

THE ROCKET



Summer 2018

The National Board of the ROCKS, Incorporated



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Military Officer Job Fair

Sponsored by the West Point Society of DC

Open to ALL officers / Not limited to USMA graduates



Friday, July 27, 2018

Army Navy Country Club, 1700 Army Navy Drive, Arlington, VA
8 a.m. Employer Panel. Job Fair open 9 a.m. until 12 noon.

Open to all military officers

Army, Navy, Air Force, Marine Corps, and Coast Guard. National Guard, Reserve, and Active Duty, transitioning, former, and retired military officers. All commissioning sources.

Meet face-to-face with employers

Dozens of companies will attend - including Fortune 500 firms, small businesses, government agencies, and nonprofits. Local, nationwide, and international job opportunities. Diversified industries and career fields.

Company names will be posted on the website as they register. Visit www.MilitaryOfficerJobFair.com for a current list.

Pre-registration recommended

Free to all candidates. Visit www.MilitaryOfficerJobFair.com and click on REGISTER NOW. Sign in, select JOB FAIRS, and register for the Military Officer Job Fair. Print your registration form and then upload your resume. Bring the registration form and copies of your resume to the event. Business attire is recommended.

Questions? Visit www.MilitaryOfficerJobFair.com or send email to WPSDC.CareerServices@gmail.com

Chairman's Message



As the newly elected Chairman of the Rocks, Incorporated Board, I am humbled to be asked to fill the shoes of BG(R) Earl Simms and those who proceeded him. Being the Chairman is an awe-inspiring responsibility; it is also an awesome opportunity to assist our Active Duty, National Guard and Reserve population who serve with distinction while navigating the rigors of a military career. I also look forward to serving our many veterans who have made the sometimes uncertain transition from uniform to civilian life. I am equally excited to reinvigorate our efforts to assist Junior ROTC and college level Cadets as they negotiate the many decisions required to commit to a life of military service. Not unlike my time in uniform, many of these men and women are seeking assistance from those who have already experienced the assignments and promotion anxieties that are on the horizon.

The ROCKS Vision is "To build and sustain a world class professional and personal coaching, mentoring, and professional development organization that strengthens the officer corps with a commitment to diversity of leadership". This vision translates to my mission statement as Chairman. Together we have the capability to meet and sustain this vision. Together we can utilize the vast experience and leadership embedded in this

organization to achieve the tenets of our vision.

The ROCKS has established a partnering relationship with the Association of the United States Army (AUSA). That relationship will be leveraged to the maximum extent possible. We have had several discussions with AUSA on how to maximize this relationship to the benefits of both organizations; I feel confident this relationship will continue to mature and bear fruit in the future.

In the past, the ROCKS were very active in sending ROTC teams out to visit and mentor Cadets attending Historically Black Colleges and Universities (HBCUs) in the interest of developing a more diverse officer corps. During my very short tenure as Chairman I have, on multiple occasions have been urged to resume this practice. After careful consideration, I feel this is a worthwhile objective that I intend to move forward with. I am convinced and convicted that one of the most important mission of the ROCKS, Inc. is "providing a sound foundation for military academy and ROTC cadets through our leadership outreach efforts." I am confident that we have all the ingredients to make this a reality, we just have to put it together.



*BG Gillespie with 98-year old LT James
(See story on Page 8)*

The ROCKS is an organization with many entities that stretch from the Korean Peninsula to the various posts in Germany. We are also an organization that has the ability through our chapters to provide insights on various Army/career issues, assist with problem areas that our senior members can address, and serve as a central hub for discussion, change management and to conduct our

business. To that end, I would like to push to fill the full time "Executive Director" position in our by-laws supported by a minimal staff to oversee the activities that an organization of this caliber deserves. This proposed position is not for me, but for a very experienced individual that you will all approve. You will hear more about this endeavor in the months to come.



BG(R) Gillespie poses with a couple of ROCKS members at the 2018 Spring Gala

The ROCKS Chairman is a great honor for me; I look forward to putting forth my best effort to make this organization "ALL IT CAN BE." Thank you.

Lawrence Gillespie
BG USA (Ret.)
Chairman



Message from the National ROCKS Chaplain Sunday Morning Joy

By James D. Key

The World Needs More Good Samaritans

*"But a certain Samaritan, as he journeyed,
came where he was: and when he saw him, he
had compassion (on him)."*

-Luke 10:33

One of my favorite biblical stories is of the Good Samaritan. Jesus tells of a man who was beaten, robbed and left for dead on the side of a road. A priest and then a Levite came upon the man, but both avoided the stranger by passing on the other side. But soon a Samaritan, a person of mixed race and despised by the Hebrew community, stopped, bandaged the man and took him to an inn, safe from harm and danger. The wounded man was down but because of the kindness of the Samaritan he was not out!

I was reminded of this story when I read, several years ago, about Walter

Vance, a Black Friday shopper who collapsed in a West Virginia store and went unnoticed by shoppers in search of a bargain. Sue Compton, a co-worker of Vance, who later died, asked: "Where is the Good Samaritan side of people?"

I'm embarrassed to admit that there have been a few times in my life when I've had an opportunity to help a stranger on the road, but like the priest and the Levite I passed on the other side. Blinded by fear, prejudice or a busy schedule, I missed an opportunity to help someone in need.

Today, millions of "strangers" have collapsed or are stranded on the side of a rutted road to economic recovery. Who are they? They are hundreds of families who helplessly watch their home go into foreclosure every month. They also are the college students forced to drop out because tuition and fees have skyrocketed. For example, students at public four-year institutions paid an average of \$3,190 in tuition for the 1987-1988 school year. Thirty years later that average has risen to \$9,970 for the 2017-2018 school year.

They are the middle-age adults willing to work below their means and education level to provide for their family. They are senior citizens living on a fixed income, often without enough to cover basic needs such as rent, food, transportation and medications. And they are the 130,000 to 200,000 homeless military veterans who are often seen on the side of the road, begging: "Will work for food."

The parable of the Good Samaritan is not just about honor and helping those in need, but also about excuses, self-justification and letting oneself off the hook. In the Army, we are taught to never leave a fallen comrade behind. The reality is, the stranger on the road could be a neighbor, but tomorrow the stranger could be you. Sometimes, a person is looking not for a handout but simply a helping hand to make it through a very difficult time. Help them!

*Chaplain (LTC) James Key
11th Armored Cavalry Regiment
Fort Irwin, CA
ROCKS, National Board Member*

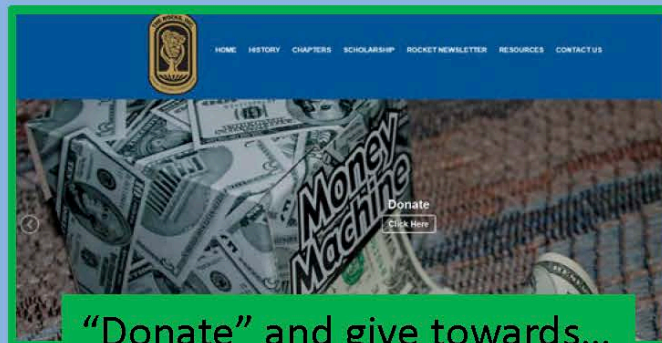


The Good Samaritan: <https://www.youtube.com/watch?v=RhLZxuWKV1A>

Welcome to the New ROCKS, Incorporated Website



Main Page: 1st of 7 vista pages



"Donate" and give towards...
Scholarships or the event of
your choice



Nat'l Bd Facebook page



Chapters Facebook pages



Resources Library with Templates
& Governance Documents

Visit www.rocksync.org

DEADLINE FOR FALL EDITION: SEPTEMBER 18, 2018

ROCKET SUBMISSION GUIDELINES

As you help us coach, promote mentorship, networking, leader diversity, and professional development to a world-wide readership please adhere to the following:

- ✓ Submit articles in **MS Word Document Format Only**
(Do not include photos within body of text: please add photos to the end of the article)
- ✓ Article Header should be in Times New Roman Font; Font Size=14 and Bolded)
- ✓ Author/contributor credit reflected in following format:
Written by _____ (Font=Times New Roman Italics; Font Size = 10)
- Page Margins = 1" Left, Right, Top and Bottom
- The text should be Font=Times New Roman; Font Size=10. No special formatting. Use left justification. Maximum number of words=600 words
- Maximum number of photos per article = 3 (Include at the end of the article)
- Include photo captions under photo (Font=Times New Roman; Font Size=8)
- PDF document will NOT be accepted.
- Links to web articles will NOT be accepted.
- Articles should be written in 3rd party tense.
- If would like an article from another publication to appear in the ROCKET, you must obtain written permission from the author and forward it to nationalrocket@gmail.com along with the article in MS Word format.

TOP STORIES

The Army Vision: Behind the 10-Year Plan to Help the Army Win Today's and Tomorrow's Battles

By Mr. Daniel Torok

(Secretary of the Army) June 6, 2018

WASHINGTON -- In 1973, as the draft ended and America withdrew from Vietnam, the Army made it a priority to catch and keep the technological edge in weapons and equipment -- setting up the formation of Training and Doctrine Command and Forces Command.



Secretary of the Army Dr. Mark T. Esper speaks with a Soldier while visiting an Army installation. Esper recently laid out "The Army Vision" through 2028 that will ensure America's Soldiers are able to fight and decisively win in any future battle. (Photo Credit: U.S. Army photo by Daniel Torok)

As America's defense policy reoriented, the Army underwent a thorough modernization of its combat arms and aviation units through training reform, weapons, equipment, and force modernization, and revising doctrine at the beginning phases of a new strategic order.

It was, and still is, imperative that the Army keep its technological edge in weapons and equipment against our near-peer competitors. "Our competitors are seeking to alter global strategic realities for their own benefit, often at the expense of the U.S. interests and those of our allies and partners," Secretary of the Army Dr. Mark Esper said in his opening statement

to the House Appropriations Committee on the posture of the U.S. Army, March 20.

The Army's current competitive advantage is in its Soldiers' ability to rapidly deploy anywhere, anytime, and producing a combat-credible deterrent against potential adversaries.

While a great advantage to have, Dr. Esper stated in the posture hearing that "some of the key challenges, and the Army's in particular, is defining our requirements and then implementing them."

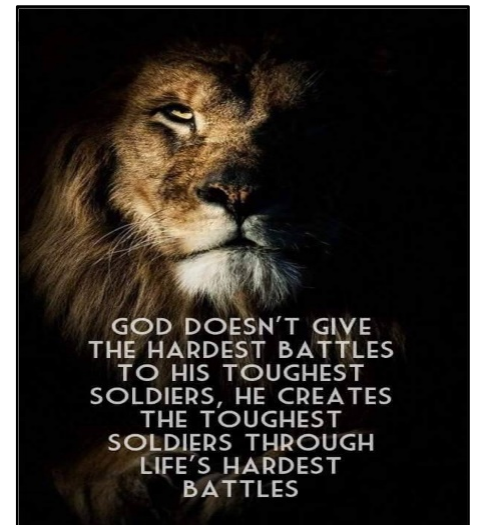
Over the past 30-plus years, the M1 Abrams tank, M2 and M3 Bradley fighting

warfare. "Modernizing today's equipment will align us to the future battlefield," Esper said.

To do this, The Army cannot look back 30 years, but instead must look forward in its ability to man, organize, train, equip and lead future Soldiers. Trusting and empowering subordinate leaders will facilitate both reform and greater performance. "We need to tap the talent of all the American people," said Dr. Esper. "We need to reach out to traditional industry and non-traditional" to forge the road ahead.

"We have to change the character of warfare in our favor," the secretary added, outlining his six priorities for Army modernization: Long-Range Precision Fires, Next Generation Combat Vehicles, Future Vertical Lift, Network, Air and Missile Defense, and Soldier Lethality.

The current global security challenges are growing and the Army can prepare itself by increasing capacity, training, improving and correcting critical gaps resulting in a far more lethal Army, ready now and prepared for the future. As Dr. Esper said, "We must prepare for the toughest fight. We must now build the Army of 2028."



<https://www.facebook.com/rocksinc/>

A Tale of Racial Bias in World War II: At the Age of 98, the Army Just Made Him an Officer

Reprinted from the New York Times

By Rachel L. Swarns
June 29, 2018



John E. James Jr., 98, at his home in Philadelphia last week. He graduated from the Army's officer candidate school in 1942, but was denied his commission as a second lieutenant because he is Black. Photo Credit Mark Makela for The New York Times

PHILADELPHIA — Marion Lane discovered the faded photograph after her stepmother died, crammed in a closet with her stepmother's Sunday dresses. She unrolled it and there was her father, young, handsome and grinning amid a phalanx of soldiers. She was stunned: "It looked like a graduating class of Army men." Her father was a longtime mail carrier who loved his family, fishing and his beloved, gleaming Cadillacs. He never spoke about his service in World War II. On the day she found the photo, he finally told her why. Her father, John E. James Jr., graduated from the Army's Officer Candidate School in Fort Benning, Ga., in 1942, but was never allowed to serve as a commissioned officer. Instead, he was shipped overseas as a corporal with an all-black battalion at a time when racial discrimination in the military derailed the dreams and careers of a generation of African-American soldiers.

On Friday, the Army will finally make amends, promoting Mr. James to the rank of second lieutenant, two weeks after his 98th birthday. The ceremony at the Museum of the American Revolution will be attended by a Deputy Assistant Secretary from the Army, a retired four-star general and Senator Bob Casey Jr., the Pennsylvania Democrat who championed the case.

"It's unbelievable," said Mr. James, who descends from a long line of military men

dating to the Revolutionary War. "I thought it would never happen."

It almost didn't. Although she discovered the photo in 2001, Ms. Lane, a retired public school administrator, only learned in 2015 that her father could request a correction to his military record from the Army Review Boards Agency. She enlisted the aid of Senator Casey and his staff.

The campaign took nearly three years. They sent more than a dozen emails and letters, made two appeals and encountered so many dead ends and disappointments that Ms. Lane half-jokingly wondered whether the Army was hoping her father would "kick the bucket" so that no one would have to acknowledge wrongdoing. "I was ready to throw in the towel," Mr. James admitted.



Mr. James (far right, bottom row) expected to receive his commission upon graduating from officer candidate school. Instead, he was shipped overseas as a corporal and became a typist.

But after decades of silence, Mr. James was ready to tell his story. As a young man, he had never met any black officers and he had never seen any either. But after he was drafted in 1941, he heard that the Army wanted to recruit black officers. He applied and was accepted in 1942 to a class at Fort Benning that included 21 men of color. He slept in segregated barracks, but for the first time in his life he also ate, trained and studied alongside his white counterparts. He still remembers joining the jubilant black and white officers-to-be in their march, after they had completed their training in December of that year. They all expected to be promoted the next morning.

