

# T<sup>®</sup>NR

2012 Calendar





NAVY RESERVE  
Ready Now. Anytime. Anywhere.

# Ready Now!



*Sailors can honor their families by ensuring that their military, financial, and legal records are up to date.*

Volume 3, Issue 12

Honoring Families

December 2011

Shipmates,

December is a month for reflecting on the year that was, looking forward to the year ahead, and for most of us, spending time with our families; they deserve our deepest gratitude for their love and support. As we look for ways to express our love and appreciation, remember that words without actions ring hollow. We honor our families with words AND actions. Here are some **actions** you can take to honor your family:

Verify your Dependency Data is up to date in NSIPS and that your family members are properly registered in DEERS. DEERS is the key to many valuable benefits – make sure your family is in the system!

SGLI life insurance is an affordable way to provide for your family's financial needs. Check your LES to make sure your premiums are being withdrawn and check your record to ensure your beneficiaries are current and correct. Changes to your Page 2 do NOT change your SGLI beneficiaries! Spouses and children are also eligible for SGLI coverage. You may also need more insurance than SGLI offers. Review your needs with a command financial advisor and plan for a solid financial future.

If you intend to transfer your Post-9/11 GI Bill benefits to your spouse or children, this election **MUST** be made by you while you are in a paid SELRES billet – it cannot be made from the VTU, IRR or after you retire. It also cannot be made by your survivors after you die. If you intend to transfer this valuable benefit, do it today! You can change the percentage each beneficiary receives at a later date.

The Thrift Savings Plan (TSP) is another way to prepare for the future, in addition to employer-provided 401k or other retirement plans. Make sure your beneficiaries are properly designated in these programs. If you've changed jobs, it's a good idea to consolidate your old 401k plans into a single IRA.

With so many services going paperless and issuing electronic statements, it's more important than ever to maintain a physical record of your banking and investment accounts, as well as a list of websites, login IDs and passwords. And as always, legal documents such as wills, powers of attorney, medical powers of attorney and living wills are vital planning tools for your family's future. Keep them in a secure place!

Our families are there for us year 'round, year after year. Take time to be with them this holiday season, tell them how much you love them, and honor your loved ones with your actions. Ensuring that your military, financial and legal records are up to date – and that your family knows it – is a real and meaningful act of service. Happy Holidays from our families to yours!

VADM Dirk Deblink

Chief of Navy Reserve

FORCM (AW) Chris Wheeler

Navy Reserve Force Master Chief





**NAVY RESERVE**  
Ready Now. Anytime. Anywhere.

# 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 12**

**Providing On-Demand Expertise**

**December 2011**

Shipmates,

As the calendar year comes to a close, we reflect with pride at the accomplishments of our Navy Reserve Sailors in 2011. Your contributions to our Navy and the Nation were once again significant and wide-ranging.

Today, mobilized Navy Reserve Hospital Corpsmen are on patrol with Marine platoons. Reserve Seabees are working to build critical infrastructure to help stabilize Afghanistan’s fragile but determined democracy.

Individual Augmentees are bringing their expertise to Army, Joint and Combined commands. In our travels, Sailors tell us that while the work is hard and separation from family is challenging, you are proud to serve and that the capabilities you bring are valued. We offer our sincere “thank you” and admiration for your honorable and selfless service.

Mobilization is one of many duty types that allow Navy Reserve Sailors to provide on-demand expertise to Navy, Marine Corps and Joint forces worldwide. Active Duty for Training (ADT), Active Duty for Special Work (ADSW), Annual Training (AT) and Inactive Duty for Training (IDT, or “drills”) are some of the other ways our Sailors do real and meaningful work. In total, about 20,000 of our 65,000 Reserve Component Sailors are on some type of orders each week. These other types of duty played a vital role as well - everywhere our Navy operates, the Navy Reserve is providing on-demand expertise.

As a great example, take any given day in March 2011. In addition to our Sailors who were mobilized in CENTCOM, the Navy Reserve was in the Pacific, bringing critical relief supplies, personnel and equipment to Japan after the earthquake, tsunami and subsequent nuclear accident. In the Mediterranean, our Sailors monitored assaults by the Libyan government on its citizens and helped formulate the NATO-led response.

Off the coast of Africa and elsewhere, we were performing counter-piracy missions. In the Caribbean and South America, we were combating the drug trade. And in Guantanamo Bay, we were guarding the detained enemy combatants.

What does the future hold? Both budget concerns and changes in the global security environment will have an effect on our Navy Total Force. In many cases, the Navy Reserve is the best and most cost-effective way to provide expertise. Navy leadership recognizes expertise retained in the Reserve Component is far more accessible than trying to re-generate from scratch. Missions which are periodic and predictable are a natural fit for the Navy Reserve, as are missions which are infrequently used but require specific skills.

The Navy is organized, trained and equipped to deter, fight and decisively win wars. Navy Reserve Sailors – “Ready Now, Anytime, Anywhere” – provide our Nation on-demand expertise, getting the right Sailor with the right skills at the right place at the right time for the right cost. Your performance in 2011 was outstanding – and we look forward to hearing about your valued contributions in 2012!

