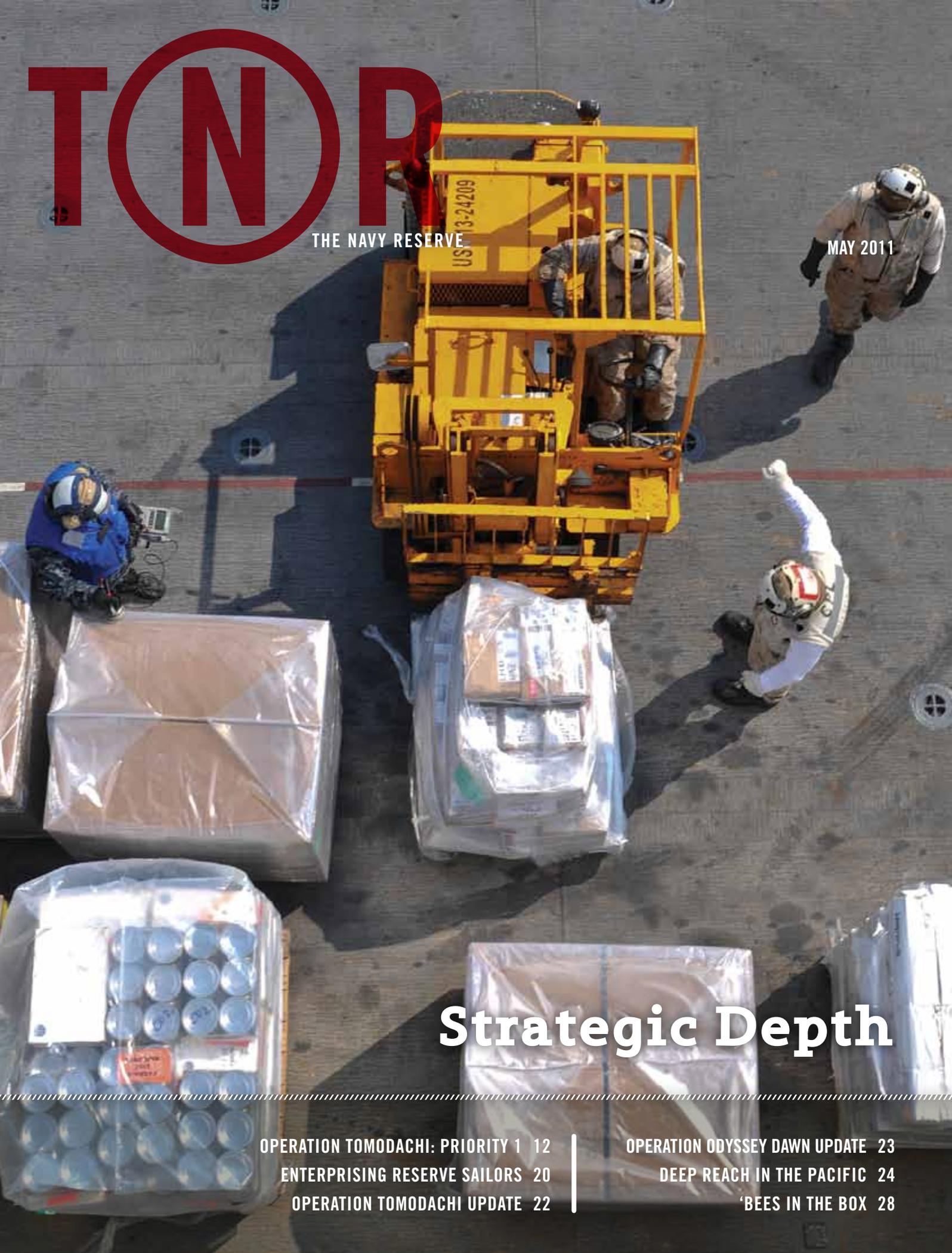


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THE NAVY RESERVE

MAY 2011



## Strategic Depth

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*From special forces to cyber warfare, maintaining strong strategic depth requires ongoing training, individual readiness and rapid availability.*

Shipmates,

This month we take a closer look at [strategic depth](#), a topic of national interest especially in times of greater fiscal constraints on the federal budget.

In short, strategic depth provides our Nation a wide range of options at an affordable cost while mitigating risk. Rather than being an all-or-nothing proposition, strategic depth preserves capabilities at a lower cost in exchange for a calculated level of risk.

Strategic depth is a function of readiness, accessibility and capacity: how effectively can we deliver the right amount of required military capabilities – Active, Guard and Reserve – when and where needed by the combatant commanders?

The Navy Reserve excels at delivering a ready and accessible force in a cost effective manner. Using our Navy Reserve Strategic Plan, we have removed barriers to service and increased individual and unit readiness. We have reduced the time it takes to bring Reserve Component Sailors onto active duty from weeks to days. We're working to help the Navy retain critical skills and provide flexibility to Sailors by providing a new service option – a Variable Participation Unit (VPU) – allowing just a few days of service per year. This is our value proposition: to be a ready, accessible and cost effective provider of essential naval warfighting capabilities.

As Navy Reserve Sailors, we are committed to being "Ready Now," whether serving with an operational unit in a rotational deployment cycle or a more strategic unit providing ongoing operational support during drill periods and Annual Training. Every training evolution from a drill weekend to a multi-national exercise helps build and maintain strategic depth. We build strategic depth every time we do real and meaningful work for the Navy, Marine Corps or Joint Forces. And our mobilized Sailors are strategic depth in action. Delivering operational capabilities on a daily basis is part of generating strategic depth over the long haul.

Maintaining our strategic depth is a vital matter of national security. In ["Redefining America's Leadership: The National Security Strategy of the United States of America,"](#) Admiral Mike Mullen, Chairman of the Joint Chiefs of Staff, wrote: *The Reserve component, too, is essential as it provides strategic and operational depth to the Joint Force ... We have made significant progress in the readiness of our reserve component, and this will remain a key focus area ... To capitalize on the progress made, we must continue to utilize the Reserve Component and National Guard in an operational capacity as a trained, equipped, ready, and available force for routine, predictable deployments.*

Our Nation's civilian and military leadership recognizes the value of strategic depth and your service as a wise and cost-effective investment in our Nation's future. When you make the most of each training opportunity and maintain your individual readiness, you are helping to build and maintain strategic depth. Your ability to surge forward – anytime, anywhere – makes us a valuable component of our nation's defense.

VADM Dirk Debbink  
Chief of Navy Reserve

FORCM Ronney A. Wright  
Navy Reserve Force Master Chief



# TNR

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

NEWS ONLINE ... The Navy 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 Reservists with address changes need to provide updates to the NSIPS (Navy Standard Integrated Personnel System) via their NOSC Personnel Office.

This Issue: May 2011

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**Cover photo:** Sailors and Marines move supplies on the flight deck of the forward-deployed amphibious assault ship USS Essex (LHD 2) during an underway replenishment. Essex is operating off the coast of Kesennuma, in northeastern Japan supporting Operation Tomodachi. Photo by Mass Communication Specialist 2nd Class Greg Johnson.

# Letter from the Editor



Readers,

This month you will find TNR taking a look how our Force provides strategic depth to the Navy. I have never seen the Navy Reserve show its operational flexibility more than now. This month you will read about the Navy Reserve response to relief in Japan and see how our flexibility makes it possible to help. Navy Reserve Sailors can't complete missions-especially missions that require rapid deployment-unless they maintain their readiness.

Individual and command readiness was the key to three Reserve squadrons being able to help in Japan. Planes don't fly if the people who maintain them, pilot them, and schedule deployments for them are not ready to do their job at anytime.

Also in this month's edition you will read about a one of a kind mission that has critical Navy Reserve involvement. Performing submarine rescues is something you don't see every day. It is a job and skill, however that Navy Reservists have. We look at how Reserve Sailors train to be able to save a crew of a downed sub. These Sailors are shining examples of how our Navy Reserve

can respond to unforeseen or rapidly developing challenges. The Reserve Sailors involved in this mission are on call 24/7. That tells me they are ready and flexible.

As you read the magazine please notice that TNR is more than stories about interesting things Reserve Sailors do for the Navy. This month we have an article about a very important program to help our shipmates when they are feeling the stresses in their lives. We take care of our people, and this program is one of many ways we do. It is designed to help Sailors and family members who are at risk for deployment related stress injuries. Serious stuff that is taken seriously by the Navy Reserve.

Have an enjoyable read. Remember, we are always looking for your stories. So if you have a story idea, or an event you think would fit TNR give me a call before your mission begins and we can discuss a "way ahead."



Jim Vorndran  
Editor-in-chief  
The Navy Reservist

## NOTABLE

# Understanding the Medical Retention Review Process

Written by Lt. Cmdr. MICHAEL WATSON, ASSISTANT SENIOR MEDICAL OFFICER, PERS-95 NAVY PERSONNEL COMMAND



The process of the Medical Retention Review (MRR) program is often misunderstood by Navy Reserve Sailors. In order to continue serving, every Sailor is required to be medically ready for deployment at any time. Navy Reserve Sailors are required to meet physical standards for retention in the Navy Reserve as set forth in the Manual of the Medical Department. The manual also states if a Reserve member develops a potential disqualifying medical condition, the Navy Operational Support Center (NOSC) commanding officer (CO) will place them in an MRR status. While in an MRR status, the NOSC CO may allow the member to continue to drill, transfer to the volunteer training unit (VTU), or grant authorized absences.

In order to complete the MRR process, the member provides all medical records related to the identified medical condition. It is important the medical records include current information and historical documentation if the condition is chronic or ongoing. The NOSC medical department representative assembles the documents and the COs non-medical assessment and forwards via the chain-of-command to the Bureau of Medicine and Surgery (BUMED) qualifications and standards office. BUMED's retention recommendation is then forwarded to the Medical Hold, Line of Duty and Physical Risk Classification Branch (PERS-95) at the Navy Personnel Command. PERS-95 will complete the final assignment of a physical risk classification (PRC). There are five PRCs that may be assigned:

**PRC A** is for members who have a minor medical condition and are fit to continue Naval service. The member is generally considered to be world-wide assignable (WWA).

**PRC B** is for members fit to continue Naval service but have a medical condition that may limit being WWA. PERS-95 policy dictates the member may not complete orders exceeding 30 days or go overseas without a waiver.

**PRC C** is for members in the Individual Ready Reserve with an identified medical condition documented during an annual muster which requires additional clarification if chosen for mobilization.

**PRC 4** is for members who have a medical condition that may be disqualifying but additional information is required by BUMED or PERS-95 to make a determination. Navy Personnel Command will withhold final determination of the physical qualification for a maximum of one year pending submission of additional medical information. Members assigned this classification will normally be directed to transfer to the VTU and are not eligible for mobilization.

