The goal was to ensure Selected Reserve Sailors (SELRES) and their families would be taken care of in the best way possible, directly through their NOSCs and commands.

In order for SELRES Sailors to operate with the fleet, they need to first be administratively supported through their NOSCs located in 125 different cities throughout the United States. This is where the Navy's new WCCS program comes into play.

▼ Ship's Serviceman Seaman Recruit Preston Hornes, assigned to the aircraft carrier USS Carl Vinson (CVN 70), helps a customer in the ship's store. Photo by Mass Communication Specialist 2nd Class Adrian White

"The course makes a clear distinction between the military concept of 'supported' and 'supporting,'" said NRPDC Commanding Officer Cmdr. Brian Fitzsimmons. "The FTS are in the supporting role, and the SELRES are in the supported role. The course strives to teach skills that will open communication, present training opportunities and create ownership of Reserve systems and processes."

The course offered information on how to work more efficiently with their customers and proper ways to delegate responsibility and teach the customer service skills to co-workers.

"These tools will enable me to disseminate the proper information to the Sailors at my command who provide customer service," said Hospital Corpsman 1st Class George Gordon, from NOSC Charleston, S.C.

Implementing this course helps the Navy Reserve build on its motto to be "Ready Now. Anytime, Anywhere."

"This multiyear initiative will improve customer service to Reserve Sailors, their families and employers and increase transparency so problem areas can be seen and fixed," said Chief of Navy Reserve, Vice Adm. Dirk Debbink.

The idea for the course came from Debbink and Commander, Navy Reserve Forces Command Rear Adm. Buzz Little.

"The service provided by our FTS has a direct and significant impact on our ability to meet the mission," said Fitzsimmons. "Therefore, our ability to be 'ready now' is only enhanced with world class customer service skills."

The course is targeted for FTS Sailors E-6 and above who work at NOSCs, squadrons or anywhere Sailors provide a supporting role to deployed SELRES. This includes Sailors such as Gordon who is the medical leading petty officer for his NOSC. He is charged with ensuring that all the SELRES at his NOSC are medically ready for deployment.

"This course reinforces the Navy Reserve Sailor's mission as a whole and our roles as a support element," said Gordon. "If we provide world class customer service one Sailor at a time, we will begin to make a difference. This will help with retention and overall morale. Our mission will be accomplished, and we will enable a 'ready now' mentality that will become contagious."

FTS Sailors interested in the WCCS can obtain quotas through their training department. They can also check for future scheduled courses by logging into the Navy Reserve Homeport and selecting "NRPDC" under the "Commands" drop down menu.



## Customer Service with the Help of the Interactive Customer Evaluation (ICE) system

Written by Cmdr. EDDIE MONTERO, CNRFC N4 DEPUTY CHIEF OF STAFF

Commander, Navy Reserve Forces Command (CNRFC), has a new tool set to improve the lines of communication between the field and higher headquarters. The Interactive Customer Evaluation (ICE) system will help Reserve Sailors communicate with the regional Reserve component commander (RCC) and CNRFC about the quality of service they experience at their Navy Operational Support Center (NOSC). World class customer service is a priority for the Chief of the Navy Reserve, Vice Adm. Dirk J. Debbink, as described in his 2011 strategic initiatives message to the force.

Part of the commander's intent in the initiative is the Navy Reserve will improve and measure our ability to provide world class customer service to our Sailors, families and employers.

In order to support this initiative, customer service training will be delivered to NOSC assigned full-time support and active-component Sailors. To measure the results of the training and the increased focus on customer service, an ICE evaluation survey is available to Sailors. ICE results will provide critical feedback on customer service experiences and provide a way to measure the return on investment of the increased service efforts.

Reserve Sailors can access the ICE survey at <http://ice.disa.mil/>, then click "Conus" under the Navy heading. The new web page will have

a link to "Commander, Navy Reserve Forces Command." The six-question survey asks about the customer service experience during the most recent NOSC visit. The questionnaire offers a comment block which may be used to expand on survey responses.

CNRFC has drafted questions intended to capture selected Reserve Sailor's concerns, recommendations, and the opportunity to offer a "job well done" to the NOSC for service provided. This feedback will be used to rectify any deficiencies in the service provided or grant kudos to the service provider if the quality of service reported was superb. The electronic comment card, which may or may not be signed, will be electronically sent to the RCC and CNRFC ICE representative upon submission in order to take action if necessary. The RC Sailor is encouraged to provide point of contact information if he or she would like to be contacted concerning if or what action was initiated.

CNRFC is using ICE to account for the customer service training being delivered to NOSC personnel. CNRFC is hopeful that the training, in addition to the ICE feedback capability, will allow for the NOSC customer service to the Reserve force to be of...World Class caliber.

This month's Back to Basics illustrates the proper care and exhibition of our national ensign.



## Displaying the Flag

# BACK TO BASICS

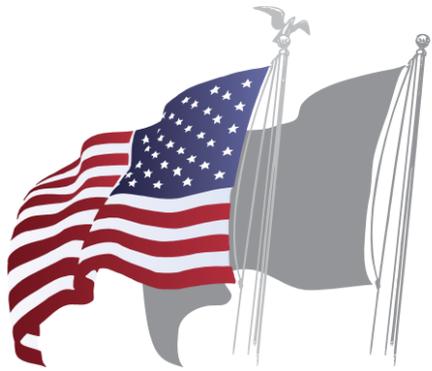
Written by CNRFC Public Affairs

### When flown at half-staff.

The U.S. flag should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day. By "half-staff" is meant lowering the flag to one-half the distance between the top and bottom of the staff. Crepe streamers may be affixed to spear heads or flagstaves in a parade only by order of the President of the United States.



*In procession with another flag.* U.S. flag on military right of line.



*In procession with other flags.* Should be either on the marching right; (the flag's own right) or, if there is a line of other flags, in front of the center of that line.



*With another flag on wall.*

Should be on the right, the flag's own right (viewers left) with U.S. flagstaff in front of other staff.



*With group of other flags.* U.S. flag in center and above all other flags.



