

TNR

THE NAVY RESERVE

FEBRUARY 2012

Supporting the Mission

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NAVY RESERVE
Ready Now. Anytime. Anywhere.

Ready Now!



With assured access to the Reserve Component, the Navy can get the right Sailors for the job, and Reserve Sailors will have exciting opportunities to serve forward.

Volume 4, Issue 2

Assured Access Authority

February 2012

Shipmates,

In December 2011, Congress passed a new law that expands the authority by which members of the Reserve Components can be recalled to active duty. We believe this authority is good for Navy Reserve Sailors, good for the Navy, and good for the nation. Because change presents the opportunity for confusion and misunderstanding, let's discuss the law and what it means for us so we can make informed decisions.

The new authority provides the Navy assured access to the total force by allowing Selected Reserve units to be ordered to active duty for preplanned missions in support of Combatant Commanders (such as periodic, rotational deployments). In addition to current emergency mobilization authorities, this new authority also provides for calling Reserve members to active duty to provide assistance in response to a major disaster or emergency. While the vast majority of routine deployments will still be performed by the active Navy, this represents an exciting opportunity for some of our Reserve Sailors to serve forward.

Because the authority is designed to meet preplanned force requirements, Navy Reserve Sailors, their families and employers will generally have significant advance notice and time to prepare for a mission. This advance notice translates into greater family and personal readiness, resulting enhanced unit readiness for deployment. Additionally, Sailors will have the same legal rights and protections (such as USERRA protection for employment and policies regarding dwell time between periods of activation).

With assured access to the Reserve Component, the Navy can get the right Sailors with the right skills at the right place at the right time for the right cost. Assured access allows for true Navy Total Force planning. It will not matter whether the capability resides in the Active Component, the Reserve Component, or a combination of both. Capabilities will reside where they can be most effectively and efficiently provided.

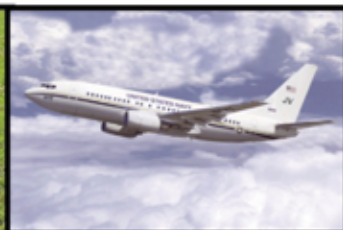
This new authority will better enable Navy leadership to shift appropriate capabilities to the Navy Reserve with confidence in their ability to access them when needed. In many cases, the Navy Reserve is the best and most cost-effective way to provide expertise. Expertise retained in the Reserve Component is far more accessible than trying to generate from scratch. We can help the Navy deliver many of its capabilities for less.

And it is good for Sailors. When activated for preplanned deployments, Navy Reserve Sailors will be doing real and meaningful work as part of the Navy Total Force, fully aligned with CNO's Tenets: Warfighting First, Operate Forward, Be Ready. Our people will be where the action is, the kind of missions which service members will find personally and professionally rewarding. It is a tremendous opportunity to serve.

Whether deployed or serving at home, your service matters. Both facets of our mission – to provide strategic depth and deliver operational capabilities to the Navy, Marine Corps and Joint Forces worldwide, from peace to war – remain as relevant as ever. Whether you are serving in a strategic or an operational role, we value all service, from a few days a year to full-time active duty, honoring the promise of our Navy Reserve Force motto: **Ready Now. Anytime. Anywhere.**

VADM Dirk Debbink
Chief of Navy Reserve

FORCM (AW) Chris Wheeler
Navy Reserve Force Master Chief



TNR

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

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

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

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COVER PHOTO: Electronics Technician 2nd Class Brian Abiva examines an air intake grating during a reserve component crew familiarization tour of USS Freedom (LCS 1). The intake grating collects air for distribution to Freedom's engine room. Photo by Mass Communication Specialist 1st Class Christopher Okula.

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Letter from the Editor



Shipmates,

This being the first issue of TNR this year, so, a belated happy New Year shipmates. The Navy Reserve has much to look forward to during 2012. I would like to take this time to say farewell to a good friend or ours. During 2011 TNR readers got to know some of the Seabees with the Third Naval Mobile Construction Regiment in our Bees in the Box series. This month our columnist Chief Mass Communication Specialist Terrina Weatherspoon signs off from her duties as she completes her deployment. I hope all of you enjoyed reading her work.

Weatherspoon is our third contributor to our series of reports from Reservists supporting overseas contingency operations. Look for a new columnist in the coming months. Thanks for your reports Chief Weatherspoon, and thank you for your service 3NCR.

This month we have a few stories that are not told nearly enough. Being a black shoe myself, I always enjoy stories about sea going Sailors. Read this edition to find out how Navy Reserve Sailors are supporting both the USS Monterey (CG 61) and the littoral combat ship program.

I'll sign off with a reminder to all of our Navy Reserve Sailors out there. This is your magazine, so help me tell your great stories. While I sit in my little cubicle putting this magazine together, it is you doing the heavy lifting. You are doing great work for the Navy and the nation. Call me, or email me anytime to let me know what you are doing. So I can tell your stories.



Jim Vorndran
Editor-in-chief
The Navy Reserve Magazine

GETTING IT TO THE SAILOR

Getting Connected

Written by Senior Chief Aerographer's Mate Bruce Kitts



While the Common Access Card (CAC) is not new to the Reserve Force, questions about how to get a CAC reader, availability, and use, still pop-up. With 125 Navy Operational Support Centers (NOSCs) and myriad of squadrons and other commands issuing CAC readers, it is no surprise there would be questions with CAC procedures. At the end of the day, Reserve Sailors just want to know how they can get their hands on a CAC reader and software. They also want support installing the CAC software.

Five months ago, Reserve Forces Command N63 department ordered 10,000 CAC readers. The readers were distributed to all of the Reserve component commands for distribution to the NOSCs around the country. Sailors can get a CAC reader by visiting the internet technology department or Reserve services at their NOSC. A computer disc with the Active Client driver software should accompany each CAC reader given to a member. Keep in mind that in most cases the CAC reader will not work properly without the Active Client driver software.

Members who experience problems installing the driver software on their computers can contact the Navy Reserve customer service center at 1-866-830-6466 for assistance. It is recommended users do not order CAC readers from commercial sites due to the possibility they could receive a reader that is not fully compatible. If uncertain about the compatibility of the reader, note the appropriate model number is SCR-331. Minimum operating system requirement for Active Client is Windows XP; those with earlier operating systems may experience compatibility issues. Additionally, members using Windows Internet Explorer 8 may experience problems as well. Ideally, Active Client works best

when using Internet Explorer 7 and below. Alternate web browsers such as Firefox, Safari, Chrome and others may not work well with the CAC reader software. Typically, Navy websites respond best to Internet Explorer.

From time-to-time users may need to install updates or completely reinstall the Active Client software due to corruption. Driver software can be found on the Navy Reserve homepage. Go to the Private side homepage and select the Active Client download in the right column. A download page will appear and allow the user to update or reinstall the driver. In the event that a CAC reader is damaged or stops working, return the reader to your NOSC for a replacement.

The Navy's goal is to ensure all Reserve members have access to Department of the Navy websites and email exchanges. Reserve Sailors are encouraged and may be required to get a CAC reader. Now as never before it is imperative to have the ability to access Navy information and training from home. Again, CAC reader installation support is available from the Navy Reserve Customer Support Center at 1-866-830-6466.

TRAVEL SMART



Preparing for Mass Transit Travel

Written by Yeoman 1st Class Audrey Jennings

As we plan for the heavy summer season, units or members will attend exercises that require mass transit requests (MTRs). Mass transit enables the most efficient way of transporting exercise members.

MTRs for buses are submitted by the order specialist (OS) using the MTR function in the Navy Reserve Order Writing system (NROWS). Bus requests should be submitted at least 30 days prior to travel. As MTRs are separate from orders, there should be no delay in submission after the requirement is identified. The minimum number of passengers to utilize MTR is 20.

After the OS submits the MTR through NROWS, the group leader or senior person traveling with the group should provide oversight of the MTR. Responsibilities for the group leader include:

- Serve as intermediary between the group and the carrier
- Ensure all weapons are unloaded prior to movement
- Report to the Transportation Office (TO) any changes or problems
- Advise the TO of changes to passenger group movements
- Notify originating and destination TO in the event of delays

Submission of Requests. The origin, destination, and movement date on the request must be unclassified. MTRs must contain the following information:

- Identification of the group and number of people traveling
- Type of travel
- Origin and destination of travel and specific dates and times for one-way or round-trip travel

- Deadline for arrival at destination
- Estimated weight and cube dimensions of the largest articles and a description of military baggage and equipment
- Meal requirements
- Address of loading location
- Special equipment or special accommodations; serial number of government owned equipment
- Name, address, phone numbers, FAX, duty station, and after-hours contact information
- Form of payment

The TO must ensure only DoD-approved carriers are considered.

Government-Owned Weapons. TOs are responsible to ensure travelers, commanders, and designated agents are briefed on all weapon and ammunition laws and regulations. TOs will coordinate with carrier, station managers, and charter representatives requirements and security details.

Once an MTR has been submitted into NROWS, the Navy Passenger and Transportation office (NAVPTO) must be notified if an MTR needs to be changed, pulled back, deleted or cancelled. When requesting cancellation of an MTR, the OS or point of contact must contact NAVPTO. Bus companies may have cancellation fees which will have to be paid if the buses are cancelled. Cancellation of charter buses must be completed 48 hours prior to pick up. Failure to contact NAVPTO to cancel an MTR may also result in penalties and fees that may be assessed to your activity. All questions must go through the MTR's OS or POC to NAVPTO as needed.

CULTURE OF FITNESS



Joining Forces

Provided by the American Council on Exercise®



The fitness community has joined forces to show their deep gratitude to you, our actively deployed Reserve members and families, for everything you sacrifice to protect our nation.

Therefore, I am deeply honored to introduce you, on behalf of the American Council on Exercise®, to Joining Forces. We are a comprehensive national initiative that provides fitness training services, including personal training, group fitness classes and fitness facility memberships, at no cost to you and your families.

It is our goal to facilitate 1 million pledged fitness training service hours to enrich your quality of life through fitness.

Already, more than 100,000 hours of fitness services have been pledged by fitness professionals, businesses and organizations across the nation. And, hundreds of fitness professionals and organizations are just waiting in the wings to pledge their services and empower servicemembers and their families in their communities to live a fit life.