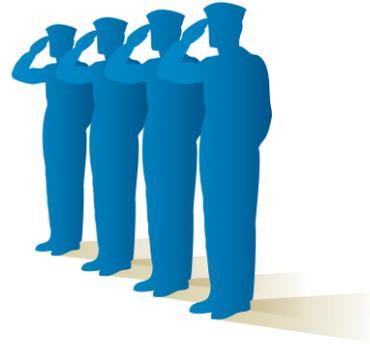
**PRC 5** is for members who have a medical condition unfitting for continued Naval service. PERS-95 will direct the transfer of the member to the VTU pending final determination of the case. Members assigned this classification may accept involuntary discharge, retire if eligible, or request fitness determination by a physical evaluation board.

When the MRR process is completed, the assigned PRC is noted in the member's medical record and the NOSC will update the member's mobilization availability status code to reflect any restrictions. Members are required to submit medical documentation to their NOSC MDR for any new condition or for significant changes to an existing condition that might affect mobilization readiness or the ability to perform duties. If a member wishes to contest the assignment of a PRC, additional information may be submitted to PERS-95 via BUMED.

## LEADERSHIP

# Building Strategic Depth

Written by Cmdr. STEPHEN P. FERRIS



The mission statement for the Navy Reserve requires that it provides strategic depth to both the active component (AC) Navy and the joint forces. The Navy Reserve must provide this strategic depth across the full spectrum of operations.

What exactly is strategic depth?

One way to define strategic depth is: the ability of the Navy Reserve to sustain prolonged operations. This view of strategic depth is comparable to the strength of a sport's team's "bench" and its ability to win. The Navy Reserve provides protection against enemies by the combat readiness of its people.

There are two dimensions of strategic depth unit leadership must manage to produce the kind of ready force the Navy Reserve needs. The first is capabilities. Navy Reserve personnel need to possess the abilities and skills to perform at the same level as the AC. There are a number of activities leadership can undertake to improve skills and capabilities.

**Enhance Training:** Since Reserve Sailors must come off the bench and be directly deployed into critical environments, there is little time for additional training. Deployment is a come-as-you-are event for the Sailor. Once mobilized, the Reserve Sailor has no more time for additional training. Consequently, leadership must ensure appropriate training is scheduled and accomplished. This means careful screening of annual training (AT), scheduling practical training during unit drills, and searching for useful inactive duty training travel opportunities.

**Pre-deployment Orientation:** Reserve Sailors can accelerate their ability to impact a command if they have been provided orientations and briefings prior to their deployment. Important and useful information about a command is available from returning

Sailors, DoD lesson learned centers and command websites. The problem is not a shortage of information, but rather its abundance and how to separate the useful from the merely convenient.

The second dimension leadership must manage is accessibility. Delays in mobilizing or limitations on mobilization duty degrade depth. There are important activities leadership can perform to increase the ability of their Sailors to mobilize:

**Mobilization Readiness:** Since strategic depth requires the immediate availability of personnel, leadership must aggressively monitor the deployability of unit members. This means tracking the many components that constitute an individual's mobilization readiness. Legal, dental and medical readiness are often areas that create deployability issues. Leadership must continually monitor and correct readiness deficiencies as they are discovered.

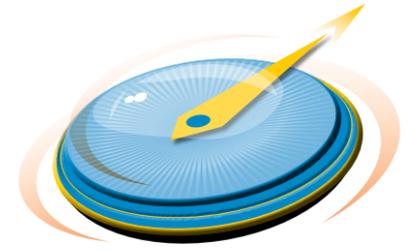
**Retention and Recruiting:** Both retention and recruiting can be affected by unit leadership and directly influence the Navy Reserve's strategic depth. Leadership is well positioned to influence retention. Sailors continue to serve based largely on their satisfaction with the unit, their immediate chain of command and their fellow Sailors. Leadership can enhance a member's satisfaction by ensuring they receive the training required to do their job and their ATs are meaningful and relevant. Leadership should also ensure appropriate consideration is given to an individual's effort at balancing the needs of the Navy, family and the civilian employer. Attention to these issues generally leads to a satisfied Sailor and higher level of retention. Retaining fully trained Sailors is one of the best ways to increase the Navy Reserve's strategic depth.

Strategic depth represents the core purpose of the Navy Reserve and is explicitly highlighted in its mission statement.

## SPIRITUAL NAVIGATION

# Focus the Fire Inside

Written by Capt. FRANCIS D. BONADONNA, CHC,  
NAVY RESERVE VOLUNTEER TRAINING UNIT, NOSC AMITYVILLE



Tragedy is more than a terrible turn of events. Classically, it refers to a gifted person who is ruined by a flaw of character. Of all the situations I've encountered as a parish priest and Navy chaplain, tragedies are by far the saddest. It is troubling to see gifted individuals destroy, by their own actions, the respect their hard work and dedication has built. Sometimes stellar individuals with potential to live life really well bring all their potential to nothing. Instead of the "good life," their success turns to ashes.

In every person there is a hunger—an emptiness. The ancients spoke of a fire inside a person kindled by the gap between desires and the inability to satisfy them. What one does with that fire, that hunger, is spirituality. It shapes actions and choices. Spirituality is not something optional and esoteric, but is an essential part of what it is to be human. As fire can destroy or enrich life depending on how it is used, so can spirituality either be destructive or enriching. It all depends on what we do with the fire inside.

St. Augustine believed we fail to live well when we love the wrong things. Wrong things tear a person apart and are destructive. Loving the right things not only integrates a person and helps them be successful, it enhances and builds their community.

Central to the idea of living well is the way in which the virtues fit together. Greek philosophy speaks of happiness—eudaimonia:

literally the good spirit—as the outcome of living well. The classical virtues are temperance, courage, fortitude and justice. Different cultures and traditions have added to these basic four. For instance, the ancient Romans added things like honesty and frugality. What is key is in order to live well, these virtues must be embedded in our life by practice.

When we love the wrong things, our lives come apart. That disintegration impacts more than the individual. It has a corporate dimension because it impacts our shipmates, our unit and even our community's mission effectiveness. In this way, personal failure to live well has a strategic, or long term dimension. Ultimately, it degrades our ability to protect our nation. Throughout the last year, there have been many tragedies in our military. Talented, gifted leaders have been

**SPIRITUALITY IS NOT SOMETHING OPTIONAL AND ESOTERIC, BUT IS AN ESSENTIAL PART OF WHAT IT IS TO BE HUMAN.**

lost, not only to combat, but to loving the wrong things. What has been the impact to Sailors whose lives have come apart because of loving the wrong things? The military family is poorer for their loss.

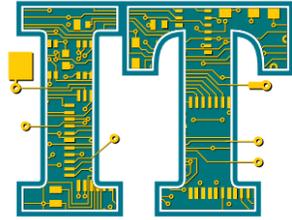
Chaplains and religious program specialists bring the resources of faith to help people live well by loving the right things; the things that integrate instead of destroy a person.

They are an enabling asset to help focus the fire inside. They help you harness that creative energy and potential inside so that you are spiritually healthy and contribute positively to your families and shipmates. When you are spiritually healthy, you live well and that rising tide lifts the whole community. Your command religious ministry team adds strategic power—not for an hour, but for a well lived life. Use them.

## GETTING IT TO THE SAILOR

# Information Assurance Awareness Training

Written by Lt. Cmdr. DOUGLAS KOCH, CNRFC N64



Each member of the Navy Reserve is required to complete Information Assurance Awareness Training (IAAT) annually. The purpose of this training is to ensure computer network security. A critical factor for maintaining a high level of security is in the hands of our people. Failure to accomplish this training introduces operational risk.

The Navy's Information Assurance (IA) program is supported by five guiding principles. These principles shape the approach and serve as guidance for completion:

**Workforce Skill Consistency.** Training and certification is standardized across the Navy to provide necessary consistency between military, civilian, and contractor job roles and responsibilities. This ensures the ability of diverse systems and organizations to work together from all segments of the military.

**Total Force Management.** IA is the responsibility of every person in the Navy with access to information systems, whether military, civilian or contractor. Every member of the Navy team must be sufficiently trained and aware of IA practices and priorities.

**Optimal Enterprise Solutions.** Navy leadership must pursue enterprise solutions that capitalize lessons learned, best practices, eliminate redundancy, and ensure the best use of limited resources to achieve significant department-wide cost efficiencies. The deckplate Sailor supports this principle by completing required training.

**Enforcement of Laws and Regulations.** It is crucial that Navy personnel protect our information technology infrastructure and

the security and privacy of information. Statutory and regulatory guidance to strengthen our IA posture must be adhered to throughout the organization.

**Integration and Alignment.** The complexity of this effort demands attention from organizations across the service. This is not limited to information technology, but also included those who shape policy, resources, and databases for management of manpower, personnel and training.

The only authorized IA training recognized by DoD is the information assurance awareness version 9 course. All Navy Reserve Sailors are required to complete this training through one of the following authorized methods by June 30.

1. Navy e-learning via Navy Knowledge Online at <https://wwwa.nko.navy.mil/portal/home/>
2. The Defense Information Systems Agency website at [http://iase.disa.mil/eta/iaav9/iaa\\_v9/index.htm](http://iase.disa.mil/eta/iaav9/iaa_v9/index.htm)
3. Command General Military Training by lecture. Command sponsored training must follow the DoD IAA version 9 course to satisfy training requirements.

Training completed by methods other than Navy e-learning and NKO must be reported in the Fleet Training Management and Planning System by the command's training officer.

All Navy Reserve component commanders are responsible for reporting completion reports to Commander, Navy Reserve Forces Command N64 weekly. This will continue through the completion deadline of June 30.

## MONEY MATTERS

# Vacation Benefits (Part 1 of 2)

Written by Cmdr. CAROLINE S. TETSCHNER,  
CNRFC PUBLIC AFFAIRS



There are numerous benefits and discounts afforded to military personnel, sometimes just for the asking. This tenet holds especially true when it comes to travel discounts. Through the years, I have learned a lot about travel advantages for military members. I continue to learn about these often unknown and unadvertised deals. I think it's important to share them with you as we embark on the summer travel season.

This month, I'll highlight the numerous lodging or berthing (as we say in the Navy) discounts afforded to military members.

**Armed Forces Vacation Club:** The Armed Forces Vacation Club ([www.afvclub.com](http://www.afvclub.com)) is a commercially owned space available vacation program. It offers military and other DoD personnel lodging at popular resort areas around the world. The lodging is generally at a discounted price around \$50 a night or \$369 a week. This lodging is condo-style timeshares and the properties are located around the nation and around the world, from New York and California to Mexico and France. The best deals here are going to be off-season and booked well in advance.