VADM Dirk Debbink  
Chief of Navy Reserve

FORCM (AW) Chris Wheeler  
Navy Reserve Force Master Chief





# January 2012

December 2011							February 2012								
S	M	T	W	T	F	S	S	M	T	W	T	F	S		
					1	2	3					1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11		
11	12	13	14	15	16	17	12	13	14	15	16	17	18		
18	19	20	21	22	23	24	19	20	21	22	23	24	25		
25	26	27	28	29	30	31	26	27	28	29					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <small>Navy SEAL Teams est. 1962 New Year's Day</small>	2	3	4	5	6	7
8 <small>Navy ships designated USS, 1907</small>	9 <small>CWO/LDO Selection Board</small>	10 <small>Reserve/FTS O-6 Line Selection Board</small>	11	12	13	14
15 <small>E-3/2/1 Midterm Counseling Due</small>	16 <small>Martin Luther King Jr. Day</small>	17 <small>Operation Desert Storm launched, 1991</small>	18	19	20 <small>E-7 Advancement Exam</small>	21 <small>First nuclear submarine, USS Nautilus (SSN 571) christened, 1954</small>
22	23	24	25	26	27 <small>Vietnam conflict cease fire signed in Paris, 1973</small>	28 <small>Space Shuttle Challenger disaster, 1986</small>
29	30	31 <small>O-6 Midterm Counseling Due O-3 FITREPS Due</small>	<p>A Navy SEAL provides cover to team members during a pre-deployment unit level training exercise at NASA's John C. Stennis Space Center. Photo by Mass Communication Specialist 2nd Class (SW/AW) John Scorza.</p>			



# February 2012

January 2012							March 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7					1	2	3
8	9	10	11	12	13	14	4	5	6	7	8	9	10
15	16	17	18	19	20	21	11	12	13	14	15	16	17
22	23	24	25	26	27	28	18	19	20	21	22	23	24
29	30	31					25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Builder Constructionman Kevin Forgie, Naval Mobile Construction Battalion 18, puts the final touches on a roof to cover a pre-fabricated deck for a Wounded Warrior facility. NMCB 18 members built the deck in pieces, transported the pieces to the wounded warrior unit at Kandahar Air Field and then put it together on site. Photo by Chief Mass Communication Specialist (SCW/SW) Terrina Weatherspoon.</p>			1 Space Shuttle Columbia disaster, 2003 USS Enterprise & Yorktown make first airstrike of WW II, 1942 National Freedom Day	2 Groundhog Day	3 USO est. 1941	4
5	6	7	8	9	10	11
12 Lincoln's Birthday	13	14 Valentine's Day	15	16	17	18
19	20 Presidents' Day	21 Mardi Gras	22 Lent Begins Ash Wednesday Washington's Birthday Reserve/FTS O-6/5 Staff Selection Board	23 U.S flag raised over Mt. Suribachi, Iwo Jima, 1945	24	25
26	27 Reserve/FTS E-8/9 Selection Board Reserve Aviation Commander Command Selection Board	28 O-2 FITREPS Due	29			



**WARNING**  
Do not touch  
this area before  
operation.  
Always use  
proper safety  
procedures.

**MAIN GEAR SHOCK**

DATE	
TIME	
BY	
REMARKS	



MONS

# March 2012

February 2012							April 2012								
S	M	T	W	T	F	S	S	M	T	W	T	F	S		
			1	2	3	4			1	2	3	4	5	6	7
5	6	7	8	9	10	11	8	9	10	11	12	13	14		
12	13	14	15	16	17	18	15	16	17	18	19	20	21		
19	20	21	22	23	24	25	22	23	24	25	26	27	28		
26	27	28	29				29	30							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Full Time Support Sailors Aviation Support Equipment Technician 3rd Class Dillion Kimmons and Aviation Electrician's Mate 3rd Class William Murphy of Strike Fighter Squadron 204 "River Rattlers" conduct daily maintenance procedures on the FA/18 Super Hornet aircraft. Photo by Mass Communication Specialist 2nd Class Ryan Hill.</p>				1	2	3
4	5	6	7	8	9	10
	Seabees est. 1942	Reserve/FTS O-5 Line Selection Board		E-5 Advancement Exam		
11	12	13	14	15	16	17
Daylight Savings Time Begins		FTS Transfer/Redesignation Board		E-8/7 Midterm Counseling Due E-5 Evals Due E-4 Advancement Exam		St. Patrick's Day
18	19	20	21	22	23	24
		First Day of Spring			Office of Naval Intelligence est. 1882	
25	26	27	28	29	30	31
			Reserve Aviation Command Selection Board			W-2 Midterm Counseling Due W-5/4/3 FITREPS Due



# April 2012

March 2012							May 2012							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3				1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12	
11	12	13	14	15	16	17	13	14	15	16	17	18	19	
18	19	20	21	22	23	24	20	21	22	23	24	25	26	
25	26	27	28	29	30	31	27	28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rank of Chief Petty Officer est. 1893 April Fools' Day Palm Sunday	2	3	4 NATO est. 1949	5	6 U.S. entered WW I, 1917 Cmdr. Robert Perry reached the North Pole, 1909 Good Friday	7 Passover
8 Easter	9	10	11 Submarine force est. 1900	12	13	14
15 Federal Income Tax due E-9 Evals Due	16	17	18	19 Holocaust Remembrance Day	20	21
22 Earth Day	23	24 Reserve/FTS O-4 Line Selection Board	25	26	27 Arbor Day	28
29	30 Department of the Navy est. 1798 O-4 Midterm Counseling Due O-5 FITREPS Due	Chief Construction Mechanic Alan Washburn places a chief's cover on Chief Construction Mechanic Stefan Schildt during a promotion ceremony in Afghanistan. Photo by Utilitiesman 2nd Class Vuong Ta.				



