



***Happy 95<sup>th</sup> Anniversary!***

*The 95<sup>th</sup> Anniversary celebration was a complete success. 95 Sailors from all 50 States including Guam and Puerto Rico reaffirmed their commitment to their country and the Navy Reserve and reenlisted with Vice Admiral Debbink presiding over the ceremony in Kennedy Caucus Room. Each Sailor walked proudly with broad smiles as they entered the room being formally announced by State to shake VADM Debbink and MCPON West hand then mustering in formation prior to reenlisting. Hearing our Sailors reaffirm their commitment to our nation in unison made us stand a little taller and feel a little prouder to be a member of this "Global Force for Good". Three Sailors were provided with the opportunity to speak to the families and guest present on behalf of their peers and there was no doubt that they were extremely proud and humbled to be able to continue to serve in our Navy. I needed to take a few deep breaths to retain my composure, but I knew I was not alone! At the conclusion of the event, there were multiple photo opportunities for the families and guest with CNR and MCPON. It is privilege that we can say that on Friday, March 5<sup>th</sup>, 2010 we shook hands with a Shipmate from all 50 States including Guam and Puerto Rico in Washington, DC.*

*For some of these families this was their first opportunity to visit DC and they were excited to visit the historical monuments and enter themselves into the Navy Log at the Navy Memorial.*

*After the morning events concluded, the attention moved to the Navy Memorial where they have been honoring the "Year of the Seabees and Civil Engineer Corps. Today the 'Can Do' Seabees celebrate their 68<sup>th</sup> anniversary.*

*The theme for the afternoon was Sailor, Family and Employer. The Honorable Dennis M. McCarthy, Assistant Secretary of Defense (Reserve Affairs) was the guest speaker and eloquently spoke about our 95 year history and heritage but wanted to focus on our future, that will continue to change as leadership strives to ensue we continue to be a "Ready and Relevant" force to deter any threats foreign or domestic.*

*Mr. Donald Devine the President and CEO of American Standard Brands who represented all employers read and signed the "Employers Statement of Support" and was presented with the "Seven Seals Award" for his outstanding employer support to the men and women who serve in the National Guard and Reserve.*

*Our families are our backbones and their direct link to the command is through the Ombudsman. Shana Bender, Vicky Camp and Misty Grizzle-Billheimer represented all Ombudsmen while receiving certificates of recognition for their service to 981 Sailors and their families within the Reserve Community.*

*The day's events wrapped up with five Shipmates being awarded medals that included the Navy and Marine Corps Achievement Medal, Army Achievement Medal, Army Commendation Medal and the Navy and Marine Corps Medal for Heroism. When questioned all recipients felt they were just doing their jobs, but were happy to accept the recognition on behalf of the other Employers, Ombudsmen and Shipmates who support our Navy.*

*I special Thank-you goes out to all that supported this successful event, you know how much planning and attention to detail is involved with ceremonies of this size and impact. We have started making plans for the Centennial events in 2015 so standby for another great event!*

*I need to change direction at this point and ask that you do everything possible to ensure we are locating and taking care of all our Shipmates who may be wounded, ill or injured knowing that all injuries can not be seen by the eye some are hidden deep in the soul of your Sailors. Take the time to talk to them to ensure they are receiving the proper care and attention. This is a leadership issue, not a medical issue!*



*I know I'm going much too long but I would be remiss if I did not remind you to send a note, photos and cards to Tom and Heather Mobley, FORCM 11 at 1414 Hillary Drive, Slidell, LA 70461. Tom and Heather are going through some frustrating times with his illness and they can use all the continued support we can muster. I know in my heart that Tom would do the same for us if the positions were reversed.*

*"We only have a short time to lead in our current positions so make a positive difference for a Sailor and family."*

*E7 and E8 counseling is due this month. Counseling sessions are a great opportunity to examine yourself and make sure you are doing everything to be the best leader possible for your specific organization.*

### **Latest Updates**

**Navy Reservists from all 50 States Reenlist During 95th Birthday Event:** Click on this site to recap the days events and view photos.