A friend of mine booked a condo in Myrtle Beach, S.C. in February for \$369 a week. He's also gotten great deals in the Poconos, Westin, Fla. and other places along the East Coast. He says to be aware of some additional fees that may come with the rental, such as cleaning or maid fees. While there are some in season deals, you'll find this program offers the best prices if you travel during non-peak seasons.

**MWR: From Campgrounds to Cabins:** Many military bases around the nation and even some overseas bases offer cabins and campgrounds for visitors. The full listing of Navy base cabins and campgrounds can be found at [www.mwr.navy.mil/mwrprgms/cabin](http://www.mwr.navy.mil/mwrprgms/cabin). When I was stationed in Jacksonville Fla., I remember seeing the outstanding camp site at Mayport Naval Station, Pelican Roost RV Park. Located along the jetties at the mouth of the St. Johns River, this campground is just a five-minute walk to the beach. For about \$20 a night, it's a great deal for those who travel with their portable homes. But if you prefer to check into a cabin or even a townhome, MWR has many other options for you. For instance, in Williamsburg, a popular tourist destination and home of many attractions, the Cheatham Annex Navy base has outstanding berthing options ranging from townhomes to six-bedroom cottages that sleep up to 12 people. Rates for cabins vary, but are generally a better deal than comparable civilian vacation homes.

**Navy Lodges: A Low-Cost Alternative to Civilian Hotels:** Navy Lodges, located in 17 states and four countries, are a great and often roomier alternative to a standard civilian hotel room. Located mostly near Navy bases, rooms are furnished mostly with two queen beds, a full kitchenette and the majority are pet friendly. Visit [www.navy-lodge.com](http://www.navy-lodge.com) for more info or to reserve a room.

So whether your ideal vacation is a fully furnished condo near the ocean or pitching a tent at a campsite, there are some great military berthing options available for you and your family. Enjoy your summer!

- The Armed Forces Vacation Club: [www.afvclub.com](http://www.afvclub.com)
- MWR: [www.mwr.navy.mil/mwrprgms/cabin](http://www.mwr.navy.mil/mwrprgms/cabin).

## CAREER COUNSELOR CORNER

# Recognition Programs

Written by CNRFC CAREER RESOURCES AND INFORMATION TEAM



The Navy has countless recognition programs. Units are recognized for battle efficiency, retention excellence, and much more. Sailors are recognized for referrals to recruiters and at the end of tours, and civilians are recognized for their service, but what about the little accomplishments along the way?

Recognition is a leadership tool that can help to retain your best Sailors. Recognition programs and informal types of recognition make a statement to the Sailors about what is important to the Navy and what is valued by leaders. Sailors need to know how their job performance fits into the Navy's mission and what their impact is on the command's success.

Recognition is about taking the time to say "Bravo Zulu" to a shipmate. The end of a tour should not be the only time we recognize Sailors. Recognition reinforces the actions and behaviors you most want to see repeated. An effective recognition program is simple, immediate, and powerfully reinforcing. While this may seem simplistic, the fact of the matter remains, Sailors who are recognized for their accomplishments have a sense of belonging and ownership, and want to stay Navy.

Formal recognition includes but is not limited to:

- Medals
- Letters of Appreciation/Commendation
- Sailor of the Month/Quarter/Year
- Meritorious Mast

Informal includes but is not limited to:

- "1MC" announcements by the CO/XO
- A personal note or email from the CO/XO/CMC
- A coin from the CMC presented at quarters

- A phone call to a spouse or parents
- Parking spot

The most important thing to remember about informal recognition is to think outside of the box. Timing is also important. The sooner you acknowledge a Sailor's performance, the clearer they get the message, and the more likely they are to repeat the performance. Recognition is most powerful when it's contingent. Leaders bringing doughnuts for everyone every Friday might be great for morale, but this can create an environment of entitlement. If you do things as a nice gesture, people may end up expecting more. Make recognition contingent upon desired behavior and performance. Sailors value the recognition more, and you'll continue to see results.

There is a close relationship between Sailors' overall satisfaction with their jobs and the Navy, and their intention to stay or leave. The below statistics were taken from the 2009 Reserve portion of the quality-of-life questions in the ARGUS milestone tracking system survey. The results show recognition was influential in a Sailor's decision on whether or not to stay in the Navy.

Award for a job well done: 63% influence to stay.

Verbal praise for a job well done: 71% influence to stay.

Leaders shouldn't underestimate the power of positive reinforcement through formal and informal recognition. Recognize your Sailors and reinforce their importance to the **TEAM**.

**T** – Together **E** – Everyone **A** – Accomplishes the **M** – Mission

## CULTURE OF FITNESS

# No Pain, No Gain

Written by Chief Mass Communication Specialist PAUL G. SCHERMAN



During exercise, we train our muscles to increase strength and endurance. That burn you feel when you try to do more exercising than normal is the result of muscle tissue lacking the oxygen needed to continue working. The sensation usually stops when you stop the exercise or increase your oxygen intake through focused breathing.

Muscle pain and stiffness felt a few days after a new exercise program is called Delayed Onset Muscle Soreness (DOMS). DOMS is the result of microscopic tearing of the muscle tissue.

A strain (pulled muscle) occurs when muscles or their tendon attachments are stretched beyond normal capacity. As a result, the muscle fibers start to tear. This can happen when you lift too much weight or overextend the muscle. The tears tend to be microscopic and can repair themselves with rest.

A potentially more serious type of injury is a sprain. Sprains damage ligaments (the bands connecting bones) and joint capsules. A sprain is most often the result of a sudden force or a twisting motion. The ligaments, which usually wrap around a joint, get stretched or torn. Sprains take longer to heal and can cause damage to surrounding tissue and bones to fall out of alignment. A ruptured ligament requires medical attention and an extended lack of use.

The key to recovery is an early evaluation by a medical professional. With proper care, most sprains and strains will heal without long-term side effects.

Overuse injuries can be any type of muscle or joint injury, such as tendinitis or a stress fracture. These types of injuries are the result of repetitive activities like cycling or running. The

pain begins as a dull ache and reoccurs intermittently, but isn't enough to stop exercising. The pain and swelling is caused when the muscle tissue gradually develops microscopic tears causing the muscle to start weakening. This can lead to strains or sprains.

**Five factors that put you at risk:**

**Overdoing it.** Pushing too hard, too long, or too often is a leading cause of a sports injury.

**Inadequate footwear and equipment.** Wearing the wrong shoes can put added stress on the hips knees, ankles and feet. Running shoes rarely correct for the lateral motions used in aerobic classes, basketball and tennis. Athletic shoes can lose one-third or more of their shock-absorbing ability in a few months. Poor equipment is also a risk factor. Not adjusting a bicycle seat correctly can add stress on the knees, and a tennis racket with too large a grip can stress the forearm.

**Poor conditioning.** Being out of shape and having weak or tight muscles increases the risk of injury during exercise. Varying your activities reduces muscle imbalances. You should strengthen underused muscle groups and stretch all muscles that will be used during a workout.

**Improper technique and training.** Bodily stress can result from poor form. Have you ever fallen asleep on the sofa and woken up with a sore neck? Poor form has a similar result, and can take days to recover.

**Ignoring aches and pains.** Exercising before an injury has healed can increase the chance of re-injury. Listen to your body and if something doesn't feel right, stop the activity and assess.

# 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.



**Willie Naranjo**  
RATE HOSPITAL CORPSMAN 2ND CLASS

**Hometown:** Orlando, Fla.

**NOSC:** Orlando

**Unit:** Operational Health Support Unit Jacksonville, Det E

**Brief description of your Navy job:** I assist active duty corpsman on drill weekends to make sure medical administration, lab tests and any other matters needed for deploying members.

**Brief description of your civilian job:** I am a student working on my associate degree. I am also a licensed therapeutic massage therapist working in a chiropractor's office.

**What has been your greatest Navy achievement?** I am honored to be a member of the Navy funeral honors team in the central Florida region. I have provided honors to more than 25 funerals of our fallen veterans. I am humbled to give final respects to those who have gone before us. I hope one day to have the status of a retired veteran.

**Who has been your biggest influence since joining the Navy?** My Naval Hospital Corps School instructor, Hospital Corpsman 1st Class Stephen Matchak. He mentored me on how to become a more influential leader, along with teaching me the importance of being a corpsman.

**What do you enjoy most about the Navy?** Top of the line continuing medical education courses. The Navy training Sailors receive makes it so our Navy and Marine Corps team is ready for anything.

**Most interesting place visited since joining the Navy:** I enjoyed visiting Chicago while I was at A school. It is a major city and an awesome place for rest and relaxation. The city and the culture were great to experience.

**Current hobbies:** Along with my wife, we truly enjoy dining at restaurants all over Orlando. We try out new and exotic cuisines from all over the world and tell our friends the best place to eat a steak, seafood, anything.



**Heejin Kim Parker**  
HOSPITAL CORPSMAN 3RD CLASS

**Hometown:** Seoul, Korea

**NOSC:** San Diego

**Unit:** OHSU Det. J

**Brief description of your Navy job:** I'm a Navy Corpsman. I take vital signs for patients at the clinic, conduct vision tests and operate the EKG.

**Brief description of your civilian job:** I just finished my associate's degree for RN (Registered Nurse) and now I'm in a bachelor's degree program for nursing, online. I'm also with my baby at home. [laughs]

**What has been your greatest Navy achievement?** I guess going to school and getting my degree. The Navy helped me out with the G.I. Bill for the little time that I put in on active duty ... I was only active for 6 months during my boot camp and "A" School, but I was eligible for the post 9/11 G.I. Bill (at 50%).

**Who has been your biggest influence since joining the Navy?** I used to take care of my grandma when I was in Korea. I saw how medicine can help a person adjust to their new condition ... maintain their independence, and go back to their normal lives after rehabilitation. I saw how everybody teamed up — nurses, doctors, therapists — to improve her condition. So I figured, "my God, this is the field. This is great!" That's what first got me interested in my profession.

**What do you enjoy most about the Navy?** I enjoy meeting a lot of different people, and learning, and training -- building a broad experience. I'm in the medical field and that connects with what I'm studying — and I like it.

**Current hobbies:** I have a pen-pal in Layton, Utah. She wrote to me 15 years ago when I was living in Korea, and we just never stopped.

Navy Reserve Professional Development Command has established a Navy Reserve Order Writing System/Defense Travel System (NROWS/DTS) mobile training team (MTT). This is another opportunity for the Reserve activities to get training on the NROWS/DTS import/export process to provide better service to Reservists. Reservists can also attend the training sessions. Requests for training can be made through the Reserve Component Command or Wing. NRPDC is now accepting NROWS/DTS MTT requests for June and July. The point of contact is Electrician's Mate 1st Class Eric Dixon at (504) 678-9274 or eric.dixon@navy.mil.