# May 2012

April 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30						24	25	26	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Machinist's Mate 1st Class Charles Scott, attached to Maritime Expeditionary Security Squadron 1 and Gunner's Mate 2nd Class Paul Adkins, attached to Naval Special Warfare Support Activity 1, set up an M-14SSR Sniper Rifle during a live-fire exercise on San Clemente Island, Calif. Photo by Mass Communication Specialist 2nd Class Arif Patani.		1	2	3	4	5
		May Day		National Day of Prayer		Cinco de Mayo
6	7	8	9	10	11	12
	Battle of the Coral Sea began, 1942	Birth of Naval Aviation, 1911 V-E Day			Military Spouse Appreciation Day	
13	14	15	16	17	18	19
Navy Nurse Corps est. 1908 Mother's Day	Reserve/FTS E-7 Selection Board	E-6 Midterm Counseling Due				Armed Forces Day
20	21	22	23	24	25	26
	American Red Cross founded, 1881					
27	28	29	30	31		
	Memorial Day			O-1 FITREPS Due		



# June 2012

May 2012							July 2012										
S	M	T	W	T	F	S	S	M	T	W	T	F	S				
			1	2	3	4	5				1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14				
13	14	15	16	17	18	19	15	16	17	18	19	20	21				
20	21	22	23	24	25	26	22	23	24	25	26	27	28				
27	28	29	30	31			29	30	31								

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Students undergoing training at the Naval Expeditionary Medical Training Institute escort an injured Sailor to a medical vehicle during scenario training at Camp Pendleton's Improvised Explosive Device Training Lanes. Photo by Corporal Damien Gutierrez.					1	2
3	4	5	6	7	8	9
	Battle of Midway began, 1942 Reserve/FTS O-4 Staff Selection Board		Normandy Invasion, 1944		Office of Judge Advocate General est. 1880	
10	11	12	13	14	15	16
				Flag Day Reserve CWO-3/4 Selection Board	E-4 Evals Due	
17	18	19	20	21	22	23
Navy Hospital Corps est. 1898 Father's Day			First Day of Summer	U.S. Constitution ratified, 1788		
24	25	26	27	28	29	30



# July 2012

June 2012							August 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
						2					4	5	6
						3					7	8	9
						4					10	11	12
						5					13	14	15
						6					16	17	18
						7					19	20	21
						8					22	23	24
						9					25	26	27
						10					28	29	30
						11					31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	Independence Day	12	13	14
15	16	17	18	19	20	21
E-3/2/1 Evals Due		Letter symbols created to identify Navy ships, 1920			Ramadan Begins	
22	23	24	25	26	27	28
					Korean conflict armistice signed, 1953	World War I began, 1914
29	30	31	USS Constitution is underway in Boston Harbor during the annual Independence Day turnaround cruise. The world's oldest commissioned warship afloat fired a gun salute before returning to her berth in the Charlestown Navy Yard. Photo by Mass Communication Specialist 1st Class Eric Brown.			
	WAVES est. 1942	O-3 Midterm Counseling Due O-6 FITREPS Due				



# August 2012

July 2012							September 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7							1
8	9	10	11	12	13	14	2	3	4	5	6	7	8
15	16	17	18	19	20	21	9	10	11	12	13	14	15
22	23	24	25	26	27	28	16	17	18	19	20	21	22
29	30	31					23	24	25	26	27	28	29
							30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sailors attached to Mobile Security Squadron (MSS) 3, Det. 33, pull into a training area set up to simulate an Iraqi village. MSS-3 is participating in convoy training as part of exercise Seahawk. Seahawk is a joint maritime security exercise involving more than 930 integrated active and Reserve forces from the Navy Expeditionary Combat Command and U.S. Coast Guard. Photo by Mass Communication Specialist 2nd Class Matthew Bash.			1 <small>Office of Naval Research est. 1946</small>	2	3 <small>Medical Service Corps est. 1947</small>	4
5	6 <small>First atomic bomb dropped, Hiroshima, Japan, 1945</small>	7 <small>Badge of Military Merit (Purple Heart) est. 1782</small>	8	9	10	11
12	13	14 <small>V-J Day Laylat-al-Qadr begins</small>	15	16	17	18
19 <small>Eid-al-Fitr begins</small>	20	21	22 <small>Dental Corps est. 1912</small>	23	24	25
26	27	28	29 <small>Marine Corps Reserve est. 1916</small>	30	31 <small>BUMED est. 1842 O-2 Midterm Counseling Due</small>	



# September 2012

August 2012

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

October 2012

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>An SH-60S Sea Hawk helicopter assigned to Navy Reserve Helicopter Antisubmarine Squadron Light (HSL) 60, embarked aboard the amphibious assault ship USS Bataan (LHD 5), transfers cargo from the Military Sealift Command dry cargo and ammunition ship USNS Lewis and Clark (T-AKE 1). Bataan is conducting humanitarian and disaster relief operations as part of Operation Unified Response after a 7.0 magnitude earthquake caused severe damage in and around Port-au-Prince, Haiti. Photo by Mass Communication Specialist Seaman Stuart Phillips.</p>						1
2	3	4	5	6	7	8
<p>Formal Japanese surrender ending World War II signed aboard USS Missouri, 1945</p>	Labor Day			<p>E-6 Advancement Exam Navy Family Ombudsman Day Key Volunteer Appreciation Day</p>		
9	10	11	12	13	14	15
Grandparents Day		<p>Terrorists attack the World Trade Center and the Pentagon, 2001 Patriot Day</p>		E-5 Advancement Exam		<p>E-8/7 Evals Due E-5 Midterm Counseling Due</p>
16	17	18	19	20	21	22
	<p>Citizenship Day Rosh Hashanah</p>			E-4 Advancement Exam	<p>National POW/MIA Recognition Day</p>	First Day of Autumn
23	24	25	26	27	28	29
<p>W-5/4/3 Midterm Counseling Due W-2 FITREPS Due</p>			Yom Kippur			
30						



# October 2012

September 2012							November 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	
						30							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Washington Navy Yard est. 1799				Navy War College est. 1884
7	8	9	10	11	12	13
	Columbus Day		U.S. Naval Academy est. 1845		Terrorists attack the USS Cole (DDG 67), 2000	U.S. Navy Birthday, 1775
14	15	16	17	18	19	20
	E-9 Midterm Counseling					
21	22	23	24	25	26	27
28	29	30	31	Seabees assigned to Naval Mobile Construction Battalion Seventeen live fire the MK-19 automatic grenade launcher during the weapons phase of ULTRA (Unit Level Training and Readiness Assessment). ULTRA is an exercise where Seabees enhance military skills learned throughout the year. The exercise, named Operation Sea Hornet, will provide valuable training ranging from classroom to small unit leadership and will assist in the battalion's preparation for mobilization to various deployment areas of operation. Photo by Mass Communication Specialist 1st Class Kenneth Robinson.		
			O-5 Midterm Counseling Due O-4 FITREP Due Halloween			



