

# TNR

THE NAVY RESERVIST

OCTOBER 2012



## The Warfighter

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

# Ready Now!



Reserve Sailors listen to range safety instructions before a crew served weapons familiarization-training exercise at the Tarnak Weapons Range in Kandahar, Afghanistan.

**Volume 4, Issue 11**

## Provide Valued Capabilities

**October 2012**

Shipmates,

We must always remember that regardless of our rating or designator, we are warriors first. This fact is reinforced every Monday afternoon at Baltimore Washington International Airport, when a flight arrives from Kuwait carrying Navy Individual Augmentees. Since 9/11, the scene has become routine. However, for those returning home and their families, the moment is anything but routine. These homecomings remind us of how our Sailors, Active and Reserve, are continuously serving around the world in harm's way on land, at sea and in the air, supporting or conducting combat operations. On any given week, as part of the Total Force, over 4,000 dedicated Reserve Sailors are mobilized in direct support of our Navy, Marines Corps and Joint Forces team, just as tens of thousands of Sailors have answered the call over the past decade.

The global requirements for mobilized Reserve Sailors have decreased significantly since 2010, and we currently anticipate the reduced demand signal to continue for the foreseeable future in core Navy missions. However, world events can change that outlook at any time. Nonetheless, our Sailors have demonstrated time and again that our flexibility, responsiveness and ability to serve across a wide spectrum of operations make a difference to the Joint Force and Combatant Commanders.

Today, Reserve Sailors are on board USS Peleliu (LHA 5) as part of the Space and Naval Warfare Systems Command Reserve Network Operations Support Fly Away team providing C41 training. In the Eastern Pacific, Navy Reserve Frigate USS CURTS (FFG 38) is underway conducting Transnational Organized Crime Operations. In Afghanistan, our helicopters from HSC-84 and HM-15 and our transport aircraft from VR-56 and VR-62 are flying missions to support coalition forces. These are a few examples of where the Navy Reserve is serving forward today.

Over the years, you have demonstrated that no matter what the task - from peace to war - you get the job done! Your bold support of the CNO's tenet of "Warfighting First" also directly contributes to the Navy Reserve's ongoing support of emerging mission areas that include the Littoral Combat Ship, Cyber Warfare, Ballistic Missile Defense, and Unmanned Aerial Vehicles.

We live in a world that is constantly changing. The Navy Reserve is always looking forward, ready and willing to adapt and embrace new capabilities. Our vision for the Navy Reserve is to continue to provide essential warfighting capabilities and expertise, enabling us to respond when called to any contingency.

VADM Robin Braun  
 Chief of Navy Reserve

FORCM (AW) Chris Wheeler  
 Navy Reserve Force Master Chief



# TNR

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Commander, Navy Reserve Forces Command

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The Navy Reservist is always looking for good action photos of Navy Reservists (minimum 300 dpi) that tell a story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph, including their respective rating, rank and command. Photos should also include a visual information record identification number or VIRIN. Information about VIRINs is available online at [www.navy.mil/photo\\_submit.asp](http://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 Reservist 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](http://www.news.navy.mil/local/nrf).

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

This Issue: **October 2012**

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**Cover Photo** U.S. Navy SEALs conduct fast roping from an HH-60H Sea Hawk helicopter assigned to the High Rollers of Helicopter Sea Combat Squadron (HSC) 85 onto a gas and oil platform. SEALs conduct these evolutions to hone their various maritime operations skills. U.S. Navy Photo

# Letter from the Editor



Shipmates,

This month in TNR we focus on warfighting. Oftentimes, we may be so bogged down by administrative tasks or general military training that we sometimes forget that Navy Reservists are warfighters first. Over the last 11 years, Navy Reservists have mobilized more than 60,000 times in support of overseas contingency operations. Our Reserve force couldn't have done that if we weren't ready.

As Navy Reservists you support the fight in many ways. In this issue of TNR, read about how helicopter sea combat squadrons deliver warfighters to the places they need to be. We also take look at how the men and women of Surge Maintenance units bring their skills aboard ships and help keep those ships at their highest warfighting capabilities.

This month our readers have the opportunity to get to know the Commander of Navy Reserve Forces Command, Rear Adm. Bryan Cutchen, as he talks about his vision, where we are and where we are going as a Reserve Force.

In my 31 years working for the Navy — as an active duty member, in the Reserve and now as a civilian — I have never seen the Navy

Reserve so ready, so well trained, and so much of a contributor to our total force. You truly provide valued capabilities, and it is my job to tell your stories. TNR magazine is just one way the public affairs staff at CNRFC tells those stories, but there are more. If you haven't seen it yet, check out our Navy Reserve Facebook page at [www.facebook.com/u.s.navyreserve](http://www.facebook.com/u.s.navyreserve), the Navy Reserve website at [www.navyreserve.navy.mil](http://www.navyreserve.navy.mil) or Rear Adm. Cutchen's blog at <http://commandernavyreserveforcescommand.blogspot.com>. We look forward to hearing from you!

I am always looking for your story, so please keep them coming.

VR/R/WR

Jim

Jim Vorndran  
Editor-in-chief  
The Navy Reservist Magazine

## NOTABLE



# Hero 2 Hired Helps Thousands

Written by Senior Airman Danielle Purnell, Air Force Reserve Command

**Two of the greatest challenges the nation is facing right now are unemployment and underemployment, and these related problems are especially severe for those in the National Guard and Reserve. A 2011 survey of Reserve component members showed a 23 percent unemployment rate among junior enlisted troops in the pay grades E-1 through E-4.**

In response to these issues, the Office of the Assistant Secretary of Defense for Reserve Affairs launched “Hero2Hired,” better known as H2H, last year.

The DoD places a strong emphasis on ensuring Reserve component service members have a civilian job that provides stability while allowing them the time and resources to contribute to the nation’s defense.

“Service members and their families should not have to sacrifice economic security because they stepped forward to serve our country, and right now America’s military members are returning to a challenging work environment,” said retired Army Maj. Gen. Ronald Young, director of Family and Employer Programs and Policy, and executive director of Employer Support of the Guard and Reserve. “H2H.jobs (the program’s website) aims to simplify the job search while reducing the number of unemployed Reserve component service members.”

According to H2H.jobs, the website isn’t just another job site for military members. Instead, it’s a Yellow Ribbon-funded, multi-faceted program targeted to support Reserve component service members through an electronic job and career web platform, mobile applications and Facebook integration, and virtual and physical career fairs.

“Reservists and guardsmen go online to H2H.jobs from a computer or from a mobile phone and find listings

of military-friendly employers looking to hire Reserve component members,” said Army Sgt. Maj. Wayne Bowser, senior enlisted adviser for Family and Employer Programs and Policy. “They even have the opportunity to speak directly with employers.”

In addition to the interactive website with job listings, career exploration tools and networking opportunities, H2H’s resources also include a military skills translator, job-seeker profile builders, social networking and mobile offices.

“The military skills translator allows applicants to enter their military occupational code to get a list of career paths that fit their military training and experience,” said Jim Strickland, Air Force Reserve Command ESGR-Reserve component liaison.

Likewise, the career assessment offers a skills and interest survey to help determine what career types best fit an applicant’s background.

“We view civilian employment as an important piece of a Reserve component service member’s readiness,” Young said. “We see the high unemployment rate as a clear threat to the readiness of our force.”

In the last year, ESGR and H2H have assisted the National Chamber of Commerce in its hiring fairs across the country. At more than 255 events in 49 states, Puerto Rico, and the District of Columbia, more than 143,000 veterans, Reserve component members and military spouses have been connected with nearly 7,200 different employers. As a result, more than 10,400 people have gained employment.

H2H is sponsoring 40 “Hiring Our Heroes” job fairs this year in locations with high Reserve component unemployment. Navy Reservists can find information about these job fairs by logging onto H2H.jobs. ■

## GETTING IT TO THE SAILOR

# Tech Talk

Written by Lt. John S. Guzman, Navy Reserve Forces Command, N6



**Cellular phones have come a long way since the days of the black bag phone. Along with the technological advances that have brought us smart phones such as the iPhone, the Droid, and the EVO come increased risks. Users should be aware and apply due diligence to ensure their mobile devices are secure. Not doing so can unknowingly make them a victim of cyber crime.**

According to the DoN CIO Privacy Team the following are the risks involved and some ways to protect yourself:

Just about every cell phone has Internet and text messaging capabilities. Although these features are certainly convenient, attackers may exploit them which can result in any of the following:

**Abuse your service.** Unless your mobile phone plan has unlimited text messaging, attackers can spam your phone with text messages causing an increase in your bill. An attacker can also infect your phone with malicious code that will allow them to use your service.

