



July 2004 - Summer

Northeast Reservist Awarded Purple Heart

By JO2 Leif R. HerrGesell, Commander,
Naval Reserve Force Public Affairs
ROCHESTER, N.Y. (NNS) —
Navy Hospital Corpsman 3rd Class
Lucas Kruse was awarded the
Purple Heart June 19 for wounds
received in support of Operation
Iraqi Freedom.

Kruse, a native of Minnesota,
now resides in Rochester where he
received the award during a change
of command ceremony at Naval
and Marine Corps Reserve Center
Rochester.

Lucas makes light of the
wounds which he got while clearing
a house of enemy operatives while
serving with the Second Battalion,
23rd Marines. "All of a sudden,
there was a blast, the ground shook,
dust everywhere, and I found
myself lying on the ground with
ears ringing. I felt a throbbing pain
in my knee and what seemed to be
bee stings in my calf, right hip, and
right shoulder."

Kruse's wounds were not life
threatening. "It put a lot of things
in perspective for me," said Kruse.
"I've always been proud of what I
was a part of and will never forget
the men I was with for those six
months," concluded Kruse.

The U.S. Marine Corps does
not have its own medics. Marine
medical support has always been
drawn from the Navy's ranks.



HM3 Luca Kruse, a Naval Reservist from Rochester, N.Y., displays his Purple Heart that he was awarded for injuries suffered in Iraq during Operation Iraqi Freedom (OIF). Kruse was injured when his unit was clearing an area of enemy occupation. He was awarded the medal by Commander, Naval Reserve Readiness Command, Northeast, Capt. Theodore Fessel Jr. at the Navy and Marine Corps Reserve Center Rochester, N.Y. (U.S. Navy photo by JO2 Mark Richardson)

Inside...Earning your Wings -- Reservists sail Maine Rapids -- Medical Reservist Help out at WWII Memorial

Deputy Fleets Up to Become Readiness Commander

By JO1(SW/AW) Steven Bansbach, REDCOM NE Public Affairs
NEWPORT, R.I. (NNS) —Capt. Theodore Fessel, Jr. relieved RADM Frank F. Rennie, IV as Commander Naval Reserve Readiness Command, Northeast in a ceremony held in Spruance Hall at the Naval War College, Newport, RI, on July 10th.

RADM Rennie is leaving to become the Deputy for Commander Sixth Fleet while Capt Fessel is fleeting up from the Deputy's role to the Commander of more than 6,000 drilling Reservists and 19 Reserve Centers.

Rennie thanked Reservists

throughout the region for their hard work and dedication as well as their professionalism. "As we enter the next phase of the Global War on Terrorism, our nation can depend on the Navy Reservists from the Northeast to meet every mission commitment we are called upon to fulfill," said Rennie. "I am proud to have served with each of you and proud that we are shipmates. I look forward to serving with you again."

Capt. Fessel, from Guilford, Connecticut, has been in the Navy for almost 24 years and isn't necessarily the "new kid on the block."

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Captain Theodore Fessel Jr. addresses Spruance Hall auditorium where Naval Reserve Readiness Commands had gathered to witness his Change of Command. Captain Fessel relieved Admiral Frank F. Rennie IV as Commander of Naval Reserve Readiness Command, Northeast on July 10th. (Photo by IT1 Pamela Hammond)

Commander's Corner



Captain Theodore Fessel Jr.

This is my first column as REDCOM Commander, and although my title is new, I'm sure you know that I'm not, having served as Deputy here for over a year. I am extremely happy to be your new commander and even more pleased that I am commanding the best REDCOM in the nation – bar none!

As your new commander, I assure you that we aren't planning any sharp or sudden rudder orders that will result in heavy rolls – for the most part, we will continue down the course that Admiral Rennie and Admiral Cotton laid out for us over the past year – which is already marked by sweeping changes in how we do business. When I was your Deputy Commander, I was pleased that Admiral Rennie's priorities closely mirrored my own, so most of the changes

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Former Russian Soldier Enlists to Finish his Tour

By JO1(SW/AW) Steven Bansbach,
REDCOMNE Public Affairs

NEWPORT, R.I. (NNS) — We have all had the experience of not being liked before, but not being liked by your own country is very unusual. This phenomenon happened to a Naval Reservist more than 15 years ago on a different continent, during a different era.

Konstantins Pupurs was the son of a Soviet Naval Officer, now deceased. From an early age, he attempted to study in his father's footsteps. However, after being discharged from the military, his beliefs and his involvement in pro-democratic human rights organizations caused him to be expelled from his country in early 1988.