The African-American graduates would join the military's tiny, black elite: Fewer than one percent of black soldiers in the Army were officers in 1942, according to a book published by the Army's Center of

Military History in 2001. But later that day, Mr. James said, a white officer pulled him aside. Instead of receiving his commission, he was going to be shipped to another post. "I wasn't going to be getting my bars," Mr. James said.



John E. James Jr. as a corporal in the Army.

Ms. Lane suspects that her father was denied his commission because he would outrank some white officers in the battalion he would be assigned to, and black officers were not supposed to supervise whites. Meanwhile, military records show that options for newly graduated black officers were becoming increasingly scarce. By the end of 1942, the number of black officers had begun to exceed the number of available assignments, according to a book published by the Army's Center of Military History in 1963.

Some commanders said they could not house African-Americans who were barred from sharing barracks or mess halls with white officers. Others were more explicit. The Mississippi congressional delegation requested that "no Negro officers be stationed in Mississippi at all," the study shows.



*Mr. James will don a dress uniform and take the oath to become a second lieutenant in the Army, two weeks after his 98th birthday. "I thought it would never happen," he said.
(Photo Credit Mark Makela for The New York Times)*

Mr. James didn't know why he was denied his promotion, but he said he knew better than to complain. So he swallowed that injustice and the indignities of racial discrimination and segregation that dogged the rest of his service, including three years as a typist with the 242nd Quartermaster Battalion, which supplied the front lines in some of the fiercest battles in Italy and northern Africa. Mr. James said he didn't pray about it, didn't dream about it and didn't talk about it, not even to his wife after he returned home from the war in 1945.



BG Gillispie Makes 2LT James an Honorary Member of the ROCKS, Incorporated.

Instead, he spent 30 years working at the post office in Philadelphia and sent his three children to college. He remarried after his first wife died. In retirement, he fished and hunted, tended his garden and read his favorite mysteries. He buried his wartime memories until his daughter found

the photograph of his class at Fort Benning.

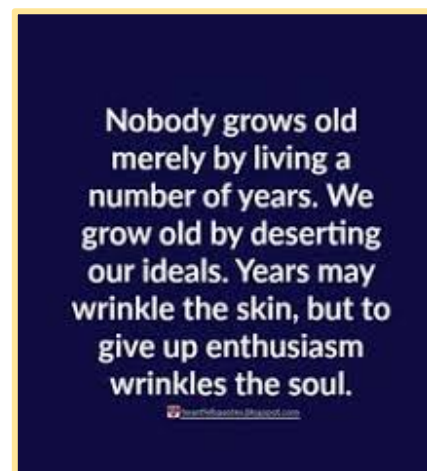
"Throw it in the trash," Mr. James told her. What was the point, he asked, of reviving old history? Ms. Lane wanted to prove him wrong, but it wasn't easy. In October 2016, the Army review board denied Mr. James's request, saying they could not confirm his attendance at the Officer Candidate School. His personnel records had been destroyed in a fire in 1973. Ms. Lane resubmitted the application, this time sending in the photograph of her father with his graduating class and another of him in uniform. In the meantime, Senator Casey's office contacted the National Archives, which found Mr. James's records.

But in January, the review board denied the request again, saying that the undated photos did not prove that he had attended the school. This time, Mr. Casey's staff contacted senior Army officials to ensure that they knew that the National Archives had located proof of Mr. James's graduation. Ms. Lane, who is 69, urged the senator's office not to give up. "I just felt that my father deserved it," she said. "We live in a country where, yes, there are injustices that can happen. We are blessed to be in a country where injustice can also be rectified." In April, Mr. James got the call. His daughter was overseas, but she heard as soon as she landed. "I was

hollering on the plane," she said. Army officials declined to comment on the case. "Decades have gone by and there hadn't been a measure of basic fairness, of basic justice that was brought to bear," Mr. Casey said. "We owe him this commission."

On Friday, Mr. James will don a dress officer's uniform. His two daughters will pin epaulets on his shoulders, and [John Jumper](#), a retired Air Force general and chairman of the Museum of the American Revolution, will administer the officer's oath.

Mr. James has given up fishing and hunting and his Cadillacs. But he's still young enough to drive, mow the lawn and to celebrate a victory he never believed was possible. He has already printed up return-address labels with his new rank. And when he bumps into his neighbors, he bubbles over with the news. "Just call me second lieutenant," he said.



Brig. Gen Hamilton Assumes Command of 8th Theater Sustainment Command *By the Aloha ROCKS Chapter*

On 7 June 2018, Brig. Gen. Charles Hamilton assumed command of the 8th Theater Sustainment Command (TSC) on Schofield Barracks, Hawaii. Gen. Robert Brown, the United States Army Pacific Commander hosted the ceremony. During the ceremony, Gen. Brown highlighted Brig. Gen. Hamilton as "the right Officer at the right time in this tough environment to lead 8th TSC", and also highlighted his outstanding performance while serving in

support of United States Forces Korea as the Assistant Chief of Staff J4.



Brig. Gen. Charles Hamilton is a Lifetime ROCKS member and the 2012 ROCK of the Year. Brig. Gen. Hamilton credits many of his successes in the military to the ROCKS community and his many ROCKS mentors throughout his over 30 years of service.

The 8th Theater Sustainment Command is based on Fort Shafer, Hawaii and is the senior Army logistics command in the United States Pacific Command. The 8th TSC trains, equips and tailors forces, and generates expeditionary combat support/combat service support capability.

During the ceremony, Gen Hamilton thanked the Soldiers on the field and expressed looking forward to working with the new command.

Before commanding the 8th TSC and serving as the Assistant Chief of Staff of J4, United States Forces Korea, Brig. Gen Hamilton served as the Commander, Defense Logistics Agency (DLA) Troop Support in Philadelphia, Pennsylvania.



Your attitude, not your aptitude, will determine your altitude.

Zig Ziglar

Former AMC Commander Wins Sustainment Award

FORT LEE, Va. - An Army logistician admired for his leadership during a major reorganization earned the 2018 LTG Arthur J. Gregg Sustainment Leadership Award.

Retired Gen. Johnnie E. Wilson received the award as Army Sustainment Week brought the logistics enterprise together to discuss issues, insights and the future of the sustainment enterprise. The Army's senior logistician and Army Materiel

Army's Deputy Chief of Staff for Logistics.

Wilson served as Army Materiel Command's 13th Commanding General, and its first black commander, from 1996 to 1999, when the organization faced broad changes and, at the time, the largest reorganization in its history. A Base Realignment and Closure was announced in June 1995, gained congressional approval in November 1995 and was fully completed in July 1997. During that timeframe and under budget curtailments, Wilson reduced the size of the command's workforce without involuntary



From left: Gen. Gustave F. Perna, commanding general, U.S. Army Materiel Command; Lt. Gen. (Ret.) Arthur J. Gregg; Gen. (Ret.) Johnnie E. Wilson; and Lt. Gen. Aundre F. Piggee, Department of Army G-4 after the presentation of the Gregg Award for Leadership May 3 at the Army Logistics University on Fort Lee, Virginia. The presentation was conducted during the U.S. Army Combined Arms Support Command Sustainment Week, held May 1-3. (U.S. Army photo by Dani Johnson)

Command Commander Gen. Gus Perna presented the honor May 3.

"The Army Materiel Command and the entire Army are still benefitting from the decisions General Wilson made and the leadership provided," Perna said. "Like this award's namesake, General Wilson led by example."

The sustainment award was established in 2016, when Gregg, a decorated Army logistician, received the inaugural award. Gregg distinguished himself as a supply sergeant whose career traversed the socially turbulent 1950s and 1960s, the Vietnam War, and culminated as the

separations. The restructuring established the Aviation and Missile Command, the Soldier and Biological Chemical Command, and moved 3,000 people from St. Louis to Huntsville, Alabama. "This award recognizes leadership in operating efficiency, readiness levels and fiscal responsibility," Perna said. "General Johnnie Wilson is the embodiment of such criteria."

Wilson's military career began in 1961 when he enlisted in the Army. He reached the rank of staff sergeant before attending Officer Candidate School and commissioned into the Ordnance Corps in 1967.

During the Vietnam War, Wilson served with a supply and services company with the 173rd Airborne Brigade where he learned firsthand the power of logistics. "As soon as there is a conflict or it's time to go to war, it has to be logistics," Wilson said in a 2012 video highlighting his service. "Logistics is the ammunition, transportation, repair parts, the clothing, the food. Everything you need to execute and win the war happens to be under the umbrella of logistics."

Wilson served in logistics positions throughout the country, from Fort Bragg, North Carolina to Fort Lewis, Washington. He served as the Deputy Commanding General of the 21st Theater Area Army Command in Germany, the Army's largest and most diverse logistics unit. He also commanded the Army's first Main Support Battalion. Wilson served as the Army's Deputy Chief of Staff for Logistics before he became the Army Materiel Command's commanding general in 1996. Wilson retired in 1999. He was inducted into the Ordnance Corps Hall of Fame in 1999 and the AMC Hall of Fame in 2017.

New USFK Headquarters



Army photo by Pfc. You Chul Lee

From left, South Korean Defense Minister Song Young-moo; Army Gen. Vincent K. Brooks, commander of United Nations Command, Combined Forces Command and U.S. Forces Korea; and Army Command Sgt. Maj. Steven L. Payton cut the celebratory ribbon to signify the relocation and opening of the USFK Headquarters building at U.S. Army Garrison Humphreys, South Korea, June 29, 2018.

If we really want to love, we must learn how to forgive - Mother Theresa

West Point Gets 1st Black Superintendent in 216-Year History

By: The Associated Press

<https://www.armytimes.com/news/your-army/2018/07/01/west-point-gets-1st-black-superintendent-in-216-year-history/?utm>



Lt. Gen. Darryl A. Williams, a 1983 U.S. Military Academy graduate, will become the first black officer to command West Point in its 216-year history, academy officials announced Friday. (U.S. Military Academy via AP)

WEST POINT, N.Y. — Lt. Gen. Darryl A. Williams, a 1983 U.S. Military Academy graduate who has held high-ranking Army posts in Europe and Asia, will become the first black officer to command West Point in its 216-year history, academy officials announced Friday.

This Was Not the Year to Miss The National Board of The Rocks Inc., Leadership and Training Conference

By COL (R) Lillian Anita Dixon
2018 Conference Chairperson

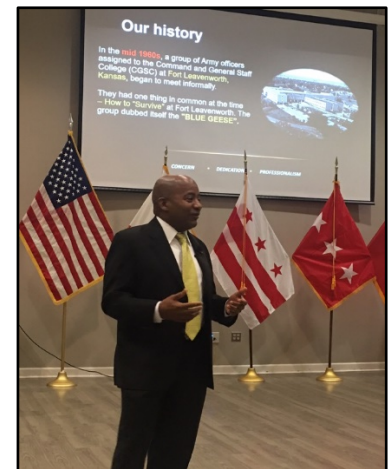
But if you did, following is a recap. The 2018 ROCKS Leadership and Training Conference was held 19 – 21 April, 2018 at the Fort Belvoir Community Center. Attendees included cadets, military and DA senior civilian personnel.

The theme for the conference this year was "Legacy of Mentoring: Our Future Imperative". The ROCKS Inc. continues to build and sustain world class professional and personal coaching, and be a premiere mentoring and professional development organization that strengthens the officer corps and DA senior civilians with a commitment to diversity of leadership. After the DC National Guard presented and retired the the colors and

SGT Juawanna Bilbro sang the National Anthem, the Chairman of the National Board of the ROCKS Inc. BG(R) Simms opened the conference and promised a spectacular two-day conference, followed by Chapter briefings and the annual Gala. Those who attended were not disappointed.



BG (R) Simms welcomes attendees and provides the State of the ROCKS

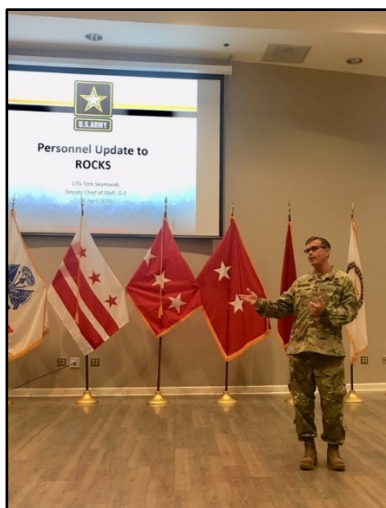


LTG(R) Robert "Bob" Ferrell

Our first presenter was LTG (R) Robert Ferrell, VP, Federal Strategy, World Wide Technology and longtime ROCK. He provided a historical review of the ROCKS Inc. LTG (R) Ferrell gave a great perspective on how the organization was started and how it has evolved over the years. He emphasized the importance of the organization to his own career and how mentorship from those within the organization was vital and essential. He encouraged the continued affiliation with the organization by officers and civilians in order to shape their own careers.

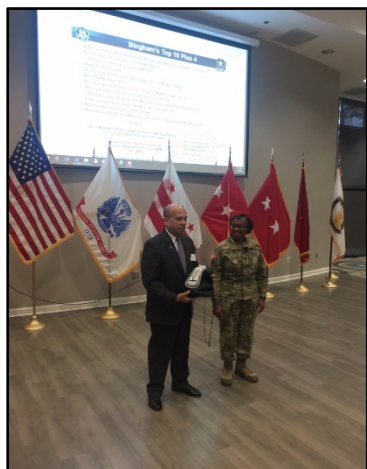
The Deputy Chief of Staff, G-1, LTG Thomas Seamands who serves as the

Army's Liaison to the ROCKS Inc provided a personnel update to the group.



LTG Thomas Seamands

LTG Gwen Bingham, Assistant Chief of Staff for Installation Management, shared Bingham's Top 10 -- Plus 4.



BG(R) Earl Simms & LTG Gwen Bingham

1. Stay positive always
2. Do the best job you can—no matter the job
3. Seek the tough jobs!
4. Work productively every day. Learn your craft well. Read
5. Be a TEAM player 24/7
6. Be "relevant" and value added to every Team you are part of
7. Maximize opportunities to diversify your portfolio
8. Keep yourself physically, mentally and spiritually fit
9. Build relationships and sustain them
10. Remember the Golden Rule: Do unto other....Dignity and Respect All

Plus 4:

- ✓ Do the right thing – even when no one is looking
- ✓ Nobody cares how much you know until they KNOW how much you care
- ✓ We are all servants: be proud, yet humble
- ✓ Exercise professionalism and sound judgment on social media venues! Think, type, post!

LTG Leslie C. Smith, The Inspector General for the Department of the Army and the 2018 ROCK of the Year focused his comments on Servant Leadership. He stated that anyone that wanted to be a leader must first be servant. He said if you choose to lead you must first serve. He discussed his Servant Leader Model.



LTG Leslie C. Smith responds to a question from West Point Cadet, Cadet Nash.