**Lure you to malicious websites.** Phishing is an e-mail attack that lures the user to a malicious website. These websites are designed to have the same look and feel of the safe websites. Once a user accesses one of these sites the attacker attempts to get the user to provide sensitive information such as social security numbers, account numbers, user names and passwords. These same attacks can also be conducted via text message.

**Use your cell phone in an attack.** If an attacker gains control of your service they may be able to use your phone to launch attacks against others. This will hide the attacker's identity and allow them to gain access to more targets anonymously.

Gain access to private account information. Some mobile phones have applications that can store user names and passwords for you. If an attacker should gain access to this application they can steal your information and use it themselves or sell it to other criminals.

What can I do to protect myself?

Follow general guidelines for protecting portable devices. Take precautions to secure your cell phone and PDA the same way you secure your home computer.

Be careful about posting any personal information on the web to include your cell phone number and e-mail address. Attackers can use software that browses the web for e-mail addresses and phone numbers in a search for victims. By limiting exposure to your information you reduce your chances of being a victim.

If you receive unsolicited e-mails or information, do not follow embedded links or download any attachments. While web links may appear legitimate, they can easily be fraudulent or malicious.

Be wary of downloadable software. There are numerous sites that offer free utilities, games and other software that you can download onto your cell phone. Although free, some infectious software may be costly to remove or cause irreparable damage to your phone. If you download software, look for a valid website certificate.

Lastly, take advantage of the security features offered on your mobile device. Consider disabling unused services connections such as Bluetooth and WiFi. These connections can be exploited by attackers. Further information regarding mobile device security can be retrieved from the DON CIO website at [www.doncio.navy.mil](http://www.doncio.navy.mil). ■

# 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, e-mail the editor, james.vorndran@navy.mil, for a submission form. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



## Rebecca A. Campbell

NAVAL AIR CREWMAN 1ST CLASS (NAC/AW)

**Hometown:** Marlton N.J.

**NOSC:** Ft. Dix N.J.

**Unit:** VR-52

**Brief description of your Navy job:**

I am a loadmaster for the Navy C-9 aircraft. I make load plans, provide logistics support, am responsible for passenger safety, comfort, and perform

emergency procedures.

**Brief description of your civilian job:** I worked in commercial and residential real estate as a property manager's coordinator and tenant relations director before mobilizing for two years with VR-52.

**What has been your greatest Navy achievement?** I have two; being selected for Reserve Sailor of the year at VR-52 and launching an F/A-18C off the bow of the USS Enterprise during my cruise in 98-99.

**Who has been your biggest influence since joining the Navy?** I have had many influences in my career but I have to say my supervisor when I was an airman, Aviation Boatswain's Mate 1st Class Foley Hurt. He was stern but fair, he recognized me when warranted and mentored me when it was needed.

**What do you enjoy most about the Navy?** The camaraderie....you will never go anywhere in the world or know anything better than the time you shared in the Navy. You travel and see the world, learn about acceptance and the differences in the world that make us all unique and special.

**Most interesting place visited since joining the Navy:** I lived in Rota, Spain for my first duty station when I was on active duty.

**Current hobbies:** Helping people, volunteering, cooking and traveling.



## Alfredo Jauregui Jr.

CRYPTOLOGIC TECHNICIAN 1ST CLASS

**Hometown:** San Ramon, Calif.

**NOSC:** San Jose, Calif.

**Unit:** Navy Information Operations Command, Camp Parks

**Brief description of your Navy job:**

Providing cryptologic support to national customers and DoD missions to identify adversaries, track and locate them. This work provided support to the warfighter

in the Global War on Terrorism.

**Brief description of your civilian job:** I just completed a two-year mobilization in support of Operation Enduring Freedom. Prior to my deployment I was a mental health mentor assisting troubled youths.

**What has been your greatest Navy achievement?** Deploying to Afghanistan for a year attached to a joint command Special Forces unit. During that year I advanced to 1st Class.

**Who has been your biggest influence since joining the Navy?**

Chief Harold Newbill has been the biggest influence in my Navy career. He is very knowledgeable and passionate about the Navy which I value. He has challenged me to be a better leader and he's helped me in my highs and my lows.

**What do you enjoy most about the Navy?** Coming from the Army to the Navy Reserve, I enjoy the people I work with in my unit who bring different skill sets and ideas together to support the active component and the GWOT.

**Most interesting place visited since joining the Navy:** Qatar is a beautiful, rich country. While there I went on a desert safari, swam in the Persian Gulf and visited a five-story mall that has an ice skating rink inside.

**Current hobbies:** Playing sports, going to the gym and working out and going to the movies to see the newest movies.

## FOCUS ON FAMILIES

# Separation Assistance

Written by Pat Nicholson, Force Family Support Program Manager



**Now that your service member has been mobilized you may have a lot of time on your hands. It is important to stay active to help you deal with your emotional feelings. While feelings can be difficult to control, you can still manage your thoughts and attitude during this time of separation. Attitude affects how you look, what you say and what you do. It also affects how you feel both physically and emotionally.**

Approaching life with a positive attitude is healthier for you and those around you. Make a list of goals you can achieve during this separation and what steps you need to take to reach them. Set mini goals to achieve throughout the separation. Completion of goals gives you a sense of satisfaction and confidence to achieve more. Also, completing goals brings you that much closer to when your service member will return.

Much research has been done to understand the common feelings Sailors and families experience when separated due to military orders. There is no such thing as a “right” or “wrong” feeling. If you find your feelings are getting in the way of doing daily events like caring for children, going to work or school, or taking care of the house, do not hesitate to contact Military OneSource. In addition to face-to-face counseling services, Military OneSource offers short-term telephone counseling. This expanded service provides a telephone counseling option for those who are unable to attend face-to-face counseling. Counseling may help you better deal with

stress, communication, decision making, and parenting. Telephone counseling provides up to six sessions of consultation per person, per issue. To find out more go to [www.militaryonesource.com](http://www.militaryonesource.com) or call: 800-342-9647.

During this time of separation remember that you are not alone. There are many resources available during these difficult times. Contact your local command ombudsman for assistance. The ombudsman is a critical link between the command and command families. The ombudsman is a trained volunteer that is dedicated to assist and help families with issues that arise anytime. They have a toolbox full of resources and can provide you with information and referrals to most of your needs no matter where you live.

The ombudsman program was introduced to the U.S. Navy September 14, 1970 by then Chief of Naval Operations Adm. Elmo Zumwalt. Zumwalt adapted this program from a 19th century Scandinavian custom originally established by the King to give ordinary private citizens an avenue to express their grievances to high government officials.

Do you know your command ombudsman? If you have the opportunity, let your ombudsman know how much you appreciate what they do for you and your family. These volunteers dedicate countless hours to assist families.

A special thanks to all ombudsmen for everything you do for families. Your efforts are greatly appreciated. ■



## CULTURE OF FITNESS



# Seven Things to Look For In a Personal Trainer

Written by American Council on Exercise (ACE) ®

**Whether you've made a new commitment to being more active or you need an extra push in your workouts, you may have considered hiring a personal trainer. You've also probably considered if it was worth the investment, or perhaps how you should go about finding one qualified to help you meet your goals.**

Research has found that people who use coaches and trainers to help them lose weight or improve their health are more successful in meeting their goals than those who try to do it alone.

Finding the right personal trainer is a bit more complex. There's no one absolute rule that helps you, but there are some guidelines you can use. Check out these seven tips:

### **Current certification accredited by the National Commission for Certifying Agencies (NCCA).**

As the benchmark for how organizations should conduct certification, NCCA accreditation is the defining factor for many employers who need to separate qualified fitness professionals from non-qualified ones. Use the same method when you're searching to ensure you hire someone who has the knowledge and skills to provide safe and effective workouts. For a complete list of NCCA-accredited fitness certifications, visit [www.credentialingexcellence.org](http://www.credentialingexcellence.org).

