



On Watch

News for Naval Reservists in the Northeast

July 2003 - Summer

To Baghdad and Back

By JO1(SW/AW) Steve Bansbach, Naval Reserve Readiness Command Northeast NEWPORT, R.I. (NNS) —

Hospital Corpsman 3rd Class (SW) Rob Dacunha never gave the Navy one thought until his senior year in high school when he talked to a recruiter, who made the Navy sound very interesting. Now, more than six years later, Dacunha has had a life changing experience.

Dacunha is 24-years-old and hails from New Bedford, Mass. but, from January to June, Dacunha was in Baghdad deployed with the 2nd Battalion, 23rd Marines, taking care of the injured during Operation Iraqi Freedom. While in Iraq, Dacunha was in charge of driving the ambulance and responding to injured personnel.

"I was part of the battalion aid station," Dacunha explained. "If a Marine was hurt, their company corpsmen would call us and give us a status report of the injured. Myself, two medical officers and another corpsmen would drive out to the injured and evaluate them, to decide if we could take care of them or if we had to medically evacuate them."

While he saw more than 200 Marines, Dacunha also helped take care of many Iraqis, taking care of



HM3 Dacunha, his battalion surgeon and another corpsmen spent some time in this Iraqi village just south of Baghdad on a humanitarian project. They set up shop in an abandoned Baath Party Headquarters building and saw anybody who wanted to be seen by a doctor.

them as well as he would take care of a fellow Marine. "A lot of the Iraqis were injured because they were caught in the crossfire, or they would be handling unexploded ordnance," Dacunha said.

This is Dacunha's first deployment with the Reserves. Dacunha was active-duty military for six years before entering the Reserves last October, and he is truly amazed at the talent of the medical personnel deployed to Iraq. "Every single person had a story to tell. We had a couple of people that were all set to enter Stanford University; they had to put that on hold. We had a cardiac surgeon's assistant, New

York City paramedics, a hospital corpsman 1st class with a (medical degree) from South Dakota University. I was getting ready to start college myself when I was mobilized, but I tell you what, there was not a medical staff anywhere in country that could touch us," Dacunha remarked.

Of course, when you are on deployment, morale is a concern. Dacunha said the morale was the super high, especially when the Marines were out to accomplish a mission; but when they were stagnant, it bottomed out. "If we were doing something, like delivering

(continued on next page)

Inside... Seabees forward Deployed -- ESPN's Jocks to GPs --Military Appreciation News ... and more!

Demobilization of Reservists Underway

More than 12,000 Reservist headed home after mobilization in support of Operation Iraqi Freedom

By Lt. j.g. Ken Shade, Naval Reserve Force Public Affairs

NEW ORLEANS (NNS) — The Navy is demobilizing 3,000 Reservists in May; 1,900 in June; 1,716 in July; 877 in August; and 1,720 in September, said Lt. Cmdr. Tom Lattomus, perspective director of Commander, Naval Reserve Forces (COMNAVRESFORCOM) Mobilization Center.

The draw-down will not only focus on returning the Reservist to civilian life, but also caring for the Reservist's needs through customer service, according to Cmdr. Mark Englebert, director of COMNAVRESFORCOM Mobilization Center.

"Reservists will be going home quickly," said Englebert. The process will be similar to bringing the Reservist on active duty, but in reverse. The individual will be going through Navy Mobilization Processing Sites, receiving counseling and a transitional health care brief, as well as their DD214s. The next step will be sending Reservists to their Naval Reserve Activity, where they'll be greeted by the CO. "We are talking about world class customer service," Englebert said.

He added that reducing the numbers is not the only focus of this draw down. The forefront of all policy is "the care and feeding of the petty officer returning to civilian life," said Englebert. He said this should ease the minds of those returning from active duty.



Master Chief Petty Officer of the Navy Terry D. Scott stands in the court yard of a secondary school, while a Navy Seabee from Naval Reserve Naval Mobile Construction Battalion 21, Lakehurst, N.J. stands guard from a rooftop. More than 12,000 Reservists will be demobilized by September, reducing the Reservists on active duty by 75%. Photo by Senior Chief Journalist Brian D. Roscoe.



REDCOM

By the Numbers

Actual Mobilized	2001
Demobilized	1049
Still on Active Duty	952

Currently 52.4 % of REDCOM NE SELRES who were Mobilized have now been demobilized/deactivated.

Baghdad and Back *(continued from page 1)*

food, morale was great, but if we were just waiting, it was terrible. You're sitting in 120-degree heat, drinking 110-degree water because there was no ice. It was awful," Dacunha said.

And while Dacunha is back home, he says that if he were called up tomorrow he would go, no questions asked. "You don't know just how good we have it. People were coming up to us telling us horror stories, children were drinking out of the same water that goats would walk through. The people had absolutely nothing. I'm so happy that we helped out over there," Dacunha concluded.

Seabees Offer Support to Iraqi Citizens

By LCDR Meg Reed and JO2 Traci Feibel,
I MEG Public Affairs

UMM QASR, Iraq (NNS) — A seven-vehicle convoy of Seabees, Marines, and Soldiers from Camp Commando near Kuwait City recently made the bumpy and dusty one and a half hour trip to visit Iraq's first liberated city, the port of Umm Qasr.

Rear Admiral Charles Kubic, dual-hatted as Commander of the Navy's First Naval Construction Division and Commander, First Marine Expeditionary Force Engineer Group (MEG), assembled key personnel of his staff and invited seven unilateral media members to check on the progress of a Seabee detachment in residence there since right after the liberation.

Naval Mobile Construction Battalion (NMCB) 21, a Reserve Seabee battalion headquartered in

Lakehurst, N.J., started their assignment in Umm Qasr by providing engineering assessments and work necessary to get the port re-opened and ready to receive humanitarian assistance ships. Lately the Seabees' work has expanded into community projects such as the donation and construction of a playground and soccer field, enhancements to a school and employment of local Iraqi citizens to help the Seabees on a road improvement project.

After a seemingly endless ride through Kuwait's desolate desert where the scenery never changes save for a slight mountainous elevation or a herd of camels now and then, the convoy crossed the Iraqi border and wound its way slowly through a small residential area where people shouted and waved in welcome. The convoy

arrived at the port where Seabees waited patiently in formation to hear what the boss had to say. Kubic started out by praising the Seabees loudly for their efforts in helping to bring Umm Qasr back to life. He compared his observations to previous visits and commended both the unit and the British allied forces that are directing the port efforts.