**Not receiving TNR? If you have recently moved contact your NOSC to make an address change in the Navy Standard Integrated Personnel System. The TNR mailing list is compiled 30 days prior to publication so a change of address could take a couple months to catch up.**

Summer is near which means the start of motorcycle riding season. Reserve Sailors who operate or intend to operate a motorcycle must complete Motorcycle Safety Foundation approved training course. Every effort should be made to attend DoD sponsored courses at military installations in your area. If military resources are not available tuition payment for a local civilian course is available.

By the numbers:

Navy Operational Support Centers: 125

Reserve Force Onboard: 64,505

FTS: 10,709

SELRES: 53,796



NOSC Baton Rouge, La.



The Navy Reserve Policy Board (NRPB) wishes a fond farewell to the 2010 NRPB Chairman, Rear Adm. Robert P. Wright. Under his leadership the NRPB continued the transformation of the evergreen policy board process and enabled Sailors to participate in policy shaping and review process.

Other departing members are Cmdr. Jules Pendergrast and Cmdr. Rick Tolley. Officers for the 2011 NRPB are Chairman Rear Adm. Michael J. Yurina and Vice Chairman Rear Adm. Russell S. Penniman. The NRPB invites all Reservists to participate in the local and national policy boards to improve the way the Reserve conducts business.

CNRF NRPB Point of Contact: NRPB@navy.mil



**The Interactive Customer Evaluation (ICE) system will help Reserve Sailors communicate about the quality of service they experience at their NOSC. The survey can be accessed at <http://ice.disa.mil>.**

# Operation Tomodachi: Priority 1

Written by Ens. AMY HESSION, VP-62 PUBLIC AFFAIRS

On March 11, the day a 9.0 magnitude earthquake and subsequent tsunami hit Japan, killing thousands, making thousands more homeless and destabilizing the country's infrastructure; a U.S. Navy C-40A "Clipper" transport plane was within range of the Japanese coastline at Naval Air Facility Atsugi. The Clipper was in Japan participating in scheduled logistics support.



An aerial view of a helicopter landing zone near an evacuee center shows a "Thank You" message in the mud deposited by a tsunami. Photo by Naval Aircrewman 1st Class Sean Hughes.



Generators are loaded onto aircraft for delivery to Misawa Air Base in Japan. The generators are critical to restoring power on the base following the major earthquake that hit March 11.

“We were 15 minutes out when the quake hit,” said Lt. Cmdr. David Vodicka, a pilot for VR-58. VR-58 is a Navy Reserve Logistics Support Squadron based at Naval Air Station Jacksonville, Fla. “I could see the fires and the smoke in the distance, and could hear the confusion and fear in the voices of air traffic controllers. I knew it was something major.”

When the aftershocks subsided and when he received clearance from air traffic control, Vodicka was able to land his plane safely. That moment was the beginning of Navy fleet logistics support for Operation Tomodachi. For weeks after the quake the “Sunseekers” of VR-58, the “Nomads” of VR-62, also a Reserve squadron at NAS Jacksonville, and the “Taskmasters” of VR-52, based at McGuire Air Force Base, NJ, flew daily missions bringing desperately needed humanitarian aid to the earthquake victims. The squadron also flew specialized response teams, including radiological personnel and equipment, to the areas hardest hit by the earthquake and tsunami.

Combined, the squadron detachments moved more than 21,000 pounds of food and 90,000 pounds of supplies including blankets, diapers, and sheltering materials. All three squadrons were able to organize crews on short notice for Japan relief just like they did for humanitarian efforts in Haiti two years ago. These squadrons also supported relief efforts after Hurricane Katrina.

“We got the ‘priority 1’ airlift request from the Navy Air Logistics Office and within 18 hours we launched the aircraft tasked with that mission,” said Cmdr. Chris Fordham, VR-58’s commanding officer. That ‘priority 1’ mission was to airlift a radiological monitoring team from Norfolk to Naval Air Facility Atsugi. While there, they would help the Japanese government respond to the ongoing crisis at Fukushima Daiichi nuclear power plant. Just before the crew was to return home their mission changed. The C-40 was to remain in Atsugi to provide extra airlift capability to the U.S. Seventh Fleet.

The operations departments at VR-58 and VR-62 organize the moving parts and available SELRES complete the staffing for missions. The pool

of SELRES personnel they have to draw from enabled the squadron to achieve the operations tempo required for the mission tasking.

“The flexibility of Reservists assigned to the squadron enables us to take on this type of mission. SELRES volunteers allow us to work outside of the typical model of 24 drill periods and an annual training,” said Fordham.

“I couldn’t be more proud of how our people performed during this operation,” said Fordham. “You plan and talk about mission flexibility, and then you see the execution.”

After March 11, VR-58 and VR-62, who fly the C-130 “Hercules,” had three air crews and two maintenance crews on the ground in Atsugi. Planes flew relief supplies to Misawa Air Base in northern Japan. Misawa is a forward operating point for distributing humanitarian supplies to areas hardest hit by the quake and tsunami. The base also served as a staging area for American, French and British search and rescue teams.

**“I COULDN’T BE MORE PROUD OF HOW OUR PEOPLE PERFORMED DURING THIS OPERATION,” SAID CMDR. CHRIS FORDHAM.**

In order to keep planes, people, and supplies moving, the squadrons had a 24/7 maintenance operation.

“In the beginning of the operation, crews were working around the clock,” said Cmdr. Alex Ellermann, VR-62’s executive officer. Ellerman was VR-62’s detachment officer-in-charge in Atsugi. He added that he had never seen his team more motivated than they were after the earthquake.



Left: A C-130 is prepares to deliver pallets of humanitarian supplies to Japan as part of Operation Tomodachi. Right: Relief supplies are loaded for delivery to Japan.



“Our Sailors were watching footage of the quake and destruction on the news and on the internet,” said Ellerman, who is an airline pilot. “It gave them a very strong sense of how important their work was. It wasn’t because someone told them it needed to be done. It will be one of those things they will remember throughout their careers.”

After his 30-day rotation ended, VR-62 SELRES Naval Aircrewman 2nd Class Adam Lockwitz said knowing he had a hand in helping the Japanese people made all the hard work and long days worthwhile.

“This is why I picked this platform (C-130T). We get to do a lot of humanitarian work,” said Lockwitz.

Lockwitz, who is working toward his loadmaster qualification, is a carpenter in Jacksonville. Although he was eager to get back home, he said he’ll always remember what he called the best part of his deployment. It was seeing the words “Thank you USA” written in the sand on a flight over the coast near Atsugi.

Like any high-tempo operation, crew fatigue was a concern because adrenaline only goes so far. Personnel rotated out at the 30-day mark. “Avoiding the cumulative fatigue that goes with these operations is paramount. We don’t want them to burn out,” said Fordham. “Operational safety is our primary concern.”

As Lockwitz was leaving Japan to go home, another Jacksonville-based VR-62 SELRES, Aviation Machinist’s Mate 1st Class Thomes E. Seibert, was just arriving in Atsugi. Seibert said this was the third humanitarian mission he has participated in since being with the command.

“We were part of relief missions in Haiti and Pakistan,” said Seibert. “This is what we do and it’s such a great feeling to be able to help.”

Like their Jacksonville counterparts, the VR-52 crews got in on the heavy lifting with their C-9B aircraft. They moved Navy patrol and helicopter units assigned to the search and rescue missions. Both squadrons helped relocate more than 1,200 U.S. Navy personnel from Atsugi to Andersen AFB in Guam and Misawa Air Base.



An aerial view of damage to Wakuya, Japan after a 9.0 magnitude earthquake and subsequent tsunami devastated the area in northern Japan. Photo by Mass Communication Specialist 3rd Class Alexander Tidd.

This month TNR is focusing on how all the branches of service render their flag honors on their respective installation. In our current military, you will most likely find yourself conducting a joint mission on an installation different from your own. This Back to Basics provides the knowledge you may need in the future. The Basic Military Requirements Manual was referenced for this edition.



# BACK TO BASICS

Colors

Written by CNRFC Public Affairs

## On Navy, Marine Corps and Coast Guard bases

At commands ashore and aboard ships of the Navy and Coast Guard not under way, the ceremonial hoisting and lowering of United States Flag at 8 a.m. and sunset are known as morning and evening colors.

**You will render honors as follows:**

- If in ranks, you'll be called to attention or order arms.
- If in uniform but not in ranks, face the colors and give the hand salute.
- If driving a vehicle, stop and sit at attention but do not salute.
- If a passenger in a boat, remain at attention, seated or standing. The boat officer or coxswain salutes for the boat.
- If in civilian clothes or athletic uniform, face the colors at attention and salute by placing your right hand over your heart.
- Aboard Navy ships or naval shore activities, when the national ensign is hoisted and lowered or half-masted for any occasion, the motions of the senior officer present are followed.



Five minutes before morning and evening colors, the preparative pennant (prep) is hoisted.

Ceremonies for colors begin when prep is hauled to the dip (the halfway point).



Ships not under way also hoist and lower the union jack on the jackstaff, at the ship's bow, and at morning and evening colors. The union jack is the rectangular blue part of the United States Flag containing the stars.

At morning colors, hoisting the ensign begins when the National Anthem starts. The national ensign is hoisted "smartly" to the top of the flagstaff.

At evening colors, lowering of the ensign also starts at the beginning of the music. Hoisting and lowering of the ensign are completed at the last note of the music.

The national flag is always hoisted smartly and lowered ceremoniously

"Carry on" is sounded at the completion of the music.

If a band is not available for colors, "The Star-Spangled Banner" is played at morning colors and "Retreat" is played at evening colors.

For ships without a band or a bugler, "Attention" and "Carry on" are signals for beginning and terminating the hand salute.

Sometimes the music for colors from another U.S. ship can be overheard aboard your ship. When this happens, and no band or bugler is aboard your ship, the command to "Carry on" should not be given until the music being overheard is completed.

After morning colors, if foreign warships are present, the national anthem of each country represented is also played. If your ship is visiting a foreign country, the national anthem of that country is played immediately following morning colors, followed by the national anthems of any other foreign nations represented. You should show the same respect for national anthems of foreign countries as you do for our own.

On Sundays, authorized holidays, and other days proclaimed by the president, the largest national ensign in the ship's or station's allowance is flown. This ensign is referred to as holiday colors. When the holiday colors are flown on a U.S. ship not underway, the union jack flown is the same size as the blue field in the holiday colors.

## On Army and Air Force Installations

"Reveille" was originally conducted as "Troop" in 1812 and was designed to muster the unit or for roll call and additionally to signal sentries to leave off night challenging. It was not originally intended specifically as honors for the flag.