In 1981, when Pupurs was 17, he joined the military academy to become an officer, studying how to operate and fire long-range nuclear ballistic missiles. "When I think back to this time I am terrified," Pupurs explains. "This is because we were being trained to potentially fire missiles that were pointed at the United States and other NATO countries." But his thoughts about Communism and the problems with its beliefs were already evident in what he had experienced as a small boy learning the history of his own family. "Some members of my family from both my mothers and fathers side were repressed and disappeared in the "Stalin Gulags" (labor camps) for simply belonging in the past to the "wrong" class or "wrong" nationality."

Pupurs hoped that by joining



Pupurs father was a Soviet Naval officer who would later learn that his son would be expelled from the Soviet Union. Pupurs was expelled from the Soviet Union in 1988 displaying the Latvian flag. In 1990, Pupurs obtained political asylum from the United States.

the military academy he could change the thought process of others and help them see the wrongs of the Communist system, but that didn't happen. "I was very disappointed by what they taught us. It crushed my hopes and thoughts for change," Pupurs said. With no hope for change, Pupurs requested to leave the academy and finish his required service in the regular Soviet Army. "I think they

put me in the worst unit," Pupurs noted. "Nightly soldiers would harass and abuse other soldiers that were new to the service. I would pass by soldiers that were getting ready to enter their barracks, and new soldiers to the unit would be literally shaking afraid of what was going to happen when the lights went out. Fear, you just can't explain it. It was almost a rite of

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Bangor Maine Reservists Paddle to Finish

By Electronics Technician 2nd Class Dale Brownie, Naval Reserve Center Bangor Public Affairs

BANGOR, MAINE (NNS) — Personnel from Naval Reserve Center (NRC) Bangor, Maine, competed in Maine's largest and longest canoe/kayak event, the 38th Annual Kenduskeag Stream Canoe Race, which took place April 17. Lt. Cmdr. Joey Dodgen, commanding officer of NRC Bangor, and Chief Operations Specialist Erik Dow managed to complete the race in three hours, 34 minutes and 36 seconds, placing 272 out of 570 canoes/kayaks that entered.

When Dodgen and Dow started this 16-and-a-half mile race at 9:14 a.m. it was 51 degrees with

a water temperature of 42 degrees. "The objective of this race is three fold," Dodgen explained. "Don't tip the boat over, get as little of the 42 degree water in the craft as possible and most importantly look cool for the hundreds of onlookers."

Dodgen and Dow had some time to train for this race. "In two weeks prior to the race we paddled the last six miles of the course," Dodgen said. "We also scouted a section of the race called Six Mile Falls the day before the race to identify key landmarks along the course of where you need to make key decisions."

In the days before the race it rained a lot, making the river rise

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Lt. Cmdr. Joey Dodgen and Chief Operations Specialist Erik Dow of Naval Reserve Center, Bangor Maine steer through rapids during the annual Kenduskeag Stream Canoe Race. Out of the 570 canoes and kayaks that entered the race, Dodgen and Dow finished 272nd in three hours, thirty-four minutes and thirty-six seconds. (Photo by JO2 Mark Richardson)

CMC's Corner



CMDMC(AW/NAC) Pat Flavin

Northeast Region the summer is finally here and it's been a long winter and it's been my first real winter in some 20 years, after being stationed in southern California, so I am especially enjoying the summer in Newport. It is great this time of year and there are a lot of water and outdoor activities to do, I personally enjoying boating and fishing, camping and the likes, but if there are many of you out there like myself you need to ensure while you are enjoying the summers events you are doing them safely. After that long winter we just had, most of us just want to have some fun but please do it safely. Don't put yourself in a compromising position; don't mix alcohol and motor vehicles i.e. boats, cars, trucks, motorcycles. If we lose a Sailor to an accident we may as well of lost

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Reservists Ask the Question: How Healthy Am I?

By Journalist 1st Class (SW/AW) Steven Bansbach, Naval Reserve Readiness Command Northeast Public Affairs
NEWPORT, R.I. (NNS) — In an effort to promote healthy lifestyles, Health Promotions at Naval Station, Newport did a cholesterol panel and a fasting blood sugar draw June 3 at Naval Reserve Readiness Command (REDCOM) Northeast to draw awareness of obesity and diabetes in America.

Health Promotions, who hosted this blood draw, has given previous training, such as diabetes awareness, blood pressure checks and healthy eating for a healthy lifestyle, to advise Sailors on ways to improve their lifestyles. By 2008, obesity will surpass tobacco use as the number one cause of death in adults, alerting Health Promotions to a growing trend. “This tendency has risen in the past 20 years,” Kristin Wilkes, Health Promotions dietician, said. “Right now, if you know your family history, avoid a sedentary lifestyle, avoid poor eating habits, eliminate tobacco, drink in moderation and exercise you can help prevent type two diabetes.”

Yeoman 1st Class Okema Starkes said he was relieved when he saw how low his cholesterol was. “I eat a fair amount of junk food so I wanted to get checked to make sure I wasn’t in any danger.” Starkes continued by saying that he planned on trying to eat better.

