



THE NAVY RESERVIST
TNR
ALMANAC 2007
JANUARY, VOLUME 33, NUMBER ONE
NAVYRESERVE.NAVY.MIL



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NAVY
RESERVE

Hospital Corpsman 3rd Class Brandin Huggett provides medical aid to a crew member from the motor vessel Al Shams, a Pakistani-flagged dhow.

*U.S. Navy photo by
Information Systems
Technician 1st Class
Christopher Barb*



THE NAVY RESERVIST TNR ALMANAC 2007

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U.S. Navy photo by
Mass Communication Specialist Chief
Craig P. Swanson



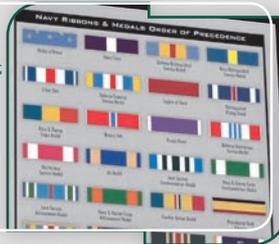
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The Navy Reservist is always looking for good action photos of Navy Reservists (minimum 300 dpi) that tell a story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph, including their respective rating, rank and command. Photos should also include a visual information record identification number or VIRIN. Information about VIRINs is available online at www.mediacen.navy.mil/vi/virin.htm. 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 Reservist* current and past issues can be accessed online at <http://navyreserve.navy.mil>. Navy Reserve News Stand, a Web site featuring Navy Reserve news and photos, plus links to Navy fleet pages, can be viewed at www.news.navy.mil/local/nrf.

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.

WELCOME ABOARD



VICE ADM.
JOHN G. COTTON

CHIEF,
NAVY RESERVE

Another outstanding year was 2006 for our Navy and its Reserve Component, and we can expect to further synchronize our fully integrated operational support to the Fleet and Combatant Commanders in 2007. On any given day, over 20,000 Navy REservists, or about 30 percent of the Force, are on some type of orders at their supported commands, in training exercises, or recalled to active duty in support of Operation *Enduring Freedom* and Operation *Iraqi Freedom*. Wherever we deploy, talented REservists bring their military experience, maturity and many civilian skill sets to effectively and efficiently augment the Active Component and Joint Commands.

This Almanac edition of *The Navy Reservist* has been in planning for a year, ever since the last and very impressive edition was distributed and so well accepted by Sailors everywhere. Our CNRFC Public Affairs staff, led by Cmdr. Ed Buclatin and Lt. Adam Bashaw, has received numerous compliments for their effective communication and the following letter highlights how the Fleet has reacted.

"I just had the chance to review the January 2006 edition of *The Navy Reservist* and I believe this is one of the most professional, informative, and, well put together periodicals I have ever seen (military or civilian!).

I believe this "Almanac" for the U.S. Navy Reserve and the format and approach taken is the best example of a clear and concise messaging effort that is needed in today's technically advanced military.

I believe this sets the example for how we should develop future "Users Guides" and I intend on using your magazine as an example for other similar ventures.

I am impressed and now inspired by it. Please pass on to those who worked the long hours producing this exceptional document a hearty thanks from those in the fleet that are using it."

Very respectfully,
CNOCM Kelly Schneider,
USNAVCENT/FIFTH FLEET
Master Chief

Thanks Master Chief Schneider for your excellent comments and strong support for our deployed REservists in NAVCENT. From Sailors everywhere, thanks also go to the dedicated staff members who make *The Navy Reservist* such a widely read and respected magazine:

MCC Diane Perry - Managing Editor

MC1 Robert Kerns - Editor

MC2 Kurt Eischen - Photo Editor

MC3 Quinn Whisner - Staff Writer and Proofreader

MC2 Nicholas Spinelli - Contributor

Bryan Bordelon - Creative Director/Graphic Designer

Please feel free to contact them with your comments and suggestions to improve TNR or any aspect of our Navy Reserve Force communications.

We will no doubt face many changes and challenges in 2007, but one constant will be our Sailors' desire to serve and REserve with the fleet. As we have mentioned many times, our mission is to "Be Ready" for any tasking, at home or away, for an Individual Augmentation (IA) billet or mobilization with your unit. Being fully ready 24/7/365 includes physical, medical, dental, administrative and family readiness, so please take a personal interest in your records and the many resources available to assist you. By staying fit and ready, by maintaining a lifelong dedication to our "culture of fitness," you will enjoy better health and quality of life, as well as your well-earned retirement benefits.

The Global War on Terror is taking us into physically demanding environments, and our Sailors will only succeed in any mission if they are physically prepared for it. The information in this TNR Almanac edition will help you prepare for the future and stay ready.

Thanks for your continued support to the Fleet and COCOMs, and be ready! **TNR**



Operations Specialist 2nd Class
Vanessa Delgado aboard the
USS Ronald Reagan (CVN 76).

U.S. Navy photo by Mass
Communication Specialist 3rd Class
Kevin S. O'Brien

THE QUARTERDECK
**WELCOME
ABOARD**

*"We make a living by what we do,
but we make a life by what we give."*
Winston Churchill

This Almanac is an impressive account of what we as a Force do. In this magazine, you will find photos of personnel and equipment on the move, aircraft in flight and warships underway. Each is a testament to the Reserve Component's dogged and unwavering support to the Fleet.

Likewise, this Almanac documents much of what we as a Force give. As we deploy worldwide and engage in every aspect of combat operations and fleet support — as we serve here at home — and as we train to serve, Reservists readily give of their time (often away from their families) ... their competencies (often gained in civilian jobs) ... and their lives, when necessary.

Reservists give all they have to

ensure the most proactive Fleet support program in the history of the Navy Reserve is undertaken.

Does it seem to you that lately change is the only constant? This year we have had changes in policies, acronyms, commands, missions, personnel, strategies, etc. Knowing that, I recommend you keep this almanac handy as a ready reference to the changing environment in which we work.

In closing, I want you to know what you do and what you give as part of the Navy's Reserve Component make me enormously proud to be your commander. Unquestionably, this Almanac is a snapshot — a glimpse — at the most talented, dedicated and extraordinary Navy Reserve Force in the world! **TNR**



**REAR ADM.
CRAIG O. McDONALD**

**COMMANDER,
NAVY RESERVE FORCES
COMMAND**

**"KEEP THIS
RESOURCE
HANDY!"**

Equipment Operator 1st Class Bryan Anselmi (left) and Construction Electrician 2nd Class Thomas Lamb moves a drill collar into position for attachment to a water well drilling pipe. The two are part of the Naval Mobile Construction Battalion (NMCB) 18 water well team that is drilling wells throughout Al Anbar Province. NMCB-18 is a Navy Reserve construction battalion deployed in support of the Global War on Terror.

U.S. Navy photo uncredited



WELCOME ABOARD

Happy New Year! I sincerely hope you had a wonderful holiday season and are ready for a fantastic 2007.

I had the distinct privilege to enjoy the festive bird with some wonderful Sailors in Kuwait on Christmas day and I continue to be so impressed with the professionals who ReServe in our Navy.

Many of the discussions I had with not just Sailors but military members of all services was about the future as we continue to prosecute the long War on Terror. It really made me think about this next year. As you review the ever popular Almanac issue of *The Navy Reservist* and reflect on the Navy Reserve Force, I hope you get some take-a-ways with regards to priorities and goals for 2007.

I can't help but reflect back on the issues we were facing this time last year. One huge priority looming for the Navy Reserve was recruiting. We had completed the integration of the Active Component and Reserve Component into one recruiting team, and quite honestly, we were working through some tight spots in Navy recruiting.

I remember attending a recruiting leadership conference in Memphis early in the year and asked the question: "What needs to be done to help make Reserve recruiting mission?"-specifically with the transition of Navy veterans to the Reserve Component.

Boy, did I get an earful from the senior enlisted leaders of the One Navy Recruiting Team. Our processes were not aligned, systems weren't talking or connecting, policy blocked production, and we were our own worse enemy.

I truly believe recruiting remains a top priority. It is exciting to see the changes that have been made to assist, versus impeding the Sailor for Life initiatives. A pilot test focusing on Navy Veterans who are being released from Active Duty is being used in many commands across the Navy. We are making great strides to streamline, and I'm

convinced it will result in a banner year for recruiters.

In my mind, the larger challenge this year is retention. In an all volunteer force, it especially becomes a challenge in the Reserve Component. This spring we expect the Career Management System Interactive Detailing to be operational. I see this as a huge retention tool. This system will give Sailors the ability to be proactive and engaged in their assignment process and will also centralize the assignment process and reduce personnel In Assignment Processing or IAP and hopefully stabilize longevity in a requirement.

I have always felt that the foundation to retention in our program is the opportunity to do meaningful work and negotiate periodic, predictable time lines with supported commands. Being bounced around constantly is not conducive to staying in the Navy.

As we focus on the career development of our enlisted Sailors in 2007, I have to say that the role of the command career counselor in conjunction with leadership has never been more critical. Many aspects of retaining members in the program are very promising. Pay, compensation, bonuses and advancement will require movement and shaping. This can only happen with communication, coaching and assistance from the chain of command in each unit.

Finally, the call to "Be Ready" has never been more prevalent. This new year will press you to set your own personal goals for physical, financial, family and medical readiness. I cannot wait to see what this year has in store. I started this article with some reflection on 2006. When you measure the challenges and accomplishments in the Navy Reserve, we had an incredible year together! Reflection is only beneficial for a short time since the past is the past. Let's look ahead and declare our destiny for 2007. Thank you for what you do! *See you on the deck plates!*



FORCM(SW)
DAVID R. PENNINGTON

FORCE MASTER CHIEF,
NAVY RESERVE FORCE

"I TRULY BELIEVE
RECRUITING
REMAINS A TOP
PRIORITY AND IT
IS EXCITING TO
SEE THE
CHANGES THAT
HAVE BEEN
MADE TO ASSIST
VERSES IMPEDE
THE SAILOR FOR
LIFE INITIATIVES."

TNR

WELCOME ABOARD



NCCM(AW/SW)
CYNTHIA BLEVINS

FORCE CAREER COUNSELOR,
NAVY RESERVE FORCE

The National Call To Service (NCS) program is a program designed to target some of the undermanned rates in the Reserves. NCS members are non-prior service members who attended bootcamp and their relevant "A" and/or "C" school. After completing 15 months after graduation from school. Our NCS Sailors have 15 days to report from date of discharge to the Navy Operational Support Center (NOSC).

Q. Can my location change because I decided to move elsewhere?

A. Yes. Contact New Orleans for a new set of orders. You will still only have 15 days to report from your date of discharge.

Q. What should the member have with them?

A. Copy or working copy of their DD-214; DD-207; D-208(medical); NAVPER 1070/602; current enlistment contract with addendums and copy of separation evaluation (for upcoming examination).

Of course if you need further guidance on anything for administration for our NCS Sailors, refer to NAVADMIN 189/006.

So why this information in *The Navy Reservist* magazine? Because you need to be aware of the new members crossing your quarterdecks and to ask for each command member to take a round turn on mentorship.

I employ each of you to be a mentor for each one of these Sailors. After all, they are entering a new world and need guidance and wisdom from you. Someone, sometime ago, helped you along the way. These Sailors deserve no less than the best we can offer them. They bring with them training and basic military knowledge worth capturing to help train others within their gaining command. I hope you find a way to utilize their expertise and make them feel part of the awesome Navy team.

Of course, if you have any questions about this article or anything you may need assistance with, please e-mail me at cynthia.blevins@navy.mil.

TNR

Chief Hull Technician Clifford Morin embraces his wife and son as the rescue and salvage ship USS Safeguard (ARS 50) returns to Sasebo, Japan following a scheduled six-month deployment.

U.S. Navy photo by Mass Communication Specialist 2nd Class Brian P. Biller



CNO STRATEGY

We are a nation and a Navy at war. Whether providing sovereign deck space from which to launch strikes in Afghanistan, continuing to support ground operations in Iraq, patrolling the seas to interdict terrorists, or shaping the maritime domain through swift humanitarian action in Indonesia and on our own Gulf Coast, we are contributing to joint and combined operations in ways no one could have imagined a few short years ago.

The vision we seek is: Americans secure at home and abroad; sea and air lanes open and free for the peaceful, productive movement of international commerce; enduring national and international naval relationships that remain strong and true; steadily deepening cooperation among the maritime forces of emerging partner nations; and a combat-ready Navy -- forward-deployed, rotational and surge capable -- large enough, agile enough, and lethal enough to deter any threat and defeat any foe in support of the Joint Force.

To realize this vision -- and in support of the National Security Strategy, National Defense Strategy, National Military Strategy, National Strategy for Maritime Security, Naval Power 21 and the Naval Operating Concept for Joint Operations, and the National Fleet policy -- the United States Navy will organize, train, maintain and equip combat-ready naval forces capable of:

- Winning the Global War on Terror and any other armed conflict;

- Deterring aggression by would-be foes;
- Preserving freedom of the seas;
- Promoting peace and security.

I expect the following principles to guide and inform our actions every day:

1) **Warfighting Focus.**

We are first and foremost a fighting, sea-going service -- the guardians of a rich heritage of bravery in battle and courage under fire.

2) **Dedication to our People.**

Our success in defense of this nation depends upon the men and women of the United States Navy -- Active, Reserve and civilian -- and their families. Personal and family readiness are vital to combat readiness. Our strength and our future also rely on our diversity.

3) **Naval Teamwork.**

The Navy and Marine Corps provide the nation versatile military capabilities across the spectrum of conflict. Ours is a special relationship -- a national treasure -- born with this republic and strengthened through war and peace.

4) **Jointness.**

The future of national and international security lies in interoperability and cooperation among the Services, the interagency, international partners and non-governmental organizations. Naval forces bring to the fight unique maritime and expeditionary prowess, but we are only as good as the contribution we make to the overall effort.

5) **Leadership.**

Everything starts and ends



with leadership. Nothing else we accomplish, no other priority we pursue, is of much consequence if we do not have sound and effective leadership in place to enact it. We all have a responsibility to develop our own leadership potential and that of the Sailors in our charge.

6) **Accountability and Integrity.**

Wherever we go, whatever we do, we represent the ideals and the people of this nation. We must hold ourselves accountable to high standards and comport ourselves with the integrity and honor befitting the service.

7) **Alignment.**

Alignment is the degree to which resources, processes and communications support vision and mission. A properly aligned organization can accomplish anything it attempts. Every Sailor should share an understanding of our vision and mission and be able to describe how he or she contributes to them.

8) **Risk Management.**

Risk is inherent in everything we do. Managing it should be a continuous process that permeates -- but does not dominate -- our daily lives. Every Navy leader should be willing to take prudent risks in the conduct of their actions.

9) **Commitment to Change.**

Success in this new and uncertain security

environment demands that we continue to transform the way we think, operate and fight. It also requires leaders to set the right expectations, eliminating to the maximum extent possible the uncertainty caused by that change through constant dialogue and the free flow of information. We must sustain a sense of urgency about change in all we do.

10) **Effects-Based Thinking (EBT).**

A relatively new but powerful planning concept, EBT requires us to begin each new task with the end state clearly in mind. It allows us to continually monitor progress against a discrete set of metrics, reallocating resources or effort as required to achieve concisely stated desired effects.

The Navy is in great shape. Readiness is high. Maintenance is being performed faster and more efficiently. Recruiting and retention remain strong. Our people are motivated, well trained and battle-tested. In addition to the critical strategic reserve we provide the country, there are nearly 4,000 of our shipmates on the ground in Kuwait, Afghanistan and Iraq and many thousands more deployed aboard ships at sea. And they are performing magnificently.

To read more of CNO's guidance 2006 view at <http://www.news.navy.mil/features/2006CNOG.pdf>.

Navy REservists provide worldwide operational support and we are proud of our many accomplishments since 9/11. We continue to push for further

integration and alignment within the Navy, while surging with greater speed, flexibility and responsiveness than ever before. Our Sailors have never been so capable and committed. Their honor, courage and commitment make our profession the most highly respected profession in the United States today and our Navy the most admired around the world. We could not be more proud of the effort they put forth and the results they have achieved over the past year. We are looking forward to even greater success as our alignment efforts progress and many new initiatives mature and become adopted by the Fleet.

