

# Northwest Islander

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Naval Air Reserve  
Naval Air Station Whidbey Island, WA

November 2003

## Local Reservist wins USNRSF NERA Scholarship Award

By **JO1(SW) Todd Hack**

*NAVAIRES Public Affairs*

Going to college these days is more expensive than ever with the rising costs of tuition, books and supplies. So every little bit that a student doesn't have to pay out of pocket helps.

So when a chance to compete for any kind of scholarship comes along the competition is usually stiff.

That is why when Petty Officer 2nd Class (Aviation Warfare Specialist) Phillip Mabry, 29, from Wichita, Kansas found out he was chosen as a finalist in the Naval Enlisted Reserve Association (NERA) he was elated.

Recently Mabry received notice that he was a winner of one of four \$2,500 scholarships granted from the NERA and United States Naval Reserve Scholarship Fund for an essay he submitted in May.

Mabry's command was notified in July but Mabry wasn't made aware of his good fortune until he was commended by Rear Adm. Robert O. Passmore Sept. 6 and presented with a large orange ceremonial \$2,500 bill with the admirals image.

"It's great timing," said Mabry. "I am going to use the \$2,500 for tuition. It is coming at the perfect time since Western Washington University just raised tuition again."

The Informations Systems petty officer has a long term goal of being a Systems Analyst. He has been following along this career path by gaining his associate of arts degree from Skagit Community College and is well on his way to gaining a bachelors of science degree in Management Information Systems from Western Washington University.

Achieving goals is what Mabry is all about.

"I have set many goals for myself from the very short term to my future," said Mabry.

By setting goals for himself that are not always easy and finding ways to attain them made applying for the NERA scholarship almost seem simple.

"When I got started on the essay package for the scholarship it just seemed to come easy," said Mabry. "It only took me about an hour and a half to complete the essay and the better part of a day to finalize the package after I got going."

Mabry knows that today's economy is pretty rough, and that only by following through on his goals will he come out ahead.

"I know that I will be working as a systems analyst one day but I won't be leaving behind my naval career to make that happen," he said. "I plan on staying in the Reserves and applying for extra training opportunities if I can get them. I have had a great time in the Navy and want to continue serving my country."

Mabry has been a drilling Reservist for nearly three years since leaving the Navy active duty as a Personnelman.



Photo by JO1(SW) Todd Hack

**Rear Adm. Robert O. Passmore congratulates IT2(AW) Phillip Mabry on his winning entry for the contest by handing him a fake \$2,500 bill with the admiral's image.**

# Rebalancing the role of the Reservist in the future

This past September we hosted our 3rd annual Employer Appreciation Day. It was a great opportunity to show employers the mission of the Naval Reserve and the commitment to service that our Selected Reservists make on a routine basis. Our experiences have shown that employers walk away from this day with a great appreciation for the sacrifices that each Reservist makes as they balance family, civilian work and Naval Reserve duty.

Many of you have probably heard that the Defense Department is looking at better ways to structure and utilize the 1.2 million Guardsmen and Reservists. The Assistant Secretary of Defense for Reserve Affairs, Admiral Tom Hall, recently addressed the need to rebalance the force. His remarks are included below. The important thing to remember is that we are a vital part of the mission readiness of the Navy and will remain so well into the future.

WASHINGTON, Aug. 26, 2003 -- The days of the "weekend warrior" are gone, Thomas F. Hall, assistant secretary of defense for reserve affairs, said here today.

Guardsmen and Reservists are giving much more than a weekend a month and two weeks of annual training a year, the retired Navy rear admiral said. Many serve 60 to 120



Photo by Lt. Rick Naystatt

**Al Udeid, Qatar (May 14, 2003) — Aviation Storekeeper 1st Class Jeff Matson, from Arlington, Wash., performs pre-flight checks under the instruction of Avionics Technician 1st Class Ernie Johnson, from Lamar, Ark., in the cockpit of a DC-9 "Sky Train" aircraft. Both airmen are mobilized reservists assigned to the "Islanders" of Reserve Fleet Logistics Support Squadron Six One (VR-61). VR-61 is homeported at Whidbey Island, Wash., and was called up for duty in support of Operation Iraqi Freedom.**

days a year.