LTG Crawford addresses a question by a conference attendee

LTG Bruce Crawford, Army Chief Information Officer/G-6, shared his thoughts on Leadership and discussed current and future Army Focus areas including: Army Futures Command – Cross Functional Teams; Army Modernization Priorities; SEC Army Priorities – Modernization, Reform and Taking care of people; Security Force Assistance Brigade (SFAB) and Talent Management. He emphasized and spoke in detail on Leadership Tools: trust, accountability, responsibility,

knowing yourself, surrounding yourself people that think like you / can uplift you and do self reflect – ask.

We welcomed our MOAA and AUSA partners to participate in the Conference.



Suzanne Walker, Lieutenant Colonel (R) and Director, Membership Events & Protocol Military Officers Association of America (MOAA) provided information on MOAA.



John Davies, Colonel (R) gave a presentation on AUSA and discussed the partnership between AUSA and the ROCKS Inc.

Dr. Eumeka Fuller-Barrow and Mr. John Bryant with Chick fil-A Franchisee Recruitment, sponsored the conference. Additionally, they provided a very informative presentation on how to become an owner/operator for Chick fil-A, through their Chick fil-A Franchises 101 session. Additionally, they conducted one-on-one sessions with individuals with

interest in becoming an operator and they have future plans to visit our Chapters around the country.

importance of being prepared when your time comes.

Candid Photos from the 2018 Leadership & Training Conference



Dr. Eumeka Fuller-Barrow, Mr. John Bryant and BG(R) Earl Simms



BG Kevin Vereen



BG Kevin Vereen, USAREC, Deputy Commanding General provided an update on Recruiting Command.



GEN(R) Dennis Via

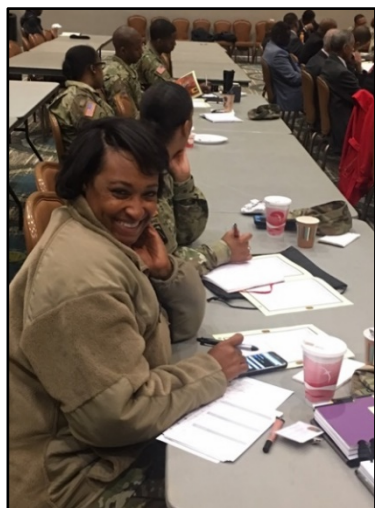
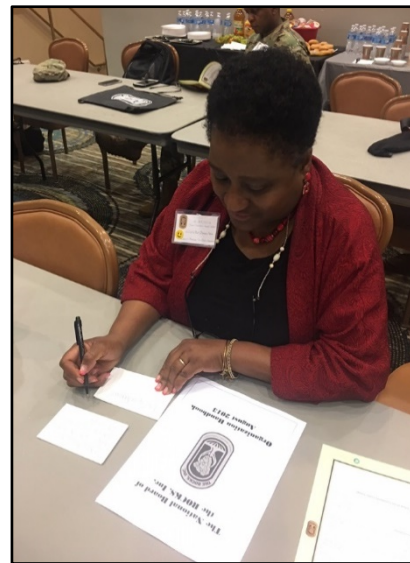
GEN (R) Dennis L. Via, Senior Executive Advisor and Fellow for Defense Futures – Booz Allen Hamilton took time out of his busy schedule to discuss Leadership. He discussed, competence, commitment, character, trust and reputation. He said there are two things to remember reputation and building relationships. “Are you in the game or playing the game?”. GEN (R) Via also shared why he joined the ROCKS. He discussed the impact it had on his military career and how the organization has helped him throughout his career. He shared his experience on transitioning from the military to the civilian sector and the



COL(R) Austin Bell & Mrs. Delores Johnson-Davis

Mrs. Delores Johnson-Davis, SES, Senior Professional for Integration (Human Dimension) Plans, Integration and Futures Office, Office of the Assistant Secretary of the Army (Manpower & Reserve Affairs provided the audience a much needed session on “Supporting our Civilian Employees”.

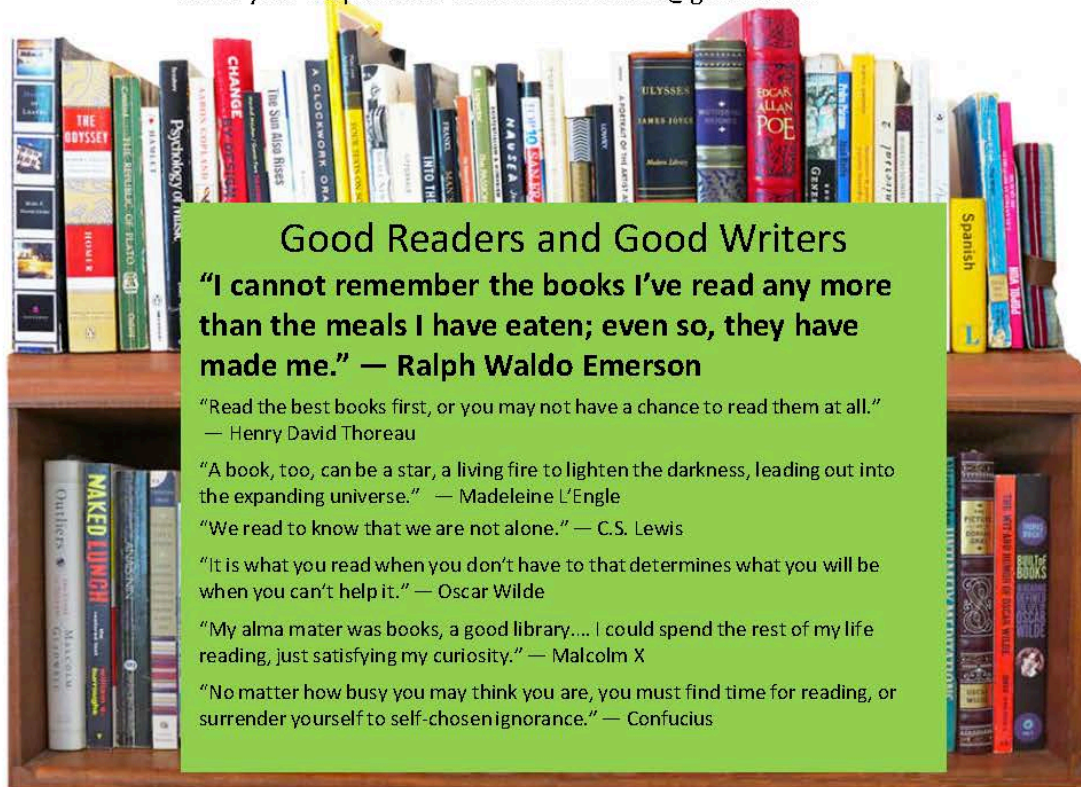




WHAT'S YOUR FAVORITE BOOK?

Whether you read hard copy, on your Kindle or iPad, everyone has a favorite book. One that inspired them or caused an epiphany. More importantly a good book provokes thought, teaches us something, causes reflection and even dares us to dream BIGGER dreams. So tell us what's yours? Tell us your favorite book and why and you'll see it in an edition of the ROCKET.

Send your response to VPCOMMS4ROCKS@gmail.com.



Good Readers and Good Writers

"I cannot remember the books I've read any more than the meals I have eaten; even so, they have made me." — Ralph Waldo Emerson

"Read the best books first, or you may not have a chance to read them at all." — Henry David Thoreau

"A book, too, can be a star, a living fire to lighten the darkness, leading out into the expanding universe." — Madeleine L'Engle

"We read to know that we are not alone." — C.S. Lewis

"It is what you read when you don't have to that determines what you will be when you can't help it." — Oscar Wilde

"My alma mater was books, a good library.... I could spend the rest of my life reading, just satisfying my curiosity." — Malcolm X

"No matter how busy you may think you are, you must find time for reading, or surrender yourself to self-chosen ignorance." — Confucius

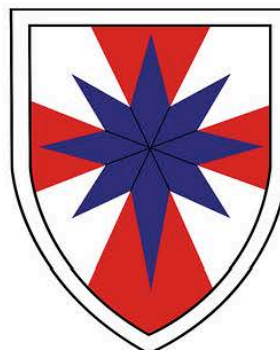
American Ulysses: A Life of Ulysses Grant by Ronald C. White. Great read of an officer and statesman who left a sterling list of contributions to our nation. Personally, his commitment to equality stood out due to his bravery to prosecute the KKK during his presidency.

- General (Retired) Johnnie E. Wilson
19th US Army Materiel Commanding General
& 2018 Recipient of the LTG Gregg Leadership Award

During my life I have read many books that fit into the category of my "favorite book". However, I just finished a book entitled **"A Higher Calling"** by knowledgeable aviation historian Adam Makos. Its theme is the character and gallantry displayed by an American bomber pilot and a German fighter pilot during WW II. I never flew fighter or bomber aircraft, but I did fly gunships during the Vietnam War and I can relate to the personal feelings I faced while engaged in combat with the North Vietnamese and Viet Cong soldiers

- Brigadier General (Retired) Lawrence Gillespie
Chairman, ROCKS, Incorporated

Hope is Not a Method: What Business Leaders Can Learn from America's Army Book by Gordon R. Sullivan and Michael Harper for Leadership. The book is all encompassing, it hits all the topics that a leader will encounter to include change, team building, character, values, training and investing in people. Great insights on long-range planning issues...how to work through organizations that are changing. Lastly the book offers lessons in leadership and provides examples that you can implement.



- Major General Charles R. Hamilton
Commanding General
8th Theater Sustainment Command

SUSTAIN THE FORCE!

CADET CORNER

Leaders Developing Leaders

By COL Michael G. McLendon



The ROCKS Inc. leadership and Training Conference "Mentoring Team" with Howard University and USMA cadets.

The National Board of the ROCKS Inc. hosted its biennial Leadership and Training Conference and sponsored Cadets from the United States Military Academy and the Army Reserve Officers' Training Corps at Fort Belvoir, VA, 19-20 April, 2018. Cadets from Howard University, Bowie State University, the USMA, and Virginia Military Institute participated in the conference. The theme was "The Legacy of Mentoring our Future is Imperative."



VMI Cadets take the opportunity to interact with Army Officers at the ROCKS GALA

(L to R): CDT Jasmine Mann '20, Electrical & Computer Engineering (3.5 Year Army ROTC Scholarship); CDT Holly Njabo '20, Pre-Med; CDT Miyah Boyd '20, Computer Science (4 Year Army ROTC Scholarship); CDT Leandrew Jefferson III '21, International Studies (4 Year Navy ROTC Scholarship w/Marine Corps Option); COL Michael McLendon, VP ROTC Scholarships.

The purpose of the Leadership and Training conference was to provide mentoring and development to the Army's future leaders. Objectives for the conference included expanding the cadet's professional development

network, increasing their leadership tools, and interacting and learning from Army officers, ROCKS Inc. members and other cadets outside their current school environment.



LTC Kirk Duncan, Army Special Forces Branch Chief, Human Resources Command – provides insights to USMA and Howard ROTC cadets on the Army Officer's professional timeline and the current growth of the Army

Prior to the execution of the Leadership and Training Conference, six talented Army officers from the rank of Captain to Colonel were identified to be a part of a Mentoring Board to deliver a series of panels, Q&A sessions, and professional development briefs relevant to the development of future junior officers. The cadet mentoring team for the conference consisted of officers from Special Forces, Infantry, Adjutant General, and Signal Branches. Over the course of two days, the cadets participated in a series of discussions, interactive briefings, and panels on the following topics:

- ROCKS Inc. History, Mission, and Objectives
- Contributions of Minorities in the Military
- State of the Army and the Officer Corps
- Officer Career Management (AR 600-3)
- Personal and Professional Leadership Strategy
- Understanding OERs & Purpose of the Officer Selection Boards
- Officer Support Forms
- Transition and Integration of Cadets into the Army
- Commander's expectations of new Lieutenants
- Officer & NCO Professional Relationships
- Officer Counseling Techniques/Counseling Expectations

- Leadership & Mentoring

The cadets also had an exclusive opportunity to engage several general officers on relevant topics that affect the state of the Army and its soldiers. LTG Thomas Seamands, Deputy Chief of Staff, Army G1 provided an update on personnel readiness within Army; LTG Leslie C. Smith, The Inspector General, provided insights on current IG trends within the Army; LTG Bruce Crawford, Army CIO-G6 and LTG Gwendolyn Bingham, Assistant Chief of Staff for Installation Management; provided leadership expectations for junior officers and BG Vereen, USAREC, Deputy Commanding General spoke about the state of Army recruiting.

The ROCKS Inc. National HQs presented two \$250 scholarships to cadets who demonstrated a high level of leadership and engagement during the two-day leadership and training conference at Fort Belvoir.



Cadet Michael Worthington is an electrical engineering Student at the United States Military Academy. He is a native of Rochester, NY and aspires to be a future Army Infantry Officer.

Cadet Testimonial

"The ROCKS Inc. biennial Leadership and Training Conference was a great opportunity to learn and network with experienced and diverse members of the military. As a cadet at West Point, I often have the opportunity to interact with great Army officers; but many are not African Americans or are from other minority groups. The conference provided a unique opportunity to gain a considerable amount of professional knowledge from both junior and senior officers through discussion panels, briefs, and question and answer

sessions. I would certainly recommend my fellow USMA cadets and ROTC cadets attend this conference in the future if afforded the opportunity.”

– Cadet Michael Warrington

The Army Has Officially Honored Three Slain JROTC Cadets For Their Heroism During The Florida Shooting



Photographs by 21st Century Photography

The Army has awarded Medals of Heroism, the service’s highest medal for Reserve Officers’ Training Corps cadets, to the three JROTC students killed defending their classmates from a gunman at Marjory Stoneman Douglas High School in Florida on Feb. 14

The Medal of Heroism, awarded to students Peter Wang, Alaina Petty and Martin Duque, recognizes JROTC cadets whose achievements “involved the acceptance of danger and extraordinary responsibilities, exemplifying praiseworthy courage and fortitude.”

All three students were among the seventeen people killed by former Stoneman Douglas High School JROTC cadet Nikolas Cruz on Wednesday. According to eyewitness accounts, Wang was last seen holding a door open to allow his fellow students to escape. The Army confirmed the

news, first reported by The Daily Beast, to Task & Purpose on Tuesday.

The Army presented Petty’s family with her Medal of Heroism at a Feb. 19 memorial service, according to The Daily Beast, while Duque’s family will receive his medal on Saturday. Wang’s family received his medal during his Tuesday memorial service.

“It’s my understanding that this is an open casket service and the family

Broward County Public High School system’s JROTC program claims an average enrollment of 7,650 students in 28 of its 34 schools annually. According to the Wang family, proceeds from a Peter Wang Memorial Fund GoFundMe campaign established to support the JROTC program at Stoneman Douglas, whose members exhibited exemplary acts of heroism during the shooting.

“Awards for other possible Cadets are going through a review process, to include the two Cadets who were on the news,” Maddox told Task & Purpose. “However, the immediate focus right now is on supporting the funerals with dignity and honor, so deserved by these cadets and their families.”