Wilkes also mentioned that kids would follow in the footsteps of their parents. “People need to



HM3 Chris Kroener draws blood from PN2 Carlos Coello-reyes for a fasting blood sugar and cholesterol check. Naval Reserve Readiness Command personnel participated in this Health Promotions visit in an effort to lead a healthier lifestyle. (Photo by JO1(SW/AW) Steve Bansbach)

take personal responsibility for their health. They [can choose] what they eat and [monitor] their exercise habits.”

Most REDCOM personnel participate in physical training three times a week to help promote exercise. “The staff at REDCOM did better than most commands I visit. Also, everyone was asking questions and was very interested in the training,” Wilkes remarked.

This is the third year in a row that Health Promotions has offered a cholesterol check and will do one on one counseling to answer any Sailor’s questions regarding their results. “I think this is very beneficial,” Personnelman 1st Class Karen DiCenso said. “I want to make sure

that I am living a healthy lifestyle so I can see my daughter grow up.”

“Everyone should take advantage of this check,” Hospital Corpsman Seaman Tommy Sanger remarked. “Everyone should know where they stand when it comes to their health.”

Wilkes also made mention of the facilities on base as well as support groups to help people. “People need to make their health as well as their kid’s health a priority. You are the one for making behavioral changes.”

Pilot Program Offers Reservists Their Wings

By JO2 (SW) Edward Bergstrom, Navy Information Bureau Det. 113

CHICAGO (NNS) — The Reserve Operational Manning Inactive Duty Training/Travel (IDTT) beta cross-assignment test program is making it possible for Navy Reservists to earn their Enlisted Aviation Warfare Specialist (EAWS) qualifications while supporting the fleet aviation community.

The program supports the fleet and combatant commanders with fully combat ready air crews and aircraft throughout the full range of operations, from fleet support to full mobilization in time of war. This program also helps in manning critical enlisted and officer billets in aviation squadrons from Reserve units across the country. This allows active units to maximize manning, stabilize assignments and improve unit readiness. The primary goal is to reduce squadron enlisted manning gaps. Currently, active Navy air squadrons are 71 percent manned. There are 5,851 enlisted billets available with only 4,437 filled. Naval Reserve Unit Carrier Group Northeast (CVNE) 1169, located at Navy Reserve Center (NRC) Chicago, has participated in this program since Jan. 2003.

This program is of particular interest to the naval aviation reserve community in the Midwest, according to Aviation Structural Mechanic 1st Class (AW) David Salinas, CVNE 1169 beta test program coordinator. "We have many quality aviation Reservists here in the Midwest," Salinas said.

"Since the closing of NAS [Naval Air Station] Glenview, Ill., in the mid-1990s, we no longer have an actual aircraft to work on for practical experience and in-rate training. Most of the active naval air stations are located on either coast, which makes it difficult for our Reserve Sailors to actively participate in any meaningful rate-related training. With this program, our Sailors have this opportunity again."



Cmdr. Frank Shaffer, a Naval Reservist from Lake Zurich, Ill., and commanding officer of CVNE 1169 at NRC Chicago, is seeing a tremendous benefit of this program in many ways. "The fleet loves it. The Reserve Sailors love it. We are providing valuable assistance and becoming fully integrated to the fleet to meet their needs," Shaffer said. "This program is providing great opportunities for Reserve aviation Sailors, which include hands-on aircraft experience, ability to deploy in time of need, increased rating knowledge for advancement, unit growth and command readiness."

Aviation Electronics Technician 3rd Class Jose Lopez, of Addison, Ill., and Storekeeper 3rd Class Kristy Eron, of Mequon, Wis., were able to achieve their EAWS wings in six weeks and six

months, respectively, while participating in the beta program. While participating in the beta program, Eron achieved many aviation related qualifications, including plane captain and fire fighting, which are not attainable at NRC Chicago. "This experience opened up a whole new avenue of exposure to the active fleet Navy for me," Eron said. "It's been a wonderfully exciting and challenging experience for me."

Lopez participated in the beta program from Aug. 2003 through Feb. 2004 while assigned to Carrier Airborne Early Warning Squadron (VAW) 78 in Norfolk. Lopez provided technical support for the repair and maintenance of the E-2C Hawkeye's avionics systems, as well as prepared all VAW-78 aircraft for carrier qualifications while on USS John F. Kennedy (CVN 67). "This has been a great opportunity for hands-on training, and personal and professional development for advancement," said Lopez.

There are approximately 15 naval air stations where Reservists can potentially drill in support of IDTT. To participate, Reservists must establish contact with a squadron for interview; sign a Page 13 agreeing to a two-year cross-assignment at the gaining command; perform a minimum of four IDTT sets of orders and an annual training at the gaining command; and maintain a satisfactory drill performance.