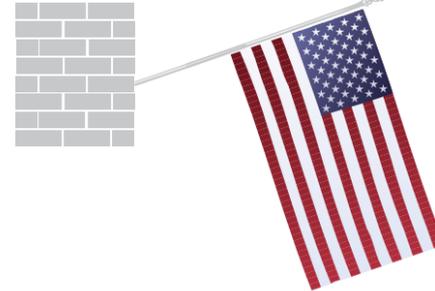
*With other flags on same halyard.*

U.S. flag above, no such flag or pennant may be placed above the U.S. flag or to the right of the U.S. flag (the viewer's left). When the flag is half-staffed, both flags are half-staffed, with the US flag at the mid-point and the other flag below.



*With two or more flags in line.*

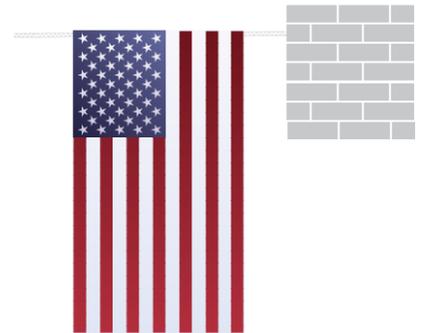
U.S. flag at right of all other flags and flown from separate staffs of the same height. The flags should be of approximately equal size.



*On staff projecting horizontally or at angle from a building.*

The union of the flag should be placed at the peak of the staff unless the flag is at half-staff.

*Suspended from a rope over a sidewalk.* U.S. flag should be hoisted out, union first, from the building.



*Staffless but flag-like.*

Hanging staffless, the U.S. flag's union should be uppermost and to the viewer's left.



*Over center of a public street.*

Suspended vertically with the union to the north in an east and west street or to the east in a north and south street.



*Unstaffed flag on wall behind and above the speaker.*

Should be displayed flat, (indoors or out), horizontally or vertically, the union should be uppermost and to the flag's own right, that is, to the viewer's left. Bunting of blue, white and red.



*Staffed in a church or public auditorium on or off a podium.*

Should hold the position of superior prominence, in advance of the audience, and in the position of honor at clergyman's or speaker's right as he faces the audience. All other flags on his left.

# Honoring Wounded Warriors



Story and photos by Chief Mass Communication Specialist(SW) TERRINA WEATHERSPOON



◀ BUSN Kevin Forgie, Naval Mobile Construction Battalion 18, offload the truck containing a pre-fabricated deck. NMCB 18 build the deck in pieces and transported it the wounded warrior unit.

▲ Seabees from the Third Naval Construction Regiment and Naval Mobile Construction Battalion 18 come together to build a deck for a wounded warrior unit on Kandahar Air Field, Afghanistan.

“My buddy went to jump over this two and a half foot wide ditch carrying a 60-pound pack,” said Army Staff Sgt. Brian R. Green. “He didn’t make it. So a couple of guys were helping him out of it. As soon as he lifted his left leg ... BOOM! The blast threw me 20 feet and I took a lot of shrapnel to the face. My buddy lost his leg.”

That’s how Green, a member of 1st Battalion, 66th Armor Regiment, 1st Brigade Combat Team, 4th Infantry Division, out of Fort Carson, Colorado, and currently deployed to Arghanda, Afghanistan, ended up at the wounded warrior compound at Kandahar Air Field (KAF), Afghanistan. He is one of many who will spend anywhere from a couple of days to weeks at the compound. Warriors there are either recovering for an eventual return to the fight, or preparing for redeployment back to the states.

The wounded warrior compound isn’t much. It is a couple tents here and there, identified most times only by a heart on the door. There is usually one tent set up for berthing and another set up as a day room. Since the occupants of these tents change on a weekly and sometimes daily basis, the amenities are scarce. Often times, injured servicemembers arrive with nothing more than the clothes on their back. Other times, depending on their injuries, they don’t even arrive with that.

So when Reserve Seabees from the Third Naval Construction Regiment (3NCR), based out of Marietta, Ga., heard there wasn’t a

plan in place for improvements they decided to take matters into their own hands.

It was actually Senior Chief Legalman Erin Meadows, a Navy Reserve Sailor serving as United States Forces - Afghanistan (South) Staff Judge Advocate’s Office Paralegal, who brought it to our attention that the wounded warriors needed help from the Seabees, said Senior Chief Equipment Operator (SCW) Ed Schoen, 3NCR Operations Department.

“I first learned of their needs about a month ago when my senior enlisted advisor brought the various wounded warrior groups to my attention,” said Meadows. “I knew I could get friends and family from home to send care packages and provide support. I knew I could ask members from the chief’s mess, who also happened to be Seabees, to help out immediately.”

Wounded warriors have sacrificed immensely during their service. Making compound improvements is a way to honor these servicemembers for their sacrifice.

“When we went around visiting the various wounded warrior groups we noticed right away that there were things we could build that would make their lives here easier,” said Schoen. “We decided the first thing we could build them was a covered deck. So we went to work to make it happen.”



▲ Seabees from the Third Naval Construction Regiment and Naval Mobile Construction Battalion 18 come together to build a deck for a wounded warrior unit on Kandahar Air Field, Afghanistan.

Schoen enlisted the help of Naval Mobile Construction Battalion (NMCB) 18, a Reserve battalion out of Fort Lewis, Wa. Members of NMCB 18 were able to pre-fabricate a deck in their compound and then move it over to the wounded warrior unit.

“I was surprised to see how easy everything came together and how many people showed up to help,” said Chief Gunners Mate (SCW) Jack Thompson, armory chief for the regiment. “It was a great opportunity for the Seabees to do what they do best—improve quality of life.”

Putting the plan in action, the construction team completed their first improvement project.

“After building the deck we’ve proven the Seabees and the chief’s mess are an invaluable resource, and we’ve committed to the continued support of these great warriors,” said Meadows.

To date, besides the deck, more than a dozen care packages have been sent for the wounded warrior groups on KAF. Additionally, many items have been donated by various groups on KAF. Schoen even went and independently purchased a new gaming system for one of the groups to enjoy.

“I’ve already received feedback the members absolutely love the system and games that were purchased with it,” said Meadows.

Meadows recently visited one of the wounded warrior groups.

“I was speaking with a soldier and he was telling me about his battlefield injury as he was showing me his current living arrangements,” said Meadows. “I stopped, shook his hand and thanked him for his service. I was stunned by his experiences and did not know what else to say. In turn, he was shocked I was thanking him. He said, ‘Senior Chief, you are serving also!’ I was dumbfounded

he would equate his service – in a direct combat role – to mine. Needless to say, this warrior saw no difference between us, and I was incredibly humbled.”