Schedule an Hour of Fitness Today—It's Free

Today, I want to encourage every single one of you to take advantage of this program and to embark on your own personal journey of wellbeing. Visit the military family section of acefitness.org/joiningforces to find fitness professionals in your area who pledged to their services to actively deployed military Reservists and National Guard members and their immediate families. Each pledge details fitness service hours, types of fitness instructions, even credentials and areas of specialty—and a way to contact the fitness professional, business or organization making the pledge.

There is much to be gained by starting fitness program. Research shows physical activity offers tremendous health benefits: Not only will physical activity help diffuse weight, but exercise helps relieve stress, reenergizes you and is instrumental in lifting depression and anxiety.

Get Inspired

Most of us need motivation and inspiration to keep us accountable and this is what Joining Forces is all about.

A personal trainer can help you optimize your fitness, even with limited time. Participants of group fitness classes find it a great way to socialize, make new friends, and can use this time to connect with other military members in a fun way. Think about what a free temporary membership to a health club can do for you. It allows you to explore new ways to get fit with others. You could jump on a treadmill, if running outdoors is too cold for you, swim laps, or find a personal trainer to get in great shape. Think about how a Zumba Latin dance class could help relieve stress or what an indoor cycling class could do for your cardio. Let's not forget the healing powers of Yoga and Pilates. You could even join a friend in a small group training session.

At ACE, we are committed to inspire, motivate and encourage all Americans to make healthy living a priority.

Few words can accurately describe the sacrifices you and your families make every day. Joining Forces is one of the rare opportunities to give back to our nation's men and women in uniform and their families.

Don't wait any longer to reward yourself with the gift of active, healthy living. Sign up today at <http://www.acefitness.org/joiningforces>.

LEADERSHIP



Supporting the Navy Family

Written by Cmdr. Stephen P. Ferris

This month I will describe how leadership can assist Sailors in preparing their families for deployment. There are a number of resources and strategies available to deploying Sailors to make separation easier on families. When leadership makes effective use of these resources their mobilizing Sailors and families benefit.

Unit Level Activities

First, leadership must appoint a command ombudsman. The ombudsman is a Navy spouse who understands the Navy lifestyle and is able to share advice or insights with other spouses. The command ombudsman is a bridge between the command, family members, and resources in the community, the Navy, and the DoD. The ombudsman must complete required training shortly after appointment. Further, leadership needs to introduce the ombudsman to the unit, informing the families of the ombudsman's identity, contact information, and services offered.

There are other activities leadership can undertake to improve the ability of unit families to respond to mobilization. Leadership can sponsor a family day for its Sailors, allowing family members to meet each other, to learn what the mission will be upon deployment, and to talk with the unit's leadership cadre. The unit can produce a monthly or quarterly electronic newsletter that lets families know what is happening with their deployed Sailors. Those members of the unit not deploying can sponsor various kinds of socials, thereby providing additional networking between the unit families.

NOSC Activities

The NOSC can also sponsor activities that will assist Navy families. But even though these are NOSC activities, unit leadership should continue to track the management and

execution of these programs. NOSC generally hold annual deployment readiness training which involves family members and deploying Reservists. The information presented at these sessions helps to reduce the anxiety family members often feel during a deployment. The resources, contacts, and information provided enables family members to better respond to the challenges and problems that arise during a deployment.

The Navy requires each command to have a Command Individual Augmentation Coordinator (CIAC). This person is a useful first point of contact between the family and its needs.

Navy and DoD

There are dozens of websites and online resources sponsored by either the Department of the Navy or the DoD useful to families of deployed Reservists. Among the more comprehensive resources are Military OneSource, Military Home Front, and the American Red Cross.

Leadership's support of families should also continue when Sailors return from deployment. Perhaps the most prominent program in this regard is the Returning Warrior Workshop (RWW). This program provides Reservists and their spouse or other representative to learn about many resources available to assist families with reintegration into civilian life. The goal of the program is to give loved ones a chance to reconnect after the demands of a mobilization. RWWs are hosted throughout the country, providing an opportunity for Sailors and their families to talk to others who have had similar experiences.

Unit leadership has much to contribute to the well-being and comfort of the families of its deploying members. Leadership must be creative in the use of helpful resources, proactive in educating Sailors and families about their availability, and diligent in their oversight of a program's management.

PROFILE IN PROFESSIONALISM

We have many talented people in our Navy Reserve. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they provide to the fleet. To nominate a Sailor, email the editor, james.vorndran@navy.mil, for a submission form. Please include a high-resolution (300 dpi) 5"x7" digital photo of the candidate.



Wilma M. Guzman
LOGISTICS SPECIALIST 2ND CLASS

Hometown: Saint Petersburg, Fla.

NOSC: Tampa, Fla.

Unit: Navy Cargo Handling Battalion 11

Brief description of your Navy job: I operate hagglund cranes lifting cargo in support of worldwide Navy, Army and Marine Corps operations. I serve primarily aboard maritime prepositioned ships. I am also the certified fitness leader and am the admin expeditionary warfare coordinator for the battalion.

Brief description of your civilian job: As a Business Analyst I review the workflow of my department and suggest areas of improvement. I am also the lead for any testing to ensure issues are identified, tracked, reported and resolved. I work with clients to identify changes and communicate those changes to the development team.

What has been your greatest Navy achievement? Attending a meritorious Admirals Mast held by a two star Admiral where I received a Flag letter of commendation. It was a complete surprise to me.

Who has been your biggest influence since joining the Navy?

In the 13 years that I have been in the Navy Reserve the person that most influenced me is Senior Chief Culinary Specialist Cary Taylor. She teaches values, standards and morals. She mentors, guides, helps, encourages and motivates us to want more and to try harder.

What do you enjoy most about the Navy? I enjoy the people I meet in many different places. I adore how no matter where you go you are part of a large family. You can be half way around the world and as long as you are with a shipmate you know everything is going to be all right.

Most interesting place visited since joining the Navy: I found Guam to be a beautiful little paradise. The people there were so warm and welcoming. I worked in one of the warehouses and the civilians that worked there kept bringing me food from home.

Current hobbies: Going to aquariums, snorkeling and walking.



Patrick Forsythe
HOSPITAL CORPSMAN 3RD CLASS (FMF)

Hometown: Jefferson City, Mo.

NOSC: Tucson, Ariz.

Unit: 4th Medical Battalion

Brief description of your Navy job: As part of a Shock Trauma Platoon I provide medical care in the field. These duties include patient triage, emergency care and evacuation. When on exercises I administer basic first aid, operational risk management and preventative medicine.

Brief description of your civilian job: I currently own and operate a 24-hour diner in Tucson, Az. called GRILL.

What has been your greatest Navy achievement? Completing fleet marine force training and the U.S. Marine Corps Corporals course. Of course to celebrate the holidays as one of Santas' helpers, flying over the NOSC in a Blackhawk helo and handing out presents to kids is a special Navy achievement as well.

Who has been your biggest influence since joining the Navy?

Chief Hospital Corpsman (FMF) Patrick Bunker. He leads by example. Nothing fancy or over the top, he just explains what needs to be done and gives me the knowledge and tools to accomplish the task.

What do you enjoy most about the Navy? I enjoy supporting field exercises with the Marine Corps. Everything from sleeping in the hooches to the long hikes, I would rather be in the field than anywhere.

Most interesting place visited since joining the Navy: Peru. During Partnership of the Americas I was able to experience a wide range of duties and lifestyles. I witnessed and participated in amphibious landings involving other countries.

Current hobbies: I have collected vinyl records since the early '70s. I play bass guitar and dabble in percussion.

FOCUS ON FAMILIES



NAVY RESERVE WARRIOR AND FAMILY SUPPORT PROGRAMS UPDATES:

In November Commander, Navy Reserve Forces command (CNRFC) released a new instruction (COMNAVRESFORINST 1342.1A), that outlines all of the Navy Reserve's Warrior and Family Support Programs. One of the biggest changes is pre-deployment family readiness conferences (PDFRCs) have been replaced by deployment readiness trainings (DRTs).

DRTs educate and provide information that bolsters the readiness of unit personnel, their families, designated representatives, employers, and affected communities. DRTs help people prepare for the rigors of deployment and the challenges of separation. These training events provide an understanding of available support programs and how each

phase of deployment is connected. The training events address issues to proactively build resilience and knowledge.

Participation at a DRT is mandatory for all deployers and imminent deployers, defined as all members of the Ready Mobilization Pool (RMP) and all voluntary deployers who are deploying within 18 months. DRTs may also be attended by any Navy Reserve member and a designated representative. Children may attend if they meet travel guidelines in the Joint Federal Travel Regulations.

DRTs are an in-person training event consisting of a minimum of two hours of instruction, but not to exceed more than six hours.

The information from DRTs helps reduce the anxiety of family members during the deployment cycle.

For more information on attending the next DRT please contact your local Navy Operational Support Center or you're Regional Component Command for events in your region.

HEROS 2 HIRED

The Office of the Assistant Secretary of Defense for Reserve Affairs Yellow Ribbon Reintegration Program office has launched Heros2Hired, better known as H2H. The objective of H2H was created to make it easy for Reserve Component service members to connect to and find jobs with military-friendly companies who are looking for employees with your training and skills.

H2H is a comprehensive, multi-channel program targeted at Reserve component members comprised of an H2H.jobs portal, military skills translator, job seeker profile

builders, social networking integration, hiring events, virtual career fairs, mobile telephone app, and mobile job store. H2H has a multi-media marketing campaign to promote maximum service member and employer participation in job search and placement.

H2H isn't just another job site. It is a Yellow Ribbon-funded project with a special mission: to THANK YOU for your service by helping you find your perfect career.

H2H is a free, direct access to qualified candidates who already have background checks and security clearances, also helping reduce recruiting and hiring cost.

The system uses breakthrough match-strength technology and allows employers to send customized online marketing material and invitations-to-apply to the candidates of their choice. By using H2H they position their organization for future success by connecting job opportunities with some of our nation's best-trained talent.

Register today at <https://H2H.jobs>.

Want access to your H2H job tools anywhere, anytime? Scan this QR Code to visit H2H.jobs on your phone and sign up to get our mobile app!