Although only about 2 percent of the 1.2 million guardsmen and Reservists have been called up in eight mobilizations in the past 13 years, Hall said it's the same kinds of specialties -- civil affairs, air traffic control,

mortuary affairs and force protection -- that always are needed.

"It's a new world and we need to transition," he said.

This includes a plan to rebalance the force -- active, and Reserve components. The plan includes looking at specialties that reside primarily, if not 100 percent, in the Guard and Reserve, and perhaps moving them to the active side. Conversely, some active missions might be better suited for the Guard and reserve.

Hiring contractors for some specialties is a third part of the plan. "Are there certain things done by troops today that are not necessarily core competencies that contractors can do?" asked Hall.

A key to rebalancing the force is developing a rotation plan for troops, he continued, a process set into motion by Defense Secretary Donald H. Rumsfeld.

"Secretary Rumsfeld has asked the Joint Chiefs of Staff in conjunction with combatant and unified and specified commanders and (Office of the Secretary of Defense) staff to develop a rotational policy that says in the next six years we will need these kinds of units -- active, Guard and Reserve -- to meet the worldwide deployments," said Hall. "Once we accomplish that, we'll be able to tell you as a guardsman or Reservist, for example, that three years from now you need to do six months of duty in the Sinai."

With a rotation policy



Capt. Thomas Lindberg

comes predictability -- something Reservists, guardsmen, families and employers want, said Hall.

In his travels throughout the country, Hall said, employers tell him one of the most difficult things they deal with is multiple mobilizations of the same people. "This is particularly true in small business and for self-employed people,"

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## Northwest Islander

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# Totems complete contributory support detachment

**LCDR D. Pat Sanders**  
VP-69 ADMIN Officer

The VP-69 Totems, a Reserve Patrol Squadron based in NAS Whidbey, recently completed a 12-week contributory support cycle. The Totems provided aircrew, aircraft and maintainers in support of tasking from Commander Task Force 72 (CTF-72) and Joint Inter-agency Task Force (JIATF) West. During their support of JIATF West, aircrews detached

to forward operating locations in Central America conducting counter-narcotics missions. Totem crews flew more than 170 hours during these missions locating and tracking numerous suspect vessels and assisting in the successful capture of a drug smuggler

carrying approximately 6,000 pounds of cocaine (valued at 175 million dollars).



The Totems also provided aircrew and maintainers to CTF-72, halfway around the world, during the same detachment cycle. Aircrews operated out of Anderson AFB, Guam and NAF Misawa, Japan. The crews based in Guam flew more than 48 hours

in support of Exercise Tandem Thrust 2003 and 60 Battle Group Operations. The crews based in NAF Misawa flew 166 hours during surveillance/reconnaissance, anti-submarine warfare, training and logistics missions. The Totems were in theater during the turnover of the regular Navy Patrol Squadrons (VP-9 and VP-4) providing valuable transitional assistance. The Totems next detach in September for six weeks and later in November for 12 weeks.

## Rebalancing

added the assistant secretary.

If the same guardsmen and Reservists are called up repeatedly, Hall said it could affect recruitment and retention. "This is one reason it's so important to do rebalancing. We're finding that we're taking the same people away (in deployments), and we've got to spread the opportunity to more people."

Hall said he believes rebalancing is an appropriate change. "I think it's transfor-

mational," he added, "and I think it will make our forces more agile, more responsive, more integrated and have the ability to meet the demands of the nation in both peace and war."

In addition to a rebalanced force, Hall said he believes the future holds a more flexible drilling schedule for guardsmen and Reservists. Instead of the traditional weekend drill, there could be two two-week training periods, he added. Reserv-

ists or guardsmen might only go to the drill center once a year for administrative duty. Some might do all their training at the same time. Virtual drilling -- a lawyer doing legal briefs remotely, for example -- may also be a possibility, Hall noted.

"If it best fits the needs of the service and best fits the needs of the individual, we think a new way of drilling is what we'll see in the future."

## NAVAIRES welcomes new CMC; 'Sailors Always'

Greetings NAR Whidbey,

I thought I'd start my initial article in the Northwest Islander by saying how happy my wife and I are to be stationed, finally, at Whidbey Island. Unfortunately I can't make that statement because it would be a lie. WE'RE ESTATIC about being stationed here! Naval Air Reserve Whidbey Island has been on our short list for a long time and we couldn't be happier about the orders. I'm looking forward to meeting everyone (I'll give it the good ole college try anyway) and assisting anywhere I can.