5-4-3-2-1

**NAVY
RESERVE**

U.S. Air Force photo by Master Sgt. Jim VanHeugy



CHIEF, NAVY RESERVE'S FIVE CHALLENGES:

- Communication
- Culture
- Continuing Education
- Commitment
- Call - "Be Ready!"

U.S. Navy photo by Mass Communication Specialist 1st Class Timm Duckworth



NAVY RESERVIST'S FOUR PRIORITIES:

- Predictability
- Periodicity
- Pay/Benefits
- Personnel Systems

U.S. Navy photo by Mass Communication Specialist 1st Class Chad J. McNealey



THE CNO'S THREE PRIORITIES:

- Sustain Combat Readiness
- Build a Fleet for the Future
- Develop 21st Century Leaders

U.S. Navy photo by Mass Communication Specialist 1st Class James E. Foehl



THE SECRETARY OF THE NAVY'S TWO EXPECTATIONS:

- Effectiveness
- Efficiency

Graphic by Bryan W. Borden



ALL THESE THINGS TOTAL UP TO COMPLETE ONE VISION.

- Support to the Fleet ... Ready and Fully Integrated!

FOCUS ON THE FAMILY

Happy New Year! Another year has come and gone. Where does the time go?

This past year may have been very eventful for you. You may have welcomed a new child or a new love into your life.

Is your Family Care Plan in order? Are you Ready? Do you have a Family Care Plan established for the care of loved ones and personal property during your separation?

Take a moment and ask yourself when the last time you verified your Record of Emergency Data (Page 2) ensuring all your dependents are listed. Or when was the last time you verified the Defense Enrollment Eligibility Reporting System (DEERS)? Is your Serviceman's Group Life Insurance (SGLI) election form up to date with the correct beneficiaries? Do you have the appropriate powers of attorney and a will in place?

the air conditioning/heater doesn't work]. Small details like these could prevent a larger headache for you and your family down the road.

On the Navy Reserve Web page, <http://navyreserve.navy.mil>, click on the CNRFC FAMILIES link, family readiness checklists and resources can be found under the welcome aboard link.

On occasion, a guardian may be appointed to a military family member. This may pose special challenges for the guardian to assume the responsibility of health care and education to name just a few of the issues. In addition, the guardian may not be a member in the military and not eligible for military I.D. Check with the military installation closest to where your children will be residing to ensure the correct

your family. As a trained volunteer, he or she is dedicated to assisting and helping families with issues that arise when you are deployed and also while you are at home. No matter where you live, ombudsmen have the resources and information to assist <http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/Ombudsman/default.htm>.

Also standing by to help is The Expeditionary Combat Readiness Command (ECRC) toll-free hotline for Active Duty and Reserve Sailor's families on Individual Augmentee (IA) mobilization orders. The phone number allows IA family members a way to find the information or resources they may need while their Sailors are deployed. The ECRC IA Family Support Hotline can be reached at 1-877-364-4302.

Another great resource for information is Military OneSource. They can be reached 24/7/365 days of the year. You will talk to a "real" person who can provide guidance on almost any topic. In addition, they can provide document translation in over 150 languages and have the ability to have an interpreter facilitate a three-way telephone conversation in more than

160 languages. For assistance call 1-800-342-9647 or visit their Web site, www.militaryonesource.com. You will find thousands of articles and tip sheets on just about anything, from parenting, money matters to elder care.

As the Global War on Terror continues, always remember to "Be Ready." Family readiness is important today, tomorrow and everyday in the future.

Get your personal affairs in order now and have a great year!

"The truth is, our families do not just make it easier for us as individuals to serve our country. They find ways—through the Ombudsman Program, Familyline, The Fleet and Family Support Centers and a host of other efforts, to improve the quality of life for other members of the Navy family as well. By helping each other and by building strong communities, our families make it easier for the Navy itself to answer the Nation's call. In this critical time, our Navy families are playing a vital role in the defense of our nation."

Adm. Mike Mullen, Chief Of Naval Operations

Storekeeper 3rd Class Matthew Noles



U.S. Navy photo by Chief Yeoman Katherine Kules

These are just a few of the priorities you may not think about until you are mobilized.

Family readiness is a crucial aspect in overall mission readiness. Take the time to ensure all your personal affairs are in order today so you will "Be Ready" for what tomorrow may bring.

Although many things may seem very trivial to you, take the time to provide information to your family (e.g. the mechanic to call when the car breaks down or the name of a serviceman when

documents are obtained to gain access.

Single Sailors need to have a Personal Care Plan also. This plan is similar to the Family Care Plan and addresses who will be responsible for taking care of the automobile, pets, personal property and finances while you are deployed. Don't wait until it is too late – *plan ahead!*

With your personal affairs in order, next on the list is the command ombudsman. The ombudsman is a critical link between the command and



THE 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.**

QUARTERDECK

ADM.
MICHAEL G. MULLEN

CHIEF OF NAVAL OPERATIONS



Adm. Michael G. Mullen, a native of Los Angeles, graduated from the U.S. Naval Academy in 1968, where he served as Company Officer and Executive Assistant to the Commandant of Midshipmen.

Mullen graduated from the Naval Postgraduate School in Monterey, Calif., with a Master of Science degree in Operations Research. He is also a graduate of the Advanced Management Program at the Harvard Business School.

As a junior officer, he served in various leadership positions aboard USS Collett (DD 730), USS Blandy (DD 943), USS Fox (CG 33) and USS Sterett (CG 31). Mullen served as commanding officer aboard three ships, USS Noxubee (AOG 56), USS Goldsborough (DDG 20) and USS Yorktown (CG 48). As a flag officer, he commanded Cruiser-Destroyer Group Two and the George Washington Battle Group.

Mullen's last command at sea was as Commander, U.S. Second Fleet/Commander, NATO Striking Fleet Atlantic.

Mullen served in the Bureau of Naval Personnel as Director, Surface Officer Distribution and in the Office of the Secretary of Defense on the staff of the Director, Operational Test and Evaluation. On the Chief of Naval Operations' staff, he served as Deputy Director and Director of Surface Warfare; Deputy Chief of Naval Operations for Resources, Requirements, and Assessments (N8); and as the 32nd Vice Chief of Naval Operations.

He has served in Allied, Joint and Navy positions, overseas and in both the Atlantic and Pacific Fleets.

Mullen's last operational assignment was Commander, Joint Force Command Naples/Commander, U.S. Naval Forces Europe. Based in Naples, Italy, he had operational responsibility for NATO missions in the Balkans, Iraq, and the Mediterranean as well as providing overall command, operational control, and coordination of U.S. Naval forces in the European Command area of responsibility.

Mullen became the 28th Chief of Naval Operations on July 22, 2005.

VICE ADM.
JOHN G. COTTON

CHIEF
NAVY RESERVE



Vice Adm. John G. Cotton graduated from the U. S. Naval Academy in June 1973 with a degree in Aerospace Engineering. Earning his wings in October 1974, he became a third generation pilot as his father is a Naval Aviator and his grandfather flew with the Lafayette Flying Corps in WWI. Forward deployed to Japan aboard USS Midway (CV 41) from 1975-1978, he flew the A-7 Corsair II with Attack Squadron (VA) 93, and then served on the Commander Light Attack Wing U.S. Pacific Fleet staff at NAS Lemoore, Calif., from 1978-1980.

Becoming a commercial airline pilot and a Navy REServist in 1980, he flew with VA-2082, the A-7B augment unit at NAS New Orleans, and with the Navy's last RF-8G Crusader squadrons, Light Photographic Reconnaissance Squadron (VFP) 306 and VFP-206 at NAF Washington, D.C.

He commanded VA-2082 in 1988-1989, and then joined VA-204 in New Orleans, completing F/A-18 Hornet strike fighter and adversary pilot transition training.

While in command of the Strike Fighter Squadron (VFA) 204 "River Rattlers" from July 1993 to September 1994, the squadron received the 1993 CNO Safety "S" Award completing 13 years of major mishap free operations, the 1994 Battle "E" and F. Trubee Davison Award as the top tactical Navy Reserve squadron, and a CNO Meritorious Unit Commendation.

From 1994-1997, he commanded the NAS Keflavik unit at NAF Washington, the Navy Command Center unit at the Pentagon, and also served as an instructor at the Command Leadership School at NETC Newport, R.I.

Cotton's initial Flag assignment was Deputy Commander Naval Air Force U.S. Atlantic Fleet, 1997-1999, and was recalled to Active Duty as Deputy Commander Joint Task Force Southwest Asia, Riyadh, Saudi Arabia, supporting Operation Southern Watch. At the Pentagon 1999-2003, he was again recalled to Active Duty as Deputy Director of Navy Reserve, served as Assistant Deputy Chief of Naval Operations Warfare Requirements and Programs, and was a member of the SECDEF Reserve Forces Policy Board.

Following Senate confirmation in October 2003, Cotton took a leave of absence from American Airlines to serve as Chief of Navy Reserve and Commander Navy Reserve Force.

Personal awards include the Legion of Merit, Defense Meritorious Service, Meritorious Service, Navy Commendation and Achievement Medals. He has over 4,200 hours of military flight time and is a graduate of Executive and Reserve Component programs at the Naval War College, Naval Postgraduate School, National Defense University, Army War College, Harvard University, MIT and UNC Chapel Hill.



U.S. Navy photo by
Mass Communication Specialist 2nd Class Gregory D. Devereaux

BIOGRAPHIES

REAR ADM.
CRAIG O. McDONALD

COMMANDER, NAVY RESERVE
FORCES COMMAND



Rear Adm. Craig O. McDonald, a native of Miles City, Mont.,

graduated from the United States Naval Academy in June 1976. On October 21, 1977, after initial flight training at Training Squadron (VT) 10 and Advanced Airborne Tactical Data Systems training at Carrier Airborne Early Warning Squadron (RVAW) 120, he was designated a Naval Flight Officer.

Released from Active Duty in June 1982, he moved to Suffern, N.Y., and was employed with New York Telephone.

McDonald was selected for the Full-Time Support (FTS) program and was recalled to Active Duty in April 1983.

His significant tours include: VAW-123, "Screwtops," Division Officer and Department Head; RVAW-120, "Grey Hawks," NFO instructor; VAW-1086, "Augger Doggers," flight crew; VAW-88, "CottonPickers," Officer-in-Charge; Commander, Naval Air Reserve Force, Air Operations and Assistant Chief of Staff for operations and fleet support; VAW-78, "Fighting Escargots" Commanding Officer; NAS JRB Fort Worth, Commanding Officer; Chief of Naval Operations (NO95), Executive Assistant to the Director of the Navy Reserve; and Deputy Director Navy Reserve.

He was selected for flag rank on Aug. 1, 2003 and served as Chief, Office of the Defense Representative Pakistan from July 2004 until October 2005.

He assumed his present duties as Commander, Navy Reserve Forces Command on Aug. 12, 2005.

McDonald has 5,000 total hours and over 4,600 hours in the E-2C aircraft.

He has had the privilege of working with the finest enlisted and officer personnel in the United States Navy throughout his career.

His decorations include the Defense Superior Service Medal (one award), Legion of Merit (three awards), Meritorious Service Medal (two awards), Navy and Marine Corps Commendation Medal (two awards), Navy and Marine Corps Achievement Medal (two awards), Meritorious Unit Commendation (four awards), Battle "E" ribbon (three awards), Navy Expeditionary Medal, National Defense Service Medal (two awards), Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Sea Service Ribbon (four awards) and the Armed Forces Reserve Medal (with silver hourglass).

FORCM(SW)
DAVID R. PENNINGTON

FORCE MASTER CHIEF
NAVY RESERVE FORCE



Force Master Chief Petty Officer David R. Pennington was born

in Gallion, Ohio, on May 10 1958. He

graduated from Jessamine County High School in Nicholasville, Ky., in 1976 and enlisted in the U. S. Navy in December 1976.

After completing Boot Camp in Great Lakes, Ill., and graduating from Personnelman "A" School in Meridian, Miss., he was assigned to the Sluggers of Fighter Squadron (VF) 103 and completed three Mediterranean deployments onboard the USS Saratoga (CV 60). He separated from Active Duty and affiliated in the Naval Reserves with the USS Moinester (FF 1097) at the Naval Reserve Center, Lexington, Ky. It was there that he recalled to Active Duty in the Training and Administration of Reserve (TAR) Program in September 1981 and worked in the Manpower Department of Naval Reserve Center, Lexington, Ky., for four years.

His follow on assignments include the Charleston, S.C., representative to the Atlantic Fleet Naval Reserve Career Information Team where he was the East Coast Sailor of the Year for two consecutive years, the USS Samuel Eliot Morison (FFG 13) homeported in Charleston, S.C., where he earned his Enlisted Surface Warfare Insignia and was selected for chief petty officer, the Naval Air Reserve Center Barbers Point, Hawaii, where he was selected for Senior Chief Petty Officer, the Bureau of Naval Personnel (Pers-2) Washington, D.C., where he excelled as the TAR Enlisted Strength Planner in the heart of the drawdown, U. S. Pacific Command (USPACOM) Camp Smith, Hawaii, as the first RLO where he was selected for Master Chief Petty Officer, E8-9 TAR Enlisted Detailer New Orleans where he screened for Command Master Chief and detailed himself to be the Command Master Chief on the last of the class USS Frederick (LST 1184) home ported in Pearl Harbor, Hawaii. After Hawaii it was back to the states as Command Master Chief of Naval Air Station, Willow Grove, Pa.

Following selection by the Chief of Naval Reserve, Master Chief Pennington became the 12th Force Master Chief of the Naval Reserve Force.

Master Chief Pennington is authorized to wear the Defense Meritorious Service Medal, Navy Commendation Medal (4 awards) and the Navy Achievement Medal (4 awards). He has earned an Associates Degree with Excelsior College and is an honor graduate from the Senior Enlisted Academy, Newport, R.I., class 61.

THE U.S. NAVY

OPERATIONAL SUPPORT TO THE FLEET (AS OF NOVEMBER 2006)

There were 20,647 Navy Reservists serving on operational orders. That means about 29 percent of the total Navy Reserve force is providing fleet support through a variety of orders. Here's a breakdown:

INACTIVE DUTY TRAINING (IDT):	3,238
FULL TIME SUPPORT (FTS):	13,392
PRESIDENTIAL RESERVE CALL-UP (PRC):	5
ON ACTIVE DUTY (MOB):	3,521
ACTIVE DUTY SPECIAL WORK (ADSW):	1,090
ANNUAL TRAINING (AT):	858
ACTIVE DUTY FOR TRAINING (ADT):	919

The United States Navy has accomplished much in its proud and storied history. However, nothing can be done without the hard-working Sailors who make us up. Here is a breakdown of the U.S. Navy Sailors:

ACTIVE COMPONENT

Officers - 51,875
 Enlisted - 291,415
 Midshipmen - 4,427
 Total - 347,677 (As of as of November 2006)

RESERVE COMPONENT

Officers - 1,410
 Enlisted - 12,859
 Total - 14,572

DRILLING SELECTED RESERVE

Officers - 17,328
 Enlisted - 56,013
 Total - 70,231

INDIVIDUAL READY RESERVE

Active Status Pool (ASP)	Including Drilling VTU
Officers - 11,145	Officers - 1,795
Enlisted - 46,133	Enlisted - 2,081
Total - 57,278	Total - 3,876

STANDBY RESERVE

Officers - 1,689
 Enlisted - 2,637
 Total - 4,326

RETIRED RESERVE

Officers - 57,619
 Enlisted - 334,704
 Sub-Total - 392,323
 Including Enlisted Fleet Reservists - 86,369
 TOTAL- 478,692

SERVICE AT EVERY LEVEL



U.S. Navy
 photo by
 Mass
 Communication
 Specialist
 1st Class
 Jackey Bratt

THE FLEET

As Of Oct. 31, 2006

SHIPS & SUBMARINES

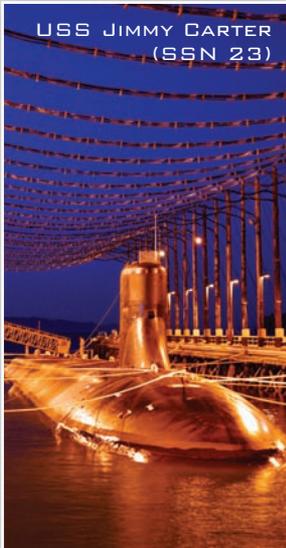
List provided by Chief of Navy Information
www.chinfo.navy.mil/navpalib/ships/lists/shipalfa.html

USS RONALD REAGAN (CVN 76)



U.S. Navy photo by
 Mass
 Communication
 Specialist
 3rd Class
 Sarah Foster

USS JIMMY CARTER
 (SSN 23)



U.S. Navy photo by
 Master Chief Mass Communication Specialist Jerry McLain

USS FREEDOM (LCS 1)



USS MILIUS
 (DDG 69)

U.S. Navy photo by
 Mass Communication Specialist 2nd Class Rebecca J. Moat

Totals 281

Aircraft Carriers	12
Ballistic Missile Submarines	14
Guided Missile Submarines	4
Surface Combatants	93
Nuclear Attack Submarines	56
Expeditionary Warfare Ships	34
Combat Logistics Ships	4
Support/Mine Warfare Ships	23
Active Reserves	14
Strategic Sealift	41

Aircraft Carriers	CV, CVN
Expeditionary	LCC, LHA, LHD, LPD, LSD
Surface Combatants	CG, DDG, FFG
Mine Warfare	MCM, MHC
Patrol Craft	PC
Submarines	SSBN, SSGN, SSN
Auxiliary	ARS, AS
Others	USS Constitution



USS FIREBOLT
 (PC 10)

U.S. Navy photo by
 Mass Communication Specialist 1st Class Robert R. McRill

NAVAL AIR FORCE RESERVE

AIRCRAFT

The United States Naval Air Force Reserve is ranked among the best and most capable Air Forces in the world. Its 33 squadrons are equipped with the most modern aircraft and technology including the F/A-18A+ Hornet, EA-6B Prowler, HH-60 Seahawk, P-3C (Update III) Orion, the C-130T transport and E-2C, C-40A, C-9B, among others.