Meadows and Schoen, along with the support of the chief’s mess and the Seabees, plan to stop by the wounded warrior units often and see if there is anything they can do for them.

The wounded warriors appreciate the visits.

“They are always welcome,” said Army Sgt. John Mazurek, the noncommissioned officer in charge of one of the wounded warrior units. “They are so willing to do anything for us and it is so appreciated. I haven’t met anyone out there so willing to go out of their way for any of us.”

he Seabees don’t just want to build them a few necessities; they want the facilities at the wounded warrior compound to be the envy of the base.

“I feel pretty lucky,” said Green. “I get to leave here with the knowledge that if someone else in my unit is injured and ends up at KAF, they will be taken care of.”



▼ BUSN Kevin Forgie, Naval Mobile Construction Battalion 18, puts the final touches on the roof before it is attached to the rest of the pre-fabricated deck. NMCB 18 members built the deck in pieces, transported the pieces to the wounded warrior unit and then put it together on site.



# Once A Team Guy; Always A Team Guy

Story and Photos by Mass Communication Specialist 2nd Class (SW/AW) JOHN SCORZA



For many, leaving the Navy is not an easy decision. For Naval Special Warfare (NSW) operators it could be one of the hardest decisions they'll ever make. Their never quit attitude goes hand-in-hand with their saying, "Once a team guy; always a team guy." Although some operators stay on active duty until retirement, others do get out. And, some have found the best of both worlds by joining the NSW Reserve community.

NSW forces are equally trained and equipped as their active-component (AC) counterparts. They take on missions and tasks in support of geographic combatant commanders globally. The Navy Reserve as a whole has contributed much to NSW's warfighting efforts. According to Capt. Edward Gallrein, NSW Group 11 commodore, more than 50 percent of the intelligence provided to NSW has come from the Reserve; not just Group 11, SEAL Team-17 and SEAL Team-18, but the Navy Reserve.

"Being a Reserve SEAL is not a joke," said Special Warfare Operator 1st Class Will Bushelle, SEAL Team 17 point man. "We do a lot of training. We complete full work-up cycles and deploy as fully capable units. I strongly encourage active guys to consider going into the Reserve if they are thinking of leaving active duty."

"We provide operational support to NSW day in and day out, which is not something that is typical of the Navy Reserve," said Gallrein. "Our people go far and above the normal requirements of the Navy Reserve. They train to the same qualifications, skills and standards of their active counterpart of SEALs, Special Warfare Combatant Crewmembers, and combat service support and they deploy right alongside them."

Many members love the Navy and love their jobs, but make the tough choice to leave the AC for one reason or another. Going to school, spending more time with family or pursuing another career are just a few reasons they Navy Reserve is a good opportunity.



"I joined the [Navy] Reserve because I really enjoy serving," said Bushelle. "I didn't leave the teams because I was tired of being in the service. For me, it was part of the plan when I joined the Navy. I wanted to serve, finish one enlistment and earn some money for college. It was a really hard decision for me to leave the teams, but it was part of my original plan and I decided to stick with it. I knew if I didn't, I would never go back to school."

Special Warfare Operator 1st Class Mike Nobles, SEAL Team 17 leading petty officer, made the tough decision to leave active duty.

"In 2002, I had a newborn in the house and I left active duty so I could spend more time with my family," Nobles said. "I was gone so many days for training. That's just part of being a SEAL."

Camaraderie and friendships forged within the NSW community is one of the biggest reasons why many who leave active duty join the Navy Reserve.

"One thing I've realized is I've never found the caliber of people I enjoy being around more than team guys," said Bushelle. "When you

get out of the Navy, more times than not, you end up missing your brothers. I've never talked to a single team guy that has not felt that."

Becoming an NSW Reserve Sailor has many benefits and can offer Sailors the flexibility not normally available while serving in the AC.

"I love being in the Reserve because it's the best of both worlds," said Bushelle. "I get to be with my family and have a regular nine to five job, but I still get to do deployments and training."

Once every six years, a Reserve NSW operator is called for a one-year mobilization. During that year, the team will complete one work-up cycle and one deployment. During the five-year dwell time, operators are required to complete 48 four-hour drills and their two-week annual training. The operators' deployment cycles are provided well in advance so the service member can make arrangements for family and civilian jobs.

"There is a known rotation now," said Nobles. "You know you are going to get good training. You know you're going to deploy and you know all that is going to happen well in advance. The five years of

dwell time gives you plenty of time to maintain your qualifications, plan for your family, job and anything else in your life."

"My company has been very supportive of my recalls," said Bushelle. "The Service Member's Protection Act covers all your bases. I don't know anyone who has had significant problems, but there is always sacrifice."

The National Committee for Employer Support of the Guard and Reserve also acts on behalf of Reserve Sailors. Their mission is to foster solid working relationships between employers and the Reserve components of the military.

Many operators are faced with other challenges such as location. Bushelle, a resident of Nevada, travels to San Diego to drill. In the past, he would drive to San Diego once a month. Now NSW offers flexible drilling opportunities. This enables an operator to drill four to six days in a row and not have to drill for a few months.

"It's really the time that counts and it makes it a little more flexible for us," Bushelle said.

"For Sailors on a normal dwell status, we don't make everyone come in on a drill weekend," said Gallrein. "Our personnel come in when they need to. We are very unorthodox and we treat every person like a unique, individual weapon system. They are that important to us. I keep three books in my office, 'Message to Garcia', 'Who Moved My Cheese' and 'Raving Fans.' I've told my staff we have to make our Reserve Sailors raving fans."

Aside from drill weekends, Reserve operators receive support from the active component when it comes to maintaining qualifications.

"At any time, we can connect with any SEAL training that is happening," said Nobles. "For instance, one time after work I found out the training detachment was doing a night dive. I knew I needed to get that signed off of my job qualification requirement so I was able to go over there and get that done."

Perfecting the structure of the NSW Reserve community has taken some time. Many feel the structural changes made while standing up Group 11 and its subordinate units, was done the right way.

"When I first joined the Reserve in 2002, each SEAL team had a Reserve unit," said Nobles. "At that time it was hard to get training,

because the only way to get it, was for an active-duty guy to volunteer his time to set up the training. Setting up the training is pretty intensive, especially considering guys would have to come in on the weekend to help us out when they have so few days off throughout the year. Now we have a huge structure to support us in SEAL Team-17, SEAL Team-18 and Group 11.