A lot of things are happening in the near future our Sailors need to be thinking about. The first thing that comes to my mind during this time of year is the Transition our CPO Selectees are going through. This transition period is not just for Selectees, however. Everyone that fortunate individual knows or works with also has a little bit of change to go



*Master Chief Dan Hartman*

through. As of September 16<sup>th</sup> that First Class Petty Officer you've perhaps known for years will no longer be known as a White Hat. He or she has joined the Chief Petty Officer ranks and can expect many changes and challenges ahead of them. They will continue to need your support

as they have in the past and will rely on you to be there for them.

Another important item this time of year is the enlisted advancement exams for both Active Duty (September) and Drilling Reserve (August). As you read this obviously all of the exams were already completed. The exam results will be out shortly for the Active Duty and are already out for the Reserves. Congratulations for all the Sailors who were advanced this cycle. If you didn't make it this cycle, it doesn't hurt to start preparing for the next cycle this spring.

In closing, I'd like to ask everyone to daily recite the Sailor's Creed as a simple way to remind us all of our Core Values and what we as a naval force are all about. And for our leaders out there—our LPOs, Chiefs and Officers—please don't take your Sailors for granted. There's a popular saying out there of "Mission First, Sailors Always." Please don't ever forget that.

# VADM Cotton takes command of Naval Reserve Force

By JOC Cleve Hardman

COMNAVRESFOR Public Affairs Staff

NEW ORLEANS (NNS) — Vice Adm. John G. Cotton became the 11th Commander, Naval Reserve Force in ceremonies conducted Oct. 18, at Naval Air Station Joint Reserve Base New Orleans.

Cotton succeeds Vice Adm. John B. Totushek, who is retiring after five years as leader of the 88,000-member force.

Cotton takes the helm of the Naval Reserve Force with an eye on the future.

“I see even more fleet support,” Cotton said. “I see us even more integrated. I see us taking even better care of our Naval Reservists.”

Chief of Naval Operations Adm. Vern Clark envisions a period of change for the Naval Reserves that will continue to build a strong total force.

“You will lead this force in a period of phenomenal change,” Clark said. “Never has change been more intense or at a faster pace than it is today.

“We know that the challenges ahead will be difficult,” Clark said. “Making an institution better is challenging and requires change. Change is hard, but change to make us better is completely necessary.” Clark commented that Cotton has one year to make some drastic force alignment changes.

Today’s Naval Reserve Force is and has been engaged around the world, around the clock. In Operations Noble Eagle, Enduring Freedom and Iraqi Freedom, more than 22,000 Naval Reservists have been mobilized, and many more provided support through their drill periods, Annual Training, Active-Duty Training and Active Duty for Special Work.

“The Naval Reserve has been and is performing superbly,” Clark said. “The demands placed upon you have changed, and Reserves believe so strongly in our way of life, our principles and values the nation holds dearly. When the nation calls, you agree to go serve.”

Totushek led the Naval Reserve Force through mobilizations in support of the global war on terrorism.



Photo by PH2 Dawn C. Morrison

**Naval Air Station Joint Reserve Base, New Orleans, La. (Oct. 18, 2003) — Vice Adm. John G. Cotton passes through the Sideboys at the Commander, Naval Reserve Force Change of Command. Vice Adm. John B. Totushek is retiring and being relieved by Cotton.**

“The opportunity to serve in the greatest Navy we have ever seen is truly an honor and a privilege,” Totushek said. “We have been blessed by the willingness of people to give up their security to go over and stand in harm’s way. Their performance has been spectacular. I couldn’t be more proud of the things that our Naval Reserve Force has accomplished.”

For his personal accomplishments, Totushek was awarded the Distinguished Service Medal. The award citation acknowledged his leadership in a period of transformation and reorganization in providing innovative solutions for Reserve integration to the active component.

As the new Naval Reserve Force Commander, Cotton wants to shake things up a bit right away.