(Editor’s Note this article was originally published on the Task and Purpose webpage. To view the original article go to <https://taskandpurpose.com/army-jrotc-medals-florida-shooting/>)

Florida A&M University AROTC – “Leveraging Alumni to Develop Future Leaders”

By COL Michael G. McLendon



Florida A&M University’s (FAMU) Army Reserve Officers’ Training Corps (ROTC) Department conducted its Annual Leaders Conference and celebrated its 70th Anniversary Gala (1948-2018), 1-3 March. The conference was designed to strengthen the program’s commitment to developing professional leaders; while connecting ROTC alumni to ROTC cadets.

This year’s conference theme was “Developing Professional Leaders”.

requested their son be buried in his JROTC uniform,” U.S. Army Cadet Command spokesman Michael Maddox told Task & Purpose. “The JROTC Heroism medal will be on his uniform, but a second ‘keepsake’ medal will be given to the family.”

The South Florida Sun-Sentinel reports that the U.S. Military Academy planned on providing the Wang family with a letter posthumously accepting Peter to West Point Class of 2025:



Peter Wang’s Posthumous Acceptance letter to West Point (Picture from USMA Twitter)

LTC Edwin Escobar, FAMU's Professor of Military Science, hosted a series of professional development panels and briefings that were facilitated by invited active, guard, and reserve officer FAMU ROTC Alumni. Question and answer sessions; a series of professional vignettes; and scenario based situations involving both cadets and ROTC Alumni were used to educate and train the cadets in real-world situations they may encounter.



FAMU Alumnus, ROCKS Inc. member, COL Ken Lawrence leads a series of panel discussion with Alumni and cadets on the expectations, challenges, and rewards of being a leader in today's Army.

The intent of FAMU's ROTC Leadership Conference was to provide a mentor-to-mentee shared intellectual experience that contributed to increasing cadet and alumni professional interaction, promote intellectual engagement, critical thinking, and to provide cadets with an introduction to what is expected upon becoming a leader and Army Officer.



FAMU ROTC cadets and Alumni start the Leadership Conference off each morning with "Roll Call"

ROTC Alumni were invited by the FAMU cadre and asked to facilitate the conference by providing relevant professional development topics to all the cadets (Military Science Level I-IV). Professional development sessions with the cadets consisted of military history; professional military

education opportunities; strategic career and personal planning considerations; leadership expectations for junior officers; valuing resources (people/property/and time), and opportunities to consider in Army Special Operations.

FAMU's ROTC Leadership Conference's culminating event was the annual military ball. Held in tandem with the Battalion's 70th Anniversary for cadets and ROTC alumni, FAMU's President Dr. Larry Robinson and FAMU's Professor of Military Science, LTC Edward Escobar, hosted the GALA. The key note speaker at the Gala was Colonel Michael McLendon of the United States Special Operations Command. He spoke about the importance of cadets and junior officers developing and maintaining a "Leadership Strategy" for themselves as it relates to personal and professional objectives. COL McLendon is a FAMU Alumnus and ROCKS Inc. life-time member.



Cadet Jacari White Florida A&M University ROTC Senior Construction Engineering Technology Major Branch- Signal Corps

Cadet Testimonial

"This Years 2018 FAMU Annual Leadership Conference provided our cadets with a unique mentoring opportunity to spend quality time with fellow ROTC Alumni who represented eight separate branches of the Army. It was a great experience and I appreciate the fact that we have Army officers that are heavily invested in "giving back" to cadets and who are also interested in developing young leaders. Its' a great feeling knowing that all the Alumni who participated in the conference are ROCKS Inc. members. This really makes me value the organization's

mission and has encouraged me to become a member of the ROCKS Inc."

--Cadet Jacari White



PT / FAMU Alumni and cadets join each other to celebrate and honor FAMU's AROTC 70th Anniversary

Shades of Service: The Martha S. Putney and Richard Collins, III HBCU ROTC Oral History Archive

Oral literature and history has contributed greatly to majority of the Worlds culture. For African Americans, oral history was used to pass down information from one generation to the next ensuring that the achievements and contributions of our forefathers in building these United States would not be forgotten.

This past February the Association for the Study of African American Life and History (ASALH) is commemorated the hundredth anniversary of the end of World War I with the 2018 Black History Month theme of African Americans in Times of War. In keeping with this theme, Bowie State University's Departments of History, Military Science and Communications partnered together to document the living history of African American Officers serving in the Armed Forces through the collection of oral interviews.

The oral interviews will be held in the Martha S. Putney/Richard Collins III, HBCU Oral History Archive at Bowie State University for current and future generations to cherish and share with

the local community and the World. The archive is dedicated to Martha Settle Putney (1916-2008) who earned both a bachelor's and master's degree in history and education from Howard University, served in the Women's (Auxiliary) Army Corps, Faculty member of BSU and Richard Collins, III (1993-2017) a graduate of BSU and newly commissioned Second Lieutenant who was looking forward to an Army career prior to his tragic death.

LTC Joel Thomas, Professor of Military Science envisions that the Martha S. Putney/Richard Collins III, HBCU Oral History Archive will provide young men and women with role models who look like them, have similar backgrounds, and can relate to their struggles. He also hopes that the interviewees will inspire them to seek a career in the Armed Forces and carry forward the rich legacy of service that has been a part of our culture. It is our responsibility to share with future generations our accomplishments and the benefits of serving these United States.

Utilizing President Aminta Breaux's university-wide theme of "Racing Toward Excellence," the main focus of this initiative is to show how the foundational training of these Officers at historically black universities and colleges (HBCU) contributed to their success, shaped their lives and military careers. We are calling upon all Senior leaders (O-7 and higher, active duty or retired) who attended HBCUs and received ROTC scholarships residing in the Washington, D.C. metropolitan area to share their story. You can schedule your oral interview by contacting the Department of Military Science at Bowie State University MLK Building, Room 125, 14000 Jericho Park Rd. Bowie, MD 20715 Ph: 301-860-3560.

I want to inspire people. I want someone to look at me and say "because of you, I didn't give up"
—MMAquotable.com

DC ROCKS President Receives Special Honor from HU Bisons

By COL(R) Shelia Howell-Flowers



COL(R) Howell-Flowers accepts ROCK of the Year Award from National ROCKS Board Chairman, BG(R) Earl Simms

Double for her Pleasure! COL (Ret) Shelia Howell-Flowers was awarded "ROCK of the Year" & named an "Honorary Bison" at this year's Annual Spring Gala.

To whom much is given, much is also required was her sentiment. As a two term president of the DC Chapter of the ROCKS, Inc. she was named "ROCK of the Year" by a panel of her now peers and previous awardees of "The ROCK of the Year Award."

For the last three years, COL Howell-Flowers has worked tirelessly to financially revitalize the DC Chapter of the ROCKS, Inc. During her two terms, she has instituted new standard of operating procedures and policies that have resulted in a more efficient operation of the chapter. She set some very simple goals of revitalizing the mentorship program, increasing diversity and becoming financially solvent. Over the last three years, she and her team have been successful in revitalizing the Chapter from both a membership and financial standpoint. Under her leadership, the chapter successfully executes a monthly membership meeting that offers the chapter members the opportunity to network, fellowship and receive relevant Officer Professional Development. Additionally, the chapter successfully executes a very successful Annual 5 Mile Run / Two

Mile Walk that features ROTC Programs from across the National Capital Region, the Annual West A. Hamilton Dinner, which honors and celebrates a highly regarded National Guard Brigadier General and life member of the ROCK, Inc., co-sponsors the Annual National Golf Outing and co-sponsors the Annual Spring Gala. All while severing as Chief, Personal Representative with the Periodic Review Secretariat which required her to travel frequently outside of the country. Her leadership in assembling a highly talented and effective Executive Committee, volunteers and donors was pivotal in the chapter achieving and often exceeding the goals she established.

During her acceptance speech COL (Ret) Howell-Flowers acknowledged the support of her own mentors, executive committee, volunteers, donors and the countless supporters in attendance for the chapter's success. She stated that it truly does take the entire village to grow a future leader.

The cadets from the Bison Battalion of Howard University also surprised COL (Ret) Howell-Flowers with the highly coveted and beautiful Bison Award and named her a "Honorary Bison." This was in testimony of her steadfast support and tribute to her dedication to Howard University Army ROTC Program. Over the years, COL Howell-Flowers has consistently extended an invitation to the Cadets to come and share with her family during the holidays and it has always been a blessing to share with them.



COL(R) Howell-Flowers is pictured with a few Howard University Cadets

THE MOAA MILITARY AND VETERAN NETWORKING FORUM



INVITATION ONLY

Hosted with the
Smithsonian National Air and Space Museum
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Thursday, September 20
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The ROCKS, Inc. requests your attendance at this complimentary, invitation-only networking event hosted by the Military Officers Association of America.

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Commemoration of the 50th Anniversary of the Vietnam War

By COL(R) Lucretia McClenney



Across the nation, Americans are uniting to thank and honor Vietnam Veterans and their families for their service and sacrifice. This national commemoration was authorized by Congress, established under the Secretary of Defense, and launched by the President in May 2012. The Department of Veterans Affairs estimates that today there are 6.6 million living Vietnam veterans and 9 million families of those who served on active duty from November 1, 1955 to May 15, 1975, regardless of location.

To reach these large numbers, the Vietnam War Commemoration is enlisting Commemorative Partners – local, state and national organizations, businesses, corporations, governmental agencies and sports franchises – to conduct events and activities that thank and honor Vietnam veterans and their families in their hometowns. The ROCKS, Incorporated is one of more than 11,000 Commemorative Partners in support of the Commemoration of the 50th Anniversary of the Vietnam War.

The Vietnam War saw the highest proportion of African Americans to ever serve in any American War. During the height of the involvement, 1965-69 African Americans formed roughly 11 percent of the troops in Vietnam. However, too many of these warriors came home to less than a

hero's welcome. Today the ROCKS, Inc. has the opportunity to partner with The United States of America Vietnam War Commemoration and recognize a generation of warriors and their families for their selfless service and remarkable sacrifices. Thanks to our fellow ROCKS who are leading the way - MG(Ret) Peet Proctor; MG(Ret) Wallace Arnold; former ROCKS Chairman, BG(Ret) Earl Simms; and COL(Ret) Lucretia McClenney. All have incorporated recognizing Vietnam Veterans and their families in their social events.

We need your help to honor the Vietnam veterans and their families in your communities. Please consider recognizing Vietnam veterans during your planned events such as luncheons, formal gatherings, monthly meetings or church services.

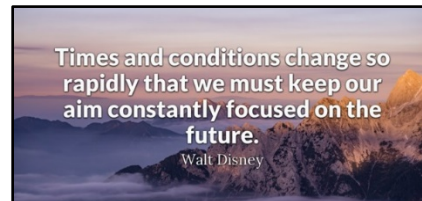
Free materials, such as the Vietnam Veteran Lapel Pin, which have quickly become “a lasting memento of the nation’s thanks,” and other certificates and lapel pins honoring family members are available from the Commemoration for distribution by partners at any commemorative event.

COL(Ret) Debra Thedford serves as the ROCKS, Incorporated’s point of contact and will assist you with your request of these materials. Please send your requests no later than 90 days

prior to your event and earlier is even better to ensure timely processing and delivery. Please send written requests to dthedford@aol.com and include the details of the event (date, event, location, number of Vietnam veterans to be recognized). For more information please call COL (Ret) Thedford 703-629-0348 or visit www.vietnamwar50th.com.



*COL(R) Lucretia McClenney is a
Consultant for the Vietnam War
Commemoration.*



The United States of America Vietnam Commemoration Webpage - <http://www.vietnamwar50th.com>

Thinking Long Term: A Smooth Sea Never Made a Skilled Sailor

The previous article in our series on “Financial Readiness” highlighted the importance of establishing an emergency fund, the power of compound interest, the tradeoff between risk and return and the importance of creating a properly diversified portfolio. We have also outlined some of the unique aspects and advantages of military and government service with respect to financial planning, such as the ability to accurately predict your future earnings and future savings rates as a federal employee.



In this article, we turn our attention to the most important ingredient of creating wealth - **thinking long term**.

Franklin D. Roosevelt, our country's 32nd President, is quoted as saying “A Smooth Sea Never Made a Skilled Sailor”, which is to say that *before* you can consider yourself “skilled” (as an investor a ship's mate) your abilities, patience and perseverance must be tested at sea. Importantly, you must have demonstrated the ability to learn from your inevitable mistakes and emerged as a smarter sailor.

Investing is like charting course through rough seas. There are risks you must navigate moment to moment, a never-ending flow of information to process, and decisions you constantly must make if you wish to arrive safely ashore. Unlike life on the real seas, most investment decisions are not life and death. Thankfully, most of the investment mistakes you will undoubtedly make can generally be overcome with the benefit of time, a

strong dose of patience, and a commitment to thinking long term.

Celebrating 242 Years of Success

Our nation celebrated 242 years of independence recently on the 4th of July. In reality though, what we really celebrated was the amazing success our capitalistic and free society has enjoyed since our founding in 1776.

In that time, we have overcome a civil war, presidential assassinations, World War I, a stock market crash in 1929, an economic depression during most of the 1930's, World War II, the Korean War, the Vietnam war, civil unrest, protests and boycotts in the 60s, sky-high inflation and interest rates in the late 70s and early 80s, oil embargos, racism, sexism, discrimination, crooked politicians, the tech bubble of the late 90s, the terrorist attack on 9/11, the Great Recession of 2008, and finally two 40%+ stock market corrections over the last 15 years.

Through it all, America as a nation and American's as a people have not only persevered, they have prospered!

The Risk of Missing the Best Days

We think it's fair to say that betting against the U.S. over the long term has historically been a bad investment strategy, but what about the short-term?

As we see in the chart below, courtesy of J.P. Morgan, the cost of missing *just* the 10 best days (over the 20-year period ending 12/31/2016) can be expensive. If you invested \$10,000 in the S&P 500 and “bought and held”, you earned 7.68% annually and your initial \$10,000 investment grew to \$43,933.

On the other hand, if you attempted to change course frequently by getting in and out the market i.e. turning to your starboard side when you should have turned to your port side, and you ended up missing the 10 best days in the market in the process, your return slips to a meager 4.00% annually. Your initial \$10,000 investment would have gained only \$21,925; less than half the return of buying and holding.

Another key takeaway is that 6 of the 10 best days over the last 20 years occurred *within* two weeks of the 10 worst days. In other words, the biggest upward surges in stock prices over the last 20 years occurred when the investing public was decidedly negative and short-term investors were effectively jumping ship.

There Are No Shortcuts

There are no short cuts in life. It takes time to nurture children into mature adults, it takes time for young servicemen and women to ascend the ranks and become great leaders and it takes time to create wealth.

When the seas become rough, it's tempting to change direction, plot a new course, or worse, jump ship altogether. Our best advice: carefully plot your course forward, be prepared for rough seas, keep your eyes squarely set on the horizon ahead, and remember to think long term when you're tempted to jump ship – the strength of our great nation preserver over time will inevitably bail you out.