"Every day you are making tremendous contributions. Let's continue to work with our coalition brethren to determine what else can be done and to ensure the community knows that we have come as friends." Kubic also delivered some well-deserved good news to the unit — that the chemical threat level had been reduced and the troops could remove the chemical suits they had worn 24 hours a day for the previous two weeks.

Kubic explained to the media that some of the NMCB 21 Seabees are Reservists from New York City and began the fight against terrorism on Sept. 11 in their jobs as firefighters, policemen, and city workers. They've continued the fight in the Middle East for Operation Iraqi Freedom by beginning the re-building process for the Iraqi people at Umm Qasr.

The convoy traveled to locations where Seabees had been doing what they do best — performing a variety of construction projects skillfully and quickly. First stop was a playground and soccer field enthusiastically embraced by the

(continued on page 15)



Rear Adm. Charles R. Kubic Commander, 1st Naval Construction Division, shakes hands with a coalition forces commander after a ribbon-cutting for a new aircraft parking ramp at Al Jaber Airbase. Seabees from Kubic's command were responsible for many humanitarian projects including an airport runway, schools and community projects. Photo by Marine Sgt. Nicholas S. Hizer.

Brunswick/Syracuse Sailors Supply Ships at Sea

Cargo Afloat Rig Teams Conduct CONREPs and VERTREPs

By JO1 Dan Meaney, Cargo Afloat Rig Team A401 Syracuse

ABOARD SS CAPE GIBSON (NNS) — Twenty Naval Reservists of Cargo Afloat Rig Team (CART) A401 in Syracuse, N.Y., and 19 of CART Team D201 in Brunswick, Maine, are mobilized and serving in the Arabian Gulf in support of Operation Iraqi Freedom.

The team members have traveled more than halfway around the world to be on station. SS Cape Gibson (T-AK 5051) is a 605-foot underway replenishment ship carrying supplies for forward-deployed forces. The CART team delivers the supplies through underway replenishments at sea either by connected replenishment (CONREP) or vertical replenishment (VERTREP).

CONREP requires connecting the two ships to transfer supplies. VERTREP engages a helicopter to deliver supplies from one deck to another. The helicopter hovers over the replenishment ship to pick up supplies, then carries to the receiving ship, hovers over deck and delivers the payload. Both operations are hazardous and require great teamwork and training to accomplish safely. The result ensures ships receiving supplies never has to return to port for replenishment of critical supplies.

The Naval Reserve CART teams received orders in late February and processed through Norfolk.

Reservists flew to Diego Garcia to meet the ship and begin support operations. By mid-March they were

on station in the Arabian Gulf engaged in support activities.



Hook-up man BM1 Nelson LeBarron of Rochester, NY and grounding rod man GM1 Booty of Brunswick, ME prepare for the arrival of a Canadian SH-3 helicopter. Reservists from Syracuse, NY and Brunswick, ME kept ships underway replenished with supplies and cargo. Photo by Journalist 1st Class Dan Meaney.

Reservists help Maintain Service at Bethesda Hospital

By JO1(SW/AW) Steven Bansbach, Naval Reserve Readiness Command Northeast
NEWPORT, R.I. (NNS) — The hospital ship USNS Comfort (T-AH 20) is forward-deployed to the Arabian Gulf with more than 900 personnel from the National Naval Medical Center in Bethesda, Md., so mobilized medical Reservists, including some from the Northeast, are playing an important role augmenting the hospital staff.

More than 400 Reserve corpsmen, nurses, physicians and support personnel are helping the hospital continue to provide the highest quality care to servicemembers and their dependents, including Marines injured in combat during the fighting in Iraq.

Since Comfort was ordered to the Gulf, Reservists from the Northeast have been called to fill in the spaces making sure there are no shortfalls. “I was studying to get my bachelor’s degree in anthropology,” Hospital Corpsman 2nd Class Martha Adams, a Maine Reservist, said. “What we are doing here is more important right now. I can go to school anytime. When the Reserves call, there are no questions you just go.”

More than 10 injured servicemembers have been transferred to the hospital in Bethesda from the front lines in Iraq. Capt. David Ferguson, director of Restorative Care Services, recently took

(continued on page 16)

Admiral’s Corner



The Naval Reserve and the Reservists of this region have never faced a greater challenge, yet in the past two years, you and your families have been strong and met every test. In those two years, you responded to 9/11, supported two wars, in Afghanistan and Iraq, and kept the support coming for the USN. With 9/11 striking at the heart of our region, you provided the homeland and overseas security at bases everywhere. Thirty percent of the Naval Reserve sailors in the Northeast were mobilized and served. That’s 2001 sailors and that’s more than ever before.

I’m proud of units who have worked and trained and exceeded every goal and expectation placed in front of them. Whether it was all of those things that make us mobilization ready, or days of gaining command support or advancement preparation, you ALL excelled. Your skill and professionalism during these times of challenge has

(continued on page 16)



Navy Capt. David W. Ferguson, Director of Restorative Services for National Naval Medical Center participated in a press conference held at the National Naval Medical Center with three Marines that were all wounded in action. During the press conference Ferguson praised the work of Reservists at Bethesda Hospital. Photo by Journalist 1st Class Craig P. Strawser.

ESPN Promote Morale with Jocks to GIs

By JO1(SW/AW) Steven Bansbach, Naval Reserve Readiness Command Northeast
NEWPORT, R.I. (NNS) — While Operation Iraqi Freedom's objective appears to be almost complete, many servicemen and women are still on the ground doing patrols, providing humanitarian assistance and keeping the peace. The farthest thing from their mind is last night's baseball scores; did the Lakers win game one; who won the Masters; who are the Tampa Bay Buccaneers looking to draft in the first round. Sports, on a large scale, are not very important, but to diehard fans, sports are the only thing.

The worldwide leader in sports, ESPN (Entertainment and Sports Programming Network).com and ESPN The Magazine, are making sure the sports fans get an extra helping of their daily dose of sports. ESPN established the "Jocks to GIs Direct" e-mail-based, one-to-one pen pal program between professional athletes, coaches and military personnel in the Middle East and other overseas locations. ESPN has about 30 athletes talking to pen pals based overseas. ESPN producers and editors approached some athletes to ask them if they wanted to participate. "We had a tremendous response," John Papanek, senior vice president and editorial director of ESPN, remarked. "Everyone we asked agreed to participate 100 percent."