Cotton has stated that he wants all the Reserve centers to know their mission -- ‘Support the Fleet ... Ready and Fully Integrated.’ To make sure people are paying attention he will randomly call

centers from his office in Washington DC and ask the person answering the phone if they know what the Reserve mission is.

Cotton graduated from the U. S. Naval Academy in June 1973 with a degree in Aerospace Engineering. Earning his wings in October 1974, he became a third generation pilot — his father was a Naval Aviator and his grandfather flew with the Lafayette Flying Corps in WW I. He was forward deployed to Japan from June 1975 to April 1978 flying the A-7 Corsair II with VA-93 aboard *USS Midway* (CV-41), and then served on the Commander Light Attack Wing U.S. Pacific Fleet staff at NAS Lemoore, Calif., from April 1978 to January 1980.

Becoming a commercial airline pilot, he affiliated with the Naval Reserve at NAF Washington in April 1980, and later flew with VA-2082, the A-7B augment unit at NAS New Orleans. He then transferred back to NAF Washington for RF-8G

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# Naval Air Reserve's archive

Take some time to reminisce with us

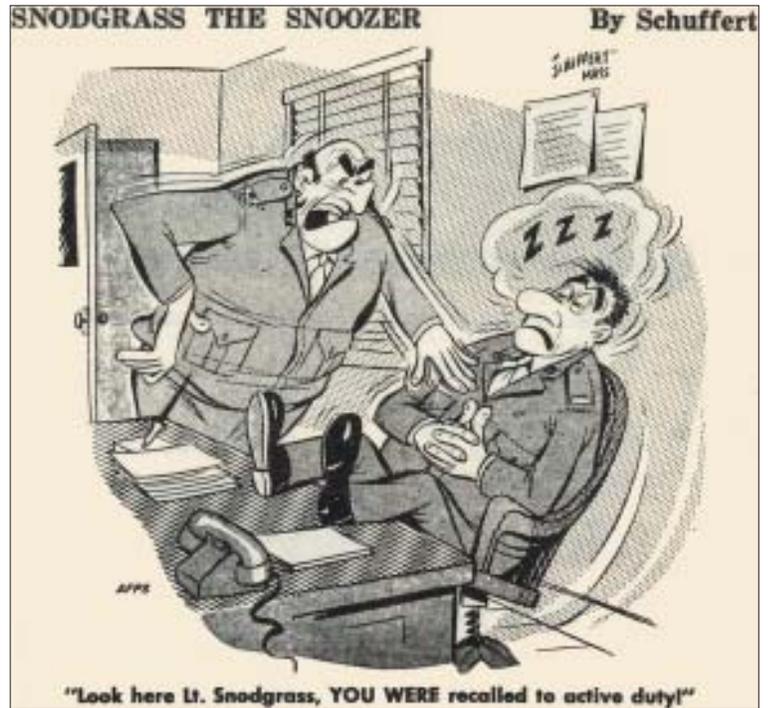


All of these clippings are taken from archived copies of fall editions of the 'Sandpoint Skylines' and the 'Northwest Islander.' The cartoon (above) is from the 1979 edition of the Northwest Islander; the cartoon (top, right) is from the 1951 edition of the Skylines; the photo (bottom, right) is from the 1956 edition of the Skylines; and the cartoon (below) is from a 1971 edition of the Islander.



Our purpose for bringing these old clippings to the reader is for entertainment and to keep the past fresh in our minds.

We try to bring a diverse collection every month to show how times have changed and yet are still very much the same.



THE BIRTH OF A CHIEF . . . Newly advanced Chief Julian is initiated into the ranks of the privileged. Shown enjoying the last of Honorable Julian's menial tasks are (l.to r.) S. P. Fisher, AMC, C. R. Peterson, ADC, and A. C. Hayes, ADC. Chief Julian has long been a vital cog in the training of aviation electronics technicians. He is presently the senior electronics instructor at Aviation Technical Training.

# NAVAIRES Summer Picnic



NAVAIRES Whidbey Island celebrated the summer months with family members on a warm Friday afternoon this past August. Clockwise from from right, children took advantage of the MWR blow-up dragon to burn off some calories, and when they weren't climbing ladders they were running in a sack race, beating a pinata, playing with the NAVAIRES clown or relaxing, other activities included having fun dunking members of the command and eating well-grilled hamburgers and hot dogs.



