



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

*I want to talk about a subject that is painful but necessary. This month, we had 4 Sailors take their own life. The MCPON recently sent out a memo, below is a quote from him.*

*"The contributing factors are too numerous and diverse to completely eliminate this heartbreaking act with a one-size-fits-all solution. Prevention is a pervasive drumbeat combining education, observation and engagement from all hands. The campaign is fueled by personal, persistent leadership that truly knows its people, asks tough questions, and confronts issues before they reach critical mass. It can't just be occasional white noise drowned out by the din of a thousand other competing priorities, nor can it be exclusively CSADD meetings or annual hour-long GMT. It requires in tandem, all of those and a constant command commitment from us and a solemn covenant among Shipmates." (MPON West)*

*I ask you and your leadership team to take a look at those in your care. Keep beating the drum about positive ways to handle problems and remind your Sailor's that suicide is never the answer. It is like the MCPON states, "we have solemn covenant with our Shipmates," it is part of being a Leader.*

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

### **Latest Updates**

***Former Federal Reserve Official Offers Sailors Financial Advice.*** A former vice chairman of the Federal Reserve System board of governors spoke to 50 Chief of Naval Personnel (CNP) staff about personal financial planning, politics, education and physical fitness, and other topics.

"It's stunning how much you can save if you think about doing things the way our parents did," said Roger W. Ferguson, the son of an Army mapmaker who took his lunch to work every day.

Ferguson, who appeared as a part of a speaker series sponsored by the OPNAV N1 and CNP organization's African-American Employee Resource Group, said there are no easy ways to get rich. "There are only hard ways to get rich," he said. "It's all about savings, for the average person."

The employee resource group was established under the leadership of Vice Adm. Mark Ferguson, the chief of naval personnel and deputy chief of naval operations for manpower, personnel, training and education, to encourage an open work environment and to stimulate communication.

John Blayne, an economist on the CNP staff, attended Ferguson's talk and described his approach as "a traditional and effective path to smart wealth management." If a person has concerns about saving and investing, a retirement planner can help, he said. "The important thing is to get started and begin planning for the future".

Ferguson earned a bachelor's degree and a doctorate in economics, as well as a law degree from Harvard University, and worked in private industry before going to the Federal Reserve.



He is now president and chief executive officer of TIAA-CREF, a national financial services organization with approximately \$470 billion in assets under management and the leading provider of retirement services in the academic, research, medical and cultural fields.

Many people do at least two things right when it comes to retirement planning, Ferguson said: They start saving as soon as they enter the workforce, and they save as much as they can – as much as 15 percent of their incomes – with every paycheck. The same people, however, make a common mistake: They invest too conservatively. Consequently, their portfolios don't grow as they could.

In his talk at CNP, that's where a discussion of politics came in.

Over the past several weeks, political leaders have struggled to find solutions to problems caused by a federal deficit and a limit on the amount of debt the federal government can assume. Those are "clear and present challenges," but they will be met, and it's important for a person to take a long view when planning for retirement, he said.

"I do worry about individuals who make big moves because of the headlines of the day," he said. Instead, a person should assess how much risk he or she can tolerate, make an investment plan and stick to it, he said. Such a plan will involve basic math skills, an area in which many Americans need improvement. Math should be celebrated, Ferguson said. It was in his childhood home, where his father was fascinated by finance and where he grew up reading the business section of the local paper, he said.

So, where does physical fitness come in? The "hardest and most vexatious" part of the retirement puzzle is health, Ferguson said. People are living longer, often 20 to 30 years past retirement age, but many of them have chronic medical conditions. To avoid the expense of those conditions, "You need to be a healthy society," he said. That's why, on his tour of CNP, he was delighted to see Sailors and civilians taking advantage of the physical fitness facilities.

**The First Tee National Guard and Reserve Program.** A Nationwide Free Life Skills and Golf Instruction Program for Children of the National Guard and Reserves. Locate your nearest chapter of The First Tee at [www.thefirsttee.org](http://www.thefirsttee.org).

**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%20s/AllItems.aspx>



**August 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!

**ALNAV**

**[SCW-1 FCA Annual 2011 First Class Petty Officer Leadership Symposium](#)**

**NAVADMIN**

239/11 **[SUBMISSION OF COMMAND OPERATIONS REPORT](#)**

**Around the Force**

Commander, Naval Special Warfare Command, Rear Adm. Sean A. Pybus, released the following statement Aug. 11:

"Early Saturday morning, Aug. 6, Naval Special Warfare suffered a tremendous loss of 22 men while conducting critical special operations combat in Afghanistan. They cannot be replaced. We will honor their service and sacrifice, and embrace their families as our own, in this time of immeasurable grief. The outpouring of support and sympathy from the Armed Services, the Government, Communities and the Public is well beyond my ability to properly thank. The Naval Special Warfare Community is deeply humbled and appreciative.

"Our NSW men were in company with U.S. Army aircrew, U.S. Air Force para-rescue and combat controllers, and an Afghan security element. We grieve for all of them, and admire their teamwork, commitment and courage. I have great hope for the future knowing that extraordinary men dedicate themselves completely to the idea and the actions of freedom and security, not only for ourselves but for others. We are truly blessed that such men answer a call to military service at the highest levels of professionalism and capability, but also deeply saddened by their loss. In the days and weeks ahead, I would ask for your thoughts, prayers and support for NSW, our Families, the Special Operations Community, and all of our Armed Forces."

**This month in History:**

*Office of Naval Research was est. Aug 1, 1946.*

*Medical Service Corps est. Aug 4, 1947.*

*First atomic bomb dropped, Hiroshima, Japan Aug 6, 1945.*

*U.S. Naval Academy est. Aug 15, 1845.*

*Dental Corps est. Aug 22, 1912.*

*Marine Corps Reserve est. Aug 29, 1916.*

*BUMED est. Aug 31, 1842.*



**As of 1 August 2011:**

<u>Operational Support Snapshot</u>		<u>RC Medical Readiness</u>	
FY11 Pres Bud End Strength	65,500	Fully Medically Ready:	85.8% (from 85.5%)
RC Sailors (FTS/SELRES) Onboard:	64,785	Partially Medically Ready:	4.0% (from 4.0%)
RC Sailors Performing Operational Support:	20,410	Total:	89.8% (from 89.5%)
RC Sailors Mobilized or Deployed:	4503		
RC CPOs Mobilized	757		
RC Flag Officers on Active Duty:	33		