Largest Reserve Center Changes Hands

By JOSN Ron Kuzlik, USNR NR
NAVINFO East 102

BRONX, N.Y. – Cmdr. Dorothy Jo Reed relieved Cmdr. Michael Merwin as commanding officer, Naval Reserve Center Bronx, N.Y., in a change-of-command ceremony June 5. “Commander Merwin has been a shining star here in the Northeast,” said guest speaker Rear Adm. Frank Rennie, IV, Commander, Naval Reserve Readiness Command Northeast. Rennie praised Merwin’s accomplishments and leadership, “He put together a leadership team at NRC Bronx that allows reservists to fulfill their mission. It has been and continues to perform superbly.”

During the ceremony, Merwin was presented with the Meritorious Service Medal (Gold Star in lieu of Second Award) for outstanding meritorious achievement as Commanding Officer of NRC Bronx from June 2003 to June 2004. He was cited for ensuring that the nearly one thousand drilling reservists at NRC Bronx were at the highest state of preparedness for operational support and real-world contingencies. In bidding farewell to his full-time support staff and drilling reservists, Merwin offered his thanks, saying, “You can all be proud of the vital role that you played thru your efforts and unselfish devotion to duty. Your accomplishments epitomize what all of you have achieved as a team.”

Incoming commanding officer, Cmdr. Dorothy Reed recognized the



RADM Frank F. Rennie, (left) Commander Naval Reserve Readiness Command Northeast, was the guest speaker at the change of command ceremony held on June 5 at NRC Bronx. Cmdr. Michael Merwin (right) was relieved as CO of NRC Bronx by Cmdr. Dorothy Jo Reed (center). RADM Rennie praised Cmdr. Merwin for his many years of leadership and service not just to NRC Bronx but to the entire Northeast REDCOM.

goals achieved during per predecessor’s tour of command, “He led the center with great professionalism and concern as well as developing great morale. “I look forward to a growing and mutually productive experience working together with our units, our members and our community as well work to provide support to the fleet.”

Prior to assuming command of NRC Bronx, Cmdr. Reed was attached to Naval Personnel Command in Millington, Tenn., where she was Detailer for Full Time Support (FTS) Fleet Support Officers, Officer Recruiters and Place-

ment Officer for FTS Billets. After the ceremony, Supply Department Head Chief Storekeeper (SW) Timothy McShan commented, “Cmdr. Merwin promoted good welfare among the troops. He delegated much authority to the chief petty officers. He took care of us, and in turn, we took care of him.”

Seaman Daniel McDonald is a Non-Prior Service Sailor who recently joined the Naval Reserve. “This is a important opportunity for us to see overall responsibility and authority being handed over from one commander to another in a

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Providence Reservists Welcome Home Troops

JO1 Scot Long, Naval Reserve Readiness Command Northeast Public Affairs
PROVIDENCE, R.I. Several Rhode Island National Guard units recently returning from duty in Iraq and the global war on terrorism were given a special tribute in a street parade on June 6th. About 30 Navy full-time support staff assigned to NMCRC Providence were part of the welcoming committee in the ceremony designed to honor all of Rhode Islands military forces.

Led by Chief Yeoman (SW) Paul Nedwick and Yeoman 2nd Class (SW) Joshua Byrnes as the flag bearer, the Navy was well represented among the full complement of military branches participating. During the ceremony, U.S. Senator Jack Reed from Rhode Island, a member of the Senate Armed Services Committee, was on hand to acknowledge the contributions of the many troops from Rhode Island who served in Iraq and Afghanistan. In addition, a



The Navy was represented in the Rhode Island Salutes Her Troops parade by Naval and Marine Corps Reserve Center lead by YNC(SW) Paul Nedwick. The parade was in honor of troops that had recently returned from Iraq.

prayer was offered for those who were killed in action and for those still on deployments. "It was an incredible experience because you don't always get the opportunity to see Army and Air Guard soldiers get the recognition they deserve," Nedwick said. "It was both an honor and a humbling experience."

Rhode Island governor Donald

Carcieri and Providence Mayor David Cicilline were also in attendance extending a hearty appreciation to all of the state's soldiers and Sailors. The 88th Army Band played "A Hero for Today" and "Where Stars and Stripes and the Eagle Flies," while a nine-person all-service color guard took charge of the salute.



BMC(SW) Kevin Threkel poses with driver Vince Arade outside of Reserve Center Buffalo. This car is not officially sponsored by the Navy but is registered as an International Hot Rod Association (IHRA) funny car.

