



Greetings Shipmates!!!

Congratulations to all the CPO Selection Board Eligible Candidates!

Friday, 26 February, I had the honor of speaking to the CPO community and Sailors from NAVOPSPTCEN San Jose, Alameda, Sacramento and the Reserve Recruiting District on topics ranging from advancement, upcoming uniform changes, deployment, physical fitness and mobilization readiness. I stressed the importance of maintaining an active physical fitness regimen and healthy lifestyle, because not only do Navy Standards require physical fitness tests twice a year, but it is beneficial for your overall health and well-being. Also discussed was the importance of career development boards (CDB), and why they are a valuable tool in ensuring that leadership is informed of their Sailors strengths, weaknesses, career intentions and career goals. It is a part of deckplate leadership that must to be a priority of the Chief's mess. It was truly a pleasure to visit with such great Sailors and hear their perspective and feedback. On Saturday, I was honored to be the guest speaker for the Moffett Field CPOA Dining Out events, what a wonderful evening for Donna and I.

Last Monday afternoon I visited the U.S. Naval Academy, Dahlgren Hall, to take part in a Honorary CPO Pinning Ceremony for the Honorable Ray Mabus our 75th Secretary of the Navy. Secretary Mabus is responsible for an annual budget in excess of \$150 billion and almost 900,000 people. Anyone that knows CMDCM Vonn Banks, and here CPO/GySgt Mess knows that this was an extremely well planned and executed ceremony that all in attendance will remember. MCPON John Hagen, USN(Ret) and FLTCM Benning provided remarks while retired and honorary CPO's assisted with the pinning and reading of the CPO Creed. I was privileged and humbled to represent MCPON West and present our newest CPO with his CPO ball cap. You could tell that he enjoyed the ceremony and gifts that were presented. What a humble gentleman! Here is the link to the pictures from the events hosted at the USNA:

<http://picasaweb.google.com/Secnavph/USNavalAcademy?feat=directlink>

*On Tuesday, we kicked off the Navy Reserve Policy Board (NRPB) in Norfolk. The policy board provides Sailors with the opportunity to address policy issues that may need review. My point of reference to the board was **"how does this policy impact the E5 Sailor?"** Remember you can always make a difference by reviewing COMNAVRESFOR Instruction 5420.5K and submitting an issue or innovation to the board. That evening, CMDCM Curry, CMDCM Eggert, CMDCM Harlin and I were honored to host an informal dinner with the three 2009 COMNAVRESFOR Shore Sailor of the Year finalist and announced YN1 Fernando Quinones-Perez as the Sailor who would represent the Navy Reserve at the upcoming VCNO Shore Sailor of the Year competition. These great Sailors were willing to provide their perspective on issues dealing with the Navy Total Force and expectations from leadership. These Sailors are looking for continued opportunities to lead. Sound familiar? Bottom line, we are in good hands!*

Wednesday we wrapped up the NRPB. Thursday I received briefs from CNRFC staff dealing with Post 911 GI Bill, Navy Mission Essential Tasks (NMET's) and NROWS/DTS roll out updates. When you are leading the pack, you will assume risk. We have found challenges with the phone systems and interfacing issues with NROWS and DTS. Please share with your Sailors that the CNRF staff and DTS support staff are working hard to support Sailors as they travel. We need your support and leadership to ensure the Sailors are registered and input orders into NROWS in a timely manner as we work through this process.



Latest Updates

COMNAVRESFOR 2009 Shore Sailor of the Year: Please join me in congratulating the CNRF 2009 Shore Sailor of the Year YN1(SW/AW) Fernando J. Quinones-Perez, NAVREGSERCC! Thank you to all nominees for your service and dedication. You should be proud of your accomplishments and everything that you do for this great country, Navy and Shipmates. BZ!

