

TNR

THE NAVY RESERVE

NOVEMBER 2011



Military Family Month

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Ready Now!



A Strategic Reserve, comprised of Active and Reserve Component Sailors, provides valued capabilities to the Navy, Marine Corps and Joint Forces.

Volume 3, Issue 11

The Value of a Strategic Reserve

November 2011

Shipmates,

As our Navy continues to answer the Nation's call around the world, we must balance strong demand for our naval capabilities with the finite resources given to us. And because our economic security is a vital component of our national security, we must ensure every dollar is spent wisely.

One thing is certain: our Nation's naval warfighting capabilities must be credible. Our Sailors must be well-trained, mission-focused and resilient; our ships, aircraft, submarines, systems and equipment must be ready and reliable. A force that is over-extended, under-maintained and exhausted cannot deter potential adversaries or protect our allies. Conversely, a well trained & equipped Total Force – with a "deep bench" – that can easily shift from being "in reserve" to operational engagement, fully supports our national security objectives.

To fully appreciate the value of a strategic reserve, it is important to understand that this is a Total Force concept. Both the Active Component (AC) and Reserve Component (RC) have strategic reserve elements that can be brought into play as needed. In an era of tough economic choices, a strategic reserve not only provides depth, but also preserves capabilities at lower cost.

Some capabilities are like special teams in football – you don't always have them on the field, but when you need them, they are ready to make a play. The Reserve Component is an ideal and logical choice for many of these types of capabilities. Likewise, depth must be maintained for surge capability in case of multiple contingencies or broader-scale conflict. Our fleet response plan, which has ships, squadrons and expeditionary units at varying states of readiness, is an example of how the Navy routinely uses strategic depth. Shifting some of this depth to the RC can be a way to retain certain capabilities at even less cost.

Just like the AC, the Navy Reserve is organized to provide valuable capabilities and transition from a strategic to an operational posture in a prompt, orderly manner. And therein lies the value of strategic reserve. Whether AC or RC, general surge forces or specialized skills, strategic reserve forces are ready to bring Combatant Commanders the right capabilities where and when needed. This is where the Navy Reserve shines: providing valued capabilities with a force that is ready and accessible.

Being ready IS our mission! It is part of our heritage. We have always responded when the Nation called, and our ability to respond promptly has vastly improved in the last decade. The RC can play a leading role in missions which require near-instant response, as we do with our submarine rescue teams, or as part of regular Total Force rotations, as our Seabee battalions have done for years. We provide ready and accessible capabilities in a highly cost-effective manner and because the Navy understands the value of a Strategic Reserve, the service of every Sailor is valued, from a few days per year to full-time duty.

As we examine our force structure, required capabilities, and cost, the Strategic Reserve will play an important role in our Navy's ability to meet future challenges. Navy Reserve Sailors – "Ready Now, Anytime, Anywhere" – will be an essential component of our Navy's Total Force Strategic Reserve solution.

VADM Dirk Debbink
Chief of Navy Reserve

FORCM (AW) Chris Wheeler
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.navy.mil/photo_submit.asp. 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://www.navyreserve.navy.mil>. Navy Reserve News Stand, a Web site featuring Navy Reserve news and photos, plus links to Navy fleet pages, can be viewed at www.news.navy.mil/local/nrf.

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

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COVER PHOTO: Intelligence Specialist 1st Class Crystal Hoel with her son, Corporal Adam Hoel. The mother and son are stationed together in Kandahar, Afghanistan. Photo by Chief Mass Communication Specialist (SCW) Terrina Weatherspoon.

Letter from the Editor

Readers,

With this final letter from the editor of 2011 I want to start off with saying a great big thank you to all our family members. November is Military Family month so I want to recognize all the sacrifices families make, and the support they give, so Navy Reservists can serve our country. I can't say it any better than President Obama so below is a portion of the president's proclamation.

We owe each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support.

During Military Family Month, we celebrate the exceptional contributions of our military families, and we reaffirm our commitments to these selfless individuals who exemplify the highest principles of our Nation.

Across America, military families inspire us all with their courage, strength, and deep devotion to our country. They endure the challenges of multiple deployments and moves; spend holidays and life milestones apart; juggle everyday tasks while a spouse, parent, son, or daughter is in harm's way; and honor the service of their loved ones and the memory of those lost.

Just as we hold a sacred trust to the extraordinary Americans willing to lay down their lives to protect us all, we also have a national commitment to support and engage our military families. They are proud to serve our country; yet, they face unique challenges because of that service.

My administration has taken important steps to help them shoulder their sacrifice, and we are working to ensure they have the resources to care for themselves and the tools to reach their dreams. We are working to improve family resilience, enhance the educational experience of military children, and ensure military spouses have employment and advancement opportunities, despite the relocations and deployment cycles of military life. Our historic investment to build a 21st-century Department of Veterans Affairs is helping to provide our veterans with the benefits and care they have earned.



We are also standing with our service members and their families as they transition back into civilian life, providing counseling as well as job training and placement. And, through the Post-9/11 GI Bill, our veterans and their families can pursue the dream of higher education.

However, government can only do so much. While only a fraction of Americans are in military families, all of us share in the responsibility of caring for our military families and veterans, and all sectors of our society are better off when we reach out and work together to support these patriots.

By offering job opportunities and workplace flexibility, businesses and companies can benefit from the unparalleled dedication and skills of a service member or military spouse.

Through coordination with local community groups, individuals and organizations can ensure our military families have the help they need and deserve when a loved one is deployed. Even the smallest actions by neighbors and friends send a large message of profound gratitude to the families who risk everything to see us safe and free.

As America asks ever more of military families, they have a right to expect more of us -- it is our national challenge and moral obligation to uphold that promise. If we hold ourselves to the same high standard of excellence our military families live by every day, we will realize the vision of an America that supports and engages these heroes now and for decades to come.

Barack Obama



Jim Vorndran
Editor-in-chief
The Navy Reserve Magazine

FOCUS ON FAMILIES

Military Family Appreciation Month

Written by JAMES WARREN, FORCE FAMILY SUPPORT PROGRAM MANAGER



November is designated Military family month.

Our families continue to show their exceptional contributions in supporting our Navy Reservists. Words can never express how difficult it is for families to endure the rigors of deployments and moves. Sailors miss holidays and family events, but the family always finds the strength to support the Sailor so they can meet their mission. The Navy Reserve stands by every Sailor and family member to ensure they get the care they need before, during, and after every deployment.

Commands offer many resources at annual pre-deployment readiness conferences which are held at every Navy Operational Support Center across the country. The conferences ensure families receive information about TRICARE, VA benefits, Employer Support of the Guard and Reserve, legal assistance, identification cards, youth programs and child care resources.

During a deployment commands make monthly contact with Sailors and their families through the command individual augmentee coordinators (CIACs) and Ombudsmen. These contacts ensure commands are aware of any emergent issues or any support families need. Having contact with the Reservist also allows the Sailor to focus on the mission and know the family is cared for.

Because Reserve force families have limited access to Fleet and Family Support centers, commands let families know they can find support through many other resources.

Military OneSource is a DoD program that provides resources and support to active-duty, National Guard and Reserve service members and their families anywhere in the world. The program is available 24 hours a day, seven days a week at no cost.

The Joint Family Support Assistance Program provides a continuum of support and services based on member and family strengths and needs and available resources. The primary focus is for families who are geographically dispersed from military installations. Services are delivered in local communities through collaborative partnerships with federal, state, and local resources.

There is also the Military Family Life Consultant program that gives families access to licensed clinical providers to assist service members and their families with issues they may face through the cycle of deployment — from leaving their loved ones, and possibly living and working in harm's way, to reintegrating with their community and family.

The Navy Reserve has its signature primary reintegration program called the Returning Warrior Workshop (RWW). These workshops focus on reuniting Sailors and their significant others. This is a weekend for the Navy to take care of the military personnel who have been deployed in support of combat operations. It is a chance to celebrate service members for their service and sacrifice. RWWs also educate about myriad of resources available and to help facilitate growth through the reintegration process.

All of our Warrior and Family Support Program Specialists and Yellow Ribbon Program Coordinators want to personally thank you for your commitment and support you give to our Sailors every day. We in the Navy Reserve strive to meet every need possible for all of our Reserve families. There is help out there, please reach out to any of your Warrior and Family Support Programs Specialists in your region for assistance with any resource you may need. They are there for your needs.

TRAVEL SMART



Annual Training Funding Requirements

Written by Lt. Cmdr. MARK MORENO, COMMANDER, NAVY RESERVE FORCES COMMAND N31C

My company commander made sure I understood what was expected of me – via push-ups. I was accountable for my actions and sometimes the actions of others. Reflecting over the years since, there have always been requirements I was accountable for. Applied to the Reserve Force, we have requirements to the demand signal of the active component (AC) that must be met and accounted for. Now that the new fiscal year has started here are a few thoughts with regard to annual training (AT).

The Requirement. AT funds are distributed for the training requirements of individuals and units. AT funds can also be used for AC mission support requirements. First challenge; the same funds used for missions are also used to train our people. Second, spending on both missions and training occurs over the course of the year and must be closely managed. Third, some requirements are unplanned, such as disaster relief missions. Another factor is each selected Reservist (SELRES) is required to perform a minimum of 14 days of active duty in a fiscal year (FY).

The Goals. Execute all AT funding toward a valid requirement to demonstrate there is still a need for the same level of funding next FY. Operational Support Officers (OSO) use the AT funds to budget and prioritize the missions for the coming year. AT funds are non-discretionary and will not be pulled back for use somewhere else in the government. Discretionary funds could be

pulled back during the fiscal year. Because, unit commanding officers (CO) may plan to use AT funds for large training events, good communication between the OSO, unit CO, and Navy Operational Support Center is the key to successfully manage fund execution.

An Art Form. Not all SELRES execute AT funds the same. Some join late in the fiscal year and some simply just don't go on AT. Some meet the annual requirement through mobilization or other funding. There are those who keep busy each year and complete more than the minimum number of days on AT to meet one or several requirements. This last group is the exception, not the norm, and is referred to as doing exceptional-AT (E-AT). Part of proper budgeting of funds is to ensure funding is distributed to the proper accounts during the right quarter.