ASSURED ACCESS AUTHORITY: WHAT IT MEANS TO YOU

Written by Chief of Navy Reserve Public Affairs



Vice Admiral Dirk Debbink
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Commander, Navy Reserve Force



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Rear Admiral John "Chris" Sadler
Commander, Naval Air Forces Reserve



FORCM (AW) Chris Wheeler
Navy Reserve Force Master Chief

Navy Reserve Sailors serve in many ways, providing strategic depth and delivering operational capabilities to the Navy, Marine Corps and Joint Forces worldwide, from peace to war. Federal law provides the authority for Reserve Sailors to serve on active duty. The law also places limits on when and how many Reserve component (RC) service members the President or secretaries of the services can call up to active duty.

The Fiscal Year (FY) 2012 National Defense Authorization Act (NDAA) included a new activation authorization that will allow Reserve component units to be assigned to preplanned force requirements (such as periodic, rotational deployments) as part of the Global Force Management Allocation Plan. This new "Assured Access Authority" is in addition to current and other new emergency mobilization authorities.

What does this law mean for Navy Reserve Sailors? We asked the Navy Reserve's top leaders to share their thoughts about this new authority.

The Navy Reserve magazine: What do Sailors need to know about Assured Access Authority?

Vice Adm. Debbink: With this new law, Commanders and Force planners will have assured access to the Navy Reserve for preplanned deployments. This authority is good for Navy Reserve Sailors, good for the Navy and good for the nation. It reflects the readiness and capability our Force has demonstrated since 9/11.

FORCM Wheeler: I see it as an exciting opportunity for some of our Sailors to serve forward. While the vast majority of routine deployments will still be performed by the active Navy, some Reserve units will be a part of planned deployments, doing important work at the tip of the spear.

Rear Adm. Sadler: This law will codify and make easier what the men and women of Commander, Naval Air Force Reserve have been doing for years: deploying overseas in support of the Navy and the joint team. Our people will continue to be where the action is, doing the kind of missions we Sailors find personally and professionally rewarding. When mobilized for preplanned deployments, Navy Reserve Sailors will be doing real and meaningful work as part of the Navy Total Force, fully aligned with Chief of Naval Operations' Tenets: Warfighting First, Operate Forward, and Be Ready.

Rear Adm. Little: It is another way for us to be part of a great team. The Navy is organized, trained and equipped to deter, fight and decisively win wars. Navy Reserve Sailors — "Ready Now, Anytime, Anywhere" — provide our nation on-demand expertise, getting the right Sailor with the right skills at the right place at the right time for the right cost. This new law gives the Navy the ability to assign Reserve component units to pre-planned force requirements to help the Navy deter, fight and decisively win wars.

TNR: How soon can Sailors expect to see these deployment opportunities, how long will they be, and how many Sailors will be needed? How can people volunteer for these missions?

Boatswain's Mate 1st Class Johnathon C. Plemons, assigned to Navy Operational Support Center, Knoxville, Tenn., uses a power grinder inside the superstructure of the guided-missile submarine USS Florida (SSGN 728). Plemons is part of a group of reserve component Sailors supporting the submarine's maintenance period. Photo by Mass Communication Specialist 1st Class James Kimber.



Rear Adm. Little: The law requires the Navy to plan and budget Reserve deployments in advance, something we could not do until the law was in place. The Navy inputs to the budget proposal for FY13 (starting October 1, 2012) has already been submitted, so FY14 is the first year the Navy will be able to plan to use this authority. Our operational support Officers (OSOs) will be working with supported commands to build these plans.

Rear Adm. Sadler: The length of the deployments will vary by unit and mission. The law authorizes activation up to 365 days. Most deployments are four to seven months in length homeport to homeport, and deploying units may participate in pre-deployment exercises and certifications, like Composite Training Unit Exercise (COMPTUEX) and Joint Task Force Exercise (JTFEX).

Vice Adm. Debbink: The vast majority of the Navy's planned deployments will be performed by the active component. Our Navy Reserve Force is structured with about two-thirds of our force providing strategic depth and one third providing operational support. Honoring our commitment to maintaining a one in six dwell cycle, and looking at the types of units we anticipate to be candidates for deployment, we see an opportunity for 1000-2000 of our Sailors to deploy each year.

To put that number in perspective, we had several years when more than 6,000 Navy Reserve Sailors were mobilized for Operation Noble Eagle, Iraqi Freedom and New Dawn. In recent years, we've had to turn away volunteers as these missions have scaled down or ended.

FORCM Wheeler: Because this new law currently authorizes unit activations, the best way for our Sailors to be a part of these missions is to seek a billet in operational units. Pay attention in the coming year and be sure you are signed up for GovDelivery, so you can have opportunities delivered to your inbox. And if you are in an operational unit and can't deploy due to family, work or school obligations, work with your chain of command to find a unit which will allow you to continue serving in a more strategic role. Your service matters.

TNR: What units are likely to be called to duty under this authority?

Rear Adm. Sadler: It's a new law and a different way of looking at the force, so we're working with the fleet so they understand this authority, how to use it, and how to plan and budget for it. A great example would be the units who are flying our new Fire Scout Vertical Takeoff and Landing Tactical Unmanned Aerial Vehicles (VTUAVs). These remotely-operated helicopters are a tremendous new capability for the Navy, and the Navy Reserve is literally writing the book on how to use them.

Even without this authority, Reserve Sailors are now making our third Fire Scout deployment, and Sailors who are part of Fire Scout squadrons know that deployment is fundamental to the mission. They

join those units like Helicopter Sea Combat Squadron (HSC) 84, who supports special operations forces in the Central Command Area of Responsibility (CENTCOM AOR). They want to deploy and expect to deploy. We believe that this will be the model: deployable units will be comprised of Sailors who volunteer to go there knowing that they will be part of a deployment rotation.

Rear Adm. Little: The authority to activate a unit will mean a better experience for our Sailors, too. We will bring Sailors onto active duty one time, on one set of orders, for the duration of the deployment. We won't have to string together multiple sets of active duty for training (ADT), annual training (AT), and active duty for special work (ADSW) orders. And with one set of orders, will have fewer issues with pay and benefits.

TNR: What sort of advance notice will Sailors and their families have for these deployments?

Vice Adm. Debbink: We've made a covenant with our Sailors, their families and their employers to call them only when needed, to give them real and meaningful work, and to return them home as soon as possible. We honor that covenant in both the law and our policies.

Because the authority is designed to meet preplanned force requirements, Navy Reserve Sailors, their families and employers will generally have significant advance notice and time to prepare for a mobilization. This advance notice translates into greater family and personal readiness, resulting in enhanced unit readiness for deployment which service members will find personally and professionally rewarding.

FORCM Wheeler: Sailors will have the same legal rights and protections as are currently provided for activations. Policies regarding dwell time between mobilizations of all types will be maintained.

TNR: Does this mean the Navy Reserve is taking over the Active component's job?

Vice Adm. Debbink: The vast majority of routine deployments will still be performed by the active Navy. What Assured Access does is allow for true Navy Total Force planning. It will not matter, and it should not matter, whether the capability resides in the Active component, the Reserve component, or a combination of both. Capabilities will reside where they can be most effectively and efficiently provided.

Rear Adm. Little: Assured Access is good for the long-term vitality of the Navy Reserve. Because the Navy will know they can access the forces they need, capabilities can be shifted to the Navy Reserve with confidence. In many cases, the Navy Reserve is the best and most cost-effective way to provide expertise. Expertise retained in the Reserve component is far more accessible than trying to re-generate from scratch.

TNR: Does this mean the Navy Reserve will no longer support emergent tasking?


Rear Adm. Sadler: No; this new authority does not modify the emergent tasking authorities already available to Congress and the President. Reserve Forces will still be available for activation following significant events around the world and the accompanying declarations by Congress or the President.

Rear Adm. Little: The Navy Reserve will still be able to respond to emergencies, declarations of war, and certain other missions under Presidential Reserve Call-up authorities. Also, all current policies adopted to manage Reserve Sailors' activations are still in effect (i.e. dwell), and Uniformed Services Employment and Reemployment Rights Act (USERRA) protections for your employment are unchanged.

TNR: How will this impact those who are serving in a non-deploying unit, those in a strategic role instead of an operational role?

FORCM Wheeler: The best advice I can give Reserve Sailors is to choose the career that best fits your life, and do your best in whatever you are doing. Sometimes, you will be able to be more operational. Other times, you might need to devote more time to your family, school, or civilian career. Sustained superior performance in whatever job you take is what leads to advancement. Being operational, whether you are mobilized or performing extended ADT or ADSW, is only as beneficial for your career as your performance in those jobs.

