



***Greetings Shipmates!***

*Hope each one of you had a great week, most have been enjoying Spring Break with the family and that is always great when you can spend some time with friends and family. With Springs arrival, I'm sure you have seen the motorcycle riders coming out of hibernation, I'm sure it is exciting to ride on two wheels but when I have riders pass me in my old van on one wheel at over 70 mph it reminds me to pull out the motorcycle safety guidelines and pass on to you. "Remember you dress for the slide not the ride" Please during morning muster remind your Shipmates of their safety responsibilities when it comes to any of the outside activities as the weather continues to become warmer. ORM is always a good thing, you do not want to be a Safety statistic anytime this year. In most cases it really hurts you or your loved ones.*

*Monday started with VADM Debbink leading us as we ran the 2<sup>nd</sup> Annual Cherry Blossom Run that covered approximately four miles. Because of the warm temperatures the Cherry Blossoms had reached their peak and were fading fast. Later that afternoon, my new EA YN1 Byrnes and I traveled to Norfolk, VA to prepare for the RSOY paper board.*

*Tuesday was one of those great days where a team sits down to accomplish a task and you look up and wonder where the time went. Five MCPO's reviewed and scored the packages submitted and provided five packages that they recommend should represent the Reserve Force in May when another group of leaders will assist in selecting the Reserve Sailor of the Year. I will meet with VADM Debbink early next week and once we have his final approval, the five finalist and their commands will be notified. It was evident that the packages we reviewed were Sailors representing the best of the best from across the Navy Reserve.*

*On Wednesday, I spent some time visiting with MEDHOLD patients in Norfolk. Thursday, YN1 and I had to slow down long enough to take care of part one of our Physical Health Assessment. Yes, I now, this is the exam you love to hate, but it is one of those necessary evils. Remember, you have to take care of yourself so you can continue to take care of your family and Sailors. Are you doing everything you can to ensure you and your family are living a healthy lifestyle. This is all part of Ready Now. Anytime, Anywhere.*

*Thursday afternoon, VADM Debbink and I traveled to Baltimore Washington International to Welcome home over 100 service members as part of Operation Homecoming. No matter how many times we do this, words can't describe the range of emotions that are felt by the families and the volunteers when the service members turn the corner and they see and hear the crowd clapping, music playing and cow bells ringing for them and welcoming them home. The smiles and hugs tell the story. I know your tough but take part in your local area and bring a Kleenex with you just in case you get emotional like me!, Yes, a few tears will leak, or maybe it was a bug that landed close to your eye that you wiped away?*

**Latest Updates**

**Sexual Assault Awareness Month:** The month of April is designated as National Sexual Assault Awareness Month (SAAM). Preventing sexual assault is everyone's duty. Sexual assault against a shipmate reverberates throughout a unit and beyond, affecting mission readiness by harming the life of the victim, and degrading the Navy's ability to work effectively as a team. The Department of Defense Sexual Assault Prevention and Response Office (DOD SAPRO) has posters and materials available to support SAAM. All Navy Commands, worldwide, are encouraged to customize and download these materials to display on your quarterdeck and throughout your spaces during the month of April. To



download the SAAM material please visit: <HTTP://WWW.SAPR.MIL/INDEX.PHP/SAAM/2010-MATERIALS>

**Navy Reserve Foreign Language and Culture Incentive:** Did you know Sailors can earn up to \$5000 a year to take classes? Too good you say, what is the catch Force? We need sailors knowledgeable in different languages and cultures. The Navy travels to a wide variety of countries throughout the world and there is a new program which will pay a bonus, up to \$5000 per fiscal year to Sailors who achieve a "C" or better in college level language and cultural studies courses. There are rating restrictions and the class will need to be approved. The governing instruction is OPNAVINST 1550.11. We hope to see many Sailors participating in this program as possible.