# November 2012

October 2012							December 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	31				23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Gunner's Mate 2nd Class Tyler Milton, assigned to Navy Reserve Beachmaster Unit (BMU) 2, directs a landing craft air cushion (LCAC) onto Anzio Beach at Joint Expeditionary Base Little Creek-Fort Story during Exercise Sand Crab. Sand Crab is a three-day training exercise with more than 200 active and Reserve component Sailors and Marines participating from U.S. Naval Beach Group (NBG) 2, Amphibious Construction Battalion (ACB) 2, Assault Craft Unit (ACU) 4, Beachmaster Unit (BMU) 2 and Amphibious Construction Battalion (ACB) 2. Photo by Mass Communication Specialist 2nd Class Katrina Scampini.</p>				1	2	3
4	5	6	7	8	9	10
Daylight Savings Time ends		Election Day		All Saints Day		U.S. Marine Corps Birthday, 1775
11	12	13	14	15	16	17
Veterans Day				E-6 Evals Due Great American Smokeout		
18	19	20	21	22	23	24
				Thanksgiving		
25	26	27	28	29	30	
			Navy Chaplain Corps Est. 1775	First Army-Navy football game, 1890	O-1 Midterm Counseling Due	



# December 2012

November 2012							January 2013						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30		27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Active duty and Reserve component Seabees assigned to Naval Mobile Construction Battalions 18, 26 and 40 secure and fortify a remote combat outpost on the eastern edge of Khavejeh Molk, Afganistan. The village is located approximately 25 miles north of Kandahar and is being used as a patrol base for the U.S. Army 1st Battalion, 66th Armored Regiment. Combined efforts by joint forces will restrict movement of Taliban insurgents and help secure self-governing efforts in Afghanistan. Photo by Chief Mass Communication Specialist Michael B. Watkins.</p>						1
2	3	4	5	6	7	8
First Sunday of Advent					Pearl Harbor Remembrance Day	
9	10	11	12	13	14	15
Hanukkah						E-4 Midterm Counseling Due
16	17	18	19	20	21	22
	Wright Brothers Day				First Day of Winter	
23	24 Christmas Eve	25	26	27	28	29
30	New Year's Eve	31 Christmas Day	Kwanzaa begins			

January 2012

February 2012

Calendar grid for January and February 2012. January 2012: S M T W T F S, 1 2 3 4 5 6 7, 8 9 10 11 12 13 14, 15 16 17 18 19 20 21, 22 23 24 25 26 27 28, 29 30 31. February 2012: S M T W T F S, 1 2 3 4, 5 6 7 8 9 10 11, 12 13 14 15 16 17 18, 19 20 21 22 23 24 25, 26 27 28 29.

March 2012

April 2012

Calendar grid for March and April 2012. March 2012: S M T W T F S, 1 2 3, 4 5 6 7 8 9 10, 11 12 13 14 15 16 17, 18 19 20 21 22 23 24, 25 26 27 28 29 30 31. April 2012: S M T W T F S, 1 2 3 4 5 6 7, 8 9 10 11 12 13 14, 15 16 17 18 19 20 21, 22 23 24 25 26 27 28, 29 30.

May 2012

June 2012

Calendar grid for May and June 2012. May 2012: S M T W T F S, 1 2 3 4 5, 6 7 8 9 10 11 12, 13 14 15 16 17 18 19, 20 21 22 23 24 25 26, 27 28 29 30 31. June 2012: S M T W T F S, 1 2, 3 4 5 6 7 8 9, 10 11 12 13 14 15 16, 17 18 19 20 21 22 23, 24 25 26 27 28 29 30.

July 2012

August 2012

Calendar grid for July and August 2012. July 2012: S M T W T F S, 1 2 3 4 5 6 7, 8 9 10 11 12 13 14, 15 16 17 18 19 20 21, 22 23 24 25 26 27 28, 29 30 31. August 2012: S M T W T F S, 1 2 3 4, 5 6 7 8 9 10 11, 12 13 14 15 16 17 18, 19 20 21 22 23 24 25, 26 27 28 29 30 31.

September 2012

October 2012

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November 2012

December 2012

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January 2013

February 2013

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March 2013

April 2013

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May 2013

June 2013

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July 2013

August 2013

Calendar grid for July and August 2013. July 2013: S M T W T F S, 1 2 3 4 5 6, 7 8 9 10 11 12 13, 14 15 16 17 18 19 20, 21 22 23 24 25 26 27, 28 29 30 31. August 2013: S M T W T F S, 1 2 3, 4 5 6 7 8 9 10, 11 12 13 14 15 16 17, 18 19 20 21 22 23 24, 25 26 27 28 29 30 31.

September 2013

October 2013

Calendar grid for September and October 2013. September 2013: S M T W T F S, 1 2 3 4 5 6 7, 8 9 10 11 12 13 14, 15 16 17 18 19 20 21, 22 23 24 25 26 27 28, 29 30. October 2013: S M T W T F S, 1 2 3 4 5, 6 7 8 9 10 11 12, 13 14 15 16 17 18 19, 20 21 22 23 24 25 26, 27 28 29 30 31.

November 2013

December 2013

Calendar grid for November and December 2013. November 2013: S M T W T F S, 1 2, 3 4 5 6 7 8 9, 10 11 12 13 14 15 16, 17 18 19 20 21 22 23, 24 25 26 27 28 29 30. December 2013: S M T W T F S, 1 2 3 4 5 6 7, 8 9 10 11 12 13 14, 15 16 17 18 19 20 21, 22 23 24 25 26 27 28, 29 30 31.