"The way we are doing things now is definitely the way to go," said Bushelle. "Before, as in individual augment, you didn't get as much training with the team. In a lot of cases, you didn't get to do some or all of the work-up cycle with them. A lot of times you used to get thrown in during the middle of the work-up or right before the deployment. One of the times I went, I literally met the guys two to three weeks before we deployed and then did a full combat tour."

Bushelle explained the team he is training with now is the same group of guys with whom he will deploy. That will give them time to mesh and become more familiar with the way they collectively operate.

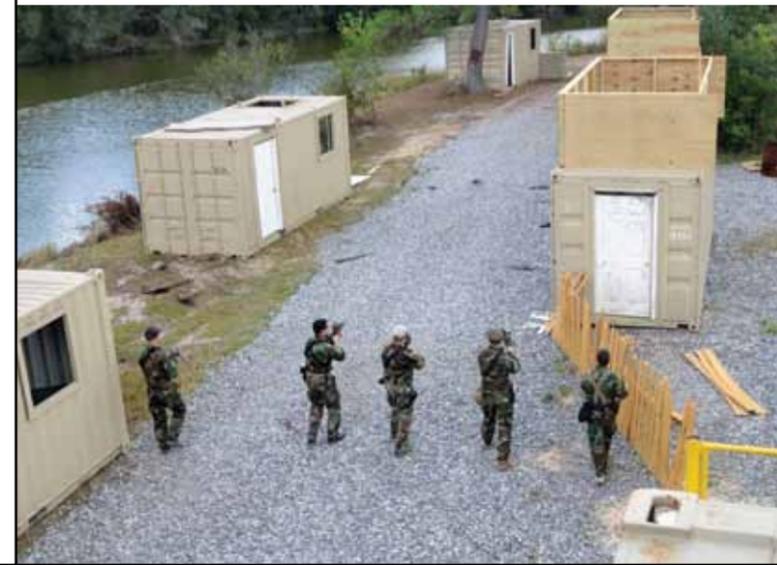
The Reserve and active teams have a few differences in their training cycles. Prior to deployment, the Reserve unit level training is reduced compared to active units. Although the training time is condensed, very little training is missed.

Bushelle explained that by eliminating down time like weekends or a gear week, they have been able to successfully consolidate training time. "We have all done platoons. There are no new guys. Because we all have experience in our field we don't have to spend time training on the basics," he said.

While being part of the Navy Reserve can be a juggling act at times, thousands of Sailors continue to serve day to day and year to year.

"There are very few people I can remember who have left the Reserve component prior to retirement," said Bushelle. "To me, that is a pretty good litmus test of how the Reserve component is going, and how much the guys enjoy it."

**Photos:** Navy SEALs conduct unit level training exercises at NASAs John C. Stennis Space Center during a pre-deployment work-up cycle. The Navy SEALs are the maritime component of U.S. Special Operations Forces and are trained to conduct a variety of operations from the Sea, Air and Land.





MCC Brian Naranjo

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

# ANCHORS IN THE DIRT

PART 12

Anyone who comes through the International Security Assistance Force Compound—here in Afghanistan—for more than a day will need to trudge up stairs to the billeting office at least once. Permanent party folks like me make many trips up there. It's much more than a billeting office. It's a place to check-in, check-out, pick up security badges, get linen chits, verify security clearances, etc.

The office is manned by American, Australian and Italian personnel. Like everywhere else on the compound, the billeting office is a melting pot. This pot was stirred by a soft-spoken, hard-working, father-figure of a man: U.S. Army Master Sgt. Jose Crisostomo.

Meeting him on my bone-weary, bleary-eyed first afternoon in Kabul, I quickly made the connection from his name tape, with a previous tour I'd enjoyed in Guam. Crisostomo is a fairly common name on the tiny Pacific island. I made small talk with the 59-year-old soldier, telling him about my three years on his home turf, and explaining both my kids had been born there.

"Crisostomo" can be a mouthful to get out in conversation, so everyone called him "Master Sgt. C." Due to his highly-visible position and quiet, friendly demeanor, the elder soldier was a popular man on campus. Everyone knew him, and no one could find anything negative to say about the man.

He and I discussed the indigenous chamorro-style barbecue and marinade ingredients, and he invited me to his next outdoor office get-together for some island-style fare. I never made it to one of these events, but I always knew when he was cooking. When Master Sgt. C was standing in front of his rusty grill, a flavorful charcoal aroma drifted up from behind the barracks, piercing the otherwise rancid atmosphere filled with microscopic particles of rubber, plastic and excrement.

As our shared time in Afghanistan slowly stretched into weeks and then months, I conversed more with Master Sgt. C. I learned he had voluntarily returned from a quiet retired life with his family in Washington state, to take a role in bringing peace and stability to this nation.

**DUE TO HIS HIGHLY-VISIBLE POSITION AND QUIET, FRIENDLY DEMEANOR, THE ELDER SOLDIER WAS A POPULAR MAN ON CAMPUS.**

He lived on the same floor as I did in the barrack Freedom Hall. I would run into him in the common latrine; where I would see him stand in front of a mirror, patiently shaving the sides of his head and trimming his gray-speckled hair on top into a high-and-tight.

I teased him late one night as he performed this weekly ritual, asking, "What, the barber shop here not good enough for you?" "Nah," he replied, eyes never leaving his reflection as he carefully worked the razor up the left side of his head. "The difference between a good hair cut and a bad one is two weeks. And I don't have time to wait in line for something I can do just as well for free."

The fit-and-trim soldier was a busy man, whether he was jogging on the dusty compound roads, organizing a barbecue for his troops, juggling his duties as the compound first sergeant and billeting office manager, or heading out on the dangerous Kabul streets in support of a logistics mission.

Three days after our barracks had been rocked by a bombing, Master Sgt. Crisostomo took a trip outside the gates, where a suicide bomber ended his life. It had already been a tense month, with the national Afghan elections, and the Taliban's constant vows to disrupt the process with violent acts. Not to mention an attack on our front gate—the impact of which blew me out of bed.

Working the press desk in public affairs, I took note of the 18 attack, which killed Crisostomo, many civilians and some United Nations troops. Of course, as I updated the dry erase board in our office space, I had no idea the seasoned Master Sgt. was among the casualties. For me, it was just another mission of secure phone calls and e-mails with our operations folks, fact-collecting and preparing a news release about an attack on our forces. I tracked the American death for the report I e-mailed at the end of each night to the Pentagon.