**Ready Now!:** The current copy of the Ready Now newsletter is ready to distribute. Use the following link for easy access:

<http://www.navyreserve.navy.mil/Ready%20Now/Shared%20Documents/Newsletter.aspx>

**Motorcycle Safety:** Please review NAVADMIN 310/08 for policy concerning the Navy's stance on motorcycle safety. <http://www.npc.navy.mil/NR/rdonlyres/353C30B4-A24D-416E-8C10-260BB347DA4D/0/NAV08310.txt>

[http://www.navy.mil/search/display.asp?story\\_id=52287](http://www.navy.mil/search/display.asp?story_id=52287)

**Uniform Board Updates:** Discussed in this uniform update: Chief Petty Officer Cutlass; Post-tour, Command Senior Enlisted Leader (SEL) Identification Badge; Navy and Command Ball Cap; Navy Blue Coverall; and Backpacks. For further information, review NAVADMIN 118/10.

**Enlisted Selection Board Report of Proceedings (ROP):** Please review below for background on the process of enlisted advancement selection board results:

Though it has been approximately 10 years since, previously board results were approved and released before board membership departed. When NPC moved to Millington, results were still released generally within a week following the board's adjournment. In the 2006 timeframe, some changes were made to the enlisted board processes to better align the enlisted board processes with the officer board processes since officer boards are governed by law and those processes are legally defensible.

Commander, Navy Personnel Command instituted reporting requirements for the enlisted selection boards to align with the statutory officer boards. After enlisted selection boards adjourn, the selection board sponsors and the Career Progression Department (PERS-8) staff compile the official Record of Proceedings (ROP), which must be routed through the chain of command for review prior to final approval by the Chief of Naval Personnel.

Although there has always been a review of the selection board recommendations and an adverse information scrub for recommended selectees, the ROP was modified to add several categories of selection board statistics. These statistics include Individual Augmentation tours, Sailorization tours (Recruiting/Instructor Duty/Recruit Division Commander), PRIMS data, as well as specific community selection rates directed by CNP. The compilation of these statistics cannot be initiated until board completion and the addition of these enclosures has added an additional one to two days to the process.

Once the ROP has been reviewed by PERS-8, it receives a thorough review by CNPC's Judge Advocate staff before it is routed to CNPC. When approved by CNPC, the ROP is mailed overnight to the N1 staff. The results of enlisted selection boards must be approved

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by CNP, and call-out is scheduled a minimum of three business days after receipt in Washington DC, depending on CNP's availability. The board's president and MCPON's schedules must also be verified and adjusted as necessary to CNP's schedule. The three business days also provides the N1 staff with the appropriate time to review the recommended selections in the ROP, and to have any questions or concerns addressed prior to the call-out and CNP approving the board results.

In this very significant process, accuracy is more important than expediency when it comes to ensuring that each of our Sailors received fair and proper consideration in this very important milestone of their careers.

**The scheduled date of the call-out with CNP is "need to know information". Therefore, DO NOT, I repeat, DO NOT ask around if anyone knows when the call-out is scheduled. This puts your integrity in question as well as you questioning the integrity of your fellow Shipmate. Don't ask. I can not be any clearer!** When CNP approves the recommendations of the board and authorizes public release of the results, the results will be released via NAVADMIN.

**Physical Readiness Program Oversight:** As we enter the spring phase of the 2010 Cycle 1 Physical Fitness Assessment (PFA) period, leaders at all levels are encouraged to take a close look at their command's Physical Readiness Program (PRP). Although the PFA evaluates an individual's ability to meet the minimum physical fitness requirements for naval service on a twice-a-year basis, physical readiness is much more. It is an essential component of combat readiness, and for many it is a culture and lifestyle change. The Navy has made tremendous strides over the last four years to encourage and support physical fitness.

CNO recently released a "personal for" message to commanders, commanding officers and officers in charge (ALSAFE 016/10, DTG 031439ZMAR10) to heighten the awareness of the recent and unacceptable spike in physical training (PT) related fatalities this fiscal year: five in FY10 and three during February).

Initial investigations reveal instances of ineffective PRP execution and oversight. There were also some preexisting medical conditions not captured during annual Physical Health Assessments (PHAs), completion of Physical Activity Risk Factor Questionnaires (PARFQs), or medical screening process that potentially contributed to the fatalities. Another area of concern is the physical readiness of personnel augmenting operational forces through the IA and ADSW programs.