On Watch

News for Naval Reservists
in the Northeast

CAPT Ted F. Fessel Jr., USNR
Commander, REDCOM
Northeast

CDR Randy Britton, USNR
PAO, REDCOM Northeast

JO1(SW/AW) Steve Bansbach,
Deputy PAO REDCOM
Editor, ON WATCH

Hospital Receives ESGR Award

by Navy and Marine Corps Reserve Center Plainville

The Charlotte Hungerford Hospital's (CHH) Vice President of Human Resources Jim Elliott received the "My Boss is a Patriot" award from Commander Andrew DiPuccio of the Navy and Marine Corp Reserve Center in Plainville, Connecticut on Wednesday, May 26 at 9:00 A.M. in Torrington, CT.

HM3 Kristen Buckbee (NMC Portsmouth Det B), CHH Emergency Services Technician, nominated Elliott for the award to recognize the support and compassion shown to her as a CHH employee and Naval Reservist. HM3 Buckbee has been in the Naval Reserve for three years as a hospital corpsman. She stated, "Being a reservist is a balancing act. I want to give both Navy and the Hospital 110 percent, but its like living two

lives. Mr. Elliott opened doors for me and made sure I got what I needed. He went above and beyond the call of duty."

HM3 Buckbee has been with CHH for 16 years – the last four as an Emergency Services Technician and for 12 years prior to that, as a Lab Technician. She is pursuing a Nursing Degree and has found CHH to be supportive of her scheduling and time commitments.

The Charlotte Hungerford Hospital is a 109-bed, general acute care non-profit organization located in Torrington, CT, serving 13 towns and 96 thousand persons. It provides inpatient and outpatient services including general medicine and surgery, oncology, pediatrics, obstetrics, and behavioral health. Affiliations include Connecticut Children's Medical Center and Hartford Hospital.

Commander's Corner (continued from page 2)
you will see in the plan should be relatively minor and seamless.

If there's one thing that has become more abundantly clear to me as I step up to the helm it is that the job of our Reservists is supporting the Fleet. Both previous commanders, RADM Rennie, and RADM Nolan, have taken on significant responsibilities in support of the fleet, and this is both important and reflective of the fact that the Navy Reserve's contributions to the Fleet extend from the most junior seaman to the top of the chain of command.

At anytime we could be looked at to assume responsibilities anywhere in the world and we should welcome that challenge. We have been there before, and that ability should and will not change. We need to learn from our past and build upon the future to be there. Our future and current readiness depends on you.

Our vision is to be ready and fully integrated with the focus on operational support and the mission. Everyone should take pride in being professionals, and keep up the success that we are building upon. Every day Reservists meet new obstacles and to overcome them requires that you give 100 percent. As I look forward into the future, I see REDCOM Northeast continuing its sustained superior performance and meeting the needs of our Navy. Let's keep our ship steaming full speed ahead! I am very much looking forward to the challenges this year is sure to bring! Thank you for your attention.



Commander Andrew DiPuccio of the Navy and Marine Corp Reserve Center Plainville presents Vice President of Human Resources Jim Elliott the "My Boss is a Patriot" award. HM3 Kristen Buckbee nominated The Charlotte Hungerford Hospital's Vice President to recognize the support and compassion shown to her as a CHH employee and Naval Reservist.

RCNE Personnel Give Back to the Community

By JO1 (SW/AW) Steven Bansbach,
Naval Reserve Readiness Command
Northeast Public Affairs

NEWPORT, R.I. (NNS) — More than 20 personnel at Naval Reserve Readiness Command (REDCOM) Northeast have given back to the community and promoted a positive naval presence, by volunteering their time to various organizations throughout the community.

These Sailors have passed on their knowledge and skills, and devoted a lot of their time to help young children be a better person. By helping out in the community, both the service member and the organization benefit in many ways, but the biggest benefit is pride. “I volunteer a lot, mostly to the younger kids,” Yeoman 2nd Class Shawn Simmons said, “and I sacri-

fy some things, but it’s very rewarding to see what the kids get out of it. I think everyone should volunteer at least once.”

When Simmons was younger, he benefited from volunteers in his community, and he feels that he should give back. “I volunteer for Pop Warner, the Adopt-A-School program, and as a soccer coach and it does take a lot of time,” he said. “I know the impact that volunteering had on me, so I want to do the same.”

Personnel from REDCOM Northeast volunteer year round, helping where they can. Personnelman 2nd Class Carlos Coello-Reyes volunteers to help judge science fair competitions as a

representative for the Office of Naval Research. This was his second year, and they have asked him to judge competitions until 2007. “I believe to be a good volunteer, you have to really get involved,” Coello-Reyes said. “These young kids are so smart, and at these science fairs I want to increase their interest.”

Personnel from REDCOM Northeast will continue to help out not only for the kid’s benefits, but also for their own. “I believe that I’m making a difference by tutoring the kids,” Information Systems Technician 1st Class Pamela Hammond commented. “You get a sense of well-being by helping out in the community.”