To get things started, ESPN posted a page on the Web inviting any servicemember, in 100 words or less, to explain why they wanted to



New York Yankees pitcher Roger Clemens signs autographs during a USO sponsored visit on board the USS Constellation (CV-64). Clemens is a participant in ESPN's "Jocks to GI's Direct" Program, in which he revealed to his military pen-pal that he may be retiring next year. U.S. Navy photo by PH2 Class Charles E. Alvarado.

be pen pals. To ensure the widest dissemination, ESPN sent an email to public affairs officers overseas telling them about the program. At the start of the program, ESPN created special accounts for each athlete. Once the account was setup, the athlete was contacted to let them know how to log on to the system to send or read emails. While the athlete had a special account made for them, the servicemember can send emails through his normal account.

"With the large response from the athletes, we actually had to turn some of them away. The reason is that we want to make sure that the email accounts are up to date, that there is some correspondence taking place and that everything is working," remarked Papanek.

Most correspondence is posted on ESPN.com, and some are published in ESPN The Magazine. In fact, some pen pals are the first to

know some news before sports reporters know. "Roger Clemens's pen pal found out that he is probably going to retire after this year. He was probably the first person to know this with the exception of his family," Papanek stated.

ESPN thought right away that this program was going to be a great morale booster. Papanek noted that athletes and military members have a lot in common. "They are just about the same age, physically fit and interested in winning. In fact a lot of athletes said that if they didn't make it in the pros, they may have joined the military. There just seems to be a real understanding."

ESPN started this program at the end of March and has no plans to shut it down. "Athletes really admire the military," said Papanek, "and hopefully, all of them will come home soon."

Reservists Supporting Fleet Week are embraced by New York

By JO2 Joseph R. Holstead and JOSN Geraldine Hawkins, NAVINFO East
NEW YORK (NNS) — Lt. Cmdr. Dan Blackburn, commanding officer of Naval Reserve Center, Amityville, N.Y., has no doubt about it — Fleet Week would simply not be without the Reserves. “Reservists are absolutely essential to the execution of Fleet Week. It just couldn’t happen without them,” Blackburn said.

More than 250 Naval Reservists, many who hail from Blackburn’s Reserve Center and a host of other Reserve centers throughout the country, came to Manhattan and Staten Island to support Fleet Week 2003. It was the 16th annual Fleet Week, featuring nine U.S. Navy ships, the Office of Naval Research vessel, Starfish, as well as ships from Canada, Great Britain, Mexico and India.

“The expertise in setting up the pier all lies with Reservists. They do a great deal in terms of management coordination. A large portion of my Reservists who do annual training (AT) come for Fleet Week – in fact, most of my ATG (Afloat Training Group) unit spent the week in Staten Island supporting the six ships berthed there,” Blackburn said.

Sonar Technician (Surface) 2nd Class Thomas O’Brien was one of the ATG Sailors who worked preparing the pier at Staten Island for Fleet Week. He also drove staff and fleet Sailors to various events and meetings from the Pier 88 motor pool in Manhattan during Fleet Week. “This is an exciting



Naval Reservist’s from Navy Region NE assisted New Yorkers and worked in various capacities to make Fleet Week 2003 a success. Photo by Ensign Michael Harnar, NAVINFO East 102 NY.

time for the Navy, and the people in the city are always welcoming,” said O’Brien, who is completing his AT is in his 19th year of Navy service.

Finishing up a nearly 21-month mobilization at Naval Weapons Station, Earle, N.J., Gunner’s Mate 2nd Class Dan O’Pella, in civilian life a corporal for the Haddonfield, N.J., Police, was providing security for Fleet Week for a second year in a row. “Last year, the first Fleet Week after Sept. 11, the support for us was phenomenal and has remained so this year,” said O’Pella, whose own dedication has also been unwavering.

Personnelman 2nd Class Jack Trammell, attached to Naval Reserve Center White River Junction, Vt., was also mobilized in the wake of Sept. 11 to help with security at Naval Station Portsmouth, N.H. The 12-hour days he spends in New York supporting Fleet Week are part of that mobilization. Trammell, who spends those long days taking

care of everything from berthing to pay, said, “This is the first time I’ve been down here for Fleet Week. My job is to make sure that we take care of some of the administrative details, so the Sailors coming into New York can get a chance to go out and enjoy the town.”

Equipment Operator 1st Class John Newman, Seabee Reservist with Naval Mobile Construction Battalion 24, Detachment 1224, out of Chattanooga, Tenn., has worked Fleet Week for the past four years. Nevertheless, amongst his duties making sure that all the support equipment for the event was up and running, he waxed on about being in the Big Apple. “New Yorkers take care of the Navy...my shipmates and I have gotten hugs, kisses and pats on the back while out in the city.”

Newman serves in Fleet Week Operations, a department also managed by Naval Reservist Lt. Cmdr.

(continued on page 17)

Explosion of Ammo Handlers Invade Yorktown

By JO2 Mike Miller, Naval Reserve Readiness Command Northeast
YORKTOWN, Va. (NNS) — Atlantic Ordnance Command (LANTORDCOM) held a comprehensive ordnance exercise, ORDEX-03, at Naval Weapons Station (NWS) Yorktown, Va., in April. More than 100 Reservists from Naval Reserve centers in Avoca, Pa., Bronx, N.Y., Charleston, S.C., Earle, N.J., Pittsburgh and Yorktown, Va., converged on NWS Yorktown to participate.

While the exercise was routine training, a sense of urgency provided heightened motivation to

Sailors involved. LANTORDCOM's new Deployable Ammunition Reporting Team (DART) and Deployable Ammunition Handling Team (DAHT) program is being put to the test in theater – LANTORDCOM Expeditionary Force (LEF) is presently mobilized to active duty in support of Operation Iraqi Freedom. The Reservists who participated in ORDEX-03 are training to take the place of LEF personnel in the event they are called upon to do so, thus becoming LANTORDCOM Expeditionary Force 2.

DART/DAHT personnel are

charged with the transportation, handling, reporting and stowage of palletized and containerized ordnance and ammunition for Navy and Marine Corps use. ORDEX-03 provided valuable training in performing these operations efficiently and in accordance with Federal, Department of Defense and Navy Explosive Safety Regulations.

While DART personnel handle inventory control, ordnance receiving and staging, DAHT personnel get the ordnance from where it is stowed, prepare it for transport using blocking and bracing procedures, get it to where it is being used, and secure it from transport for use in theater. Later, if necessary, the process can be reversed to bring unused ordnance and ammunition back home again.