Photos by YN2 Joan Erich



# Employer Appreciation Day '03

Employers from all over the Pacific Northwest had the chance to come to Naval Air Station Whidbey Island and see how their tax dollars are spent and what their employees do at least one weekend a month in support of their country on September 6.

More than 50 employers got a first hand look at E2-C2 and P-3C flight simulators, got to chose seeing their employees at work in one of the squadrons drilling that morning and sat through various unit briefs and were given extensive tours of base operations or of different areas important to the fight against terrorism like



the Aircraft Intermediate Maintenance Department which keeps local aircraft safely in the air.

Rear Adm. Robert Passmore and Naval Air Reserve Commanding Officer Capt. Tom Lindberg welcomed and thanked the employers making sure that each one left NAS Whidbey Island with a clearer view of how the Navy could not be as productive without the Reservists they employ.

Each person left the base with a memento to remind them of how important they are too keeping America free.

## Cotton

reconnaissance pilot training with VFP-6366 in February 1982, and served in the Navy's last *Crusader* squadrons, VFP-306 and VFP-206.

Cotton returned to VA-2082 and flying the A-7 in April 1987 and became CO a year later. Moving next door to VA-204 in July 1989, he later completed FA-18 *Hornet* strike fighter and adversary pilot transition training in 1991, and commanded the VFA-204 "River Rattlers" from July 1993 to September 1994. The squadron received the 1993 CNO Safety "S" Award completing 13 years of major mishap free operations, the 1994 Battle "E" and F. Trubee Davison award as the top reserve tailhook squadron, and a CNO Meritorious Unit Commendation.

Cotton was CO NAS Keflavik 1066 at NAF Washington from October 1994 to September 1996, and received the 1995 Vice

Admiral Stanley David Griggs "Excellence in Leadership" Memorial Award. In October 1996, he became CO Navy Command Center 106 at the Pentagon, and additionally served as an instructor at the Command Leadership School at NETC Newport, R.I.

Cotton's initial Flag assignment was Deputy Commander Naval Air Force U.S. Atlantic Fleet, from October 1997 to September 1999 in Norfolk, Va. Recalled to active duty from November 1997 to March 1998, he served as Deputy Commander Joint Task Force Southwest Asia, Riyadh, Saudi Arabia, supporting *Operation Southern Watch* and *Desert Thunder*.

Cotton was again recalled to active duty from October 1999 to July 2000 as Deputy Director of Naval Reserve N095B, and in March 2000, was appointed by the Secretary of Defense to a three-year term

as a member of the Reserve Forces Policy Board. In August 2000 he assumed duties as Deputy Director of Air Warfare N78B, and in October 2000 became Assistant Deputy Chief of Naval Operations Warfare Requirements and Programs N6/N7R.

In October 2003, Cotton took a leave of absence from his employer, American Airlines, to return to active duty in his current position.

His personal awards include the Legion of Merit, Defense Meritorious Service, Meritorious Service, Navy Commendation, and Navy Achievement Medals. He has more than 4,200 hours of military flight time and is a graduate of Executive and Reserve Component Programs at the Naval War College, Naval Postgraduate School, National Defense University, Army War College, Harvard University and the Massachusetts Institute of Technology.



# Naval Trivia

1. On what date did Japan surrender to the Allies in World War II?
  - A. September 18, 1945
  - B. September 29, 1944
  - C. September 2, 1945
  - D. September 5, 1945
2. Who was the first U.S. Secretary of Defense?
  - A. Franklin D. Roosevelt
  - B. James Forrestal
  - C. John Paul Jones
  - D. Benjamin Franklin
3. What well known word is the original nautical name for hooks?
  - A. gadgets
  - B. hangers
  - C. horns
  - D. tacks
4. What modern gambling phrase was first a nautical term?
  - A. roll the dice
  - B. bet the farm
  - C. craps
  - D. long shot
5. Where is the Winter Blue uniform not allowed to be worn by officers and CPOs?
  - A. Hawaii
  - B. Guam
  - C. Washington DC
  - D. Perth, Australia
6. What should security be looking for when a service member enters military reservation?
  - A. The member's ID card
  - B. The member is covered
  - C. The sticker on the vehicle
  - D. All of the above
7. When must a retired military member follow uniform regulation grooming standards?
  - A. When buried
  - B. When wearing the uniform
  - C. Entering a military installation
  - D. Visiting a military hospital

# Navy offers women surgical alternative for treatment of fibroids

By OS2 Wendy Kahn

National Naval Medical Center Public Affairs

BETHESDA, Md. (NNS)— Women suffering from uterine fibroids no longer have to make a choice between pain and maintaining fertility.

