



Greeting Shipmates!

Happy 235th Birthday, hope you have a Navy Ball on your agenda, and you find a way to invite junior Sailors and families to attend the events to continue to pass on our Navy history and traditions.

Donna and I hope each of you had a relaxing Columbus Day holiday weekend and were able to spend some quality time with family. If you are currently deployed, please allow me to say thank-you for the sacrifices and everything you and your families do daily to support our Navy and Marine Corps Team.

This has been a busy month travel wise, started out with a visit to Orlando, FL to attend the Yellow Ribbon Program Conference with CNR. This educational event provided the opportunity for representatives from commands across the nation to share ideas and to network with other services to improve the events that they are conducting for our service members and families. I have no doubt that you have outstanding Pre-Deployment Family Readiness Conference and Returning Warrior Workshop in place, but with a little research and networking, you may find opportunities that will allow your command to support our Sailors and families more effectively.

You are not the Lone Sailor, who has to think and know everything; we all are part of a much larger team that is working extremely hard to make a positive difference for all service members. Continue to ask your Sailors and families why they have not attended, communication and intrusive leadership is the key to success, most Sailors and families do not know what to expect or have a negative perception that can only be removed by continued support and education via the chain of command. Have you attended or been a guest speaker at either one of these events?

Changing gears, in my humble opinion this year the CPO Induction Season was a major success, local commands found ways to support local community projects while allowing the new CPOs to work together as a Team. There is always a concern of not having enough time to train and educate, but training never stops so if everything ended on 20 Sep at your command, you need to look in the mirror, just like physical readiness we have to be continue to prepare so we are ready to perform anytime of the year. Be the example, if you do not like what you see in the mirror, take off the shades and fix it! Your Shipmates can see the standards that you keep! Do you really want that junior Sailor to be like you?

Unfortunately, I could not make the trip to Boston, to visit the USS CONSTITUTION this year due to weather concerns during final events but from all reports, this was a major success and exceeded the goals that were expected. I want to say thank-you to all the leadership who took part in the planning, training and execution of these events; this was just a small example of the opportunities for CPO leadership to engage. Numerous events that were conducted had an impact on the command and local community worldwide.

You provided memories that will last a lifetime across our Navy.

The E-7 Greater than 19 years Continuation Board has adjourned; you have had an opportunity to review the precept and supporting files at the selection board website. As with any board, it is your responsibility to know what is in your record and to communicate with the board as required to make any corrections. If your records are not current, forward documents and then verify that, they were accepted.

This past weekend I was privileged to visit with the Sailors and families of NOSC Cincinnati, OH. FORCM Call was conducted with the NOSC on Saturday and I was the guest speaker on



Saturday evening for the Navy Ball festivities. This NOSC is going through a major renovation, but the team is working together and providing a quality product.

Runners should be tapering as the end of the month rapidly approaches with the Army 10 Miler and the USMC Marathon being the last two weekends. Due to current illness and ankle sprain, I must admit I'm more than frustrated. I may even be waived from the cardio portion of the PFA for the first time in 30 years. I must be falling apart!

No I'm not whining, just frustrated, but this is quickly adjusted when I think about all the great service members who are recovering from injuries in our VA and Medical Treatment Facilities around the country.

What is the status of your commands Influenza Vaccine completion and Fall PFA? Set the example.

Latest Updates

CNO Navy Birthday Video Available for Local Celebrations

(NAVY NEWS SERVICE 29 SEP 10) ... Defense Media Activity - Anacostia WASHINGTON -- The U.S. Navy released a video message from the chief of naval operations (CNO) Sept. 29 for the Navy's upcoming 235th birthday. "As the Navy celebrates 235 years of service to the nation, it is important to reflect on the vital work our Sailors do and how seapower of our Navy protects our way of life and provides for security and prosperity around the world," said CNO Adm. Gary Roughead. CNO spoke about the accomplishments of the Navy and the important role it plays in the nation's history. "Time and again, the U.S. Navy has seized opportunities in times of great challenge and risen to great achievements in peace and war," said Roughead. Roughead thanked every Sailor for their personal sacrifice and commitment to defending their nation. "Yours is the calling and the opportunity to serve our nation and it is a calling that not everyone can have," said Roughead.