The FY11 E-AT Affect and FY12 Guidance. In FY11 the introduction of E-AT resulted in all AT funds being executed prior to the end of the fourth quarter. For FY12, our goal is to better control the spending via the E-AT hard-hold in the Navy Reserve Order Writing System (NROWS). The OSO must continue to validate a requirement before a hard-hold is cleared in NROWS. Use AT funds first for high priority requirements. Unit Commanding Officers should update the budget estimator in NROWS as plans and requirements change. E-AT is allowed up to 29 days in FY12. Everyone who is eligible for AT should submit their application early so the funds are properly distributed and committed to the requirements.



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LEADERSHIP

Preparing for Mobilization

Written by Cmdr. STEPHEN P. FERRIS

Perhaps the most important challenge for a unit's leadership is preparing its personnel for mobilization to active duty. A mobilization tears a Reservist from home, family, and work, and deposits him in a demanding, dangerous and distant environment. Leaders must be forceful and aggressive in preparing members for the challenge of deployment. Unit leaders can best prepare their personnel by focusing efforts on the following dimensions of individual readiness.

Military Competencies: Reservists will be assigned a billet with specific job expectations when mobilized. Leadership must help the individual Reservist learn what those job responsibilities are likely to be upon mobilization. Then, it should organize training for the remaining drill periods that will be directly relevant to the work the Reservist will do. Leadership needs to be creative in designing training to develop skills useful on active duty.

Physical: Deployments are physically demanding. Leadership needs to encourage its members to anticipate physical readiness in a new way. It means thinking about endurance, periods of limited or interrupted sleep, extreme temperatures and different foods. Preparation for these challenges might mean losing weight, a focus on endurance rather than strength training, addressing any outstanding medical/health issues, and learning sound nutritional principles.

Financial: For some Reservists, a mobilization means an increase in monthly income while others will experience a decrease. Reservists need to think about revising their household budgets to reflect their new pay realities. This can involve conversations with creditors, bankers and landlords. Reservists should also consider

using automatic bill payments while deployed to avoid late charges or missed payments.

Civilian Work: Reservists must coordinate closely with their civilian employer to ensure a smooth return to the workforce after deployment. Unit leadership can help with this coordination by preparing material for employers that explains what their employee is likely to do while mobilized. Leadership might also host an employer appreciation event or visit the employer at the work site.

Family: Education and communication are probably the two most important things that leadership can do for a family. Families should know about the extensive DoD, Navy, and civilian social services that are available to them. Units can host a family services workshop for its members, inviting representatives from various support agencies to attend.

Emotional/Spiritual Support: The prolonged separation associated with deployment can challenge the strongest of marriages and cause emotional problems among family members. Leadership should encourage its members to contact their spiritual advisor to inform them of their deployment and discuss family support. Reservists should also think about identifying potential mental health advisors or even non-professionals for emotional support.

Mobilization is a dramatic event in the life of a Reservist. But there is much unit leadership can do to ease someone's transition to active duty. By anticipating the Reservist's needs, the establishment of a proactive training program, and engagement with families, leadership can directly contribute to the success of its members' mobilization. Reservists who are prepared and have made thoughtful arrangements for the physical, financial, and emotional support of their families, will be able to focus more completely on the demands of their Navy assignments.



PROFILE 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 provide to the fleet. To nominate a Sailor, email the editor, james.vorndran@navy.mil, for a submission form. Please include a high-resolution (300 dpi) 5"x7" digital photo of the candidate.



Robert Falco
CHIEF INTELLIGENCE SPECIALIST

Hometown: Forney, Texas

NOSC: Naval Air Station Ft. Worth, Joint Reserve Base

Unit: U. S. Southern Command O270

Brief description of your Navy job: I work in the intelligence office for Provincial Reconstruction Team Farah where I process and disseminate mission critical intelligence reports regarding enemy plans, intentions and operations. This includes daily products delivered to 65 different coalition forces and civilian organizations. The information is critical to the success of daily combat missions for the province.

Brief description of your civilian job: I am a contractor program security officer for L-3 Communication in Greenville, Texas. I manage a program with more than 500 people who support the war fighter.

What has been your greatest Navy achievement?

Personally, it was being selected as a chief petty officer. Professionally, it would be deploying and being able to give back and serve my country. It's very rewarding to be able to contribute to the war on terrorism.

Who has been your biggest influence since joining the Navy? Several people, but mostly Senior Chief Tracy Kugle and Chief Charles Huett, because they have guided and mentored me. Their guidance has shown me how to take care of and mentor junior Sailors and take care of their needs. Also, how to share my mistakes so that the junior enlisted don't make the same ones I did.

What do you enjoy most about the Navy? I enjoy the camaraderie and sense of accomplishment, and it's very fulfilling to contribute to the war effort. As a chief, it is a very rewarding experience to mentor junior enlisted and see their growth as a Sailor and a person.

Most interesting place visited since joining the Navy: Djibouti, Africa. I was deployed to Camp Lemonier from June 2006 to February 2007. I was the leading petty officer responsible for the J-2 (Intelligence) shop.

Current hobbies: I enjoy spending time with my family. Mostly, playing basketball with my son.



Joseph Williford
INFORMATION SYSTEMS TECHNICIAN (SW) 1ST CLASS

Hometown: East Rochester, NY

NOSC: Rochester

Unit: Surge Maintenance (SURGEMAIN) Rochester

Brief description of your Navy job: I provide support to the Navy Education Training Command Electronic Classroom team. We develop new course delivery methods.

Brief description of your civilian job: I am a Unix System Administrator. I manage changes on Unix Servers and perform break and fix work as required.

What has been your greatest Navy achievement?

Earning my enlisted surface warfare specialist pin as a Reservist. I was on orders to the hospital ship USNS Comfort during Continuing Promise 2007.

Who has been your biggest influence since joining the Navy? Chief Data Systems Technician Peterson was my

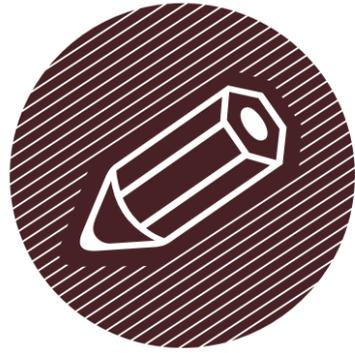
leading chief petty officer and Data Systems Technician 1st Class Lee was my leading petty officer aboard my first ship USS Dahlgren DDG-43 (1981-83). They taught me valuable lessons in being a better technician as well as how to be a quality leader.

What do you enjoy most about the Navy? I enjoy the people I meet. I have learned something to help my career from everyone I have worked with over the years.

Most interesting place visited since joining the Navy: South America. The people received us in every port with open arms and treated us very well.

Current hobbies: Sports officiating at multiple levels from high school to college and adult sports at a national level.

NOTABLE



Officer Leadership Training Requirements

Written by STEVE POELLINGER, OPERATIONAL SUPPORT OFFICER, CENTER FOR PERSONAL AND PROFESSIONAL DEVELOPMENT

In September 2011, the Chief of Navy Reserve (CNR) released a message (ALNAVRESFOR 05/11) that refines and clarifies the requirements of leadership training for all Navy Reserve officers. Leadership training is an important part of preparation for extended combat deployments and effective normal operations. Leadership standards do not differ between active and Reserve Component (RC) officers at the strategic, operational or tactical levels — leadership training is a total force requirement.

The military personnel manual (MILPERSMAN 1301-906) establishes procedures for officers to attend leadership courses. Leadership training is required for all officers serving in leadership positions. ALNAVRESFOR 05/11 further defines the requirements as they pertain to full-time support and Selected Reserve officers with the establishment of a timeline mandating leadership training attendance at least once every five years. Also outlined in the message is a Reserve Component-specific training continuum with existing leadership courses modified to meet the needs of RC Sailors.

To support the CNR's initiative, beginning this fiscal year the Center for Personal and Professional Development (CPPD) Reserve Component will offer officer leadership courses in a two-day format. This format is designed to work within Reserve

officers' time constraints and allow them the opportunity to comply with the training requirements.

The Senior Officer Leadership Pilot Course (SOLC) targets officers in leadership positions and non-command lieutenant commanders, commanders and captains. The pilot course will serve as an interim solution to cover gaps in training and meet requirements until the formal development of curriculum by CPPD. SOLC has already delivered its first course during a recent session of the Navy Reserve Unit Management Course. Later in this fiscal year the SOLC is being held at selected Navy Operational Support Centers (NOSC) during drill weekends. CPPD RC mobile training teams will be onsite to deliver the training.

CPPD is also modifying its Reserve Department Head Leadership Course (DHLC) from a four-day, two-drill weekend format to a two-day, one-drill weekend course to better fit the needs of Reserve Component officers. The new course is titled Advanced Officer Leadership Course (AOLC) and is currently offered at select NOSC nationwide.

All CPPD course schedules are posted on Navy Knowledge Online under the Leadership tab. Quotas are obtained through NOSC training departments via the enterprise Navy Training Reservation System (eNTRS). For questions, contact CPPD Operational Support Officer, Steve Poellinger, at steven.poellinger@navy.mil.



CNO's Sailing Directions

MISSION

Our core responsibilities

Deter aggression and, if deterrence fails, win our Nation's wars. Employ the global reach and persistent presence of forward-stationed and rotational forces to secure the Nation from direct attack, assure Joint operational access and retain global freedom of action. With global partners, protect the maritime freedom that is the basis for global prosperity. Foster and sustain cooperative relationships with an expanding set of allies and international partners to enhance global security.

VISION

Navy's contribution and characteristics over the next 10-15 years

The U.S. Navy will remain critical to our national security and our economic prosperity.

- ◆ The Navy will continue to be at the front line of our nation's efforts in war and peace with a proud heritage of success in battle on, above, and below the sea.
- ◆ The Navy will continue protecting the interconnected systems of trade, information, and security that underpin American prosperity.