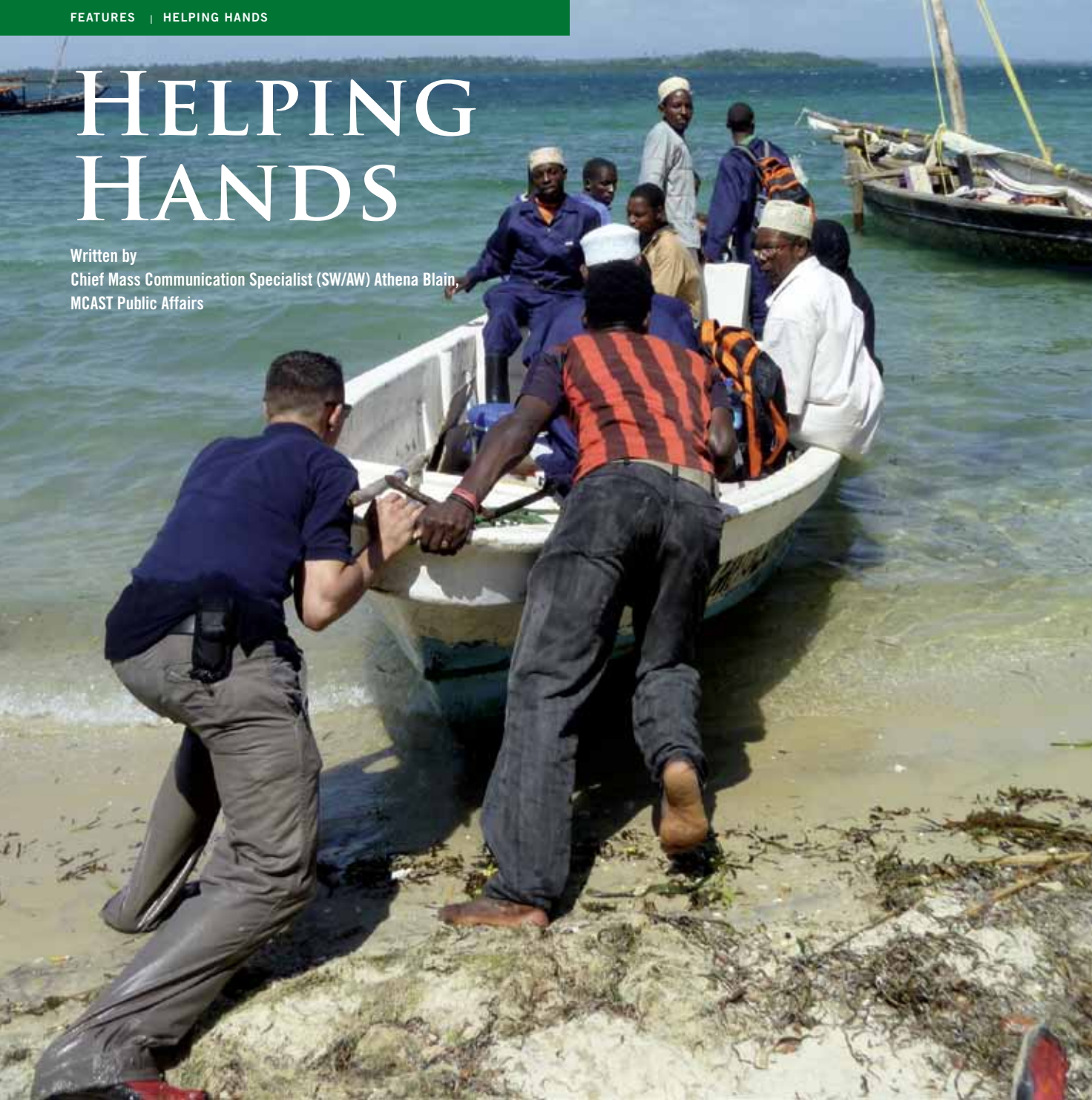
Vice Adm. Debbink: Whether deployed or serving at home, your service matters. Both facets of our mission — to provide strategic depth and deliver operational capabilities to the Navy, Marine Corps and Joint Forces worldwide, from peace to war — remain as relevant as ever. Whether you are serving in a strategic or an operational role, we value all service, from a few days a year to full-time active duty, honoring the promise of our Navy Reserve Force motto: Ready Now. Anytime, Anywhere.



Gunner's Mate 2nd Class Tyler Melton, assigned to Navy Reserve Beachmaster Unit (BMU) 2, stands by as a landing craft air cushion (LCAC) leaves Anzio Beach at Joint Expeditionary Base Little Creek-Fort Story. Photo by Mass Communication Specialist 2nd Class Katrina Scampini.

HELPING HANDS

Written by
Chief Mass Communication Specialist (SW/AW) Athena Blain,
MCAST Public Affairs



Maritime Civil Affairs Team 116 member Hospital Corpsman Second Class Erric Apeland helps launch a skiff on Fundo Island, Tanzania. The MCAT left the isolated island to conduct a Veterinarian Civil Action Project (VETCAP) with Army veterinarians on nearby Pemba Island. US Navy photo.

When Senior Chief Quartermaster (SW) Patrice Frede was looking for orders, she wanted a challenge and something she'd never done before. Lt. Cmdr. Judson Lantz found leadership opportunities, as well as a similarity to his civilian career, pivotal decision factors in his preferred new command. Both wanted to make an impact in what they were doing. Although they had different reasons for applying for a particular set of orders, they wound up in the same place, and both

received exactly what they wanted at the Reserve component of Maritime Civil Affairs and Security Training Command (MCAST).

Frede is the new senior enlisted leader for the Reserve component at MCAST. She arrived at the command just months after a DoD decision to transfer all maritime civil affairs missions to the Reserve. After four years of active duty, and a recent deployment to Afghanistan as the senior enlisted for the U.S.

Army's Counterinsurgency Center in Kabul, Frede found an online unit profile for MCAST. "People really have to make an effort to get selected for the command," said Frede, who underwent an interview process for selection. "If you're up for something really exciting, where you're making a difference, have an impact, this is it."

Due to Frede's navigation experience as a quartermaster, she was mostly interested in

becoming a functional specialist. Functional specialists are members of the MCAST staff whose civilian field of concentration can benefit MCAST teams, such as port operators or fishery subject matter experts. They are often relied on for their expertise when the deployed teams run into issues beyond their field. After learning more about maritime civil affairs, it was apparent her civilian experience as a development officer, her tour in Afghanistan, and involvement with female engagement teams was a better fit for the civil affairs teams. She was selected as a team chief and will deploy after her training pipeline.

Lantz works for the State Department as part of the Civilian Response Corps. Civilian Response Corps members deploy rapidly overseas to provide critical support to the U.S. Government in host countries affected by conflict. MCAST seemed to be a great complement to what Lantz was already doing with the State Department. He became a team leader at MCAST and deployed to the Horn of Africa for six months. Lantz' team was the first to deploy to Southern Kenya. "The people

were very welcoming, and we developed great relationships during our time there."

MCAST Mission

The Maritime Civil Affairs (MCA) component of MCAST will become a totally Reserve capability in fiscal year 2014. This will double the number of MCAST Reserve billets. Concurrently, the Security Force Assistance (SFA) mission will change exclusively to active capabilities.

The two very different missions at MCAST are currently fully integrated with both Reserve and active component Sailors. Both missions support maritime security and stability; however the methods employed by either mission differ greatly. SFA missions are typically two to four weeks. Once a host country invites the U.S. to assist with teaching their own military, the SFA mobile training team of three to five Sailors deploy to the partner country. Classes include small boat operations, explosive ordnance disposal, professional and leadership development, basic lifesaving, small boat repairs and swim lessons.

There are typically three types of MCA Team (MCAT) missions: enduring missions to support the standard six-month deployment, support to global fleet stations, such as Africa Partnership and Pacific Partnership, and those missions in direct support of humanitarian assistance or foreign disaster relief. MCA members embed into a region and observe, assess, and interact with the local population in an effort to foster trust and stability within the communities they work. They work closely with local governments, international and non-governmental organizations and the civilian populace. "The importance of this mission is strictly the humanitarian aspect. If a population feels insecure, it will be difficult to stabilize and help with humanitarian missions. Civil affairs is where all the peacekeeping happens," Frede said.

Reserve and Active Team

An expeditionary command, MCAST is still relatively unknown to the general Navy population. However, the role MCAST Sailors play in the global arena to support

Boatswain's Mate 1st Class Brian Shapley, from Canadensis, Pa., assigned to Maritime Civil Affairs Team (MCAT) 214, unloads boxes of school supplies provided by People to People International from a truck at the Tongoni Primary School in Tanga, Tanzania. MCAT 214 is assigned to Combined Joint Task Force-Horn of Africa. Photo by Mass Communication Specialist 1st Class Jonathan Kulp.





Maritime Civil Affairs Team 116 member Hull Technician 2nd Class Aaron Hoekstra prepares vaccinations during a Veterinarian Civil Action Project (VETCAP) on Pemba Island, Tanzania. Photo by Ssgt. Ryan Biermann.

maritime stability and security operations, and humanitarian missions is significant. Currently, active and Reserve Sailors train together in small teams of five to prepare for deployments in regions where humanitarian efforts and relationship building are most needed.

Those small teams train extensively together for six months, ultimately get certified as a unit, and then deploy to their designated region. "Being on such a small team, you really have to trust each other," said Electronics Technician 1st Class (EXW) Michael Shumway. Shumway returned from a

deployment in Tanzania in November 2011. "It's almost like you become family—they're who you rely on."

With eight years in the Navy Reserve, Shumway learned about MCAST through a shipmate. His previous experience while in college as an unpaid intern for a nongovernmental organization made him an ideal fit for MCAST missions. His foreign language skills and political science major at the University of Wisconsin-Madison also became a benefit during his deployment. "I know Spanish, which didn't really help me

in Tanzania," said Shumway. However, with his knack for language, he quickly picked up conversational Swahili. "Definitely not fluent, but I could get around," said Shumway.

When MCA teams are deployed in country, the members live in the local community and really see the country and its population from a different perspective. "I really enjoyed living like a Tanzanian," said Shumway. "They accept you and take you in. Our teams have a great reputation there, and in general, the Tanzanian culture is very open."

Although there are several nongovernmental organizations in the area, Shumway believes having a maritime civil affairs team in the area was crucial to Commander, Combined Joint Task Force-Horn of Africa. "We lend a lot more credibility to the message that we care. Not just that America cares and will send money to help, but that we care and want to create relationships through empathy and partnership."

Hospital Corpsman 2nd Class (FMF) Erric Apeland was the only active-duty member on the Shumway's team. In the course of the deployment, he learned a lot from his Reserve team members. "Their conversations with the civilian population just seemed more natural," said Apeland, commenting on the teams practiced civilian-to-civilian interaction. "Being active duty, especially having deployed with Marines, it's a completely different outlook," he said. One Apeland began to appreciate. "To me, this mission is more helpful than kicking in doors. It's thinking completely outside the box to deter violent organizations. We affected lives."

Training

"This is not a coffee and donut unit," said Senior Chief Master-at-Arms (EXW) Dale Oliver, command senior chief Navy Reserve MCAST. "If you come to this unit, expect to work. There's an average of six to eight weeks per year for training alone, plus the numerous active duty training and inactive duty training with travel." Due to the nature of the missions, Oliver explains it takes dedicated individuals to succeed at the command. "It's a serious commitment."

In addition to initial training, Sailors undergo six months of training prior to their deployment. Some of the training happens in-house at MCAST in Virginia Beach, Va., but the members travel to other areas for portions as well. "It's important for the teams to go through the training process together," said Chief Operations Specialist (EXW/SW) Danny Bada, Reserve training chief. "When you're in-country, they're all you've got." Bada would know. He's deployed twice for MCAST. He deployed to the Horn of Africa in 2009, and then went to Haiti to assist with humanitarian assistance and disaster relief after the 2010

earthquake. "The training is worthwhile, and the teams really understand once they are deployed," said Bada. "The deployments are rewarding, especially for the junior troops. They see they are directly having an effect. The self gratification is instantaneous."

"This is a personality driven mission," said Senior Chief Builder Francisco Cano, MCAST Reserve billet manager. "We're looking for qualified personnel with strong rate skills and maturity."