To watch the CNO's birthday message, visit <http://www.navy.mil/navydata/featurePlay.asp?id=107>.

Link to video: http://www.navy.mil/view_flash_gallery.asp and click on "Download" next to the video entitled, "CNO's Navy Birthday Message 2010."

FTS Enlisted Community Manager is soliciting applications for FTS Navy Counselor (counselor). Applications should be submitted to PERS-812 per MILPERSMAN 1440-020. Deadline for applications is 15 January 2011. Applicants must be a PO1 or a PO2 eligible for advancement, be within 12 months of their PRD and released from their respective detailer as applicable. All qualified applicants will be screened and considered on a competitive basis. Results are expected to be released mid-February 2011. Personnel successfully chosen for conversion are considered available for immediate transfer. Please pass the word to all interested applicants.

Reserve Component Sailor Of The Year Program. There are two Sailor of the Year categories that exist within Commander, Navy Reserve Force (COMNAVRESFOR) and Office of the Chief of Navy Reserve (OCNR). They are the COMNAVRESFOR Shore SOY and OCNR Navy Reserve SOY. The competitive cycles for both are from 1 October 2009 through 30 September 2010. The COMNAVRESFOR Shore SOY will be selected from all Full Time Support(FTS)/Active Component(AC) E6 and below enlisted personnel. The OCNR Navy Reserve SOY will be selected from all Selected Reserve (SELRES) E6 and below enlisted personnel. One Nomination in the format in OPNAVINST 1700.10L is requested from each



echelon II, III, and IV command within COMNAVRESFOR. The following dates are for your planning purposes:

15 FEB FTS/AC Packages due (Norfolk)
22 FEB FTS/AC Paper Board (Norfolk)
4-6 MAR FTS/AC Oral Board (Norfolk)

15 MAR SELRES Packages due (Norfolk)
19 MAR SELRES Paper Board (Norfolk)
11-15 APR SELRES Oral board (DC)

You can all expect to see an updated COMNAVRESFORINST 1700.1 that will include the additional VCNO information.

SELRES Recall Opportunities. Here are the latest SELRES FY 11 recall opportunities by Rate and Rank:

<http://www.npc.navy.mil/CareerInfo/ReservePersonnelManagement/Enlisted/FTSEnlisted/>

FY-12 Enlisted Selection Board Member/Recorder Application. Now available at either of the links below:

<http://www.npc.navy.mil/Boards/ActiveDutyEnlisted/GeneralInformation.htm>

<http://www.npc.navy.mil/Boards/ReserveEnlisted/GeneralInfo.htm>

Active Component(AC) and Reserve Component(RC) Master Chiefs are highly encouraged to apply for any of the Selection Boards. AC may serve on RC boards and RC may serve on AC boards, so put the word out. This will be a challenge but you will grow as a leader in so many ways during the time spent in Millington, TN. This is your opportunity to give back. Forward applications to FORCM Wright for endorsement with a cc copy to Mr. Marshall.

TRICARE Scam. Recently there has been a rash of calls to military personnel from individuals who claimed to be with DoD and requested information under the guise of it being a TRICARE national survey.

Personnel have been asked for personal information such as: Social Security Number, home address, Date of Birth. Additionally, the caller asked about deployment status and length of deployments. The national and local TRICARE offices do conduct surveys; however, they never request the above type personal information. If you receive a call from anyone about a TRICARE and believe it to be false contact your local TRICARE office.

The below link is some added safe guard measures from the TRICARE website:

<http://www.tricare.mil/mybenefit/home/Medical/RightsAndResponsibilities/ProtectingPersonallInformation>

NAVADMINs.