Operating forward across the globe, the Navy will provide the nation offshore options to win today and advance our interests in an era of uncertainty.

- ◆ We will deliver credible capability for deterrence, sea control, and power projection to deter or contain conflict and fight and win wars.
- ◆ As ground forces draw down in the Middle East, the Navy will continue to deter aggression and reassure our partners – we will have the watch.

Ready Sailors and Civilians will remain the source of the Navy's warfighting capability.

- ◆ Our people will be diverse in experience, background and ideas; personally and professionally ready; and proficient in the operation of their weapons and systems.
- ◆ Our Sailors and Civilians will continue a two-century tradition of warfighting excellence, adaptation, and resilience.
- ◆ Our character and our actions will remain guided by our commitment to the nation and to each other as part of one Navy team.

We will address economic change by being effective and efficient. We will innovate to:

- ◆ Use new technologies and operating concepts to sharpen our warfighting advantage against evolving threats;
- ◆ Operate forward at strategic maritime crossroads;
- ◆ Sustain our fleet capability through effective maintenance, timely modernization, and sustained production of proven ships and aircraft;
- ◆ Provide our Sailors confidence in their equipment and in their own skills.

Over the next 10 to 15 years, the Navy will evolve and remain the preeminent maritime force.

- ◆ The reach and effectiveness of ships and aircraft will be greatly expanded through new and updated weapons, unmanned systems, sensors, and increased power.
- ◆ The Air-Sea Battle concept will be implemented to sustain U.S. freedom of action and Joint Assured Access.
- ◆ Unmanned systems in the air and water will employ greater autonomy and be fully integrated with their manned counterparts.
- ◆ The Navy will continue to dominate the undersea domain using a network of sensors and platforms - with expanded reach and persistence from unmanned autonomous systems.
- ◆ Cyberspace will be operationalized with capabilities that span the electromagnetic spectrum – providing superior awareness and control when and where we need it.

Our forces will operate forward in new and flexible ways with access to strategic maritime crossroads.

- ◆ Our posture will be focused and improved using a combination of rotational deployments, forward bases, temporary and austere facilities and partner nation ports.
- ◆ Our forward presence will build on and strengthen our partnerships and alliances where sea lanes, resources, and vital U.S. interests intersect.

TENETS

Warfighting First

Operate Forward

Be Ready

The key considerations we should apply to every decision

Be ready to fight and win today, while building the ability to win tomorrow

Provide offshore options to deter, influence and win in an era of uncertainty

Harness the teamwork, talent and imagination of our diverse force to be ready to fight and responsibly employ our resources

GUIDING PRINCIPLES

The starting point for developing and executing our plans

- ◆ Our primary mission is warfighting. All our efforts to improve capabilities, develop people, and structure our organizations should be grounded in this fundamental responsibility.
- ◆ People are the Navy's foundation. We have a professional and moral obligation to uphold a covenant with Sailors, Civilians and their families – to ably lead, equip, train and motivate.
- ◆ Our approach should be Joint and combined when possible. However, we own the sea, and must also be able to operate independently when necessary.
- ◆ Our primary Joint partner is the U.S. Marine Corps. We must continue to evolve how we will operate and fight as expeditionary warfare partners.
- ◆ At sea and ashore, we must be ready to part with Navy roles, programs and traditions if they are not integral to our future vision or a core element of our mission.
- ◆ We must ensure today's force is ready for its assigned missions. Maintaining ships and aircraft to their expected service lives is an essential contribution to fleet capacity.
- ◆ Our Navy Ethos defines us and describes the standard for character and behavior.
- ◆ We must clearly and directly communicate our intent and expectations both within and outside the Navy.
- ◆ I believe in the "Charge of Command." We will train and empower our leaders with authorities commensurate with their responsibilities.



FORWARD FROM THE SURF

Written by Mass Communication Specialist 3rd Class (SW/AW) Jonathan Pankau, Amphibious Construction Battalion 2 Public Affairs

An elevated causeway (modular) stands ready for ship to shore operations on Anzio Beach at Joint Expeditionary Base Little Creek/Fort Story. Photo by Mass Communication Specialist 2nd Class Leslie Long.

Reserve and active duty Sailors from Amphibious Construction Battalions (ACB) 1 from Coronado, Ca., and ACB 2 from Virginia Beach, Va., constructed an Elevated Causeway System – Modular (ELCAS-M) at Anzio Beach, Joint Expeditionary Base Little Creek/Fort Story (JEBLC/FS).



A new supporting pile is moved into place by crane during ELCAS(M) construction. Photo by Mass Communication Specialist 3rd Class (SW/AW) Jonathan Pankau.

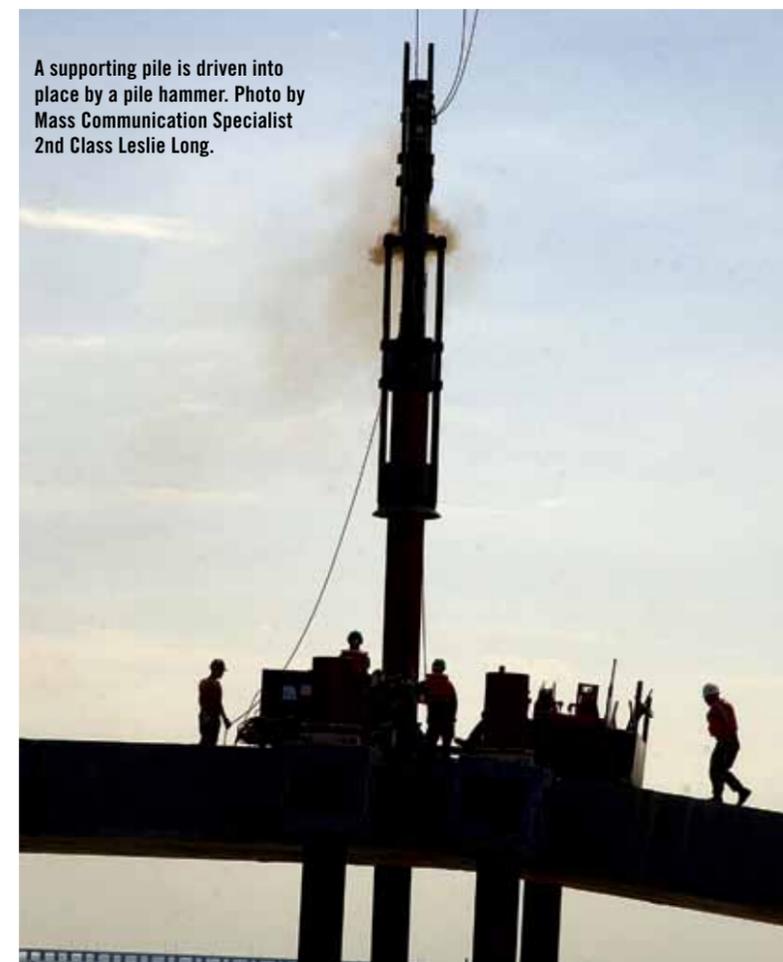
different capabilities staffed by trained personnel from all parts of the amphibious construction force.”

Chief Equipment Operator (SCW/AW) Jered Robbins said the ramp onto the causeway is built first and that it is the most important part of the build. He added that the grade, or slope of the ramp, is only one of the many factors that play into the foundation of the entire pier.

“The ramp is the foundation for the causeway. Just like a house foundation, it has to be very precise or you’ll ruin everything you build on top of it,” Robbins said.

Once the ramp is constructed and the first pieces of the causeway are attached, the external spudwells are attached to the sides and piles are driven through them. Each supporting pile has to be driven into the ground a certain length, requiring a massive pile hammer lifted by a 200-ton Crawler crane. Before any pile hammering begins Engineering Aide 1st Class (SCW/AW) Patrick Russell has to calculate the depth the piles need to be driven into the sand. Once the pile hammer is fueled, placed atop the pile, and turned on, it begins to pound the pile into the sand.

“This measurement is called the blow count and the purpose of it is to accurately determine the amount of strikes from the pile hammer required to achieve the pile depth necessary to support the weight of the causeway,” Russell said. “The pile for this exercise was driven into the sand a minimum of 15 feet and did not stop until the pile hammer could strike the pile 37 times without it moving more than a foot, which tells us the pile can handle the weight. If the hammer struck



A supporting pile is driven into place by a pile hammer. Photo by Mass Communication Specialist 2nd Class Leslie Long.

The ELCAS-M is the only expeditionary pier system in the world and only the Seabees have the capability to construct it. It is deployable anywhere in the world and is constructed to support ship-to-shore cargo movement where a useable seaport may be damaged or unavailable. ACB 2 stores the system at JEBLC/FS and the two battalions construct it annually to maintain proficiency and train newer Seabees to build the system.

“Once ELCAS is constructed everything else flows pretty smoothly, from boatswain’s mates pulling [their causeway ferries] alongside the pier to the trucks driving onto the turntable and spinning around to face the way they came,” said Equipment Operator 3rd Class Martin Conner.

The ELCAS-M allows the Navy to move the offloading of supplies beyond the surf zone and beaches that are not suitable for landing craft. The system is constructed out of 40 foot-long pontoon sections that form the ramp and causeway, 38 foot-long steel piles driven into the beach and seafloor to support the system’s weight, and external spudwells that secure the piles to the pontoons. When broken down into its components, ELCAS-M may appear to be a simple system but ACB 2 ELCAS-M Officer in Charge, Lt. Artemio Trevino said the planning, precise measurements, and technical expertise required to successfully construct the system are far from simple.

“At the core, ELCAS-M is constructed from a few simple parts,” Trevino said. “Anyone who observes the build from start to finish, however, realizes that it takes precise measurements and many



An external spudwell is lowered into place. Photo by Mass Communication Specialist 3rd Class (SW/AW) Jonathan Pankau.

the pile even 36 times and it moved a little over a foot, the count would start again until the blow count was reached.”

If the pile is driven into the sand and more length is required, Russell said he would give a length recommendation for the additional pile based on the blow count. Steelworkers then splice additional lengths of pile onto the original.