[http://www.navy.mil/search/display.asp?story\\_id=51752](http://www.navy.mil/search/display.asp?story_id=51752)

**VADM Debbink 95th Anniversary-Continuum of Service Podcast:** Click here to hear the two minute podcast.

<https://private.navyreserve.navy.mil/3447B/n00/Videos/Forms/AllItems.aspx>

**Medical Benefits Familygram:** NAVADMIN 072/10 is the first in a series of monthly "familygrams" designed to enhance the preparedness and resiliency of our families as they face the daily challenges associated with the expeditionary nature of our total force. Each NAVADMIN will focus on a different topic, providing basic information and updates to the many benefits and support services available. This month's NAVADMIN highlights one of the cornerstone entitlements of military service: Medical Benefits for Military Families. Please read NAVADMIN 072/10 for more information or visit [HTTP://WWW.TRICARE.MIL](http://www.tricare.mil) AND [HTTP://WWW.MILITARY.COM/BENEFITS/TRICARE/UNDERSTANDING-YOUR-TRICARE-BENEFITS](http://www.military.com/benefits/tricare/understanding-your-tricare-benefits)

**SECURITY NOTE:** The Privacy Act of 1974 is a means to regulate the collection, use, and safeguarding of personal data. Do you know your responsibilities in protecting Privacy Act information? Privacy Act information is personal data such as a person's social security number, address, or other unique information. These types of data should not be collected without authorization and should not be distributed or released unless the receiver has an official need-to-know. Do not send out personal data without ensuring it is marked "FOR OFFICIAL USE ONLY—PRIVACY SENSITIVE." For more information, go to <http://privacy.navy.mil>.

**Safety Concerns Related to Increase in PRT Related Fatalities:** The Navy has lost five individuals to PT-associated mishaps, three in the month of February alone. The pre-conditions associated with each fatality vary, but, initial indications point to a lack of PRT program oversight, compliance, and execution. You are expected to take a close personal look at your command's program so that we can arrest this disturbing trend. Please see ALSAFE 016/10 for further guidance.

**Financial Fitness:** New credit card rules went into effect 22 February 2010. The following link from the Federal Reserve highlights the changes:

[http://www.federalreserve.gov/consumerinfo/files/wyntk\\_ccrules.pdf](http://www.federalreserve.gov/consumerinfo/files/wyntk_ccrules.pdf)

A credit card can help Sailors build credit and manage their money. Follow these steps and precautions to make sure you fully understand your credit-card plan.

**MONTHLY COMMUNICATION PRIORITY: Continuum of Service**



- Shop around for credit-card terms that are best for you.
- Make sure you understand the terms of a credit-card plan before you accept the card.
- Pay bills promptly to keep finance charges as low as possible. Allotments work great!
- Keep copies of sales slips and promptly compare charges when your bills arrive.
- Protect your credit cards and account numbers to prevent unauthorized use.
- Keep a list of your credit-card numbers and the telephone numbers of each card issuer in a safe place in case your cards are lost or stolen.

**Command Fitness Leader (CFL) Note:** The Navy's culture of fitness program is introducing new ways for Sailors to complete the cardiovascular portion of the Physical Readiness Test (PRT). NAVADMIN 11/07 details the use of elliptical trainers and stationary bikes as options to running the PRT. The elliptical and cycle tests are both 12-minute fixed-timed tests with a direct correlation to the 1.5 mile run. The goal is to burn as many calories as possible. CFLs must obtain authorization from their commanding officer to use the elliptical and stationary bike for a PRT. CFLs and Sailors should read NAVADMIN 11/07 at [www.npc.navy.mil](http://www.npc.navy.mil) (messages section) to get a list of the correct model numbers of authorized machines that are required to take the test.

**THIS WEEK IN WOMENS HISTORY:** Abby Lillian Marlatt, known as an American educator, was born on 7 March 1869 in Manhattan, Kansas. She graduated from Kansas State College with a B.S. in 1888, and received her M.S. in 1890. From then until 1909, she taught home economics, beginning in Utah before going to Rhode Island. In 1909, she came to the University of Wisconsin, where she became the first director of the home economics department. She remained in this capacity until her retirement in 1939, with the title of professor emeritus. She established a regular curriculum and provided students with more specialized work. Besides emphasizing teaching and extension work, she advocated broad training with grounding in the arts and sciences. During World War I, she helped the state of Wisconsin to plan how to join in the national efforts towards conserving food. She remained in Madison after her retirement, and died in 1943.

**Navy Reserve 2009 Sailor of the Year (RSOY):** All nominations should be submitted to COMNAVRESFOR NLT 15 Mar. Review CNRFINST 1700.1L for guidance on package format, <https://www.navyreserve.navy.mil/Pages/default.aspx>. Lets ensue we get these packages submitted in a timely manner and recognize the outstanding achievements of our Sailors.

**Verify Medical Readiness Online:** Sailors can now review their Individual Medical Readiness (IMR) status online. Medical and dental data from the Medical Readiness Reporting System (MRRS) can be viewed via BUPERS Online (BOL). IMR status determines if a Sailor is medically eligible to deploy.