Now, interventional radiologists at the National Naval Medical Center (NNMC) can treat non-cancerous growths that occur in the wall of the uterus with a procedure that doesn't involve a hysterectomy (removal of the uterus).

Some NNMC patients are now being treated using a procedure called uterine fibroid embolization (UFE). The procedure involves miniaturized tools such as catheters, or thin tubes. Doctors use imaging equipment, such as X-rays, computer tomography, magnetic resonance and ultrasound to perform the procedure, which decreases the size of the incision and makes UFE less invasive.

"With advances in radiologic imaging, and in the technology of catheters and devices, we can perform a wide variety of procedures," said Dr. Donald Miller, interventional radiologist at NNMC. "This includes embolization, in which we inject materials like coils or small particles to block abnormal blood vessels and to deprive tumors or arterial malformations of their blood supply, such as a fibroid tumor in the uterus."

Management of patients with uterine fibroids is in conjunction with NNMC's gynecologists. The gynecologist evaluates the patient before the interventional radiologist does the procedure.

"We want to make sure their problem is due to fibroids and not something else, and also that they are appropriate candidates for embolization," added Miller. "We review their imaging studies to determine whether they are likely to benefit from this procedure. Afterwards, we advise them of the various options available to them and explain the procedure."

The UFE procedure is performed

while the patient is sedated, so she's still conscious, but feels no pain. The interventional radiologist makes a small nick in the skin and inserts a catheter into an artery. The catheter is guided through the arterial system to the artery that supplies blood to one side of the uterus while the radiologist monitors the procedure using real-time X-ray imaging (fluoroscopy).

Tiny plastic or gelatin sponge particles are injected through the catheter into the uterine artery, where they block the blood supply to the fibroids. With the blood flow cut off, the fibroids will shrink and die. The process is then repeated on the other side of the uterus.

Miller pointed out that if fibroids are left untreated, the symptoms, which include heavy period and abdominal pain, do not go away. In fact, sometimes the symptoms can worsen because the fibroids continue to

grow. There is also a very low risk that benign tumors can become cancerous.

"Fibroids can cause severe symptoms, and that's why we do interventions," he explained. "The procedure has about an 85% success rate. Fibroids can recur after embolization, although it's uncommon.

"Uterine embolization may not be the best approach for treatment in women who wish to become pregnant, because we do not know the long-term effect of UFE on fertility. However, there are women who have become pregnant after undergoing uterine embolization for fibroid treatment."

For women interested in preserving the possibility of having children, embolization or other treatment options may be a better choice.

In all cases, alternative choices are individually discussed with the patient and her gynecologist.



Photo by PH3 Alysha Chavez

Naval Air Station Whidbey Island, Oak Harbor, Wash. (Sep. 5, 2003) — Medical Laboratory Technician Erin Rotter, takes manual differentials of blood samples at Naval Hospital Oak Harbor. The results of the blood samples will help the Naval Doctors treat patients.



# Medical Matters

## ***Gynecologic Cancer awareness is key to readiness***

**By Aveline V. Allen**

*Bureau of Medicine and Surgery Public Affairs*

WASHINGTON (NNS)—A woman will be diagnosed with gynecologic cancer every seven minutes, according to the Gynecologic Cancer Foundation (GCF). September is gynecologic cancer awareness month, a time for women to become more knowledgeable about this disease.

To evaluate your potential risk for a gynecologic cancer, the GCF recommends knowing your family history, asking questions during your annual gynecologic exam, and getting an annual Pap smear.

Women need to know about prevention, early diagnosis, and treatment of all gynecologic cancers, which includes ovarian cancer.