The ELCAS-M Assistant Officer in Charge, Chief Equipment Operator (SCW) William Haynes said the exercise requires patience, training, and experienced Seabees like Robbins and Russell to really get the most out of it. Even civilian contractors like Denise Brown, a technical engineer with Defense Support Systems, come out to teach Seabees the necessary skills.

“I teach Seabees all about amphibious unit specific operations and the most important lesson is to always check the tech manuals,” Brown said. “I’ve been a part of three ELCAS-M builds, in the military and as a civilian contractor, and I know from experience that one missing bolt or one wrong weld can quickly become a show stopper.”

Haynes said that the Seabees can build the ELCAS-M in seven days, up to 3,000 feet out into the water, with a crew of 108 personnel. Haynes added that the main objectives of the exercise are safety and training. This ensures the junior Seabees really understand how ELCAS-M operates and are able to take the lead at the next build.

“We took 13 days to build a 720-foot causeway during last year’s exercise and 17 days for 840 feet this year,” Haynes said. “This is a training exercise and it is important to proceed slowly and carefully.”

Neither battalion has the manpower to construct the system independently so they call on their Reserve Component Seabees for support. This year more than 40 Reservists from ACB 1 and 2 participated in the build for unit training and to assist their active-duty shipmates. Equipment Operator 2nd Class Jami Danforth, a surgical

technologist from Laconia, N.H., was one of the many Reservists participating in the ELCAS-M.

“This was my first ELCAS build so I did a lot of observing and learning,” Danforth said. “Once I got the hang of it, though, I was good to go and had so much fun working with my hands and getting dirty.”

The ELCAS-M is not limited to combat operations. The system provides a unique capability to transport combat and humanitarian aid supplies from the sea and across the shore. This ability aids humanitarian and disaster relief missions to support the Navy’s Maritime Strategy. Commander, U. S. Fleet Forces, Adm. J.C. Harvey, Jr., visited the build and was impressed with how useful the ELCAS-M is during humanitarian assistance missions.

“During times of peace, our Seabees have deployed to disaster zones to repair critical infrastructure and deliver supplies to the victims of natural disasters such as hurricanes, earthquakes, and floods...the ELCAS-M is just another example of what the world’s greatest combat construction force is capable of doing,” Harvey said.

Sailors from ACB 1 and 2 were excited to demonstrate their skills to Harvey and Fleet Master Chief (AW/NAC) Mike Stevens. Harvey’s words affected every Seabee involved.

“I put a lot of hard work into this and I would love the opportunity to build this in a real time scenario,” said Equipment Operator 3rd Class Kevin Osborn. “It would be great to help other people with something I built.”

Whether the Seabees and Sailors from ACB 1 and 2 are offloading weapons and vehicles or food and water from the ELCAS-M system, they have the ability to affect the world with something they built.

“When you consider all that the Seabees have done for our nation...” Harvey added, “there really is no question as to why they’re also known as the Navy’s goodwill ambassadors.”

This month we will take a little refresher on the proper wearing and displaying of ribbons on a uniform. These measurements apply to all ranks and are taken from the Navy uniform regulations NAVPERS 15665.

BACK TO BASICS

Ribbon Display and Wear

Written by Mass Communication Specialist 2nd Class RYAN HILL



(1) Breast insignia are worn on the left side of the uniform in a primary position, or a primary and secondary position.

(a) Primary position with ribbons or medals. The insignia is centered above ribbons or medals with the lower edge of the device 1/4 inch above the top row of ribbons or medals.

(b) Primary position without ribbons or medals. The insignia is centered above the left pocket with the lower edge of the device 1/4 inch above the top of the pocket.

For Dinner Dress Jackets, men center the insignia on the left lapel, three inches below the notch; women center the insignia on the left lapel down one-third the distance between the shoulder seam and coat hem.

(c) Secondary position with ribbons or medals. The insignia is centered below ribbons with the top of the device 1/4 inch below the top of the pocket or pocket flap, or centered below medals with the top of the device 1/4 inch below the lowest row of medals.

(d) Secondary position without ribbons or medals. The insignia is centered 1/4 inch below the top of the pocket or pocket flap.

For Dinner Dress Jackets, center the insignia on the left lapel, 1/4 inch below the primary insignia.

(2) If wearing only one device, place it in the primary position.

(3) Personnel with multiple qualifications may wear two insignia, placing one in the primary position and the second in the secondary position, within the following guidelines:

(a) Only one insignia from any single category of insignia listed above <paragraph 5201.2.a.> is authorized for wear at the same time.

(b) Warfare qualification insignia take precedence over other qualification insignia and are placed in the primary position.

THE RIBBON RACK

Ribbons are worn in order of precedence, from highest to lowest, inboard to outboard. Ribbons are worn in rows of three. If not in multiples of three, the uppermost row contains the lesser number. Arrange the center of this row over the center of the one below it. The bottom of the ribbon rack shall be placed 1/4 inch over the left breast pocket. On uniforms with no left breast pocket, place ribbon rack in the same relative position as if there were a pocket.

If the Sailor has more than three ribbons, he may wear only three ribbons as long as they wear the three most senior ribbons. To determine the level of ribbon precedence, check the ribbon and medal precedence chart at <http://www.npc.navy.mil>.

RIBBONS ORDER OF PRECEDENCE



RIBBON DEVICES

Center a single device on the ribbon: stars with two rays pointing down, oak leaf clusters as horizontally as possible with the stems of the leaves pointing to the wearers right. Place multiples of the same attachment in a horizontal line close to and symmetrically about the center of the ribbon.

A silver oak leaf cluster is worn in lieu of five bronze oak leaf clusters.

A silver star is worn in lieu of five gold or five bronze stars.



Top Myths about the Government Travel Card Program

Written by Chief Logistics Specialist(AW) Mandie Kirk
 Commander, Navy Reserve Forces Command

As we begin the new fiscal year, I'd like to share a few myths pertaining to the use of the Government Travel Charge Card (GTCC). Commander, Navy Reserve Forces Command's goal is to lower our GTCC delinquency rate. In order to make that happen it's imperative that we work together, and strictly adhere to the regulations of the program. Safe travels!

MYTH: Send in all receipts for DoD GTCC purchases, when filing a claim.

FACT: This slows down the system and does not increase your reimbursement rate. Only receipts for authorized purchases and greater than \$75.00 need to be submitted, unless the local command has a more stringent requirement.

MYTH: I have to pay interest on my GTCC.

FACT: Interest rates are never applied to the DoD GTCC.

MYTH: My GTCC is not monitored for use.

FACT: The Navy Reserve does monitor for misuse, abuse and fraud, and will take disciplinary actions when needed.

MYTH: I can use my personal charge card to pay for my official travel expenses.

FACT: Use of the DoD GTCC is mandatory for all purchases related to official travel expenses, unless deemed otherwise exempt.

MYTH: Late fees begin to incur on my delinquent account after 60 days.

FACT: A bill becomes delinquent 60 days after the billing due date. Late fees do not begin to incur on delinquent accounts until 75 days have passed.

MYTH: DoD does not have the authority to use my paycheck to pay for my undisputed delinquencies.

FACT: DoD has the authority to use salary offset to pay a

cardholder's delinquent bill after the bill has become 120 days delinquent. The DoD will deduct up to 15 percent of a delinquent cardholder's disposable income to pay the GTCC contractor.

MYTH: If DoD does not reimburse me for my official travel within 30 days, there is nothing I can do about it.

FACT: DoD, by law, must pay reimbursements to travelers within 30 days. If reimbursements remain unpaid after 30 days, travelers will be paid interest on authorized reimbursement amounts.

MYTH: If my bill is delinquent, the GTCC contractor will automatically report my delinquency to the credit bureaus, affecting my credit score.

FACT: An outstanding bill will not be reported to credit bureaus unless the bill remains unpaid for 210 days.

MYTH: If I encounter an invalid transaction on my GTCC statement, all I have to do is call the bank and I am not responsible for the charges.

FACT: For all disputed transactions: file the correct form with Citibank within 60 days from the transaction's invoice date. The form can be found at: http://www.citigroup.com/transactionservices/home/card_solutions/commercial_cards/fed_govt_svcs/forms.jsp

MYTH: As long as I reimburse the bank, I can use my GTCC to pay for personal expenses while on official travel.

FACT: Use of the GTCC is limited to official travel costs only.

Please utilize your respective region point of contact with concerns or questions related to the use of the GTCC.

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COMNAVRESFOR	LSCS Brett Dalesky	(757) 322-2675	brett.delesky@navy.mil
RCC MID-ATLANTIC	LS1 Anthony Garrett	(757) 444-7295	anthony.garrett@navy.mil
RCC MIDWEST	YN1 Ryan Smith	(847) 688-6916	ryan.m.smith3@navy.mil
RCC NORTHWEST	LS1 Lena Tanguay	(425) 304-3832	lena.tanguay@navy.mil
RCC SOUTHEAST	PS2 William Gheen	(904) 542-2486	william.gheen@navy.mil
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COMFLELOGSUPPWING	YN1 Edward Barrientes	(817) 782-6301	edward.barrientes@navy.mil
TACTICAL SUPPORT WING	YNC Rico Remigio	(817) 782-5352	rico.remigio@navy.mil
NAVSPECWARGRU 11	YNC Frederick Bryant	(619) 537-1205	frederick.bryant@navsoc.socom.mil
COMNAVINTRESCOM	LT Adam Whetstone	(817) 782-7107	adam.whetstone@navy.mil



History arrives in Schenectady

Written by Ensign CARL P. ZEILMAN
NAVAL WAR COLLEGE PUBLIC AFFAIRS

After 18 years in storage at the Naval History and Heritage Command in Washington, D.C, Navy Reservists brought the bell of the tank landing ship USS Schenectady (LST 1185) to the ship's namesake county.

Sailors from the Navy Operational Support Center (NOSC) in Schenectady traveled to Andrews Air Force base aboard a C-130, courtesy of the 109th Airlift Wing of the New York National Guard, to retrieve the bell from storage.

