



### ***Greeting Shipmates!***

***Congratulations to NOSC Bangor for their selection as the Navy Region Mid-Atlantic Campaign Drug Free (CDF) Flagship Award recipient. Thanks in large part to the efforts of their CDF coordinator YN1(SW) Rachel Whitcomb, NOSC Bangor's program has reached over 1000 students at 4 separate schools in the area. YN1 Whitcomb initiated the program and has personally overseen its growth since 2009, working with guidance counselors, teachers and principals to develop age-specific interactive media presentations providing positive, goal-oriented, decision-making tools the students can use throughout their lives to ensure they live healthy drug-free lifestyles.***

***Remember, you matter! Make a positive impact on someone's life today!***

### **Latest Updates**

***PRCOs Uphold New Physical Readiness Program Policy.*** The newly established Physical Readiness Control Officer (PRCO) program will serve as a vital link between command fitness leaders and Navy Physical Readiness Program coordinators, officials said Oct. 11.

"We decided it would be beneficial to put a link between the commands and the Physical Readiness Program Office (OPNAV N135), where policy is written, to ensure accuracy and fairness to Sailors and commands," said Bill Moore, director, Navy Physical Readiness Program, OPNAV N135. "It lets us provide command fitness leaders (CFL) with more direct assistance and also gives each one of the echelons an opportunity to monitor the commands within their area to ensure compliance with the program."

In accordance with [NAVADMIN 203/11](#), echelon III commanders must now appoint a PRCO to liaison with OPNAV and provide assistance to subordinate commands on physical readiness program policy and compliance and also ensure physical fitness assessment (PFA) compliance reporting semi-annually.

The new collateral duty PRCO position and changes to the Physical Readiness Program took effect in July when the Navy announced the revision of [OPNAVINST 6110.1J](#) in NAVADMIN 203/11. It was the first major revision to the physical readiness program since 2005.

"Over the last two years we have turned over every component of this program to make sure that it's fair, equitable and standardized across the board," said Moore. "We have addressed the PRT, developed PRIMS 2011, and come up with new policy and associated operating guides that can be updated on an as needed basis to ensure a good, accurate program."

NPC officials hosted training for the first group of PRCOs in September.

"During training, the PRCOs went through everything that CFLs learn during the five-day CFL certification course," said Moore. "They learned all the major components of policy, frequently asked questions that we receive at headquarters, everything about the PRIMS 2011 and also what their role and responsibilities are as a PRCO."

"The Navy will benefit by having collateral duty PRCOs in place through the assurance that all commands are in compliance with the physical readiness program, how it is run, that it is administered in a standardized, efficient way and benefits each one of the Sailors, but most



of all that it's fair," said Moore.

A Physical Readiness Program Operating Guide is also now in place and accompanied by an updated version of the Navy Nutrition Guide and Fitness Enhancement Program (FEP) guidance that will reside online at the Navy Physical Readiness webpage.

The new guide incorporates policy guidance from OPNAVINST 6110.1H and NAVADMINs [293/06](#), [277/08](#), [073/09](#), [247/09](#) and [131/10](#).

For a full explanation of physical readiness program changes, read NAVADMIN 203/11 or OPNAVINST 6110.1J. You can also visit the Navy Physical Readiness webpage on the Navy Personnel Command website at [www.npc.navy.mil](http://www.npc.navy.mil).

***MCPON Says Your ACT Can Save Shipmates.*** Navy leaders remind Sailors and families that remembering to ACT can make all the difference in preventing suicide, officials said in a suicide prevention update released Oct. 7.

"This year, more than 1,400 Sailors at some level of personal crisis were reached by a shipmate, family member, friend or leader who remembered to ACT and found help," said Master Chief Petty Officer of the Navy, MCPON(SS/SW) Rick D. West. "I want to thank each of you who had the courage to seek help and those of you who recognized a need and reached out to help a Shipmate."

ACT, which stands for Ask, Care, Treat, is an acronym to remind Sailors and their families of what they can do if they encounter a Shipmate, friend or loved one who may need help. Warning signs include:

- Suicidal ideation
- Substance abuse
- Purposelessness
- Anxiety
- Hopelessness
- Withdrawal
- Anger
- Recklessness

Sailors should familiarize themselves with warning signs for depression and suicide and review resources available to help Sailors in crisis. Medical, base or shipboard chaplains and Fleet and Family Service Centers are resources where Sailors can get help for themselves or their shipmates.

"Just remember to ACT - Ask the question, care and help them find treatment," said West. [NAVADMIN 299/11](#) highlights additional information and resources that can help Sailors to ACT. Preventing suicides and connecting those in need of support is a top priority among leadership.

"I ask that our Sailors take time to strengthen their capacity to reach out and help. Know the warning signs and be familiar with where to go for help," said West. "We have a duty to seek support, reach out to one another and to live life to the fullest."

**Family programs exist to assist and empower our Reserve leaders to care for service members.** Starting October 3, 2011, online tutoring will be available 24/7 for every Navy Reserve member & family member, regardless of drilling status. Tutor.com provides an on-demand professional online tutor whenever you need help. Work one-to-one with a tutor in a online classroom on your specific homework problem - until it's done. While



the most common demand is for high school algebra (the tutor uses an interactive whiteboard system - think SMART Board), tutors are online for all levels & subjects, K-12 & college. The Office of the Secretary of Defense is funding this program on your behalf. Sign up now at [www.Tutor.com](http://www.Tutor.com). Select the purple "for the Military" button.