P-3C ORION



U.S. Navy photo by Senior Chief Mass Communication Specialist Mahlon K. Miller

E-2C HAWKEYE

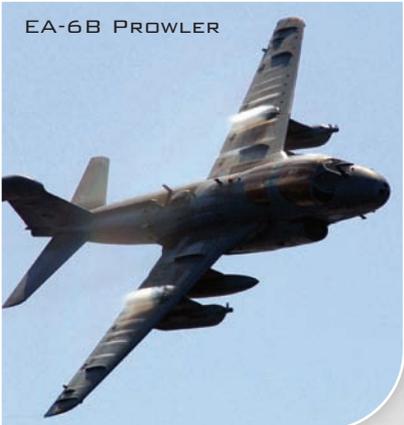


U.S. Navy photo by Mass Communication Specialist Airman Joshua Wayne LeGrand

C-130T HERCULES



EA-6B PROWLER



U.S. Navy photo by Mass Communication Specialist 2nd Class Lou Rosales

U.S. Navy photo by Mass Communication Specialist Seaman Kristopher Wilson

SQUADRONS

HSC-3
 HSC-84
 HSC-85
 HM-14
 HM-15
 HS-75
 HSL-60
 VAQ-209
 VAW-77
 VFA-201
 VFA-204
 VFC-12
 VFC-13
 VFC-111
 VP-62
 VP-69
 VP-92
 VR-1
 VR-46
 VR-48
 VR-51
 VR-52
 VR-53
 VR-54
 VR-55
 VR-56
 VR-57
 VR-58
 VR-59
 VR-61
 VR-62
 VR-64
 VAQ-129

NICKNAME

Merlins
 Redwolves
 High Rollers
 Vanguard
 Blackhawks
 Emerald Knights
 Jaguars
 Star Warriors
 Nightwolves
 Hunters
 River Rattlers
 Omars
 Saints
 Sundowners
 Broad Arrows
 Totems
 Minutemen
 Star Lifters
 Eagles
 Capitol Skyliners
 Windjammers
 Taskmasters
 Capital Express
 Revelers
 Minutemen
 Globemasters
 Conquistadores
 Sunseekers
 Lonestar Express
 Islanders
 Nor' Easter
 Condors
 Vikings

LOCATION

San Diego, Calif.
 Norfolk, Va.
 San Diego, Calif.
 Norfolk, Va.
 Corpus Christi, Texas
 Jacksonville, Fla.
 Mayport, Fla.
 Washington, D.C.
 Atlanta, Ga.
 Fort Worth, Texas
 New Orleans, La.
 Oceana, Va.
 Fallon, Nev.
 Key West, Fla.
 Jacksonville, Fla.
 Oak Harbor, Wa.
 Brunswick, Maine
 Washington, D.C.
 Atlanta, Ga.
 Washington, D.C.
 Kaneohe Bay, Hawaii
 Willow Grove, Pa.
 Washington, D.C.
 New Orleans
 Point Mugu, Calif.
 Norfolk, Va.
 San Diego, Calif.
 Jacksonville, Fla.
 Fort Worth, Texas
 Oak Harbor, Wa.
 Brunswick, Maine
 Willow Grove, Pa.
 Oak Harbor, Wa.

AIRCRAFT OF COMMISSIONED UNITS

U.S. Air Force photo by
Staff Sgt. Lee O. Tucker

F/A-18C HORNET



TRAINING SUPPORT AUGMENT UNITS

SQUADRON

LOCATION

VFA-125	Lemoore, Calif.
VAW-120	Norfolk, Va.
VFA-106	Virginia Beach, Va.
VP-30	Jacksonville, Fla.
HSC-3	San Diego, Calif.
HS-10	San Diego, Calif.
VT-7/9	Meridian, Miss.
VT-21/22	NAS Kingsville, Texas.
VT-27/28/31/35	Corpus Christi, Texas.
VT-2/3/6 HT-8/18	Milton, Fla.
VT-4/10/86	Pensacola, Fla.

ASSETS OF COMMISSIONED UNITS

CARRIER AIR WING RESERVE (CVWR) 20

- E-2C Hawkeye - 6
- EA-6B Prowler - 4
- F/A-18A+/C Hornet - 35
- F-5E/F/N Tiger - 32

HELICOPTER WING RESERVE (HS/HSL/HC/HM)

- HH-60H Sea Hawk - 10
- MH-53E Sea Stallion - 8
- SH-60B Sea Hawk - 6
- SH-60F Sea Hawk - 5
- MH-60S Knight Hawk - 5

RESERVE PATROL WING (VP)

- P-3C Orion - 18

FLEET LOGISTICS SUPPORT WING (VR)

- C-9B Skytrain II - 17
- C-12B King Air - 5
- C-20 D/G Gulfstream - 6
- C-37A Gulfstream - 1
- C-130T Hercules - 19
- C-40A Clipper - 9
- C-37B Gulfstream - 2

MH-53E SEA DRAGON



U.S. Navy photo by
Mass Communication Specialist 2nd Class Daniel J. McLain

C-37A GULFSTREAM V





BENEFITS COMPARISON

by Mass Communication Specialist 3rd Class Quinn Whisner



Navy Reserve Enhancing the Bonus Program

Enhanced bonuses are in store for Active Component Sailors transitioning to the Reserve.

The Reserve component is offering lump-sum bonuses of up to \$20,000 for qualified Navy veteran affiliates, non-prior service enlistees and Sailors willing to retrain in critical ratings.

Bonus payments work off a three-tiered system. Each tier represents a different level of monetary gain based on the individual's Navy skill set and contract length.

For Sailors already in the drilling Reserve, their critical skill qualifications enable them to be eligible for up to a \$15,000 lump-sum bonus to reenlist and "STAY NAVY."

As a reminder, bonus amounts are linked directly to skill sets as well as the length of the Navy contract signed. Non-prior service enlistees are also reminded they must have completed Navy boot camp, their specialty school and affiliated with their local Navy Operational Support

Center before they receive the bonus.

For more information, please refer to NAVADMIN 085/06 at www.npc.navy.mil/ReferenceLibrary/Messages.

Payment Levels

- NAVET's and NPSB eligible for up to a \$20,000 lump-sum payment upon affiliation for six years.
- SELRES reenlisting are eligible for a \$15,000 lump-sum payment for six years or \$7,500 for three years.
- Officers in selected designators are eligible for a \$10,000 lump-sum payment for a three-year obligation. This applies to both newly affiliating NAVETs and members that have previously served in the Selected Reserve with a minimum of 24 months break in service.

Note: This information is current as of April 14, 2006.

Incentives	Navy Reserve FY06
Basic MGI-SR	\$297/month
MGI-SR (Kicker)	\$200/month
Enlistment Bonus (Non-Prior Service)	NPS - \$20K for 6 years Lump Sum Payment upon affiliation
Reenlistment/Extension Bonus	\$15K max for 6 years \$7.5K max for 3 year contract <i>3-Tier Program amount based on specialty (Tier 1 and all 6 year contracts paid Lump Sum) (Tiers 2 & 3 year contracts paid 50% upon reenlistment and equal anniversary payments for remainder of contract)</i>
Affiliation/Enlistment Bonus (with Prior Service)	\$20K max for 6 years \$10K max for 3 year contract <i>3-Tier Program amount based on specialty (Tier 1 and all 6 year contracts paid Lump Sum) (Tiers 2 & 3 year contracts paid 50% upon reenlistment and equal anniversary payments for remainder of contract)</i>
Prior Service Bonus	\$5K max for 6 years \$2.5K max for 3 year contract <i>4-Tier Program amount based on specialty (Tier 1 and all 6 year contracts paid Lump Sum) (Tiers 2, 3 & 4 year contracts paid 50% upon reenlistment and equal anniversary payments for remainder of contract)</i>
Officer Affiliation Bonus for Certain Critical Skills	\$10K lump sum payment for a 3 year obligation. For new affiliates AND for members that have previously served in the Selected Reserve with a minimum 24 months break in service.
Loan Repayment Program	Not Funded

Army Reserve	Air Force Reserve	Marine Corps Reserve	Army National Guard	Air National Guard
\$297/month	\$297/month	\$297/month	\$297/month	\$297/month
\$100, \$200 or \$300/month	\$350/month	\$350/month	Up to \$350/month available to NPS, OCS and SMP	\$350/month for critical AFSCs
\$20K for 6 yr. contract	NPS - \$10K for 6 years	\$10K for 6 yr. contract	Up to \$20K for 6 yr. contract	\$15K for 6 yr. contract, \$8K for 3 yr. contract
\$15K for 6 years or two 3 year bonuses, \$7.5K first three and \$6K for the second three, served consecutively	\$15K for 6 years \$7.5 for 3 years \$6K for second 3 years <i>FY05 NDAA</i>	None	\$15K for 6 years, \$7.5K first 3 years and \$6K for the second three, served consecutively	\$15K for 6 yr. contract, \$8K for 3 yr. contract
Current policy is \$200/month for remaining MSO < 49 months or \$10K for 50 month or greater	\$50/month X months of remaining obligation	\$50/month X months of remaining obligation	\$15K for 6 years, \$7.5K for 3 years	\$15K for 6 yr. contract, \$8K for 3 yr. contract
\$15K for 6 years or two 3 year bonuses, \$7.5K first three and \$6K for the second three, served consecutively	\$15K for 6 years \$7.5K for 3 years \$6K for second 3 year contract	\$15/10/5K for 6 year contract \$7.5/5/2.5K for 3 year contract \$6/4/2K for second 3 year contract	\$15K for 6 years, \$7.5K for 3 years	\$15K for 6 yr. contract, \$8K for 3 yr. contract
\$10K or \$20K depends on select critical skills	Not Funded	Not Funded	Max \$20K: Only for repayment of existing loans NPS: for initial contract only; PS: those who immediately reenlist or extend for a period of not less than 3 years, if for reenlistment/extension bonus, if for SLRP only, then must contract for 6 years from date of SLRP.	15% or \$500 per qualifying loan, NTE \$3.5K/member/year and \$20K over lifetime of member, for 6 year enlistment or reenlistment

E-1 with less than four months: 1,178.10

EFFECTIVE
JAN 1

Pay Grade	YEARS OF SERVICE														
	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
COMMISSIONED OFFICERS															
0-10	0	0	0	0	0	0	0	0	0	0	0	13,659.00	13,725.90	14,011.20	14,508.60
0-9	0	0	0	0	0	0	0	0	0	0	0	11,964.60	12,118.50	12,367.20	12,801.30
0-8	8,453.10	8,729.70	8,913.60	8,964.90	9,194.10	9,577.20	9,666.30	10,030.20	10,134.30	10,447.80	10,900.80	11,319.00	11,598.30	11,598.30	11,598.30
0-7	7,023.90	7,350.00	7,501.20	7,621.20	7,838.40	8,052.90	8,301.30	8,548.80	8,797.20	9,577.20	10,236.00	10,236.00	10,236.00	10,236.00	10,287.90
0-6	5,206.20	5,719.20	6,094.50	6,094.50	6,117.60	6,380.10	6,414.60	6,414.60	6,779.10	7,423.80	7,802.10	8,180.10	8,935.20	8,613.00	9,035.70
0-5	4,339.80	4,888.80	5,227.50	5,291.10	5,502.00	5,628.60	5,906.40	6,110.10	6,373.20	6,776.40	6,968.10	7,158.00	7,373.10	7,373.10	7,373.10
0-4	3,744.60	4,334.70	4,623.90	4,688.40	4,956.90	5,244.60	5,602.80	5,882.40	6,076.20	6,187.50	6,252.30	6,252.30	6,252.30	6,252.30	6,252.30
0-3	3,292.20	3,732.30	4,028.40	4,392.00	4,602.00	4,833.00	4,982.70	5,228.40	5,355.90	5,355.90	5,355.90	5,355.90	5,355.90	5,355.90	5,355.90
0-2	2,844.30	3,239.70	3,731.40	3,857.40	3,936.60	3,936.60	3,936.60	3,936.60	3,936.60	3,936.60	3,936.60	3,936.60	3,936.60	3,936.60	3,936.60
0-1	2,469.30	2,569.80	3,106.50	3,106.50	3,106.50	3,106.50	3,106.50	3,106.50	3,106.50	3,106.50	3,106.50	3,106.50	3,106.50	3,106.50	3,106.50
COMMISSIONED OFFICERS WITH MORE THAN FOUR YEARS ENLISTED OR WARRANT OFFICER ACTIVE-DUTY SERVICE															
0-3E	0	0	0	4,392.00	4,602.00	4,833.00	4,982.70	5,228.40	5,435.40	5,554.20	5,715.90	5,715.90	5,715.90	5,715.90	5,715.90
0-2E	0	0	0	3,857.40	3,936.60	4,062.00	4,273.50	4,437.00	4,558.80	4,558.80	4,558.80	4,558.80	4,558.80	4,558.80	4,558.80
0-1E	0	0	0	3,106.50	3,317.70	3,440.10	3,565.50	3,688.80	3,857.40	3,857.40	3,857.40	3,857.40	3,857.40	3,857.40	3,857.40
WARRANT OFFICERS															
W-5	0	0	0	0	0	0	0	0	0	0	0	5,845.80	6,046.50	6,247.50	6,450.00
W-4	3,402.00	3,660.00	3,765.00	3,868.50	4,046.40	4,222.20	4,400.70	4,574.10	4,753.80	5,035.50	5,215.80	5,392.20	5,574.90	5,754.90	5,938.80
W-3	3,106.80	3,236.40	3,369.00	3,412.80	3,552.00	3,711.30	3,921.60	4,129.20	4,350.00	4,515.60	4,680.60	4,751.40	4,824.60	4,984.20	5,143.20
W-2	2,732.70	2,888.70	3,025.50	3,124.50	3,209.70	3,443.70	3,622.50	3,755.10	3,885.00	3,973.80	4,048.80	4,191.00	4,332.30	4,475.40	4,475.40
W-1	2,413.20	2,610.60	2,742.90	2,828.40	3,056.10	3,193.50	3,315.30	3,451.20	3,541.20	3,622.80	3,755.40	3,856.20	3,856.20	3,856.20	3,856.20
ENLISTED															
E-9	0	0	0	0	0	0	4,110.60	4,203.90	4,321.20	4,459.50	4,598.40	4,821.60	5,010.30	5,209.20	5,512.80
E-8	0	0	0	0	0	3,634.80	3,513.90	3,606.00	3,716.40	3,835.80	4,051.80	4,161.30	4,347.30	4,450.50	4,704.90
E-7	2,339.10	2,553.00	2,650.80	2,780.70	2,881.50	3,055.20	3,152.70	3,250.20	3,424.20	3,511.20	3,593.70	3,644.10	3,814.80	3,925.20	4,204.20
E-6	2,023.20	2,226.00	2,324.40	2,419.80	2,519.40	2,744.10	2,831.40	2,928.30	3,013.50	3,043.50	3,064.50	3,064.50	3,064.50	3,064.50	3,064.50
E-5	1,854.00	1,977.90	2,073.30	2,171.40	2,323.80	2,454.90	2,551.50	2,582.10	2,582.10	2,582.10	2,582.10	2,582.10	2,582.10	2,582.10	2,582.10
E-4	1,699.50	1,786.50	1,883.10	1,978.50	2,062.80	2,062.80	2,062.80	2,062.80	2,062.80	2,062.80	2,062.80	2,062.80	2,062.80	2,062.80	2,062.80
E-3	1,534.20	1,630.80	1,729.20	1,729.20	1,729.20	1,729.20	1,729.20	1,729.20	1,729.20	1,729.20	1,729.20	1,729.20	1,729.20	1,729.20	1,729.20
E-2	1,458.90	1,458.90	1,458.90	1,458.90	1,458.90	1,458.90	1,458.90	1,458.90	1,458.90	1,458.90	1,458.90	1,458.90	1,458.90	1,458.90	1,458.90
E-1	1,301.40	1,301.40	1,301.40	1,301.40	1,301.40	1,301.40	1,301.40	1,301.40	1,301.40	1,301.40	1,301.40	1,301.40	1,301.40	1,301.40	1,301.40

