

Mid-Atlantic Currents

Naval Reserve Readiness Command Mid-Atlantic

www.redcommidatlantic.navy.mil

Spring 2003

Vol. 32, Issue 2



WASHINGTON DC MOBILIZATION SITE PREPARES RESERVISTS TO “HELP OUR NATION FIGHT BACK”

LT Charles Robbins, NIB DET 206

YN1 Elizabeth French was laid off in late September 2001, because of 9/11, after 15 years at US Airways. She found another job three months later, at Sara Lee Corp, only to be recalled to active duty in Guantanamo Bay, Cuba, on her fifth day of work.

“Since I lost my job as a result



Photo by JOSN Sarah Holm

YN1 Elizabeth French, Naval Mobilization Processing Site, helps HM3 Maria Hill, a mobilizing reservist, through the process.

of the terrorist attacks, mobilization gave me the opportunity to help our nation fight back,” French said. “I have been and always will be proud of my ability and opportunity to serve my country.”

Recently, French has been at a Navy Mobilization Processing Site

(NMPS) at the Washington Navy Yard processing other reservists for mobilization around the world, including the Middle East. She said she has found the same level of commitment and enthusiasm among the reservists that she processes.

The Washington site has processed more than 1,300 reservists for Operations Enduring Freedom, Noble Eagle and Iraqi Freedom. During peak mobilization periods, the site processed 50 to 65 reservists per day for three to four consecutive days, according to HMCM Gwen M. Wallmark. In all, the Navy has recalled 12,037 reservists and the Marine Corps 21,255 reservists for the two operations.

The preparation process, in Washington and at other mobilization sites around the country, involves numerous steps to make sure each reservist is prepared for deployment. In Washington, most stations are at the Navy Yard, including medical, dental, and legal. Fleet and Family Services, Personnel Support Detachment (PSD) and bachelor quarters are at Naval Station Anacostia, 10 minutes

The reservists come from all over the country and have every specialty. They get anywhere from 48 hours to two weeks notice to report. Essentially, Wallmark, French and their shipmates gain them to active duty and transfer them to the gaining command.

“If everything is in order, we can have a person in and out within 48 hours,” Wallmark said. “But if there are problems in the system or with the member’s record, it could take five to 10 days.” Wallmark, who has been working at a feverish pace for months, closes her e-mails with, “Mission First, Sailors Always.”

For many reservists, mobilization processing at the Navy Yard is nothing new. Many were recalled during Desert Shield/Desert Storm. Some were mobilized in October 2001, demobilized between April and October 2002, and volunteered to be mobilized again.

Mobilization is not always convenient. Some reservists had new babies or, like French, new civilian jobs when the call came.

“Most have been very supportive and proud of their opportunity to serve,” French said.

Harrisburg

During a change of command ceremony held April 5, 2003, CDR Patrick Bowe relieved LCDR William Tschumy as Commanding Officer of Naval and Marine Corps Reserve Center Harrisburg.

Bowe was a teacher and a successful high school football coach for several years before receiving his commission in 1983. Following his commission he reported to the USS LaMoure County (LST 1194) as communications and later became the Auxiliary/Electrical Officer. During this tour he was selected for Department Head School and the TAR program.

In 1986, Bowe assumed command of Naval and Marine Corps Reserve Center Ebensburg, Penn. During that tour Ebensburg was awarded three consecutive "Best Reserve Center" in the readiness command and three Golden Anchor awards.

Upon completion of his command tour, Bowe completed Department Head School and reported to USS

Frederick (LST 1184) as the Operations Officer. His second department head tour was as First Lieutenant on the USS Wasp (LHD 1).

In May of 1993, Bowe was selected for the Navy's Advanced Education Program and graduated from Penn State University in January 1995 with a Masters in Training and Organizational Development. Following school, he reported to Readiness Command Region 19 where he served as Training Officer. His next assignment was as Executive Officer onboard USS Whidbey Island LSD 41 out of Norfolk, Va.

Bowe then reported to Chief of Naval Operations N75 (Expeditionary Warfare) as the Requirements Officer for the Naval Coastal Warfare Program and headed the Navy's Harbor Defense Working Group for Force Protection. Following his tour at the Pentagon, he reported as the Reserve Liaison Officer for Commander, Third Fleet onboard the USS Coronado (AGF 11).