Cmdr. John Yancigay, officer-in-charge of LEF-II, said, "Over 100 Reservists came together for the first time as a unified team. Within a few hours, they were moving efficiently and working together as one force. When called together, these Sailors are no longer thought of as members of individual teams; they are LEF-II – one force with a common mission. They struggled through cold weather and inclement conditions on the first day of the exercise with no complaints. During the next two days, they trained hard in preparation for possible mobilization. On the second day, night operations simulated actual in-theater conditions. Our first ordnance exercise as LEF-II was a huge success.



Reservists from five states converged on Naval Weapons Station Yorktown during ORDEX-03. The Reservists who participated in ORDEX-03 are training to take the place of Atlantic Command Ordnance Command Expeditionary Force personnel in the event they are called upon. Photo by Journalist 1st Class Kevin Elliott.

Next Einstein Attends Naval Science Awards

By **JO1(SW/AW) Steven Bansbach**, Naval Reserve Readiness Command Northeast
NEWPORT, R.I. (NNS) —

Bernoulli's theory of flight, Newton's Laws, the invention of the steam turbine engine, nuclear propulsion... all discoveries that have benefited the Navy. How do these great discoveries happen?

There is a long process of trial and error that leads to discovery, a series of experiments to reach the answers to unknown questions. How can you encourage young scientists to pursue careers beyond

Naval Science Awards program. During late February through May, students from all around the Northeast region participate in school science and engineering fairs. Thus far this cycle, eight regional and state fairs have been held in New England. Some regional fairs attract projects from more than 200 student participants. This is why Naval Reserve members are encouraged to come out to judge these fairs. "We have a vested interest in these student's career paths," Rigazio said. "The study of science has big

remarked. "These fairs give students a chance to present something under pressure. They have the opportunity to interact with other students that have similar interests in science. In a sense they get a chance to show off."

"I was very impressed with the projects," said Personnelman 2nd Class Carlos Coello-Reyes, a judge and a person with a unique background as a medical doctor from Ecuador. "These projects were beyond my expectations. These children had big initiatives to present these projects. The science teachers and parents of these children I'm sure helped a little, but a lot was because of their persistence. They have a bright future if they keep their drive."

Anyone interested in helping out during these fairs can contact Capt. Rick Rigazio at rigazir@onr.navy.mil.



Midshipmen Second Class Eric McCaffrey (foreground) and Midshipmen Second Class Paul Mahoney (background) of Worcester Polytechnic Institute and the NROTC program based at Holy Cross judge a project at the Worcester Regional Science and Engineering Fair. Photograph by Pamela Armitage

high school and college?

One way is by hosting the annual Naval Science Awards Program. "This program is designed to encourage our nation's students interest in Science and Engineering," explained Capt. Rick Rigazio, a Naval Reservist supporting the Office of Naval Research and the

payoffs whether students end up wearing a military uniform or working in a lab."

Judges reviewed each display, grading the projects on pre-determined criteria. At the end of the grading period the judges met and collectively selected award winners. "I saw a lot of smiles," Rigazio

On Watch

News for the Naval
Reservists in the Northeast

RADM Roger T. Nolan, USNR
Commander, REDCOM Northeast

LCDR Randy Britton, USNR
PAO, REDCOM Northeast

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

On Watch is published quarterly by Naval Reserve Readiness Command Northeast. Submit your stories to bansbacs@cnrf.navy.mil

Volunteer Coach Prepares “Grapplers” for the Academy

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

NEWPORT, R.I. (NNS) —

A coach can be many things, a tutor, comrade, listener; the list goes on. Something else a coach does is prepare you for the next big challenge in life. That is the goal for Boatswain Mate Senior Chief Petty Officer (SW) James F Marron Jr., get students ready for the next level.

Marron is the volunteer wrestling coach at the Naval Academy Preparatory School (NAPS) training kids through wrestling to be ready

easier,” he explained.

Senior Chief Marron was recalled two months after the terrorist attacks on the World Trade Center. Before being called to Newport as the Leading Chief Petty Officer of the Security Departments Administration Division he coached the High School and Middle School wrestling in Londonderry, New Hampshire. “I volunteered to coach the NAPS wrestling team. Being a coach, and a former wrestler, I thought I had something to offer.”

to prepare the kids for the Academy. “As their coach I deal with all their issues. I train them to be better wrestler, and also with me being in the Navy, I act, in some capacity, as a military advisor.”

He also incorporates other service members that are the Newport area. “I have guys that have wrestled on the All Navy Team, Academy graduates, and World Class wrestlers that come in to the room and help us train the kids by being sparring partners competitors and coaches. It’s an opportunity to learn from them and mature while they are wrestling.”

Last year NAPS recruited three All-Americans, this year they recruited eight All-Americans, increasing their team size from 12 members to 18. All of the students are High School graduates or prior Enlisted who are preparing to enter the Naval Academy. “This is like a red-shirt year for the recruited athletes. While they are here at the prep school we will work with them to prepare them for NCAA Division One competition, and life at the academy,” he said.

While the students receive a lot of the tools to prepare them for the next level, Marron wants them to be mindful of one aspect of wrestling. “I want the athletes to develop an aggressive style of wrestling. I want them to know how to work under intense pressure and how to successfully use their skills. During practice and competitions I want them to be aggressive

(continued on page 15)



John Cox, team captain and Outstanding Wrestler of the Year, defeats a Duquesne opponent at the Penn State Open. Wrestlers from the Naval Academy Preparatory School hone their skills on the mat, before wrestling for the Naval Academy. Photo by Senior Chief Boatswains Mate(SW) James Marron Jr.

for life’s challenges. “This wrestling program is preparing them for the next highest level. This program is part of the equation. Through this program they are being brought into fold, and it will make their transition into the Naval Academy

Marron contacted the Naval Academy wrestling coach, Bruce Burnett, to inquire about the coaching position. Marron met with Burnett to learn about the Naval Academy Wrestling program, and find out what he needed to focus on

Focus on Family Key to REDCOM Retention Award

By REDCOM Northeast Public Affairs

NEWPORT, R.I. (NNS) —

Keeping top notch Sailors in the Navy is always at the top of the Navy's "To-Do" list, but in order to keep good Sailors in the Navy, a retention program has to be in place. There has to be exceptionally strong leadership and management at all levels, taking care of Sailors and their families. When a command makes their Sailors and their families the number one priority, more personnel will stay in the Navy.