**Stellar references.** Ask for names, phone numbers and testimonials of other clients, especially those who share traits and goals similar to yours. Call them to see if they were satisfied with the workouts, their results, and the experiences they had. Ask if the trainer was professional, punctual and prepared, and if he or she addressed their individual needs.

**Experience and areas of specialization.** How many years of experience does the trainer have? Do they have a specialty? If you want to lose weight, you need a personal trainer who specializes in weight loss. If you're training for an event, find one who specializes in sports conditioning. There are even trainers who specialize in corrective exercise, women's issues or specific types of equipment. Find one that fits your needs.

**Education.** Although a college degree in exercise science or nutrition may help boost your trainer's credibility, it isn't everything. Ask them if they pursue professional continuing education and what kind of subjects they like best. The fitness industry is a rapidly changing environment, and a good personal trainer has to stay on top of new trends, equipment and research.

**Rates and fees.** Rates among personal trainers vary depending on the trainer's credentials and experience, session length, location and business model. A trainer who works in a health club may charge a lower rate than one who works independently. Consider how often you want to work with a trainer and what you can afford.

**Liability Insurance and Business Policies.** Make sure the trainer carries professional liability insurance, especially if he or she is an independent contractor. A reputable trainer will also clearly outline his or her cancellation policy and billing procedure, preferably in writing.

**Compatibility.** While you may be able to find several trainers who meet the first six criteria, it comes down to who makes you feel the most comfortable. Motivational style, listening skills, willingness to accommodate your schedule and address your goals are all things you should consider. ■



# The Right Skills at the Right Time

*In August Rear Adm. Bryan "Clutch" Cutchen assumed command of Navy Reserve Forces Command. Recently TNR had a chance to ask a few questions about the way ahead for the Navy Reserve.*

## **How do you see the Reserve Force's role in the Navy's warfighting strategy?**

To put it in the terms of my new Fleet boss at U.S. Fleet Forces, Adm. Bill Gortney, we are a producer of readiness. We provide ready selected Reserve Sailors

to active warfighting commands with the right skills at the right time. When not actively engaged in supporting the warfighter, we provide strategic depth ready to surge to the fight when called.

The Navy Reserve is in lock step with the Chief of Naval Operations' Tenets of Warfighting

First, Operate Forward, and Be Ready. We do this by directing our efforts through three strategic focus areas; providing valued capabilities, delivering a ready and accessible force and enabling a continuum of service.

To support Warfighting First and the Navy's ability to win today

while ensuring the ability to win tomorrow, we must come to the fight with capabilities valued by the active component. These capabilities span nearly every community, either mirroring existing capabilities or providing unique capabilities not found in the active component. Navy Reserve Sailors are also fully engaged in standing up new capabilities such as littoral combat ship (LCS) mission packages and unmanned systems such as broad area maritime surveillance and unmanned aerial vehicles.

The Navy's ability to Operate Forward is an essential element of the new defense strategy, which places a premium on prompt action to deny an adversary's objectives. The Navy Reserve is a strategic force with operational capabilities that need to be ready and accessible on short notice to surge forward or back fill active forces as they push to the fight. We

constantly seek to maximize return on our investment, meaning our drills, annual training and discretionary funding, which equates to mobilization readiness and our ability to answer the call.

And we are ready! We have mobilized more than fifty thousand Sailors during the past 11 years of war and this has resulted in an unprecedented level of force readiness. This readiness has allowed us to provide strategic depth and operational capability for current and future Navy operations. This readiness is enhanced by enabling a continuum of service for every Navy Reserve Sailor, which allows them to move seamlessly between active duty and inactive duty with ease. We serve in an all

volunteer force and it is essential that we minimize the administrative burden on our selected Reserve Sailors and allow them to focus on readiness-building events and providing operational support to their gaining command.

**What are some of the unique challenges Reserve Sailors have and what are some of the things you want to address?**

The Reserve Sailor must balance the triad of civilian employment, family life and naval service. All three require constant attention to ensure success. Reserve Sailors must maintain their training and qualifications and depending on the demands of their full-time civilian job, sometimes must accomplish this in as little 38 days a year. To help our Sailors with these challenges I intend to focus on improving Sailor resiliency, which

is the ability to cope with life challenges, Sailor and family readiness, and employer recognition and support.

It's important that our Navy Reserve leadership exercise the principles of knowing and caring for our Sailors, controlling operational stress and identifying and being proactive with Sailors in distress.

**“WE PROVIDE READY SELECTED RESERVE SAILORS TO ACTIVE WARFIGHTING COMMANDS WITH THE RIGHT SKILLS AT THE RIGHT TIME.”**

**What changes do you foresee to the shape or composition of the Reserve Force over the next few years?**

The Navy examines the active component and Reserve component mix every budget cycle to determine the most efficient and capable makeup of the total force, and right now we're looking at the possibility of several changes over the next few years. Cyber warfare is an emerging capability, as well as unmanned aircraft systems, LCS mission module packages, ballistic missile defense and mine warfare. As the Navy incorporates new technology we'll be taking a look at what ratings and skills we need to support it. We're working closely with the active component to see where we can best leverage our unique capabilities.



**With the discussion of defense budget cuts, what concerns are there for future training and mobilization opportunities?**

As operations in Afghanistan wind down over the next two years, the number of individual augmentees will dwindle, but the Navy Reserve will take on a larger percentage of the IA's, so we'll have about the same numbers in 2013 and 2014 that we've had in 2012. Then, as operations in Afghanistan come to a close in 2015 we'll see a significant drop. As we resume a more traditional strategic role it will be critical for us to keep training opportunities available to the force.

career and the detailing process. These systems are continually being upgraded to include new capabilities and features. The Navy Reserve is a full partner in the continued development of these systems to ensure the



**“I INTEND TO FOCUS ON IMPROVING SAILOR RESILIENCY, WHICH IS THE ABILITY TO COPE WITH LIFE CHALLENGES, SAILOR AND FAMILY READINESS, AND EMPLOYER RECOGNITION AND SUPPORT.”**

**From your conversations with Reserve Sailors, what are their top concerns?**

The most common concerns I hear from the field are connected to the Career Management System/Interactive Detailing (CMS/ID), Fleet Rating Identification Engine (FleetRIDE), future advancement opportunity and the possibility of an enlisted retention board. The first concern I want to address is ERB. ERB was a ONE time active component manpower management measure. It is NOT planned for the active component or the Reserve component in the future.

CMS/ID and FleetRIDE were developed to give the Sailor more control over their

needs of the Navy Reserve Sailor are addressed.

There have been concerns that FleetRIDE means Perform to Serve (PTS). Let me reaffirm that this is not the case. PTS is an active component and full time support force management tool. Our manning levels have already been set, and we have no intention of employing PTS

within the selected Reserve community. During the past ten years our force size has declined by 40 percent along with active component reductions. Although this reduction has had an impact on advancement opportunity in the past, we are now at the proper force size and this stability should result in an improvement in advancement opportunity in the coming years.

I want to encourage Sailors to use the FleetRIDE tool with their unit and Navy Operational Support Center chain of command and career info team. Fully expect that as we stabilize our workforce, that advancement will also stabilize.

**What is your background and how will it help you as Commander, Navy Reserve Forces Command?**

I've been lucky enough to have commanded three times in my career. I have also had several major staff tours; twice on the office of the Chief of Naval Operations staff and one at Naval Air Force Reserve. I have extensive experience preparing selected Reserve Sailors for deployment and an awareness of the inherent challenges. In my 29 years of service, 21 of them have been dedicated to leading and managing Reserve Sailors. I'm hoping to leverage all these experiences while assigned to Reserve Forces Command.