Reading

During a Change of Command Ceremony held April 5, 2003, LCDR William Tschumy relieved LCDR Todd Kinney as Commanding Officer of Naval and Marine Corps Reserve Center Reading. Tschumy is from the former Canal Zone in the Republic of Panama. He received his B.A. in Management Information Systems from the University of Albuquerque, New Mexico. In 1984, Tschumy attended the Officer Candidate School in Newport, R.I. and received his commission in May 1986. In 1993 he received his Masters Degree in Human Resources and Management from Webster University.

Upon completing Surface Warfare Officer School in 1987, Tschumy reported to USS Illusive (MSO 448) as Deck Officer and First Lieutenant. From 1988 to 1989, he deployed with the U.S. Navy Mine Countermeasure forces in the Persian Gulf in support of Operation Ernest Will during the Iran-Iraq war. During this time, he served as Operations Officer and Mine Countermeasures Officer onboard the USS Illusive (MSO 448), USS Fearless (MSO 442), and USS Exultant (MSO 44). He completed two Persian Gulf deployments. In 1989 Tschumy reported to the USS Sylvania (AFS-2) as Damage Control Assistant. He participated in Operation Desert Shield and Desert Storm from August 1990 to March 1991.

In April 1991 he reported to REDCOM Eight, Jacksonville, Fla., to serve as Training Officer and Training Readiness Analyst. In 1994 he reported to Naval Reserve Center Philadelphia as Training Officer. He continued his tour as Training Officer at Naval Reserve Center Fort Dix until 1998. In 1998 Tschumy reported to Naval Personnel Command as Systems Analyst and Systems Requirements Officer for Naval Reserve personnel and manpower systems.

Tschumy reported to Naval and Marine Corps Reserve Center Harrisburg as Commanding Officer in 2001.

Mid-Atlantic Currents

**Naval Reserve Readiness Command
Mid-Atlantic
Washington, D.C.
www.redcommidatlantic.navy.mil**

1014 N. Street, SE, Suite 310
Washington Navy Yard, D.C. 20374-5009
Phone: (202) 433-3850

Commander:

RADM Robert M. Clark

Deputy:

CAPT Harold E. Spears

DME:

CAPT Robin Watters

Command Master Chief:

CMDCM (SW/AW) Ranow McCoy

PAO:

CDR Lana D. Hampton

Assistant PAO

JO2 Nicholas R. Lingo

Editor:

JOSN Sarah E. Holm

The editorial content of Mid-Atlantic Currents is prepared and edited by the Public Affairs Office of Naval Reserve Readiness Command Mid-Atlantic Region. Mid-Atlantic Currents is an authorized publication for members of the military service, retirees, DoD civilians and their families. Opinions expressed herein do not necessarily reflect the views of the U.S. Government, the Department of Defense or the U.S. Navy. Mid-Atlantic Currents is published quarterly with appropriated funds in accordance with Navy Publication and Printing Regulations P-35. Contributions are welcomed, but the editors of Mid-Atlantic Currents reserve the right to edit, correct or omit material as necessary to conform to editorial policies. All photos are U.S. Navy unless noted.

From the Readiness Commander

by RADM Robert M. Clark

A lot has happened in the world and in RCMA these last few months and many of our sailors and staff have directly contributed. We have provided direct support at our Reserve Centers in the Prairie Navy, mobilization sites in CONUS, afloat with our many sea platforms and OCONUS locations, to in-country support in Kuwait, Qatar and Iraq. You should all be proud of what you have done and what you are currently doing. Remember, each of you can make a difference!

It is said that this most recent conflict in Iraq was not like the last and it will not be like the next. This is true and it goes for the Navy and the Navy Reserve as well. We are in a state of perpetual change and we will probably be in this continual state of change throughout the rest of your career. Some periods may be major changes and some may be minor but you will see and be part of that change. My message to all of you is to find ways to improve our system. Don't just identify on

issues but recommend ways to improve the system. To be successful, some will have temporary workarounds and others may take longer-term policy changes. Don't give up because it is too tough or takes too long because the sooner you start, the sooner the change will be here.

I mention change and personal involvement because that is the way to positively influence the desired outcome. We saw it in Operation Iraqi Freedom and we will see it as we revamp our Navy Reserve support to the Navy Component over the next few years. The Navy of the 21st Century is not the Navy of a few years ago nor is it your father's Navy. It is your Navy and we should all find ways to keep it the best Navy the world has ever seen!