Bad news spreads like wildfire in a small town, and it was only a few hours after the attack that everyone on the compound was murmuring the awful truth. "Master Sgt. C had died!"

Upset by the news, I tried to shrug it off and just focus on work. But I couldn't deny the all too familiar helpless, hopeless anger that bubbled up within me; from hearing the news that another one of our own had been taken. Immediately after the incident, the road conditions were downgraded to "black," meaning only mission essential travel was authorized on the Afghan roads. Two days later, still thinking about the death of my friend, the Afghan elections were being held. The elections were marred by violence

and black road conditions were still the rule of operations. It wasn't easy as I quietly watched my buddy Matt strap on his body armor and fasten his helmet that day. He was preparing to depart on a mission-essential journey to pick up a member of our staff from the Afghan election headquarters in Kabul.

**ALL GAVE SOME.  
SOME GAVE ALL.**

We exchanged typical sarcastic small talk wishing we didn't we need people out on the roads during such a desperate hour.

I wondered then, and still wonder now, what Master Sgt. C had thought as he climbed into his vehicle, only a few days before. I'm sure he did so with the resolute heart of a professional soldier, just doing his job, no matter the circumstances or outcome.

And so Matt and I slowly walked up the stairs and outside into the foul air, from which there would be no more respites offered, courtesy of Master Sgt. C's cooking smoke. I handed Matt his rifle, and as he walked away, he

turned and looked at me, delivering a telling statement that summed up all too well the frustration we felt.

"If I die out there today, tell my wife ..." his voice trailed off.

I will never forget that moment. I nodded my head, and then shook it in sympathetic understanding, wondering to myself if he'd make it back. As his tail lights came on and his truck pulled away on the gravel road, I silently prayed to God that he would.

Thankfully, he did.



MASTER SERGEANT JOSE CRISOSTOMO

AUGUST 29, 1949 - AUGUST 18, 2009

# 'Bees in the Box

Story and photos by  
Chief Mass Communication Specialist  
Terrina Weatherspoon



When I got the call to deploy with the Seabees it was accompanied by an ecstatic master chief on the other end of the line raving about how lucky I was to have this incredible opportunity.

When I told my coworkers I was deploying with the Seabees, they each individually asked to be placed in my seabag. Everyone around me was excited, so how could I not be as well? I was, but also a little bit apprehensive. And to be honest, it didn't feel real.

I had already served 13 years on active duty and now here it was my first year in the Navy Reserve and I'm staring at orders to deploy to Kandahar with the Third Naval Construction Regiment out of Marietta, Ga.

When I originally met up with my unit in Atlanta for annual training I was overwhelmed. It was a different world than I was used to. They were talking in more acronyms than I had ever known. They also used the Marine Corps motto word "OORAHH." I was what they called an inorganic Seabee, meaning I wasn't actually billeted in a Seabee rating. However, I was given a key piece of advice by one of the master chiefs early on in the process.

He said, "Keep showing up. No matter what happens, keep showing up." He assured me if I did, I would begin to feel like a Seabee. I hoped he was right.

As we gathered in the gym for a brief on an upcoming certification exercise, I began to look around at this 80-something member regiment. We had all come together from more than 30 different Navy

Operational Support Centers. Service members from places spread across the world, some of us from California and some of us from Florida. People coming everywhere from Mississippi to New York and led by our commodore from Alexandria, Va. Some of us volunteered for this deployment, some of us did not. But all of us here and ready to deploy to Kandahar, Afghanistan, for 210 days boots on ground. But first, we needed to make it through the brief.

After we left Atlanta life became a bit different for me. Everything was focused around deployment. My e-mail inbox was full of requirements and paperwork that needed to be completed. My days were revolving around medical appointments. My daughter was preparing to go live with her father. It was surreal to me how a nine-month departure from America was slowly taking over my entire world.

**"KEEP SHOWING UP.  
NO MATTER WHAT HAPPENS,  
KEEP SHOWING UP."**

My list of things to pack kept getting longer and longer. Guys at work who had deployed previously were filling me in on everything I would need. "Make sure you take a knife," one of them said. "Here's a pocket first aid kit," another offered up. "Take toilet paper with you," another shouted.

Goodness, I thought to myself, they don't have toilet paper in Afghanistan? Where the heck is this place? I ended up packing a seabag full of everything from socks to hand sanitizer, and yes, even toilet paper.

When I arrived in Gulfport, Miss., I felt ready—until I saw the list of training requirements. I had spent a good amount of time doing online courses in preparation for the deployment. Now it seemed like everything I had learned online would require real life application: basic combat lifesaver training; M-9 and M-4 marksmanship training; chemical, biological and radiological training; counter improvised explosive device training; convoy training; a trip to the gas chamber; and much more. I stared at the list. We had two months to complete all of this, and also requirements needed to earn a Seabee combat warfare specialist qualification. Once again I felt overwhelmed.

But this time I wasn't alone. I knew from that moment on that everything we did, we would do together. When we boarded the plane to head for Afghanistan, I knew I was a Bee. Not just because I had an embroidered patch on my pocket, but because I felt it in my heart. That master chief was right after all.

*MCC Terrina Weatherspoon left active duty as a Chief in January 2008 after 13 years of service, and affiliated with the Navy Reserve in March of 2009. She is currently deployed to Kandahar, Afghanistan with the Third Naval Construction Regiment "The Leaders" out of Marietta, Ga. The regiment heads up Task Force Keystone, one of the largest engineering efforts in Afghanistan.*



Clockwise from top: (Left) A Seabee taking a few minutes to enjoy some silence. I think we all realized there wouldn't be many more opportunities like this for a while. (Middle) Just the girls. Only CM3 Amanda Shaffer (bottom left) is an actual Seabee. The rest of us are in supporting roles pulled from all over the world to augment the regiment. (Right) Shortly after arriving in Kuwait we went to the range. It was important to learn how to operate our weapons with full gear. (Bottom) This is my regiment. I'm very proud to be a part of this amazing group of people.