Today, reveille is conducted to honor the U.S. flag as it is raised in the morning. Honors (salute) during reveille should be rendered similar to the procedure for retreat. Army and Air Force commands may conduct a command reveille or command retreat ceremony to help honor special days or events (Memorial Day, Veteran's Day, POW/MIA Day).

Reveille is conducted at different times on Army posts and Air Force bases. The time is set according to the installation commander. It can be as early as 6 a.m. or as late as 7:30 a.m.

The bugle call sounded at "Retreat" was first used in the French army and dates back to the Crusades.

Retreat was sounded at sunset to notify sentries to start challenging until sunrise, and to tell the rank and file to go to their quarters. During the 18th century, command retreat was a daily occurrence, not to honor the flag but as a signal for units to call the roll as a final accounting before reveille the following morning.

Today, retreat is conducted in the evening, and again, the times vary according to the commander of the installation. The bugle may sound as early as 5 p.m. or as late as 6 p.m.

The ceremony remains a tradition in today's military by marking the end of the military day and honoring the flag as it is lowered. The bugle call "Retreat" precedes the flag ceremony.

At the first sound of the bugle, face the flag, or sound of the bugle if the flag is not visible and stand at parade rest. When you see the flag being lowered or hear the bugle call "To the Colors" or the national anthem, come to attention and render a salute. Hold a salute until the flag is lowered or music ends.

Civilians should stand at attention, facing the flag or music with their right hand over their heart. Vehicles should stop during both reveille and retreat. Passengers should remain quietly seated.

Information Systems Technician 2nd Class Domingo Porrata, left, and Sonar Technician (Surface) 3rd Class Ryan Butsch conduct morning colors aboard the guided-missile destroyer USS Cole (DDG 67) Photo by Mass Communication Specialist 1st Class Julie Matyascik



# Navy Reserve cares about your Psychological Health

There is an important resource available to Reserve component (RC) service members and their families. The Navy Reserve Psychological Health Outreach Program (PHOP) provides an important psychological health “safety net” for RC service members and their family members at risk for deployment related stress injuries.

The program:

- Assists RC service members and their families with maintaining their psychological health and enhancing their resilience so that they are prepared for deployment.
- Facilitates the recovery of RC service members and their families who may be experiencing stress related injuries. They provide early and non-stigmatizing behavioral health care screenings and make referrals to psychological health care professionals.
- Facilitates a culture of support for psychological health where RC service members and leaders understand psychological health is essential to overall health and performance.
- Provides education on stress control and suicide prevention.
- Assists and empowers Reserve leaders in advocating, referring, monitoring, and caring for Reserve service members.

Psychological Health Outreach teams, staffed by three to six licensed social workers are located at each Reserve component command. The outreach coordinators:

- Provide behavioral healthcare screenings and outreach to RC service members.
- Facilitate access to psychological health support resources for RC Sailors and family members. Provide crisis response and mental health care referral, coordination and follow-up with Navy Operational Support Centers (NOSC), Marine Corps Reserve Home Training Centers, military treatment facilities, the veteran’s administration and civilian providers.
- Maintain an after-hour telephone and email watch so that they can be there 24/7 for RC Sailors and their families.
- Respond to urgent command requests to deal with high-risk cases including suicide or homicide related behavior.

The outreach team members are essentially circuit riders, making periodic visits to the NOSC in their regions to provide:

- Visits to NOSCs to support post-deployment and family readiness events and meet one on one with RC service members and their families.
- Provide educational presentations on operational stress control (OSC) and suicide prevention.
- Provide onsite psychological support to Reservists and families following local disasters.

- Make outreach phone calls to returning RC service members to assist them with the reintegration process.

The outreach teams also facilitate at their Regions’ Returning Warrior Workshops and lead breakout sessions.

Some psychological health concerns the outreach teams are seeing on a daily basis are:

- Combat operational stress (including symptoms of anxiety and depression)
- Post traumatic stress
- Mild traumatic brain injury
- Reintegration stress
- Relationship, employment and financial stress

“THANK YOU FOR YOUR HELP. I FAXED MY HOME MOD PAPERS TO A COORDINATOR AND HE SAID HE WOULD FOLLOW UP ON IT. TODAY LEGAL PAPERS ARRIVED FROM MY MORTGAGE COMPANY. MY MOD WAS APPROVED MY PAYMENT DROPPED ALMOST \$ 600 A MONTH, MY WIFE AND I ARE SO EXCITED! THINGS ARE FINALLY FALLING INTO PLACE.”

Referrals to the outreach coordinators can come from a number of different sources:

- Self referral
- NOSC and Reserve unit leadership
- Completion of the post deployment health reassessment
- Family members
- Other service members

The outreach coordinators provide referrals to a number of sources for psychological concerns. Referrals are made to the nearest VA medical or service center, to a TRICARE Reserve Select provider if enrolled, to Military OneSource or a local community resource. If the concern is found to be caused while the member was on active duty, referrals will be made to a military health care provider through the line of duty process.

As of August 2010, the Psychological Health Outreach staff have provided outreach phone calls to more than 1,920 returning RC service members; clinically assessed or referred an additional 2,578 RC members to appropriate sources of mental health care; conducted 299 visits to NOSCs; and provided OSC and suicide prevention briefs to 30,500 Reserve Sailors. All reported suicide attempts are now referred to the outreach coordinators for assessment, referral and follow up.

“I WANT TO THANK YOU FOR ALL OF THE HELP YOU GAVE ME OVER THE PHONE WHEN MY MARRIAGE WAS IN TROUBLE. YOU MADE A BIG DIFFERENCE AND HELPED US GET “BACK ON TRACK.”

El-Brenda Wiley, a psychological health outreach program counselor, advises Reserve Ens. Chris Love, assigned to Cargo Handling Battalion (CHB) 4, and his wife during a pre-deployment family readiness conference. The Psychological Health Outreach Program is geared toward providing mental health care to service members who have served in support of Operation Iraqi Freedom and Operation Enduring Freedom. Photo by Mass Communication Specialist 2nd Class Maddelin Angebrand.





Chief Electronics Technician (SCW/FMF) Sean Gaylord and Information Systems Technician 2nd Class Kelley Brown test the conductivity of ethernet cables while on annual training. Photo by Mass Communication Specialist 2nd Class Aaron Chase.

## Enterprising Reserve Sailors

When Chief Electronics Technician (SCW/FMF) Sean Gaylord last served aboard the USS Enterprise (CVN 65), he had to number his letters home to the family so they could read them in the correct order. It could take up to 30 days for him to get a response back from one.

“Now, we have people onboard who complain because they can’t get their email out in 30 minutes,” said Gaylord, a 23-year veteran of the Navy and now, the Navy Reserve.

Gaylord is part of a unique team of Navy Reservists and information technology (IT) experts. Their job was to make those email transmissions go as quickly and smoothly as possible aboard the Enterprise.

Many Navy Reserve Sailors spend their annual two weeks of active duty service doing training. This is not true for the four Space and Naval Warfare System Command (SPAWAR) Reserve Sailors completing their two weeks with the Enterprise Strike Group (ESG).

“We like to come and provide training. We really push to get out there on the deck plates and support our gaining command. Our (SPAWAR’s) model is fleet support, as much as possible,” said Lt. Cmdr. Meade Dillon, team leader for the SPAWAR Reservists on Enterprise.

Specifically, they provided instruction to the Information Systems Technicians (ITs) in the ESG. Fifteen subjects were covered, such as advanced PC repair, computer networking, network security and managing routers. More than forty hours of instruction was provided to Sailors aboard both the Enterprise and the USS Mason (DDG 87).

The lessons did not stop in the classroom, either. Over-the-shoulder training was given daily in the Enterprise’s automatic data processing (ADP) office.

Reserve Information Systems Technician 2nd Class Kelley R. Brown said the team helped ADP members set up a new quarterdeck security system involving ID card scanning. This made making liberty tracking more efficient on Enterprise.

When not helping with network processes, the Reserve Sailors also helped with the unique challenges ITs face on ships. All ethernet cables are delivered in 1,000 foot spools that must be measured, cut, terminated and tested according to individual length and placement requirements. Accessing various compartments, running the cables and making the connections presents challenges unique to sea-going ITs.

Each of the team members brought a breadth of civilian knowledge in cutting-edge technology, according to Dillon. The team’s collective resume includes an IT worker for a major aerospace company, an IT consultant for the U.S. Department of Forestry and an IT consultant with his own business.

The SPAWAR Reserve Sailors weren’t there just to offer their civilian expertise to the younger Sailors of the ESG. They also imparted a deeper understanding of the IT rating that will help them advance not just in the field, but in the Navy.

“From SPAWAR’s perspective, I want to train the people on the ship, so the ship can go fight the fight,” said Gaylord. “From a chief’s perspective, I’d like to train our ITs to be better prepared for advancement. When I retire, I hope these guys have gotten their anchors and taken my place.”

Both Gaylord and Dillon said they are happy to help these young Sailors, as they were once Enterprise crew themselves. Dillon last served aboard the Enterprise in 2006. Gaylord last stepped on the Enterprise in 1989. Both were eager to return.

“As soon as I saw the Enterprise was going to sea again, I said ‘that’s my ride this year’,” said Dillon.

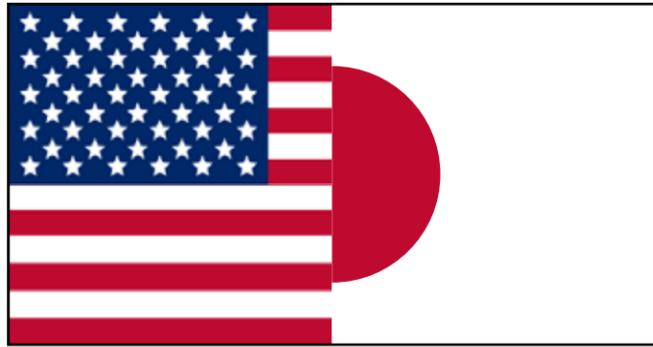
“I love this,” said Gaylord. “When the option to go to the Enterprise came up this tour, I had to come. It’s kind of like going home to a dear old girl, an old girlfriend.”

Both Gaylord and Brown have talked about trying to return to the Enterprise for her final deployment in 2012.

The ESG consists of Enterprise, the guided-missile cruiser USS Leyte Gulf (CG 55), the guided-missile destroyers USS Bulkeley (DDG 84), USS Barry (DDG 52) and USS Mason (DDG 87), USNS Arctic (T-AOE 8), Carrier Air Wing 1 and Destroyer Squadron 2.