Reserve Medical Personnel Assist in WWII Dedication

by Navy and Marine Corps Reserve
Center, Amityville PAO

On a pleasant and sun soaked day, approximately 160,000 people gathered on the Washington Mall to pay tribute to the “Greatest Generation”. About 60,000 World War II veterans with their loved ones attended the ceremonies presided over by President George Bush. Seven members of NR 4th MARDIV 2/25th Marines, from the Naval and Marine Corps Reserve Center, Amityville, NY, were among those that provided medical support to the World War II Memorial Dedication Ceremony on Saturday May 29, 2004.

CAPT Herbert B. Tanowitz

commanded one of Nine Medical Tents as the Chief Medical Officer. Those under his command included members from his unit, the only Navy Reserve Medical Unit to support this event, active duty medical counterparts from the Air Force and the Army, as well as several members from Public Health Services.

“Tent 5” had over 100 patient contacts that required medical workups, including 6 emergent patient transports to area hospitals. The roving patrols of 4 teams of Corpsmen and Medics ensured quick responses and early detection as Heat Exhaustion and Dehydration were the primary concerns. As

is the case with an elderly population, those two conditions can indicate more serious medical conditions. Prevention and teamwork were the key that allowed us to operate effectively and in a true sense of “Jointness.”

An emotional day concluded 60 years of buildup to honor those who secured freedom for the world. The other unit members that participated were LT Adam Schwinn, Executive Officer, HM2 John Heeg, HM2 Nicholas Seals, HM3 Philip Travers, HM3 Jennifer Stout, and HM3 John Scere.

Change of Command *(continued from page 2)*
Fessel took over the role as the Deputy Commander in the spring of 2003, and in his remarks after taking command said that he is excited about the possibilities that await him in the future as the Readiness Commander. "I can be very confident that I have first hand knowledge of the challenges and responsibilities that exist here in the six New England states, New York and New Jersey. I also know we have a great team here and that I have inherited only the very best. I look forward to the coming year and the challenges of supporting our Navy and meeting the requirements as we continue to fight against terrorists and all that wish us harm!"

Fessel also took a moment to honor the WWII veterans in recognition of the memorial that was recently commemorated. "This generation assured the success of WWII. Anyone who is from that generation, whether you served in the military or on the homefront, we thank you and are honored by you."

Rennie was at the helm of REDCOM Northeast for nine months. Commander of the Naval Reserve, Vice Adm. John Cotton, also a speaker at the Change of Command, has reassigned REDCOM commanders who are flag officers to new roles and by the end of July flag officers will no longer command Readiness Commands.

The primary mission of Naval Reserve Readiness Command NORTHEAST is to maintain assigned personnel and equipment

in a state of readiness for rapid deployment in the event of mobilization. This is accomplished through the effective management of personnel and resources to train, equip and otherwise prepare the assigned Naval Reserve units and personnel for mobilization.



Bronx CoC *(continued from page 7)*
time-honored tradition," he said after witnessing the first change of command ceremony in his young Navy career.

Cmdr. Merwin will report to Commander, Naval Reserve Readiness Command Northeast in Newport, Rhode Island, where he will serve until his planned retirement in November 2004.

NRC Bronx is the largest Naval reserve center in the Northeast, with over 900 drilling reservists, many of whom have been mobilized in support of Operation Enduring Freedom, Operation Iraqi Freedom and the Global War on Terrorism.

Kayak Race *(continued from page 4)*
and run fast. "On race day the Falls came up on us quick, and there were literally dozens of overturned boats and people were getting rescued," Dodgen noted. "At one point we grounded ourselves on a rock midway through the falls, but were able to free ourselves by pushing off of an overturned canoe next to us."

The Six Mile Falls portion of the race was the toughest as Dodgen and Dow had to maneuver themselves through Class IV rapids. "I just kept saying that it is only water," Dow remarked. "Of course I was in front and getting doused with all the water. We also cut a milk jug in half and tied it to our craft to use as a bailer; if we did not have that we would have sunk. We took on a lot of water," Dow said.

Another portion of the race that was difficult was the two mandatory portages that required them to beach their kayak and carry it up steep hills through woods to a path and transverse about 200 yards to a point down the river where they had to reboard and continue. "It was great to do the event as a team," Dodgen said. "It was an adrenaline rush to coordinate our paddling and maneuvering in the rapids and successfully navigate the course without tipping over."

The race has been going on since 1967 and this year more than 1,024 participants entered the race, some from different states and countries. Dodgen and Dow say they will enter the race again next year and even hope to have more than one entry from the Center.

Russian Reservist (continued from page 3) passage. All of this could go on for the first year until soldiers would enter their second year of service.”

