

## Navy Reserve News Service 038/04 (June 8, 2004) – 5 Stories

Support to the Fleet . . . Ready and Fully Integrated

The Navy Reserve News Service (NRNS) is produced by the Commander, Navy Reserve Force Public Affairs Office and is intended for all hands. Please ensure the widest dissemination possible. NRNS is posted on the Navy Reserve Force Web site (<http://reserves.navy.mil/>). For editors: All material is releasable with credits to NRNS.

- Units and commands with stories or feedback to NRNS can contact the Navy Reserve Force Public Affairs Office via telephone at (504) 678-6057, DSN 678-6057, fax at (504) 678-5049, DSN 678-5049 or e-mail directly to [navresfor\\_nrns@navy.mil](mailto:navresfor_nrns@navy.mil).
- The Navy Reservist, a monthly publication featuring news and information for the Reserve Force, documenting Reserve support around the world, can be accessed on the Navy Reserve Force Web site (<http://reserves.navy.mil>). You can contact The Navy Reservist via telephone at (504) 678-6058, DSN 678-6058, by fax at 504-678-1925, DSN 678-1925 or e-mail directly to [navresfor\\_tnr@navy.mil](mailto:navresfor_tnr@navy.mil).
- Additional news and photos of specific interest to the Navy Reserve Force are available online through the Navy Reserve Force Navy News Stand at <http://www.news.navy.mil/local/nrf/>.

## Navy Reserve News Service 038/04 (June 8, 2004) – 5 Stories

- [NRNS03804-01](#). Navy Reserve Force ship returns home to San Diego
- [NRNS03804-02](#). DoD, Postal Service announce ballot initiative
- [NRNS03804-03](#). Personnel and readiness Web page introduced
- [NRNS03804-04](#). NMCRC Battle Creek presents medals to trailblazing veteran
- [NRNS03804-05](#). VP-65 Sailor competes in triathlon

*Support to the Fleet . . . Ready and Fully Integrated*

### **NRNS03804-01. Navy Reserve Force ship returns home to San Diego**

From Commander, U.S. 3rd Fleet Public Affairs

SAN DIEGO -- USS McClusky (FFG 41), a Navy Reserve Force ship, recently returned to Naval Base San Diego following deployment in support of the Global War on Terrorism.

McClusky returned to its homeport following a six-month deployment in support of Joint Inter-Agency Task Force in the eastern Pacific, which included counter-drug operations in the Caribbean, and Central and South America. McClusky conducted five successful drug seizures, preventing the trafficking of almost eight tons of narcotics by sea.

McClusky also conducted community relations and humanitarian assistance in Mexico, Ecuador, Jamaica and Panama.

McClusky demonstrated its flexibility when, in December 2003, it conducted a successful rescue at sea of the crew of motor vessels Andrea and San Luis. Supported by its embarked multi-mission helicopter detachment, Helicopter Anti-Submarine Squadron Light (HSL) 43, Det. 6, McClusky safely transferred 169 Ecuadorian migrants to Guatemala.

-USNR-

-USNR-

-USNR-

**NRNS03804-02. DoD, Postal Service announce ballot initiative**

Special release from the U.S. Department of Defense

WASHINGTON – The Department of Defense and the U.S. Postal Service (USPS) are launching a series of initiatives intended to expedite the delivery of absentee ballots to U.S. military personnel abroad for this year’s general election.

Postal employees at the local level will contact each of the approximately 3,000 county election offices throughout the country to coordinate the mailing of absentee ballots. County election officials are currently accepting voter registrations and requests for absentee ballots. Once ballots are prepared for mailing, local post offices will facilitate the initial mailings of ballots via overnight Express Mail to the three military gateways (San Francisco, Miami and New York). This will take place approximately 30 to 45 days prior to Election Day.

After the initial ballot mailings, remaining ballots will be expedited on a daily basis from local post offices to military gateways. USPS will determine the number of ballots per location at the gateways, sort by destination, and then place in specially marked containers providing visibility to give the highest priority while being transported to their destination.

The Military Postal System (MPS) will then take over to ensure that ballots are given priority handling at overseas destinations and will make every attempt to deliver as expeditiously as possible. The MPS is a division of the DoD and operated as an extension of the USPS.

The MPS will ensure each completed ballot is given a proper, legible postmark at the time of mailing and will also place balloting materials in easily identifiable containers to ensure they are given priority in transportation back to the USPS gateways. The ballots will then be given priority processing for delivery back to county election officials.

This ambitious initiative is intended to give every service member the opportunity to vote so that his or her ballot can be counted.

-USNR-

-USNR-

-USNR-

**NRNS03804-03. Personnel and readiness Web page introduced**

From Department of Defense Public Affairs

WASHINGTON – The Department of Defense announced June 1 that it has launched the “Commanders Page,” an Internet site that provides current information about emerging personnel and readiness, and quality of life issues and initiatives, especially designed for flag and general officers from all military services.

“This Web site reflects the commitment of Defense Department to provide flag and general officers with the latest personnel and readiness information, and online resources to help them provide the best possible support for their military members and their families,” said Charles S. Abell, principal deputy under secretary of defense (personnel & readiness).

The goal of the Commanders Page is for it to become a regular “first stop” Web site by providing timely DoD information about personnel and readiness programs, policies, legislative issues and news that can be digested quickly and distributed further through commanders’ chains of command.

“The driving force behind this Web site is our wish to enhance communications between my office and our senior leaders,” added Abell.

The Commanders Page will be sponsored by the Office of the Under Secretary of Defense (Personnel & Readiness) at [www.commanderspage.dod.mil](http://www.commanderspage.dod.mil).

The site is intended to raise awareness of the wide variety of community-based and online resources that DoD provides to service personnel and their families.