Mission Effectiveness

by CAPT Robin Watters

As some of you may know, I was recalled for one year to the Plans Staff of Commander, Fifth Fleet. My immediate role is to support the planning effort associated with Operation Iraqi Freedom (OIF).

MOBILIZATION READINESS. Going back on active duty was a useful exercise in re-acquainting with the mobilization process and requirements. The experience has re-affirmed to me that a high state of mobilization readiness will help unit members shorten delays in the process (due to deficiencies in medical, dental, and/or administrative requirements); help the individual mentally focus on the demanding tasks ahead; and improve performance upon reporting to the new command. Periodic mobilization readiness standowns (such as held in December 2003) can be useful tools to help unit gauge status.

“In no other profession are the penalties for employing untrained personnel so appalling and irrevocable as in the military.” General D. MacArthur

TRAINING. Under any condition, maintaining a trained and mobilization-ready reservist is difficult. General MacArthur's quote above does not distinguish between active duty and reserve personnel. The penalties are

the same. This is something to consider with OIF in full swing. We currently have Naval reservists dispersed over the Iraqi theater of operations - serving afloat and ashore. Some units are literally on the front line in harm's way. OIF should serve as a reminder to all naval reservists of the importance of true readiness - preparedness to expertly perform the wartime roles we are paid to fulfill.

Each unit should critically assess the readiness state of their unit members. It takes a critical review, in partnership with your gaining command, to develop the tailored way ahead for each unit's requirements. (The reserve chain-of-command can rarely define the training specifics for you.) Then the plan must be executed. Your reserve chain-of-command is waiting to assist.

One final note. Time marches on, regardless of world and national events. Ensure that all officers are aware of the approaching APPLY billet application deadlines. All hands should also be developing Policy board issues and submitting them up the chain of command. Cheers.





Chaplain's Corner

Words of Wisdom

by CAPT Carl W. Filer
REDCOM Mid-Atlantic Chaplain

Even though the German government did not support our decision to go to war with Iraq, they still support us, in many cases, at the personal level. Col. David E. McLean, USAF, a chaplain at the Ramstein Air Base in Germany, gives an account of an experience he had while trying to enter the base on Sunday, March 30, 2003. As background, one needs to know that German soldiers, police and civilian contractors had been manning checkpoints due to the deployment of U.S. forces to the Persian Gulf.

McLean writes: "As usual I was running late. So you can imagine my frustration level as I approached the main gate of Ramstein Air Base only to find

traffic backed up! I needed to be where I was going. The German soldiers, the ones manning the checkpoint, were just milling around, chatting as if those in line had all the time in the world."

"A few minutes later I noticed blue lights approaching from the direction of the air terminal. Close behind were two military medical buses with their Red Cross. Lights were on in the buses, and I.V. bags could be seen hanging. It was then that I realized that these were more of our wounded warriors being transported from the battlefields to Landstuhl Regional Medical Center for treatment.

"I certainly wasn't prepared for what happened next. All of the German soldiers, our gate guards, began walking toward the concrete barriers that divide the

inbound and outbound lanes of traffic. As the blue lights neared, more German soldiers seemed to appear from nowhere, lining the road, shoulder to shoulder. Right on cue, without a word being spoken, these soldiers snapped a sharp salute as the buses drove past, rendering arms until well after the last bus had passed.

"Needless to say, I was speechless and deeply moved. What a show of respect for fellow soldiers!"

This little vignette speaks volumes, I believe, of the support we retain, if not from the official government, then at least from the German people themselves.

May God continue to bless and watch over our Soldiers, Sailors, Airmen and Marines as they go into harm's way.



Physically Fit For Life

Getting Started and sticking with your Personal Fitness Exercise Plan

SK1 Anoda P. Kendrick
RECOM Mid-Atlantic

Say goodbye to the pink PRT folders! Starting Oct 10, a database called Physical Readiness Information System (PRIMS) developed by the Chief of Naval Personnel will be used.

PRIMS monitors Physical Fitness Assessment (PFA) performance and maintains statistical data on the physical fitness performance of members throughout their military career. Military members will log on to <https://primis.persnet.navy.mil/> to submit risk factors and view results of their PRTs.

