



***Greetings Shipmates!***

*Can you believe that a major thunderstorm just passed over and knocked out the power, but the only thing that still worked was my laptop! Its getting "Hot in here" OK enough of that. Hope you had a great week and you took care of a few CDB's and engaged with Civilian Employers and gave your Ombudsman a quick call.*

*What a great week for a celebration here in DC. CNO and MCPON hosted the 2009 Sailors of the Year. CTT1(SW/AW) Cassandra Foote, CNO Shore Sailor of the Year, OS1(SW) Samira McBride, U.S. Pacific Fleet Sea Sailor of the Year, HM1(SCW) Shalanda Brewer, Navy Reserve Sailor of the Year, HM1(SW/AW) Ingrid Cortez, U.S. Fleet Forces, Sailor of the Year. The week's events included: Presidential/War Memorial/Capitol Tours/White House guided tours for SOY's and family members. CPO Uniform fitting by NEX staff, followed by a Navy Band "Concert on the Avenue" hosted by MCPON West on Tuesday evening and SOY Honors BBQ on Wednesday evening. Thursday each of the SOY's were meritoriously promoted to Chief Petty Officer by CNO. Like the Sailors each one of these SOY represent validates that our future is in good hands and there should be no doubt that each new Chief that has entered our CPO Mess is ready to assume the new responsibilities and challenges' head on. This week would not have been a success without the support of MCPON's staff and the outstanding sponsors. Each new Chief will need to perform a DITTY move to get all their new gear back home. Be sure to review the revised Sailor of the Year instruction, OPNAVINST 1700.10L, to make sure you know the new timelines for 2010 package submission so that the hardworking Sailors in your command have the opportunity to be part of next years SOY process. You owe it to the Sailors and families.*

*Last weekend I had the privilege to travel to NOSC Omaha, NE for the Pre-Deployment Family Readiness Conference and FORCM Call. It was an extremely "HOT" weekend in NE, but overall attendance was up 30% from last year! There were numerous presenters and vendors and volunteers onboard to support this successful PDFRC...It was great to visit with these great Sailors and families who are willing to drive long hours to serve in our Navy. You can tell they are extremely proud of what they continue to accomplish. NOSC Omaha was recently recognized as the #1 Large NOSC in the Mid-West Region. Medical and Dental Readiness has been at the top of the charts for the past six months Congratulations! I was introduced to five CPO selectees last weekend as they began the induction process. I look forward to PT and visiting with your CPO Mess and selectees over the next few months. NOSC NE coordinates and performs ~250 Funeral Honors over an extremely large geographical area for our fallen Shipmates each year.*

*The Returning Warrior Workshop proposed schedule for SEP10–JUL12 is attached please communicate with your Sailors and families so they attend and receive this valuable information. Go to the Navy Reserve Homeport and click on MCPON's Yellow Ribbon Podcast for more details. I have no idea who has a podcast just below MCPON's video.*

*I hope you enjoyed the update provided last week on the status of FORCM Tom Mobley, ret. The latest update is that Tom was in ICU at Slidell Memorial Hospital battling pneumonia so keep him and his family in your thoughts and prayers, not where he wanted to spend his birthday I'm sure. Your cards and notes make a positive difference. Thanks for the support for this Shipmate and if you know of others that we can support please keep me informed.*



**Latest Updates**

**Medal of Honor Recipients Message for Service Members.** TriWest and the Medal of Honor Society have collaborated to produce a series of videos from Medal of Honor recipients encouraging combat veterans to seek help and use the array of behavioral health resources available to them and their families. 28 Medal of Honor recipients have provided individual messages and there is a montage that lasts about two minutes that is extremely powerful. Please click on the link below and enjoy this powerful message.

<http://www.medalofhonorspeakout.org/>

Both organizations ask that we share freely as another tool to support our service members and their families.

**Fact Sheet on New Rule for PTSD Claims.** The Veterans Affairs Department has posted a fact sheet including questions and answers about the new rule governing post-traumatic stress disorder claims. This new rule, to be published in the Federal Register, relaxes the evidence requirement of certain PTSD stressor claims by veterans. The fact sheet is available at [www.va.gov/PTSD\\_OA.pdf](http://www.va.gov/PTSD_OA.pdf). Veterans of any era or conflict can file a claim under the new rule. The rule covers claims received by VA on or after July 13. The new rule relaxes the evidence requirement of certain PTSD stressor claims by veterans

**Brilliant on the Basics Attachment.** Attached is the July edition of Brilliant on the Basics and focuses on our amazing volunteers who give so much of themselves in support of our Sailors and families; our Command Ombudsman. Please use this opportunity to review your Ombudsman program status and ensure you have your information logged into the Ombudsman Registry as indicated. Also, this year celebrates 40 years of the Ombudsman program. A special thank you to those who serve as our Ombudsman and please ensure they receive your appreciation throughout the year for all that they do.