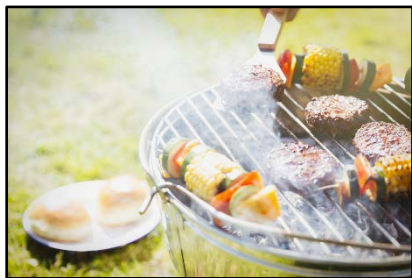
Col. (R) Mark D. Troutman, PhD., CFP® serves as the Dean of Faculty and Academics, Eisenhower School of National Security and Resource. You may contact Dr. Troutman at mtroutman@sprintmail.com.

W. Kirk Taylor, CFP® is Vice President at West Financial in McLean, VA. You may contact Kirk with questions at wktaylor@westfinancial.com.



The Ultimate Cook-Out Menu and Party Checklist

By Cathy Jacobs



Here's What's Cooking

What better way to enjoy summer than to plan a cook-out party with friends, family, and food? This year, we've pulled together everything you need to host your most memorable barbecue party ever, in our Ultimate Cook-Out Menu and Party Checklist. We've taken the guesswork out of party planning, with an easy-to-follow party timeline that will keep you organized and on track right up through the day of the party. When it comes to menu planning, this is also your one-stop spot for hosting a fabulous summer gathering, with tasty, seasonal recipes that will delight and satisfy meat-lovers and vegetarians alike. Not only will you feel less stressed about throwing a party after you read this checklist, you'll also have everything you need to throw a winning summer party that your family and friends will ask you to repeat next year!

The Timeline: Your Cook-Out Party Preparation List

- This handy party plan will help you to stay organized and get everything done that's needed to throw a successful cook-out party. We've created this party planning timeline based on the cook-out menu that follows, so do be sure to update the checklist if you change any menu items. Wherever we've indicated make-ahead food items that can be prepared before the party (such as marinades or salads), you'll find links to all the recipes in our Ultimate Cook-out Menu section, below.

About a Week Before the Cook-Out:

- Send out email invitations (or just call people up)
- Check that you have enough propane (or coals) for the grill
- If friends and family will attend, see if they can help out (for instance, with party prep, serving drinks, or bringing dessert)

A Few Days Before the Cook-Out Party:

- Check your cupboards for serving platters and utensils
- Make a shopping list for groceries and party supplies*
- Clean the grill, if needed

**A few things you'll want to have on hand for your party include paper/plastic plates and cutlery, cups a bottle opener/corkscrew, napkins, paper towels, plastic wrap, tinfoil, toothpicks and garbage bags.*

The Day Before the Cook-Out:

- Do the grocery shopping
- Stock up on ice for drinks
- Prepare marinades for the beef and veggie kebabs, and sauce for chicken thighs
- Bake brownies

The Day of the Party:

- Decorate party areas
- Set up a buffet/drinks table (to let guests help themselves)
- Set out your BBQ tools
- Prepare the taco dip, potato salad, cole slaw and salsa
- Add meats to marinades and refrigerate for a few hours before the party
- Make last-minute food preparations

The Appetizers and Snacks

- Snacks are a must at every cook-out party, but they don't have to be complicated to make your guests happy. A classic, colorful layered Mexican dip and some store-bought tortilla chips, plus an easy platter of cut-up vegetables, crackers, and cheeses, are perfect

choices for both adults and kids who want to graze on snacks at your cook-out party.

Layered Taco Dip



This mouth-watering, Mexican-inspired party recipe is a welcome appetizer at any cook-out party, accompanied by crunchy tortilla chips for dipping. All your favorite taco ingredients combine to create a scrumptious and filling party dip, that looks great on a buffet table. For an enticing presentation, overlap the layers of the different ingredients (shredded cheese, bright green lettuce, smooth re-fried beans, chunky salsa, juicy red tomato, creamy avocado and sour cream), to show off all of the different colors and textures.

The Meat

- What would a cook-out party be without meat dishes that fill the air with the delicious aroma of their cooking and satisfy hungry guests? Here are our favorite meat dishes to serve at your BBQ party.

All American Burgers

We're of the mind that you can't throw the ultimate cook-out party without a truly great, all-American burger, and this moist, tender [hamburger recipe](#) fits the bill perfectly. It doesn't get any better than juicy, lightly seasoned ground beef, cooked on the grill and served on toasted sandwich buns with melted American cheese and other traditional burger toppings

Continued on page 45

Mentor Forever: The Gift that Keeps on Giving

By COL(R) Shelia Howell-Flowers

As many of my fellow ROCKS already know, I am a proud “Aggie Bulldog” graduate of NC A&T State University and our mantra is “AGGIE PRIDE” – “Aggie born, Aggie bread; I’ll be an Aggie until I’m dead” – and now……. “Aggies Do!” I truly cherish my alma mater; I visit and give back to it on a regular basis. I believe in doing this because I love and appreciate the education I received while I matriculated through the School of Business Administration and the ROTC Program at this fine university.

What some of you may not know, is I am also a proud Kennesaw State University (KSU) Owl who beams with pride at the impressive new heights KSU has reached over the last ten years. I have watched this home town college become one of Georgia’s top universities and I could not be more delighted.

To me, the college campus is where students are challenged, trained, molded and prepared in ROTC to become leaders in the U.S. Army, entrepreneurs and/or business executives in Corporate America.

Because I believe this, I, as well as, countless other alumni chose to give back to our beloved universities. This is truly how good schools become great schools; the benefactors invest back into them to ensure they continue to grow and thrive.

Recently, I came across an article in an old edition of my KSU Magazine that caught my attention. It encouraged its readers to “Soar Forever” and to leave a legacy with Kennesaw State University by making it a beneficiary. It got me thinking about why we don’t use that same concept with organizations like “The ROCKS, Inc.,” or other organizations that we say we love.

Have you ever considered leaving a part of your legacy to the ROCKS, Inc.?

Yes, cash donations/gifts are great and always welcomed, but wouldn’t it be nice to make a contribution without affecting your current lifestyle; you use your assets you have earned during your lifetime while you are living and leave what remains to help further the mission of The ROCKS, Inc.; the mission of mentoring.

It’s a way to leave a lasting legacy that is easier than you may think.

You can do it by naming The ROCKS, Inc., as one of the beneficiary of your following assets;

Retirement accounts such as a TSP, IRA, 401(K) or 403(b), life insurance policies, commercial annuities or investments accounts. Moreover, you can even name The ROCKS, Inc., as a “payable on death” beneficiary of your savings or investment accounts.

Remember when you name The ROCKS, Inc., as a beneficiary, you will reduce the taxes for your family and your estate. But most of all, by giving in this manner, you are leaving your values, your ideas and your legacy of mentoring forever to an organization that will ensure your name is forever remembered as a Mentor.

To learn more about how to do this, please consult with a financial planner/advisor or your insurance provider. Mentorship is leadership……plant your seeds in fertile ground!



The wise man does not lay up his own treasures. The more he gives to others the more he has for his own. –Lao Tzu

This 35-year-old mother is saving \$85,000 a year in New York City and plans to retire in 5 years

By Elizabeth O'Brien



Photo Courtesy of Jamila Souffrant Jamila Souffrant with her husband and two kids, Zach and Luke.

Jamila Souffrant has learned to embrace the journey, whether that’s her 90-minute, one-way commute from Brooklyn to New Jersey or her path to financial independence.

The 35-year-old commercial real estate executive and mom of two boys—with a third child, a girl, due any day now—hopes to reach FIRE by age 40. That’s an acronym for financial independence, retire early, a mantra that’s being adopted by a growing number of millennials. But even if Souffrant doesn’t reach her goal by her target age, she knows she will have accomplished plenty along the way.

“Once you start, you don’t know the twists and turns along the way that will make your life better,” she says.

Souffrant first learned of early financial independence through podcasts she listened to on her long commute, such as Radical Personal Finance and The Mad Fientist. The concept struck a chord: She likes her job but isn’t passionate about it. And the commute can be soul-sucking: the 90-minute drive home to Brooklyn from Morris County, N.J., occasionally stretches to three or even four hours in bad traffic. “This wasn’t what I wanted to do with the rest of my life,” she says.

In 2016, Souffrant started a blog, Journey to Launch, to keep herself accountable to her goal. That year, she and her husband, Woody, also 35, managed to save \$85,000 — in one of

the world's most expensive cities, with two young children. Here's how she did it.



Photo courtesy of Jamila Souffrant. Jamila Souffrant with her husband and two children

The Spouse Pitch

Souffrant knew she and her husband would have to up their savings game considerably in order for her to be able to stop working in five years, even if Woody stayed at his job. If he were to join her in early retirement, the couple would either have to move to a lower-cost city, or slash their expenses even further, in order to live solely off their investments. But Woody enjoys his job as a high school gym teacher and wants to keep working, so the couple is budgeting his income—and workplace health insurance—into their projections for what Souffrant says might more accurately be described as their “partial financial independence” in five years.

Woody was contributing to his retirement account, but socking away only about 4% or 6% of his pay. Souffrant wanted to boost that savings rate up to 50%. But before she sat Woody down to make the ask, she ran some spread sheets showing how much money the couple would have at various ages if they saved a certain amount, assuming a certain market return.

Then, when the two sat down to talk about it, she showed him the numbers. “I immediately got nervous,” Woody recalls on a podcast the two taped together.

But Souffrant won him over through her passion and preparation. Plus, she agreed to honor his wishes. For example, Woody might one day like to own a luxury car—a big no-no among FIRE followers, who see automobiles

as big, depreciating money suck—and she says she'd be happy for him to buy one if their budget allows.

Automatic Pre-Tax Savings

Woody began slowly in his goal to boost his savings rate to 50% from around 5% of his pay. He started by increasing his contribution rate by one or two percentage points per month. Instead of nagging him to go quicker, Souffrant enthusiastically praised his progress. After a few months, he abandoned the gradual approach and bumped his rate straight up to 50%.

That meant maxing out both of his pre-tax savings vehicles: as a New York City public school employee, he is eligible to contribute to both a 403(b) account and a 457 account for government workers. He put the maximum allowed by the Internal Revenue Service, or \$18,000, into both, and Souffrant put \$18,000 into her 401(k). (The maximum for 2018 is \$18,500.)

Woody boosted his income too, working coaching jobs after school and banking the extra savings. Souffrant started pulling in some money from her blog and a related consulting gig helping people take control of their finances.



Cut the Big Three

Roughly 62% of the average American's annual spending goes toward just three expense categories: housing, food and transportation, according to the Bureau of Labor Statistics. Trimming these expenses can give you the most savings bang for your buck.

Woody used to spend hundreds of dollars a month leasing a fancy car, but he gave that up and bought an economical ride outright. The couple bought their home, a single-family

home in South Brooklyn, on a short sale. They used some proceeds from the sale of their one-bedroom in Downtown Brooklyn to renovate their new place.

The couple also cut back on their one indulgence, going out to eat for Mexican and Caribbean food, whittling their monthly restaurant budget in half. They also save big on childcare expenses. Souffrant's aunt lives in a separate, basement apartment in their house and cares for her two boys. She lives rent-free in exchange for a lower salary than she would receive on the open market.

Souffrant doesn't plan to retire to become a stay-at-home mother—“not that there's anything wrong with that,” she notes. Instead she'd like to work full-time on her Journey to Launch business, which also includes a podcast series.

In the ideal scenario, the couple won't touch their savings after Souffrant quits her job. Instead, they'd live off Woody's income and income from Journey to Launch. They also net about \$645 a month from an apartment they own in a fancier neighborhood of Brooklyn—a studio that Souffrant bought in her early 20s—that they rent out, a tactic that a lot of FIRE followers say is clutch.

She wants to help others start down the path to financial independence. “There are so many wins along the way,” she says.

6 MONTH MONEY CHALLENGE

MONTH	SAVINGS AMOUNT
1	\$60
2	\$100
3	\$60
4	\$120
5	\$60
6	\$100
TOTAL	\$500

DC National Guard's Annual Military Ball

By MG William Walker, ARNG



Dr. Mark T. Esper, 23rd Secretary of the U.S. Army, was the guest speaker at the District of Columbia National Guard's Annual Military Ball, May 5, 2018 at the D.C. National Guard Armory in Washington, D.C. Dr. Esper spoke to the more than 750 attendees about his military service and his experiences as the Secretary of the Army. From those experiences, he explained what he gathered regarding the strength and character of the Nation, its service members and their families.



MG William J. Walker, Commanding General, DCNG along with BG Aaron R. Dean II, Deputy Commanding General, DCNG presenting the Dr. Mark T. Esper, the 23rd Secretary of the United States Army and token of appreciation for his speech.

"The strength of our nation is our Army and the strength of our Army are its people: Soldiers, Army Civilians and

our Families," Dr. Esper said. "They all reflect the very best of our society."



Mr. Earl G. Matthews, Principal Deputy General Counsel and former Acting General Counsel, Department of the Army along with Dr. Esper.

Dr. Esper mentioned that during his Guard and Reserve service, he understood the value of diversity through the variety of occupations, skillsets and experiences within the ranks, and the significance of the Citizen Soldier to the total Army. "I stand before you as a product, of my experience, of service in all three components," Esper said. "It shaped me as I am sure it has shaped all of you." Dr. Esper said that he was proud of his time in the Army, particularly his time in the National Guard and considered it a great privilege. "In my time, I have witnessed the transformation of the Guard from a strategic reserve, to an operational reserve, to now an integral

component of the operational force," Esper said.

This year's ball coincided with the D.C. National Guard's (DCNG) 216th birthday. In 1801, the Seventh Congress authorized the President to organize a militia of the District of Columbia, appoint its officers and call it to service in the same manner as state governors or executives. The law was approved May 3, 1802 with President Thomas Jefferson personally selecting the first officers of the unit. The ball's theme was, "Readiness Then and Now, Remembering DCNG WWI Veterans." The theme served to recognize the D.C. National Guard's First Separate Battalion, an all Black unit that served in France during WWI as part of the African American 372nd Infantry Regiment. The 372nd lineage continues with the DCNG's 372nd Military Police Battalion.



MG Walker, BG Dean, Dr. Esper and the youngest DCNG Soldier and youngest DCNG Airmen at the Ball.

Leadership is about doing what you know is right - even when a growing din of voices around you is trying to convince you to accept what you know to be wrong.