NAVY RESERVE

2007

Drilling Reservist
Pay Chart

EFFECTIVE
JAN 1

E-1 with less than four months 160.52

Pay Grade	YEARS OF SERVICE														
	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
COMMISSIONED OFFICERS															
O-10	0	0	0	0	0	0	0	0	0	0	0	1,821.20	1,830.12	1,868.16	1,934.48
O-9	0	0	0	0	0	0	0	0	0	0	0	1,592.88	1,615.80	1,648.96	1,706.84
O-8	1,127.08	1,163.96	1,188.48	1,195.32	1,225.88	1,276.96	1,288.84	1,337.36	1,351.24	1,393.04	1,453.44	1,509.20	1,546.44	1,546.44	1,546.44
O-7	936.52	980.00	1,000.16	1,016.16	1,045.12	1,073.72	1,106.84	1,139.84	1,172.96	1,276.96	1,364.08	1,364.80	1,364.80	1,364.80	1,371.72
O-6	694.16	762.56	812.60	812.60	815.68	850.68	855.28	855.28	903.88	989.84	1,040.28	1,090.68	1,119.36	1,148.40	1,204.76
O-5	578.64	651.84	697.00	705.48	733.60	750.48	787.52	814.68	849.76	903.52	929.08	954.40	983.08	983.08	983.08
O-4	499.28	577.96	616.52	625.12	660.92	699.28	747.04	784.32	810.16	825.00	833.64	833.64	833.64	833.64	833.64
O-3	438.96	497.64	537.12	585.60	613.60	644.40	664.36	697.12	714.12	714.12	714.12	714.12	714.12	714.12	714.12
O-2	379.24	431.96	497.52	514.32	524.88	524.88	524.88	524.88	524.88	524.88	524.88	524.88	524.88	524.88	524.88
O-1	329.24	342.64	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20
COMMISSIONED OFFICERS WITH PRIOR SERVICE AS ENLISTED MEMBERS OR WARRANT OFFICERS															
O-3E	0	0	0	585.60	613.60	644.40	664.36	697.12	724.72	740.56	762.12	762.12	762.12	762.12	762.12
O-2E	0	0	0	514.32	524.88	541.60	569.80	591.60	607.84	607.84	607.84	607.84	607.84	607.84	607.84
O-1E	0	0	0	414.20	442.36	458.68	475.40	491.84	514.32	514.32	514.32	514.32	514.32	514.32	514.32
WARRANT OFFICERS															
W-5	0	0	0	0	0	0	0	0	0	0	0	779.44	806.20	833.00	860.00
W-4	453.60	488.00	502.00	515.80	539.52	539.96	586.76	609.88	633.84	671.40	695.44	718.96	743.32	767.32	791.84
W-3	414.24	431.52	449.20	455.04	473.60	494.84	522.88	550.56	580.00	602.08	624.08	633.52	643.28	664.56	685.76
W-2	364.36	385.16	403.40	416.40	427.96	459.16	483.00	500.68	518.00	529.84	539.84	558.80	577.64	596.72	596.72
W-1	321.76	348.08	365.72	377.12	407.48	425.80	442.04	460.16	472.16	483.04	500.72	514.16	514.16	514.16	514.16
ENLISTED															
E-9	0	0	0	0	0	0	548.08	560.52	576.16	594.60	613.12	642.88	668.04	694.56	735.04
E-8	0	0	0	0	0	448.64	468.52	480.80	495.52	511.44	540.24	554.84	579.64	593.40	627.32
E-7	311.88	340.40	353.44	370.76	384.20	407.36	420.52	433.36	456.56	468.16	479.16	485.88	508.64	523.63	560.56
E-6	269.76	296.80	309.92	322.64	335.92	365.88	420.36	390.44	401.80	405.80	408.60	408.60	408.60	408.60	408.60
E-5	247.20	263.72	276.44	289.52	309.84	327.32	377.52	344.28	344.28	344.28	344.28	344.28	344.28	344.28	344.28
E-4	226.60	238.20	251.08	263.80	275.04	275.04	340.20	275.04	275.04	275.04	275.04	275.04	275.04	275.04	275.04
E-3	204.56	217.44	230.56	230.56	230.56	230.56	278.04	230.56	230.56	230.56	230.56	230.56	230.56	230.56	230.56
E-2	194.52	194.52	194.52	194.52	194.52	194.52	230.56	194.52	194.52	194.52	194.52	194.52	194.52	194.52	194.52
E-1	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52

CALCULATING RETIREMENT POINTS

BY
NCCM(AW/SW) CYNTHIA BLEVINS

RETIREMENT AND WHAT IT MEANS TO THE RESERVE SAILOR

So, if I decide to retire, what can I expect for pay?
How do I know that I have a satisfactory year?
How do I earn the points over time?
What is the formula or location to help me identify my potential earnings?

OK one question at a time!

Of course you must have 20 qualifying years of service. A qualifying year is the completion of a minimum of 50 points per anniversary year.

An anniversary year?

This is the date you entered the Navy Reserve. From that date forward, you need to be sure you have a satisfactory year that is the culmination of a minimum of 50 points.

How do I get points?

You automatically receive 15 gratuity points for being in the Reserve. The rest is up to you to complete - either drilling your 2 days a month and completing your annual training, and/or completing correspondence courses should you miss a drill or to earn extra points for the year. However, the maximum number of in-active points you can earn in one year is 90.

So, I go off to assist in the Global War on Terror and have been gone for 180 days. Don't worry, each day is given to you as a point. Therefore you will earn 180 points plus whatever else you have completed throughout the year. These are Active Duty days, and therefore the 90-day maximum does not apply. For those of us who have Active Duty time, ALL of that counts as a day for day total towards your future retirement.

OK I now have a satisfactory 22 years and would like to submit my paperwork for retirement.

What's next?

Your application is submitted by you via your chain of command. It is highly recommended you retrieve the latest current copy of your point capture sheet to be absolutely sure you have completed your time. The last thing you need to hear is that you need to complete another year because something was incorrect in your file. This will ensure you have all AT/ADSW/course work, etc. is annotated and correct. Each point earned is more pay in your pocket later on. For access to your point capture sheet, log on to www.bol.navy.mil and once logged in you should have access to your sheet. Even though you are not ready for retirement, it is a great idea to validate your record each year.

My letter has been submitted, now how do I compute my money?

The basic formula to compute your potential income is fairly easy. You compute the total points earned over the your completed time of service with the following formula: points divided by 360 X .025 X base pay at age 60.

Example: P=Points, BP=Base Pay
CPO with 22 years: (BP = 2005 dollars)
 $(P) = 7125/360 = 19.79$
 $19.79 \times .025 = .494$
 $.494 \times 3620.40 = \$1,791.34$ per month at age 60

Of course, with the vast knowledge out there in the world of information technology, we have a Reserve retirement pay calculator located at <http://www.npc.navy.mil/channels>. There is access to both the Active pay calculator and the Reserve pay calculator. You will still need to know how many points you have and may earn to determine a guess-tament for your potential earnings at age 60.

Now, are you ready?

Ready to be rewarded for a period of your life given to the service of your country?

If you are, I thank you for all you have done. I am a true believer that you are my heroes, in that each of you have a full time job as well as a strenuous military job. Thank you for a job well done!

For additional help go to these Web sites:

<http://www.npc.navy.mil/CareerInfo/ReservePersonnelManagement>
<http://staynavytools.bol.navy.mil/RetCalc/Default.aspx>

Contact cynthia.blevins@navy.mil for additional clarification.



RESERVE PERSONNEL TOOLS

Reservists can log in BUPERS Online to view their Annual Statement of Service History (ASOSH) and Annual Retirement Point Record (ARPR). This online service is available to:

- Selected Reservists
- Individual Ready Reserve members
- Retired Reservists without pay (who have retired within the last five years)
- Navy Operational Support Center Administrators



As we continue to make progress in the New Year, take a moment to ensure that your uniform meets all standards and regulations found in NAVPERS 156651. For more information regarding proper uniform wear visit http://buperscd.technology.navy.mil/bup_updt/508/unireg/uregMenu.html.

U.S. NAVY UNIFORMS

PULL OUT

ENLISTED (E-6 AND BELOW)



BLUE



WHITE



WORKING



OTHER

THANKS

Aptly Demonstrated By:
(left to right and down)

Officers

- LCDR Chad Tidwell
- LCDR Tracy Vissia
- LT Patrick German
- LT Joann Fifield
- LCDR Neil Uemura
- LT Brian Bradshaw
- LT Audry Oxley
- LT Adam Bashaw
- LCDR Matthew Lipetska
- LCDR Mark Brazelton

Chiefs

- PSCS Eric Sharp
- HTC Roxanne Keeling
- YNCS Eric Burnett
- NCC Amy Hazel
- PSC Michelle Adams
- PSC Victor Burgos
- YNC Tonya Hambrick

Enlisted

- YN3 Josh Cochran
- IT2 Karen Crittenden
- RP1 Brett Baldree
- PS1 Judy Dabbs
- YN1 Michael Karl
- PS2 Delois Andrews
- HM1 Abdur Nizar-Mozes
- YN2 Heather Moore
- PS3 Wei Yu Wu
- YN1 Tonya Alton
- AO2 Scott George
- MC2 Kurt Eischen
- YN2 Lela Jackson

UNIFIED COMMANDS

NAVY COMPONENT COMMANDS AND NUMBERED FLEETS

The map depicts the Unified Commands having geographic areas of responsibility. The Navy supports those regional Unified Commands with component and numbered fleets.

Not depicted are the four functional Unified Commands:

- U.S. Joint Forces Command (USJFCOM)
- U.S. Special Operations Command (USSOCOM)
- U.S. Transportation Command (USTRANSCOM)
- U.S. Strategic Command (USSTRATCOM)

U.S. SOUTHERN COMMAND (USSOUTHCOM)

Miami, Fla.

U.S. NAVAL FORCES SOUTHERN COMMAND

Headquarters: Mayport, Fla.

Mission: As the naval component to U.S. Southern Command, Commander, U.S. Naval Forces Southern Command (COMUSNAVSOP) has charge of U.S. Naval forces and interacts with partner nations to shape the environment within SOUTHCOM's area of responsibility by developing and executing security cooperation initiatives and conducting counter-drug operations to promote democracy, stability and collective approaches to regional security. When required, COMUSNAVSOP responds to crisis to maintain regional stability and protect U.S. national interests, and prepares to meet future hemispheric challenges.

AO: Nearly 16 million square nautical miles of ocean in the Caribbean, eastern Pacific and southern Atlantic, in addition to 30 nations, and 12 dependencies totaling 1/6 of the world's landmass.

U.S. NORTHERN COMMAND (USNORTHCOM)

Peterson AFB

U.S. FLEET FORCES COMMAND

Headquarters: Norfolk, Va.

Mission: Commander, U.S. Fleet Forces Command (CFFC) organizes, mans, trains and equips naval forces for assignment to combatant commanders; and articulates fleet war-fighting and readiness requirements to the Chief of Naval Operations. CFFC's responsible for the overall coordination, establishment and implementation of requirements and policies for manning, equipping and training Atlantic and Pacific Fleet units during their inter-deployment training cycle. In addition to commanding the former U.S. Atlantic Fleet, CFFC serves as Naval Component Commander for U.S. Joint Forces Command, U.S. Strategic Command and U.S. Northern Command.

U.S. 2ND FLEET/NATO STRIKING FLEET ATLANTIC

Headquarters: Norfolk, Va.

Mission: Commander, U.S. 2nd Fleet is responsible for U.S. Navy operations and defense of U.S. interests in the North Atlantic Ocean, and is also responsible for the training/certification of East Coast Carrier Strike Groups and Expeditionary Strike Groups.

AO: The North Atlantic Ocean

Flagship: Rotational



Stuttgart, Germany

U.S. EUROPEAN COMMAND (USEUCOM)

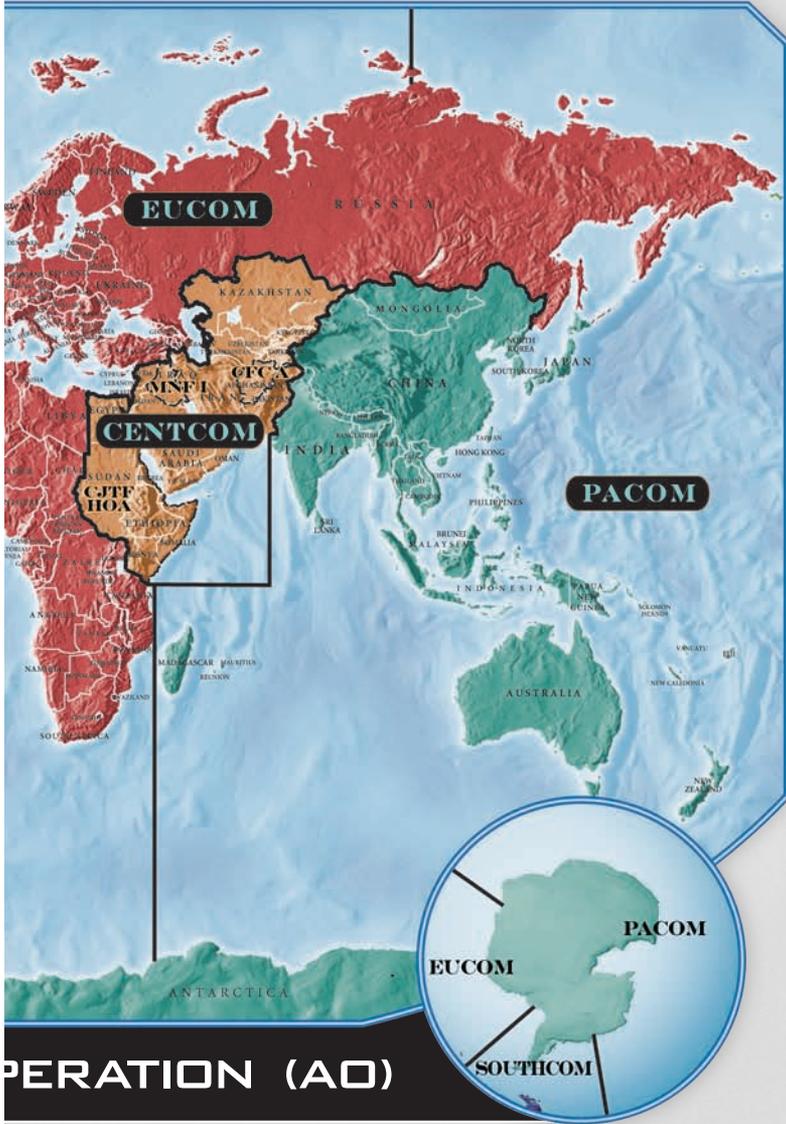
U.S. NAVAL FORCES EUROPE (COMUSNAVEUR) U.S. 6th FLEET

Headquarters: With its headquarters in Naples, Italy, COMUSNAVEUR directs all its naval operations through Commander, U.S. 6th Fleet.