Upon transfer to a new command, the member's PFA information is exported to the gaining command.

Your fitness program should include aerobic physical exercise sessions at least three times per week consisting of at least 40 minutes of activity, including a mini-

mum of 20 to 30 minutes of brisk aerobic exercise, a strength and flexibility component, and warm-up and cool-down periods. In addition, daily tasks should be pursued that result in the accumulation of 30 minutes of moderately intense physical activity and minimization of sedentary periods.

It's important to start, set and execute goals. Here are some examples:

Cardio-Respiratory Fitness- Jogging or walking is a good way to keep your blood circulation flowing properly and it helps burn sugar, which undissolved, turns into fat. A minimum of 12 minutes requires 12 weeks for a significant change.

Absolute Strength- Keeping your muscles firm helps avoid loose skin and flabby muscles that take on the appearance of fat. Work in the weight room requires eight weeks for significant change.

Dynamic Strength- Just like long distance runners need to build up a long base of training runs to increase lung capacity, lifting weights requires a certain amount of muscular endurance. Push-up, crunches, and sit-ups require four weeks for significant change.

Flexibility- Good flexibility keeps your body limber and loose for the time spent in the weight room or on a treadmill. Sit and reach requires eight weeks for significant change.

Body Composition- Measuring body fat daily is one way to check your progression. However, it does require 12-16 weeks for significant change.

Nutrition- A balanced diet can keep those extra pounds off. This must be monitored daily to have a significant change.

The key is to stick with your goals.

Enlisted Matters

“MENTORSHIP”

by CMDCM (SW/AW) Ranow McCoy
Command Master Chief

Since my last article, there have been several positive initiatives implemented by our Naval Leadership. One in particular that I would like to share with you is mentoring to our Sailors. Taking care of our Sailors has always been an unspoken role of every Navy leader - well now we will bring it together as a formal program. CNO's Guidance for 2003 tasked all Echelon II Commands to create a mentoring culture and assign a mentor for every service member as of March 2003. Our chain of command, COMNAVRESFOR, took a further step in formalizing a mentoring program within the Naval Reserve Force. Although this initiative is in the beginning stages of implementation, one thing for certain is that if this program is to reach it's full potential, successful mentorship throughout the Naval Reserve Force depends upon our personal involvement.

In my travels throughout my 23 plus years in the Navy, I have often been exposed to examples of superb mentorship. I encourage everyone, especially Chiefs and Petty Officers, to think about all the times you were preparing for advancement or striving for that special professional or military achievement. Whether it was studying for the exam, completing your rate training manuals, or getting that military or civilian qualification, I think you would agree that

no one has gotten to where they are without the help and guidance of someone along the way. That is why I'm counting on all of you to fully support our Naval Leadership's plan to assign every sailor a mentor. Mentoring is a great way to help your sailors succeed, by sharing the knowledge and experiences that have benefited you. Mentorship works both ways - it allows leaders to get to know and better understand their sailors, and it gives junior sailors an insight into experiences they may have never had.

Each and every one of us can be - and is - a leader in some role or another. You should expect to be a mentor to the sailors you lead. Navy leaders must take an active role in growing sailors that will lead us through this century. Any of us that have had a successful career can point to at least one mentor that stood out as someone we wanted to be "just like." You should want to be that someone for your sailors. No matter how much you learn throughout your career, it means nothing if you don't pass it on to your shipmates for tomorrow.

As we receive more formal details about the Mentorship Program, I will provide this information to your respective Senior Enlisted Advisors. If you have any best practices that you would like to share with me, please offer these to me via your respective chain of command. I look forward in sharing any good "Sea Stories" that you may have.



The REDCOM MIDLANT region BJOQ/SOQ Board for 1st Quarter 03 was held at Naval Amphibious Base, Little Creek, Va. on April 15-16 with 15 reserve centers represented. All candidates were considered to be exceptional and the board really had their work cut out in selecting the "best of the best". The following individuals were selected by the board and are recommended for the various categories:

SELRES BJOQ: IT3 Anthony Jones (UNIT: Military Sealift Command 106) (NRA: NMCRC Washington)

FTS BJOQ: SK3 Roberto Nicholson (NRA: NMCRC Norfolk)

SELRES SOQ: MM1 William G. Cotter (UNIT: NR AOC DAHT2) (NRA: NMCRC Pittsburgh)

FTS SOQ: HM1 Robert J. Galasso (NRA: NRC Ebensburg)

2003 Naval Reserve

March 8, Arlington

Photos by: Lou Comeger
NAF Washington Photo Lab



Reserve Ball

lington, Va.