When Pupurs arrived to his new unit he was put in Communications, but later changed to Corpsmen, seeing a lot of physical abuse first hand. But Pupurs nightmare ended when the Defense Minister issued a decree that would allow him to leave the military after completing the full time of his service. Once out of the military he enrolled at a Moscow University, the Institute of History and Archives. There he formed a dissident group with several fellow students. “Our only activities in this group consisted of meeting and discussing history books, we obtained, that were illegal in the Soviet Union, such as those by Alexander Solschenizyn. We were horrified to learn about the injustices of the regime and how many people were murdered by the Communists during and after the October Revolution.”

A year after the group formed, the KGB intervened. “I was detained and interrogated sometimes up to eight hours a day. It turns out my best friend worked for the KGB and turned me in,” Pupurs stated. Even though he was under constant supervision, Pupurs left Moscow and traveled to Latvia, his native republic, and enrolled in Latvian State University, where he continued to study History. There he joined and helped organize a pro-democratic human rights group. This group was organized to mount peaceful protests for freedom and

democracy within the republic of Latvia. Latvia, now a free country, was forcibly annexed into the Soviet Union in 1940. “I can’t tell you how many times I was arrested or detained for being involved with this movement,” Pupurs stated. But on June 14, 1988, Pupurs was photographed leading a march displaying the Latvian flag, which was illegal to display through the streets of the republic. “Even though I wasn’t arrested that day, the next day the KGB took me in and told me that I had two weeks to leave the country.” Pupurs and his mother then left the Soviet Union. Pupurs then traveled Germany, France and England speaking out about the Communist system. In London, he was invited to address the House of Commons and the Royal Military Academy to discuss his experiences as a dissident. At this time, he also appeared on Radio Free Europe and Voice of America.

In 1990, Pupurs obtained political asylum from the United States. “I remember being elated at the prospect of spending the rest of my life in the United States, which I believe is the worlds greatest symbol of freedom and democracy.” In 1992, Pupurs was inspired to serve his new country and joined the Army as a Private First Class. He served until he was medically discharged in 1993. After he was discharged from the Army, he continued his education and obtained a Bachelors degree, cum laude, in history from the University of Massachusetts.

Afterwards, he had his medical condition surgically corrected and

then attended the London School of Economics and Political Science where he earned a Master’s degree. While attending university, Pupurs decided to serve, once again, his new home. “The events of September 11th compelled me to finish what I started and join the military once I graduated.” In January 2004, he enlisted in the Naval Reserve and is currently a Yeoman Third Class. Pupurs now aspires to become commissioned as an LDO. He is fluent in English, Russian, Latvian and French.

At 39, Pupurs remembers the Soviet Army as brutal place, but he draws from its experiences. “The United States military in comparison with the Soviet Army takes care of its people better, I remember when I was in the Soviet Army that I was constantly hungry and the food there was awful, also you received only one uniform. You just can’t compare the two. It was the worst two years of my life, but I learned a lot of life lessons and discipline.” These life lessons will help him as he pursues his Naval Reservist career during a new era, adding another chapter to his life.



Bravo Zulu

Meritorious Service Medal

CAPT William Duskocil (ONR)

Naval Reserve Meritorious Service Medal

SWC Francis Perry (NMCB 27)

SK2 Robert Backus (CNR MIDLANT)

EO1 Dixon (NMCB 27)

CS2 Tammy Webb (NCTAMSLANT Det C)

ET1 Williams Desjardin (NCTAMSLANT Det C)

BM1 Christopher Rawls (VTU 0102)

EOC Samuel Payson (NMCB 27)

Navy and Marine Corps Commendation Medal

DCC Rory Dudley (Horseheads)

LCDR Richard LaLonde (NMC Portsmouth)

LCDR Stuart (NCAPS)

LCDR Charles Reynolds (ONR)

LCDR James Zanino (ONR)

LCDR Kathleen Jabs (NIB 101)

CAPT Cheryl Austin (NIB 101)

SKC Nathan Singletary (Quincy)

SK1 Bailey (Horseheads)

Navy and Marine Corps Achievement Medal

SK1 Sandra Sabitus (SSB2 Det C)

EM2 Shawn Norris (Horseheads)

HM1 Schaller (NRMC Bethesda Det B)

YN1 Richert (Bangor)

LCDR Lichtman (Ft. Dix Det 8)

SK3 Thom (NCAPS)

SK1 Smiddy (NSA Norfolk)

BMC Timothy Casey (MSC SOPG 101)

IT1 Kathleen Stivaletta (MSC SOPG 101)

FC1 Dante Arena (MSC SOPG 101)

LCDR Cook (Bethesda Det F)

ENS Young (Bethesda Det F)

HM1 Risser (Bethesda Det F)

SK1 Sharp (SSB 2 Co D)

SK1 Spry (SSB 2 Co D)

HMCS VanGulden (Bethesda Det F)

HM1 Butler (Bethesda Det F)