One command that has been leading the way is Naval Reserve Readiness Command Northeast, one of the winners of this year's Commander, Naval Reserve Force Golden Helm retention award. Commitment to high retention must start at the top and trickle down, according to Capt. Timothy Stoessel, deputy commander, Naval Reserve Readiness Command Northeast (REDCOM NE). "The Admiral has set the tone here," Stoessel said.

Stoessel said taking care of the Sailors and their families is the number one priority. The leaders and the command career counselors have to be active," said Stoessel. "We have to take care of the full-time staff, part-time staff and the Reservists out in the field. We are also dedicated to taking care of the families, making sure it's one of our top priorities."

This has been a particular



Lt. Jennifer Danko gets a Pie-in-the-Face from her son Andrew, with a little help from Command Master Chief Fredrick Wolstencroft. Pie-in-the-Face was one of the many events during REDCOM's Family Sports Day. Photo by JO1(SW/AW) Steve Bansbach.

challenge this year, with significant mobilizations of Navy Reserve assets to support Operations Noble Eagle, Enduring Freedom and Iraqi Freedom, Stoessel said. "With Reserve Sailors forward-deployed to a war zone, our ombudsmen programs were put to the test," Stoessel added. "It's one thing to have a program set up to operate during peacetime, but quite another when there's a war on. Our ombudsmen rose to the task and did an absolutely outstanding job of making sure our families were networked and in-the-loop."

Personnelman 2nd Class Carlos Coello-Reyes says the Navy has been good to him. That is why he reenlisted in August of last year. "The Navy has helped me complete my goals of becoming a United States citizen and completing my

degree of medicine," Coello-Reyes said.

He went on to say that he has been in the Navy for four years, and this is his third duty station and the best. "This command has been the most helpful to me and my family. They have given me a lot of moral support, pushing me to achieve the highest standards. This command far exceeded my expectations. I'd like to try and extend," Coello-Reyes added.

Stoessel said even though REDCOM NE has won this year's award, there is always room for improvement. "We need to continue to focus on the Sailors and their families, and be ready."

Six RESCEN's Receive Green "H" at Conference

By **CAPT Sue Skinner, Nurse Corps, REDCOM Northeast Staff Nurse**

Over 100 Medical & Dental Department Selective Reservists attended the Third REDCOM Northeast Medical –Dental Conference at Spruance Hall, Naval War College recently. With a conference theme of Underway in the 21st Century: Current Topics in Operational Medicine and Dentistry, attendees had the benefit of hearing from several of our senior flag medical department officers with the latest information from Navy Medicine, Rear Admiral William Lynch, Medical Corps, Assistant Chief for Reserve Force Integration, Bureau of Medicine and Surgery.

Rear Admiral Jerry West, Medical Service Corps; Rear Admiral Elizabeth Morris, Nurse Corps; and Rear Admiral Maurice Hill, Dental Corps each shared remarks to give the participants further insight into the current status of Reserve Force Integration. Rear Admiral David Maserang, Medical Service Corps, shared his slides of a Medical Mission to Africa. Rear Admiral Roger T. Nolan, Commander, Navy Reserve Readiness Command Northeast welcomed all participants and announced the Second Annual Green H Wellness awards (CY02) for the REDCOM. Force Medical Master Chief, Clifford J. Lewis brought an update on the Hospital Corps and Medical /Dental issues.

After lunch with your Flag/ Master Chief, the REDCOM

Northeast staff of Captain Tom Rathbone, Colonel Michael Cheston and Commander Marty McKown gave an excellent overview of Naval Surface Warfare, United States Marine Corps and Naval Air Warfare, respectively.

The list of dynamic speakers on Sunday morning included: Commander Joan M. Culley, NC presenting on Bioterrorism; Dr. Salvatore DiNardi presenting on Submarine Atmosphere Health Assessment Program; Captain Leland Blough, DC presenting on Head and Neck Trauma Commonly

Seen in the Fleet and rounding out the morning, Lieutenant Commander Ed George, MC, brought us a vivid view of the World Trade Center Disaster Response.

Following an All Hands Brunch at the O'Club, updates from the Northeast Medical Department staff rounded out the second day. Participants went home with a 'broad brush painting' of current World affairs and a better feel for how we as Navy Medical Department personnel fit into the big picture.



During the Medical/Dental Conference the Green "H" was awarded to six Reserve Centers. Pictured from left to right are RDML Roger Nolan, Commander REDCOM NE, CDR Joanne Critelli, NMCRC Rochester, HN Luis Corea, NMCRC New Haven, HM3 Kristen Buckbee, NMCRC Plainville, CDR Tom Amerson, NMCRC Plainville, CDR Anne Marie Adamowicz, NMCRC Albany, LCDR Richard LaLonde, NMCRC Watertown, LT Gary DelPiano, NMCRC New Haven, HMC Robert Brandt, NMCRC Watertown and CAPT Sue Skinner, REDCOM NE Health Promotion Director. Not Pictured is representative from NMC Quincy. Photo by Journalist First Class(SW/AW) Steve Bansbach.

Largest Center in Northeast Gets New Leadership

EAST MEADOW, NY - Amid a garden corridor of monuments to hundreds of veterans of WWs I and II as well as Vietnam, and only a short distance from where the first war of the 21st Century began at the World Trade Center in Lower Manhattan, Vice Admiral John B. Totushek, Commander, Naval Reserve Force, presided over the change of command of one of the nation's largest Reserve Centers — Naval Reserve Center, Bronx, NY.

Admiral Totushek shifted deftly between lighthearted quotes from Yogi Berra, (“You should always go to other people’s funerals; otherwise, they won’t come to yours.”) to praising outgoing Commanding Officer J. Paul Martirano for his leadership in training and mobilizing almost 30% of the sailors attached to the Bronx Center. “The accomplishments of Naval Reserve Center, Bronx have been outstanding, especially in the shadow of Sept.11, 2001,” said the admiral. “Sailors from the Bronx have been in the lead with over 250 having been deployed for the war on terrorism.”

“Cmdr. Martirano’s leadership has been remarkable, allowing us to mobilize reservist and get them to the fight,” the admiral continued. “The team he put together is remarkable indeed. People from New York have always stepped forth and 9/11 was no different.” Cmdr. Martirano, a Maryland native, leaves a post he held for almost exactly three years satisfied that he accomplished his mission. “It was great



Cmdr. Michael Merwin relieves Cmdr. Paul Martirano as Naval Reserve Center Commanding Officer. The Bronx Reserve Center is the largest Reserve Center in the Northeast, with more than 900 drilling Reservists.

because we have wonderful people here,” he said. And he point blank cites his greatest accomplishment as “making Bronx a well-respected center.”