**Current and Archived FORCM Weekly Newsletters.**

<http://www.navyreserve.navy.mil/Ready%20Now/Lists/Force%20Weekly%20Archives/AllItems.aspx>

**NAVADMINs.**

**[Change To Fy11 Tuition Assistance Policy Implementing Quarterly Allocation](#)**

**[Call For Command Master Chief And Command Senior Chief Selection Board Applications](#)**

**Around the Force**

**Navy Reserve “Pizza Brief” to Congressional Staff Members.** VADM Debbink had the privilege of conducting the “Pizza Brief” at the Rayburn House Office Building last Friday. The presentation to the 42 staff members covered the Navy Total Force, Force Employment, Resourcing, and the Navy Reserve Strategic Plan. The brief was very well received and several staff members stayed for an informative question and answer period and conversations after the brief.

**VR-64 Change of Command.** On Saturday, VADM Debbink traveled to NAS JRB Willow Grove, PA to serve as the guest speaker for the VR-64 change of command. Joined in the ceremony by the Commander, Fleet Logistics Support Wing (CFLSW), CAPT Eric Petersen, and the Commanding Officer, NAS JRB Willow Grove, CAPT David Opatz, he recognized CDR Bailey’s leadership of the “Condors” of VR-64, providing valued capabilities to our Navy. The men and women of the squadron consistently proved to be “Ready Now. Anytime, Anywhere” flying the squadron’s three C-130’s on logistics missions around the world, with



98% of their flight hours flown during Fleet essential airlift missions with only 2% flown as dedicated training flights.

**Strong Showing of Community Support at NOSC Cincinnati Change of Command.**

On Sunday, VADM Debbink spent the day with the outstanding Sailors at NOSC Cincinnati and served as the guest speaker at the Change of Command Ceremony. In a meaningful display of support, Congresswoman Jean Schmidt of Ohio's 2nd District and Congressman Steve Driehaus of Ohio's 1st District honored us all with their presence and participation in the ceremony. Both noted the vital role that NOSC Cincinnati and the Navy play in the community and thanked the Sailors and their families for their dedicated service.

**SASC Personnel Sub-Committee Professional Staff Members (PSM) Lunch.** VADM Debbink hosted Mr. Gary Leeling (Majority Lead) and Mr. Dick Walsh (Minority Lead), along with CAPT Murach (N952), CDR Alcorn (N952), and LCDR Brianas (OLA) for lunch at the Navy Yard on Monday. They discussed several substantive issues, including the progress made toward enabling the Continuum of Service and new legislation that may be needed to provide for activation of the RC to perform routine deployments. Feedback received from OLA was that the lunch was well received.

**RC Advocate Call with Senator Chambliss (R-GA).** Senator Chambliss, a member of the Senate Armed Services Personnel subcommittee and Co-Chair of the Reserve Component Caucus, hosted VADM Debbink for an office call on 20 July. Topics discussed included: Navy Reserve end strength; the demographics of the Navy Reserve; Navy Reserve in-theater support of OCO; Reserve contributions in the Cyber arena; and the Navy Reserve footprint in Georgia. Sen. Chambliss expressed interest in participating in a CVN embark which is being worked through OLA.

**30 DAY OUTLOOK**

- \* Med-Hold Visit, CNRF Site Visit, ANSO/NNOA Panel Member, Norfolk, VA (26-29 Jul)
- \* USMC Evening Parade Hosted by SGTMAJ Kent (30 Jul)
- \* Pre Deployment Family Readiness Conference, NOSC Boise (7 Aug)
- \* SEA Brief Newport, RI (10 Aug)
- \* NOSC LA, CA (13 Aug)
- \* Family Day and Returning Warrior Workshop, Port Hueneme, CA (14-15 Aug)

**60 DAY OUTLOOK**

- \* PACOM AOR Trip (20-27 Aug)
- \* Leave (28 Aug-4 Sep)
- \* Inaugural Yellow Ribbon Conference, Orlando, FL (13-16 Sep)

<b>As of 22 July 2010:</b>			
<b><u>Operational Support Snapshot</u></b>		<b><u>RC Post Deployment Health Re-Assessment</u></b>	
FY10 Pres Bud End Strength	65,500	<b><u>Compliance:</u></b>	
RC Sailors (FTS/SELRES) Onboard: (Delta -613)	64,887	Navy Reserve Force: 98.0%	
RC Sailors Performing Operational Support:	22,334	<b><u>RC Medical Readiness</u></b>	
RC Sailors Mobilized or Deployed:	6,794	Fully Medically Ready:	84.2%
CPO's Mobilized	898	Partially Medically Ready:	4.7%
RC Flag Officers on Active Duty:	23	Total:	88.9%
Average Weekly Savings Using VR Airlift:	\$896K		