## Navy Reserve Resources for Life

## Services that make Reserve life easier!

### Health and Fitness

### Finances and Relief

#### 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/>

#### 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>

### Family

### Education

#### 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 (MC&FP) 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>

#### 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/>

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# RC PHONE DIRECTORY

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



Chief of Navy Reserve (703) 693-5757	Norfolk, Va. (757) 318-4500	Harlingen, Texas (956) 425-0404	Green Bay, Wis. (920) 336-2444	Denver, Colo. (920) 847-6205
Office of the Chief of Navy Reserve (703) 693-5757	Pittsburgh, Pa. (412) 673-0801	Houston, Texas (832) 380-7400	Indianapolis, Ind. (317) 924-6389	Fort Carson, Colo. (719) 526-2964
Commander Navy Reserve Forces Command (757)445-8500	Plainville, Conn. (860) 747-4563	Jacksonville, Fla. (904) 542-3320	Kansas City, Mo. (816) 923-2341	Guam (671) 339-6724
Force Equal Opportunity Advisor and EO Hotline Chief Dionn Henderson 1-877-822-7629 (757) 322-5679	Quincy, Mass. (617) 753-4600	Meridian, Miss. (601) 679-3610	Knoxville, Tenn. (865) 545-4720	Las Vegas, Nev. (702)632-1455
Naval Air Facility, Washington DC (240) 857-4880	Raleigh, N.C. (866) 635-8393	Miami, Fla. (305) 628-5150	Lansing, Mich. (517) 482-9150	Lemoore, Calif. (559) 998-3778
Naval District Washington RCC (240) 857-4880	Richmond, Va. (804) 271-6096	New Orleans, La. (504) 697-9205	Little Rock, Ark. (501) 771-0880	Los Angeles, Calif. (323) 980-7131
Baltimore, Md. (410) 752-4561	Roanoke, Va. (866) 527-6595	Orlando, Fla. (407) 240-5939	Louisville, Ky. (502) 375-3329	Moreno Valley, Calif. (951) 656-1199
<b>Region Mid-Atlantic RCC (757) 444-7295</b>	Rochester, N.Y. (585) 247-6858	Pensacola, Fla. (850) 452-1341	Madison, Wis. (608) 249-0129	North Island, Calif. (619) 545-2610
Amityville, N.Y. (631) 433-2532	Schenectady, N.Y. (518) 399-2134	Puerto Rico (787) 707-2324	Memphis, Tenn. (901) 874-5256	Pearl Harbor, Hawaii (808) 471-0091
Avoca, Pa. (570) 457-8430	Syracuse, N.Y. (315) 455-2441	San Antonio, Texas (210) 225-2997	Milwaukee, Wis. (414) 744-9764	Phoenix, Ariz. (602) 353-3002
Bangor, Maine (207) 974-1301	White River Junction, Vt. (802) 295-0050	Shreveport, La. (318) 746-9657	Minneapolis, Minn. (612) 713-4600	Point Mugu, Calif. (805) 989-7559
Buffalo, N.Y. (716) 807-4769	Wilmington, Del. (302) 998-3328	Tallahassee, Fla. (813) 828-1971	Nashville, Tenn. (615) 267-6345/6352	Port Hueneme, Calif. (805) 989-6106
Charlotte, N.C. (704) 598-0447	Wilmington, N.C. (910) 762-9676	Waco, Texas (254) 776-1841	Oklahoma City, Okla. (405) 733-1052	Reno, Nev. (775) 971-6289
Earle, N.J. (732) 866-7288	<b>Region Southeast RCC (904) 542-2486 x123</b>	West Palm Beach, Fla. (561) 687-3960	Omaha, Neb. (402) 451-2098	Sacramento, Calif. (916) 387-7100
Ebensburg, Pa. (814) 472-5083	Amarillo, Texas 1-866-804-1627	<b>Region Midwest RCC 1-847-688-4916</b>	Peoria, Ill. (309) 697-5755	Salt Lake City, Utah (801) 736-4200
Eleanor, W. Va. (304) 586-0326	Atlanta, Ga. (678) 655-5926	Akron, Ohio (330) 376-9054	Rock Island, Ill. (309) 782-6084	San Diego, Calif. (858) 537-8040
Erie, Pa. (814) 866-3073	Augusta, Ga. (706) 733-2249	Battle Creek, Mich. (269) 968-9216	Saginaw, Mich. (989) 754-3091	San Jose, Calif. (408) 294-3070
Fort Dix, N.J. (609) 723-7160	Austin, Texas (512) 458-4154	Chattanooga, Tenn. (423) 698-8955	Sioux Falls, S.D. (605) 336-2402	Tucson, Ariz. (520) 228-6289
Greensboro, N.C. (336) 254-8671	Bessemer, Ala. (205) 497-2600	Chicago, Ill. (843) 743-2620	Springfield, Mo. (417) 869-5721	<b>Region Northwest RCC (425) 304-3338</b>
Harrisburg, Pa. (888) 879-6649	Charleston, S.C. (843) 743-2620	Cincinnati, Ohio (513) 221-0138	St. Louis, Mo. (314) 263-6490	Anchorage, Alaska (907) 384-6491
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Manchester, N.H. (603) 537-8023	Columbus, Ga. (706) 322-4670	Decatur, Ill. (217) 875-1733	Tulsa (Broken Arrow), Okla. (918) 258-7822	Boise, Idaho (208) 422-6236
New London, Conn. (860) 625-3208	Corpus Christi, Texas (361) 961-2241	Des Moines, Iowa (515) 285-5581	Wichita, Kan. (316) 683-3491	Cheyenne, Wyo. (307) 773-6500
Newport, R.I. (401) 841-4550	El Paso, Texas (915) 565-3993	Detroit, Mich. (586) 239-6148	Youngstown, Ohio (330) 609-1900	Everett, Wash. (425) 304-4777
New York City, N.Y. (718) 892-0312	Fort Worth, Texas (817) 782-1805	Fargo, N.D. (701) 232-3689	<b>Region Southwest RCC (619) 532-1842</b>	Helena, Mont. (406) 449-5725
	Greenville, S.C. (864) 423-5889	Grand Rapids, Mich. (616) 363-6889	Alameda, Calif. (510) 814-2605	Kitsap, Wash. (360) 627-2203
	Gulfport, Miss. (866) 502-1271		Albuquerque, N.M. (505) 853-6289	Portland, Ore. (503) 285-4566