"Having the USS Schenectady bell here at NOSC Schenectady means a lot. It started with a fourth grade class coming up with this brilliant idea to write the Secretary of the Navy and convincing him to name one of the Navy's warships after the city and county of Schenectady — right here in upstate New York," said Yeoman 2nd Class Brandon Franklin. "I know the community here is proud to have a piece of history back here at home.

"We are extremely grateful to our friends and colleagues of the 109th Airlift Wing of the New York National Guard who ensured the bell of the USS Schenectady received first class treatment aboard their C-130," said NOSC Schenectady Commanding Officer, Lt. Cmdr. Mark Junco. "Without their assistance, this trip would not have been possible."

Commissioned in 1970, the Schenectady is named for Schenectady County, a municipality in upstate New York minutes away from the state's capital. The ship's crew of 224 Sailors and up to 350 Marines served in the Vietnam and Persian Gulf wars. The 522-foot tank landing ship, one of 20 ships in its class, was designed to unload tanks, trucks loaded with supplies, and other equipment over a 40-ton bow ramp directly onto a beachhead in support of Marine landing operations.

In June 1972, off the coast of Vietnam, the Schenectady became the first ship of her class to fire at an enemy. The crew returned fire on North Vietnamese Army shore batteries which had opened up on the ship as she cruised along the course.

After the ship's decommissioning Dec. 15, 1993, it was sunk during the training exercise Resultant Fury at the Pacific Missile Range off the Island of Kauai, Hawaii, Nov. 23, 2004.

When Junco learned the ship's bell was in storage, he began the process of bringing the bell home to Schenectady County.

"The bell is tied to a lot of history and tradition here in Schenectady," said Junco.

The bell, along with its original building plaque will be displayed on the quarterdeck of the NOSC area of the Armed Forces Reserve Center in Glenville, N.Y. "It's an honor to have the bell and its building plaque home in NOSC Schenectady. Having it here will allow local residents to celebrate the ship named in their honor," Junco said.

Each NOSC has a special story to tell. Whether it is a tradition, a historical relationship like that of NOSC Schenectady and the USS Schenectady bell, or its overall mission, every NOSC should work to tell their story.

With Navy Operational Support Centers located in every state across the country, it is special stories like the USS Schenectady bell that join the Navy community with the residents and business owners in which they are located.

"The Navy fully embraces its traditions. The history and heritages can be seen in our day to day operations. Whether it is morning or evening colors, saluting the flag and officers, or even our uniforms. Tradition is the very core of what makes the Navy what it is," said Logistics Specialist 2nd Class (SW) Shawn Pugsley.

Logistics Specialist 2nd Class Shawn Pugsley and Hospital Corpsman 2nd Class Reginald Lawrence unload the USS Schenectady ships's bell at Stratton Air National Guard Base in Glenville, N.Y. Photo by Ens. Carl P. Zeilman.



▲ Lt. Daren DeCaen, NR EUCOM, Detachment 208, listens to Capt. Fabrice Revillon, French army, as he discusses the mission for the day during Combined Endeavor 11 in Grafenwoehr, Germany. Photo by Staff Sgt. Shawnon Lott.

U. S. European Command (EUCOM) Navy Reservists evaluated the execution, management, military partnership, and operational analysis of exercise Combined Endeavor 11. Combined Endeavor is a multinational exercise based in Grafenwoehr, Germany.

The exercise is to improve North American and European military communications, and computer network inter-connectivity to help the 40 nations work together in responding to regional crisis or disaster.

Combined Endeavor has evolved from being a multinational technical exercise to a place where nations meet and work through technological issues and build diplomatic solutions to current issues. For example: Poland, Armenia, Georgia and Moldova used Combined Endeavor to collaborate on international radio communications and data networking. Turkey and Armenia used the exercise to meet and coordinate agreements for over-flight approval.



Combined Endeavor 2011

Written by Sgt. BRIAN RODAN



“In this 17th year of the exercise, the focus has shifted from an exercise originally built on functional testing of the technology and networks,” said Col. Lemuel Thomas, chief of international C4 engagement and interoperability for EUCOM. “Then identifying the subsequent critical information exchanges needed to support the operators and decision makers from all of our collective countries. It was because of this new focus that we created an exercise theme for 2011 titled; Coalition Information Dominance.”

The director of evaluation (DIREVAL) was responsible for overall evaluation of the exercise across a wide spectrum of analysis. Some of the eight working groups evaluated were information assurance, network operations, information management and scenario development.

The core of the DIREVAL team comes from NR EUCOM, Det. 208 in Atlanta. The Reservists planned and worked long distance leading up to the exercise so they could easily provide quality evaluation while on site.

Cmdr. Joey Dodgen, commanding officer, NR EUCOM 208, and the DIREVAL, said Combined Endeavor is a great opportunity for his Reserve unit to provide augmentation right where EUCOM J-6 requests it. The unit fills a specific, enduring role in this important multinational exercise allows them to maximize their efforts and showcase a great active-Reserve-joint-coalition team.

It was no accident this team of Reservists was assigned this mission. “When I assumed command of NR EUCOM 208, I asked to be given a specific mission and deliverable so our Reserve unit owned responsibility for something to the supported command. We were given DIREVAL for Combined Endeavor. This allowed our unit to focus its training, annual support schedule and focus on EUCOM ECJ-6’s priorities like a laser beam,” said Dodgen.

Lt. Daren DeCaen, a Navy Reservist from San Diego, said the director of evaluation tasks them with going out to each mission group to observe them while they conduct their tests and their scenarios.

Each mission group at Combined Endeavor consists of multiple nations that share the same goal during the exercise. These nations work together to complete the mission within an allotted time frame.

“Then we bring that information back so we can collaborate all the mission groups and determine any trends, and any problems that

are common with countries. That way we can improve on Combined Endeavor next year,” said DeCaen.

Like many other Reservists, the members of EUCOM 208 brought more than just their Navy skills to the mission.

“Many of our Sailors brought a mix of military and civilian skills that translated into exercise roles, from IT support to distinguished visitor preparation,” Dodgen said.

Long before combined Endeavor, EUCOM 208 worked to maximize the potential of the unit. They surveyed the unit for a total-skill-set résumé to place every Reservist in the right spot. The unit fit perfectly for this new mission.

Combined Endeavor offered new experiences, and things to learn for all participants no matter the role they play during the exercise.

“While in the Navy I’ve done some exercises with a country or two during cooperation afloat readiness and training in Asia, but you don’t really get to talk to the other countries. Everybody is on their separate ships and not really working with each other to this capacity,” said DeCaen. “I like the fact that the countries are coming together and computers are talking to each other. That way we can pass information and build on the technology that we have.”

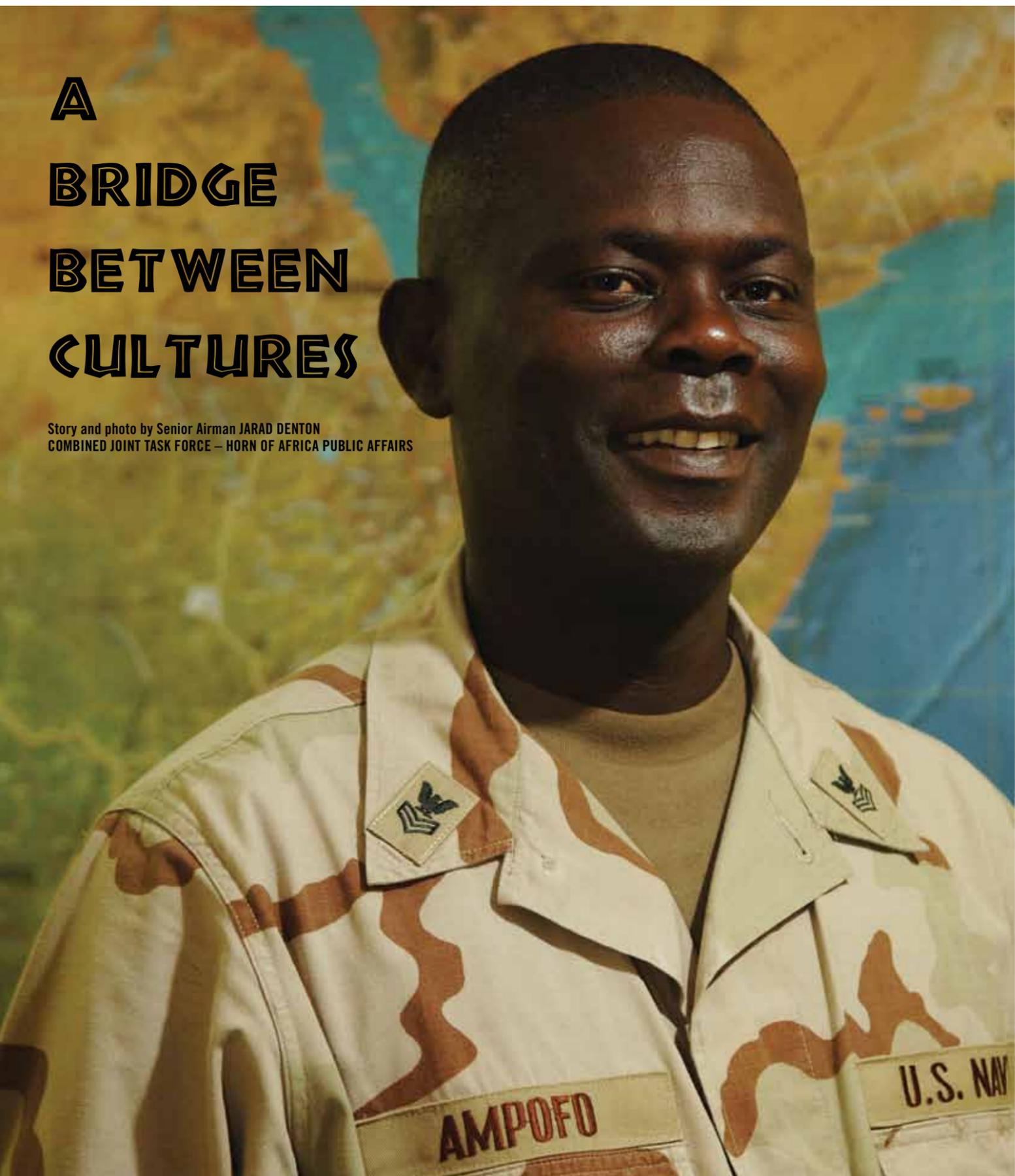
Participating in Combined Endeavor gives all personnel from every nation the opportunity to share their cultures with one another.