In addition to preparing his relief, Cmdr. Michael Merwin for what lies ahead, the outgoing CO mostly used his time at the podium to thank his family, friends and his sailors for allowing him to do his job. “You are the best in the world; New York sailors, you did it right,” simply summed up how he felt about them.

Naturally, the change of command ceremony was not without a mix of emotions. Feelings of joy to welcome the new CO were tempered by memories of 9/11 still fresh in many New Yorker’s minds -

particularly those in the Bronx Center, which was once able to view the majestic towers on the horizon. But dwelling on the past didn’t inhibit the Center’s crew from expressing their hopes for tomorrow. “Cmdr. Martirano is leaving on a successful note and has prepared the command for a successful turnaround for the new commanding officer,” said Command Master Chief Kenneth Rummel.

“Cmdr. Martirano has done a great job. He brought us from being an average reserve center to being an outstanding one,” echoed Machinist Mate 1st Class Jason Maynard. The new Bronx CO gave thumbs up to his new assignment as well. Cmdr Merwin says he has

(continued on page 16)

Blood Checks Lead to Healthier Lifestyle

By JO1(SW/AW) Steven Bansbach, Naval Reserve Readiness Command Northeast
NEWPORT, R.I. (NNS) — By living up to their motto, putting prevention into practice, Health Promotions at Naval Station Newport, R.I., stopped by Naval Reserve Readiness command to do an annual cholesterol and glucose check on servicemembers willing to give blood.

According to Navy Nurse Lt. Laura Hartjen, “Heart disease and diabetes are becoming an epidemic. With this screening, our primary focus is prevention of the two biggest killers in the country.” Personnel were reminded to not eat or drink anything after midnight, so test results would be accurate. Once the hospital has the results, a dietician meets with everyone individually on how to prevent high cholesterol or how to lower your risks.

When the blood is taken back to the lab, it is spun down, and the cholesterol and glucose are separated. “There will be a total cholesterol count, a LDL and HDL cholesterol count and a triglycerides count,” said Hartjen.

But not all cholesterol is bad. “LDL cholesterol is bad. You can get that from red meats, organ meat, milk products, just to name a few. The HDL is the good kind of cholesterol; you can raise that by participating in aerobic activity. Your triglycerides are determined by your weight, alcohol consumption and sweets,” Hartjen noted.

This blood draw is just another



Lcdr. Shawn Thronton reacts as Hospital Corpsmen Melissa Fisher inserts the needle. (below) Lcdr. Thomas Simpson sits calmly as Lt. Laura Hartjen, Navy Nurse, releases the tourniquet band from his arm. Naval Station Newport’s Health Promotions Department stopped by Naval Reserve Readiness Command Northeast to draw fasting blood sugar and cholesterol specimens. Photos by JO1(SW/AW) Steve Bansbach.



way that health promotions is educating personnel and helping them live a longer, healthier life. “The more they know, the better off they’ll be, living a longer healthier life. Prevention is the key,” Hartjen

said. Contact your local health promotions if you would like to have a blood draw at your local command or if you would like more information.

Seabees Support *(continued from page 3)*
community. Hospital Corpsmen William Fortier said that some of the older boys had begun to play soccer just minutes after the field was complete. The Seabees donated several soccer balls as well. "As soon as we finished up with the nets on the field yesterday, the older boys started a game right away. When we arrived this morning to place the swing sets and slides, there was not a child in sight. But within a few hours, there were over a hundred little children running around here and thanking us."

Convoy members mingled with dozens of Iraqi citizens who turned out to show their support. The crowd attempted to communicate through a few English and Arab words with the help of Storekeeper Angela Delgado, one of Rear Admiral Kubic's interpreters, and lots of smiles.

After extricating itself from excited children climbing on vehicles, the convoy proceeded to the Thatal-Sawari Secondary School for Girls where Seabees had performed cleaning services and hung new dry erase boards in the classrooms. Kubic met privately with school officials to express the desire to continue assistance and asked the parents to work together with the Seabees on more of these improvement projects.

Next the Admiral's team and guests traveled to the site of the road project where Seabees and recently-hired Iraqis were working together to improve the traffic ability of a road that leads to a ferry landing at the port. The Iraqis are

paid a competitive wage, supplied with food and water at the job site, and given extra water to take home to their families. Kubic greeted the workers and expressed his awe and admiration for them. "These men are extremely courageous – by working with us, they have taken a stand – both to improve Iraq and to help their own families, at the risk of retaliation from those who oppose this stand."

The workers thanked both the Admiral and George Bush for what they had done recently for the people of Iraq. They agreed to pose for pictures, but asked that they not be published in Iraq. There is still a measure of fear in Iraq, but Seabees will continue to relay the message of hope by doing what they do naturally.

Wrestling *(continued from page 10)*

and intense, but once they are finished for the day, I want them to be refined gentleman."

With the end of school season, Marron doesn't know if he'll be back next year. As an activated Reservist, he is now going through the demobilization process. Senior Chief Marron is applying for Active Duty Service Work (ADSW). If he is approved he'll be able to stay here locally to coach. "I'm willing to take this program as far as they want me to take it, it's our opportunity to demonstrate commitment to our future Navy and Marine Corps leaders."

CMC's Scuttlebutt



CMDCM Rick Wolstencroft recovers from a pie in the face. Staff members paid to get the chance to put the pie in the face of any staff member. Wolstencroft was the recipient of the retaliation pie.

I just finished a great experience at the E7 selection board and it sure opened my eyes. I'm going to take this space to share with you some of the insights from the selection process.

I'm sure we all know the basics of the process, but I want to talk about enlisted performance evaluations. From what I saw we need to do a lot of work on these evaluations for our outstanding first class. I can't speak to any specific personnel, but I will share with you some of the things I saw.

1. Education. We need to tell our Sailors how important it is to go to college. Being on shore duty is the opportune time to work on their degree. Many of the Sailors looked at had spent years on shore duty and had not taken advantage of going to school.

2. Community and command

(continued on page 19)

Bethesda Care (continued from page 5)
time during a press conference to thank the Naval Reservists for their dedication and hard work. "This outstanding Naval Reserve force enables us to continue the highest quality of care to all of our patients at the National Naval Medical Center," Ferguson stated.

Ferguson's remarks were warmly received by the Reservists stationed at Bethesda. "It really makes you feel appreciated," said Hospital Corpsman 2nd Class Noelle Tracey, who recently received a letter of appreciation from the admiral at her Reserve center in Maine. She also realizes that she has it easier than deployed troops.