QUOTEHD.COM

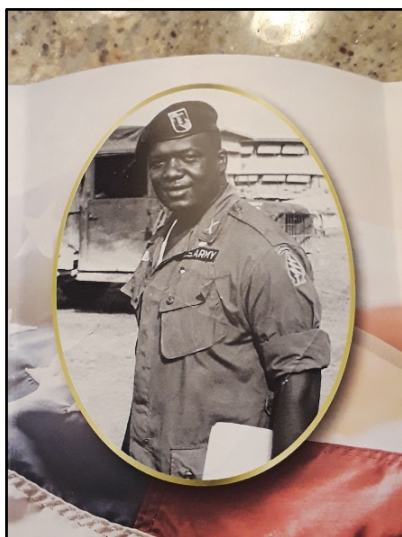
Robert. L. Ehrlich
American Politician

FALLEN ROCKS

LTC Wallace “Wally” Johnson, USA, Retired

By COL(R) Dorene Hurt

It is with deep sadness that we share the passing of a ROCKS, Incorporated Life member and former member of the National Board, LTC (Ret) Wallace “Wally” Johnson who passed away in Dumfries, VA. on June 14, 2018. He was the beloved husband for 50 years of the late Lela Mae (Gill) Johnson; loving father of Wallace Johnson, Jr., Steven Johnson (Karen), Valerie Lynne Sparks, and Sharon Denise Johnson; cherished grandfather of Mariah Diamond Johnson, Mariah Ann Garrett, Whitney Nicole Sparks, and Bethany Erin Sparks; dear brother of Carletta Potts, Marland Cheron Johnson, Joyce Maurice Johnson, and Lathel Ray Johnson. Wally was the son of the late Carroll and Pauletta (Bibbs) Johnson. He was predeceased by his siblings; Willie Jewel Blanchey, Raymond Lee Johnson, Paul Gordon Johnson, Charlotte Ann Wilson, and Arnetha Izora Johnson.



Wally Johnson in Vietnam

Wally proudly served our country for over 23 years in the U.S. Army, where he retired as a Lieutenant Colonel. A proud and decorated Special Forces soldier, Wally was known and much admired by his fellow SF brethren and many others for his leadership, bravery and exploits while serving in Vietnam.

Even after retirement, Wally continued to mentor Special Forces and Special Operations forces (SOF) soldiers while supporting a host of veterans and community organizations. He served three terms as the Chapter XI Special Forces Association President. He also earned an MBA from Alabama A & M University.

After his Army service, he worked for over 25 years in the private sector. Most notably, Wally was the Founder and Director of the Dept. of Defense Mentor-Protégé' (MPP) and research professor at George Mason University (GMU). Congressionally recognized, GMU's MPP funds major contractors to enhance Small Disadvantaged Businesses, Service Disabled Veteran Owned Businesses, Historically Underutilized Business Zones and Women Owned Small Businesses. His office provided critical third party developmental assistance to major prime contractors which was instrumental in garnering support for those small businesses in the DoD Pilot MPP at GMU. Under his tutelage and phenomenal leadership, the DoD Pilot MPP at GMU was considered the best assistance provider and developer for soldiers and small businesses in the nation, earning multiple coveted Nunn Perry awards.

He was the second African American football player at the University of Oklahoma. A scholar athlete, at one point Wally had the highest GPA of any athlete at the University of Oklahoma. Wally was a quietly competent, unassuming and humble person with genuine empathy and concern for others, regardless of one's station in life. His wife, children, grandchildren and family were his passion. Golf was the game he loved to play and he was also a golf club maker. He did all he could to help everyone to be a better person or soldier. He and his family enjoyed travelling, visiting destinations and going on cruises. He previously served as the Vice President for Corporate Outreach on the ROCKS, Inc., National Board and supported numerous charitable organizations.

His Celebration of Life funeral service was held at the Antioch Baptist Church in Fairfax Station, Virginia.



**Interment for ROCKS Lifemember
& former National Board Member,
LTC (Ret) Wallace Johnson**

Monday, November 5, 2018 at 1:00pm
Arlington National Cemetery
Arlington, VA 22211
www.arlingtoncemetery.mil
Phone: 877-907-8585





We're Just Getting Started

By Karen M. Wrancher

Ladies and Gentlemen, I hope you are having a great summer. The ROCKS, Incorporated hosted a successful Leadership Conference 19-21 April 2018. During the Leadership Conference: Mentorship is our Future Imperative, over a dozen senior leaders who gave presentations on various topics ranging from providing updates and information on trends in the Army to mentorship panels to information to continue your professional development. The information was disseminated to different cohort groups: Cadets, company grade and field grade officers and Department of the Army civilians. In addition, some members were elected to serve on the National Board and the board voted on proposed changes to our bylaws. More importantly, we had representation and participation from members as close as the DC Chapter and from as far away as South Korea and from the Buffalo Soldier at Fort Leavenworth which is the installation where the ROCKS, Incorporated began. Then on the evening of April 21st the ROCKS, Incorporated recognized the accomplishments and contributions of the President of the Association of the United States Army, General (Retired) Carter F. Ham; the 36th Vice Chief of Staff of the Army, General James C. McConville; the 66th The Inspector General of the US Army, Lieutenant General Leslie C. Smith and the DC ROCKS Chapter President, Colonel (Retired) Sheila Howell-Flowers. The event which was sold out two weeks before the actual was a time to network,

socialize and for friends and colleagues to reconnect but for it was also a time for cadets, soldiers and civilians to meet and speak with the senior leaders of Army.



The ROCKS, Incorporated is going through a reinvigoration process. Just like any civic, federal, religious or fraternal organization, the ROCKS started an assessment and analysis of what areas within our needs to be improved. Under the leadership of our previous Chairman, Brigadier General (Retired) Earl Simm, the ROCKS, Incorporated started its assessment phase on how we can become a stronger and more viable organization. If you are not part of the process and on the outside looking in, it would be easy to be dismissive of the ROCKS and think it is past its prime and that it has passed its pinnacle or "golden era". On the contrary, the ROCKS is being reinvigorated, reenergized, and renewed. We are moving forward with our strategic plan, finding ways to grow our membership as we continue to collaborate and reinforce our efforts by partnering with AUSA. With our newly elected Chairman, Brigadier General (Retired) Lawrence Gillespie, we will continue to build upon and forge ahead on the foundation laid.

The ROCKS just like its website is undergoing a redesign of its own and the redesign is only the beginning. Watch us, as a mentorship organization as we strengthen our relationships with Cadet Command and the Military Officers Association in our quest to be the Army's premiere mentorship organization. We invite you to join the

ROCKS' reinvigoration as we mentor and develop the next generation of leaders. Like the organization, our website will continue to improve. We have linked chapter webpages to our National website and can now access our Facebook page directly from our website. We will continue to add more content to our Facebook page and continue to strengthen our support of and partnering with local chapters achieve that goal.

It is not going to take us another forty years to take our organization to the next level. We are on that upward trajectory now. Don't you want to be part of the revolution — the ROCKS' reinvigoration, reenergized and renewal? Don't miss it! Join us as we strive and we will...become a better, stronger organization.

Watch your thoughts,
they become words.
Watch your words,
they become actions.
Watch your actions,
they become habits.
Watch your habits,
they become character.
Watch your character;
it becomes your destiny.

- ❖ Want to learn more about The ROCKS, Inc.?
- ❖ Do you need to update your membership profile?
- ❖ Need information on how to operate and maintain a Chapter?



WWW.ROCKSINC.ORG



News from Your Membership Development Team

By COL Angie Hemingway USA (Ret)

The Winter edition of the *ROCKET* describes a survey conducted October through November 2017 by Membership Development on ROCKS membership and the Interest Groups. The survey outcomes show 39% of those completing the survey fall in the Generation X category (born 1965-1979) followed by: 32% Baby Boomers (born 1946-1964) and individuals born 1945 or earlier, and Millennials (born 1980 to 1995). No Generation Z (born 1996 or later) responded to the survey. Better outcome data is needed to strategically address membership development goals for increased membership. We informed members we would resurvey members, however long-time members of the ROCKS, Inc., stated it is not another survey that is needed. What we need are innovative and relevant ways to connect with members. I believe among other reasons members join an organization is relevance to their needs, organizations provide a means for providing significant and lasting relationships and the organizations provide a way to give back to other members in that organization. It's interesting that our survey results also point to these very observations.

Organizational relevance. Why is relevance important in an organization

and how does it influence individual participation in the organization? According to the Brodeur Partners article, *Organizational Relevance* (2011), relevance is the new communications imperative. The article states we live in an increasingly chaotic media environment with ever-shrinking attention spans, multichannels to select from, which makes connections more difficult and at the same time more important. In our current environment of dual military families, jobs and social responsibilities, it is easy to see why an organization has to be relevant to demand attention and commitment. Some ways chapters are communicating, keeping membership aware of timely matters and staying relevant include social media (Group Meet, website, Messaging, Facebook and social activities) and professional development.

Organizations must be relevant to demand attention and commitment. Many of you state the organization provides a means for providing significant and some lasting relationships while others say the organization (ROCKS, Inc.) had no part in this activity for you. To ensure relevance and significance, ROCKS published The National Board of the ROCKS, Inc. Strategic Plan: 2017-2022, updated the Mentorship program and conducted the National Leadership Conference in 2018. This Strategic Plan is a living document that sets the vision and enables the future of ROCKS while maintaining relevance and significance to our membership and partners. The strategy plan builds on our past accomplishments to achieve future results in partnership with our chapters, stakeholders and membership.

Mentorship is ROCKS center of gravity, a core competency we exercise to sustain our members through a career of service to our Nation. Our mentorship program strengthens membership by developing stronger and competent leaders through chapter and community programs. Some of our chapter and community activities you identified include outreach to middle

and high schools to provide mentoring and coaching programs. These activities strengthen the bonds between ROCKS members while providing a valuable service to our future generations. Further, the ROCKS as an organization believes that providing opportunities for, and encouraging others to participate in, skill building activities that promote an inclusive environment makes individuals personally visible and engaged.

The 2018 National Leadership Conference supported ongoing efforts to facilitate professional development and mentorship to future leaders within The ROCKS Inc. The conference brought our membership together to identify where we are as an organization and where we need to grow to strengthen membership and other organization goals. We learned during the conference that our way ahead will continue to be a steep challenge as we strive to provide innovation and relevance to connect to our membership. In an increasingly chaotic media environment with ever-shrinking attention spans and multichannels, continuous and strategic communication with our membership is imperative.

The ROCKS is a super organization with a proud legacy. We will continue to rise to the challenge to create innovation and relevance with our membership while addressing membership concerns. Thanks for the honor to serve you. I am reachable through the national website or at angiehemingway@hotmail.com.

Brodeur Partners (2011).

Organizational Relevance. Retrieved from <http://www.brodeur.com/wp-content/uploads/2012/11/relevance-dimensions-2011-whitepaper.pdf?phpMyAdmin=9bc5165d122t11488cf4>
https://natlrocks.clubexpress.com/content.aspx?page_id=22&club_id=459944&module_id=297615

— *Save The Date* —

THE ROCKS, INC.
FOURTH ANNUAL NATIONAL
GOLF OUTING

CO-HOSTED BY THE WASHINGTON, DC CHAPTER



FRIDAY,
OCTOBER 12, 2018

Fort Belvoir Golf Club,
8450 Beulah Street, Fort Belvoir, VA 22060

For more information or to register:
<http://natlrocks.clubexpress.com>



BOOK RELEASE

Patient or Profit: Where Is Love?



Pictured: Author, Dr. Adah F. Kennon, Ph.D.

Patient or Profit: Where Is The Love, chronicles the struggle of a retired 87 year-old Army veteran who served in World War II and the Korean War. Once Dr. Walter B. Hammond was diagnosed with kidney disease and on dialysis, he and his caregiver would embark on journey together as they fought against prior authorization process barriers used by federal agencies and Big Pharma. Barriers which denied him legitimate access to a life-saving pharmaceutical drug requiring a medical prescription. His story demonstrates how this happened, presents strategies to overcome barriers, and challenge federal agencies to write and enforce regulations which will stop this unjust discrimination.

This warrior has kidney disease and is on hemodialysis. As a young enlistee back in 1948, he was promised *free medical health care* for himself and his dependents, as long as he served his country and retired honorably. He went on to fulfill his commitment. Today, in his hour of need, he finds that he is a victim of a “bait and switch” action. He has been denied access to life-saving prescription medication by Big Pharma and the Health Care Industry, otherwise known as *the Chaos Cohorts*! Satisfying their hunger for

profit and control trumped his need to live! His wife and caregiver understood his struggle, and prayed for a way to share their journey so that others might avoid the pitfalls which they encountered.

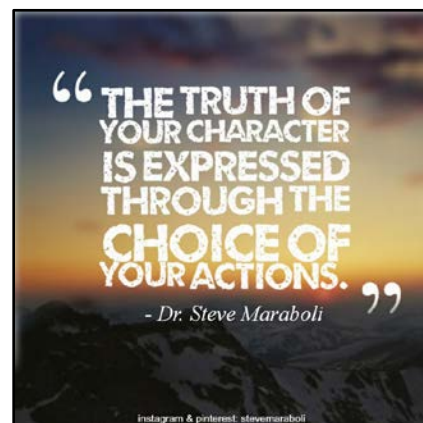


Available at amazon.com/books or on her website, www.247lighthousecaregivers.com

Patient or Profit: Where Is The Love? is the product of that prayer. This new, non-fiction and fully documented book, chronicles their struggle as they fought *the Chaos Cohorts* and their “prior authorization process” so that this veteran could get what he so desperately needed. This book is a survival manual, presented with a “no-holds barred” format, for caregivers, patients, or anyone denied legitimate access to prescription medication. Information in this book serves as a “wake-up” call for those who continue to minimize or deny how much the desire for profit influences the quality of care that patients receive from the health care industry in this country. In a world too often defined by chaos and confusion, **Patient or Profit: Where Is The Love?** is a “must read.” It could be a life-saver!

Dr. Kennon practiced for 31 years as a licensed school psychologist and counselor in three states (K-12), and is also a certified clinical mental health counselor. She has been profiled in ICE

Magazine (Continental Who's Who, 2014), Top 100 Industry Experts in America Magazine (Covington Who's Who, 2013), and Parillo's Performance Press (Body Building Magazine, 2008). She started her own business, Sheba Enterprises (entertainment industry), in 2012, and hosted/produced her own weekly, hour-long motivational/inspirational radio talk show. She is currently devoting her energy assisting her husband as his caregiver as he fights his battle with kidney disease and dialysis. Her book address her passion and experience in this role. Dr. Kennon does community service work and continues to champion issues to get better health care for all patients, especially veterans.



ROCKS ON THE MOVE

CPT Brandon Frazier Relinquishes Command



CPT Brandon C. Frazier completed a successful company command relinquishing command of the Headquarters Company, Recruiting and Retention College (RRC), United States Army Recruiting Command (USAREC) in a ceremony on 8 June 2018 in front of the Recruiting and Retention College at Fort Knox, Kentucky.



CPT Brandon Frazier relinquishes the company guidon during Change of Command Ceremony.

CPT Frazier successfully led the 120 Soldier command for 23 months. During his tenure CPT Frazier

developed a core of high performing non-commissioned officers that understood company operations. He enabled three personnel to become selected as Sergeant Audie Murphy Club members. Furthermore, he encouraged over 20 instructors to earn the Master Recruiting Badge, German Armed Forces Proficiency Badge, and the Norwegian Military March Badges. He presently serves as Human Resources Command Black Book Assignment Officer for Officer Readiness Division.