“Other nations are eager to learn and they’re very friendly. You walk into where they are working, and they give you an espresso, or a flag pin, it’s been very friendly,” said DeCaen.



A BRIDGE BETWEEN CULTURES

Story and photo by Senior Airman JARAD DENTON
COMBINED JOINT TASK FORCE – HORN OF AFRICA PUBLIC AFFAIRS



When you sit across from Navy Reserve Information Systems Specialist 1st Class David Ampofo, he comes across as any other Sailor in the U.S. Navy.

His uniform is crisp, clean, and smartly put together. His broad smile reflects a deep pride that comes from more than 10 years of service.

His accent gives him away.

“I was born in Accra, Ghana,” said Ampofo who is now homebased in Lawrenceville, Ga. “I used to work for the U.S. State Department in Africa, so I have traveled quite a bit throughout the continent.”

It was following his last assignment in Uganda that he decided to resign his position with the U.S. State Department and move to the United States. He worked several jobs before deciding to pursue his college education. After earning two masters degrees in information systems management and project management, Ampofo was inspired to enlist in the Navy Reserve. With his ten-year service anniversary approaching, he found himself saying goodbye to his five children, leaving his self-owned information technology business and deploying to the continent of his birth.

“It’s good to be close to home,” he said as he leaned back in his chair and looked off to the side. “But, sometimes I feel a separation from the people of my birthplace.”

As an African native, deployed as an American servicemember and citizen, Ampofo brings a unique perspective to Camp Lemonnier, Djibouti.

“Rich or poor, Africans are a very proud people,” he said. “Sometimes they think Americans are only helping them to get more from them later.”

During his year and a half as a deployed Navy Reservist, Ampofo said he has noticed misconceptions on both sides that have led to mistrust in a few isolated situations.

“Trust must be earned,” he said.

Ampofo said that trust has been achieved here when both parties abandon the pre-conceived prejudices associated with the other’s cultures. Leaning forward, he begins an analogy to illustrate his point.

“Imagine if I came to your door, an African man carrying a large bag of money,” he began. “I handed it to you and told you I was here to help you. How would you feel? Would you trust me, or would you wonder if there was a catch?”

Ampofo paused before continuing. “The mission of the Combined Joint Task Force – Horn of Africa (CJTF-HOA) is extremely important,” he said. “Americans learn just as much from Africans as Africans can from us.” This is why partnering with the African people here to enhance stability and dissuade conflicts within their own countries is so rewarding for Ampofo.

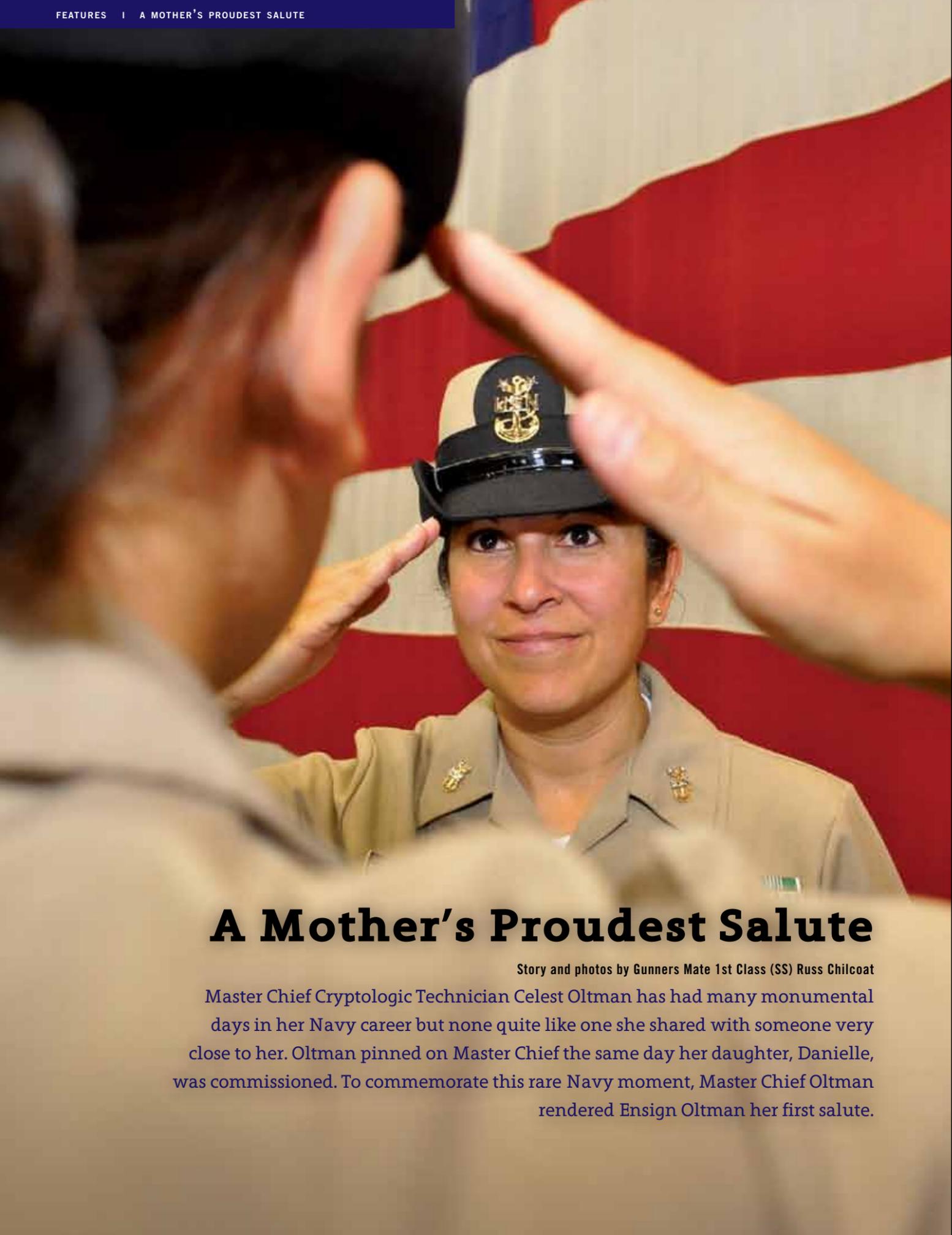
“The best part about being here is helping others,” Ampofo stated. “But we need to continue to mingle with the people to better understand them.”

Ampofo said sometimes the grand gestures don’t mean as much as the smaller ones. Sometimes, just a bottle of water and a friendly chat makes all the difference. An ideal supported by the CJTF-HOA approach of diplomacy, development and defense.

“All the money in the world can be pumped into a place, but it won’t matter unless the concept of self-sufficiency is funneled in as well,” he said. “Money can be squandered; but the sharing of best practices in many areas in their own nation can’t.”

The rice, milk, oil and other goods donated to Africa by the international community only solve the surface problems, Ampofo said. In order to truly help this continent, the mission of CJTF-HOA must continue to go forward to work with the people, continue to earn their trust, and continue to share best practices with them in building a stable infrastructure. Ampofo said he carries that idea of empowerment with him wherever he goes. When he redeploys, he said he will miss the people of Africa deeply. While his adopted nation has welcomed him with open arms and given him a home within its borders and citizenry, his African heritage will always be with him.

“Look at me,” he said, tapping his hand to his chest. “I’m an African and an American; and I am equally proud of both!”



A Mother's Proudest Salute

Story and photos by Gunners Mate 1st Class (SS) Russ Chilcoat

Master Chief Cryptologic Technician Celest Oltman has had many monumental days in her Navy career but none quite like one she shared with someone very close to her. Oltman pinned on Master Chief the same day her daughter, Danielle, was commissioned. To commemorate this rare Navy moment, Master Chief Oltman rendered Ensign Oltman her first salute.



Grooming her children to be the Navy's next Sailors was the furthest thing from Master Chief Oltman's mind as she raised them. But setting the example, with family first and a high work ethic in her career, has always been the foremost part of her approach in life. Her daughter never felt pressure to join the military, but says "I have always wanted to join the military. I've known that since I was five." There was never a real preference for branch until she joined the Reserve Officer Training Corps at University of Colorado (CU) Boulder. Master Chief Oltman set the bar pretty high and her daughter was up for the challenge. She has seen first hand the incredible traditions of the Navy in her mother's life.

"IT WAS A PROUD MOMENT. I HAD TEASED HER ABOUT IT AND DIDN'T KNOW IF SHE WOULD UNDERSTAND THE SIGNIFICANCE [OF THE FIRST SALUTE]."

Master Chief Oltman has had a productive career in the Navy. First joining the active ranks in January 1987. After completing cryptologic technician school and then her first tour, her four years was up and a decision needed to be made whether to continue. It was a painful decision but a fairly obvious one. The Oltman's were a dual service family and some sacrifices for the family had to be made. Celest and husband Mark, who was a staff sergeant with Army Intelligence, had decided it was best to leave the active component and join the Reserve.

With Danielle only two years old at the time, Celest wasted no time, joining the Navy Reserve one month after her active tour ended. There's been no looking back. She says it's been the best thing she's ever done. "The Navy Reserve comes second only to my family. It has opened a lot of doors and opportunities. The job I hold today is solely due to my Navy background."

An effort was made to ensure Oltman's pinning of Master Chief happened in the morning to pave the way that afternoon for the honor of saluting her newly commissioned daughter. Having so many years in the Navy, Master Chief Oltman knew the significance of the first salute, but wasn't so sure her daughter did. "It was a proud moment. I had teased her about it and didn't know if she would understand the significance."

Ensign Oltman had just finished her final exams at CU just days before her commissioning. She graduated the day prior with a degree in International Affairs. "There wasn't much time to be nervous about the ceremony — it was a good distraction" Ensign Oltman said.