N&MCRC RICHMOND SAILOR SAVES A LIFE

LCDR Craig Hamner
CO, N&MCRC Richmond, Va.



photo by YN2 Stacey Vise

IT1 Kennedy receives a NAM from LCDR Hamner for her courageous act above and beyond the call of duty.

Thursday, February 6 started off not unlike any other day for IT1 Dawn Kennedy, a Selected Reservist on ADSW in support of funeral honors at N&MCRC Richmond. However, little did she know that by the end of the day, she would have saved a person's

life.

With no funeral details scheduled that day, Kennedy volunteered to make the two hour trip to Naval Amphibious Base Little Creek to liaison with the Navy Exchange on Selected Reserve uniform issues and to escort a newly reported Training and Administration of Reservists (TAR) sailor to PSD for his official check-in. Between these chores, the two sailors lunched at the base food court where an elderly woman was dining alone at a nearby table. Suddenly, the woman began to gasp for air, became panicky, and was losing energy rapidly. Responding to the woman's distress, Kennedy quickly ran to her side and ascertained, through hand signals, that she was choking on food. Without hesitation and with great strength and determination, IT1 Kennedy

positioned herself behind the chair, wrapped her arms around the heavy set woman, lifted her up, performed several thrusts of the Heimlich Maneuver and, in the process, dislodged a large piece of food which had completely blocked her airway. The woman collapsed into her chair from exhaustion, slowly regained her energy, and eventually made a full recovery at the scene.

Undoubtedly, Kennedy's instinctive reaction saved the life of a woman in acute distress and the woman, her husband, children, and grandchildren will forever be grateful.

For her meritorious actions, RADM Robert M. Clark, Commander REDCOM Mid-Atlantic awarded the Navy and Marine Corps Commendation Medal to Kennedy on April 29.

Reservists Provide Medical Continuity in Hampton Roads

Ensign Maria Miller
NIB DET 102



Photo by JO2 Sarah R. Langdon

CDR Cathy A. Harrison, a nurse anesthetist and activated Reservist from Asheville, N.C., starts a pre-operative intravenous line at Naval Medical Center Portsmouth, Portsmouth, Va.

Hundreds of Naval Reservists have been mobilized to Navy Medical Center Portsmouth and its seven branch clinics, preventing disruption of medical services while active-duty staff members are deployed to the Middle East.

"With the help of the Reservists who have received orders to assist us, we will care for as many additional TRICARE beneficiaries as we can while ensuring quality and continuity of care," said CAPT Thomas K. Burkhard, commanding officer of Naval Medical Center Portsmouth and lead agent for TRICARE Mid-Atlantic.

The Reservists, including corpsmen, nurses and physicians, are filling in for their active-duty counterparts at the medical center and its seven branch clinics in Hampton Roads. More

than 40 came from Naval Medical Center Detachment 206 in Norfolk.

"We're a full service clinic for the thousands of fleet sailors and their dependents that are still attached to the base, so it's vital that we keep everything up and running," said HMC Anthony Carotenuto, a Detachment 206 member from Chesapeake, Va. "We were prepared with well-trained people who know what they are here to do and it makes a big difference," said Carotenuto, who has been serving in preventive medicine at the Sewells Point Medical Clinic on Naval Station Norfolk since he was mobilized in March.

LCDR Mary Kay Carlson, a nurse from New Haven, Conn., is serving in the OB/GYN clinic of the main medical center's women's health division, which treats approximately 300 pa-

tients per day. Although some services were cut back for a short time as active-duty staff members were deployed, the clinic is extremely busy now and seems to be operating all programs on a normal schedule with the help of reservists, she said.

The approximately 600 medical staff members deployed in Operation Iraqi Freedom have been replaced – temporarily – by a little more than 200 Reservists, medical center officials said. The situation is requiring some Reservists to expand their skills and work outside their normal areas of expertise. HM3 Sylvanna Clark, an-

other nurse, had been on a new civilian job for just one day when she was mobilized, and has been honing her technological and administrative skills in the Portsmouth medical center's Management Information Division.