Mission: To be persuasive in peace, decisive in war and preeminent in any conflict. To achieve this, CNE/CGF conducts joint and combined operations in support of unified and allied commanders. We operate, exercise and sustain combat-ready maritime forces to defeat those enemies who would do harm to our nation or its allies. We conduct theater naval security cooperation to promote coalition building and foster regional security in support of U.S. national interests.

AO: More than 21 million square miles including 91 countries and territories. This territory extends from the Cape of Norway through the waters of the Baltic and Mediterranean Seas, most of Europe, parts of the Middle East to the Cape of Good Hope in South Africa.

Flagship: USS Mount Whitney (LCC/JCC 20)



Camp
H.M. Smith,
Hawaii

**U.S. PACIFIC COMMAND
(USPACOM)**

U.S. PACIFIC FLEET

Headquarters: Pearl Harbor

Mission: Commander, U.S. Pacific Fleet (COMPACFLT), operates in support of the USPACOM Theater Security Strategy, and provides interoperable, trained and combat-ready naval forces to Commander, USPACOM and other U.S. combatant commanders, as required. In addition to these traditional Title X responsibilities, COMPACFLT has an increasing operational role as Commander, Joint Task Force 519. This mission requires COMPACFLT to not only maintain the training and readiness of the Joint Task Force headquarters staff, but also command the joint force during times of conflict, crisis or war.

U.S. 3RD FLEET

Headquarters: San Diego, Calif.

Mission: Commander, U.S. 3rd Fleet is responsible for U.S. Navy operations and defense of U.S. interests in the Pacific Ocean from the North Pole to the South Pole and from the continental West Coast to the international dateline. The U.S. 3rd Fleet is responsible for the training/certification of West Coast Carrier Strike Groups and Expeditionary Strike Groups.

AO: The Pacific Ocean from CONUS West Coast to the International Date Line.

U.S. 7TH FLEET

Headquarters: Yokosuka, Japan

Mission: Commander, U.S. 7th Fleet's responsibility is to defend and protect the territory, citizens, commerce, sea lanes, allies and other vital interests of the United States; deter aggression with capable, flexible and mobile U.S. naval forces, cooperating closely with other U.S. military services and the forces of allied and friendly nations; if deterrence fails, conduct prompt and sustained combat operations to terminate hostilities on terms favorable to the United States and allies. Commander, U.S. 7th Fleet wears three hats: as operational commander for all naval forces in the region; as a Joint Task Force commander in the event of natural disaster or joint military operation; and as the Combined Naval Component Commander for the defense of the Korean peninsula; in the event of hostilities, all friendly naval forces in the theater would fall under 7th Fleet control.

AO: Fifty-two million square miles of the Pacific and Indian Oceans, from the international date line to the east coast of Africa, and from the Kuril Islands in the north to the Antarctic in the south.

Flagship: USS Blue Ridge(LCC 19)

**U.S. CENTRAL COMMAND
(USCENTCOM)**

Tampa,
Fla.

**U.S. NAVAL FORCES CENTRAL COMMAND
U.S. 5TH FLEET**

Headquarters: Manama, Bahrain

Mission: To protect American lives abroad, promote national interests, maintain freedom of the seas, support the global war on terrorism, respond to contingencies and maintain security cooperation with allies and coalition partners.

AO: Approximately 7.5 million square-mile region comprising 27 countries within central Asia, the Middle East, and eastern Africa, and six major bodies of water including the Red Sea, Gulf of Aden, Persian Gulf, Gulf of Oman, Indian Ocean and the Arabian Sea.

U.S. NAVY UNIFORMS

Professional appearance and uniform upkeep is a key element of readiness. In the Almanac we take a look at common uniforms across the board. Wear your uniform with pride!



OFFICERS

CHIEFS

BLUE



WHITE



WORKING



OTHER



While ringing in the New Year, keep in mind that old friend physical fitness. It is key for all members of the Navy to keep up with a fitness regime throughout the year, maintaining a healthy lifestyle and proper nutrition.

According to DoD Directive 1308.1 a healthy lifestyle is not only found in the local gym or on the running trails.

“Physical fitness is an important component of the general health of the individual. Comprehensive fitness includes many aspects of a healthy lifestyle. At a minimum, it encompasses tobacco cessation, balanced nutrition, the responsible use of alcohol, the elimination of drug use, stress management and regular exercise.”

Servicemembers are offered a wide variety of programs tailored to fit each healthy lifestyle choice. For those interested in smoking or alcohol cessation, several programs are offered and often accompanied with therapy sessions to increase the member’s chances of success.

Coming soon is a change to the Physical Readiness Test (PRT). Currently, servicemembers are offered a choice between a 1.5 mile run/walk or a 500-yard swim.

According to NAVADMIN 293/06, the elliptical trainer will be offered as an alternative for the cardiovascular portion of the PRT.

“Beginning with the Spring 2007 Physical Fitness Assessment cycle, use of the elliptical trainer is approved as an alternate cardio-respiratory test option for the 1.5 mile run. As with the swim and treadmill, authorization to test using the elliptical trainer is at the discretion of the CO/OIC. With the ever-increasing importance of individual readiness and our culture of fitness, the addition of the elliptical trainer as a testing option is significant for the Navy in that it aids in supporting our Sailors and commands in maintaining a fit, fully capable and

mission-ready force.”

Servicemembers who choose the elliptical trainer as part of their PRT will receive a score based on a 12-minute fixed-time test. The test provides the number of calories burned, which is converted into a run time. The current official run times are then used to determine a final cardiovascular score.

Authorized elliptical machines are outlined in the NAVADMIN 293/06

Each member is reminded that in addition to maintaining physical standards, they are also responsible for maintaining individual medical eligibility. Each servicemember is required to fill out, and turn in to their command fitness leader, a performance evaluation of their ability to participate in physical activity.

least six glasses of water each day, start hydrating slowly during the week leading up to the PRT.

Also, if you plan to start, or make major changes to your physical fitness routine, consult your doctor or a medical professional first.

For more information on Navy physical fitness, servicemembers are encouraged to contact their command fitness coordinators.

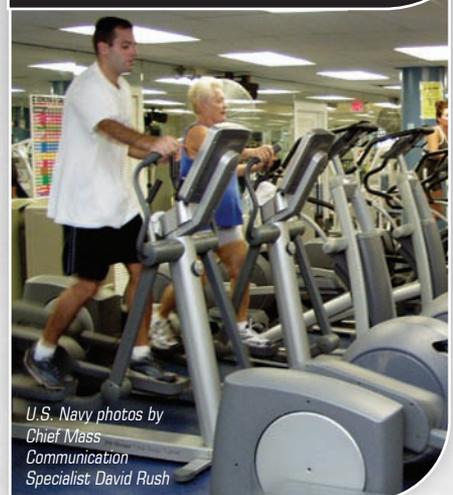


If, for any reason, that medical status changes, it is the responsibility of the member to inform their respective command.

As always, remember to hydrate.

It does not matter what climate you are in, hydration is a key element of helping your body keep pace with an active lifestyle. Hydration takes time, and members are reminded that hydrating the day of the PRT is not enough to sustain your body. If you are not used to drinking at

by Mass Communication Specialist 3rd Class Quinn Whisner



U.S. Navy photos by Chief Mass Communication Specialist David Rush



Qualifying for TRICARE Reserve Select

Since the exact procedures for qualifying under Step 1 may vary by Reserve Component, members should contact their unit or personnel office without delay to obtain specific qualification procedures. The Reserve Component will validate the member's qualifications for TRS. A member of the Selected Reserve may qualify to purchase TRS coverage at the Tier 1, 2 or 3 premium rate if he/she meets the following conditions:



Tier 1 Coverage for Selected Reserve Members

- Is called or ordered to Active Duty for a period of more than 30 days in support of a contingency operation.
- Serves continuously on Active Duty:
 - a. for 90 days or more; or
 - b. less than 90 days as a result of an injury, illness or disease incurred or aggravated while on Active Duty.
- Executes a Service Agreement no later than 90 days after release from Active Duty for service from the begin date of TRS coverage through the end date of coverage.
- Executes a Service Agreement no later than 90 days after release from Active Duty to serve in the Selected Reserve for the number of whole years selected for TRS coverage.
- Is a member of the Selected Reserve on the start date of TRS coverage.

For qualified Tier 1 members, purchasing TRS coverage is a time-limited opportunity. Members have 90 days from the day they separate from Active Duty to execute a Service Agreement (DD Form 2895) with their Reserve Component. Execution of the Service Agreement, however, does not guarantee members a billet in the Selected Reserve.

Members of the Individual Ready Reserve who separate from Active Duty on or after Jan. 6, 2006, and who qualify for Tier 1 coverage, but are unable to locate a position in the Selected Reserve, have one year from their last day on Active Duty or from their last day of the Transitional Assistance Management Program, whichever is later, to be assigned to the Selected Reserve in order to qualify for Tier 1 coverage. The executed Service Agreement and TRS request form must be submitted with 30 days of entering the Selected Reserve in order to purchase TRS. The effective date of coverage and premium payments will be the date assigned to the Selected Reserve.

Tier 2 Coverage for Selected Reserve Members

- Is one of the following:
 - a. An eligible unemployment compensation recipient as determined by state law.
 - b. An employee whose employer does not offer a health plan to anyone working for the employer.
 - c. In a category of employees not offered an employer-sponsored health benefit plan based on hours, duties, employment agreement, or such other



NAVY FAMILY HEALTH CARE

US Family Health Plan 1-800-748-7347	
TRICARE Pharmacy Program 1-877-363-6337	TRICARE Retiree Dental Program 1-888-838-8737
TRICARE Mail Order Pharmacy 1-866-363-8667	TRICARE Dental Program 1-800-866-8499
TRICARE Retail Pharmacy 1-866-363-8779	DEERS 1-800-538-9552
TRICARE For Life/Dual Eligibles 1-866-773-0404	TRICARE Prime Remote 1-888-363-2273
	Military Medical Support Office 1-888-647-6676
	TRICARE Online (TOL) 1-800-600-9332

characteristic, other than membership in the Selected Reserve.

d. Self-employed as reported to the IRS (not including Selected Reserve Income).

• Does one of the following to qualify under Tier 2:

a. Qualifies during the annual open season.

b. Submits documentation sufficient to verify they experienced a qualifying life event (such as a change in family composition, change in family employment, or change in family health plan coverage) or

c. Qualifies as a new accession in the Selected Reserve.

• Executes a Service Agreement for service in the Selected Reserve from the begin date of TRS coverage to the end date of coverage.

• Is a member of the Selected Reserve on the start date of TRS coverage.

Tier 3 Coverage for Selected Reserve Members

• Does not qualify for Tier 1 or Tier 2 coverage.

• Does one of the following to qualify under Tier 3:

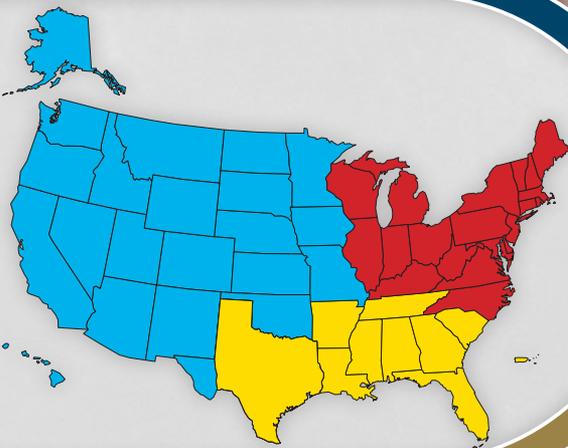
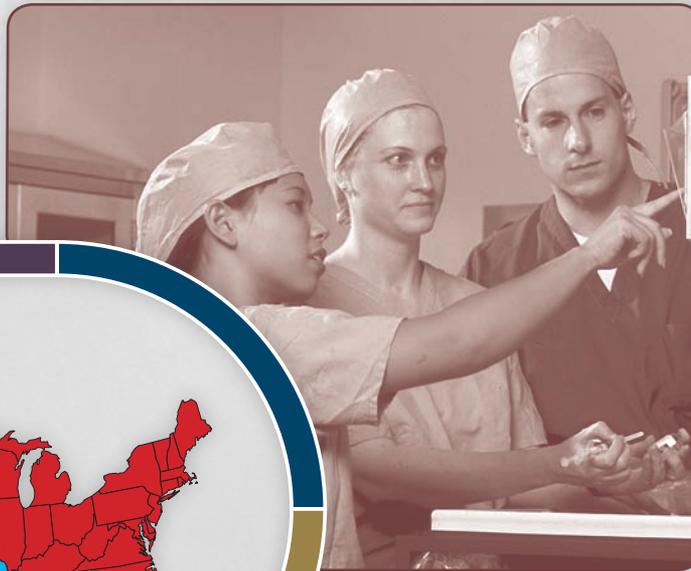
a. Qualifies during annual qualification/certification period.

b. Submits documentation sufficient to verify that they experienced a qualifying life event (such as a change in family composition, changes in family employment or a change in family health plan coverage.)

c. Qualifies as a new accession in the Selected Reserve.

• Executes a Service Agreement for service in the Selected Reserve from the begin date of TRS coverage to the end date of coverage.

• Is a member of the Selected Reserve on the start date of TRS coverage.



This Tricare map is provided as a guideline to identify your service area.

For more detailed information look to:

SOUTH

San Antonio, Texas

Humana Military Healthcare Services

1-800-444-5445

TROSouthCS@tros.tma.osd.mil

NORTH

Washington, D.C.

Health Net Federal Services

1-877-874-2273

tronorth@tma.osd.mil

WEST

San Diego, Calif.

TriWest Healthcare Alliance Corp

1-888-874-9378

trowest@tma.osd.mil



CAMPAIGN DRUG FREE



by Lt. j.g. Tay Brymer

While many of our service members are fighting the war overseas, there are many who remain state-side and are fighting the war on our home front ... the war on drugs.

The U.S. Navy and Marine Corps developed a program called Campaign Drug Free (CDF) to aide in winning the battle against drugs.

CDF is one of five Navy Community Service Programs (NCSP) brought about in 1992 and is sponsored by Commander Navy Reserve Force. CDF is our Navy's primary means of eliminating drug use by our children. It's a voluntary service program that aligns our military personnel, DoD civilians and local communities in the war on drugs. The program targets all children, dependent and civilian, in grades K-12 and is designed to help local schools educate youths on the dangers of drugs and substance abuse.

In 2006, the program reached over 150,000 students and continues to grow.

One of the reasons CDF is able to reach so many students is because they offer bilingual presentations. According to Storekeeper 1st Class Claudia Cuartas, "Bilingual presentations enable us to reach a larger per capita in which too often these students are left out."

Notwithstanding the volunteers, many perks are accessible such as being authorized to participate in the program during normal working hours with their commanding officer's approval.

Additionally, Reservists are eligible to earn points toward retirement and many volunteers earn awards such as a Navy and Marine Corps Achievement Medal, Military Outstanding Volunteer Service Medal among others.

Initially, individuals become involved in the program for different

reasons. Some join for the potential of awards, some to earn extra retirement points and some to contribute a little extra to his or her community.

Regardless of the initial reason for joining, according to the CDF national coordinator, Capt. Wallace Lloyd, "Sailors and Marines alike continue to tell me they stay with the program because of the passion and the need they see in the eyes of the students when making presentations. Our Sailors and Marines are making a difference in communities one student at a time."

According to Navy Reserve Force Master Chief Pennington, "CDF is an inherent part of our core values with our zero tolerance policy for drug use."