National Resource Directory (NRD): The Departments of Veterans Affairs, Defense, and Labor re-launched a new and improved Web site for our wounded warriors last week -- the National Resource Directory (NRD). This directory (www.nationalresourcedirectory.gov) provides access to thousands of services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. The NRD is a comprehensive online tool available nationwide for wounded, ill and injured service members, Veterans and their families. The NRD includes extensive information for Veterans seeking resources on VA benefits, including disability benefits, pensions for Veterans and their families, VA health care insurance and the GI Bill. It also includes information for caregivers including how to find emotional, financial and community assistance. The site includes a specialized section on homeless assistance. The site offers information on programs and benefits designed to help homeless Veterans and service members live as independently as possible. The NRD's design and interface is simple, easy-to-navigate and intended to answer the needs of a broad audience of users within the military, Veteran and caregiver communities. Other features include a fast, accurate search engine; a "bookmark and share" capability that allows NRD users to spread the word about valuable resources on Facebook, Twitter and other social media sites; and a news feature with updates on relevant information and events.

Care Packages: Interested in sending a care package to an Individual Augmentee? Here is a list of possible items to include in your package:

Coffee/filters/sugar packets/non dairy creamer
Gum Non-perishable snacks
Baby wipes Hard candy
Ziplock bags Games
Deodorant (stick)
Facial cleansing cloths
Travel size hygiene products
DVDs (previously viewed are ok- in high demand)
GreenBeans coffee gift certificates (in high demand)
<http://www.greenbeanscoffee.com/coffeecard/>

Items for children and building future relationships and achieving our "Hearts and Minds" mission:

Stuffed animals (small) Matchbox/Hotwheel cars
Hard candy Colored pencils/sharpeners (crayons usually melt in transit)
Gum Coloring/Activity books (small)
Baby wipes Travel size hygiene products

Military Registration for the 35th Marine Corps Marathon: is open until 6APR10 then it will open to the general public. GEICO is providing support with a 15% discount. See you there! <http://www.marinemarathon.com/page11.aspx>



A Sailor's education is an important part of building the future Navy force:

<http://www.navy.mil/swf/mmu/mmplyr.asp?id=14094>

<<http://links.govdelivery.com:80/track?type=click&enid=bWFpbGluZ2lkPTc0NzE5MCZtZXNzYWdlaWQ9UUFJELUJVTc03NDcxOTAmZGF0YWJhc2VpZD0xMDAxJnNlcm1hbD0xMjE1NzEzZmU5JmVtYWlsaWQ9cm9ubmV5LndyaWdodEBuYXZ5Lm1pbCZ1c2VyaWQ9cm9ubmV5LndyaWdodEBuYXZ5Lm1pbCZleHRyYT0mJiY=&&115&&&http://www.navy.mil/swf/mmu/mmplyr.asp?id=14094>>

WOMEN'S HISTORY MONTH NOTE: Vice Admiral Patricia A. Tracey was born on 30 November 1950 in the Bronx, New York. She was commissioned an Ensign in the U.S. Navy in 1970. Her initial assignment was Naval Space Surveillance Systems in Dahlgren, VA, where she qualified as Command Center Officer and Orbital Analyst. Her first command tour was Naval Technical Training Center, Treasure Island, California. She also served as Commanding Officer of Naval Station Long Beach, then the second largest homeport of the Pacific Fleet. She earned a Master's Degree, with distinction, in Operations Research from the Naval Postgraduate School in Monterey, California. She would go on to hold the positions of Chief of Naval Education and Training (1996-1998), Deputy Assistant Secretary of Defense for Military Personnel Policy (1998-2001), and Director, Navy Staff (2001-2004). At that time, she was also the all-time senior ranking female officer in the United States military. She retired in October 2004.