"I'm just happy to do my part for my country," said Clark, a Detachment 206 member from Norfolk, Va. "I'm glad they picked my unit to serve."

Despite leaving their civilian jobs and giving up normal family lives, these men and women have not lost sight of the active-duty members' sacrifice.

"There is a degree of guilt that

comes along with serving [here] because I can at least talk to my family. I feel like I have the easy part," Carlson said.

"I still get emotional when I see what is happening [in Iraq]," Clark said. "I just hope our sailors and soldiers come back safe."

Hundreds of other Reservists have been mobilized to other medical centers, across the country and abroad. Approximately 470 reservists were mobilized to the National Naval Medical Center in Bethesda, Md., and its branch clinics, officials in Bethesda said.

Supply Corps Junior Officer Career Day Held

CDR Lana D. Hampton, USNR
REDCOM Mid-Atlantic PAO

The Mid-Atlantic Supply Corps Junior Officer Career Day was held on February 22nd at the Defense Logistics Agency in Fort Belvoir, Va. The event was sponsored by RADM Robert M. Clark, Commander, Naval Reserve Readiness Command Mid-Atlantic and RADM Howard W. (Pat) Dawson, the senior regional Reserve Supply Corps flag officer.

The career day focused on professional development and career management across major supply/logistics program areas as viewed against the backdrop of today's changing national security environment.

Following opening remarks by Clark, RADM (Sel) Fenton F. Priest, III, Commander, Defense Logistics Agency Contingency Support Team, shared with attendees the principles that worked for him.

"Live the Navy's core values—Honor, Courage and Commitment. Work hard at working at a higher level and serve above your current level,"



said Priest.

Priest advised the junior officers to look for ways to get involved in the supply community and to make sure their record is accurate.

He concluded his remarks with, "seek leadership positions. Distinguishing yourself as a leader amongst your peers is critical."

The organizers of career day identified three objectives: (1) provide continuing professional development and career management information to junior Reserve Supply Corps officers; (2) positively influence retention of current junior officers and encourage in-

creased recruiting of additional junior officers; and (3) articulate program and unit expectations for junior supply corps officers and the benefits of active career management.

These objectives were achieved for many attendees.

LCDR Jim Shelton of NR DCNO N4 Det 106 recently transitioned to the Naval Reserve and found the career day program educational.

"This Supply Corps Junior Officer Career Day exceeded my expectations! I now have a better understanding of the Reserve Supply Corps community and many of the options available to me in charting my career path. I was also impressed with the senior officers' genuine concern with the junior officers' futures," said Shelton.

Another attendee added. "I thought it was very good and beneficial. I wish it was held annually," said LTJG Raj Sakaria of NR FISC Norfolk Det 106.

Dawson's remarks included a summary of his "Top 10 list": develop a professional reputation, be a follower and a leader, seek variety in your job,

seek leadership positions, focus on the customer, maintain high standards of conduct, take care of your people, expand your technical expertise, manage by walking around, and have vision/challenge assumptions.

Career day included five segments presented by senior Reserve Supply Corps officers. The supply program/unit areas segment was briefed by CAPT Sean Crean, CAPT Gary Mack, CAPT Craig Curtis, CAPT Dan Freye, CAPT Tom Freshwater and CDR Mike Zabel. They described program/unit organization structure, junior officer manning levels, job requirements/expectations and job satisfaction in traditional and non-traditional supply billets.

CAPT Jeff Nevels and CDR (Sel) Becky Watson briefed the fitness report segment and highlighted the key

elements of fitness reports, presented examples of effective reports and described the most recent changes to the fitness report instruction.

The APPLY board segment briefed by CAPT Kent Brostrom highlighted the board process, described command opportunities for junior officers and provided insight on what separates the strongest candidates from the pack.

CAPT Wes Johnson briefed the mentoring segment and highlighted the importance of mentoring, described the newly launched pilot mentoring program and solicited for new mentors and proteges for the program.

The last segment of the day, the career planning panel session, was facilitated by Dawson. This open forum allowed interaction between senior and junior officers as they discussed successful career planning, assignment

rotations, command, and expectations of junior officers.

Feedback from the workshop critique form was very positive:

“I thoroughly enjoyed the opportunity to participate and do some networking. Excellent job on putting together the conference.”