"Zero Tolerance is a spring board to jump into this topic from. I see this policy as a bumper sticker for enforcement. What makes our Sailors and Marines great role models is deeper than our policy - it really lies in our core values and the fact that the great Americans wearing the cloth of the country have committed themselves to the deeper qualities of honor, courage and commitment," said Pennington.

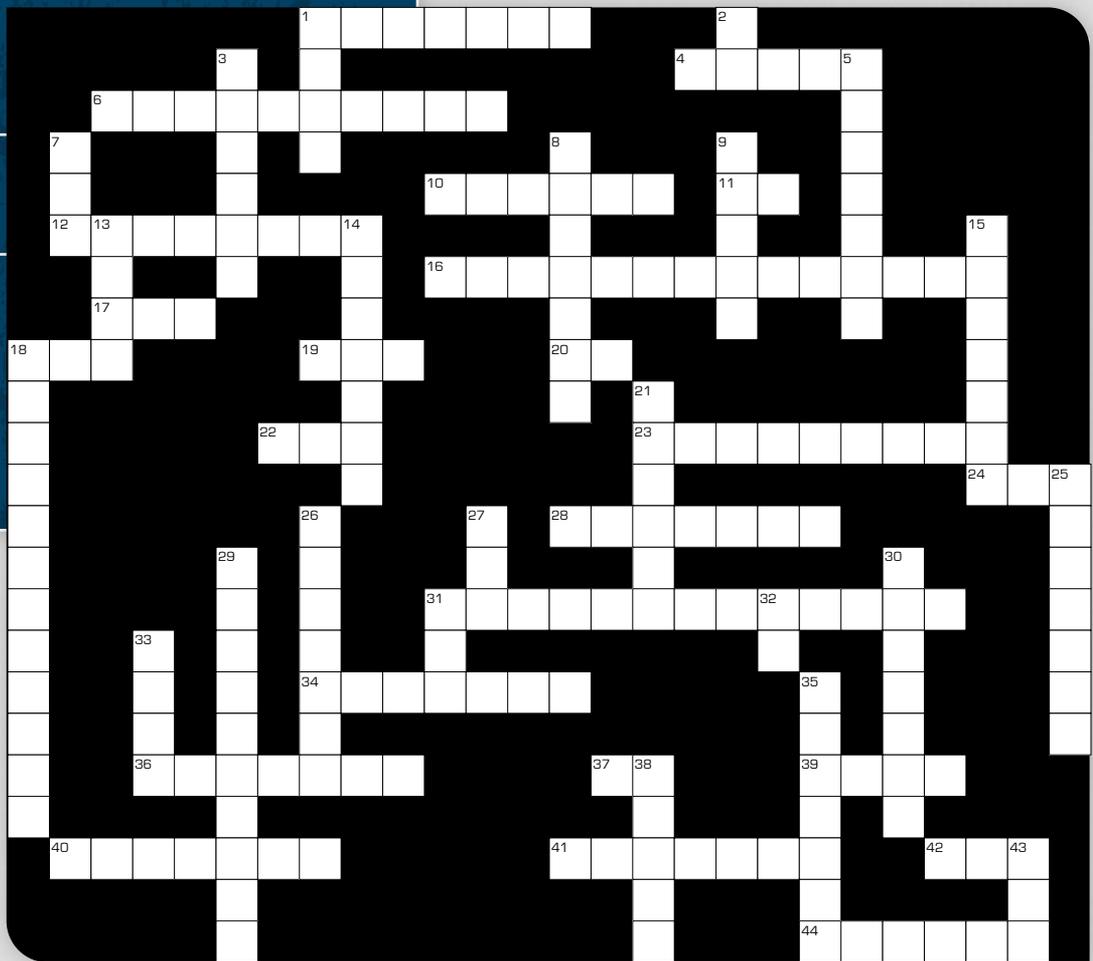
If you would like to become a part of CDF, call a CDF staff member at 1-800-554-4542 or visit our Web site at navyreserve.navy.mil and click on the "Campaign Drug Free" link on the left.

Together, we can make a better future for ourselves, our children, our community and our country.

THE NAVY RESERVE

Crossword Puzzle

Test Your Knowledge



ACROSS

- 1 Western Pacific Numbered Fleet
- 4 Web site to submit RC orders
- 6 Location of CNRFC
- 10 Reservists who drill for pay
- 11 Status of Sailors who deploy individually
- 12 US law that governs the DOD Reserve Force
- 16 RC officer qualified to command commercial ships
- 17 Reserve Force magazine
- 18 Abbreviation for a "drill"
- 19 E-7 Seabee Electrician
- 20 Reserve Component
- 22 Formerly known as "TAR"
- 23 Command family representative
- 24 Winter uniform
- 28 "A culture of _____" (healthy lifestyle)
- 31 One of the five "C's," the Navy Reserve's biggest challenge
- 34 Home of the U.S. Atlantic Fleet
- 36 Combatant Command with a Middle East AOR
- 37 Active Component
- 39 Long-term Active Duty orders
- 40 Service record document that lists family members
- 41 National Call to _____
- 42 RC units serving alongside AC units
- 44 "_____ for life" (Continuum of service)

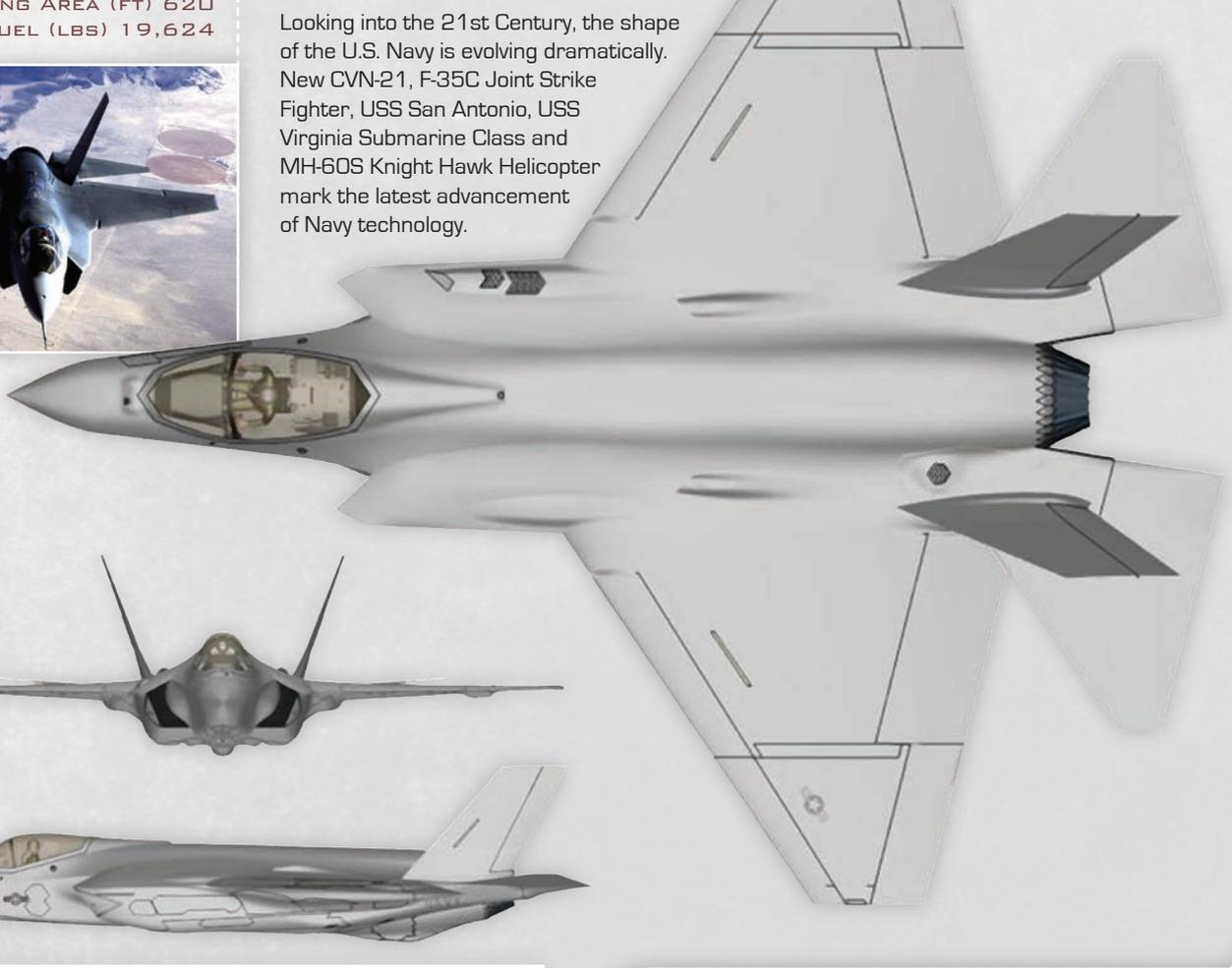
DOWN

- 1 DOD life insurance
- 2 E-1 Navy Corpsman
- 3 Tactical fighter aircraft maintained by the Navy Reserve
- 5 "_____ to the Fleet ... Ready and Fully Integrated"
- 7 Active Duty orders managed by OSO's
- 8 Navy HMO
- 9 Age when SELRES receive a pension after 20 years of service
- 13 Travel pay for drills
- 14 Major command in Williamsburg, Va.
- 15 Head of the Naval Air Force Reserve
- 18 1635 officer
- 21 Chief of Navy Reserve
- 25 Quote by Pres. Bush to military members after 9/11
- 26 January TNR Magazine
- 27 Key Reserve officer at a major command
- 29 Reserve Force Master Chief
- 30 Navy Reserve audio program
- 31 Navy program that encourages children to say "no" to drugs
- 32 Entitlement known as "two weeks out of the year"
- 33 Formerly Naval Reserve Center
- 35 Their motto is "Can do!"
- 38 Rear Admiral McDonald's title
- 43 Not FTS or SELRES

F-35C
JOINT STRIKE FIGHTER
AIRCRAFT CARRIER VARIANT
SPAN (FT) 43
LENGTH (FT) 50.8
WING AREA (FT) 620
INTERNAL FUEL (LBS) 19,624

LOOKING FORWARD

Looking into the 21st Century, the shape of the U.S. Navy is evolving dramatically. New CVN-21, F-35C Joint Strike Fighter, USS San Antonio, USS Virginia Submarine Class and MH-60S Knight Hawk Helicopter mark the latest advancement of Navy technology.



USS SAN ANTONIO (LPD 17)
AMPHIBIOUS TRANSPORT DOCK SHIP



U.S. Navy photo by Mass Communication Specialist Airman Dennard Vinson

NEXT GENERATION
AIRCRAFT CARRIER DESIGN
(CVN 21)
SPECIFICATIONS CLASSIFIED

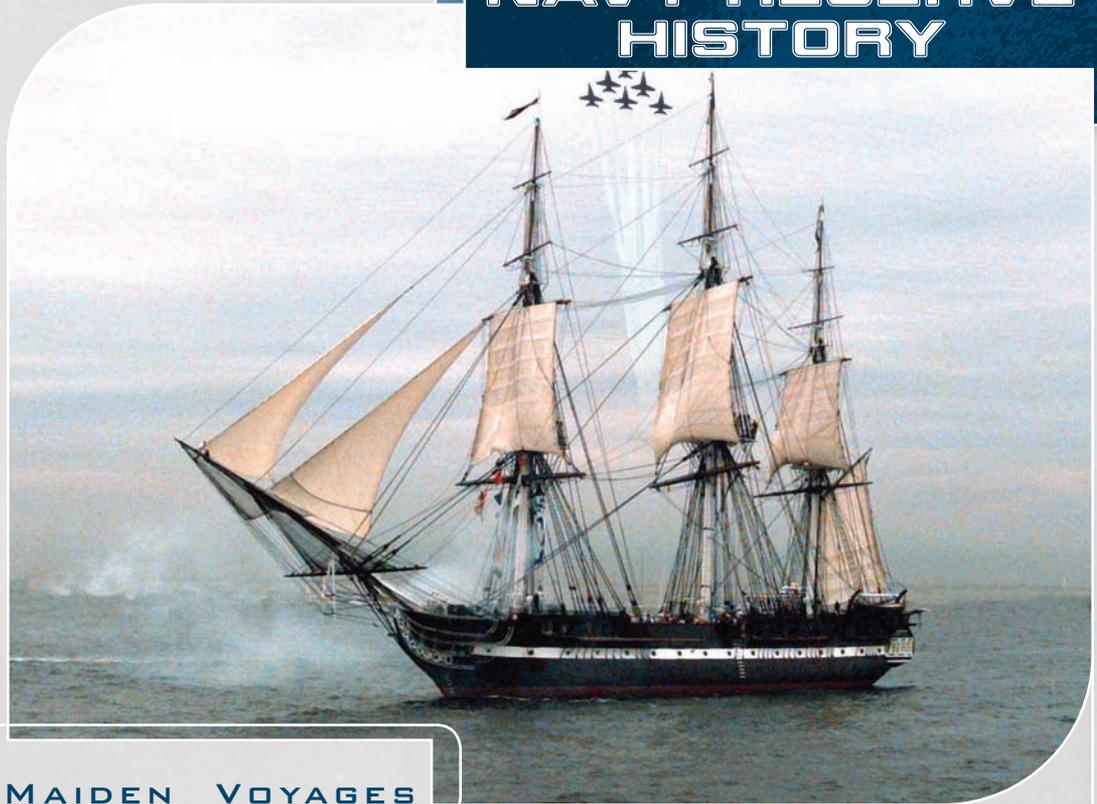


USS VIRGINIA (SSN 774)
ATTACK SUBMARINE



MH-60S
KNIGHT HAWK HELICOPTER

NAVY RESERVE HISTORY



MAIDEN VOYAGES

The United States Navy Reserve came into existence March 3, 1915. Its forerunner, The Naval Militia, dates from 1888 when Massachusetts organized a naval battalion as part of its militia. A year later, New York, Pennsylvania and Rhode Island organized naval militias. In 1891, the Office of Naval Militia was established. By 1897, 16 states had naval militia in one form or another.

Because of their colonial experience with the British professional armies, the early citizens of our country feared that a large full-time professional military force might be used by a strong central government to suppress their liberties. They preferred to rely on the part-time citizen-soldier (the militia of the various states) for defense.

Officers and enlisted men from these militia served with the regular Navy in the Spanish-American War in 1898. In 1914, the Division of Naval Affairs took over the work of the Office of Naval Militia. In 1915, Congress passed legislation establishing a federal Naval Reserve.

By the end of World War I, about 30,000 Navy Reserve officers and 300,000 Navy Reserve enlisted people had served on Active Duty with the regular Navy at a wide variety of duty stations. About 75 percent of the officers and enlisted men who served on Active Duty with the Navy in World War II were Reservists. During the Korean conflict, about 25 percent of the Navy's personnel on Active Duty were Reservists. In 1961, 58 Navy Reserve ships and air squadrons were recalled to Active Duty for the Berlin crisis.

There was no large-scale mobilization of Navy Reservists for service in Vietnam. However, Navy Reserve personnel served on Active Duty in Vietnam. In 1968, eight mobile construction battalions (Seabees) and air squadrons were recalled to Active Duty for one year.

Operations *Desert Shield*, *Desert Storm* and *Iraqi Freedom* again gave dramatic evidence of the commitment and capability of the Navy Reserve Force as more than 20,000 members from all communities were mobilized in support of combat and combat service support operations.

In the wake of 9/11, more than 26,500 Navy Reservists have been recalled to Active Duty under the congressionally approved "partial mobilization," which authorizes the president to recall up to one million Reservists for up to 24 months of service. Today, more than 60 percent of all U.S. personnel serving in the Central Command theater of operations are Reservists (representing each of the services). At any given time, nearly 28 percent of the Navy Reserve Force is on some form of Active Duty operational support orders, seamlessly serving alongside regular military service members, coalition partners and DoD civilians.

As the Navy continues to align and transform its service to enhance warfighting wholeness and defeat the 21st century enemies of freedom, the men and women of the Navy Reserve are proud and honored to "Re-Serve" our country.