According to Lt. Cmdr. Michael T. McHale, division head of Gynecologic Oncology, Naval Medical Center San Diego, “Women need to be aware of some of the more common risk factors and

clinical symptoms associated with ovarian cancer. Risk factors include a family history of breast or ovarian cancer, no children and age greater than 60. Symptoms include loss of appetite, nausea or vomiting, abdominal bloating and a change in usual bowel habits. Although ovarian cancer is not the most common gynecologic malignancy, it is responsible for the most deaths since it is identified so late in its course. Early detection is essential.”

Risk factors for cervical cancer include unprotected sex, multiple sexual partners and smoking. If you experience bleeding after intercourse or a longer duration of menstrual bleeding, you should notify your physician. Screening tests for cervical cancer are the Pap smear and a pelvic examination.

According to McHale, the American College of Obstetricians and Gynecologists recently recommended some changes in cervical cancer screening.

“Initial screening should begin at least three years after the first sexual intercourse or by age 21,” said McHale. “Screening is essential for the detection of cervical cancer and precancerous changes. Patients need to be counseled extensively about the indications and purpose of cervical screening programs.”

In addition to cervical cancer, uterine cancer is also a very serious condition. Some of the risk factors associated with uterine cancer are obesity, diabetes and high blood pressure. Symptoms include abnormal bleeding, especially after menopause.

“A postmenopausal woman that experiences any atypical bleeding should notify her physician so that an appropriate evaluation can be completed,” added McHale.

For more information on gynecological cancer, see [www.wcn.org/gcf](http://www.wcn.org/gcf).

## ***Balboa Hosts Trauma Symposium – Lessons Learned from Operation Iraqi Freedom***

**By Doug Sayers**

*Naval Medical Center San Diego Public Affairs*

SAN DIEGO (NNS)—Naval Medical Center, San Diego hosted the Sixth Annual Navy Trauma Symposium Sept. 30, and Oct. 1. This year, the focus is lessons learned from Operation Iraqi Freedom (OIF).

The two-day symposium provided a unique opportunity for the entire trauma team – physicians, nurses, corpsmen and healthcare administrators – to gather and be a part of team trauma training for the military.

“Each combat evolution confirms and expands our knowledge base and how we will practice in future conflicts,” said Commander Joseph F. Rappold, Medical Corps, trauma symposium director. “Lessons learned from OIF will help save lives at home and abroad. This symposium will provide a tremendous tool for the dissemination of vital information.”

Keynote speakers included the Surgeon General of the Navy, Vice Admiral Michael L. Cowan, Medical Corps; and Vice Admiral

Albert H. Konetzni, Deputy Commander, and Chief of Staff, U. S. Atlantic Fleet.

Featured speakers and panel discussions covered topics such as far forward resuscitative surgery, psychiatry, emergency medicine, orthopedics, resuscitative fluids and blood substitutes, mobilized Reservists and a perspective from a “Grunt Corpsman.”

Rappold, a surgeon at Naval Medical Center San Diego, added, “As a former Line Officer, I fully appreciate the value Naval Medicine adds to our forces. As a surgeon, I want to learn whatever I can to save more lives in the field. This symposium brought together the most recent combat trauma experiences and (subject matter) experts with medical professionals who may be applying those lessons on their next deployment or even in the operating room with their next patient.”

Symposium information is available at [www.nmcscd.med.navy.mil](http://www.nmcscd.med.navy.mil) under Command Information or e-mail Rappold at [jfrappold@nmcscd.med.navy.mil](mailto:jfrappold@nmcscd.med.navy.mil).





# Navy's first CWO-5s selected

From Chief of Navy Personnel Public Affairs

WASHINGTON (NNS) — Seventeen chief warrant officers (CWO) 4 were recently selected for promotion to CWO-5, making them the first to ever wear that rank in the U.S. Navy.

This new rank was authorized in October 2002 commencing with the FY04 selection cycle. Implementation of the CWO-5 rank ensures that the Navy attracts and retains the very best technical leadership for a full 30-year career.

Establishment of Navy CWO-5s also aligns the Navy with the Army and Marine Corps serving in joint duty and provides senior leaders the authority commensurate with the responsibilities they have in key positions.

"I have been very fortunate in my career to have served with outstanding officers and enlisted Sailors who made me look good," said CWO-4 Larry Hulse, about his selection.