**Navy Reserve Policy Board Issue Submission.** Every Sailor has the opportunity to participate in shaping policies which guide our Reserve Force. The Navy Reserve Policy Board (NRPB) meets in Norfolk to address issues provided from the field. The Policy board reviews issues throughout the year and is your direct line of communication to the Force policy makers. Electronic inputs are the preferred method and can be emailed to [NRPB@navy.mil](mailto:NRPB@navy.mil). For initial inputs, a blank issue submission form and additional guidance is available on the NRWS (private side). Just click on the link below. Thank you for your input and bringing Deckplate issues to senior Navy Leadership.  
<https://private.navyreserve.navy.mil/3447B/n5/Shared%20Documents/n5a.aspx>

**The Weekly NR Employment Scorecard:**

<https://private.navyreserve.navy.mil/3447B/n3/NR%20Employment%20for%20OCNR/Form/s/AllItems.aspx>

**October Ready Now! Newsletter:**

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

**Administrative Procedures for Navy Reservists [BUPERSINST 1001.39F](#)  
Administrative Procedures for the Drilling Reserve and Participating Members of the Individual Ready Reserve [COMNAVRESFORINST 1001.5F](#)**

Please use the above links if you have any questions regarding Administrative Policy. Make sure you are up to date regarding any changes to current policy regarding your Sailors!

**NAVADMINS**

- 194/11 [FY-12 PERFORMANCE-BASED BOARD FOR CONTINUATION OF SENIOR ENLISTED\(ACTIVE/RESERVE\) PERSONNEL WITH GREATER THAN 19 YEARS OF SERVICE](#)
- 307/11 [INFORMATION SYSTEM CERTIFICATION AND ACCREDITATION \(C&A\) COMPLIANCE](#)
- 308/11 [ENLISTED SUPERVISOR RETENTION PAY PROGRAM](#)

**Around the Force**

***Reserve Sailors in Action:*** Reserve Sailors from NCHB-5 deployed to Manama, Bahrain in support of CTF-53. Delivering timely, cost-effective operational capabilities, they have been responsible for the shipment of over 90,000 pounds of Depot Level Repairables (DLR) valued at more than \$180,000,000. They also worked to maintain their readiness by accomplishing valuable Air Cargo training while simultaneously to executing their mission.

***Spray-on Protective Coating Wins "R&D 100" Award.*** R&D Magazine honored an Office of Naval Research (ONR) scientist with a 2011 "R&D 100" award Oct. 13 for the development of a revolutionary coating material that is blast-and fire-resistant.

The special high-tech surface technology, HybridSil Fire/Blast, acts like a force field that surrounds and protects any type of surface, making it blast-, ballistic- and fire-resistant.

"You can take an existing material and change it completely to make it more useful for the



warfighter," said award recipient Dr. Roshdy George S. Barsoum, ONR's manager, Explosion-Resistant Coating, Ships and Engineering Systems Division. "Receiving this award is recognition that we are developing something that the warfighter can really use and exploit."

The coating is sprayed onto surfaces just like paint, with minimal surface preparation. It is applied in variable thicknesses: less for fireproofing and more for blast-resistance. But the tricky part is that the law of diminishing returns is at work; at some point, the more you apply, the less effective it becomes. Determining the appropriate amount for each surface and user need is complex, Barsoum said.

The Navy is particularly interested in the material's fire-resistant properties, since fires, along with floods, present the greatest threats on a ship or submarine. The Army and Air Force have also been investigating its use to protect buildings against vehicle-borne explosive devices. The coating was developed with industry partner NanoSonic Inc, and the cost per gallon is equivalent to premium house paint. It can be used on new and old materials alike, making it easy to apply to existing ships or vehicles.

The research into this coating began after the bombing of USS Cole (DDG 67) Oct. 12, 2000. The Navy wanted to find new ways of protecting ships, including coatings and polymers that could shield against explosions and fire. The research took off after 9/11, and the new defensive coating was applied to the rebuilt sections of the Pentagon.

According to R&D Magazine's website, the R&D 100 awards identify and celebrate the top high-technology products of the year, spanning industry, academia and government-sponsored research. Winning products include sophisticated testing equipment, innovative new materials, chemistry breakthroughs, biomedical products, consumer items and high-energy physics.

ONR provides the science and technology necessary to maintain the Navy and Marine Corps' technological advantage. Through its affiliates, ONR is a leader in science and technology with engagement in 50 states, 70 countries, 1,035 institutions of higher learning and 914 industry partners. ONR employs approximately 1,400 people, comprising uniformed, civilian and contract personnel, with additional employees at the Naval Research Lab in Washington, D.C.

**Event Outlook**

- \* RSEMS Brief – Norfolk, VA (17 Oct)
- \* EMDEC Brief – Gettysburg, VA (18 Oct)
- \* NOSC Akron Ribbon Cutting Ceremony (22-23 Oct)
- \* MCPON Leadership Mess Conference – Suffolk, VA (24-28 Oct)

As of 14 October 2011:			
<u>Operational Support Snapshot</u>		<u>RC Medical Readiness</u>	
FY11 Pres Bud End Strength	65,500	Fully Medically Ready:	84.6% (from 85.0%)
RC Sailors (FTS/SELRES) Onboard:	65,044	Partially Medically Ready:	4.9% (from 4.4%)
RC Sailors Performing Operational Support:	15,128	Total:	89.5% (from 89.4%)
RC Sailors Mobilized or Deployed:	4,175		
RC CPOs Mobilized	689		
RC Flag Officers on Active Duty:	31		