Spokane, Wash. (509) 327-3346	HSL-60 (904) 270-6906
Springfield, Ore. (541) 915-2391	VP-30 SAU (904) 542-3060
Whidbey Island, Wash. (360) 257-2922	VAQ-129 SAU (360) 257-2276
VP-62 (904) 542-4461	VAV-120 SAU (757) 444-5072
VP-69 (360) 257-6969	VFA-125 SAU (559) 998-1841
Fleet Logistics, Support Wing (817) 825-6438	HSC-3 (619) 545-8196
VR-1 (240) 857-3410	HS-10 (619) 545-6600
VR-46 (817) 782-3420	VFA-106 (757) 433-9081
VR-48 (240) 857-6814	VFA-122 (559-998-3482
VR-51 (808) 257-3289	Operational Support Offices and Reserve Force Operations Allied Command Transformation (NATO) (757) 747-4071
VR-52 (215) 443 6600	Amphibious Group One 011-81-611-742-2377
VR-53 (240) 857-9029	Bureau of Medicine and Surgery (202) 762-3211
VR-54 (504) 678-3061	Center for Naval Aviation Technical Training (850) 452-9700
VR-55 (805) 989-8755	Comptroller of Navy (202) 685-7000
VR-56 (757) 433-4065	Defense Intelligence Agency (202) 231-4044
VR-57 (619) 545-6920	Defense Logistics Agency (866) 204-4850
VR-58 (904) 542-2380 x110	Destroyer Squadron Two (757) 444-1452
VR-59 (817) 782-5411	Employer Support of the Guard and Reserve (ESGR) (800) 336-4590
VR-61 (360) 257-6595	Expeditionary Strike Group Two (215) 443-6400
VR-62 (904) 542-8557	Expeditionary Strike Group Three (619) 556-1470
VR-64 (215) 443-6400	First Naval Construction Division (757) 462-8225 x 222
ETD Pacific 808-448-9278	Fleet Activities Chinhae, Korea 011-39-095-86-5289
ETD Sigonella 011-39-095-86-5289	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1000 x144
Tactical Support Wing (817) 782-5295	Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1610
VAQ-209 (240) 857-7828	Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-7928
VAV-77 (504) 390-6288	Fleet and Industrial Supply Center San Diego, Calif. (619) 556-6234
VFA-204 (504) 678-3491	Fleet Air Mediterranean 011-39-081-568-4184
VFC-12 (757) 433-4919	Fleet Forces Command (757) 836-3644
VFC-13 (775) 426-3644	HSC-85 (619) 545-7218
VFC-111 (305) 293-2654	HSC-84 (757) 445-0861

Fleet Intelligence Training Center Pacific (619) 524-5814	Naval Hospital Oak Harbor, Wash. (360) 257-9500
Headquarters US Marine Corps DSN: 278-9360	Naval Hospital Pensacola, Fla. (850) 505-6601
Joint Chiefs of Staff (703) 693-9753 (703) 695-1033	Naval Hospital Yokosuka, Japan 011-81-46-816-5137
Joint Transformation Command for Intelligence (757) 836-7000	Naval Inspector General Hotline (800) 522-3451
Judge Advocate General (202) 685-5190	Naval Medical Center Portsmouth, Va. (757) 953-5000
Logistics Group Western Pacific 011-65-6750-2645	Naval Medical Center San Diego, Calif. (619) 532-6400
Marine Forces Reserve (504) 678-1290	Naval Medicine Manpower Personnel Training and Education Command (301) 295-2333
Merchant Marine Reserve Program (800) 535-2580	Naval Meteorology and Oceanography Command (228) 688-4384
Military Sealift Fleet Reserve Support Command (202) 685-5155	Naval Network Warfare Command (540) 653-5001
Mine and Anti-submarine Warfare Command San Diego (619) 524-0114	Naval Network Warfare Command (757) 417-6750
Naval Air Force US Atlantic Fleet (757) 444-2928	Naval Operational Logistics Support Center (717) 605-5790
Naval Air Forces/Naval Air Force US Pacific Fleet (619) 545-2017	Chief of Naval Operations (703) 697-5664
Naval Construction Forces Command (757) 462-3658	Naval Operations Office of the Chief of Chaplains (504) 678-1394
Naval District Washington Headquarters (202) 369-7683	Naval Personal Development Command (757) 444-2996
Naval Education and Training Command (850) 452-4000	Naval Sea Systems Command (202) 781-1748
Naval Facilities Engineering Command (202) 685-9499	Naval Special Warfare Command (619) 437-2848
Naval Health Care Newport, RI (401) 841-3771	Naval Special Warfare Operational Support Group (619) 522-3232
Naval Hospital Bremerton, Wash. (360) 475-4000	Naval Station Rota Spain 011-34-956-82-3232
Naval Hospital Camp Lejeune, N.C. (910) 451-3079	Naval Supply Systems Command (717) 605-3565
Naval Hospital Camp Pendleton, Calif. (760) 725-1288	Naval Support Activity, Bahrain 011-973-39-14-6793
Naval Health Clinic Charleston, S.C. (843) 743-7000	Naval Surface Force US Atlantic Fleet (757) 836-3057
Naval Health Clinic Great Lakes, Ill. (847) 688-4560	Naval Surface Forces/Naval Surface Force US Pacific Fleet (619) 437-2950
Naval Hospital Jacksonville, Fla. (904) 542-7300	Naval War College (401)-841-3089
Naval Hospital Lemoore, Calif. (559) 998-4481	
Naval Hospital Naples Italy 011-39-081-811-6000/1	