**Is there anything else you want to say to your Sailors?**

I'm very proud of the work they've done both at home and abroad over the last decade of contingency operations. They've represented the Navy Reserve well. So well that when on deployment it is impossible to tell them apart from their active component counterparts. ■

# Rotary Wing Reservists; Deliver the Fight to the Enemy

Written by Chief Mass Communication Specialist William Lovelady, Commander, Navy Reserve Forces Command Public Affairs



▲ U.S. Navy SEALs conduct fast roping from an HH-60H Sea Hawk helicopter assigned to the High Rollers of Helicopter Sea Combat Squadron (HSC) 85 onto a gas and oil platform. SEALs conduct these evolutions to hone their various maritime operations skills. U.S. Navy Photo

**When Navy SEALs and special warfare operators need a lift, in combat zones around the world, they often turn to helicopter sea combat squadrons (HSC) to accomplish their missions. Of the dozen squadrons of this type only two Reserve squadrons, the HSC-84 Redwolves and the HSC-85 Firehawks, are dedicated exclusively to special operations.**

In 2009, then Chief of Naval Operations Adm. Gary Roughead directed the creation of two helicopter squadrons that would be dedicated to support U.S. Special Operations Command forces. While the HSC designation was new, both these squadrons trace their fighting roots back to the Vietnam War.

On April 1, 1967, the Seawolves of Helicopter Attack (Light) Squadron (HAL) 3 were established at Vung Tau, Vietnam. The

Seawolves operated out of multiple detachments flying Bell UH-1B Huey's around Vietnam. They were providing convoy protection, coastal surveillance, agent and sniper insertion and SEAL support. Disestablished five years later, the Seawolves laid the foundation for naval helicopter special operations support and left an everlasting legacy as the most highly decorated helicopter squadron in naval history.

Following the disestablishment of HAL-3 in Vietnam two more special operations squadrons were established. In 1976 HAL-4 was established in Norfolk, Va. and in 1977 HAL-5 was established in Point Magu, Calif. In 1988 the squadrons were re-designated HCS-4 and HCS-5 as they transitioned to the new HH-60H Seahawk airframe. HCS-4 and HCS-5 deployed to the

Middle East in support of Operation Desert Storm in the 1990s and again deployed to Iraq in support of Operation Iraqi Freedom from 2003 to 2011.

On Oct. 1, 2006, HCS-4 was re-designated HSC-84 and operational control of the squadron was handed over from Commander, Helicopter Wing Reserve to Commander, Helicopter Sea Combat Wing, Atlantic Fleet. The change in operational control did not affect the squadron's charge to provide excellence in special warfare support and combat search and rescue capability. Following Iraq, the squadron moved its detachment of HH-60Hs to support the U.S. Central Command (CENTCOM) mission, where they have been conducting operations, mission rehearsals, and participating in joint exercises such as the multi-national Eager Lion in the Kingdom of Jordan, cementing strategic relationships

with partner nations in the CENTCOM area of responsibility.

As the squadrons have grown, one challenge experienced was the integration of active-component Sailors into squadrons that were primarily composed of Reservists. This blend of active, selected Reserve (SELRES), and full-time-support Sailors with diverse backgrounds and from different communities brings vast depth and experience to the squadron.

**“WITHOUT HESITATION, EVERYBODY HERE GIVES THEIR TOTAL COMMITMENT TO THE MISSION,” SAID MCGUINNESS. “IT’S REFRESHING TO SEE PEOPLE GIVE THEIR ALL, ALL THE TIME. WE DON’T HAVE A DEPLOYMENT CYCLE — WE’RE ALWAYS DEPLOYED.”**

“The contribution of SELRES members is critical to our mission success,” said Cmdr. Randolph Borges, commanding officer of HSC-85. “SELRES aviators have an average of 1,500 more flight hours than their active-duty counterparts and have the tactical qualifications and experience to train the combat crews. Additionally their leadership and support are important to the success of the squadron.”

With the unique mission these squadrons share, many Reservists have served in both squadrons or have served a major portion of their careers with one.

“I came here in 2004,” said Chief Aviation Machinist’s Mate (AW) Ben Powers, a Reservist from Dallas. “I knew nothing about



▲ Chief Naval Aircrewman Dave Allen mans the starboard gun aboard an HH-60H Sea Hawk helicopter assigned to the Red Wolves of Helicopter Sea Combat Squadron 84. U.S. Navy Photo



▲ An Army Special Forces member holds on to Izra, a four-year-old German shepherd and member of the Multi-Purpose Canine Unit, during fast-rope insertion training aboard an HH-60H Sea Hawk helicopter assigned to the Red Wolves of Helicopter Sea Combat Squadron 84. U.S. Navy Photo.

helicopters. I was working on F/A-18s at VFA-201 when my division chief said there was an opening in Norfolk at HCS-4. I did an internet search for them and was pleasantly surprised.

“It’s been like a family here,” said Powers. “Serving with a specialized unit like this is one of those opportunities I didn’t want to pass up.”

Since joining the Redwolves, Powers has mobilized twice with the squadron, including five combat rotations, where he serves as a post-maintenance functional test flight crewman. One of a small group of maintainers on temporary flight orders, Powers conducts in-flight evaluations of the HH-60H Seahawk helicopter.

“We have a lot of people who have been in HCS-4 and HSC-5 as well as HSC-84 and HSC-85 has a lot of our people now,” said Master Chief Logistics Specialist Rayma Bryd, a Reservist who has been with HSC-84 since 1992 when it was HCS-4. “Once is never enough for this command. You’ve always got to come back.”

Even the skipper keeps coming back. Cmdr. Alexander McGuinness took command of HSC-84 in August. He has served with both squadrons since 1995 when he was a lieutenant junior grade.

“I was SELRES in 1995, then I came on as a TAR (now full time support) in 1997,” said McGuinness. “I was operations officer, maintenance officer, executive officer, now commanding officer, and I’ve been detachment officer-in-charge on three or four occasions.

“It’s bittersweet taking command,” he continued. “Because after this, I won’t be able to come back and fly with them anymore.”

HSC is not a bus service. The ‘wolves and hawks’ have sharp teeth.

“Our HH-60H helicopters carry M-240D or GAU-17 machine guns,” said McGuinness. “In addition to those we can mount several AGM-114 Hellfire missiles. We primarily perform insertion and extraction, but we are capable of providing close air support for special operations.”

The Red Wolves and Firehawks train regularly with Navy

SEALs for special warfare operations. The squadrons’ special warfare support capabilities include insertion and extraction; landing, fastrope and rappelling; cast and recovery; paratroops; helicopter visit, board, search and seizure; oil platform operations and close air support for extractions. While their support primarily exists for naval special warfare forces, both squadrons train with and support joint special operations units from all the U.S. armed forces. Additionally they are combat search and rescue units and train to the mission with the U.S. Air Force annually. Detachments routinely train with A-10 Warthog pilots at the Air Force Fighter Weapons school as they earn their combat search and rescue designation.

“Without hesitation, everybody here gives their total commitment to the mission,” said McGuinness. “It’s refreshing to see people give their all, all the time. We don’t have a deployment cycle — we’re always deployed. It’s a testament to the people out on the hangar deck. They take the brunt of the work. Even now when we are deployed to the USCENTCOM area of responsibility.” ■



▲ Crew members assigned to the Red Wolves of Helicopter Sea Combat Squadron (HSC) 84 and members of the U.S. Special Forces conduct helicopter assault force training aboard an HH-60H Sea Hawk helicopter. U.S. Navy Photo



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# NOMINATE YOUR SUPPORTIVE EMPLOYER

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# BACK TO BASICS

\* All buttons and closures shall be secured. For best results, launder uniform inside out.



When sleeve cuff is fastened, the length of the sleeve should cover the wrist bone but not extend further than the first knuckle at the base of the thumb.

When sleeves are rolled, the roll should be a 3-inch wide band covered with fabric side out and cuff clearly visible. The bottom of the roll should be 2 inches above the elbow.

The mockneck sweater sleeve length shall not extend beyond the length of the NWU sleeve.

Blouse must extend to the bottom of the crotch but not lower than the middle of the cargo pocket flap. Both sides of blouse front must overlap with no gapping.