SAFETY NOTE: Throughout the country and the armed forces, suicide remains one of the leading causes of death, impacting millions of Americans every year. These unnecessary deaths have an impact on the entire Navy, as suicide can decrease morale and combat readiness of Sailors everywhere. While there are no absolute signs that someone you know or love is in danger of taking their life, most people have a hard time hiding the fact that they are having personal struggles. Help is as close as the Fleet and Family Support Center or your base chaplains, for more information visit the Suicide Prevention Web site at www.npc.navy.mil/CommandSupport/SuicidePrevention/

MARCH MADNESS ETHICS GUIDELINES: As the annual NCAA Basketball Tournament approaches, it is worth mentioning that "friendly wagers" on teams, or any type of sports pool in which money (or prizes) can be won based on the outcome of sporting events, is gambling, which is prohibited in Federal government workspaces.

Around the Force

Reenlistment and Recognition Ceremony for the 95th Anniversary of the Navy Reserve:

Commemorating 95 years as a ready and accessible force multiplier for our Navy, CNR had the honor of reenlisting 95 Navy Reservists from all 50 states, including Guam and Puerto Rico, at the Russell Senate Office Building on Friday. Following the reenlistment, a ceremony was held at the Navy Memorial which recognized five Sailors with awards earned during recent mobilizations, three ombudsmen for their critical support of Navy families, and the President and CEO of American Standard Brands received the Employer Support of the Guard and Reserve (ESGR) Seven Seals Award. *Individually and proactively, these events honored our people, their families, and our Sailors' civilian employers.*

Here are the links to view the pictures of that outstanding occasion:

<http://www.flickr.com/photos/48329983@N06/>

<http://www.flickr.com/photos/48269032@N05/>

Rear Adm. Carol Pottenger, Commander, Naval Expeditionary Combat Command, is nominated for appointment to the rank of vice admiral



Navy Reserve Psychological Health Outreach Program Month in Review. In February, 169 RC members were referred to Outreach Coordinators for initial assessment, and 50 required follow-ups. Team members have a current case load of 358 Sailors and have been in contact with 198 recently demobilized Sailors. They made 11 visits to NOSC, providing the Operational Stress Control briefings to 773 Reservists, NOSC staff members, and unit leaders.

Pre-Testimony Office Call with Senator Inouye (D-HI). Prior to 24 March testimony, CNR met with Sen. Inouye on Wednesday in his Capitol Hill office. Topics discussed included the C-40A, recruiting and retention, the Yellow Ribbon Program (YRP), and the Continuum of Service initiative. Other topics discussed was the success of the Returning Warrior Workshops (RWWs), and Sen. Inouye expressed interest in attending the next one held in Hawaii.

Returning Warrior Workshop (RWW) Update. 62 Returning Warriors and 53 guests attended the RWW held in Kansas City, MO on 6-7 March. The guest speaker was Major General Kelly McKeague, Assistant to the Chairman of the Joint Chiefs of Staff for National Guard Matters. The next RWW will be held in Denver, CO this weekend.

Operation UNIFIED RESPONSE RC Update. 192 (down from 259 last week) RC Sailors are on orders providing support to the relief efforts in Haiti. *No Navy involuntary mobilizations (units or individual augmentees) have been executed to date, and none are planned.*

30 DAY OUTLOOK

- * CENTCOM (14-21 Mar)
- * Millington, TN (26-27 Mar)
- * RSOY Paper Board, Norfolk, VA (4-7 Apr)

60 DAY OUTLOOK

- * RFOTS, Norfolk, VA (23-25 Apr)
- * Ombudsmen Symposium, Orlando, FL (30 Apr-2 May)
- * RSOY Oral Board (3-6 May)

As of 10 March 2010:			
<u>Operational Support Snapshot</u>		<u>N095 H1N1 Vaccinations</u>	
FY10 Pres Bud End Strength	65,500	Military: 59/59 (100%)	
RC Sailors (FTS/SELRES) Onboard: (Delta + 583)	66,083	<u>RC Medical Readiness</u>	
RC Sailors Performing Operational Support:	19,588	Fully Medically Ready:	78.0%
RC Sailors Mobilized or Deployed:	6,951	Partially Medically Ready:	10.0%
RC Flag Officers on Active Duty:	21	Total:	88.0%
Weekly Savings Using VR Airlift:	\$795K		