Naval Hospital Yokosuka, Japan 011-81-46-816-5137	Naval Expeditionary Combat Command (757) 462-4316
Naval Inspector General Hotline (800) 522-3451	Naval Expeditionary Logistics Support Group (757) 887-7639
Naval Medical Center Portsmouth, Va. (757) 953-5000	Naval Information Operations Command(NIOC) Maryland (301) 677-0817
Naval Medical Center San Diego, Calif. (619) 532-6400	NIOC Misawa, Japan 011-81-3117-66-2834
Naval Medicine Manpower Personnel Training and Education Command (301) 295-2333	NIOC Norfolk, Va. (757) 417-7112
Naval Meteorology and Oceanography Command (228) 688-4384	NIOC Pensacola, Fla. (850) 452-0400
Naval Network Warfare Command (540) 653-5001	NIOC San Diego, Calif. (619) 545-9920
Naval Network Warfare Command (757) 417-6750	Naval Net-Centric Warfare Group (240) 373-3125
Naval Operational Logistics Support Center (717) 605-5790	Naval Installations Command (202) 433-3200
Chief of Naval Operations (703) 697-5664	Naval Munitions Command (757) 887-4834
Naval Operations Office of the Chief of Chaplains (504) 678-1394	Naval Personnel Command 1-877-807-8199
Naval Personal Development Command (757) 444-2996	Naval Region Europe, Africa, and Southwest Asia 011-39-081-568-6777 DSN: 314-626-6777
Naval Sea Systems Command (202) 781-1748	Naval Region Guam (671) 355-1110
Naval Special Warfare Command (619) 437-2848	Naval Region Southeast (904) 542-2324
Naval Special Warfare Operational Support Group (619) 522-3232	Naval Region Hawaii (808) 473-4505
Naval Station Rota Spain 011-34-956-82-3232	Naval Region Japan 011-81-46-816-3155
Naval Supply Systems Command (717) 605-3565	Naval Region Korea 011-822-7913-7251
Naval Support Activity, Bahrain 011-973-39-14-6793	Naval Region Mid-Atlantic (757) 322-2800
Naval Surface Force US Atlantic Fleet (757) 836-3057	Naval Region Singapore 011-65-67-50-2531
Naval Surface Forces/Naval Surface Force US Pacific Fleet (619) 437-2950	Naval Region Hawaii (808) 473-1168
Naval War College (401)-841-3089	Naval Region Midwest (847) 688-2884
	Naval Region Northwest (360) 315-5123
	Naval Region Southwest (619) 532-2925
	Naval Support Activity, Washington, D.C. (202) 433-3963
	Office of Naval Intelligence (301) 669-5557
	Office of Naval Research (703) 696-5031
	Puget Sound Naval Shipyard (360) 476-7683

Sealift Logistics Command Atlantic (757) 443-5758	US Sixth Fleet 011-39-081-568-4634
Sealift Logistics Command Europe 011-39-081-568-3568	US Southern Command (305) 437-1261
Sealift Logistics Command Pacific (619) 524-9600	US Strategic Command (402) 294-0246
Space And Naval Warfare Systems Command (619) 524-7323	US Third Fleet (919) 767-4296
Commander Submarine Force US Atlantic Fleet (757) 836-1341	US Transportation Command (618) 229-8269
Commander Submarine Force US Pacific Fleet (808) 473-2517	Naval Reserve Intelligence Command
Submarine Group Nine (360) 396-6530	Reserve Intelligence Command Hdqtrs. Fort Worth, Texas (817) 782-7107
Submarine Group Ten (912) 573-3733	Naval Intelligence Reserve Region Northwest (360) 315-6001
Submarine Group Two (860) 694-5683	Naval Intelligence Reserve Region Southeast Det New Orleans (504) 678-3411
Submarine Squadron Eleven (619) 553-8641	Naval Intelligence Reserve Region Southeast - Ft. Worth (817) 782-6464
US Africa Command 011-49-711-729-4484	Naval Intelligence Reserve Region Southeast - Jacksonville (877) 882-7396
US Central Command (757) 836-4180	Naval Intelligence Reserve Region Southwest San Diego (800) 873-4139
US European Command 011-49-711-680-113	
US Fifth Fleet 011-973-724-383	
US Fleet Forces Command (757)-836-4180	
US Joint Forces Command (757) 836-6555	
US Naval Forces Africa 011-39-081-568-4634	
US Naval Forces Alaska (907) 463-2248	
US Naval Forces Central Command 011-973-724-383	
US Naval Forces Europe 011-39-081-568-4634	
US Naval Forces Japan 011-81-46-816-1110	
US Naval Forces Korea 011-822-7913-5795	
US Naval Forces Marianas (671) 339-7133	
US Naval Forces Southern Command (904) 270-7354 x4304	
US Naval Special Warfare Command (619) 522-2825	
US Northern Command (719) 554-5920	
US Pacific Command (808) 477-9138	
US Pacific Fleet (808) 474-8415	
US Second Fleet (757)443-9850	
US Seventh Fleet 011-81-6160-43-7440 x4090	

Naval Intelligence Reserve Region Southwest Det Denver (720) 847-6240	First Naval Construction Division (757) 462-3658
Naval Intelligence Reserve Region Midwest (847) 688-6273	Naval Construction Forces Command (757) 462-3658
Naval Intelligence Reserve Region Midwest Det Minneapolis (847) 688-6273	Maritime Expeditionary Security Force
Naval Intelligence Reserve Region Southeast Det Atlanta (678) 655-6380	Maritime Expeditionary Security Group One (619) 437-9808
Naval Intelligence Reserve Region Mid-Atlantic (757) 444-1352	Maritime Expeditionary Security Group Two (757) 396-0513
Naval Intelligence Reserve Region Washington (240) 857-7878	Chief of Naval Air Training
Naval Intelligence Reserve Region Midwest Det Millington (847) 688-6273	CAOSO (361) 961-3386
Naval Intelligence Reserve Region Midwest Det Detroit (847) 688-6273	CNRF CNATRA/FRS PM (757) 322-6751
Naval Expeditionary Combat Command (757) 462-4316	Naval Special Warfare Group Eleven NAB San Diego, Calif. (866) 261-6227
Explosive Ordnance Disposal Group One (619) 437-3700	SEAL Team Seventeen (619) 437-5860
Explosive Ordnance Disposal Group Two (757) 462-8453	SEAL Team Eighteen (757) 763-3100

## SUBMISSION GUIDELINES

### PHOTO SUBMISSIONS

Due 5th of the month. High-resolution 300 dpi photos. Set camera on the highest setting (TIFF, FINE and/or HQ). Shoot photos of action supporting the story. Posed shots or "grip-n-grins" are the least desirable. If the story is about people receiving awards, show us what they do that garnered said award. Send us the original image. Do NOT tinker with it in Photoshop™ or other image-editing software. We will edit it to fit into our page layout requirements. Include outline information identifying the subjects and what they're doing in the photo. Also credit the photographer.

### STORY SUBMISSIONS

Due 5th of the month. Monthly columns: at least 500 words. More is okay, we'll edit it. Feature stories: at least 600-700 words and need supporting photos. Feature-based stories will compel the reader to read the entire story. We do not want a straight-news story written in inverted pyramid newspaper style.

### QUESTIONS AND SUGGESTIONS

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



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