"My sister is on the USNS Comfort working as an operating room tech. I've been communicating with her via email. She says they are very busy, working 24/7, plus she is just trying to get adjusted to sea life. I'm also her power of attorney, so we talk about personal things, as well. She found out that she had to get underway two days before I was mobilized."

Hospital Corpsman 1st Class Priscilla Eddy knows that she is helping all the troops on the front line by doing what she is trained to do. "One of the biggest things on a servicemember's mind is, 'is my family being taken care of?' and that's why we are here," the 58-year old Reservist said. "We have stepped in to keep this hospital going, making sure that dependents, as well as our other patients, are taken care of." This is Eddy's first time being called up to serve, but says the experience has been very

positive. "It's a change in lifestyle, but it has been very rewarding offering medical care for everyone and their families."

Hospital Corpsman 2nd Class Sean Cowley agrees. "I believe what I am doing here is extremely important. It seems that there are Reservists everywhere and everyone is receptive to us. They needed people here and we showed up," Cowley said. "I feel a lot of pride. I've been doing this for ten years and it feels good being able to help out in any capacity."

Admiral's Corner (continued from page 5)
been nothing short of awesome.

Right now we're demobilizing and, as I write, more than 50% of those mobilized have returned home to jobs and family. Be sure you say THANK YOU to those you left behind, those who supported you so well in your absence. They, it seems, know all about honor, courage and commitment.

I've been supported by exceptional staffs both in Newport and at our Reserve Centers and they have made my job easy and, for that performance, I say to each of them THANK YOU!

In just a few short months, I turn over the helm of REDCOM Northeast to RDML Frank Rennie. Before I go, however, I want each of you to know what a TRUE HONOR it has been to be your leader. You have been, remain, and will always be ready for the call as true professionals. I want you to stay STRONG, always BE READY, and strive to MAKE A DIFFERENCE for our country! You are a GREAT TEAM.

Bronx CoC (continued from page 13)
always loved New York and is excited to be here to work with the great staff and great crew that is already in place. But Merwin, who hails from Montana, admits, "I know I have big shoes to fill and hopefully I can carry on his successes."

Engine Mate 2nd Class (SW) Eric Opokuaddo, who works in the training department at the Bronx site, gave the new boss his vote of confidence. "I think Cmdr. Martirano did a good job, and the new CO will improve on it. He will continue with improvements to make ours the best reserve center in nation."

Vice Adm. Totushek probably summed up the sentiments of the day best: "We have great people in New York. I am happy to be here to pay my respect to this kind of service," said the former F-4 driver.

Before Martirano was relieved, he received the Meritorious Service Medal in recognition of his leadership, integrity and initiative that has made NRC Bronx one of the best in the entire nation. Martirano has been assigned to SURFPAC in San Diego. Cmdr. Merwin had been the Chief of Staff for Naval Reserve Readiness Command Northeast before assuming this new position.

Naval Reserve Center, Bronx is the largest Naval Reserve Center in the Northeast with more than 900 drilling reservists. It is responsible for providing mission capable units and individuals for mobilization to the Navy and Marine Corps teams throughout the full range of operations from peace to war.

Fleet Week (continued from page 7)

Steven Estrada, who is responsible for everything from sanitation to ship traffic. Among the many concerns on Estrada's mind on day one of Fleet Week was making sure the ships were brought pier-side without incident. "We have to measure the protrusion of the pier and the ship, and then we have to breast it out with the barges," said Estrada. "USS Philippine Sea (CG 58) and USS Yorktown (CG 48) had to be right on the money, because we only had 10 feet to work with."

Journalist 2nd Class Leif HerrGesell, a Reservist with Portsmouth Naval Shipyard Detachment 501 from Naval Marine Corps Reserve Center, Rochester, N.Y., was in town to help with the Fleet Week Web site. "I feel particularly good about my job here at Fleet Week this year. The stories and photos we're compiling on the Web site help support the overall thrust of Fleet Week, and document the tremendous appreciation New York has shown for our Sailors and Marines."

HerrGesell is far from alone in terms of sharing his exuberance at being part of the Reserve complement that makes Fleet Week work. "Every Sailor should come to Fleet Week in New York," O'Pella added. "It's a good battery recharger!"



Free Tickets to Sea World and Busch Gardens

ST. LOUIS (April 17, 2003) – Anheuser-Busch today announced it will give free single-day admission to its SeaWorld, Busch Gardens and Sesame Place parks to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as four of their direct dependents, beginning the Friday of Memorial Day weekend and concluding Veterans Day, Nov. 11. The offer also has been extended to all coalition forces serving with U.S. troops in Operation Iraqi Freedom.

"The men and women in our armed forces have made tremendous sacrifices, risking their lives and being separated from their families during the war," said August A. Busch III, chairman of Anheuser-Busch Cos., Inc., which operates nine U.S. theme parks. "We wanted to express our deep gratitude for their service, and this gives those who serve and their families some needed relaxation and enjoyment."

"It is our privilege to offer our parks to the men and women of our armed forces and their families," said Patrick Stokes, president and chief executive officer, Anheuser-Busch Cos., Inc. "It is a small gesture of thanks for the hardships endured every day by our soldiers and those closest to them."

"Operation Salute" will give free admission at Busch Gardens Tampa Bay; Busch Gardens Williamsburg; SeaWorld Orlando;

SeaWorld San Diego; SeaWorld San Antonio; and Sesame Place in Langhorne, Pa. "Operation Salute is exactly what we mean at the USO when we talk about the incredible power of "Thank You,"" said Edward A. "Ned" Powell, president and chief executive officer of the United Service Organizations (USO). "It is an extraordinary example of a company's recognition of the sacrifices our military makes on behalf of all Americans."

Anheuser-Busch has supported the U.S. armed services for nearly 150 years. In 1921, Adolphus Busch's widow, Lilly, opened the Busch family garden to the public, donating admission fees to disabled veterans.

Anheuser-Busch has previously honored U.S. armed forces with free admission to its theme parks. Nearly 1 million service members and their families visited free during Yellow Ribbon Summer following the first Gulf War and during the Anheuser-Busch Salute to America's Heroes, a post-9/11 tribute that included all branches of the U.S. military.