CMC Genest (PHIB CB 2)

PN2 Kurt Mackenzie (New Haven)

ENC Williams (New Haven)

YN1 Copeland (New Haven)

BM1 Engle (New Haven)

HM3 Claus (New Haven)

HMC Hauck (New Haven)

HM1 Lee (NMC Portsmouth)

HM3 Norten (NMC Portsmouth)

Armed Forces Reserve Medal

DCC William Macintire (CNR MIDLANT)

EOC John Humphrey (NMCB 27)

BM1 James Blout (CNR MIDLANT)

HM2 William Devito (NMC Portsmouth)

Volunteer Service Medal

EO2 Conrad Austin (NMCB 27)

Meritorious Unit Commendation Medal

HM2 Amy Bissell-Aubin (NMC Portsmouth)

Sailor of the Year

FC1 Dante Arena (MSC SOPG 101)

BM1 Edward Levin (Quincy)

Sailor of the Quarter

IC1 Karen Broussard (Watertown)

HM2 Amy Bissell-Aubin (NMC Portsmouth)

SK2 Jodi Norman (Quincy)

PN2 Michael Serrano (White River Junction)

UT2 Joseph Patenode (NMCB 27)

PC3 Shaun Findley (NAVSEA Det 302)

MM1 Edward Fronczek (HHDS Training Unit)

MA2 James Smith (HHDS Training Unit)

YN1 Parsons (Manchester)

BM2 Macneil (PHIB CB 2)

DK1 William Barry (PERSMOBTEAM 101)

Letter of Commendation

MM1 Edward Fronczek (HHDS Training Unit)
 HT2 Benjamin Din (HHDS Training Unit)
 MR2 Eric Pratt (HHDS Training Unit)
 HM2 Deborah Spencer (Naval Hospital Portsmouth)
 HM3 Valinda Waters (Naval Hospital Portsmouth)
 BM1 David Jimenez (CNR MIDLANT)
 IC1 Karen Broussard (Watertown)
 BU3 Todd Slate (NMCB 27)
 HM1 Schaller (NNMC Bethesda Det B)
 ET2 Denbow NCTAMS LANT Det C)
 ET1 Desjardin (NCTAMS LANT Det C)
 SK1 Sharp (SSB2 Co D)
 HM3 Kowack (NMC Portsmouth)
 DK1 William Barry (PERSMOBTEAM 101)

Letter of Appreciation

BU1 Michael Blair (NMCB 27)
 IC1 Karen Broussard (Watertown)
 CM2 Brian Bretscher (NMCB 27)
 EO3 Plunkett (NMCB 27)
 LCDR McCafferty (NMC Portsmouth)

Advancement/Promotions

BMCS Bianculli (CART E-301)
 UTCM Remillard (NMCB 27)
 EO3 Lauren Goode (NMCB 27)
 SH3 John Seeley (CNR MIDLANT)
 STS3 Shawn Bulger (NRAC)

CMC's Corner *(continued from page 4)*

them to a terrorist, lets be safe out there and have a great summer.

There have been a lot of strange things happening in the Northeast this spring and early summer. Vice Admiral Cotton and Force Master Chief Mobley have both addressed the Navies policy on equal opportunity. We need to ensure we are respecting every Sailor and treating them with dignity to ensure their continued success in the Navy's reserve. If you are in a position of authority ensure you live up to it. Sailors will be looking to you for guidance on the Navy's value system on the fair treatment of others. This is not your Grandfather's Navy this is a highly technical, highly

skilled Navy with Sailors that do more then have ever been asked before. We are mobilizing and fighting a war with Reserve Sailors that do their job for their country and ask little in return. The Sailor is our most precious resource and we need to always develop that resource by setting the right example and training to the deficiencies to ensure a well-rounded Sailor. In today's environment, the chance of being involved in the global war on terrorism, as a Reservist, are high and with the public opinion during an election year we need to ensure even more that we are living up to our core of values.

Over the next couple of months the Navy's Reserve will continue to change and we will change with it. The Zero Base revue of all the Navy's Reserve billets is complete and we have shown our worth to the Active duty component of the Navy. They have validated every billet and are starting to formulate the direction they would like us to go in. We will be changing some missions and increasing others. These are exciting times to be a Reservist in the Navy, the missions you knew as a young Sailors may not be there in the future but in today's global war on terrorism the threat has changed, so we need to be ready to react to this ever changing world. So when a young Sailor ask you what kind of future do I have in the Navy, you can tell them it is bright, as long as you are willing to change with the times and be prepared to do what your country asked of you. I would like to close by just thanking each and every one of you for your high level of dedication and support. Everyday we are mobilizing Reservists to fight the war, and never have I heard any Sailor complain of being mobilized. Normally it is the opposite, they want to do more so keep up the good work, and the Navy could not be as great without you.