“Great workshop and great value.”

“I think this was outstandingly planned and executed. Very enjoyable and well-worth my time.”

“Good presentations and good speakers. Definitely worth the time spent.”

“I really appreciate the effort required to attend this event. It was definitely worth it.”

Career day is a biennial event open to Reserve Supply Corps junior officers assigned to or residing in the Mid-Atlantic region.

Reservist Awarded NAM by VADM Totushek

Story and photo by JO2 Mike Miller
NRC Avoca Public Affairs

MA2 Robert Lehman was honored to testify at the House Armed Services Committee Total Force Subcommittee Hearing on April 3, 2003, but he didn't expect a second honor quite so soon. VADM John B. Totushek, Commander, Naval Reserve Forces, awarded Lehman the Navy and Marine Corps Achievement Medal on the spot in Washington, D.C. for his performance while mobilized to active duty in support of Operation Enduring Freedom.

The House Total Force Subcommittee received testimony on “Views from the Field — Perspectives of Mobilized Reservists.” Six enlisted personnel testified; Lehman alone represented the entire United States Naval Reserve Force.

Lehman joined the Navy under the Advanced Pay Grade Program

(APG), and was given the rate of petty officer second class due to his extensive civilian work experience as Chief of Police in Plymouth Penn. He was mobilized to active duty right after 9/11, and sent to Naval Station Mayport Security Force.

While there, he volunteered for additional responsibilities, became a member of the Waterborne Patrol and M-60 Division, protected afloat assets, and deterred unauthorized entries into waterside restricted areas. Lehman also provided leadership counseling and career development counseling for four personnel working in his section.

Lehman recalls, “Our primary job was to make sure no one entered the harbor who wasn't supposed to be there. We had one boat, and worked twelve-hour shifts. It was cold and wet, as you'd expect, and an important mission we had to carry out with limited resources.”



VADM John B. Totushek presents
MA2 Robert Lehman with his

LCDR T.J. Bartley, Commanding Officer, Naval Reserve Center Avoca, said, “We are all proud of Petty Officer Lehman. He is one of the finest Sailors in the Naval Service.”

MOBILIZATION PREPARATIONS CONTINUE

by PN2 Troy Kaplan
NMCRC Ebensburg

In connection with President Bush's concerns with the Middle East, the CO of U.S. Naval and Marine Corps Reserve Center, Ebensburg invited Paul P. Caswell CDR (ret.) to speak with reserve members concerning legal issues related to mobilization.

Commander Caswell discussed issues such as the Soldiers and Sailors Relief Act, S.G.L.I., special cases, wills, Power of Attorney, trusts and

direct deposit. He urged each member to insure that his/her military records were current with his/her present life circumstance through regularly reviewing these documents and his/her "Page Two". He also cautioned Reservists to "know what they were writing and signing."

Powers of Attorney, for instance, may be granted as limited or in full. Limited Powers of Attorney restrict the grantee to the Power expressed in the document while full Powers of Attorney may give the grantee

power over all of the grantor's affairs, including children, property and money. Another item discussed that Reservists may not normally consider consisted of "Do Not Resuscitate" orders. These orders should be included in the Reservists' medical files as well as in mobilization folders.

Caswell has served twenty-seven and one-half years and was on active duty with both the Navy and Marines. He currently recruits for and reports to the Naval Academy.

Government Travel Charge Card

by SK2 Edward Porras
REDCOM Mid-Atlantic

Welcome to the REDCOM Mid-Atlantic GTCC advice column. We strive to provide the latest information and resources to manage your travel card.

Here are some helpful tips:

- Submit your travel within five working days after completion of official travel.
- Use your GTCC to pay for AUTHORIZED travel expenses. For a complete list of authorized travel expenses, visit the Cardholder Travel Card Guide. http://www.navres.navy.mil/navresfor/n4_sup/documents/gtcc_guide.pdf
- Your travel claim should be liquidated within 10 working days. You should monitor your account until payment is posted.
- Use of the split-disbursement is now mandatory.
- Be aware of the money allocated in your travel orders. Do not expend beyond your money allocation.
- You can check the status of your travel claim and obtain a copy of your travel voucher after liquidation at www.dfas.mil/mypay
- The Bank of America customer service

telephone number is 1-800-472-1424.