Bravo Zulu

Meritorious Service Medal

ETCM Scott Howard (COMSUBLANT)

Naval Reserve Meritorious Service Medal

SW2 Thomas Shea (NMCB 27)
EO3 Paul Brodeau (NMCB 27)
BUC Daniel Hellyer (NMCB 27)
BU1 Michael Lewis (NMCB 27)
HM3 Sean Thompson (NAVHOSP Portsmouth)

Navy and Marine Corps Commendation Medal

CDR Chris Waaler (NSEAWARCENDIV NPT 101)
CDR William Daitch (NR SSF NLON 701)
CDR William Stubbs (NR PERSMOBTEAM 101)
LCDR Christopher Murphy (FTG)
CAPT Robert Mitchell (COMSUBLANT)
CDR Chris Waaler (NR NSY Portsmouth HN 401)
LCDR John Carroll (NCTAMS)
YNCS Ronald Marino (VTU)
PN2 Weekes (Manchester)
IT3 Leigh Musicof (NR SSB Maint)

Navy and Marine Corps Achievement Medal

MMCM John Marshall (FMU 1801)
HTCS James Manning (FMU 1801)
HMC Courtney Motley (Providence)
CECN James Griffin (Providence)
EO2 S. Elvezio (NR NMCB 1121)
SK1 D. Smiddy (NR NSA Norfolk)
DC2 C. Delgado (NR NSA Norfolk)
MS2 R. Bertin (NR NSA Norfolk)
MS2 W. McGowan (NR NSA Norfolk)
SK1 Thomas Fuller (NR MSC SOPG 101)
EM2 Author Gomez (Albany)
CDR David Larson (NR MSC SOPG 101)
SKC Joel Dimappi (SSF Det 601)
CWO4 Timothy Potter (SSF Det 601)

Military Outstanding Volunteer Service Medal

EA1 Paul Wilson (Ft. Dix)

Armed Forces Reserve Medal

CDR Richard Bios (NR VTU 0113)
CDR Richard Snow (NR VTU 0113)
CDR Bazan (FTG Unit)

Sailor of the Year

YN1 Joseph Augustine (Ft. Dix)
PC1 Ovidio Duran (SSB2 MOBMAIL)
IT2 Charles Bragg (NR SSB HQ 101)
PN1 Cheryl Fitzpatrick (Quincy)
EM2 Gomez (Alabny)
IT2 Charles Bragg (NR SSB HQ 101)
PN1 Cheryl Fitzpatrick (Quincy)

Sailor of the Quarter

BM2 Steven Ingram (NR NSY Portsmouth NH 401)
SK2 Daniel Fields (Brunswick)
ET1 Melissa Quintela (NCTAMS)
PN2 Stephanie Cogley (Quincy)
SK2 Debbie Gembach (Manchester)
HM2 Josh Hammonds (Albany)
HM1 Sandra Cox (NR COMSTRIKFLTLANT)
YN1(AW) Richard Cole (White River Junction)
STG1 Churchill (AD DET 3)
YN1 Kathleen White (Ft. Dix)
PN2 Stephanie Cogley (Quincy)
YN3 Joseph Darin (Ft. Dix)
YN1 Nina Parker (NAVICP Phil Team 1)

Letter of Commendation

EM1 Francisco Rosario (Providence)
YN3 Emmanuel Thomman (NPSAC)
EO2 Joseph Morabito (NMCB 133)
GM3 Author Morris (NMCB 133)

Letter of Appreciation

CE2 Andres Rojas (NMCB 133)

Advancement/Promotions

CAPT (sel) Michael Barry (NR Overseas Repair Facility Unit 0153)

LT (sel) Leander McClain (NR FH Ft. Dix HQ)

LCDR (sel) (NR NRCC Naples 104)

LCDR (sel) George Rankin (NR NDCL Beth Det A)

LT (sel) Kurt Kauffman (NMCB 21 Det 0121)

LT (sel) Michael Mineo (NCHB 8 HQ Company)

LCDR (sel) Andrew Kochanowski (NMCB 21 Det 0121)

Reenlistments

MS2 Norman Gainey (FH Det 14)

CMC William Anderson (CHB8)

BMC Jeffrey Hero (VTU 0415G)

SW1 Harry Graham (NMCB 21 Det 0121)

EO1 Altoro Hall (NMCB 21 Det 0121)

ITSN Michael Rothgery (NR FH Ft. Dix Det 14)

Complete Travel Vouchers, Ensure Speedy Pay

Air Force Print News reports that DoD and military travelers can help ensure their travel vouchers are paid promptly by avoiding some common mistakes. Some of the biggest sources of delay in the travel-pay process are incorrect or incomplete information on travel vouchers, officials said. The most common errors are:

- No traveler's signature or date.
- No reviewer's signature.
- No orders attached.
- Blank, incomplete or erroneously filled out itinerary.
- Orders do not match itinerary dates or location.

DFAS partially pays vouchers that contain some errors rather than rejecting the entire voucher, officials said. In these cases, the payable amount is given to the customer with an advice of payment, which explains the reasons for only partial payment. The customer may then submit a supplemental claim for the remainder. Before making partial payments or returning the claim for a correction, DFAS customer-service representatives attempt to contact customers and allow 24 hours to correct the voucher. For more on military travel and travel discounts, visit <http://www.military.com/Travel/Home/1,13396,,00.html>

CMC Scuttlebutt *(continued from page 15)*

involvement. Many times our centers are located in remote areas where we are the military and especially Navy presence. Not only is it important to give back to the community, but it is a vital part of the whole package that makes a good Sailor and Chief.

3. Leadership. Documented leadership. At the E6 level we expect technical expertise, so don't waste space (especially as a YN or PN) on telling the board how many letters were typed or how many ID cards were issued or how many evaluations were completed. Tell us what you did for those troops you supervised (this is called Sailorization). How many advanced, how many received awards, how many reenlisted? These are the things that are important. You can tell us about your SOY or award, but don't forget to talk about your troops. If you don't supervise any military tell us how you supervised people in other ways (perhaps in a civic group or getting an MWR event together). Remember, when we make chiefs we are making leaders.

4. Collateral duties. Take the hard ones and tell us what you did with them. If you list collateral duties (and I don't mean the ones that are part of the job), tell us about them on the back of your evaluation.

5. Diversity. Need to look at each Sailors career. Are they taking the hard jobs? Are they moving around to different types of activities or staying at Reserve centers or PSD? Career diversity means squadrons, ships, MIUWs, major staff and other types of duties, including CBs.

This is just a few of the things that added to sustained superior performance make the well-rounded Sailors. For more information check www.bupers.navy.mil click on "Selection Boards" then click on Reserve Advancement. There is a PowerPoint presentation about the selection board process.