January 2014

February 2014

Calendar grid for January and February 2014. January 2014: S M T W T F S, 1 2 3 4, 5 6 7 8 9 10 11, 12 13 14 15 16 17 18, 19 20 21 22 23 24 25, 26 27 28 29 30. February 2014: S M T W T F S, 1, 2 3 4 5 6 7 8, 9 10 11 12 13 14 15, 16 17 18 19 20 21 22, 23 24 25 26 27 28.

March 2014

April 2014

Calendar grid for March and April 2014. March 2014: S M T W T F S, 1, 2 3 4 5 6 7 8, 9 10 11 12 13 14 15, 16 17 18 19 20 21 22, 23 24 25 26 27 28 29. April 2014: S M T W T F S, 1 2 3 4 5, 6 7 8 9 10 11 12, 13 14 15 16 17 18 19, 20 21 22 23 24 25 26, 27 28 29 30.

May 2014

June 2014

Calendar grid for May and June 2014. May 2014: S M T W T F S, 1 2 3, 4 5 6 7 8 9 10, 11 12 13 14 15 16 17, 18 19 20 21 22 23 24, 25 26 27 28 29 30 31. June 2014: S M T W T F S, 1 2 3 4 5 6 7, 8 9 10 11 12 13 14, 15 16 17 18 19 20 21, 22 23 24 25 26 27 28, 29 30.

July 2014

August 2014

Calendar grid for July and August 2014. July 2014: S M T W T F S, 1 2 3 4 5, 6 7 8 9 10 11 12, 13 14 15 16 17 18 19, 20 21 22 23 24 25 26, 27 28 29 30 31. August 2014: S M T W T F S, 1 2, 3 4 5 6 7 8 9, 10 11 12 13 14 15 16, 17 18 19 20 21 22 23, 24 25 26 27 28 29 30.

September 2014

October 2014

Calendar grid for September and October 2014. September 2014: S M T W T F S, 1 2 3 4 5 6, 7 8 9 10 11 12 13, 14 15 16 17 18 19 20, 21 22 23 24 25 26 27, 28 29 30. October 2014: S M T W T F S, 1 2 3 4, 5 6 7 8 9 10 11, 12 13 14 15 16 17 18, 19 20 21 22 23 24 25, 26 27 28 29 30 31.

November 2014

December 2014

Calendar grid for November and December 2014. November 2014: S M T W T F S, 1, 2 3 4 5 6 7 8, 9 10 11 12 13 14 15, 16 17 18 19 20 21 22, 23 24 25 26 27 28 29. December 2014: S M T W T F S, 1 2 3 4 5 6, 7 8 9 10 11 12 13, 14 15 16 17 18 19 20, 21 22 23 24 25 26 27, 28 29 30 31.

## 2012

New Year's Day  
Martin Luther King Jr. Day  
Lincoln's Birthday  
Valentine's Day  
Presidents' Day  
Washington's Birthday  
St. Patrick's Day  
Passover  
Good Friday  
Easter Sunday  
Mother's Day  
Memorial Day  
Father's Day  
Independence Day  
Labor Day  
Rosh Hashanah  
Yom Kippur  
Columbus Day  
Halloween  
Election Day  
Veterans Day  
Thanksgiving Day  
Hanukkah  
Christmas Day

Sunday, January 1  
Monday, January 16  
Sunday, February 12  
Tuesday, February 14  
Monday, February 20  
Wednesday, February 22  
Saturday, March 17  
Saturday, April 7  
Friday, April 6  
Sunday, April 8  
Sunday, May 13  
Monday, May 28  
Sunday, June 17  
Wednesday, July 4  
Monday, September 3  
Monday, September 17  
Wednesday, September 26  
Monday, October 8  
Wednesday, October 31  
Tuesday, November 6  
Sunday, November 11  
Thursday, November 22  
Sunday, December 9  
Tuesday, December 25

## 2013

Tuesday, January 1  
Monday, January 21  
Tuesday, February 12  
Thursday, February 14  
Monday, February 18  
Monday, February 18  
Sunday, March 17  
Tuesday, March 26  
Friday, March 29  
Sunday, March 31  
Sunday, May 12  
Monday, May 27  
Sunday, June 16  
Thursday, July 4  
Monday, September 2  
Thursday, September 5  
Saturday, September 14  
Monday, October 14  
Thursday, October 31  
Tuesday, November 5  
Friday, November 11  
Thursday, November 28  
Thursday, November 28  
Wednesday, December 25

## 2014

Wednesday, January 1  
Monday, January 20  
Wednesday, February 12  
Friday, February 14  
Monday, February 17  
Tuesday, February 18  
Monday, March 17  
Tuesday, April 15  
Friday, April 18  
Sunday, April 20  
Sunday, May 11  
Monday, May 26  
Sunday, June 15  
Friday, July 4  
Monday, September 1  
Thursday, September 25  
Saturday, October 4  
Monday, October 13  
Friday, October 31  
Tuesday, November 4  
Tuesday, November 11  
Thursday, November 27  
Wednesday, December 17  
Thursday, December 25