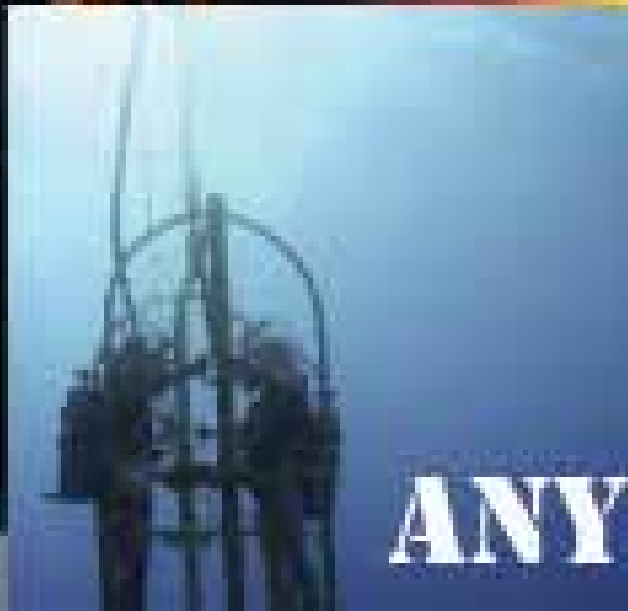
Trousers shall be bloused using blousing straps. The straps should be affixed between the 3<sup>rd</sup> and 4<sup>th</sup> eyelets from the top of the boots.

Trouser length should be long enough to touch the deck when not wearing boots.





# WARFIGHTING FIRST OPERATE FORWARD



**ANY**



**BE READY  
ANYTIME, ANYWHERE**

# PULL-OUT

Written by  
CNRFC Public Affairs

The t-shirt collar should fit comfortably around the neck.

The 8-point cover is worn square on the head, not resting on the ears. The visor is worn just above eye level and parallel to the deck.



Trousers will be worn at the waistline with a belt. Enlisted will wear a silver closed buckle. Officers and Chiefs will wear a gold closed buckle.

Primary warfare insignia shall be sewn centered and flush with the top of the U.S. Navy tape. The fabric strip shall be sewn with a 1/4 inch border on the left and right of the embroidery.



Boot laces must be tied and tucked into the cuff of the boots. Boot socks should be worn.

Smooth finish boots are authorized for shore and shipboard use.

Rough-out boots are authorized for shore duty only.



# The Calm During the Storm

Written by Mass Communication Specialist 1st Class Erica R. Gardner, Commander, Navy Reserve Forces Command Public Affairs

**The strong winds and piercing rains created by Hurricane Isaac fell mercilessly on the residents of New Orleans nearly seven years to the day after Hurricane Katrina made landfall August 28, 2005, devastating the area. Navy Reservists assigned to Navy Operational Support Center (NOSC) New Orleans and Naval Air Station Joint Reserve Base (NAS JRB), New Orleans banded together to provide support to the base and medical clinic following Hurricane Isaac.**

“This is my first duty station and we have trained for hurricane evacuations every year I have been here,” said Hospital Corpsman 3rd Class Jermaine Brooks, a full-time-support Sailor from San Leandro, Calif. “I grew up with earthquakes and how to survive them, and now I have weathered a hurricane.”

Brooks and others stationed at NOSC New Orleans and NAS JRB New Orleans were called in before the storm reached the area to hear the base commander’s decision regarding evacuation orders.

“The captain told us we would ride out the storm,” said Brooks. “He made sure each Sailor’s government travel credit card had been turned on and everyone had sufficient shelter during the storm since it was being downgraded to a tropical storm.”

Brooks is stationed at NOSC New Orleans and works at the Belle Chase medical facility located on NAS JRB New Orleans. He was calm during the swift winds that caused debris and tree limbs to crash against the windows and sides of the house where he was staying.

The hurricane hit the area Tuesday night, Aug. 28. Knocking out power to the base and surrounding area. The next morning, Brooks surveyed the house, checking for damages and downed power lines. The only damage he was able to find was the mangled fence that bordered the backyard.

“We were very fortunate during the tropical storm,” said



▲ Hospital Corpsman 1st Class Jonathan Akers, Staff Sgt. Gary Cheek and Lt. Mark Crosby assist a woman out of a UH-60 Black Hawk helicopter after he was evacuated to Naval Air Station Joint Reserve Base New Orleans. U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis.

Brooks. “We were praying nothing bad would happen.”

Meanwhile, Chief Hospital Corpsman John Boyle NOSC New Orleans senior enlisted leader and a staff of nine assessed damages to the NOSC and evaluated how they could help others. Meals Ready to Eat and bottled water had been pre-staged for base residents several days before the storm made landfall and were used for the first days following the hurricane.

“When the storm touched down, we all took shelter until it

became safe," said Boyle. "The next day those of us able to come to work did so to help out others."

Gunners Mate 1st Class Earnest Green, NOSC New Orleans leading petty officer for training supported the NOSC's assistance to families in need.

"As soon as it was okay to travel, my 13-year-old son and I came to the base," said Green. "My son understood about people needing food and being uncomfortable due to the heat and loss of their possessions."

The NOSC has a 1,000 kilowatt generator, which provided enough power to support the NOSC's 113,000 square foot facility.

"The air was hot and muggy," said Boyle. "We had power which allowed us to be in a cool environment with cold drinks and access to television reports."

By this time, Brooks and another Sailor had driven for more than an hour to different stores trying to find ice to keep food items from spoiling and drinks cool.

"We waited in lines for a long time and when we finally reached the counter, we were told the ice was sold out," said Brooks. "This was very frustrating but we kept trying to get the ice."

Brooks and his chain of command were in contact by cell phone calls, text messages and Facebook. Mustering online made it much easier for families to complete military requirements and take care of their homes at the same time.

As the days progressed, threats of buildings flooding and downed trees began to worry area residents. Many base residents stayed in their houses as long as they were able but rising temperatures and unsafe conditions due to standing water, mold infestation in drywall and rotting food forced them to seek shelter at the NOSC drill hall. This home away from home made it possible for them to relax for a moment during this very stressful event.

On the other side of the base, the medical facility was counting medicines and medical supplies, preparing for any emergencies that might arise.

"We received a call from a local nursing home seeking assistance due to potential floods of their facility," said Cmdr. Theresa Wood, NAS JRB New Orleans medical clinic officer-in-charge. "We were happy to help the nursing home and their staff with about 100 patients."

Brooks was able to finally locate ice and purchased as many bags as he could to share with others on the base. He passed out cups of ice and water and supported security personnel standing watch at the gates. This gave them a chance to take a break from the heat.

"We are a brotherhood," said Brooks of his military family. "We kept in contact about what was needed where and we made it happen together."

Brooks left the security staff and began his shift for a 24-hour watch. He did not complain; this is his family and he was willing to lose a little sleep if it meant keeping his family safe.

"I checked in patients, checking their vitals, and provided them

with medications if needed," said Brooks. "This is what I have trained for."

The drill hall of the NOSC briefly hosted the nursing home residents, and served as an around the clock air-conditioned shelter for base residents seeking relief from the aftermath of the storm.

"Lt. Lori Campbell from the Branch Healthcare Facility ran the medical staff in the drill hall," said Wood. "She and our staff worked with the nursing home staff to ensure the patients were taken care of and felt safe in the different environment."

Wood explained some of the patients suffer from Alzheimer's and dementia, making the transition from their known environment to a much different place challenging. Campbell and the others stepped up to ensure they were all taken care of.

"The support for the nursing home was an unexpected joy for my staff," Wood said. "It was the right thing to do and the team came together wonderfully."

Green and his staff attended emergency operations center meetings twice a day to report the conditions of the NOSC's temporary shelter.



▲ Lt. Lori Campbell, carries a young girl that was transported via medical evacuation from Port Sulphur, La. to Naval Air Station Joint Reserve Base New Orleans. U.S. Navy Photo by Mass Communication Specialist 1st Class John P. Curtis.



▲ Hospitalman Deika Basoiadoran provides water to a nursing home resident that was evacuated from Plaquemines Parish, La. during Hurricane Isaac. U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis.

“Providing input concerning the NOSC’s support to our Navy family gave me a sense of pride and I really felt as if I was doing something for our military,” Green said.

The base’s Morale, Welfare and Recreation department worked with the NOSC staff to coordinate free food and drinks for those displaced by the storm. A local restaurant prepared much of the cooked food and catered it to base residents.

“Games and food were available, which helped some people forget about the conditions of their houses for a short time,” said Green.

The base galley gained power a couple of days after the storm passed through the area. Many meals were prepared for breakfast, lunch and dinner, providing displaced families and single military members with hot, fresh food.

“With the limited power on the base, we encouraged people to come in and re-charge their cell phones, check in with friends and family and just cool down and get some rest,” said Boyle.