# Operation Tomodachi Update



Within 24-hours of notification, 150 Navy Reserve Sailors surged forward to support requests from U.S. Pacific Command, Commander 7th Fleet, Joint Task Force 505, Joint Support Force Japan, Commander Task Force 76, and Commander U.S. Naval Forces Japan. Reserve Sailors also provided relief to U.S. Pacific Fleet staff.

U.S. Pacific Command's request for a nuclear-trained, Japanese-speaking officer was filled from the Reserve component within 24-hour notification to support Operation Tomodachi. Once identified, the officer was in-country within 72 hours.

All support requests have been filled by Selected Reserve Sailors who had volunteered for duty freeing up the need for mobilization. The level of support is reflected in Reserve Sailors running operational planning teams and developing strategic courses of actions to assist humanitarian efforts.

Reserve personnel have provided 24/7 watch capability to U.S. Pacific Fleet. Seventy-four Pacific Fleet Reserve unit members manned the PACFLT battle watch.

Akron-based Navy Reserve U.S. Forces Japan Det. 105 provided 27 members to support USFJ headquarters at Yokota Air Base. A majority of unit members were already in Japan prior to the earthquake while others surged immediately following the quake and resulting tsunami.

Sailors from NR Naval Security Force (NSF) Commander Fleet Activities Okinawa, Yokosuka, Sasebo and NR NSF Portland provided

Senior Chief Aviation Warfare Systems Operator Mike Wendelin, from Cambridge, Mass., assigned to Fleet Logistics Support Squadron 62, unloads cargo from a C-130 aircraft. The cargo will support humanitarian assistance efforts to areas in Japan affected by a 9.0 magnitude earthquake and subsequent tsunami. Photo by Petty Officer 2nd Class Devon Dow.



post-earthquake first responder support in conjunction with the 35th Fighter Wing Security Forces Squadron at Misawa Air Base, Japan. They established an Incident Command and Control center, ensuring vulnerable areas within Misawa's area of responsibility were alerted of the incoming tsunami. They provided force protection to Misawa's critical petroleum, oil and lubricants pipeline, damaged pump stations, and naval assets.

Ten Navy emergency preparedness liaison officers (NEPLOs) from the Northwest and Southwest Navy regions supported the Japanese Repatriation Mission at Joint Reception Coordination Centers in Seattle, Denver and Travis Air Force Base, Calif. The NEPLOs greeted Navy family and civilians and ensured they had the means to continue on to their final destinations in the way of connecting flights or ground transportation, and took care of other immediate needs such as meals, housing, orders and personal property.

Fleet Logistics Support Squadron (VR) 62 responded to a short notice request to airlift and immediately redirected a C-130 Hercules to transport radiological control equipment and members of the Joint Base Pearl Harbor-Hickam Radiological Control Team to Atsugi. Other missions included transporting first responders, medical equipment, power generators, and food from Atsugi to Misawa.

VR-58 completed airlifts to transport a Radiological Control Team from Norfolk, Va., to Japan. The crew launched within six hours after notification and will remain in Japan as a surge detachment.

# Operation Odyssey Dawn Update



Forty three Navy Reserve Sailors onboard the USS Mount Whitney (LCC 20) served in key positions to support Joint Task Force (JTF) Odyssey Dawn. The Reserve Sailors were underway in the Mediterranean and in Naples, Italy with the Commander 6th Fleet staff. These personnel, who hail from 6th Fleet and other Reserve units, volunteered for duty as part of the Navy Total Force. They arrived on station within 72 hours of request for support notification. Reserve Sailors served in logistics, operations and as Joint Operations Center staff. Odyssey Dawn encompasses all U.S. Africa command-led planning in support of the U.S. government response to the Libyan government's violent response to civil uprisings.

### Operation Vitals:

- Unique individuals - 61
- Total Sets of orders - 62
- Additional Duty Training orders - 62
- Total Man-days - 2,088
- Total funds executed - \$1,009,269.00



The National Transitional Council of the Libyan Republic, formed on February 27, 2011, adopted the flag previously used in Libya between 1951 and 1969. The flag was initially used by protesters during the 2011 Libyan uprising and is being flown at Libyan diplomatic missions supporting the National Transitional Council. On March 10, 2011, France was the first country to recognize the council as the official government of Libya. On March 21, 2011, the flag was flown by the Permanent Mission of Libya to the United Nations and appeared on their official website.

Selected Reserve Sailors from U.S. Navy Region Europe, Africa, and Southwest Asia commands provided transient aircraft fuels delivery. Their support guaranteed tanker aircraft were ready to support operations Enduring Freedom and Odyssey Dawn. During this period, Reserve Sailors supported the delivery of over 3 million gallons of fuel and support to 196 aircraft.

A Reserve officer from Navy Operational Support Center Detroit is the air operations officer in charge of flight line operations, runway construction, and supporting NATO forces. The officer helped Allied nations establish operations, oversaw the delivery of 3.5 million gallons of jet fuel, and the movement of over 500 tons of cargo.

A French navy AS365 F Dauphin rescue helicopter from French aircraft carrier Charles de Gaulle (R91) test lands aboard the amphibious command ship USS Mount Whitney (LCC/JCC 20). Charles de Gaulle is operating in the Mediterranean Sea supporting the coalition led operations in response to the crisis in Libya. Photo by Mass Communication Specialist 1st Class Gary Keen.



# Deep Reach in the Pacific

Written by Capt. DAVID M. OSEN, NAVY RESERVE  
SUBMARINE DEVELOPMENT SQUADRON FIVE  
HEADQUARTERS DETACHMENT



Chief Machinist's Mate Eric Moore, Navy Diver 1st Class Gene Perez and Chief Electricians Mate Timothy Bonomi prepare to launch the Submarine Rescue Chamber.  
Photo by Capt. David Osen.

August marks the 11th anniversary of the Kursk disaster—a terrible tragedy that resulted in the loss of the nuclear submarine and its entire crew. Kursk was a catalyst for the international submarine rescue community to step up efforts to work together to create a truly effective submarine rescue solution.

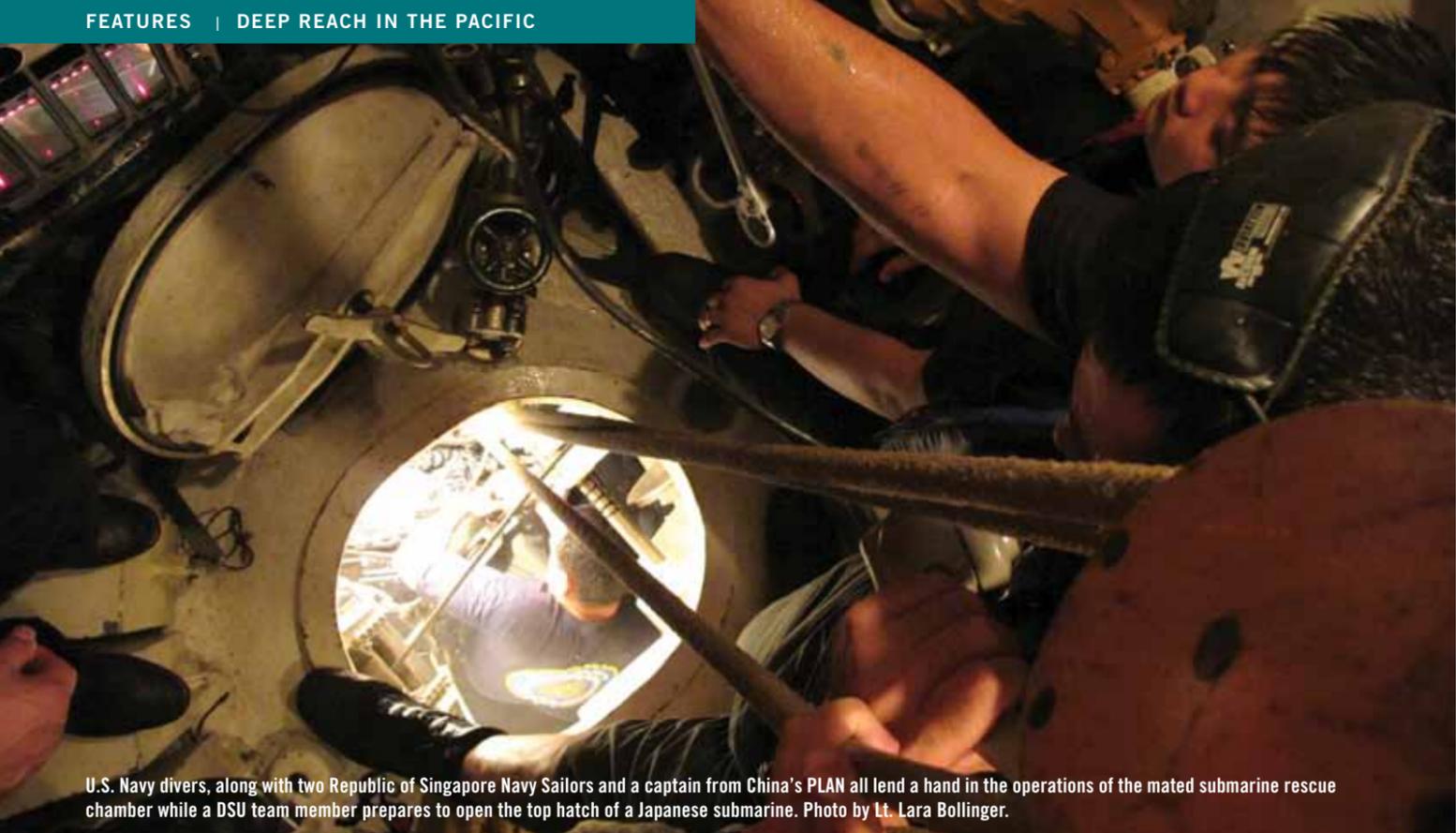
Exercises like Pacific Reach—an international exercise designed to promote submarine rescue cooperation in the Pacific—are essential to preparing Sailors for rescues from accidents similar to the Kursk. Pacific Reach is specifically designed to bring together nations that operate submarines. An exercise like Pacific Reach demonstrates how U. S. Navy Reserve forces provide strategic depth to military forces worldwide.

U. S. forces that supported the most recent exercise included Submarine Development Squadron (SUBDEVRON) 5, Deep Submergence Unit (DSU), and USNS Safeguard (T-ARS 50). An embarked detachment from Mobile Diving and Salvage Unit One also participated. Staged in the South China Sea, the exercise achieved a number of goals. The exercise enhanced submarine rescue capabilities, fostered mutual trust and

cohesion among participating countries, demonstrated capabilities of participating submarines, and submarine rescue vehicles, and developed submarine rescue techniques. It also provided rescue vehicle operators with training opportunities in actual conditions, increased familiarity with other countries' submarine rescue equipment, and developed new rescue procedures.