- The following link provides training for cardholders http://www.navres.navy.mil/navresfor/n4_sup/documents/2
- For more information on the Naval Reserve Force travel card program visit the RESFOR website http://www.navres.navy.mil/navresfor/n4_sup/tra_card.htm

You can e-mail your questions or comments to edward.porras@navy.mil or contact your local APC representative.



BRAVO ZULU

Awards & Recognitions



Navy & Marine Corps Commendation Medal

CAPT James Crandall
NR COMSUBLANT D 306
LCDR Fred Godbee
NR SPECBOATRON TWO
LCDR Donald Grady
NR COMSUBLANT D 306
CAPT Kathryn Gray
NR CNSL DET 606
CAPT William Kneller
NR COMSUBLANT D 306
LNC Jeffery Luthi
LSO MID-ATL DET 306
LT Mark Moebes
NR COMSUBLANT D 306
EMC Stephen Peterson
NR CSLBGS 106
OSC Alex Ramirez
NR PC CART TWO
IT1 Lisa Spillar
NR COMSUBLANT D 306
CDR Wallace Hanger
NR NRL CBRD 106
BMC(SW) Dexter Jackson
NRC BALTIMORE STAFF
EN1(SW) Randall Thomas
NRC BALTIMORE STAFF
CDR Benjamin Abalos
NR LEGAL SERVICE OFFICE 104
LCDR James Weyant
NR BEACH GROUP 2 DET 206
CMCS William Crowell
NR SUP BAT 2
CDR John Cashmere
NR NAVOPSCOM SUPCEN 106
SK2(SW) Edwina Cleveland
NMCRC WASHINGTON
CDR Benjamin Royston
NR NAV INSGEN 106
CDR Aaron Santa Anna
NR COM MSC 106
LCDR John Tigani
NR NAVSEA SYSCOM DET 1506

Navy & Marine Corps Commendation Medal contd...

HT1 Darlene Cordeiro
NR AS-39 LAND DET 106
CDR Paul Ulmer
NR COMSUBLANT BGS 106
NC1 Carol Dunkle
NAVRESREDCOM MIDLANT
LCDR Cynthia Eythell
NAVRESREDCOM MIDLANT
CDR Wallace Hanger
NR NRL CBRD 106
BMC(SW) Dexter Jackson
NRC BALTIMORE
EN1(SW) Randall Thomas
NRC BALTIMORE



Navy & Marine Corps Achievement Medal

PN1 Victor Burgos
NMCRC WASHINGTON
EN1 Jerlean Tinsley
NMCRC WASHINGTON
LCDR Stephen Eron
NR COMSUBLANT 306
YN3 Renee Johnson
NR JAG MOLESWORTH 161
IT1 (SW) David Twyman
NR COM MSC 106
PN2 Jerika Green
NAVRESREDCOM MIDLANT
EN2 Natasha Alexander
NMCRC NORFOLK
YNCS Cathleen Atwood
NMCRC NORFOLK
MM2 Joseph Durso
NR ARGIMA UNIT 106
ITC Charles Lovett
NR CSL BGS 106
ET1 Gregory Pazo
NR CDSA DET 107
ENC Joseph Rickerd
NR SPECBOATRON TWO

Navy & Marine Corps Achievement Medal

CWO2 Susan Vandigriff
NR NAVPHBASE LCREEK
MMC David Wilson
NR SSSU DET 106
ETC Sharon Bosley
NR AOC YORKTOWN DAHT 10
BM1 John Gilliam
NR ACU-2 BALTIMORE
PN1 Cheryl Weirich
NRC BALTIMORE
PN1 David Romano
NRC BALTIMORE
LTJG Raj Sakaria
FISC NORFOLK 106



Good Conduct Medal

SK2 Wilbert Parks
NRC BALTIMORE



Military Outstanding Volunteer Service Medal

IT1 Taryn Dunnaville
NR MSCO EAST MED 106
LT Daniel Thompson
NR 4MD 4AAB A

Bravo Zulu!

Each quarter the Awards and Recognition page is dedicated to all REDCOM Mid-Atlantic Active Duty, TAR and Selected Reservists whose hard work, dedication and professionalism was recognized by the navy. To have awards printed in future issues, please submit the rank, full name and command/unit to: sarah.holm@navy.mil