The NOSC was also transformed into a treatment center and pharmaceutical storage locker which was essential for refrigerating medicine after the clinic and galley refrigerators lost power.

“We were given a couple of medical evacuation missions and the medical staff along with NOSC staff worked to get storm victims transported to the drill hall in a timely manner,” said Wood. “They were scared and unsure but we made them feel comfortable.”

Brooks and the other Reservists and full-time-support Sailors said they have much to be grateful for. They were able to weather the storm together and support others in need.

“It is a beautiful thing to see everyone come together and make something out of nothing,” said Brooks. “We are going to make it.” ■

**“WHEN THE STORM  
TOUCHED DOWN, WE  
ALL TOOK SHELTER  
UNTIL IT BECAME  
SAFE.”**

# SURGEMAIN

## The Right Skills, The Right Place, The Right Time

**SurgeMain, short for Surge Maintenance was established by the United States Navy in March 2005. In seven short years, the program has grown to 60 units with eight regional headquarters units stationed around the United States.**

The Sailors of the SurgeMain Program are quite different from any other in the fleet. Made up of all reservists, the 1,250 enlisted Sailors assigned to the program use their engineering or engineering support skills which are already established in Navy and civilian jobs in to work with shop journeymen in the naval shipyards shops and waterfront.

The jobs are diverse and include welders, sheet metal workers, engineers, plumbers, electricians, pipe fitters and structural repairmen.

The program uses Sailors on annual training or flexible drills to target workforce shortages across the four Naval shipyards. This part-time, flexible, fully qualified maintenance work force becomes a force multiplier when the Navy needs to surge its maintenance infrastructure to support fleet readiness and the fleet response plan. The Right Skill, The Right Place and The Right Time is the motto of the program and is also

the program's guiding principle.

The SurgeMain unit from Navy Operational Support Center Schenectady, N.Y., is made up of 15 skilled Sailors. It is one of eight units in SurgeMain Region Northeast. Other units hail from New England, New York and Eastern Pennsylvania.

“Our primary job is to maintain a skilled and ready force that can mobilize to augment Naval Shipyards during critical production shortages which result from operational surges,” said Cmdr. Michael MacLellan, commanding officer of SurgeMain Region Northeast. “We have a great team that is

ready to go to work at a moment's notice.”

During the first nine months of the year 573 SurgeMain Sailors provided more than 9,000 days of production support to naval shipyards resulting in \$1.1 million in cost avoidance to the Navy. Electronic's Technician 1<sup>st</sup> Class Brendan Noto of NR SurgeMain Albany followed in his grandfather's footsteps and joined the Navy in 2002. “SurgeMain has a direct and immediate impact on the fleet. Each and every Sailor has a different skill set, which allows us to be flexible and prepared to work when called on,” Noto said.

The work SurgeMain Reservists accomplish at the Naval shipyards ensures ships remain at their highest



▲ Onboard USS Memphis, Surgemain reservist Chief Machinist Mate Scott Sharp and Shop Pipefitter Trevor Watt work with a Lokring machine which places caps on hydraulic lines.





▲ Surgemain worker Electronics Technician 1st Class Errol Barbee inspects a 500 kilowatt generator in the Motor Rewind Shop in Building 240. The Surgemain Department provides mission essential services to the shipyard and is manned with U.S. Navy Reserve personnel. Portsmouth Naval Shipyard, a field activity of NAVSEA, is committed to maximizing the material readiness of the fleet. U.S. Navy photo by Jim Cleveland.



▲ A Surgemain Reservist works onboard the USS Memphis (SSN 691) ensuring equipment is in proper working order. Surgemain provides mission essential services to the shipyard and is manned with U.S. Navy personnel.

warfighting capability. The program is an example of the unique capabilities within the Reserve force. “Shipyards have specific qualifications for the people who work on Navy ships. Reservists all over the country already have the skills to meet the qualifications,” Lt. Cmdr. Michael Schneidt, SurgeMain recruiting officer said. “The advanced skills SurgeMain Reservists have come from their civilian backgrounds and prior Navy training.”

Schneidt’s role as SurgeMain recruiter allows him to match up specific

advance skills to the needs of each shipyard. Typically one would look to a particular Navy rating to match needed expertise. Due to the varied background of Reservists, Navy ratings are less important than expertise in a particular field.

The SurgeMain community continues to seek Reservists with the right skills so Reservists can be at the right place at the right time. Interested Sailors can contact Schneidt at [michael.g.schneidt@navy.mil](mailto:michael.g.schneidt@navy.mil) for more information. ■

# NATO Force Protection

Written by Lt. j.g. Amy Hession, International Security Assistance Force Headquarters Public Affairs

**Now that the U.S. led mission in Afghanistan has entered its 12th year, the focus is now on transferring security to Afghans, who by 2014 will be responsible for the security of the country. While the mission is now focused on transition and different than what it was 12 years ago, Reserve Sailors continue to serve in Afghanistan — saving lives and ensuring coalition forces have the tools and training they need to complete daily operations.**

Lt. Cmdr. Bryan Murphy Jr., the executive officer for the Base Support Group (BSG) at International Security Assistance Force (ISAF) headquarters in Kabul, Afghanistan is about ten weeks into his year-long tour. His job is to ensure services such as force protection, billeting, food, medical, and morale activities are delivered to base personnel, who include top NATO commanders.

“My job is to help ensure all of these projects are completed successfully and that services are carried out for the benefit of the people who live and work at this base,” said Murphy, a selected Reservist (SELRES) on his first deployment to Afghanistan.



▲ Chief Explosive Ordnance Disposal Technician Al Durbin with a Russian Limpet Mine before it was detonated during an unexploded ordnance disposal and demolition operation. Photo Courtesy ISAF Public Affairs.

This Chicago native, who spent his time on active duty as a surface warfare officer, routinely meets with senior leaders providing input on the various projects the BSG oversees. He’s also responsible for the schedules for his unit members and all group administrative duties. He even played a role in the organization of the 9/11 commemoration at ISAF headquarters.

Responsibility on this level is familiar territory to Murphy. Back home in Chicago he’s a district manager for a pharmaceutical company where he coaches company representatives on sales and client-relationship management and reports sales results to company managers. With this background he understands the concept of being results oriented.

“I know this deployment will help me transform into a higher level of executive management in my civilian job,” Murphy said.

His mobilization experience was made easier through Naval Operational Support Center Chicago, which he said did a stellar job of seeing him through his predeployment checklists before he reported to Naval Mobilization Processing Site Gulfport, Miss. Like many Afghanistan bound Sailors he completed Navy Individual Augmentee Center Training (NIACT) at Ft. Jackson, S.C. “NIACT was great preparation for worst case scenarios,” Murphy said.

What has made this deployment more memorable is that Murphy was promoted to lieutenant commander shortly after he arrived in Afghanistan. Murphy will be getting married back in Chicago during his rest and relaxation leave early next year.

“It’s not easy putting your life on hold for a year,” Murphy said. “It’s challenging, but it’s our job here in Afghanistan and that is what we signed up for.”

As Murphy’s tour in Afghanistan is just beginning, Hospital Corpsman 2nd Class Christi Greenwood’s tour is ending.

Greenwood is returning to the U.S. this month after completing a six-month tour at Kandahar Airfield’s Role 3 hospital. The hospital is equivalent to a fully equipped trauma center in the U.S. Located in southern Afghanistan, this Navy-run facility treats both coalition, and Afghan forces injured from fighting the insurgency, as well as Afghan civilians who have been hurt by enemy violence. The staff sees many injuries caused by improvised explosive devices (IEDs), a leading cause of death for Coalition and Afghan forces.

“When patients come in, we report down to the trauma bay to type them so we can get them the blood they need,” said Greenwood, who is a SELRES from Spokane, Wash. and spent eight years on active duty. “These are people who have lost quite a bit of blood and often we must perform massive transfusions just to keep them alive.”



▲ Lt. Cmdr. Bryan Murphy, Jr. (right), the executive officer for the Base Support Group at International Security Assistance Force headquarters in Kabul, completes a walk-through with base commanding officer Col. J. Ed Guillen, Jr. Photo by U.S. Army Staff Sgt. Eric Abendroth.