President George W. Bush signed a "Memorandum for the Secretary of Defense" April 29, 2005, approving the redesignation of the United States Naval Reserve to the United States Navy Reserve.



U.S. Navy photo by
Mass Communication
Specialist 2nd Class
Christopher Perez

NAVY EXPEDITIONARY COMBAT COMMAND

NECC MISSION AND OBJECTIVES

Realign current Navy expeditionary forces into a structure that increases capacity for maritime security missions, improves warfighting effectiveness and captures efficiencies in common synergies.

Redistribute current forces throughout the Navy to better contribute to global maritime security operations and to temporarily relieve stress on joint forces deployed around the globe.

Recognize where the Navy must expand current expeditionary capabilities and develop new ones as needed.

Boatswain's Mate 2nd Class Steven Dobkins, assigned to Naval Coastal Warfare Squadron Two Six, looks through binoculars as he patrols the coastal waters of the Persian Gulf in support of the Global War on Terror and maritime security operations.

For more information regarding NECC, please visit Web site at <http://www.necc.navy.mil>.



Mass Communication Specialist 2nd Class Christopher Perez

Naval Coastal Warfare (NCW) provides maritime surveillance and security in bays and harbors, around piers, and in near-shore environments around the world. For example, Mobile Inshore Undersea Warfare Units man radar encampments surveying under and above the sea and send that information to Inshore Boat Units guarding high-value ships.

Mobile security forces guard airfields and other assets ashore. Currently, Mobile Security Detachments work alongside Iraqi Marines, protecting two key oil platforms that provide the lion's share of Iraq's economy. *Pictured: Naval Coastal Warfare Squadron Two Six*

Explosive Ordnance Disposal (EOD) conducts counter IED operations, diffuses explosive hazards left over from war and disarms underwater explosives, such as subsurface mines.

EOD specialists can handle chemical, biological and radiological threats and are the only military EOD force that can both parachute from the air to reach distant targets or dive under the sea to disarm weapons. EOD's Mobile Diving and Salvage Units clear harbors of navigation hazards, engage in underwater search and recovery operations, and perform limited underwater repairs on ships. *Pictured: Explosive Ordnance Disposal Mobile Unit One Two*



Mass Communication Specialist 1st Class Michael Matthews



Lt. Keith Burzyński

Navy Expeditionary Logistics Support Group (ELSG) delivers Active and Reserve support for port and air cargo handling missions, customs inspections, ordnance reporting and handling, civil affairs (as Provincial Reconstruction Teams), Military Transition Teams and Embedded Training Teams. *Pictured: Navy Reservists*

Naval Construction Force (Seabees) provides significant contingency construction support throughout the entire theater of operations to include forward operations base construction and operation, bridge/airfield maintenance, fleet hospital set-up and operations, underwater construction and disaster relief operations. *Pictured: Steel Worker 3rd Class Robert M. Podorski*



Mass Communication Specialist 2nd Class Robert M. Podorski



Mass Communication Specialist 1st Class Charles Bauman

Riverine Force establishes and maintains control of rivers and waterways for military and civil purposes, denies their use to hostile forces, and destroys waterborne hostile forces as necessary. The Riverine force combats sea-based terrorism and other illegal activities, such as transporting components of weapons of mass destruction, hijacking, piracy, and human trafficking. *Pictured: Riverine Squadron One*

Expeditionary Combat Readiness Center (ECRC) oversees and supports Sailors assigned as individual augmentees, in-lieu-of forces and members of provisional units committed to the war effort. ECRC is intended to relieve stress on the Sailor, so they can focus on their mission and not have to worry about their pay, families or exams back home. *Pictured: Capt. Jeffrey L. Mckenzie*



Mass Communication Specialist Seaman Kevin Malsack



U.S. Navy Released Photo

Maritime Civil Affairs Group (MCAG) integrates both Department of Defense (DoD) and non-DoD initiatives (including humanitarian) to provide civil military operations focused on the maritime and near-coast environments. MCAG supports GWOT, major combat operations, military operations other than war (detering war, resolving conflict and promoting peace) and humanitarian assistance and disaster relief. *Pictured: Provincial Reconstruction Team Khost*

Expeditionary Training Command (ETC) supports Combatant Commanders Theater Security Cooperations (TSC) efforts by delivering timely, focused and customized training to designated host nations so they can govern and protect themselves and their areas of responsibility from enemies. *Pictured: Master-at-Arms 3rd Class Andres Mejia*



Mass Communication Specialist 2nd Class Jennifer A. Villalovos



Mass Communication Specialist 2nd Class Kurt Fischer

Maritime Expeditionary Security Force (MESF) fills current warfighting gaps by providing highly trained scalable and sustainable security teams capable of defending mission critical assets in the near-coast environment. MESF units provide ground defense, afloat defense, airfield/aircraft security and a wide range of secondary tasks from detention operations to law enforcement. *Pictured: unnamed due to security reasons*

Navy Reserve intelligence professionals are on duty and serving worldwide in the Global War on Terror. This high-demand, low-density community provides 50 percent of the Navy's intelligence resources and 76 percent of the individual augmentations required to support combatant commands and combat support agencies around the world.

The mission of the Navy Reserve Intelligence Command (NRIC) is to integrate intelligence with operations to defend our nation and enable Navy and Joint forces to dominate the battle space.

wide, continuing a process which will fully align the Reserve enlisted force capabilities with the Active Component by 2011.

The Reserve intelligence community is comprised of 10 Reserve Intelligence Area commands with 81 Reserve Intelligence units. Although NRIC comprises only five percent of the Naval Reserve force, it represents approximately 10 percent of overall Navy Reserve mobilizations to date.

More than 4,000 citizen Sailors in the Navy Reserve intelligence community are working at 40 duty stations in 30

countries, spanning 15 time zones. Since 1996, the average number of days of duty per Reserve intelligence professional has continued to far exceed the minimum Reserve requirements, averaging approximately 81 days for each of its

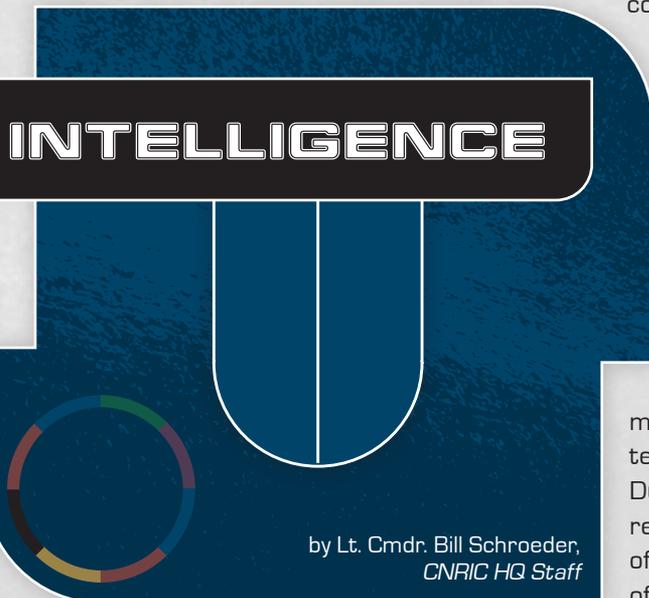
members. The high-demand tempo of support for Active Duty commands has resulted in the mobilization of more than 44 percent of the Navy Reserve intelligence community since Sept. 11, 2001. These mobilizations provided support to more than 100 Navy and Joint commands worldwide.

Fifty percent of Navy Reserve intelligence personnel perform drills and Active Duty training at 20 of the 27 Joint Reserve Intelligence Centers, eight of which are managed by the Navy. These state-of-the-art fully operational and secure facilities capitalize on virtual technological capabilities in collaborative intelligence environments. This allows forward commands to "reach back" to personnel on station at one or more of these joint centers for real-time intelligence production and support. New site renovations were completed at Jacksonville, Fla., and Millington, Tenn., during 2006 significantly increasing their capability.

For the first time in its 30 year

history, the Intelligence Force added to its senior leadership team with the addition of another Flag Officer billet. Rear Adm. Ann Gilbride was promoted to two-star rank. She takes on the duty a N2R in the Office of the Director of Naval Intelligence (DNI) as the primary advisor to CNO N2 on Reserve Intelligence component plans, policies, budget and manpower. She will also advise the DNI on Navy intelligence strategy and policy as it relates to the Reserve component. Joining her in the leadership of the community is Rear Adm. Mike Broadway, promoted in October 2006. Broadway assumes direct responsibility for the Navy Reserve Intelligence Command (CNRIC), headquartered in Ft Worth, Texas. He will also report on an additional duty basis to the Commander, Fleet Forces Command. The alignment of these two Flag positions enhances pre-existing reporting relationships with the Commander, Naval Reserve Forces Command, and the Chief of Naval Operations' Director of Naval Intelligence.

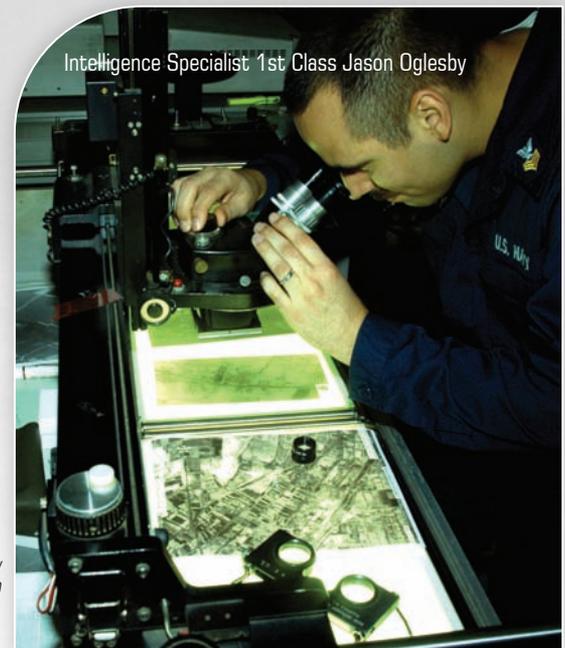
Today Navy Reserve intelligence professionals continue their robust support the warfighter in the Global War on Terrorism. At the same time the Navy Reserve Intelligence Command is also beginning to align and transform itself to provide future intelligence support to drive operations as the Intelligence, Navy and Joint communities transform themselves to meet future contingencies and conflicts.



by Lt. Cmdr. Bill Schroeder,
CNRIC HQ Staff

The NRIC vision is to provide the nation with expertise in operational intelligence and knowledge of the maritime domain. Reserve intelligence professionals are committed to attracting, developing and inspiring exceptional leaders in Navy, Joint and National intelligence.

The goals of the Reserve intelligence community are to provide the highest quality operational intelligence to the active forces; invest in Reserve Intelligence personnel by training to the same standard as the Active Component; expand the capability of the Joint Reserve Intelligence Centers' (JRIC) equipment and connectivity; and recruit and retain top talent. In the past two years, enlisted Intelligence Specialists have increased their Navy Enlisted Classification (NEC) certification from four percent to 19 percent force



Intelligence Specialist 1st Class Jason Oglesby

U.S. Navy photo by
Mass Communication Specialist 3rd Class William Hiembuch



U.S. Navy photo by
Lt. j.g. Todd Beveridge

MEDICAL

FINEST TREATMENT IN THE FLEET

The Navy Reserve Medicine Team consists of more than 7,700 members comprised of doctors, nurses and hospital corpsman possessing many different skill sets and specialties. Together this team provides the highest quality health care to the men and women assigned to the Navy and Marine Corps and to eligible beneficiaries in peacetime and war. The highly trained Navy Reserve medicine team provides mission critical support aboard Navy Reserve ships, naval hospitals and with fleet hospitals, as well as the cargo and construction battalions and air squadrons. Navy medicine is always in direct support of the Marines and considers it the highest of honors to serve with a group of highly trained and dedicated professionals. Navy Reserve medicine is dedicated to force health protection and operational readiness by sustaining medical readiness and continued Active and Reserve integration.



U.S. Navy photo by
Mass Communication
Specialist 2nd Class
Roger S. Duncan

The Navy Reserve medical units are called Operational Health Support Units (OHSU's).

MEDICAL TREATMENT FACILITIES (MTF'S)

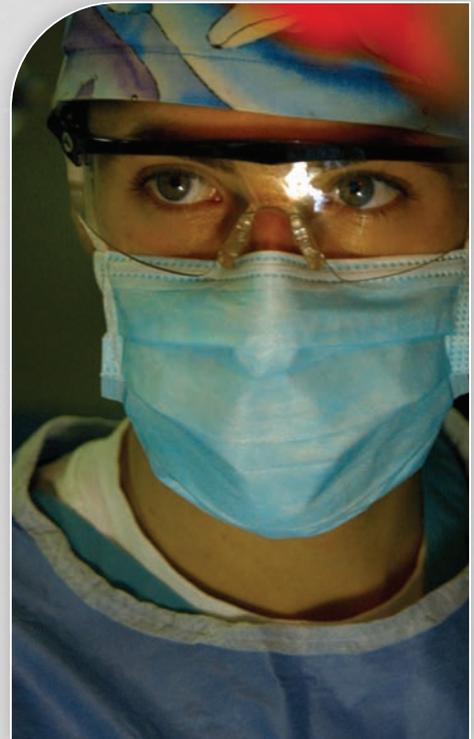
- OHSU Bethesda, Md.
- OHSU Bremerton, Wash.
- OHSU Camp Lejeune, N.C.
- OHSU Camp Pendleton, Calif.
- OHSU Dallas, Fort Worth, Texas
- OHSU Great Lakes, Ill.
- OHSU Jacksonville, Fla.
- OHSU Pensacola, Fla.
- OHSU San Diego, Calif.
- OHSU Portsmouth, Va.



U.S. Navy photo by
Mass Communication
Specialist Airman
Christine Singh

All OHSU's have anywhere from seven to 16 Detachment units each located throughout the United States.

Additionally, medical personnel are assigned to all Navy squadrons and Marine Corps aviation wings, Marine Corps divisions and groups.



U.S. Navy photo by
Mass Communication
Specialist 1st Class
Mark Anthony Geil

The Naval Special Warfare Operational Support Group is an Echelon III command reporting to Commander, Naval Special Warfare Command.

The mission of the Operational Support Group and its component commands, Naval Special Warfare Operational Support Teams One and Two, are to provide a ready force of Naval Reservists available for mobilization in support of Naval Special Warfare component commands, as functional detachments or as individuals, through the effective administration, management and training oversight of assigned Naval Reserve personnel.

The Naval Special Warfare Reserve Force Sea, Air and Land (SEAL), Special Warfare Combatant-craft Crewmen (SWCC), and Technician Officer and Enlisted personnel that provide support to Naval Special Warfare Operational Commanders ranging from peacetime training and exercise support to combat operations.

NAVAL SPECIAL WARFARE OPERATIONAL SUPPORT GROUP

Naval Special Warfare Operational Support Teams One

(NSW OST-1)
Coronado, Calif.

Naval Special Warfare Operational Support Teams Two

(NSW OST-2)
Little Creek, Va.

FROM THE SEA,
AIR & LAND

NAVAL SPECIAL WARFARE



U.S. Navy photo by
Mass Communication Specialist 1st Class Arlo Abrahamson

To maintain in the U.S. Navy Reserve an organization of merchant marine officers, composed of a corps of actively sailing members who are trained to operate merchant ships as naval auxiliaries and a shore side cadre assigned to naval activities that support strategic sealift readiness.

The Merchant Marine Reserve Program is significantly different from other Reserve programs, consisting entirely of officers 2,200 Merchant Marine Individual Ready Reserve Group (MMIRRG). The MMIRRGs are administered by the MMR Program Manager COMNAVRESFORCOM N14 through a virtual navy operational support center to meet the unique administrative requirements caused by sea going employment. All officers in the program hold a Current U.S. Coast Guard License.

In addition to the MMIRRGs there are 250 MMR SELRES serving in Merchant Marine Reserve Operational Command Units (MMROCH), Military Sealift Command (MSC) Expeditionary Units, and Naval Coastal Warfare Units. SELRES maintain their USCG License, are employed in shore side maritime related work and are trained to represent the U.S. Navy and other government agencies concerned with the use and control of civilian shipping for military operations.