Master Chief Oltman says she is confident her daughter can carry on the proud Navy traditions she says have helped shape her Navy career...and personal life. Parting words from mother to daughter as she begins her new Navy career were to remain committed, stay focused, and work to have a healthy balance of family and the Navy. Ensign Oltman leaves for San Diego to join the USS John Paul Jones (DDG-53) to begin her first tour in the fleet.



▲ Top: Fellow shipmates pin on CTRCM Oltman's selection to Master Chief at Navy Operational Support Center Denver. Bottom; Rear Adm. Buzz Little watches on as CTRCM Oltman's daughter, now Ensign Danielle Oltman is commissioned.

'Bees in the Box

Story and photos by Chief Mass Communication Specialist Terrina Weatherspoon

It was 4 a.m. when she settled in to watch her home town team play a game on TV. It was a Sunday game but for her it was a Monday. Intelligence Specialist 1st Class Crystal Hoel, a Reserve Sailor with the 3rd Naval Construction Regiment in Kandahar, Afghanistan, is a native of Mechanicsburg, Pa. The timing of live television programs often makes them impossible to watch while she's deployed, but this was an event she was not going to miss.

The military had made the Reservist miss several things over the years, but she wasn't about to miss this. As she sat in Afghanistan, soda in hand and surrounded by co-workers, she had a very special guest by her side: her son.

Attached to the naval air facility in Washington, D.C., Hoel had been deployed for months when she got word that her son, Marine Corps Cpl. Adam Hoel, attached to the Naval Computer and Telecommunications Area Master Station, Kunia, Hawaii, would be joining her on base.

"Mom was already in Afghanistan when I got my orders, and I was very excited when I found out I was going to the same base," Adam said. "When you're in the military, it's hard to see your family, and it was really good to know I would be close to her."

"I cried when I first saw Adam," she said. "Our first meeting was at one of the dining facilities on base at about 7 p.m. It was the first time I had seen him since leaving my home six months ago. What a great gift."

Although this is Adam's first deployment, it is his mother's second. "Of course she has been giving me advice," said Adam, who graduated from Mechanicsburg Area High School in 2008. "No way could she resist doing that." Crystal said that was only natural.

"My mothering instincts are to want to protect and keep him safe," she said. "Make sure he understands his job, hope he likes his job, make sure he is taking time out for himself, and has his room set up so he is comfortable there. But at the same time, he is a grown man and a Marine, so I have to stifle that."

Adam joined the Marine Corps delayed entry program in June 2007, when he was 17. He left for boot camp July 13, 2008. He was destined to join the Corps, he said. After all, his father was a Marine, and so was his mother, before a break in service and a path that eventually led her back in, only this time in the Navy, when Adam was in 10th grade.

"I was happy for her, but also a little nervous, of course," he said. "But I supported her decision, because I just wanted her to be happy in what she was doing. I will continue to support her, but I will tell you that holidays suck when she is not there with us."

Crystal's service in the Marine Corps and then continued service years later in the Navy Reserve played an important role in Adam's decision to join the Marine Corps.

"Adam has wanted to be a Marine since he was a little boy, so a deployment to a kinetic area was an inevitable part of his future," she said. "I know that and support him fully, but it doesn't mean I have to like it."

Her son said the example his parents set made an early impression on him.

"I always knew I would want to defend my parents just like they did for others when I was younger," he said. "I also joined because I love my country and wanted to give something back. I knew the Marines would take care of me and make me into a better man."

Now that the two were stationed together — albeit for a short period of time, since Crystal was due to go home soon — they tried to see each other as often as possible.

"We tried to meet for chow every other night, but I didn't want him to feel obligated to visit me or hang out with me," Crystal said. "We both have jobs that require mental focus and a lot of our personal time."

Adam said he was fortunate to have had the opportunity to share part of his deployment with his mother.

"I told my friends that my mom is here, and they think it is pretty cool," he said. "Most of them couldn't see their mom here, or in the military at all, for that matter. It is even harder for them to believe the odds of us getting stationed here at the same time."

The Marine's mother said she is ready to go home, but the trip will now be bittersweet.

"It will be tough to leave him here," she acknowledged. "I know I will cry the last time I see him, just like I did the first time I saw him. Hopefully, the four months he has left will go fast for both of us."

Her son said having his mother here has helped him to keep his mind at ease.

"I feel better being here with her and knowing where she is and what she's doing," he said. "I don't want anything bad to happen to her, and I'm glad she's heading home. She deserves to. I'll just look forward to the next time I see her, which will be in a few months when she greets me at the airport — this time on American soil — and we will both be happier about that."

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.



Activation and Mobilization Checklist

Required documents for you and your family.

• PAY/DIRECT DEPOSIT/ALLOTMENT

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

• SERVICE RECORD/PSD

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

• LEGAL

- Location of current valid will.
- Copy of current power(s) of attorney.
- Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits.
- Social Security Numbers for self and family members.

• SECURITY CLEARANCE

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

• MEDICAL

- Verify Defense Eligibility Enrollment Reporting System (DEERS) information for self and family members.
 - Copy of most recent eyeglass prescription and extra set of eyeglasses. (**NOTE Contact lenses may not be authorized depending upon duty assignment.)
 - Extra hearing aid/batteries.
 - Documentation of significant medical/dental conditions not documented in military medical/dental records.
 - Copy of prescription(s) issued by physician (or other documentation of approved medications). Minimum 90 days supply of medications.
 - Documentation to support enrollment of exceptional family member in available Navy/DOD programs.
 - Documentation of enrollment in TRICARE SELRES Dental Program (TSRDP).
- Complete appropriate Medical Screening documents:**
- NAVMED 1300/4, Expeditionary Medical and Dental Screening for Individual Augmentee and Support Assignments to Overseas Contingency Operations
 - NAVMED 1300/5 – 11, Area of Responsibility theater-specific medical screening forms
 - NAVPERS 1300/21, Medical Suitability Certification
 - NAVPERS 1300/22, Expeditionary Screening Checklist

• PERSONAL

- Driver's license (to support issuance of government license.)
- For those authorized POV travel, vehicle registration/insurance documentation.
- Documentation to support any claim delay and/or exemption.
- Completed and mailed application for registration and absentee ballot. Federal Post Card Application (FPCA, SF 76), Federal Write In Ballot (FWAB, SF 186).

** NOTE: If requirements listed above for Service Record/PSD and Security Clearance are reflected in your service record, you need not bring additional documents.

Navy Reserve Travel and Pay Processing Checklist

What you need to know.

• MESSING AND BERTHING

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

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

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

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

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

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

Submit the following to your Reserve Activity within five (5) working days of completing travel:

- Completed Travel Voucher DD 1351-2 with ORIGINAL signature.
- Copy of endorsed orders.
- Second copy of endorsed orders (only required for IDTT processing).
- Receipts for lodging (regardless of amount) and all reimbursable expenses. Credit card receipts are not acceptable for rental cars—actual rental car receipts are required.
- Copy of SATO Travel Itinerary (if travel incurred).
- Completed Direct Deposit "verification" form with Electronic Funds Transfer (EFT) data.
- Certification of Non-Availability (CNA) for commercial lodging/meals from the BEQ/BOQ (if SATO has not already provided this on your Itinerary).
- Reserve Activity Authorizing Officer (AO) approval.

NOTE: Incomplete Travel Claims can result in returned or incomplete payment!
To minimize errors on your Travel Claims, see detailed instructions for your PSD and global forms at <http://www.pasd.navy.mil>.
REF: JFTR VOL 1 and JTR VOL 2 / DODFMR VOL9 U2510
Endorsed and approved by: PSAs LANT, WEST, PAC and EUR