Witnessing the harm inflicted by explosions and direct fire is the most difficult part of her job, she said. Civilian casualties are also common, and sometimes her patients are Afghan children, which Greenwood, a mother of two, said is especially hard.

“Seeing the injuries, you can’t really think about how someone got here, otherwise you wouldn’t be able to perform,” Greenwood said. “What keeps me going though is knowing the hospital has a 98 percent survival rate. It feels good to be involved in that.”

Greenwood’s experience with IED injuries is a threat that Chief Explosive Ordnance Disposal (EOD) Al Dublin is assisting Afghan forces in their mission to neutralize.

Dublin’s job as an IED defeat and disposal advisor is to perform needs analysis and make recommendations on the purchase of counter-IED equipment for use by the Afghan security forces. Afghan forces are poised to take full responsibility for security for the whole of Afghanistan by 2014, and post 2014 will rely on a smaller coalition force who will continue to have assist and advisory roles.

“It’s my job to review equipment needs and make sure the Afghans have what is necessary for them to counter the threat,” Dublin said. “I advise the counter-IED chief and tell him what we should purchase.”

Dublin joined the Navy in 1993 and became an EOD apprentice in 2000, and then an EOD technician in 2007. He made chief in September 2009. In his EOD tech role the Reservist has served on

multiple deployments with 5th Fleet.

Because of his Navy background and his civilian jobs — one as a government EOD training specialist at Naval Amphibious Base Coronado, Calif., the other as a fire arms and special weapons and tactics team instructor — his predeployment training wasn’t typical. Instead of NIACT he attended combat advisor school at Fort Polk, La. for nine weeks.

The most useful part of his training, he said, was the instruction on Afghan culture and politics, as well as language training for one of the country’s most commonly spoken languages, Dari. He finds his language skills essential when interacting with Afghan forces.

Dublin is committed to help Afghan forces during his year-long deployment. “Whatever I do out here, I want to feel like they are getting what they need — that’s all that matters,” Dublin said.

While he’s not far into his deployment he’s already had some memorable moments. During a training evolution where Dublin was performing demolition and unexploded ordnance disposal operations, an Australian colleague showed up with a disabled limpet mine — an underwater anti-ship mine. The Australian used it as a footrest and brought it along on the exercise for demonstration purposes.

“It’s absolutely the last thing I expected to see here in Afghanistan,” he said. ■



▲ Active component Dog Handler Master-at-Arms 2nd Class Michael Holland and Reserve Master-at-Arms 3rd Class Sandra Stipinas of the Commemoration of the War of 1812 Navy Security Forces walk Discovery Pier as a part of force protection security. U.S. Navy Photo by Mass Communication Specialist 1st Class Katherine Hofman.

# THIN BLUE LINE

## Security Forces Head to Last Duty Station, Buffalo

Written by Mass Communication Specialist 1st Class Katherine Hofman

**The Reserve Sailors of Commemoration of the War of 1812 Navy Security Force (COMWAR 1812 NR NSF) underway with the USS De Wert (FFG 45) bring to a close their role as commemoration force protectors as they departed Detroit and arrived in Buffalo, N.Y. This was the final leg of the Navy's Great Lakes region Commemoration of the War of 1812 celebration.**

Beginning in New Orleans in April they worked with the Maritime Expeditionary Security Squadron 14 through July. After a three-week break they regrouped in Milwaukee in August to travel the Great Lakes region and complete their mission in Buffalo six weeks later. The group has stood tall as Reserve security forces for the De Wert and as a standalone security team for the Commemoration of the War of 1812 week-long events.

Heading into Buffalo the team had many accomplishments under its belt in Great Lakes' cities. COMWAR 1812 NR NSF set up and enforced force protective measures in five cities and manned 10 entry control points. They watched over more than

100 thousand ship visitors, interacted with countless local law enforcement agents including police, sheriff, customs, border patrol, fire and emergency medical personnel. At each city the team established security zones, set-up duty watch and manning schedules which took into account local Reserve resources, unique features of the city, accommodations and transportation.

Given the scale of the mission and the personnel involved the benefit to the Navy was great; training opportunities, using available resources and saving money. The Navy looked to the Reservists attached to COMWAR 1812 NR NSF as a unique group of deployment ready Sailors.

"Each member comes with a set of specific skills and years of experience as police officers, SWAT officers, and from other law enforcement agencies and they have dealt with different types of issues before. We couldn't do an event like this without the help of the NSF," Force Protection Officer for Carrier Strike Group 2 Cmdr. Thomas Hacker said.

Because of their civilian law-enforcement experience — and in many cases members from the team were from the commemoration city — they easily integrated with the local law enforcement and safety support systems. The exposure also benefited Sailors who are not directly connected to a civilian law enforcement career field.

Master-at-Arms 3rd Class Shannon Sullivan, supporting the force protection team in four of the six Great Lake cities, joined the Navy Reserve to get law enforcement training. Sullivan was looking to transfer his Navy experience to a civilian career as a police officer.

“The info and the training I gained working with Homeland Security, the FBI, and the Naval Criminal Investigative Service was priceless,” Sullivan said. “I have met many great people and had the chance to network with other masters-at-arms. I learned from their experiences and training and found people who I can reach out to for help in the career field.”

Getting experience managing the protection team was COMWAR 1812 NR NSF leading petty officer (LPO), Master-at-Arms 1st Class Steven Anderson.

“The big challenge was to go from a being an LPO for 12 people and then being the LPO for 60 people. To manage people and personalities is always challenging but I had good leadership to help guide and mentor me,” Anderson said. “They gave me personal examples and I followed them. The outcome came out much better than I expected.”

Although force protection measures required many long days and nights team members were still able to take in the sights of the different destinations.

“Seeing all of the cities I have never been to before, especially going to New York after not having been back in 25 years, was a great experience I never would have had if not for the Navy Reserve,” Anderson said. “Being in Boston and having the famous clam chowder; going to my first pro football game in Cleveland; being in Toledo and going to Tony Packo’s restaurant



▲ Master-at-Arms 2nd Class Jeffery Grimes of Commemoration of the War of 1812 Navy Reserve Navy Security Forces surveys the crowd as a part of force protection measures during general ship tours to the USS De Wert (FFG 45) at Maritime Plaza pier in the Port of Toledo. U.S. Navy Photo by Mass Communication Specialist 1st Class Katherine Hofman.



▲ Master-at-Arms 3rd Class Ronald Cuenca of Commemoration of the War of 1812 Navy Reserve Navy Security Forces checks visitors’ identification as a part of pier force protection measures prior to touring the USS De Wert (FFG 45). U.S. Navy Photo by Mass Communication Specialist 1st Class Katherine Hofman.

made famous in the TV series “M.A.S.H.” But most of all I liked being back on a ship for the first time in years,” he said.

One aspect the Navy had hoped the Great Lakes commemorations would bring was visibility of the Navy and the benefit to the local communities it serves.

DoD police officer and Master-at-Arms 2nd Class Petty Officer Ralph Cook enjoyed the opportunity to tell the Navy story.

“I loved the days. I liked the community relations, meeting people and telling them what we were here for and about the War of 1812. Telling people about what we do as a military unit and tell them what I do as a master-at-arms,” said Cooke.

It hasn’t been easy for the team, many of whom have been on the road since April. Changing cities, changing schedules, and adapting to the challenges of being an expeditionary force has left many Sailors longing for home with the bitter sweetness of missing their new brothers-in-arms.

“The challenge was leaving my family, but I did it to get the experience. I enjoyed it, I’d do it again if I could,” said Cook.

The commemoration is scheduled to continue over the next three years in 14 cities, culminating in New Orleans in January 2015, the bicentennial of the Battle of New Orleans. ■



*Navy Reservist Lt. j.g. Jeff Strong is mobilized to Forward Operating Base Airborne, in the Wardak Province of Afghanistan. He is a Human Resources officer with 25 years in the Navy, more than 20 of which were spent as a gunner's mate. Assigned as a combat advisor for the 3rd Kandak (Battalion), 1st Brigade, Afghan National Civil Order police, a highly specialized police force*

*with advanced combat training and firepower, Strong also holds the positions of administrative and intelligence officer within Security Transition Team 6 (STT6). Strong serves on a small team composed primarily of U.S Army military police.*

**Am I making an impact? Does my being here make a difference? Wondering about personal impact is a frequent occurrence for military members.**

In some cases, decisions must be made based upon the answer to these questions. For example, a good friend of mine, Lt. Mike Major, had to ask himself what impact he was having when he was contacted about his wife who was about to give birth to a son three months before her due date. Taking his emergency leave, he quickly returned home to support his wife and his new son. While home he had the choice of staying at home to be with his son, who was in the Neonatal Intensive Care unit or returning to his Security Transition Team in Gahzni Province, Afghanistan.