-USNR-

-USNR-

-USNR-

#### **NRNS03804-04. NMCRC Battle Creek presents medals to trailblazing veteran**

By Lt. Cmdr. T.R. Shaw, NMCRC Battle Creek Public Affairs Officer

BATTLE CREEK, Mich. – Petty Officer Mary Jo McMorrow has led a fulfilling life in her 89 years. She has been an educator; served the Navy as a WAVE in World War II; served with the Secret Service as a communications and intelligence petty officer during the Korean War and has been an outspoken advocate and role model for women in the military.

Until now, she was never formally awarded her World War II Victory medal. A clerk handed the medal to her as she mustered out. She also failed to receive her National Defense Medal until after mustering out of the Korean War.

Reservists at Naval and Marine Corps Reserve Center (NMCRC) Battle Creek provided McMorrow a formal presentation ceremony for both medals during the June drill weekend.

With the help of close friend, retired Marine Corps Col. Robert McInnis, the National Defense Medal was obtained and formally awarded at morning muster by Lt. Jeannette Krawczyk, commanding officer of NMCRC Battle Creek, who also pinned her with her World War II Victory medal.

“It is the happiest day of my life, thank you so much,” McMorrow said.

McMorrow was born during World War I. Her father volunteered to serve, but was rejected being the father of three young children. The rest of his life he regretted not claiming the title of veteran, she said.

In 1936 McMorrow, graduated from college and fulfilled the traditional role for women of that generation – schoolteacher.

“When I graduated from college in 1936 there was talk of another war. I was interested in the news, but was too young to become involved,” McMorrow said. “Everyone was restless over an impending World War II. Families began to be broken apart; fathers and sons were being called up for the war. Everything seemed to be heading toward war.”

“In 1943 I felt very strongly I had something to offer the war effort. At this time the Navy started taking women to replace the men who were called to fight,” she said. She enlisted as a U.S. Navy WAVE in Charleston, W.V., and went to schools in New York and Ohio. Ultimately she was stationed in Washington, D.C. where she was assigned to the Secret Service.

“In Washington, our barracks were still under construction, so we moved into apartments across from where we worked. Because of the nature of my work, I was never able to tell my family a single thing about my job with the WAVE’s,” she said. “I did intelligence work; that was as far as I could go explaining my job. My father was so proud of me.”

McMorrow left the service in 1946 and once again became a high school teacher in Terre Haute, Ind., earning a masters degree from Indiana State University. In 1951, as the Korean War

unfolded she was recalled to Washington, D.C., and again worked with the Secret Service as a communications and intelligence specialist.

No longer a WAVE, she was now a true Sailor in the Navy Reserve where she served for two more years, leaving the service as a Petty Officer Second Class.

After the Korean War, she returned to teaching and retired 23 years later. She moved to Battle Creek in 1973 to be close to her sister and family. Since then she has been very active in the Michigan Chapter of WAVES, Unit 32 and is a life member of White Caps of WAVES National. She is also a Charter Member of the Women's Memorial Building at Arlington National Cemetery and has been a vocal advocate for women in the military.

Following the ceremony, McMorrow said, "I wish my father was here today, he would have been so proud."

-USNR-

-USNR-

-USNR-

### **NRNS03804-05. VP-65 Sailor competes in triathlon**

By Journalist 2nd Class Auburn Hutton, NAR Point Mugu Public Affairs

POINT MUGU, Calif. – Aviation Warfare 1st Class (AW/NAC) Robert Ziegler from Patrol Squadron 65 (VP-65) recently competed with the Navy's Southwest Regional team in the Armed Forces Triathlon.

The triathlon consisted of teams from the Navy, Army, Air Force and Marines, all competing for individual titles as well as team titles. The Olympic distance race consisted of a 1.5-kilometer swim, a 40-kilometer bike ride and a 10-kilometer run.

"You swim first, then go out for the bike ride," Ziegler said. "Then you come back after you've very well exhausted yourself and you do the run."

Ziegler, who works full time for the Navy, still finds time to compete in triathlons as often as he can. Since his first race in 1986, he's participated in dozens of triathlons all over California and other locations. To get ready for these races, he trains heavily for several months prior.

"It's kind of a constant thing. I swim in the morning, I run at lunch and I try to get in a long bike ride on the weekends. That's the cool thing about triathlons. If you've run the last three days and your legs are tired, you can just go swim. So the cross-training aspect of it is really good," said Ziegler.

Although Ziegler has competed in many levels of races, he says the Armed Forces Triathlon is one of the most challenging and competitive.

"It's very well-organized. These are the most elite athletes of any race I've been to."

Ens. Tim O'Donnell, who took first place this year, is one of the elite athletes that Ziegler admires. He said he is amazed at the athletic ability of some of his competitors and understands just why they continue to push themselves.

"It's addictive. The working out, the endorphin rush, the runner's high – it all makes you want to come back for more. It just pulls you in," said Ziegler.

Although the entire race is gratifying for Ziegler, he said the final stretch is where it all counts.

"You don't want to leave anything on the course. You want to end the race depleted so you feel like you're glad it's over with," he said. "That's why I race, because of the challenge to push myself. It's an individual competition."

Although the triathlon is an individual race, the Armed Forces Triathlon is also a team event. This year's winner was the Air Force, a victory calculated by averaging out the scores for each member of the team.

"Overall, they had the strongest athletes this year," said Ziegler.

Ziegler's next endeavor is the Half Ironman Triathlon in Kona, Hawaii. He is already in training for the race and is excited to compete. Ziegler says he recommends triathlons to anyone who's looking for a challenge.

"Start slowly and ease into it, eventually you'll get hooked."

-USNR-

-USNR-

-USNR-