Although being specialized in world affairs would be of benefit, it's not the ultimate

decision factor for selection into the command. "We need quick learners. Most importantly, we need people who can engage with different people. It's a special magic that can't be learned in rate," Cano said.

A child watches as teachers, local government officials and U.S. Navy Sailors assigned to Maritime Civil Affairs Team (MCAT) 214, distribute packets of school supplies provided by People to People International to students at the Tongoni Primary School in Tanga, Tanzania. MCAT-214 is assigned to Combined Joint Task Force-Horn of Africa. Photo by Mass Communication Specialist 1st Class Jonathan Kulp.



BACK TO BASICS

United States Presidents

In honor of Presidents' Day on February 20, we present the names and faces of the men who have held the highest office in the land.



George Washington
1789-1797



John Adams
1797-1801



Thomas Jefferson
1801-1809



James Madison
1809-1817



James Monroe
1817-1825



John Quincy Adams
1825-1829



Andrew Jackson
1829-1837



Martin Van Buren
1837-1841



William Henry Harrison
1841(died in office)



John Tyler
1841-1845



James K. Polk
1845-1849



Zachary Taylor
1849-1850



Millard Fillmore
1850-1853



Franklin Pierce
1853-1857



James Buchanan
1857-1861



Abraham Lincoln
1861-1865



Andrew Johnson
1865-1869



Ulysses S. Grant
1869-1877



Rutherford B. Hayes
1877-1881



James A. Garfield
1881 (died in office)



Chester A. Arthur
1881-1885



Grover Cleveland
1885-1889



Benjamin Harrison
1889-1893



Grover Cleveland
1893-1897



William McKinley
1897-1901



Theodore Roosevelt
1901-1909



William Howard Taft
1909-1913



Woodrow Wilson
1913-1921



Warren G. Harding
1921-1923



Calvin Coolidge
1923-1929



Herbert Hoover
1929-1933



Franklin D. Roosevelt
1933-1945



Harry S. Truman
1945-1953



Dwight D. Eisenhower
1953-1961



John F. Kennedy
1961-1963



Lyndon B. Johnson
1963-1969



Richard M. Nixon
1969-1974



Gerald R. Ford
1974-1977



Jimmy Carter
1977-1981



Ronald Reagan
1981-1989



George H.W. Bush
1989-1993



William Clinton
1993-2001



George W. Bush
2001-2009



Barack Obama
2009-

Information Dominance Warriors

Written by Senior Airman Jarad A. Denton, Combined Joint Task Force - Horn of Africa



▲ U.S. Navy Reserve Sailors display their recently earned Information Dominance Warfare Specialist devices. Photo by Senior Airman Jarad A. Denton)

For the first time in Camp Lemonnier, Djibouti's eight-year history, 12 Navy Sailors stationed on camp were certified in the Information Dominance Warfare Specialist program (IDWS).

The Sailors, seven active duty and five Reservists, worked for seven months to implement and participate in the IDWS program on camp.

"Regardless of what command a Sailor is in, he or she needs to understand the mission and how to contribute to it," said Command Master Chief Petty Officer Loretta Glenn, camp senior enlisted leader. "The IDWS program provides a basic understanding of a particular job, which allows you to go and help wherever needed."

The program's purpose is to provide a link between the U.S. Navy Information Dominance Corps and its professionals in the field. Both enlisted and officer ranks are open to pursue their respective warfare devices. But, before an individual can pursue either the enlisted IDWS device or the Information Dominance Warfare Officer device, the Sailor must meet certain qualification standards.

After the initial standards are met, an applicant must demonstrate proficiency on four core areas: information technology, cryptologic technology, intelligence and aerographic operations. After eligibility is determined, the applicant must pass a written and oral exam before meeting with a board. The time it takes to complete the IDWS program

depends on an individual's investment, said Information Systems Technician 1st Class Desiree Dukes. Dukes helped organize and develop the Camp Lemonnier program from its inception.

"The program is open to everyone," she said. "It depends on the level of dedication they invest in the program — how hungry they are. This is a difficult and commitment-heavy program, but it sets those who complete it apart from everyone else."

Initially, the IDWS program was established to allow camp personnel to qualify for a warfare pin, because Camp Lemonnier functions are not considered expeditionary in nature, said Glenn. However, during the development phases of the project, the IDWS program was expanded to include personnel from Combined Joint Task Force-Horn of Africa, provided they have already earned an EXW device, which demonstrates the mastery of skills required for their expeditionary warfare assignment.

Within the Navy, and according to instruction, it's a requirement for enlisted Sailors attached to an information dominance command with an approved enlisted IDWS program to earn a warfare device. Although Camp Lemonnier is not such a command, for some, like Dukes, the introduction of IDWS to the camp marked the opportunity to earn her warfare qualification.

"As a Reservist, I didn't have many opportunities to earn a warfare device," she said. "This is extremely important to me. I was honored to be included in the program."

In addition to being a revered honor among Sailors, Glenn said the warfare device also signifies versatility and dedication to the mission. It shows a desire to be ready and able to handle tasks outside typical duties and responsibilities, which gives a Sailor a sense of inclusion in the overall mission of the camp.

"It gives the Sailors at Camp Lemonnier a sense of ownership in the mission as a whole," said Glenn. "If I come to you during a crisis and need you to perform a job outside of your normal duties, the warfare device tells me you have the skills to complete the mission at hand."

To present this opportunity to service members at Camp Lemonnier and its tenant units, a group of individuals devoted the time to making this concept a reality, by creating an operational program from the ground up.

Although some of the original program architects redeployed prior to its launch, preventing them from earning the device, a handful of Sailors were able to see the process through in its entirety.

According to Senior Chief Information Systems Technician William Wallen, a mobilized Reservist and the camp information systems senior enlisted leader, contributors like Electronics Technician 1st Class Nicole Foster were vital in ensuring the process was handled smoothly.

"Foster has been there since the beginning," said Wallen. "She delivered quite a few of the lectures — probably more than any other individual involved."

Foster lent her technical expertise toward the creation of the IDWS personnel qualification standardst (PQS). This PQS became the study manual for the course and was broken down into three sections: common core, platform specific and Camp Lemonnier specific. An individual pursuing a warfare qualification device must demonstrate proficiency in all areas of the PQS before being pinned.

Foster encouraged anyone interested in pursuing the IDWS device to stay driven and focused on the end goal.

▼ U.S. Navy Reserve Sailors display their recently earned Information Dominance Warfare Specialist devices. Photo by Senior Airman Jarad A. Denton)



Critical Support

Written by Capt. James Thomas, Naval Surface Force Atlantic, Reserve Support



An Aegis-class destroyer launches a standard missile (SM) 3 B1k 1A. U.S. Navy photo.



The guided-missile cruiser USS Monterey (CG 61) arrives for a routine port visit. Photo by Paul Farley

Two Navy Reservists provided critical support to USS Monterey (CG 61) during its recent Ballistic Missile Defense deployment.

Lt. Mary Lowell and Fire Controlman 1st Class (SW) Mike Gammill deployed with Monterey and contributed key mission planning experience along with AN/SPY-1B radar and the Aegis weapon system expertise.

Gammill took his skills as a civilian instructor at the Aegis Training and Readiness Center, Dahlgren, to Monterey's combat fire control division, where he worked in the development of a new and innovative SPY radar maintenance philosophy. He integrated into the combat information center watch team, where he qualified as combat system coordinator and anti-air warfare coordinator (AAWC).

"It was a great experience to work with my active duty counterparts and bring my knowledge and experience directly to the fleet," said Gammill. "It was an even greater

experience to see the Sailors utilize the training I have given them to move forward on their own, and passing on the knowledge to the next generation of SPY technicians."

Monterey Commanding Officer Capt. James Kilby took notice of the work Gammill was doing.

"FC1 Gammill was a key addition to our crew. He is a superb technician, a great leader and his job outside the Reserve keeps him very current in Fleet issues," Kilby said.

Also sharing expertise with Monterey crewmembers, Lowell applied her BMD skills to evaluate more than 140 U.S. 6th Fleet mission packages. In addition to re-qualifying as an AAWC and ballistic missile defense watch officer, she completed her tactical

action officer and engineering officer of the watch qualifications.

"It was very satisfying to be able to combine my interest in international relations, my background as a surface warfare officer, and my experience with the Aegis system and ballistic missile defense to organize these events," Lowell said.

Lowell's expertise extended beyond the skin of the ship. During a phase of the mission she assisted the Monterey commanding officer ashore.

"Lt. Lowell was superb as my point of contact for eight high-visibility BMD engagements ashore. She was an excellent organizer, executor and communicator during all her assignments," Kilby said.

One of the crew's important missions during this deployment was to host NATO leaders for briefings in order to explain the capabilities of the Aegis weapon system and its role in ballistic missile defense. To do so, Monterey stopped in Antwerp, Belgium, just one hour outside of NATO headquarters in Brussels, Belgium, and hosted more than 300 flag-level NATO military and civilian representatives for various tours



and receptions in a three-day period. Monterey conducted similar events in Aarhus, Denmark, Piraeus, Greece, and Constanta, Romania. Throughout the deployment, the ship hosted more than 600 NATO military and civilian flag-level officials and representatives. Lowell planned, and executed every detail for the tours, receptions, and media events Monterey hosted for U.S. Congressional representatives, U.S. ambassadors, foreign ministers and military leaders.

Many Reservists possess civilian

skills that prove valuable during active duty assignments. Lowell applied her skills as a registered nurse during a shipboard medical emergency. She provided critical care to the ship's independent duty corpsman who fell ill while underway and required medical evacuation.

Both Lowell and Gammill were primary authors to two documents for Aegis ballistic missile defense operations which have been adopted by the fleet and are being incorporated into upcoming Aegis BMD deployments.

Monterey's AN/SPY-1 readiness documentation details an approach to improve the maintenance of the AN/SPY-1 radar, which has become a priority throughout the fleet. Additionally, Monterey developed the European Phased Adaptive Approach Handbook for follow-on deployers to utilize the lessons learned from Monterey's deployment. As a result, the Navy has made elements of their input on AN/SPY-1 readiness mandatory for all Aegis ships.