# SAILOR STRONG

## CHAPTER 8: IMPACTS

His new son, Gregory, was nowhere near being out of the woods medically and would be in the intensive care unit for months to come. His wife would have her hands full with Gregory and their other son Timmy and could obviously use his help; but the ultimate decision lay on his shoulders. Major, a fellow human resources officer, was serving in a similar position to mine and his unit was seeing the same type of combat we were. I am sure that the core of what he was thinking was, "Am I having a large enough impact to justify leaving my family again while Gregory is still in the NICU?"

Most of the 95 other people I went through combat advisor training at Fort Polk with were serving in Army units of one type or another. These units had a completely different culture than we were used to in our Navy commands. Yes, we were each given a job to do, but several of them had little to do with our Navy designator. Part of serving in a joint arena like this was the need to understand that the other services didn't always know or care what our background was. The focus had to remain on the mission at hand and what each person can do to help accomplish that mission.

Although we stayed focused on the mission while working, thoughts of the impact we had truly came to the forefront when it's realized this duty is coming to an end and home is around the corner. Facing that situation is both good and bad. It's good because reuniting with loved ones will soon happen, yet there is a sense of loss at leaving.





This is my first deployment where I am leaving without my entire team. I truly think that makes it harder to leave. I hear of people who get injured and fight to get back to their units that were still in-country. After developing a sense of family within a unit, the thought of leaving anyone behind to fight is hard to accept. You want to be there to help them, defend them and watch their back. Eventually you just have to accept that they have other people who will be there for them and that you can't.

My team's mission was to improve the operational capability

of the Afghan National Civil Order Police unit we were assigned to. I was assigned as an advisor to the administrative and intelligence officers. Gauging the impact I have based only on my primary mission is difficult at best. It is amazing to see how the impact we have reaches far beyond the primary mission.



I was probably impacted the most by Lt. Cmdr. Scott "Snowflake" Palumbo, my team leader and friend. He continually proved himself to have knowledge and wisdom well beyond his years, not only by leading our unit during combat under fire, but also in leading the advising effort with the Afghans we interacted with. I watched as he mentored various Army officers. Sometimes the impact of mentoring didn't come until something didn't go according to plan, but hopefully they learned along the way.

Remember my friend Lt. Mike Major? Mike and I had become good friends during our training at Fort Polk, even though we were significantly different in age. I had been in the Navy almost as long as he has been alive. He thanked me at one point for having had an impact on him during his deployment. He did make the decision to return to his unit, even though his son was still in the NICU. I am sure it was a difficult decision as he had only been with him on emergency leave slightly over a week. By making the decision to return, he had a significant impact on himself, but also on all the people who knew him; on his peers, on those he leads, and on me. I am looking forward to the day when I can sit down with the children of my friends and tell them about the impact their dads had on me, my career and my life.

Every day we are given a chance to have an impact on other lives. Stop and think about what impact you are having. Is it positive or negative? Are you giving your best?

Until I get a chance to write again: stay positive, watch out for your shipmate, and beyond all stay safe. ■

*Read to be ready!*

# NAVY READING

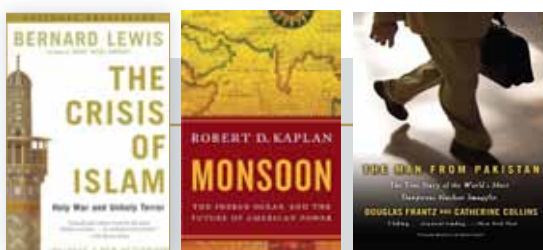
The books and additional publications of interest in the Navy Professional Reading Program were selected by the Program’s advisory group based on criteria for the program. The selection of these books and publications should not be construed as an explicit or implicit endorsement by the U.S. Navy for these particular

books and publications, or the authors’ or publishers’ views or interpretations. Authors and publishers may submit other books for consideration for inclusion on future program lists to Accelerate Your Mind, Naval War College, 686 Cushing Road, Newport, RI 02841-1207.



## Warfighting First Essential

1812, The Navy’s War  
 Seal of Honor: Operation Red Wings and the Life of LT Michael Murphy  
 Shield and Sword: The United States Navy and the Persian Gulf War  
 Cyber War: The Next Threat to National Security and What to do About It  
 The Gamble: General David Petraeus and the American Military Adventure in Iraq  
 Wake off the Wahoo : The Heroic Story of America’s Most Daring WW II Submarine, USS Wahoo



## Operate Forward Essential

The Crisis of Islam: Holy War and Unholy Terror  
 Monsoon : The Indian Ocean and the Future of American Power  
 Neptune’s Inferno: The U.S. Navy at Guadalcanal  
 Red Star over the Pacific : China’s Rise and the Challenge to U.S. Maritime Strategy  
 “Execute Against Japan ”: The U.S. Decision to Conduct Unrestricted Submarine Warfare  
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## Be Ready Essential

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 Navigating the Seven Seas  
 Wired for War: The Robotics Revolution and Conflict in the 21st Century  
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Read to be ready!

# NAVY READING



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 The Seventh Angel  
 To the Shores of Tripoli: The Birth of the U.S. Navy and Marines  
 Tried by War: Abraham Lincoln as Commander in Chief  
 The Art of the Long View: Planning for the Future in an Uncertain World  
 Shackleton's Way: Leadership Lessons from the Great Antarctic Explorer



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 With the Old Breed: At Peleliu and Okinawa  
 On the Origins of War: And the Preservation of Peace  
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 The Last Stand of the Tin Can Sailors: The Extraordinary World War II Story of the U.S. Navy's Finest Aircraft Carriers at War: A Personal Retrospective of Korea, Vietnam, and the Soviet Confrontation Hour

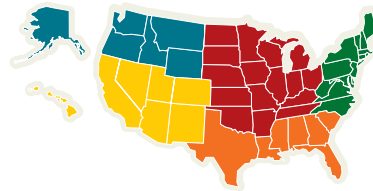


## Be Ready Recommended

1776  
 Integrity  
 Two Souls Indivisible  
 Leadership: The Warrior's Art  
 Master and Commander  
 The Innovator's Dilemma: The Revolutionary Book That Will Change the Way You Do Business  
 The Tipping Point: How Little Things Can Make a Big Difference  
 Longitude: The True Story of a Lone Genius Who Solved the Greatest Scientific Problem of His Time

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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.



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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-51 (808) 257-3289	VFA-106 (757) 433-9081
VR-53 (240) 857-9029	VFA-122 (559-998-3482
VR-54 (504) 678-3061	Operational Support Offices and Reserve Force Operations Allied Command Transformation (NATO) (757) 747-4071
VR-55 (805) 989-8755	Expeditionary Strike Group Seven 011-81-98-954-1605
VR-56 (757) 433-4065	Bureau of Medicine and Surgery (202) 762-3211
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HSC-84 (757) 445-0861	

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(757) 322-5679

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(814) 472-5083

Eleanor, W. Va.  
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US Naval Forces Europe  
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US Pacific Fleet  
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US Southern Command  
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US Strategic Command  
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US Third Fleet  
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Reserve Intelligence Command  
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Fort Worth, Texas  
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Navy Intelligence Reserve  
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Orleans  
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Region Southeast - Ft. Worth  
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Navy Intelligence Reserve  
Region Southeast -  
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Region Midwest Det Detroit  
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Navy Expeditionary Combat  
Command  
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Explosive Ordnance Disposal  
Group One  
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Explosive Ordnance Disposal  
Group Two  
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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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For more information contact  
your command voting rep.

A large, stylized graphic of an upward-pointing arrow. The arrow is composed of a dense, textured pattern of small dots in red, white, and blue, creating a 3D effect. It points towards the top right of the frame against a light blue background.

**BE SMART**  
**DO YOUR PART**  
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