LTC Clarke Assumes Battalion Command



LTC Natasha Sunday Clarke assumed command of the 194th CSSB in a ceremony at Camp Humphrey's, Korea on May 17, 2018. LTC Clarke, a Life Member and 2013 Bobby Burke award winner who was introduced to the ROCKS as a Cadet when a group of paratroopers made from the All American Chapter made a trip to her alma mater, NC A&T State University has been a longstanding supporter of the ROCKS.



LTC Clarke giving her remarks after assuming command of the 194th CSSB

LTC Clarke now leads the largest logistical battalion in South Korea consisting of over 1090 Soldiers executing supply distribution, transportation, mortuary affairs, weapons and systems repair.

BG R. Scott Dingle Pins on Second Star

By COL (Ret) Dorene Hurt

Army Surgeon General and Commander, US Medical Command, Lt. Gen. Nadja Y. West and Maj. Gen. R. Scott Dingle pose with clergy following the promotion ceremony at Fort Myer

Friday, July 7th was a very special day for the Dingle family for many reasons. One of those reasons was the overwhelming outpouring and love for the Dingle family at Fort Myer, Virginia. Over 400 family members, friends, colleagues, and well-wishers descended upon the Fort Myer Chapel to witness and celebrate the promotion of Brigadier General R. Scott Dingle to Major General. The ceremony host was the Army Surgeon General, Lt Gen. Nadja West, M.D.

Prior to the pinning Lt Gen West, who has known MG Dingle since they were both much more junior officers, lauded Dingle's professionalism, exceptional performance and legendary positive leadership style. West recalled the first time she worked with Dingle. "He was a young major at 1st Armored Division and I was just coming in as the division surgeon. "I remember the first meeting we had and it was one of mutual support and ensuring we took care of the mission." BG Dingle is well known for a leadership style that motivates his Teams to perform far beyond what they thought possible. Whether in a garrison environment or during combat operations, BG Dingle's units excelled. With his best friend, wife and partner for life, Sonja Dingle supporting and assisting families, he and his soldiers were able to focus on training, preparing for deployment, performing superbly during deployments, and returning home after providing



Army Surgeon General and Commander, US Army Medical Command, Lt. Gen. Nadja Y. West and Maj. Gen. R. Scott Dingle pose with General and Flag officers and members of the Senior Executives Service following the promotion ceremony.

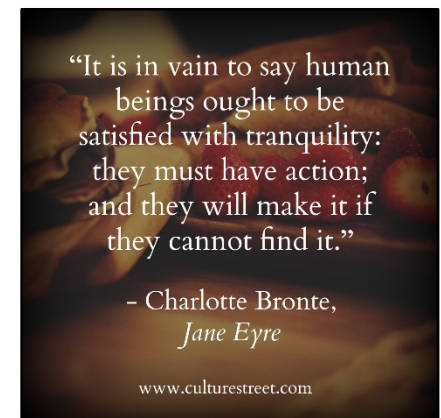
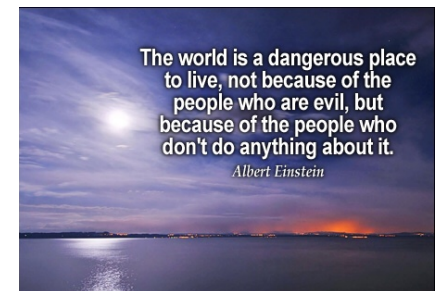


Army Surgeon General and Commander, US Medical Command, Lt. Gen. Nadja Y. West and Maj. Gen. R. Scott Dingle pose with clergy following the promotion ceremony at Fort Myer

consistently outstanding medical support. Lt Gen West described Dingle, just as she has on previous occasions, as one of the most dedicated individual's she has met and a leader who believes in selfless service and

patriotic duty. "He radiates those values to everyone who has the privilege to come in contact with him. He wants everyone around him to be better," said West.

Possessing a solid spiritual foundation, MG Dingle first thanked God and gave God credit for his ever-present blessings and impact on anything positive in his life. The scores of clergy in attendance, most of whom had very long-term, supportive and advisory roles in his life, clearly reflected his beliefs, and goals to always do what helps others no matter the cost. As his remarks continued, he thanked individuals and categories of people that had the most significant impact on him, his family, his Soldiers, and their families. Particularly significant was the recognition of his Morgan State Professor of Military Science (PMS), LTC Cheeks, who was present. Although young ROTC Cadet Dingle was more focused on playing football at Morgan State than doing anything else, his PMS saw Dingle's undeniable leadership potential and pressed him to continue in the ROTC which he wanted to quit to focus on football. Luckily for the Army, Dingle heeded the words of his PMS. Otherwise, the Army, its Soldiers and their families would have been denied the outstanding contributions that the Dingles have provided for decades. All of the Dingle children were present plus scores of close family and friends.

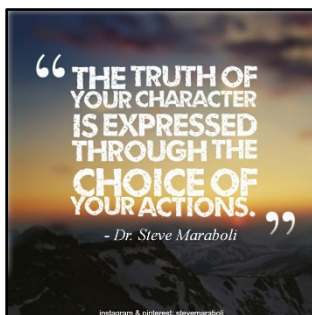


Hamilton Promoted to Major General



Pictures from ROCKS Facebook Post (June 7, 2018), Pictured the BG Hamilton if front of over 800 Soldier forming a living insignia of the 8th TSC should patch.

Now, Major General Charles Hamilton was promoted by General Brooks, Commanding General, United States Forces Korea and General Robert B. Brown Commanding General, United States Army Pacific at ceremony at Fort Shafter, Hawaii on July 16, 2018. MG Hamilton assumed command of the Eighth Theater Support Command on June 7, 2018. MG Hamilton is one of the few Colonels who was selected for the honor of ROCK of the Year. As Colonel after commanding the 101st Sustainment Brigade, Fort Campbell Kentucky, Hamilton was recognized as a 2014 ROCK of the Year.



IMPORTANT ANNOUNCEMENT

ROCKSWIDE TELECONFERENCE

SUNDAY AUGUST 12, 2018 2:00PM EST

More information will
be emailed to Chapter
Presidents no later
than July 28, 2018

The ROCKS, Inc. Needs You!



- ❖ Be accessible and become a mentor.
- ❖ Volunteer to serve on the Leadership Outreach and Cadet Enhancement Team.
- ❖ Attend chapter meetings.
- ❖ Volunteer to address chapters (General and Senior Officers are especially needed).
- ❖ Serve as a resource for referrals on branch peculiar and other professional development issues.
- ❖ Encourage mentoring/coaching for all officers and set the example.
- ❖ Volunteer to lead and/or participate in Committees.
- ❖ Donate to our scholarship funds and sponsor a cadet to attend various events.
- ❖ Volunteer to provide your expertise and guidance in assisting officer transitioning from military service and transitioning civilian members.



ROCKS' CHAPTER ACTIVITIES

Rolling with the Professionals

Article submitted by: Fort Lee Central Virginia Chapter Officers: Curtis Hall, VP, Raja Nelson, Social Media and Jaqueline Marrero, Public Relations



Chapter Presidents cutting the Army Birthday cake at the bowling event.
(L to R) LTC Daphne Dixon-Reed, FL- CVC of the ROCKS, INC. President; Mr. Mike Flanagan, AUSA Fort Lee Chapter President; CW4 Howison, Dan, Warrant Officer Association President

On 14 June 2018, the Fort Lee - Central Virginia Chapter (FL-CVC) of the ROCKS, Inc. collaborated with Association of the United States Army (AUSA) and Warrant Officer's Association (WOA) to host the premiere event, "Rolling with the Professionals," at the TenStrike Bowling Alley located on Fort Lee, VA. This event served as the catalyst for an enduring partnership among all three organizations. AUSA provided the food, ROCKS secured the bowling lanes and one free game for the first 12 bowlers to register for the event via Event Brite. WOA assisted with the advertisement. More than 50 folks attended Rolling with the Professionals which was exceptionally good given that the event coincided with the

Army's Birthday. There were ROCKS, Inc. National members who joined the FL- CVC of the ROCKS, Inc. as well folks who became new AUSA members. Additionally, almost half of the attendees were comprised of government civilians. This proved to be a huge accomplishment given there aren't too many opportunities for government civilians to engage with other entities outside of the work environment. Subsequently, there will be future events aimed specifically as serving our government civilians. Feedback from the event yielded praises and a warm reception to the event becoming a staple here on Fort Lee. The presidents of each organizations concurred that the main focus is to continue to serve the Central Virginia community in a manner where diversity and inclusion are trumpeted. The President of the Fort Lee - Central Virginia Chapter of the ROCKS, Inc., LTC Daphne Dixon-Reed, stated emphatically that "our organizations will continue to provide on-ramps to both professional and networking opportunities for service members of all backgrounds through future synergistic efforts".



Rolling with the Professionals for the Army Birthday at TenStrike Bowling Center sponsored by Fort Lee Chapters of the ROCKS Inc., AUSA and Warrant Officer Association

Boy and Girls Club Enforces the Importance of Mentorship

By MAJ Victoria Parrish-Edwards



Mr. Tahir Atwater and members of the Buffalo Soldier Chapter of the ROCKS Inc. after a mentorship professional development session.

Mr. Tahir Atwater of the Kansas City Boys and Girls Club presented an outstanding mentorship professional development brief to the Buffalo Soldier Chapter of the ROCKS Inc. on May 2, 2018. He emphasized the importance of mentorship for youth through connection, consistency, and culture. Mr. Atwater said "We can make connections by setting the tone, displaying genuine interest, interested and engaging youth with topics that are meaningful for them. He also emphasized that consistency is key in establishing trust. Mentors should strive to maintain a presence in the life of a youth, while establishing standards and expectation management.

In addition, he expressed the importance of balancing cultural identity and cultural inclusiveness. While encouraging youth to be proud

Pictured below--A panoramic view of the Kansas City Boys and Girls Club mentorship professional development session great turnout!



in their identity is important, mentorship should be color blind. Mentorship is a pillar of what the ROCKS Inc stands for. Mr. Atwater concluded his brief by stating “through mentorship, we are setting the foundation for our youth changing the world for the better, and imparting a legacy of mentorship for our youth”. Members of the Buffalo Soldier Chapter of the ROCKs Inc. will continue to do our part to empower those youth in our path.

Buffalo Soldier Chapter LPD with LTG Lundy

By LTC Irvin Jackson



Buffalo Soldier ROCKS pictured with LTG Lundy, Commanding General, US Army Combined Arms Center.

On 01 February 2018, the Buffalo Soldier Chapter of ROCKS Inc., hosted a Leadership Professional Development (LPD) seminar featuring LTG Michael Lundy held at the General Arnold Conference Room in the Lewis and Clark Center on Fort Leavenworth. LTG Lundy is the Commanding General (CG), US Army Combined Arms Center (CAC) and Fort Leavenworth, KS and Commandant, US Army Command and General Staff College. CAC provides leadership and supervision for leader development and professional military and civilian education; institutional and collective training; functional training; training support; battle command; doctrine; lessons learned and specified areas the CG, [United States Army Training and Doctrine Command](#) (TRADOC) designates in order to serve as a catalyst for change and to support developing relevant and ready expeditionary land formations with campaign qualities in support of the joint force commander.

LTG Lundy stressed the current challenges he envisions the US Army faces today and the importance of us as an organization to change our culture in order to defeat peer threats. He emphasized that our current culture is a by-product of over 15 years of persistent limited contingency operations and that has to change. He discussed the importance of Army publication FM 3-0 Operations, how as the cornerstone of what we do and that as leaders, it's our responsibility to know and master our profession. He closed by describing how he envisions leadership in a complex world and that we should strive to attain. The follow up Q & A session encompassed a myriad of topics and thought provoking conversations ensued. The night ended with us taking this great photo and him signing copies of FM 3-0.

LTG Smith conducts LPD Session

By MAJ Victoria Parrish-Edwards



Buffalo Soldier Chapter of the ROCKs Inc. turnout for a phenomenal LPD session with LTG Smith

LTG Leslie Smith, the 66th Inspector General of the United States Army, took the time out of his busy schedule to conduct a leadership professional development (LPD) session with the Buffalo Soldier Chapter of the ROCKS Inc., LTG Smith offered words of wisdom and great pointers for successful field grade leadership. Additionally, LTG Smith stated that “reputation is not who you know, it is who knows you,” and stressed the importance of networking with not only superiors but with your peers and subordinates as well. “Networking is critical for organizational-level

leaders,” he added, as is telling the story of your unit. LTG Smith concluded the brief in highlighting the positive effects of mentorship. “Mentorship has a rippling effect that improves our Army families, communities, and nation”.

Nine Key Point of Developing Leaders

By LTC Bernard House



Major General Thomas S. James, Jr. pictured with the Chief of Staff, General Mark A. Milley receiving the Legion of merit for his service at US Army Forces Command.

The Morning Calm Chapter of the ROCKS, Inc., was honored to have Major General Thomas James, U/C/J3, UNC/CFC/USFK to provide remarks on Developing Subordinate Leaders at the Chapter's Area II monthly Professional Development and Mentoring Discussion on Friday, 15 June. Major General James most recently served as the Commanding General of 7th Infantry Division at Fort Lewis, Washington, prior to arriving in Korea to serve as the Director of Operations of United Nations Command, Combined Forces Command, and United States Forces Korea.

Major General James presented remarks and shared his experiences to an audience of more than twenty Officers from the Yongsan Area. His presentation revolved around nine key points of Developing Leaders:

1. Army Professional (Character, Competence, Commitment)
2. Inspirational Leadership - Connected Leaders

3. Fit for the Rigors of Sustained Land Combat (Physical, Mental, Emotional, Spiritual)
4. Master the Fundamentals: Shoot, Move, Communicate, Medical. Act not React to Contact...
5. Lead from the Front - Outstanding Personal Example
6. Training, Education and Experience
7. Team Player and Builder
8. Feedback – Coach, Counsel, Mentor
9. Humility

Major General James further discussed the importance of counseling subordinates, establishing open and honest communication, gaining and maintain the trust of your subordinates and instill pride within them about their organization. In closing, Major General James encouraged leaders to “get comfortable with uncertainty” because there are times when a leader will have to make a decision without all the information.

In Retrospect: MG Charles Rogers Chapter and US Army War College

By COL (Ret) Charles Allen



MG Charles Rogers Chapter members gather in front of US Army War College

Members of the MG Charles Rogers Chapter of ROCKS, INC at Carlisle Barracks continue to make a difference in contributing to the education and development of our nation's strategic military and civilian leaders.