Returning from a seven-month deployment in November, Monterey was the first ship

to deploy in support of President Barrack Obama's Phased Adaptive Approach (PAA) for Ballistic Missile Defense of Europe. The PAA addresses regional ballistic missile threats to European Allies and deployed personnel and their families by deploying Aegis BMD-capable ships equipped with Standard Missile 3 (SM-3) interceptors. The deployment of Monterey and follow-on Aegis BMD capable ships is part of phase one of four phases of the PAA that will be implemented between 2011 and 2020.

During drill weekends, Gammill spends time as a selected reservist at the Norfolk waterfront working onboard ships preparing for inspection and survey certification with Surface Force Atlantic Readiness

Detachment C as part of the Commander Naval Surface Force, Atlantic N47 team.

Based on the success of deploying Reservists on Monterey, continued Reserve participation is planned for follow-on BMD deployments in 2012.

Opposite page: (Top) Lt. Mary Lowell stands an instruction watch as the tactical action officer in the combat information center. Photo by Mass Communication Specialist 2nd Class Daniel Viramontes. (Bottom) Sailors man the rails as the guided-missile cruiser USS Monterey prepares to depart Naval Station Norfolk. Photo by Mass Communication Specialist 1st Class Julie Matyascik.


This page: (Top and Bottom) Fire Controlman 2nd Class (SW) Feena Dwiggins, Fire Controlman 1st Class (SW) Micael Gammill and Fire Controlman 2nd Class (SW) Mathieu MacIntosh conduct repairs on a SPY transmitter cabinet. Photos by Chief Intelligence Specialist (SW/AW) Justin Ober.





▲ An MH-60R Sea Hawk helicopter assigned to Helicopter Maritime Strike Squadron (HSM) 77 prepares to land aboard the littoral combat ship USS Freedom (LCS 1). Photo by Mass Communication Specialist 2nd Class Aaron Burden.

Off the coast of East Africa, a pirate ship harasses merchant vessels, costing the owners millions in economic loss. It is a trend growing in the coastal waters of the continent. Stateside, Littoral Combat Ship Squadron One (LCS Squadron 1) receives a call and assigns USS Freedom (LCS 1) to respond to the threat. Freedom undergoes a transformation as surface warfare modules are installed to combat the pirates. Sailors from the active component (AC) and Reserve component (RC) board the new littoral combat vessel to project dominance in coastal waters and provide free passage to the merchantmen who travel the seas. The scenario is the future of coastal warfare.



THE TIP OF THE SPEAR

WRITTEN BY MASS COMMUNICATION SPECIALIST 1ST CLASS JOSE LOPEZ, JR.

Reserve Sailors are helping meet the manning needs of the LCS program. Freedom, and her sister ship USS Independence (LCS 2), are designed to operate with small crews. Ship's company consists of 40 AC personnel. Each mission module will bring an additional 15 to 38 Sailors to perform the assigned task.

"They've done a great job at integrating the active and Reserve components with the LCS program," said Cmdr. Joseph Blaylock, who recently took over as commanding officer of NR LCS Squadron 1 Det. 101. "They've laid some good roads that will help the program as other units come on line. This will push the Reserve component to be ready and be an active partner in the program."

With minimal manning, each crewmember must train to perform up to six different jobs or Navy educational codes. In other words, an operations specialist can be required to

"The single point of failure to this program is manpower, and we bring manpower," Archibald said about how Reserve Sailors fit into the program. "It is very difficult for one Sailor to deal with all the needs of the ship, and we are there to support, to backfill, whether it is part of the sea frames in port or underway. Essentially, the Navy is building a revolutionary project and bringing in the Reserve force from the ground up."

In the past two years five RC LCS detachments have been established. Three in San Diego, one in Mayport, Fla. and one in New York City. These units provide support to LCS-1 and LCS-2 as inport watchstanders, maintenance providers and tour guides. Cmdr. Robert Nowakowski, the previous commanding officer of NR LCS Seaframe Det. 103 in San Diego said, "We have been instrumental in helping the ships when they enter port. With an active-duty crew of only 40, the crew can really use our

"The littoral combat ship is a totally new format for a surface warship," said Cmdr. Chandler Archibald, who led NR LCS Squadron 1 Det. 101 for the past two years. "It is intended to replace three types of ships, the Perry class frigate, coastal patrol boat and mine countermeasures ship. The reason it can replace all these ships is due to its capacity to change modules to meet each of the missions."

There are three modules the ship receives under plug-and-play conditions, covering the missions of all three classes of vessels. A complete boxed module designed for the task is brought into the mission bay and plugged in. This allows the ship to interchange between three distinct missions within 24-hours.

respond as an engineer with damage control, propulsion or air operations. Due to the size of the ship, most personnel will act as line handlers when pulling into ports.

help as shipboard security watchstanders, in port pier sentries and tour guides. Det. 103 provided seven RC Sailors to assist in a port visit of Independence in St. Petersburg, Fla. Our trained manpower assistance was a key

"I'VE BEEN PART OF LCS FOR OVER TWO YEARS AND I CAN'T IMAGINE WHAT THIS SQUADRON WOULD DO WITHOUT ITS RESERVE COMPONENT. IN MANY WAYS, RESERVISTS ARE NOW SOME OF THE FEW LCS PROGRAM SUBJECT MATTER EXPERTS IN THE NAVY," SAID COMMANDER, LCS SQUADRON ONE CAPT. ROB RANDALL

reason why that port visit was so successful. So far we have only provided support in port, however, as the program grows I think we will see training RC underway watchstanders in the future.”

Though the current definition of the mission is new, the U.S. Navy has fought in the littoral regions of the world throughout its history. During the Barbary Wars, ships like the frigate USS Constitution engaged pirates off the coast of North Africa. During the Civil War, the Monitor, a shallow-draft ironclad, protected the shores of the Union and engaged blockade runners. During the Persian Gulf War, mine countermeasures ships cleared the coastal waters of Iraq to allow Marines to land on the shores of the Shatt al-Arab.

As the littoral combat mission is defined, the Reserve detachment grows. Some Reserve Sailors have had the opportunity to work with their active-duty counterparts participating in missions and training.

“While on watch, I had the opportunity to take part in a casualty situation and use my training and expertise in my rate,” said Hull Maintenance Technician 2nd Class Bo DeRosier, a Reservist attached to LCS 1. “They don’t have HTs aboard the ship. We looked at pictures, analyzed the situation and made recommendations on how to fix the problem. The entire time I worked with the active-duty component, but never felt questioned for being a Reservist. They took my recommendations.”

In a program like the LCS, a Reserve Sailor has a good opportunity to become an expert. Unlike their active-duty counterparts, Reserve Sailors remain at their commands longer and are able to spend a longer period training.

“When I worked with the active component, they’ve never just seen me as a Reservist,” said Damage Controlman 1st Class Yury Escobar, a plank owner with Det. 103 who has served aboard the Freedom. “Here, we work together. If they have questions about damage control they turn to me and ask my advice. They ask me to support the mission at hand. To them, there is no difference between active and Reserve. We know our jobs. We are experts.”



Engineman 2nd Class Adrian Bowden, and Commander Robert Nowakowski, Navy Reservists assigned to Littoral Combat Ship Seaframe Detachment 103, perform a valve handwheel operational test on the Littoral combat ship USS Freedom (LCS 1) engine. Photo by Mass Communication Specialist 2nd Class T. J. Ortega.

It's 3 a.m., and there is a report of a narco-trafficking submarine attempting to evade authorities along the Pacific coast of Latin America. LCS Squadron 1 receives a call to deploy the littoral combat ship. Both AC and RC Sailors are called to ready the ship for their mission. Within 24 hours, Freedom has the antisubmarine-warfare module installed and is on its way to intercept the traffickers. While the scenario is for training, the U.S. Navy is developing the technology to make it a reality.

"We're the tip of the spear with this technology. We've been given a great opportunity to participate in a program that is constantly growing and adapting its mission, and the Reserve force is at the forefront," said Archibald.



Electronics Technician 2nd Class Brian Abiva, a Navy Reservist assigned to Littoral Combat Ship Seaframe Detachment 103, examines an air intake grating during a reserve component crew familiarization tour of USS Freedom (LCS 1). Photo by Mass Communication Specialist 1st Class Christopher Okula





'Bees in the Box

Homecoming Edition



Story and photos by Chief Mass Communication Specialist Terrina Weatherspoon

And then the day finally arrived. Word that we would be headed home soon. It really began to sink in once our replacements got there and we had to make room in what were already cramped quarters. They say your best tours of duty are the ones you just came from and the ones you are preparing to go to. In other words, you just complain about where you currently are. For the first time in my career, this wasn't the case. I knew less than half way into my deployment that this was my best tour.

Don't get me wrong, I was still eager to leave, but the bonds you make with strangers in the bunker during a rocket attack, or during a convoy, are different than the ones you make in the checkout line. There is no telling what the next minute will bring and so in that instant you are friends with the common goal of staying alive. And that is something I never truly appreciated until this deployment. It is something I will never forget.

I want to share with you the highlights and the lowlights of this deployment. These are my highlights. My lowlights. My moments. And I want to share them.

Highlight: Arriving in Afghanistan.

Lowligh: Arriving in Afghanistan.

Obviously you see my point here. I mean, I was landing in Afghanistan. I was both in love with the idea of being able to say I was there, and also hating the idea of possibly losing my life or someone I love for a cause that I didn't fully understand.

Highlight: Care packages.

Lowligh: Care packages.

Man, there was nothing better than getting mail in Afghanistan, except of course getting a package! A package usually meant one thing...food! Now you see where the lowlight comes in? Within three months I had gained almost 13 pounds. I'm not kidding you. When I weighed myself on Halloween and saw the scale I cried. This is not an exaggeration. I literally locked myself in my office and told everyone who tried to comfort me to go away. All I had heard for months before I deployed was about how much weight I was going to lose. Did I blame myself for this double helping of chin? Of course not! I blamed care packages. From then on my friends and family got strict guidelines on what to send me, and what not to send me. The best care package I received was the one containing shampoo and fitness magazines. Not the one containing two gallon size packages of licorice.

Highlight: Salsa Night!

Lowligh: Rocket attack during Salsa Night!

Every Saturday there was Salsa Night. This is exactly what you would expect, except that everyone was in PT gear or uniform. Usually the night would start out with some lessons. Everyone would learn a new move or two, and then the rest of the evening you danced. Then one night we heard it, the blare of the rocket attack alarm, and then the recording of a British woman calmly saying, "Rocket attack. Rocket attack." Not even an exclamation point! Dang that woman was always so calm. You immediately hit the ground for two minutes before retreating to a bunker until that same women came on to report, "All clear. All clear." So what did we do? We hit the ground of course and came up looking like we had been dipped in a dirt fundip package,

and then we went to the bunker. At the bunker we played salsa music and danced. That rocket broke into our base that night, but it didn't break our spirits.