The Phoenix native added that he felt humbled when he found he had been selected, "There are CWO-4s out there who are better Sailors than I am." Hulse is currently Fleet Training Officer at Recruit Training Command, Great Lakes, Ill.

The CWO-5 rank is limited to 5 percent of the total inventory for the Navy's approximately 1,750 active-duty CWOs. These first 17 promotions are the beginning of a gradual five-year phase in of 86 CWO-5 billets.

These CWO-5 billets will be drawn from the current chief

warrant officer billet base. "We expect the projected number of selectees per year will initially range between 17 and 22, depending on the number of retirements within the CWO-5 rank each year," said Capt. Robert Fiegl, limited duty officer and chief warrant officer community manager for the Military Personnel Plans and Policy Division. "CWO-5 has not been implemented in the Navy Reserve yet."

CWO-5 select Patrick McAtee-MacRae, assigned as the Base Level Information Infrastructure Action Officer, Commander, U.S. Naval Forces Europe, London, saw the CWO community as another lane for advancement to officer.

"I was promoted to chief in 1985, but I wanted to make the decisions, drive ships and be a division officer, so I decided to go CWO. Along the way, I learned that you couldn't do it all. So you take care of Sailors by training them and making them smart."

CWO-4 James Jackson was another of the 17 CWO-5s selected from a field of 222 eligible CWO-4s. He attributed his success to a good work ethic passed down in the family. "I have always been driven by what my grandfather told me," he said, "If there is a job to do, give it 100 percent and do it right, and good things will come to you."

For additional information on the initial CWO-5 program implementation, refer to NAVADMIN 337/02 available on the Web at [www.bupers.navy.mil](http://www.bupers.navy.mil).

## NPC replaces microfiche record with user-friendly compact disk

By JO1 Teresa J. Frith

Naval Personnel Command Strategic Communications

MILLINGTON, Tenn. (NNS) — Beginning mid-September, all active-duty and Reserve servicemembers will be able to get a copy of their Official Military Personnel File (OMPF) in the Electronic Military Personnel Records System (EMPRS) on Compact Disk (CD) instead of microfiche.

Ordering procedures for requesting your CD are the same as requesting your microfiche. The CD can be requested via mail, FAX, or if you are visiting NPC, record review room in Wood Hall, Bldg # 769, and on BUPERS Access, where your CD will be sent to your official command address. Go to [www.bupers.navy.mil](http://www.bupers.navy.mil), click

on the BUPERS Access link, login and under programs you will find a link to order your records.

If you would like to have your CD sent to other than your command address, mail your written request to: Navy Personnel Command, PERS-313C REC, 5720 Integrity Drive, Millington TN 38055-3130 or fax it to: (901) 874-2664 or DSN: 882-2664.

CDs may be requested for individual servicemembers. Additionally, multi-member requests may be made when deployed/disconnected commands desire the records for Sailors within their command. The records may be placed on unique CDs by member or multiple members on a single CD, depending on intended use.

When a Sailor requests their record, the

entire record is available for viewing on the CD. When a command authority makes a request for multiple member records, record documents will be provided in accordance with current policy.

The documents on the CD are secured by an "Official Record Copy" watermark and may be printed if desired. The CD will also contain links to frequently asked questions and other resources. For example, if a service member identifies an issue with their record, the procedures for correction are outlined.

A request management system will assist NPC throughout the fulfillment process to ensure requests are fulfilled in a timely manner. For more information, call 1-866-U-ASK-NPC.

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Photo by DK2 Jessica Hausman

CAPT Thomas Lindberg awards AE2 Eric Johnson (top, left) as the Junior Sailor of the 2nd Quarter Sept. 24 and looks on as YN1 Matthew Brennick (top, right) signs his contract of reenlistment Oct. 3. DK1(SW) Robert Hausman (above) readies himself on defense during a Captain's Cup football game Oct. 15. CDR Chris Scott (left) awards PR1 Charles Poggie and AT2 Tim Jackson as the LACAIR Reserve Sailors of the 2nd Quarter Sept. 21. LCDR Fred Redling (left, middle) reenlists YN1 Kristine Kelso at Fort Ebey State Park Oct. 1.



Photos by JO1(SW) Todd Hack

## Trivia Answers

1. A, 2. B, 3. D, 4. A, 5. C, 6. D, 7. B