**IA CMC Volunteers:** If you have questions concerning Mobilization Volunteer Opportunities and the Ready Mobilization Pool 2010! Please visit N35's webpage on The Navy Reserve Homeport at <https://private.navyreserve.navy.mil/3447B/n3/Shared%20Documents/N35.aspx> for more information on our VOL process and on RMP 2010. Visiting this link will ensure that you receive the latest guidelines as we update our webpage from time to time. **CAC is required.** Note: Volunteer requests must be sent to [cnrfc\\_mobvol@navy.mil](mailto:cnrfc_mobvol@navy.mil) and RMP 2010 requests must be sent to [cnrfc\\_readymobpool@navy.mil](mailto:cnrfc_readymobpool@navy.mil). Please ensure that your detailer is CC'ed on the request for any potential command impact.

**Warrior Games 2010:** Wounded servicemen and women will compete in the inaugural Warrior Games May 10-14, 2010, in beautiful Colorado Springs, Colorado, through a joint effort between the U.S. Department of Defense and U.S. Olympic Committee. For additional information, please visit the website at <http://usparalympics.org/pages/8330>.

**MONTHLY COMMUNICATION PRIORITY: Continuum of Service**



**Around the Force**

**Federal Reserve Component Chiefs Meet with SECDEF.** Joined by Secretary McCarthy (ASD R/A), MG Luckey (Assistant to CJCS for Reserve Matters) and VADM Debbink’s Federal RC counterparts (Army, Air Force, Marine Corps.), met with SECDEF last Friday afternoon in a free flow discussion on topics including the manning, structure, training and OPTEMPO of each of our specific forces. Secretary Gates paid particular interest in the latest policy initiatives on mobilizations, specifically the notification process and dwell periods. He mentioned *the critical importance of the strategic depth and capabilities that each service’s Reserve Component brings to the Joint force.*

**Yellow Ribbon Program (YRP) Advisory Board.** Directed by Congress to analyze and report on the YRP, the advisory board met this week, recognizing areas of this important program which can be further improved upon. Opening remarks were provided by Under Secretary of Defense for Personnel and Readiness, Dr. Clifford Stanley, opening the discussions on several important proposals aimed at *improving the services and outreach opportunities provided to our Reservists, Guardsmen and their families.* Specific topics included travel options for designated representatives and family members, *and legislation to provide suicide prevention experts within this “Best in Class” deployment support program.*

**Reservists Provide Valued Capabilities to Carrier Strike Groups.** 14 RC Sailors attached to SPAWAR support units embarked with the USS GEORGE WASHINGTON (CVN 73) and DWIGHT D. EISENHOWER (CVN 69) Carrier Strike Groups (CSG) to provide prioritized IT expertise and training to their AC counterparts. The Sailors served on active duty orders onboard six battle group ships, conducting nearly 600 training hours in areas such as network maintenance, IP addressing, UNIX, backup and recovery and Information Assurance (IA).

**Operation UNIFIED RESPONSE RC Update.** 259 (down from 291 last week) RC Sailors are on orders providing support to the relief efforts in Haiti. Navy Reserve air assets have flown 132 sorties, totaling more than 950 flight hours and carrying 2,849 passengers and 2.46 million pounds of cargo. As the requirements decrease, *no Navy involuntary mobilizations (units or individual augmentees) have been executed to date, and none are planned.*

**30 DAY OUTLOOK**

- \* National Navy Reserve Policy Board, Norfolk (9-11 Mar)
- \* CENTCOM (14-21 Mar)
- \* Millington, TN (26-27 Mar)

**60 DAY OUTLOOK**

- \* RSOY Paper Board, Norfolk, VA (4-7 Apr)
- \* Congressional “Quality of Life” Testimony (14 Apr)
- \* RFOTS, Norfolk, VA (23-25 Apr)

<b>As of 3 March 2010:</b>			
<b><u>Operational Support Snapshot</u></b>		<b><u>N095 H1N1 Vaccinations</u></b>	
FY10 Pres Bud End Strength	65,500	Military: 59/59 (100%)	
RC Sailors (FTS/SELRES) Onboard: (Delta + 583)	66,083	<b><u>RC Medical Readiness</u></b>	
RC Sailors Performing Operational Support:	19,588	Fully Medically Ready:	76.8%
RC Sailors Mobilized or Deployed:	6,951	Partially Medically Ready:	10.9%
		Total:	87.7%