# 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

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

Commander Navy Reserve  
Forces Command  
(757)445-8500

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

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

Naval District Washington RCC  
(240) 857-4880

Baltimore, Md.  
(410) 752-4561

## Region Mid-Atlantic RCC (757) 444-7295

Long Island, N.Y.  
(631) 433-2532

Avoca, Pa.  
(570) 457-8430

Bangor, Maine  
(207) 974-1301

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

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

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

Ebensburg, Pa.  
(814) 472-5083

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

Erie, Pa.  
(814) 866-3073

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

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

Harrisburg, Pa.  
(888) 879-6649

Lehigh Valley, Pa.  
(610) 264-8823

Manchester, N.H.  
(603) 537-8143

New London, Conn.  
(860) 625-3208

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

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

Norfolk, Va.  
(757) 318-4500

Pittsburgh, Pa.  
(412) 673-0801

Plainville, Conn.  
(860) 747-4563

Quincy, Mass.  
(617) 753-4600

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

Richmond, Va.  
(804) 271-6096

Roanoke, Va.  
(866) 527-6595

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

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

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

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

Wilmington, Del.  
(302) 998-3328

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

## Region Southeast RCC (904) 542-2486 x123

Amarillo, Texas  
(866) 804-1627

Atlanta, Ga.  
(678) 655-5925

Augusta, Ga.  
(706) 733-2249

Austin, Texas  
(512) 458-4154

Bessemer, Ala.  
(205) 497-2600

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

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

Columbus, Ga.  
(706) 322-4670

Corpus Christi, Texas  
(361) 961-2241

El Paso, Texas  
(915) 565-3993

Fort Worth, Texas  
(817) 782-1805

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

Gulfport, Miss.  
(866) 502-1271

Harlingen, Texas  
(956) 425-0404

Houston, Texas  
(832) 380-7400

Jacksonville, Fla.  
(904) 542-3320

Meridian, Miss.  
(601) 679-3610

Miami, Fla.  
(305) 628-5150

New Orleans, La.  
(504) 678-8205

Orlando, Fla.  
(407) 240-5939 x2117

Pensacola, Fla.  
(850) 452-1341

Puerto Rico  
(787) 707-2324

San Antonio, Texas  
(210) 225-2997

Shreveport, La.  
(318) 746-9657

Tallahassee, Fla.  
(850) 576-6194

Tampa, Fla.  
(813) 828-1971

Waco, Texas  
(254) 776-1841

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

## Region Midwest RCC (847) 688-4916

Akron, Ohio  
(330) 491-3450

Battle Creek, Mich.  
(269) 968-9216

Chattanooga, Tenn.  
(423) 698-8955

Chicago, Ill.  
(847) 688-3760

Cincinnati, Ohio  
(513) 221-0138

Columbus, Ohio  
(614) 492-2888

Decatur, Ill.  
(217) 875-1733

Des Moines, Iowa  
(515) 285-5581

Detroit, Mich.  
(586) 239-6148

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

Grand Rapids, Mich.  
(616) 363-6889

Green Bay, Wis.  
(920) 336-2444

Indianapolis, Ind.  
(317) 924-6389

Kansas City, Mo.  
(816) 923-2341

Knoxville, Tenn.  
(865) 545-4720

Lansing, Mich.  
(517) 482-9150

Little Rock, Ark.  
(501) 771-0880

Louisville, Ky.  
(502) 375-3329

Madison, Wis.  
(608) 249-0129

Memphis, Tenn.  
(901) 874-5256

Milwaukee, Wis.  
(414) 744-9764

Minneapolis, Minn.  
(612) 713-4600

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

Oklahoma City, Okla.  
(405) 733-1052

Omaha, Neb.  
(402) 232-0090

Peoria, Ill.  
(309) 697-5755

Rock Island, Ill.  
(309) 782-6084

Saginaw, Mich.  
(989) 754-3091

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

Springfield, Mo.  
(417) 869-5721

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

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

Tulsa (Broken Arrow), Okla.  
(918) 279-3700

Wichita, Kan.  
(316) 863-3491

Youngstown, Ohio  
(330) 609-1900

## Region Southwest RCC (619) 532-1842

Alameda, Calif.  
(510) 814-2605

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

Denver, Colo.  
(720) 847-6205

Fort Carson, Colo.  
(719) 526-2964

Guam  
(671) 339-6724

Las Vegas, Nev.  
(702)632-1455

Lemoore, Calif.  
(559) 998-3778

Los Angeles, Calif.  
(323) 980-7131

Moreno Valley, Calif.  
(951) 656-1199

North Island, Calif.  
(619) 545-2610

Pearl Harbor, Hawaii  
(808) 471-0091

Phoenix, Ariz.  
(602) 484-7292

Point Mugu, Calif.  
(805) 989-7559

Port Hueneme, Calif.  
(805) 982-6106

Reno, Nev.  
(775) 971-6289

Sacramento, Calif.  
(916) 387-7100

Salt Lake City, Utah  
(801) 736-4200

San Diego, Calif.  
(858) 537-8040

San Jose, Calif.  
(408) 294-3070

Tucson, Ariz.  
(520) 228-6289

## Region Northwest RCC (425) 304-3338

Anchorage, Alaska  
(907) 384-6491

Billings, Mont.  
(406) 248-2090

Boise, Idaho  
(208) 422-6236

Cheyenne, Wyo.  
(307) 773-6500

Everett, Wash.  
(425) 304-4777

Helena, Mont.  
(406) 449-5725

Kitsap, Wash.  
(360) 627-2203

Portland, Ore.  
(503) 285-4566

Spokane, Wash.  
(509) 327-3346

Springfield, Ore.  
(541) 915-2391

Whidbey Island, Wash.  
(360) 257-2922

VP-62  
(904) 542-4461

VP-69  
(360) 257-6969

Fleet Logistics, Support Wing  
(817) 825-6438

VR-1  
(240) 857-3410