Highlight: Being able to buy entire seasons of your favorite television series for a dollar.

Lowlight: Having only half of the disks actually play, and the other half installing computer crippling viruses to your hard drive.

I see no reason to further explain this.

Highlight: Having an internet connection.

Lowlight: Having an extremely slow, non Wi-Fi, dial-up, internet connection.

Nothing better than having internet where you can Skype with your family, log onto Facebook and email to your heart's content. Nothing worse than losing your connection every five or six seconds.

Highlight: Traveling by Chinook.

Lowlight: Traveling by convoy.

With the Chinook you are up in the air, not entirely, but mostly out of reach of the terrorists. Meanwhile down below in a convoy you are literally a sitting duck. If you were lucky you could get behind a route clearance team and that usually meant if there was an IED out there, they would find it before it found you. This also meant traveling at a pace of 5 mph, which all but ensured you'd be out on mission for the entire day.

Highlight: The NATO Gym.

Lowlight: Two pairs of shoes.

The NATO gym was open to everyone and it looked like a health club you would see back home. They offered spin classes, abdominal classes and even had trainers on site. The downside? You had to wear a clean pair of shoes into the gym. And since there was twelve inches of moon dust everywhere, this meant owning two pairs of gym shoes. One pair you wore when you walked to the gym, and one pair you changed into when you got to the gym. Talk about tedious. We are in a war zone correct?

Highlight: Getting my hair highlighted by a Russian hair stylist!

Lowlight: Attempting to do it myself first.

The woman back home who has been my hair stylist for years did me a huge favor. She sent me everything I needed to put highlights in my hair. My roommate had a bit of experience with the process and offered to do them for me when she got home. But I couldn't wait. So I mixed the ingredients together and began slathering my hair with the goop. Later that night, I spent \$17 on three boxes of brown hair dye and tried desperately to get rid of the golden crown I had created for myself. A few weeks later the base got professional hair stylists and she was able to give me perfectly acceptable highlights.

Highlight: Stir Fry every day at the Asian dining facility.

Lowlight: So called "milk" at the Asian dining facility.

Chicken, beef, shrimp, pork, they had it all. Stir Fry. It was located right next to where I worked and for lunch or dinner it seemed to be pretty popular. However, I accidentally went there for breakfast one day. Milk is supposed to be a liquid right?

Highlight: Photographing local children and agriculture.

Lowlight: A particular conversation with one local child about why I'm still single.

There was a school on base, and in that school were children of the vendors who came to base to sell their goods. In school the children learned one thing, English. Enter one particularly bright child. He sat down with me, took one look at my finger and asked why I was not married. I shrugged my shoulders. He asked how old I was. I told him I was 34. He quickly said, "34 and not married?! Ma'am, you need marriage. Marriage ma'am. You need it." As if I needed to travel to Afghanistan and have a conversation with a 10 year old in order to figure that out. I'm 34, I need marriage. I get it.

My point in all of this is simple. I will never forget this time in my life. Everyone in our regiment made it home safely. Our task force built bridges, roads, combat outposts, forward operating bases, watch towers, prisons and everything in between. Our mission was successful, but far from over. We were relieved and our reliefs will be relieved as well. We were just a small piece of the puzzle. But when our bus pulled up to the movie theater in Gulfport, Miss., the crowd went wild. We were the stars of the show that day. It was a nice feeling. A highlight without a lowlight in site.

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



Navy Reserve Resources for Life

Health and Fitness

TRICARE

As a member of the military community, one of the most important benefits you've earned is comprehensive health care coverage. TRICARE is the Department of Defense's health care program for members of the uniformed services, their families and survivors.

<http://www.tricare.mil>

Quit Tobacco--Make Everyone Proud

Sponsored by the DoD, Quit Tobacco is a program dedicated to helping service members become tobacco free. Go to this site to chat with a coach, read about quitting, and create an account, which allows you to develop a customized quit plan.

<http://www.ucanquit2.org/>

The President's Challenge

The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. Create your own personal profile for free and log your daily activity. There are individual categories for seniors, adults, teens and children, educators, or create your own group and compete against your friends and family.

<http://www.presidentschallenge.org>

Hooah4Health

This Web site offers resources and tools to help service members and their families achieve good health and wellness. Using interactive tools such as a customizable food pyramid and various health calculators. There are healthy recipes and tip sheets on a wide range of topics--dietary supplements, cancer prevention, sun safety, and more.

<http://www.hooah4health.com/>

Finances and Relief

NMCRS

The mission of the Navy-Marine Corps Relief Society is to provide financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need. The Society provides financial assistance to eligible recipients in the form of: interest-free loans for educational purposes and budget counseling services.

<http://www.nmcrs.org/index.html>

Hire Vets First

This Web site was created to help employers find qualified veterans, and to help veterans make the best use of a national network of employment resources. This site includes links and resources for veterans to search jobs, find information about one-stop career centers, and translate their military skills into current civilian workplace needs.

<http://www.hirevetsfirst.gov/>

Hope Now

HOPE NOW is an alliance between counselors, mortgage companies, investors, and other mortgage market participants. This alliance will maximize outreach efforts to homeowners in distress to help them stay in their homes and will create a unified, coordinated plan to reach and help as many homeowners as possible.

<http://www.hopenow.com/>

Veterans Affairs Home Loans

VA can guarantee part of a loan from a private lender to help you buy a home, a manufactured home, a lot, or certain types of condominiums. VA also guarantees loans for building, repairing, and improving homes. If you already have a mortgage, VA may be able to help you refinance your loan at a lower interest rate.

<http://www.homeloans.va.gov>

Services that make Reserve life easier!

Family

NAVY Services Family Line

Naval Services FamilyLine is a volunteer, non-profit organization dedicated to improving the quality of life for every sea service family. Their aim is to provide an introduction to Navy life and to increase family members' understanding of the Navy's mission.

<http://www.lifelines.navy.mil>

Military HOMEFRONT

A DoD Web site for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops and their families, leaders, and service providers. Whether you live the military lifestyle or support those who do, you'll find what you need.

<http://www.militaryhomefront.dod.mil>

American Academy of Pediatricians

The American Academy of Pediatricians Military Youth Deployment Support Web site has been designed to support military youth, families, and the youth serving professionals caring for this population. Parents can download a PDF version of the Parent's Guide to the Military Child During Deployment and Reunion booklet.

<http://www.aap.org/sections/uniformedservices>

National Military Family Association

The National Military Family Association's primary goals are to educate military families concerning their rights, benefits, and services available to them. This Web site includes information and resources for deployment, education, family life, family member benefits, health care, and money management.

<http://www.nmfa.org>

Education

GI Bill

The Department of Veterans Affairs Web site contains information about the Montgomery GI Bill and the Post-9/11 GI Bill. Service members can decide which program is right and determine eligibility.

<http://www.gibill.va.gov/>

Navy COOL

A developing product for active and Reserve Navy service members. It allows the service member to obtain civilian credentials that relate to their rating, job, occupation, or designator. Navy COOL also works with programs that can help the service member pay for credential fees.

<https://www.cool.navy.mil>

One Stop Websites

Commander Navy Reserve Force

Ready Now. Anytime. Anywhere. The mission of the U.S. Navy Reserve Force is to provide mission-capable units and individuals to the Navy, Marine Corps Team throughout the full range of operations from peace to war.

<http://www.navyreserve.navy.mil/>

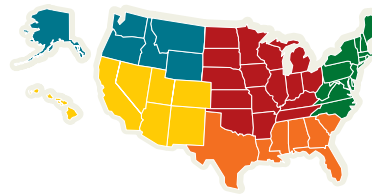
Military OneSource

Military OneSource is a 24-hour, 7-days-a-week, toll-free information and referral telephone service available worldwide to active-duty, Reserve, and National Guard military members and their families. Military OneSource provides information ranging from everyday concerns to deployment-related issues.

<http://www.militaryonesource.com/>

RC PHONE DIRECTORY

If any information in this Navy Reserve RC Phone Directory is in error, please Email the editor at james.vorndran@navy.mil with the correction.



Spokane, Wash. (509) 327-3346	HSL-60 (904) 270-6906
Springfield, Ore. (541) 915-2391	VP-30 SAU (904) 542-3060
Whidbey Island, Wash. (360) 257-2922	VAQ-129 SAU (360) 257-2276
VP-62 (904) 542-4461	VAW-120 SAU (757) 444-5072
VP-69 (360) 257-6969	VFA-125 SAU (559) 998-1841
Fleet Logistics, Support Wing (817) 825-6438	HSC-3 (619) 545-8196
VR-1 (240) 857-3410	HS-10 (619) 545-6600
VR-46 (817) 782-3420	VFA-106 (757) 433-9081
VR-48 (240) 857-6814	VFA-122 (559-998-3482
VR-51 (808) 257-3289	Operational Support Offices and Reserve Force Operations Allied Command Transformation (NATO) (757) 747-4071
VR-52 (609) 754-0908	Expeditionary Strike Group Seven 011-81-98-954-1605
VR-53 (240) 857-9029	Bureau of Medicine and Surgery (202) 762-3211
VR-54 (504) 678-3061	Center for Naval Aviation Technical Training (850) 452-9700
VR-55 (805) 989-8755	Comptroller of Navy (202) 685-7000
VR-56 (757) 433-4065	Defense Intelligence Agency (202) 231-4044
VR-57 (619) 545-6920	Defense Logistics Agency (866) 204-4850
VR-58 (904) 542-2380 x110	Destroyer Squadron Two (757) 444-1452
VR-59 (817) 782-5411	Employer Support of the Guard and Reserve (ESGR) (800) 336-4590
VR-61 (360) 257-6595	Expeditionary Strike Group Two (757) 462-7403 x 110
VR-62 (904) 542-8557	Expeditionary Strike Group Three (619) 556-1470
VR-64 (609) 754-1890	First Naval Construction Division (757) 462-8225 x 222
ETD Pacific 808-448-9278	Fleet Activities Chinhae, Korea 011-82-55-540-2852
ETD Sigonella 011-39-095-86-5289	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1000 x144
Tactical Support Wing (817) 782-5295	Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1610
VAQ-209 (240) 857-7828	Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-7928
VAW-77 (504) 390-6288	Fleet and Industrial Supply Center San Diego, Calif. (619) 556-6234
VFA-204 (504) 678-3491	Fleet Air Mediterranean 011-39-081-568-4184
VFC-12 (757) 433-4919	Fleet Forces Command (757) 836-3644
VFC-13 (775) 426-3644	
VFC-111 (305) 293-2654	
HSC-85 (619) 545-7218	
HSC-84 (757) 445-0861	