Sailors from the Deep Submergence Unit recover the Submarine Rescue Chamber (SRC) after the SRC mated with the Japanese submarine JDS Arashio.  
Photo by Capt. David Osen.





U.S. Navy divers, along with two Republic of Singapore Navy Sailors and a captain from China's PLAN all lend a hand in the operations of the mated submarine rescue chamber while a DSU team member prepares to open the top hatch of a Japanese submarine. Photo by Lt. Lara Bollinger.

A large part of rescue capabilities falls on experts in the Reserve component (RC).

“Reserve Sailors provide additional qualified operators and supervisors in an on demand type of application. Reserve Sailors of DSU are on call 24/7 to respond to emergencies as the need arises,” Chief Machinist’s Mate (SS/DV) Rick Knutson, machinery division leading chief petty officer (LCPO) said.

Worldwide interest in this event has grown to five participating and more than 10 observing countries. Operations took place in Singapore during the shore phase of the exercise and in the South China Sea for the underway portion. The U. S. operated in conjunction with the navies of Australia, Japan, Republic of Korea and Singapore. Observing nations included Canada, China, France, India, Indonesia, Italy, Malaysia, South Africa, Thailand, United Kingdom and Vietnam.

The DSU demonstrated its worldwide capability to rescue trapped submariners with the Submarine Rescue Chamber Flyaway System (SRCFS) and the Atmospheric Diving System (ADS). The SRCFS includes a

lightweight mooring system with associated control vans and equipment. The ADS includes a one-atmosphere hard diving suit that allows its pilot to remain at normal atmospheric pressure while working. This helps avoid time consuming decompression intervals. The ADS also includes a launch and recovery system, tether management system and associated control systems.

The DSU is the only command in the U.S. military that performs the submarine rescue mission. DSU is a hybrid unit consisting of a relatively small active component (AC) of 32 Sailors. The Reserve component provides the bulk of the manpower. There are 66 Sailors serving in Navy Reserve Deep Submergence unit detachment, five Reserve Sailors in the SUBDEVRON 5 headquarters detachment, and eight members who support the International Submarine Escape and Rescue Liaison office.

“The active, Reserve and contractor human capital strategy is the key component in maintaining this vital U. S. Navy capability. All members are on call 24/7 in the event of a submarine disaster,” said Cmdr. Dave Lemly, DSU commanding officer.

“I can’t perform this mission without all parts of team DSU,” said Lemly. “The crew diversity provides vital capability at all levels of the command structure, from command duty officer and rescue personnel to line handlers. We have active duty, Reserve Sailors and contractors who are qualified as ADS pilots, crane handling supervisors and small boat operators. Our Reserve Sailors spend their drill weekends operating our equipment in San Diego beside the active duty Sailors. You’ll find active and Reserve Sailors serving throughout our operational chain of command.”

The Navy Reserve provides a continued corporate knowledge to the rescue teams.

“The AC personnel rotate out every two to three years while the RC personnel are able to sustain longer periods of time with the unit. This provides a stronger continuation of knowledge held by the core Reserve Sailor,” Chief Electronic’s Technician (SS/DV) Jason Spinden, NR DSU Det. San Diego operations department LCPO said. “The submarine rescue mission has a small AC contingent with a large RC surge that would occur in the event of an actual rescue mission. The design of the

submarine rescue team makes the impact of the RC crucial to the mission. Without the RC, there would be no rescue.”

Planning for a multinational exercise of this size starts a year prior to its commencement the exercise. It starts with a series of conferences to outline scenarios and address the operational challenges of conducting a multinational exercise. These meetings covered issues such as logistics, site surveys, and security. Preparation and coordination are keys to the success of an exercise like Pacific Reach.

One of the goals of Pacific Reach is to showcase the submarine rescue capability and international cooperation for international observers. While the SRC was rescuing simulated distressed submarine Sailors at the bottom of the sea, the observing nations were given the opportunity to monitor operations directly. This provided a better understanding of the capabilities and techniques of the participating countries.

Following the rescue of Sailors from the submarine, the exercise shifts its focus to treating the medical needs of those injured. A submarine disaster can result in a complex variety of medical issues, from cuts and broken bones to life-threatening burns, hypothermia, heat stress, carbon dioxide poisoning and decompression sickness. Pacific Reach provided medical officers an opportunity to triage a number of injuries to maintain their proficiency in a realistic environment.

“I’m very pleased by the level of integration of the active, Reserve and contractor team members,” said Capt. Brian Howes, commander, SUBDEVRON 5. Howes observed Pacific Reach from Safeguard. “The DSU has transformed from an all active-component command to its current hybrid, cost-saving structure during the last several years. DSU’s outstanding performance in Pacific Reach confirms the transition was worth the time and effort that went into it. The DSU showcases what our people can do when presented with a complex problem such as a submarine rescue emergency half the world away.”

The spirit of international cooperation during the exercise was not lost on the Reserve Sailors during the exercise.

“We welcomed observers from different nations, and conducted simulated rescues with submarines from Japan and Singapore. The cooperative spirit was further highlighted as Sailors from Australia, China, Malaysia, Singapore, and the United Kingdom descended and returned in the SRC during rescue operations,” said Howes. “The global nature of U.S. submarine operations and the presence of submarines worldwide calls for a multinational submarine rescue response.”

Pacific Reach shows that a multinational force can work together to carry out a rescue mission. The training benefits of Pacific Reach and similar exercises form the base of an international rescue capability. The cooperative

efforts and the systems of the participating countries provide a rescue capability superior to what a single nation can provide on its own. Although Pacific Reach provides a superb training opportunity, the skills practiced during the exercise are perishable. Members of DSU will continue their training in both stand-alone and multinational configurations. In this way, they sustain their readiness to carry out their humanitarian rescue mission should a submarine ever become disabled.

A diving petty officer waits patiently inside an atmospheric diving suit while technicians conduct safety checks. Photo by Lt. Lara Bollinger.



# 'Bees in the Box

Story and photos by  
Chief Mass Communication Specialist  
Terrina Weatherspoon

One thing I've learned since being in the regiment is everyone is serious. War is serious. As our commodore would say over and over again, "You have to get your mind right." Other key phrases I would continue to hear during deployment: "Don't get complacent, remain situationally aware, lean forward without falling over, and for goodness sakes, pay attention to detail." I was starting to think maybe I didn't belong in the Seabees after all. I understood the concept of serious, and I could appreciate the importance, but there is always room to breathe right? Then I met Lt. Michael Griffith, and he showed me that it was possible to exhale.

When I first met Griffith, I immediately thought of the character Ralphie in the movie *A Christmas Story*. He had large wide-rimmed glasses, and looked to me to be a very young lieutenant. He had a boyish face and an ear-to-ear smile. He also had a very distinctive farmer's tan. There was a reason for this of course. He is a farmer.

He raises 250 acres of corn, soybeans and wheat, as well as a few acres of fresh market vegetables. He also teaches agriculture and is the Future Farmer's of American (FFA) chapter advisor at the same high school he graduated from. He and his family have lived and farmed in the same area of South Jersey along the Delaware Bay for generations. He is interested in politics, serves on his county board of agriculture, and aspires to one day be elected to serve as a United States senator.

I've never actually met a farmer before, but Griffith is exactly how I would picture one would be—uncomplicated. He smiles all the time, seldom let's anything bring him down, and has a tremendous threshold for stupidity. He likes to read and hunt, which he says his friends would say are not hobbies, but actual obsessions.

"Where I am from, waterfowl hunting is taken seriously," said Griffith. "We are right in the Mid-Atlantic flyaway. Calling ducks into a well

placed set of decoys out on the water is the most relaxing and rewarding experience in the world. Of course, whitetail deer, turkey, and small game seasons go by fast as well—but when it's duck season, the phone is turned off."

But hunting will have to wait. Griffith has work to do here. He is in charge of making sure building materials get to Seabees located throughout Afghanistan. Without him doing what he does, and without the right supplies getting to where they need to go, quality of life for the service members serving in combat outposts and forward operating bases around Afghanistan would severely decrease. It would be the difference between a Seabee sleeping on a cot with only a sleeping bag to keep him warm, or sleeping in a tent complete with heat and electricity. And trust me, in 20 degree weather, people are counting on him to make it happen.

In the regiment, he's a material liaison officer, but in life, he's a jokester.

He has an uncanny way of imitating most people in the regiment. On any given day you can hear someone saying, come on, just one more impression. He's usually dead on. He also has incredible comedic timing. I can't count the number of times during this deployment I've heard him say, "I'd rather be duck hunting." And it never gets old.

Another thing that never gets old is him. When I met him I thought he was in his 20s. However, at 41, those twenty-something years have long since passed, but you wouldn't know it to talk to him. He is a kid at heart. Most likely being a high school teacher and spending all of his off time playing outside has contributed to that attitude.

On any given day I would walk past his office, look in, and see him busy at the computer. I would sometimes ask, "What are you working on Sir?"

He would look up through those thick glasses, push them back on his nose, smile wide and while snapping his fingers in circles from left to right would say, "I'm working things over here, and I'm working things over there, chief."

I had no idea what it meant, but I trusted that the same hands he used for snapping were also being used every day to do something positive and necessary for our task force.

"Life is good," said Griffith. "My grandpop used to tell me, 'don't wish your life away.' I try to appreciate where I am, with those I am with, because we are all just passing through."

If passing through this deployment has been hard on Griffith, his face would never give it away. He had set goals and has managed to meet them all head on. He earned his Seabee combat warfare pin and got in better shape by doing circuit training every morning. When the workout program first started, I would go. After awhile I found I was too tired to wake up at 4:30 a.m. every single morning. However, Griffith continued to wake up day after day because he is 'extreme,' as he would tell me every morning while making an "X" with his arms. His fitness regimen is proof he can get serious when he needs to.

His goals when he returns home are to reunite with family and friends and of course, enjoy some hunting. He also wants to fertilize wheat and get the ground ready to plant corn. All of that in addition to preparing teams for the FFA livestock and dairy judging.

"I would rather be on my farm than be emperor of the world," said George Washington.

And Griffith seriously agrees.

*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) Lt. Griffith can't even be serious during his command cruise book photos! (Middle) Lt. Griffith keeps a watchful eye on members of the regiment during their transit from Gulfport to Kuwait. (Right) Lt. Griffith is a farmer and has the tan to prove it. (Bottom) Lt. Griffith and Senior Chief Daryl Irvin.