Sailors must be physically fit to support command mission. An effective year-round PRP is more than just command-supervised PT events. A continuous dialogue between command leadership and the medical support group is critical in addressing the physical conditions, limitations, PRT history, and medical issues associated with individual Sailors. Are your folks prepared and medically cleared to participate in the upcoming PFA, the command's Fitness Enhancement Program (FEP), or off-duty PT?

Good information is available at <http://www.navy-prt.com/> and <http://www.military.com/military-fitness/navy-fitness-requirements/navy-physical-readiness-tests>.

Now is the time to take that close look at your command's program and make adjustments where required. Let's continue the tremendous efforts we've made in advancing the Navy's overall physical fitness program for the health and wellness of all and the readiness of the Fleet. Review and verify your PRIMIS data, this is your responsibility.

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**Around the Force**

**HSC-84 Sailor Awarded 20th Strike Flight Air Medal.** On Friday, Commander, Naval Air Forces Atlantic, RADM O’Hanlon, presented AWS1 Logan Warner with his 20th Air Medal (strike flight) for his continued service in Iraq. Attached to the “Red Wolves” of HSC-84, AWS1 Warner has amassed more than 850 combat flight hours during 320 combat sorties in support of the Combined Joint Special Operations Air Component (CJSOAC) air operations. AWS1 Logan recently completed his eight combat deployment to CENTCOM with HSC-84.

**Naval Mobile Construction Battalion 18 (NMCB 18) Mobilization.** In preparation for their deployment to Afghanistan, 427 Reservists completed the mobilization process at NMPS Gulfport. The thorough preparation and communication between the parent NOSCs, Reserve Component Command NORTHWEST, Branch Health Clinic Gulfport, NPC MOBDET Gulfport, and the Battalion leadership enabled the completion of the process within five days of the arrival of the Reservists. Continuing our *efforts to move toward a truly seamless Continuum of Service*, the lessons learned in this successful mobilization will be used to streamline future events.

**RC Sailors Support COMFLEACT Sasebo Security Criminal Investigation Division (CID).** Two Navy Reservists conducted interviews and completed three CID investigation cases in support of the COMFLEACT Sasebo security operations team. Bringing their *combination of Navy experience and civilian work force expertise to the efforts*, they also provided critical training to their AC counterparts on investigation procedures and techniques.

**Psychological Health Outreach Team Delivers Operational Stress Control Briefs.** Outreach team members recently *facilitated two Returning Warrior Workshops (RWWs) and conducted visits to 18 NOSCs* across the country delivering Operational Stress Control Awareness briefs to more than 2,400 Sailors and their family members. Additionally, the outreach team members are maintaining regular contact with 461 Sailors, monitoring their well-being and *making referrals for additional mental health services when needed*.

**30 DAY OUTLOOK**

- \* Ft Worth, TX (10-11 Apr) NOSC Ft Worth Visit
- \* Congressional Testimony with MCPON (14 Apr)
- \* Leave (15-19 Apr)
- \* Reserve Flag Officer Training Symposium, Norfolk, VA (23 Apr)

**60 DAY OUTLOOK**

- \* NOSC Bronx, CMDCM Conf (24 – 25 Apr)
- \* Reserve Component Ombudsmen Symposium, Orlando, FL (30 Apr-2 May)
- \* RSOY Oral Board (3-6 May)
- \* RWW Sedona (14 – 16 May)
- \* Ombudsman Graduation, Manchester, NH (21 – 23 May)

<b>As of 7 April 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 + 51)	65,551	<b><u>RC Medical Readiness</u></b>	
RC Sailors Performing Operational Support:	19,242	Fully Medically Ready:	78.9%
RC Sailors Mobilized or Deployed:	6,799	Partially Medically Ready:	9.1%
RC CPO’s Mobilized	879	Total:	88.0%
Average Weekly Savings Using VR Airlift:	\$1.0M		

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