VR-46  
(817) 782-3420

VR-48  
(240) 857-6814

VR-51  
(808) 257-3289

VR-52  
(215) 443 6600

VR-53  
(240) 857-9029

VR-54  
(504) 678-3061

VR-55  
(805) 989-8755

VR-56  
(757) 433-4065

VR-57  
(619) 545-6920

VR-58  
(904) 542-2380 x110

VR-59  
(817) 782-5411

VR-61  
(360) 257-6595

VR-62  
(904) 542-8557

VR-64  
(215) 443-6400

ETD Pacific  
(808) 448-9278

ETD Sigonella  
011-39-095-86-5289

Tactical Support Wing  
(817) 782-5295

VAQ-209  
(240) 857-7828

VAW-77  
(504) 390-6288

VFA-204  
(504) 678-3491

VFC-12  
(757) 433-4919

VFC-13  
(775) 426-3644

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VFC-111  
(305) 293-2654

HSC-85  
(619) 545-7218

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HSC-84  
(757) 445-0861

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HSL-60  
(904) 270-6906

VP-30 SAU  
(904) 542-3060

VAQ-129 SAU  
(360) 257-2276

VAW-120 SAU  
(757) 444-5072

VFA-125 SAU  
(559) 998-1841

HSC-3  
(619) 545-8196

HS-10  
(619) 545-6600

VFA-106  
(757) 433-9081

VFA-122  
(559-998-3482

Operational Support Offices and Reserve Force Operations Allied Command Transformation (NATO)  
(757) 747-4071

Expeditionary Strike Group Seven  
011-81-98-954-1605

Bureau of Medicine and Surgery  
(202) 762-3211

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

Comptroller of Navy  
(202) 685-7000

Defense Intelligence Agency  
(202) 231-4044

Defense Logistics Agency  
(866) 204-4850

Destroyer Squadron Two  
(757) 444-1452

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

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

Expeditionary Strike Group Three  
(619) 556-1470

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

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

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

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

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

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

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

Fleet Forces Command  
(757) 836-3644

Fleet Intelligence Training Center Pacific  
(619) 524-5814

Headquarters US Marine Corps  
DSN: 278-9360

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

Joint Transformation Command for Intelligence  
(757) 836-7000

Judge Advocate General  
(202) 685-5190

Logistics Group Western Pacific  
011-65-6750-2645

Marine Forces Reserve  
(504) 678-1290

Merchant Marine Reserve Program  
(800) 535-2580

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

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

Naval Air Force US Atlantic Fleet  
(757) 444-2928

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

Naval Construction Forces Command  
(757) 462-3658

Naval District Washington Headquarters  
(202) 369-7683

Naval Education and Training Command  
(850) 452-4000

Naval Facilities Engineering Command  
(202) 685-9499

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

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

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

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

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

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

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

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

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

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

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

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

Naval Inspector General Hotline  
(800) 522-3451

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

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

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

Naval Meteorology and Oceanography Command  
(228) 688-4384

Naval Network Warfare Command  
(540) 653-5001

Naval Network Warfare Command  
(757) 417-6750

Naval Operational Logistics Support Center  
(717) 605-5790

Chief of Naval Operations  
(703) 697-5664

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

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

Naval Personal Development Command  
(757) 444-2996

Naval Sea Systems Command  
(202) 781-1748

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

Naval Special Warfare Command  
(619) 437-2848

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

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

Naval Supply Systems Command  
(717) 605-3565

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

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

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

Naval War College  
(401)-841-3089

Navy Criminal Investigation Service Espionage Hotline  
(800) 543-6289

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

Navy Expeditionary Logistics Support Group  
(757) 887-7639

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

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

NIOC Norfolk, Va.  
(757) 417-7112

NIOC Pensacola, Fla.  
(850) 452-0400

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

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

Navy Installations Command  
(202) 433-3200

Navy Munitions Command  
(757) 887-4834

Navy Personnel Command  
1-877-807-8199

Navy Region Europe, Africa, and Southwest Asia  
011-39-081-568-6777  
DSN: 314-626-6777