# Acronyms

AA - Authorized Absence  
 AAFES - Army and Air Force Exchange Service  
 ABSC - Active Billet Sequence Code  
 AC - Active Component  
 ADSW - Active Duty for Special Work  
 ADT - Active Duty Training  
 AO - Area of Operations  
 AOC - Aviation Officer Candidate  
 AOI - Area of Influence  
 AOR - Area of Responsibility  
 APG - Advanced Pay Grade  
 AT - Annual Training  
 ATP - Additional Training Period

BUDS - Basic Underwater Demolition School  
 BUMED - Bureau of Medicine and Surgery

CACO - Casualty Assistance Calls Officer  
 CAI - Cross-Assigned In  
 CAO - Cross-Assigned Out  
 CEC - Civil Engineering Corps  
 CFC-A - Coalition Forces Command - Afghanistan  
 CFL - Command Fitness Leader  
 CITF - Criminal Investigative Task Force  
 CJSOTF - Combined Joint Special Operations Task Force  
 CJTF - Combined Joint Task Force  
 COB - Close of Business  
 COLA - Cost of Living Allowance  
 CMS/ID - Career Management System Interactive Detailing  
 CNAFR - Commander, Naval Air Force Reserve  
 CNIC - Commander Navy Installations Command  
 CNR - Chief of Navy Reserve  
 CNRC - Commander Navy Recruiting Command  
 CNRFC - Commander, Navy Reserve Forces Command  
 COMRATS - Commuted Rations  
 CONUS - Inside the Continental United States

COCOM - Combatant Commander  
 CSG - Carrier Strike Group

DECA - Defense Commissary Agency  
 DCO - Direct Commission Officer  
 DDS - Direct Deposit System  
 DFAC - Dining Facility  
 DEERS - Defense Eligibility Enrollment Reporting System  
 DEMOB - Demobilization  
 DFAS - Defense Finance and Accounting System  
 DOD - Department of Defense  
 DONTFS - Department of the Navy Total Force System

ECRC - Expeditionary Combat Readiness Center  
 EOS - Expiration Of Service  
 ESG - Expeditionary Strike Group  
 ESGR - Employer Support of the Guard & Reserve  
 ET - Equivalent Training  
 ETA - Estimated Time of Arrival  
 ETD - Estimated Time of Departure

FOB - Forward Operating Base  
 FOUO - For Official Use Only  
 FTS - Full Time Support

IA - Individual Augmentee  
 IADT - Initial Active Duty Training  
 IAG - Information Assurance Group  
 IAP - In Assignment Processing  
 IDT - Inactive Duty Training  
 IDTT - Inactive Duty Training Travel  
 IED - Improvised Explosive Device  
 IG - Inspector General  
 IMAPMIS - Inactive Manpower and Personnel Management Information System  
 IRR - Individual Ready Reserve  
 ISAF - International Security Assistance Force

JCS - Joint Chiefs of Staff  
 JRB - Joint Reserve Base  
 JSAG-I - Joint Services Action Group - Iraq  
 JSOC - Joint Special Operations Command  
 JSOTF - Joint Special Operations Task Force  
 JTF GTMO - Joint Task Force Guantanamo Bay  
 JTF HOA - Joint Task Force Horn of Africa

MCAG - Maritime Civil Affairs Group  
 MESF - Maritime Expeditionary Security Force  
 MILPERSMAN - Military Personnel Manual  
 MIUW - Mobile Inshore Undersea Warfare  
 MNFI - Multi-National Forces Iraq  
 MNSTC-I - Multi-National Security and Training Command - Iraq  
 MOB - Mobilization  
 MRE - Meals Ready to Eat  
 MTT - Military Transition Teams

NAF - Naval Air Facility  
 NAS - Naval Air Station  
 NAT - New Accession Training  
 NAVELSG - Navy Expeditionary Logistics Support Group  
 NAVSTA - Naval Station  
 NAVET - Navy Veteran  
 NCO - Non-Commissioned Officer  
 NCS - National Call to Service  
 NEC - Navy Enlisted Classification (or Code)  
 NECC - Navy Expeditionary Combat Command  
 NEX - Navy Exchange Service  
 NMPS - Navy Mobilization Processing Site  
 NOBC - Navy Officer Billet Classification (or Code)  
 NOE - Notice Of Eligibility  
 NOSOC - Navy Operational Support Center  
 NPQ - Not Physically Qualified  
 NR - Navy Reserve  
 NRIP - Navy Reserve Intelligence Program  
 NROTC - Naval Reserve Officer Training Corps  
 NROWS - Navy Reserve Order Writing System  
 NRWS - Navy Reserve Web Site  
 NSA - Naval Support Activity  
 NSIPS - Navy Standard Integrated Personnel System  
 NSPS - National Security Personnel System

OCNR - Office of the Chief Navy Reserve  
 OCONUS - Outside Continental United States  
 OCS - Officer Candidate School  
 OIC - Officer In Charge  
 OJT - On the Job Training  
 OLA - Office of Legislative Affairs  
 OPNAV - Office of Chief of Naval Operations  
 OPSEC - Operational Security

OPTEMPO - Operational Tempo  
 ORM - Operational Risk Management  
 OSC-A - Office of Security Cooperation - Afghanistan  
 OSO - Operational Support Officer

PAYPERSMAN - Navy Pay and Personnel Procedures Manual  
 PCS - Permanent Change of Station  
 PDFRC - Pre-Deployment Family Readiness Conference  
 PFA - Physical Readiness Assessment  
 POC - Point of Contact  
 POV - Privately Owned Vehicle  
 PRC - Presidential Reserve Callup  
 PRD - Projected Rotation Date  
 PRIMUS - Physician Reservists in Medical Universities and Schools  
 PRT - Physical Readiness Test or Provincial Reconstruction Team  
 PSD - Personnel Support Detachment

RBSC - Reserve Billet Sequence Code  
 RC - Reserve Component  
 RCC - Reserve Component Command  
 RCCPDCS - Reserve Component Common Personnel Data System  
 RCHB - Reserve Cargo Handling Battalion  
 RESFORON - Reserve Force Squadron  
 RHS - Reserve Headquarters System  
 RIAC - Reserve Intelligence Area Commander  
 RIPO - Reserve Intelligence Program Officer  
 RTB - Reserve Transition Benefits  
 RTSS - Reserve Training Support System  
 RUAD - Reserve Unit Assignment Document  
 RUIC - Reserve Unit Identification Code  
 RWW - Returning Warrior Workshop

SAU - Squadron Augment Unit  
 SELRES - Selected Reservist  
 SNCO - Staff Non-Commissioned Officer  
 SOP - Standard Operating Procedure

TOC - Tactical Operations Center  
 TRUIC - Training Reserve Unit Identification Code  
 TSC - Combatant Commanders Theater Security Cooperations

UA - Unauthorized Absence  
 UCMJ - Uniform Code of Military Justice  
 UMA - Uniform Maintenance Allowance  
 USC - United States Code

VTU - Volunteer Training Unit

YRPS - Yellow Ribbon Program Specialists

# 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.



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

Commander Navy Reserve Forces Command  
(757)445-8500

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

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

Naval District Washington RCC  
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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

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VR-62 (904) 542-8557

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VR-54 (504) 678-3061

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VR-56 (757) 433-4065

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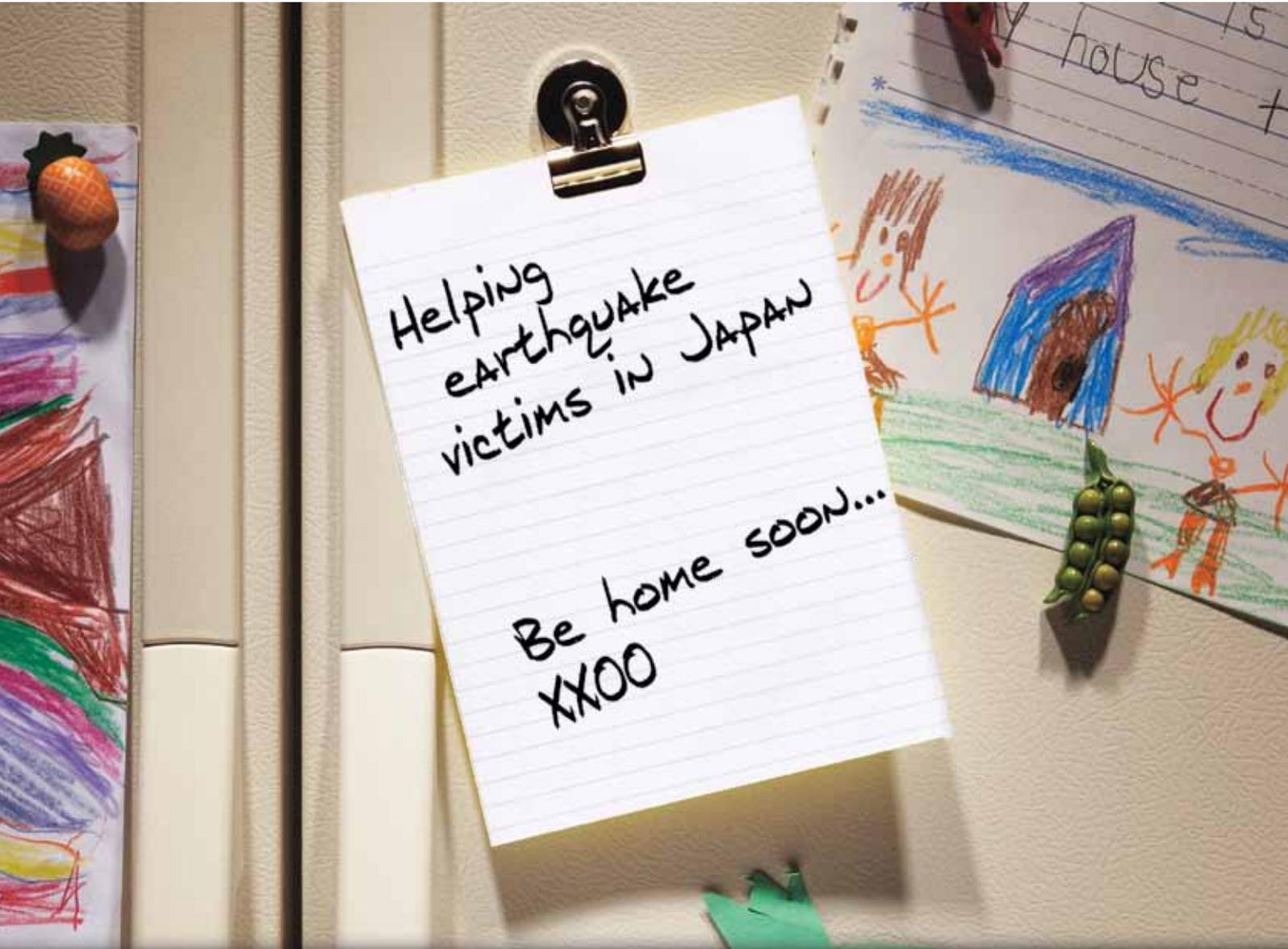
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