The Ready Reserve Force (RRF), is a fleet of 44 Reserve ships maintained and crewed by the Maritime Administration. When activated, RRF ships come under the operational control of MSC. RRF ships include: roll-on/roll-off ships, heavy lift ships, tankers, ammunition and combat stores ships, crane ships and modular cargo delivery ships.

The Program Sponsor is OPNAV N42 and the Technical Manager is Military Sealift Command.

U.S. Navy photo by
Mass Communication Specialist 3rd Class Danielle Sosa

MERCHANT MARINE

IN PEACE AND WAR



THINK TWICE · STAY NAVY IN THE RESERVE

BY FLEET MASTER CHIEF JACQUELINE L. DIROSA

From the 2006 CNO Guidance: “We are a nation at war ... my specific objectives in 2006 are to ... Support from the sea and ashore the joint and combined War on Terror, while staying ready in all respects to meet other operational requirements.” With this in mind, I want to take some time to speak directly to those Sailors who have made up their minds to get out of the Navy. I also have some news for command leadership.

Regardless of the reason – desire to go to school full time, too many long separations from your families, etc. – I would like you to think about continuing to serve in the Navy Reserve. Financial benefits and lifestyle stability are two of the biggest reasons that come to mind to Stay Navy in a Reserve capacity.

Many people get out after a few years of Active Duty only to return in a couple of years. Even if you don't think this is you, there's good reason to keep the door open.

First, if you are a Navy Reservist, the path back to Active Duty is easier than if you are not a Reservist. You'll also find that if you return to Active Duty you will have accumulated even more years monetarily because your Pay Entry Base Date incorporates each good Reserve year. For many, that means they return to Active Duty without losing anything, financially speaking.

STOP ... READ THIS NOW!

The decision to leave Active Duty is a serious one and I'm sure you've spent a lot of time weighing your options. The Navy Reserve allows you to continue to receive many of the same benefits you enjoy now and leaves the door open should you decide to return in the future.

If you are worried about deploying, the Navy has made some policy changes that will provide a moratorium on you deploying. As a Selective Reservist there is a one in three chance of being identified for mobilizing. This is simple math and it does not take into account volunteers, extensions and other substitutions. Check with your Command Career Counselor for specifics.

Make sure you talk with your Command Career Counselor about the Navy Reserve before you depart Active Duty. You will also be briefed at TAP on Navy Reserve benefits and programs. Plus you may contact a Navy Recruiter immediately after you depart the Navy to learn even more. If you choose to join the Navy Reserve within 90 days of leaving Active Duty, all your current paperwork and medical information is current and the process is quick and easy. Beyond 90 days you will need a new physical and there's more paperwork ... but it's still pretty simple.

USFFC and CPF have partnered with Recruiting command to run a pilot to help with Reserve affiliation. The pilot, known as “Fleet to NOSC” (Naval Operational Support Command), links the Command Career Counselor with Recruiting to expedite the Reserve affiliation process. *The following commands are involved:*

USS HARRY S TRUMAN, USS RONALD REAGAN, USS TARAWA, USS NASSAU, USS PEARL HARBOR, VAW-124, HSL-43, USS JEFFERSON CITY and MEDICAL BRANCH CLINIC SEWELLS POINT.

Commands will also benefit if they encourage Reserve affiliation. Reenlistment credit is being applied to the command's reenlistment rates to qualify for the Retention Honor Roll and the Retention Excellence Awards. Every Sailor that affiliates within 180 days of separation will increase the command's reenlistment rate. For more information on this credit commands should contact their Force Career Counselor.

“We are a nation at war...” The Navy Reserve represents 20 percent of the Navy's total assets. The Navy Reserve is a full partner with the Navy's Active Duty component, performing incredible work in every corner of our Navy. Today, more than 5,400 Navy Reservists are mobilized around the globe in

support of the Global War on Terror and other important missions. You could remain a part of that team. And serving as a Navy Reservist could give you the best of both worlds - work as a civilian and serve in the Navy.

Let's look at the rest of the bennies.

Drill Pay: You will receive four days of base pay for every two days of weekend drilling. You'll also receive full pay and allowances for meals and housing during your two-week annual training.

Retirement: You will become eligible for retirement pay at age 60, following 20 years of credible service (Active Duty combined with Reserve). If you have eight years of Active service and you do 12 years of Reserve service, you would be eligible to draw retirement pay at age 60.

Promotions: As a Reservist, you will receive ample opportunities for advancement. It's very much the same as when you are on Active Duty, other than Reservists compete against other Reservists.

Travel: Depending on the unit you affiliate with, you may have the opportunity to travel to some great places in the world to perform your Annual Training. Many Reservists love the Navy Reserve for this reason alone.

Other benefits: TRICARE, MGIBill, enlistment and reenlistment bonuses and bonuses for changing rates. Locations throughout the entire continental United States.

MILITARY

A C R O N Y M S

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

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

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

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

ECRC - Expeditionary Combat Readiness Center
EOS - Expiration Of Service

ESG - Expeditionary Strike Group
ET - Equivalent Training

FEDL - Force E-mail Distribution List
FOB - Forward Operating Base
FOUO - For Official Use Only
FTS - Full Time Support

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

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

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

NAF - Naval Air Facility
NAS - Naval Air Station
NAT - New Accession Training
NAVELSG - Navy Expeditionary Logistics Support Group
NAVSTA - Naval Station
NAVET - Navy Veteran
NCO - Non-Commissioned Officer
NCS - National Call to Service
NEC - Navy Enlisted Classification (or Code)
NECC - Navy Expeditionary Combat Command

NEX - Navy Exchange Service
 NMPS - Navy Mobilization Processing Site
 NOBC - Navy Officer Billet Classification (or Code)
 NOE - Notice Of Eligibility
 NOSC - Navy Operational Support Center
 NPQ - Not Physically Qualified
 NR - Navy Reserve
 NRIP - Navy Reserve Intelligence Program
 NROTC - Naval Reserve Officer Training Corps
 NROWS - Navy Reserve Order Writing System
 NRWS - Navy Reserve Web Site
 NSA - Naval Support Activity
 NSIPS - Navy Standard Integrated Personnel System
 NSPS - National Security Personnel System

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

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

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

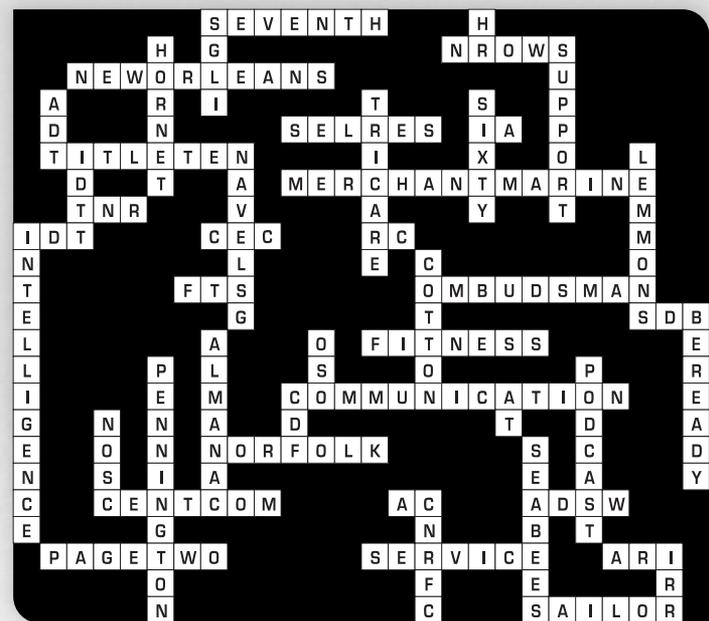
OCNR - Office of the Chief Navy Reserve
 OCONUS - Outside Continental United States
 OCS - Officer Candidate School
 OIC - Officer In Charge
 OJT - On the Job Training
 OLA - Office of Legislative Affairs
 OPNAV - Office of Chief of Naval Operations
 OPSEC - Operational Security
 OPTEMPO - Operational Tempo
 ORM - Operational Risk Management
 OSC-A - Office of Security Cooperation - Afghanistan
 OSO - Operational Support Officer

VTU - Volunteer Training Unit

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

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

The Navy REserve Crossword Puzzle Solution



JOINT STAFF CODES

U.S. ARMED FORCES



As the Navy moves to a more joint environment, you never know when you may find yourself serving alongside members from the other services. The following staff codes are provided for your reference.

Mass Communication Specialist 3rd Class Orlando Quintero attached to Navy Expeditionary Combat Command, Detachment Combat Camera-Norfolk, watches from his position, during a semi-annual field exercise.

U.S. Navy photo by Mass Communication Specialist 2nd Class Elizabeth R. Allen

JOINT CHIEFS OF STAFF

J1	Manpower and Personnel
J2	Intelligence
J3	Operations
J4	Logistics
J5	Strategic Plans and Policy
J6	Command, Control, Communications and Computer System
J7	Operational Plans and Interoperability
J8	Force Structure, Resources and Assessment



NAVY

N1	Manpower and Personnel
N2	Intelligence
N3	Operations
N4	Logistics
N5	Plans and Policy
N6	Information Technology
N7	Readiness and Training
N8	Resources and Requirements



ARMY

G1	Personnel
G2	Intelligence
G3	Operations and Plans
G4	Logistics
G5	Civil Affairs
G6	Information Management
G8	Resource Management



MARINE CORPS

Marine Forces: MARFORLANT/MARFORPAC/MARFORRES
 Marine Expeditionary Force (MEF)
 Division (Ground)
 Wing (Air)
 Force Service Support Group (Logistics/Maintenance)

G1	Manpower and Personnel
G2	Intelligence
G3	Operations
G4	Logistics/Supply
G5	Plans
G6	Communications
G7	Inspector
G8	Requirements



AIR FORCE

A1	Personnel
A2	Intelligence
A3	Operations
A4	Logistics
A5	Plans and Programs
A6	Communications
A7	Installation and Mission Support
A8	Requirements



NAVY PROFESSIONAL READING PROGRAM

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- The Declaration of Independence and Other Great Documents of American History, 1775-1865
- Ender's Game, by Orson Scott Card
- Flags of Our Fathers, by James Bradley
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- Time Management from the Inside Out: The Foolproof Plan for Taking Control of Your Schedule and Your Life, by Julie Morgenstern

LEADING PETTY OFFICERS COLLECTION

- American Government, by Robert A. Heineman, Steven A. Peterson, and Thomas H. Rasmussen
- Billy Budd and Other Stories, by Herman Melville
- The Caine Mutiny, by Herman Wouk
- The Crisis of Islam: Holy War and Unholy Terror, by Bernard Lewis
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- Shackleton's Way: Leadership Lessons
- From the Great Antarctic Explorer, by Margot Morrell and Stephanie Capparell
- The Sheriff: America's Defense of the New World Order, by Colin S. Gray
- The Tipping Point: How Little Things Can Make a Big Difference, by Malcolm Gladwell

- To the Shores of Tripoli: The Birth of the U.S. Navy and Marines, by A.B.C. Whipple
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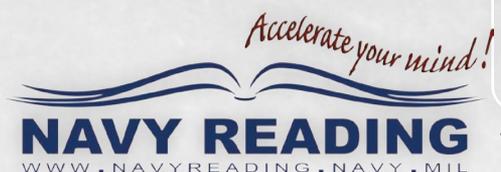
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- The Rise and Fall of Strategic Planning, by Henry Mintzberg
- Scenarios: The Art of Strategic Conversation, by Kees van der Heijden
- The Second World War, Volume 1: The Gathering Storm, by Winston S. Churchill 1776, by David McCullough



ACTIVATION / MOBILIZATION CHECKLIST

REQUIRED DOCUMENTS FOR YOUR FAMILY AND YOU.

A. 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.

B. 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).
- Emergency Contact Information (Page 2).

C. Security Clearance

- Certified copy of naturalization papers.

- Names/addresses of personal/professional references (minimum of 3 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.

D. Legal

- Location of current valid will.
- Copy of current power(s) of attorney (business arrangements/tax filing/child care/family medical emergency care/household goods and POV storage).
- Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits.

E. 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).

F. 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 (SF-86).

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

TRAVEL AND PAY PROCESSING CHECKLIST

WHAT YOU NEED TO KNOW.

1. 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.

2. SELRES Pay & Allowance (for AT & 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").
- Copy of current/verified NAVPERS 1070/60 "Page 2."
- Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (requirement varies by PSD).

3. SELRES Travel Claim Checklist (for all orders: AT, ADT: & IDTT)

- Submit the following to your Reserve Activity within two (2) 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 over \$75.00 or more. 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 (some PSDs require this only upon change to EFT data; requirement varies by PSD).
- 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> or view the Travel section of "The Gouge" (SELRES Survival Guide) at: www.navalreserve.navy.mil > COMNAVRESFORCOM (Private Side) > Welcome Aboard > Customer Service > THE GOUGE.

REF: JFTR VOL 1 and JTR VOL 2 / DODFMR VOL 9 U2510

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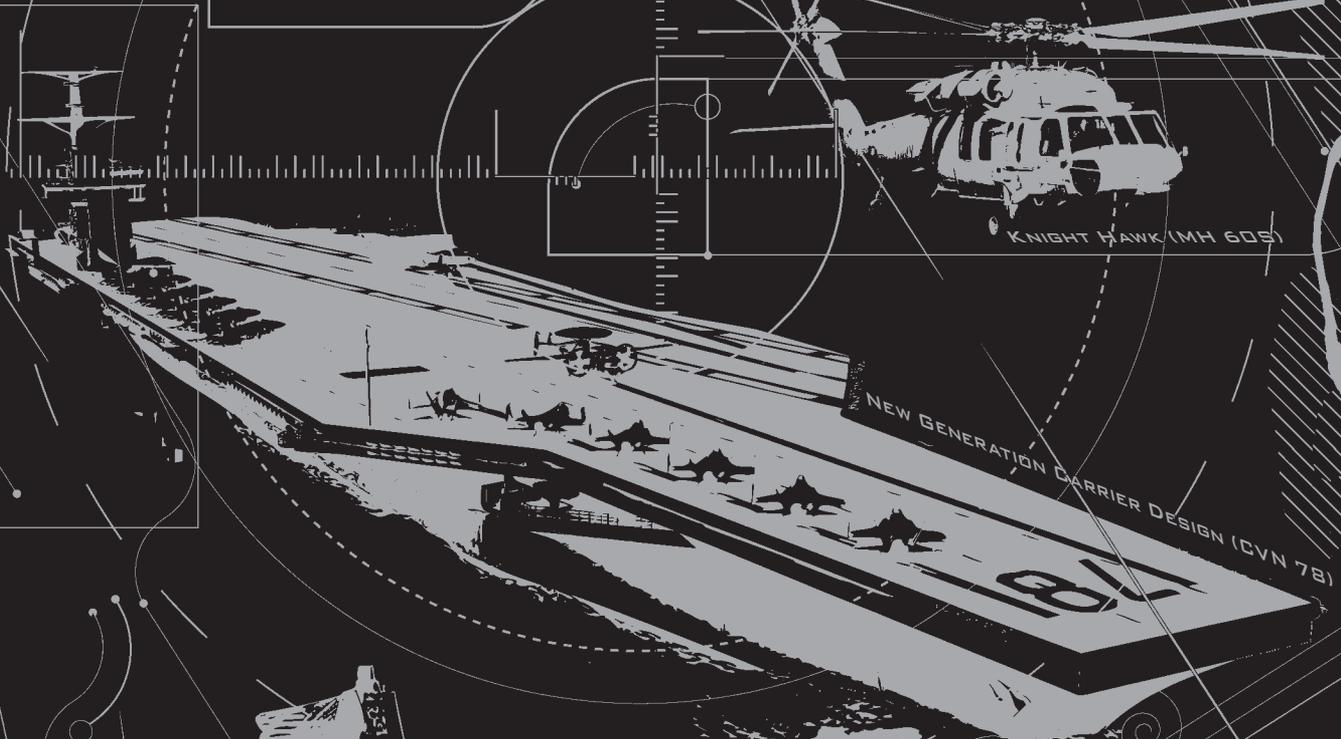
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