338/10 **NEW ELLIPTICAL TRAINERS APPROVED FOR PHYSICAL FITNESS ASSESSMENT (PFA)**

336/10 **FY-12 ACTIVE-DUTY NAVY AND NAVY RESERVE E-9, E-8 AND E-7 SELECTION BOARDS MEMBERSHIP NOMINATIONS**

332/10 **INDIVIDUAL AUGMENTATION (IA) GRAM 10, INDIVIDUAL AUGMENTATION MANPOWER MANAGEMENT BUSINESS RULES**

328/10 **INFORMATION DOMINANCE WARFARE OFFICER PROGRAM**

327/10 **NAVY BIRTHDAY 2010**



321/10 **Interim Change To Navy Ombudsman Program**

319/10 **Advancement Examination Development Conference Schedule And Solicitation For Subject Matter Expert Nominations**

Around the Force

OPNAV Staff Members Earn the Top Spot at the 10th Annual Military Wilderness Challenge. OPNAV N095/OCNR's CDR Drew Cawfield, CDR Van Moffatt, LCDR Jim Conzelman and (former) OPNAV N2/N6's CDR Sue Himes participated in this two-day, all-military adventure race, placing 1st overall out of 41 teams from the five armed services. All team members competed in an 8K mountain run, a 14-mile whitewater raft race through class V rapids, a 10-mile mountain bike race, a 7-mile kayak race and a 14-mile hike. *This marks the first time a Navy team has taken the top spot as the Armed Forces Champion.*

Visit With Navy Reserve Sailors in Gulfport, MS. VADM Debbink and I were able to have meaningful visits with the Sailors at the Naval Construction Battalion Center (NCBC), Navy Operational Support Center (NOSC), Navy Mobilization Processing Site (NMPS), and the Branch Medical Clinic in Gulfport on Tuesday. *The "All-Hands" call enabled a great discussion on the latest Continuum of Service initiatives with nearly 100 Sailors, including 28 Navy Selected Reserve Sailors who are in the mobilization process for their deployments to CENTCOM and Guantanamo Bay, Cuba.*

Participation in Training Exercises with SEABEES at Camp Shelby, MS. VADM Debbink and I were privileged to spend part of the day on Wednesday with *540 Sailors of Naval Mobile Construction Battalion (NMCB) 26 as they prepare for their upcoming deployment in support of ISAF and CENTCOM.* The Reserve Component Seabee Battalion executed realistic training scenarios in the field, ranging from establishing Forward Operating Bases to conducting bridging evolutions. Another great example of the *Navy Total Force* at work, the training was supervised by the AC instructors of the 20th SEABEE Readiness Group and included simulated attacks and security threats conducted by civilian contractors.

Reserve Health Readiness Initiatives Improve the Continuum of Care. The active engagement between our staff, BUMED and our MTFs on the Reserve Health Readiness Program (RHRP) has given our *Selected Reserve Sailors increased options for completing required vaccinations and other routine Individual Medical Readiness (IMR) requirements* (such as PHAs and dental exams). In addition to the services provided at the MTFs, the RHRP enables Selected Reserve Sailors to receive care at approved local clinics at no cost to the Sailor if requested and scheduled through the Sailor's Navy Operational Support Center (NOSC).

30 DAY OUTLOOK

- * CNO Navy Birthday Ball, Washington, DC (15Oct)
- * Navy Birthday Ball, and Pre-Deployment Family Readiness Conference, Shreveport, LA (16 Oct)
- * Army Ten Miler, Washington, DC (24 Oct)
- * 35th USMC Marathon (31 Oct)
- * MCPON Leadership Mess Conference (1-4 Nov)
- * Navy Enlisted Reserve Association National Conference, Washington, DC (11-13 Nov)

60 DAY OUTLOOK

- * N095 Staff move from the Navy Annex to PNT (14 Dec)



As of 14 October 2010:

<u>Operational Support Snapshot</u>		<u>RC Seasonal Flu Vaccination Status</u>	
FY10 Pres Bud End Strength	65,500	Vaccine Received:	58.1% (up from 19.4%)
RC Sailors (FTS/SELRES) Onboard:	65,006	Force Vaccinated:	4.3% (up from 2.6%)
RC Sailors Performing Operational Support:	16,430		
RC Sailors Mobilized or Deployed:	6,928	<u>RC Medical Readiness</u>	
RC Flag Officers on Active Duty:	22	Fully Medically Ready:	83.8%
		Partially Medically Ready:	4.8%
		Total:	88.6%