Navy Region Guam  
(671) 355-1110

Navy Region Southeast  
(904) 542-2324

Navy Region Hawaii  
(808) 473-4505

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

Navy Region Korea  
011-822-7913-7251

Navy Region Mid-Atlantic  
(757) 322-2800

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

Navy Region Hawaii  
(808) 473-1168

Navy Region Midwest  
(847) 688-2884

Navy Region Northwest  
(360) 315-5123

Navy Region Southwest  
(619) 532-2925

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

Office of Naval Intelligence  
(301) 669-5557

Office of Naval Research  
(703) 696-5031

Puget Sound Naval Shipyard  
(360) 476-7683

Sealift Logistics Command Atlantic  
(757) 443-5758

Sealift Logistics Command Europe  
011-39-081-568-3568

Sealift Logistics Command Pacific  
(619) 524-9600

Space And Naval Warfare Systems Command  
(619) 524-7323

Commander Submarine Force US Atlantic Fleet  
(757) 836-1341

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

Submarine Group Nine  
(360) 396-6530

Submarine Group Ten  
(912) 573-3733

Submarine Group Two  
(860) 694-5683

Submarine Squadron Eleven  
(619) 553-8641

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

US Central Command  
(757) 836-4180

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

US Fifth Fleet  
011-973-724-383

US Fleet Forces Command  
(757)-836-4180

US Joint Forces Command  
(757) 836-6555

US Naval Forces Africa  
011-39-081-568-4634

US Naval Forces Alaska  
(907) 463-2248

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

US Naval Forces Europe  
011-39-081-568-4634

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

US Naval Forces Korea  
011-822-7913-5795

US Naval Forces Marianas  
(671) 339-7133

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

US Naval Special Warfare Command  
(619) 522-2825

US Northern Command  
(719) 554-5920

US Pacific Command  
(808) 477-9138

US Pacific Fleet  
(808) 474-8415

US Second Fleet  
(757)443-9850

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

US Sixth Fleet  
011-39-081-568-4634

US Southern Command  
(305) 437-1261

US Strategic Command  
(402) 294-0246

US Third Fleet  
(619) 767-4296

US Transportation Command  
(618) 229-8269

Navy Reserve Intelligence Command

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

Navy Intelligence Reserve Region Northwest  
(360) 315-6001

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

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

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

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

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

Navy Intelligence Reserve Region Midwest  
(847) 688-6273

Navy Intelligence Reserve Region Midwest Det Minneapolis  
(847) 688-6273

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

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

Navy Intelligence Reserve Region Washington  
(240) 857-7878

Navy Intelligence Reserve Region Midwest Det Millington  
(847) 688-6273

Navy Intelligence Reserve Region Midwest Det Detroit  
(847) 688-6273

Navy Expeditionary Combat Command  
(757) 462-4316

Explosive Ordnance Disposal Group One  
(619) 437-3700

Explosive Ordnance Disposal Group Two  
(757) 462-8453

First Naval Construction Division  
(757) 462-3658

Naval Construction Forces Command  
(757) 462-3658

Maritime Expeditionary Security Force

Maritime Expeditionary Security Group One  
(619) 437-9808

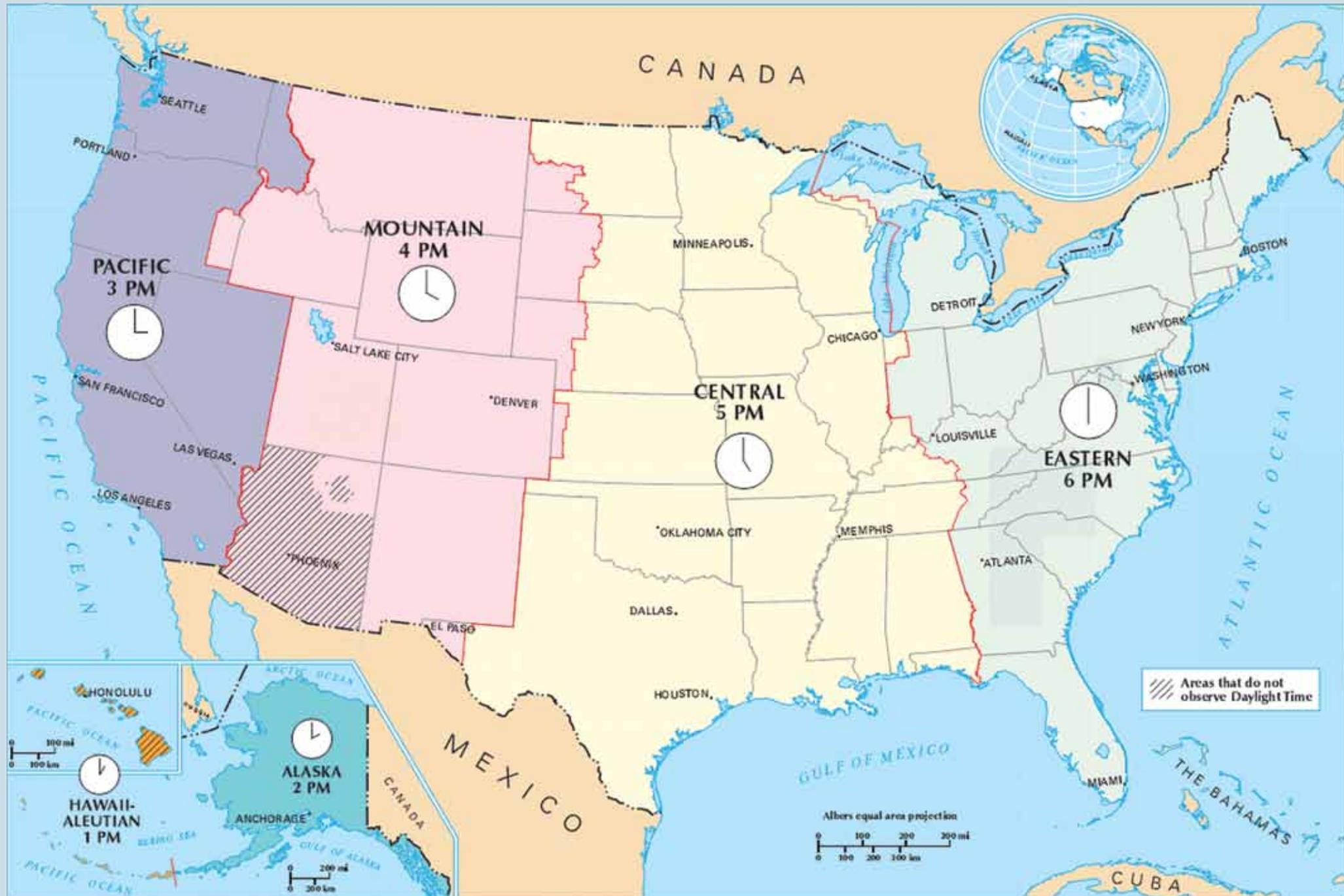
Maritime Expeditionary Security Group Two  
(757) 396-0513

Chief of Naval Air Training

CAOSO  
(361) 961-3386

CNRF CNATRA/FRS PM  
(757) 322-6751

# U.S. TIME ZONES





## Sailor's Creed

I am a United States Sailor.

I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.

I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.

I proudly serve my country's Navy combat team with Honor, Courage and Commitment.

I am committed to excellence and the fair treatment of all.

## Navy Ethos

We are the United States Navy, our nation's sea power – ready guardians of peace, victorious in war.

We are professional Sailors and civilians – a diverse and agile force exemplifying the highest standards of service to our nation, at home and abroad, at sea and ashore.

Integrity is the foundation of our conduct; respect for others is fundamental to our character; decisive leadership is crucial to our success.

We are a team, disciplined and well-prepared, committed to mission accomplishment. We do not waver in our dedication and accountability to our Shipmates and families.

We are patriots, forged by the Navy's core values of Honor, Courage and Commitment. In times of war and peace, our actions reflect our proud heritage and tradition.

We defend our nation and prevail in the face of adversity with strength, determination, and dignity.

We are the United States Navy.

# 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 cutline 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 typically publish straight-news stories written in inverted pyramid newspaper style.

## QUESTIONS AND SUGGESTIONS

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





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

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