Chief of Navy Reserve
(703) 693-5757

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

Commander Navy Reserve
Forces Command
(757)445-8500

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

Naval District Washington RCC
(240) 857-4880

Region Mid-Atlantic RCC
(757) 444-7295

Avoca, Pa.
(570) 457-8430

Baltimore, Md.
(410) 752-4561

Bangor, Maine
(207) 974-1301

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

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

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

Ebensburg, Pa.
(814) 472-5083

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

Erie, Pa.
(814) 866-3073

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

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

Harrisburg, Pa.
(888) 879-6649

Lehigh Valley, Pa.
(610) 264-8823

Long Island, N.Y.
(631) 264-2532

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

New London, Conn.
(860) 625-3208

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

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

Norfolk, Va.
(757) 318-4500

Pittsburgh, Pa.
(412) 673-0801

Plainville, Conn.
(860) 747-4563

Quincy, Mass.
(617) 753-4600

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

Richmond, Va.
(804) 271-6096

Roanoke, Va.
(866) 527-6595

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

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

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

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

Wilmington, Del.
(302) 998-3328

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

Region Southeast RCC
(904) 542-2486 x123

Amarillo, Texas
1-866-804-1627

Atlanta, Ga.
(678) 655-5925

Augusta, Ga.
(706) 733-2249

Austin, Texas
(512) 458-4154

Bessemer, Ala.
(205) 497-2600

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

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

Columbus, Ga.
(706) 322-4670

Corpus Christi, Texas
(361) 728-5506

El Paso, Texas
(915) 565-3993

Fort Worth, Texas
(817) 782-1805

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

Gulfport, Miss.
(866) 502-1271

Harlingen, Texas
(956) 425-0404

Houston, Texas
(832) 380-7400

Jacksonville, Fla.
(904) 542-3320

Meridian, Miss.
(601) 679-3610

Miami, Fla.
(305) 628-5150

New Orleans, La.
(504) 678-8205

Orlando, Fla.
(407) 240-5939 x 2117

Pensacola, Fla.
(850) 452-1341

Puerto Rico
(787) 707-2324

San Antonio, Texas
(210) 225-2997

Shreveport, La.
(318) 746-9657

Tallahassee, Fla.
(850) 576-6194

Tampa, Fla.
(813) 828-1971

Waco, Texas
(254) 776-1841

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

Region Midwest RCC
1-847-688-4916

Akron, Ohio
(330) 376-9054

Battle Creek, Mich.
(269) 968-9216

Chattanooga, Tenn.
(423) 698-8955

Chicago, Ill.
(847) 688-3760

Cincinnati, Ohio
(513) 221-0138

Columbus, Ohio
(614) 492-2888

Decatur, Ill.
(217) 875-1733

Des Moines, Iowa
(515) 285-5581

Detroit, Mich.
(586) 239-6148

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

Grand Rapids, Mich.
(616) 363-6889

Green Bay, Wis.
(920) 336-2444

Indianapolis, Ind.
(317) 924-6389

Kansas City, Mo.
(816) 923-2341

Knoxville, Tenn.
(865) 545-4720

Lansing, Mich.
(517) 482-9150

Little Rock, Ark.
(501) 771-0880

Louisville, Ky.
(502) 375-3329

Madison, Wis.
(608) 249-0129

Memphis, Tenn.
(901) 874-5256

Milwaukee, Wis.
(414) 744-9764

Minneapolis, Minn.
(612) 713-4600

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

Oklahoma City, Okla.
(405) 733-1052

Omaha, Neb.
(402) 232-0090

Peoria, Ill.
(309) 697-5755

Rock Island, Ill.
(309) 782-6084

Saginaw, Mich.
(989) 754-3091

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

Springfield, Mo.
(417) 869-5721

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

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

Tulsa (Broken Arrow), Okla.
(918) 258-7822

Wichita, Kan.
(316) 683-3491

Youngstown, Ohio
(330) 609-1900

Region Southwest RCC
(619) 532-1842

Alameda, Calif.
(510) 814-2605

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

Denver, Colo.
(720) 847-6205

Fort Carson, Colo.
(719) 526-2964

Guam
(671) 339-6724

Las Vegas, Nev.
(702)632-1455

Lemoore, Calif.
(559) 998-3778

Los Angeles, Calif.
(323) 980-7131

Moreno Valley, Calif.
(951) 656-1199

North Island, Calif.
(619) 545-2610

Pearl Harbor, Hawaii
(808) 471-0091

Phoenix, Ariz.
(602) 484-7292

Point Mugu, Calif.
(805) 989-7559

Port Hueneme, Calif.
(805) 982-6106

Reno, Nev.
(775) 971-6289

Sacramento, Calif.
(916) 387-7100

Salt Lake City, Utah
(801) 736-4200

San Diego, Calif.
(858) 537-8040

San Jose, Calif.
(408) 294-3070

Tucson, Ariz.
(520) 228-6289

Region Northwest RCC
(425) 304-3338

Anchorage, Alaska
(907) 384-6525

Billings, Mont.
(406) 248-2090

Boise, Idaho
(208) 422-6236

Cheyenne, Wyo.
(307) 773-6500

Everett, Wash.
(425) 304-4777

Helena, Mont.
(406) 449-5725

Kitsap, Wash.
(360) 627-2203

Portland, Ore.
(503) 285-4566

Fleet Intelligence
Training Center Pacific
(619) 524-5814

Headquarters
US Marine Corps
DSN: 278-9360

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

Joint Transformation Command
for Intelligence
(757) 836-7000

Judge Advocate General
(202) 685-5190

Logistics Group Western Pacific
011-65-6750-2645

Marine Forces Reserve
(504) 678-1290

Strategic Sealift
Readiness Group
(800) 535-2580

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

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

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

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

Naval Construction Forces
Command
(757) 462-3658

Naval District Washington
Headquarters
(202) 369-7683

Naval Education and
Training Command
(850) 452-4000

Naval Facilities
Engineering Command
(202) 685-9499

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

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

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

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

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

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

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

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

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

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

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

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

Naval Inspector General
Hotline
(800) 522-3451

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

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

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

Naval Meteorology
and Oceanography Command
(228) 688-4384

Naval Network
Warfare Command
(540) 653-5001

Naval Network Warfare
Command
(757) 417-6750

Naval Operational
Logistics Support Center
(717) 605-5790

Chief of Naval Operations
(703) 697-5664

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

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

Naval Personal Development
Command
(757) 444-2996

Naval Sea Systems Command
(202) 781-1748

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

Naval Special Warfare Command
(619) 437-2848

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

Naval Station Rota Spain
011-34-956-82-2222

Naval Supply Systems
Command
(717) 605-3565

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

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

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

Naval War College
(401)-841-3304

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

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

Navy Expeditionary Combat
Command
(757) 462-4316

Navy Expeditionary
Logistics Support Group
(757) 887-7639

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

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

NIOC Norfolk, Va.
(757) 417-7112

NIOC Pensacola, Fla.
(850) 452-0400

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

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

Navy Installations Command
(202) 433-3200

Navy Munitions Command
(757) 887-4834

Navy Personnel Command
1-877-807-8199

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

Navy Region Guam
(671) 355-1110

Navy Region Southeast
(904) 542-2324

Navy Region Hawaii
(808) 473-4505

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

Navy Region Korea
011-822-7913-7251

Navy Region Mid-Atlantic
(757) 322-2800

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

Navy Region Hawaii
(808) 473-1168

Navy Region Midwest
(847) 688-2884

Navy Region Northwest
(360) 315-5123

Navy Region Southwest
(619) 532-2925

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

Office of Naval Intelligence
(301) 669-5557

Office of Naval Research
(703) 696-5031

Puget Sound Naval Shipyard
(360) 476-7683

Sealift Logistics Command
Atlantic
(757) 443-5758

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

Sealift Logistics Command
Pacific
(619) 524-9600

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

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

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

Submarine Group Nine
(360) 396-6530

Submarine Group Ten
(912) 573-3733

Submarine Group Two
(860) 694-5683

Submarine Squadron Eleven
(619) 553-8641

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

US Central Command
(757) 836-4180

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

US Fifth Fleet
011-973-724-383

US Fleet Forces Command
(757)-836-4180

US Joint Forces Command
(757) 836-6555

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

US Naval Forces Alaska
(907) 463-2248

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

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

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

US Naval Forces Korea
011-822-7913-5795

US Naval Forces Marianas
(671) 339-7133

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

US Naval Special Warfare
Command
(619) 522-2825

US Northern Command
(719) 554-5920

US Pacific Command
(808) 477-9138
US Pacific Fleet
(808) 474-8415

US Second Fleet
(757)443-9850

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

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

US Southern Command
(305) 437-1261

US Strategic Command
(402) 294-0246

US Third Fleet
(619) 767-4296

US Transportation Command
(618) 229-8269

Navy Reserve Intelligence
Command

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

Navy Intelligence Reserve
Region Northwest
(360) 315-6001

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

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

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

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

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

Navy Intelligence Reserve
Region Midwest
(847) 688-6273

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

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

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

Navy Intelligence Reserve
Region Washington
(240) 857-7878

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

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

Navy Expeditionary Combat
Command
(757) 462-4316

Explosive Ordnance Disposal
Group One
(619) 437-3700

Explosive Ordnance Disposal
Group Two
(757) 462-8453

First Naval Construction
Division
(757) 462-3658

Naval Construction Forces
Command
(757) 462-3658

Maritime Expeditionary
Security Force

Maritime Expeditionary
Security Group One
(619) 437-9808

Maritime Expeditionary
Security Group Two
(757) 396-0513

Chief of Naval Air Training

CAOSO
(361) 961-3386

CNRF CNATRA/FRS PM
(757) 322-6751

submission guidelines

photo submissions

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

story submissions

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

questions and suggestions

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



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