RC PHONE DIRECTORY

If any information in this Navy Reserve RC Phone Directory is in error, please Email the editor at 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. (720) 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) 678-8205	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 x 2117	Louisville, Ky. (502) 375-3329	Moreno Valley, Calif. (951) 656-1199
Region Mid-Atlantic RCC (757) 444-7295	Rochester, N.Y. (585) 247-6858	Pensacola, Fla. (850) 452-1341	Madison, Wis. (608) 249-0129	North Island, Calif. (619) 545-2610
	Schenectady, N.Y. (518) 399-2134	Puerto Rico (787) 707-2324	Memphis, Tenn. (901) 874-5256	Pearl Harbor, Hawaii (808) 471-0091
	Syracuse, N.Y. (315) 455-2441	San Antonio, Texas (210) 225-2997	Milwaukee, Wis. (414) 744-9764	Phoenix, Ariz. (602) 484-7292
	White River Junction, Vt. (802) 295-0050	Shreveport, La. (318) 746-9657	Minneapolis, Minn. (612) 713-4600	Point Mugu, Calif. (805) 989-7559
	Wilmington, Del. (302) 998-3328	Tallahassee, Fla. (850) 576-6194	Nashville, Tenn. (615) 267-6345/6352	Port Hueneme, Calif. (805) 982-6106
	Wilmington, N.C. (910) 762-9676	Tampa, Fla. (813) 828-1971	Oklahoma City, Okla. (405) 733-1052	Reno, Nev. (775) 971-6289
	Region Southeast RCC (904) 542-2486 x123	Waco, Texas (254) 776-1841	Omaha, Neb. (402) 232-0090	Sacramento, Calif. (916) 387-7100
	Amarillo, Texas 1-866-804-1627	West Palm Beach, Fla. (561) 687-3960	Peoria, Ill. (309) 697-5755	Salt Lake City, Utah (801) 736-4200
	Atlanta, Ga. (678) 655-5925	Region Midwest RCC 1-847-688-4916	Rock Island, Ill. (309) 782-6084	San Diego, Calif. (619) 542-2380 x110
	Augusta, Ga. (706) 733-2249	Akron, Ohio (330) 376-9054	Saginaw, Mich. (989) 754-3091	VR-59 (817) 782-5411
	Austin, Texas (512) 458-4154	Battle Creek, Mich. (269) 968-9216	Sioux Falls, S.D. (605) 336-2402	VR-61 (360) 257-6595
	Bessemer, Ala. (205) 497-2600	Chattanooga, Tenn. (423) 698-8955	Springfield, Mo. (417) 869-5721	VR-62 (904) 542-8557
	Charleston, S.C. (843) 743-2620	Chicago, Ill. (847) 688-3760	St. Louis, Mo. (314) 263-6490	VR-64 (215) 443-6400
	Columbia, S.C. (803) 751-9251	Cincinnati, Ohio (513) 221-0138	Toledo (Perryburg), Ohio (419) 666-3444	ETD Pacific 808-448-9278
	Columbus, Ga. (706) 322-4670	Columbus, Ohio (614) 492-2888	Tulsa (Broken Arrow), Okla. (918) 258-7822	ETD Sigonella 011-39-095-86-5289
	Corpus Christi, Texas (361) 961-2241	Decatur, Ill. (217) 875-1733	Wichita, Kan. (316) 683-3491	Region Northwest RCC (425) 304-3338
	El Paso, Texas (915) 565-3993	Des Moines, Iowa (515) 282-2888	Youngstown, Ohio (330) 609-1900	Anchorage, Alaska (907) 384-6525
	Fort Worth, Texas (817) 782-1805	Detroit, Mich. (586) 239-6148	Alameda, Calif. (510) 814-2605	Billings, Mont. (406) 248-2090
	Greenville, S.C. (864) 423-5889	Fargo, N.D. (701) 232-3689	Albuquerque, N.M. (505) 853-6289	Boise, Idaho (208) 422-6236
	Gulfport, Miss. (866) 502-1271	Grand Rapids, Mich. (616) 363-6889	Alameda, Calif. (510) 814-2605	Cheyenne, Wyo. (307) 773-6500
			Region Southwest RCC (619) 532-1842	Everett, Wash. (425) 304-4777
			Alameda, Calif. (510) 814-2605	Helena, Mont. (406) 449-5725
			Alameda, Calif. (510) 814-2605	Kitsap, Wash. (360) 627-2203
			Alameda, Calif. (510) 814-2605	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	VAW-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	Expeditionary Strike Group Seven 011-81-98-954-1605
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 (757) 462-7403 x 110
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 011-82-55-540-2852
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
VAW-77 (504) 390-6288	Fleet and Industrial Supply Center San Diego, Calif. (619) 556-6234
VFA-204 (504) 678-3491	Fleet Activities Chinhae, Korea 011-82-55-540-2852
VFC-12 (757) 433-4919	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-7300
VFC-13 (775) 426-3644	Naval Hospital Lemoore, Calif. (559) 998-4481
VFC-111 (305) 293-2654	Naval Hospital Naples Italy 011-39-081-811-6000/1
HSC-85 (619) 545-7218	Fleet Air Mediterranean 011-39-081-568-4184
HSC-84 (757) 445-0861	Fleet Forces Command (757) 836-3644

Fleet Intelligence Training Center Pacific (619) 524-5814	Naval Hospital Oak Harbor, Wash. (360) 257-9500	Naval Criminal Investigation Service Espionage Hotline (800) 543-6289	Sealift Logistics Command Atlantic (757) 443-5758	US Sixth Fleet 011-39-081-568-4634	Navy Expeditionary Combat Command (757) 462-4316
Headquarters US Marine Corps DSN: 278-9360	Naval Hospital Pensacola, Fla. (850) 505-6601	Navy Emergency Preparedness Liaison Officer Program (504) 678-4264	Sealift Logistics Command Europe 011-39-081-568-3568	US Southern Command (305) 437-1261	Explosive Ordnance Disposal Group One (619) 437-3700
Joint Chiefs of Staff (703) 693-9753 (703) 695-1033	Naval Hospital Yokosuka, Japan 011-81-46-816-5137	Navy Expeditionary Combat Command (757) 462-4316	Sealift Logistics Command Pacific (619) 524-9600	US Strategic Command (402) 294-0246	Explosive Ordnance Disposal Group Two (757) 462-8453
Joint Transformation Command for Intelligence (757) 836-7000	Naval Inspector General Hotline (800) 522-3451	Navy Expeditionary Logistics Support Group (757) 887-7639	Space And Naval Warfare Systems Command (619) 524-7323	US Third Fleet (619) 767-4296	First Naval Construction Division (757) 462-3658
Judge Advocate General (202) 685-5190	Naval Medical Center Portsmouth, Va. (757) 953-5000	Navy Information Operations Command(NIOC) Maryland (301) 677-0817	Commander Submarine Force US Atlantic Fleet (757) 836-1341	US Transportation Command (618) 229-8269	Naval Construction Forces Command (757) 462-3658
Logistics Group Western Pacific 011-65-6750-2645	Naval Medical Center San Diego, Calif. (619) 532-6400	NIOC Misawa, Japan 011-81-3117-66-2834	Commander Submarine Force US Pacific Fleet (808) 473-2517	Navy Reserve Intelligence Command	Maritime Expeditionary Security Force
Marine Forces Reserve (504) 678-1290	Naval Medicine Manpower Personnel Training and Education Command (301) 295-2333	NIOC Norfolk, Va. (757) 417-7112	Submarine Group Nine (360) 396-6530	Reserve Intelligence Command Hdqtrs. Fort Worth, Texas (817) 782-7107	Maritime Expeditionary Security Group One (619) 437-9808
Merchant Marine Reserve Program (800) 535-2580	Naval Meteorology and Oceanography Command (228) 688-4384	NIOC Pensacola, Fla. (850) 542-0400	Submarine Group Ten (912) 573-3733	Navy Intelligence Reserve Region Northwest (360) 315-6001	Maritime Expeditionary Security Group Two (757) 396-0513
Military Sealift Fleet Reserve Support Command (202) 685-5155	Naval Network Warfare Command (540) 653-5001	NIOC San Diego, Calif. (619) 545-9920	Submarine Group Two (860) 694-5683	Navy Intelligence Reserve Region Southeast Det New Orleans (504) 678-3411	Chief of Naval Air Training CAOSO (361) 961-3386
Mine and Anti-submarine Warfare Command San Diego (619) 524-0114	Naval Network Warfare Command (757) 417-6750	Navy Net-Centric Warfare Group (240) 373-3125	Submarine Squadron Eleven (619) 553-8641	Navy Intelligence Reserve Region Southeast - Ft. Worth (817) 782-6464	CNRN CNATRA/FRS PM (757) 322-6751
Naval Air Force US Atlantic Fleet (757) 444-2928	Naval Operational Logistics Support Center (717) 605-5790	Navy Installations Command (202) 433-3200	US Africa Command 011-49-711-729-4484	Navy Intelligence Reserve Region Southwest - Jacksonville (877) 882-7396	
Naval Air Forces/Naval Air Force US Pacific Fleet (619) 545-2017	Chief of Naval Operations (703) 697-5664	Navy Munitions Command (757) 887-4834	US Central Command (757) 836-4180		
Naval Construction Forces Command (757) 462-3658	Naval Operations Office of the Chief of Chaplains (504) 678-1394	Navy Personnel Command 1-877-807-8199	US European Command 011-49-711-680-113		
Naval District Washington Headquarters (202) 369-7683	Naval Personal Development Command (757) 444-2996	Navy Region Europe, Africa, and Southwest Asia 011-39-081-568-6777 DSN: 314-626-6777	US Fifth Fleet 011-973-724-383		
Naval Education and Training Command (850) 452-4000	Naval Sea Systems Command (202) 781-1748	Navy Region Guam (671) 355-1110	US Fleet Forces Command (757)-836-4180		
Naval Facilities Engineering Command (202) 685-9499	Naval Training Support Center Great Lakes, Ill. (847) 688-3536	Navy Region Hawaii (808) 473-4505	US Joint Forces Command (757) 836-6555		
Naval Health Care Newport, RI (401) 841-3771	Naval Special Warfare Command (619) 437-2848	Navy Region Japan 011-81-46-816-3155	US Naval Forces Africa 011-39-081-568-4634		
Naval Hospital Bremerton, Wash. (360) 475-4000	Naval Special Warfare Operational Support Group (619) 522-3232	Navy Region Korea 011-822-7913-7251	US Naval Forces Alaska (907) 463-2248		
Naval Hospital Camp Pendleton, Calif. (760) 725-1288	Naval Station Rota Spain 011-34-956-82-2222	Navy Region Mid-Atlantic (757) 322-2800	US Naval Forces Central Command 011-973-724-383		
Naval Health Clinic Charleston, S.C. (843) 743-7000	Naval Supply Systems Command (717) 605-3565	Navy Region Singapore 011-65-67-50-2531	US Naval Forces Europe 011-39-081-568-4634		
Naval Health Clinic Great Lakes, Ill. (847) 688-4560	Naval Support Activity, Bahrain 011-973-39-14-6793	Navy Region Southwest (808) 473-1168	US Naval Forces Japan 011-81-46-816-1110		
Naval Hospital Jacksonville, Fla. (904) 542-7300	Naval Surface Force US Atlantic Fleet (757) 836-3057	Navy Region Midwest (847) 688-2884	US Naval Forces Korea 011-822-7913-5795		
Naval Hospital Lemoore, Calif. (559) 998-4481	Naval Surface Forces/Naval Surface Force US Pacific Fleet (619) 437-2950	Navy Region Northwest (808) 473-1168	US Naval Forces Marianas (671) 339-7133		
Naval Hospital Naples Italy 011-39-081-811-6000/1	Naval War College (401)-841-3089	Navy Region Southwest (619) 532-2925	US Naval Forces Southern Command (904) 270-7354 x4304		
		Navy Support Activity, Washington, D.C. (202) 433-3963	US Naval Special Warfare Command (619) 522-2825		
		Office of Naval Intelligence (301) 669-5557	US Northern Command (719) 554-5920		
		Office of Naval Research (703) 696-5031	US Pacific Command (808) 477-9138 US Pacific Fleet (808) 474-8415		
		Puget Sound Naval Shipyard (360) 476-7683	US Second Fleet (757)443-9850		
			US Seventh Fleet 011-81-6160-43-7440 x4090		

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 or call (757) 322-5624



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