US Army War College Staff and Faculty

This was a year of transition and stability for our senior members at

Carlisle Barracks and the US Army War College (USAWC). COL Greg Dewitt retired as the Director, Peacekeeping and Stability Operations Institute and was joined in retirement by COL Dallis Barnes, who was Director of its Peace Operations Division. COL Cedric Carrington continues as Director, Strategic Wargaming Division in the Center for Strategic Leadership (CSL). COL Tammy Heath joined CSL as Chief, Strategic Concepts and Doctrine Division in the School of Strategic Landpower, COL Vanessa Gattis also retired from the Department of Distance Education (DDE). Colonel Randy White retired as **Director, Military Requirements and Capabilities** and was hired as Deputy Director, Army Strategic Education Program (ASEP). Colonel Sylvester Brown serves as the civilian Title 5 Academic Executive Officer in DDE. In the Resident Education Program, Professor Chuck Allen remains as the Professor of Leadership and Cultural Studies in the Department of Command, Leadership, and Management. COL Darrell Aubrey is the Director, Sustainment Operations in the Department of Military Strategy, Planning, and Operations. Prof Chuck Allen completed his second year as the Vice Chair of the USAWC Faculty Council. MAJ Matthew Ruff is USAWC Deputy G6 and CW2 Litrena Gordon is with the G1 Human Resources Division.

US Army War College ROCKS Student Chapter Achievements

Student members of the ROCKS participated in prestigious programs during the course of the USAWC year: Ms. Nicole Thomas and COL Jackie Thompson were in the Carlisle Scholars Program; COL Ken Cager, Ms. Cynthia Dixon, Ms. Valerie Lubin LTC Lee Matthews, and COL Delton Nix were in the Advanced Defense Management Program; LTC Johnny Evans, Jr. was in the Advanced Strategic Arts Program; LTC(P) Antionette Rainey was in the National Security Policy Program; and LTC Lisa Lamb and COL Eric Lopez were members of the Eisenhower Series College Program.

Students were fortunate to have professional development opportunities with various senior leaders, to include LTG Darrell Williams, Director Defense Logistics Agency, who shared sage leadership advice on mentorship with members and guest attendees.



MG Charles Rogers Chapter members support US Army War College Black History Month Observance (left to right: LTC(P) Yolanda Maddox; LTC(P) Landis Mattox; BG William Walker—CG, DC National Guard; COL Ken Adgie—Deputy Commandant, USAWC; LTC(P) Andre Burks; CSM Christopher Martinez—CSM, USAWC)

The chapter co-sponsored a Black History Month Program with the Carlisle Barracks and USAWC, with ROCKS members leading the discussion panel, offering their personal experiences and insights gleaned from the numerous contributions made by African-Americans throughout history to the nation and its military. The USAWC and ROCKS also recognized talented middle school-age students for their achievements in an essay writing competition.

US Army War College Graduation

Members of the MG Charles Rogers ROCKS Chapter were among the more than 380 senior U.S. and international military officers and civilian leaders recognized during the USAWC graduation ceremony on June 8, 2018, for their academic achievements and professional excellence.

GEN Gustavo Perna, Commander, US Army Materiel Command, served as the keynote speaker, and issued the challenge: "The requirements -- whether you go to command, or you work on a higher staff -- will require every bit and more of what you learned this last year," he said. "It will force you to reach into the depth of your knowledge and intellect. It will require you to assess and make

recommendations quickly and responsibly for the Soldiers, Sailors, Airmen, and Marines that are under your command. This is an unprecedented responsibility.” He expressed his confidence that the USAWC Class of 2018 is ready to meet this responsibility ROCKS members will embrace this challenge, and are more than ready to not just meet the expectations put forth by GEN Perna, but to exceed them.

Spotlight on DC Chapter OPD Sessions

By LTC Stephen Stanley &
COL(R) Shelia Howell-Flowers

In support of the ROCKS, Inc. goal of mentorship, the ROCKS D.C. chapter provides leadership professional development sessions to its members and utilizes its location in the National Capital Region to bring various leaders to its meetings.

The DC chapter started this year off with an update and briefing from BG (R) Earl Simms, the former Chairman of the National Board of ROCKS, Inc. to a group of officers and civilians. He talked about the national short-term goals and objectives as well as shared that the National Board’s partnership with the Association of the United States Army (AUSA).

This partnership was critical to the ROCKS’ effort:

- To build coalitions,
- To increase its brand recognition, and
- To diverse audiences.



BG(R) Adams-Ender pictured (first row third from the left) with members of the DC Chapter of the ROCKS

As a result of the partnership with AUSA, the ROCKS had a booth for the first time at the annual AUSA Conference in October and was invited to co-host two tables for ROTC Cadets during the 2018 BEYA Conference. BG Sims encouraged our group to embrace diversity in a real tangible way by asking other individuals from different groups to attend our meetings and other events. He explained how mentorship impacts our readiness, which is the Army’s number one priority.

February

Guest Speaker: BG (R) Clara Adams-Ender

Focus: Mentorship

Takeaways:

- She had personally benefited from good mentors throughout her career.
- Mentors take the time to get to know you, your family and engage regularly.
- The mentor/mentee relationship must be a two-way relationship that is authentic and focus on professional development.

March

Guest Speaker: SES Warren Whitlock, the Deputy Assistant Secretary of the Army, Diversity and Leadership Office

Focus: Diversity in Today’s Army

Takeaways:

- Diversity is all the different characteristics and attributes of the Army’s Total Force, which are consistent with our core values, integral to overall readiness and mission accomplishment, and reflective of the nation we serve.
- Diversity is a whole myriad of cohorts, not just race and gender.
- By definition, the Army is a diverse organization, and that diversity is a leadership component.
- The concept of inclusion is the action or state of including or being included within a group or a structure.
- The Army has developed a strategy that includes:

- Increased engagement of Senior leaders and Key Stakeholders;
- Strengthen support for the Army’s Mission Strategy – Force 2025 and beyond;
- Empowered senior leaders, who link their diversity action plans to the unique needs of their command/units;
- Increase diversity and inclusion coaching, education and support for senior leaders, reward and recognize diversity.’
- Champions/Ambassadors and training on unconscious bias.



LTG Bingham addresses the members of the DC ROCKS Chapter.

May

Speaker: LTG Gwendolyn Bingham, U.S. Army Assistant Chief of Staff for Installation Management

Focus: Bingham’s Top 10 plus four” pearls of wisdom

Takeaways:

1. Stay positive always. A positive attitude will take you one-half the distance.
2. Do the best job you can – no matter the job; seek the tough jobs;
3. Work productively every day; learn your craft well.
4. Read;
5. Be a TEAM player 24/7;
6. Be “relevant and value added” to every TEAM you are part of;
7. Maximize opportunities to diversify your portfolio;
8. Broaden your job skills and attributes via broadening assignments;
9. Keep yourself physically, mentally, and spiritually fit;
10. Build relationships and sustain them. Remember the Golden Rule: Do unto others...Dignity and Respect to All!

The + 4 of LTG Bingham's Top 10 includes: DO THE RIGHT THING – EVEN WHEN NO ONE IS LOOKING; YOUR AUDIO MUST MATCH YOUR VIDEO, quotes she borrows from retired LTG Russel L. Honoré; “Nobody cares how much you know until they KNOW how much you CARE!” and We are public servants; be proud, yet humble...always!

Additionally, LTG Bingham provided additional tools for our Professional Army Kitbag by inspiring us to be: Men and Women of Character and Values, Standard Bearers; Mentors to Subordinates; be Tactically; Technically Competent; Physically Fit; to be relevant, Counsel our Subordinates; Support the tenets of Sexual Harassment/Assault Response & Prevention (SHARP); Care for our Soldiers, Civilians, and Families...Thank them often!; Inculcate a positive Command Climate wherever you are assigned!; Build relationships and sustain them and know that “Retaliation” in any professional situation is a non-starter!

June

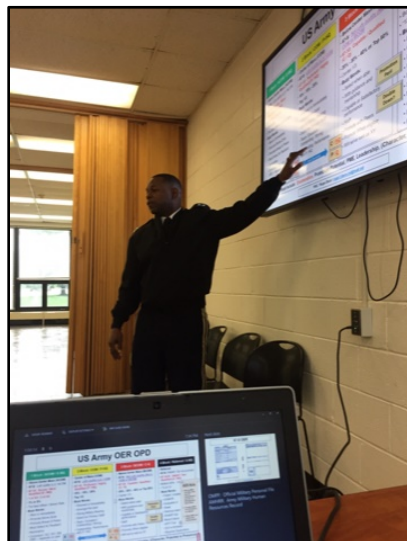
Speaker: MG Phillip M. Churn, the Assistant to the Chairman of the Joint Chiefs of Staff for Reserve Matters.

Focus: Understanding the Army Selection-Board Process through the eyes of a Board Member

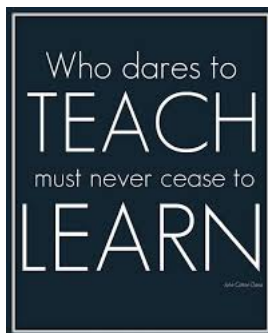
Takeaways

- A Panel or Board member only has to brief time to view your board file due to the volume of records that must be reviewed.
- The Last 3 OER's are the First Impression for Panels / Boards
- Senior Rater Comments Matter
- Must include: Enumeration, Promotion Potential, PME, Leadership, (Character, Potential or Presence), specifically noting the Buzz Words that are present and noticeable to Panel or Board Members as they review Above Center Mass (ACOM), Center of Mass (COM), Below Center Mass (BCOM) and Referred OERs.
- Completion of Professional Military Education is vital and
- An updated DA Photo are keys to your success.

- The DA Photo begins with the Soldier and takes time.
- Ensure your uniform fits
- Reflects only the awards and citations annotated on your ERB/ORB.
- MG Churn takes a Senior NCO with him to ensure he is squared away.
 - Photos shall be updated at a minimum per the following schedule: General officers – every 3rd year, Officers and NCOs – every 5th year.
 - Policy allows soldiers to update their photo when they are awarded an Army Commendation Medal or higher.
 - New unit patches, service stripes or awards lower than an ARCOM are not justifiable reasons for a new photo.
 - Soldiers are judged by their appearance; always maintain and keep your bearing!



MG Churn gives a presentation on Professional Development



Hampton Roads Chapter Scholarships Ceremony

By LTC (Ret) Toney C. Mooney

Photo by Mr. Andrew Brown

The Hampton Roads Chapter (HRC) held its Sixteenth Annual Scholarship Award Ceremony on May 22, 2018, awarding scholarship to six outstanding Junior ROTC Cadets from the Hampton Roads Virginia area, who are going on to pursue college degrees and participate in Senior ROTC. The theme for the event was, “Lessons for the Future”,



MG (Ret) Frank Batts; Cadet Ruth M. Archambault, Cadet Arlisha M. Boykins, Cadet Ethan A. Gilmore, Cadet Parker L. Smith, Cadet Rachael M. Sprouse, Cadet Brittney S. Tyler, and Chaplain (COL) James Palmer Jr.

The evening started with an “ice breaker” social enabling the HRC members, scholarship awardees and their family, and guest to socialize before the start of the formal portion of the ceremony. MG (Ret) Frank Batts, HRC President, provided a brief history of the ROCKS, Inc.

LTC Harris welcomed everyone to the event to help celebrate the success and bright future of this year's awardees: Cadet Ruth M. Archambault - Landstown High School (HS) Virginia Beach, Va.; Cadet Arlisha M. Boykins - Woodrow Wilson H.S., Portsmouth, Va.; Cadet Ethan A. Gilmore - Woodrow Wilson H.S., Portsmouth, Va.; Cadet Parker L. Smith - Menchville H.S., Newport News, Va.; Cadet Rachael M. Sprouse - Norview H.S., Norfolk, Va.; and Cadet Brittney S. Tyler - Woodrow Wilson H.S., Portsmouth, Va.

MG (Ret) Batts acknowledge donors to the HRC Scholarship Fund, both individual and corporate by presenting

tokens of Appreciation to Dominion Physical Therapy; Health Partners Home Care, Inc.; Longevity Consulting, and State Farm Insurance. Special recognition was made to the Newport News, Va. Police Department, represented by Assistant Chief Eric Randall, for the use of their conference facility for the fifth year. Also, the Denbigh HS Color Guard was presented a Certificate of Appreciation, and each Color Guard member was given a HRC Coin for their role of presenting the colors.



COL (Ret) Julius Coats, Chapter Advisor, introduced the Guest Speaker. Chaplain (COL) James Palmer Jr., Command Chaplain, United States Army Training and Doctrine Command, Fort Eustis, Virginia. Chaplain Palmer provided an encouraging message to the awardees. Calling his message a “father’s perspective on lessons for the future”, Chaplain Palmer referred to “the crowds”, telling the Cadets to be careful of the crowds they hang out with, because crowds will influence some of the decisions they make for good or for bad. He encouraged the Cadets to hang out with people in the crowd that want you to succeed and who are going places in life, and don’t let the people in the crowd keep you from reaching your destiny? Next he advised the Cadets to “don’t be afraid of failure”. He said what matters most is not how many times you fail, but that you never stop trying. And finally, he challenged the Cadets to “use your education to make a difference”. He told the Cadets that whatever they decide to do, to dream big and use their education to make a difference in the lives of other people, their community and the world.

The schools of higher learning the Cadets will attend this fall are as follows: Cadet Archambault, Old

Dominion University; Cadet Boykins, Radford University; Cadet Gilmore, Virginia Military Institute; Cadet Smith, Virginia Tech, Cadet Sprouse, Marion Military Institute; and Cadet Tyler, Elizabeth State University.

Buffalo Soldier Chapter of the ROCKs Inc. awards over \$1,000 in Scholarships to High School Seniors!

By MAJ Victoria Parrish-Edwards



3rd Place Scholarship winner Alexus Payne!
Pictured MAJ Wayne Griffin Jr. (ROCKS Student President) and MAJ Marki Baskin (ROCKS Vice President (Admin))

On April 24, 2018 the Buffalo Soldiers of the ROCKs Inc. Scholarship Committee met to satisfy our annual scholarship initiative and to promote higher education. Our committee and members of the executive board reviewed scholarship packets of 20 qualified local high school seniors. Congratulations to the following scholarship recipients!

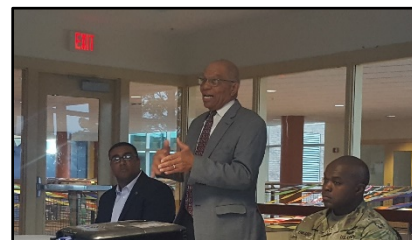
1st Place: Jacqueline Dyke- Leavenworth High School- \$500

2nd Place: Brielle Christian- Sumner Academy of Arts and Science, Kansas City, KS- \$450

3rd Place: Alexsus Payne- Lansing High School- \$350

Hampton Roads Chapter Conducts April Meeting with Hampton University Pirate Battalion

By LTC (Ret) Toney C. Mooney



Panel Members LTC (Ret) Tom Moore, MG (Ret) Wallace Arnold (Facilitator), and MAJ Dion Howard

The Hampton Roads Chapter (HRC) conducted its April General Membership Meeting at Hampton University (HU), hosted by the HU Pirate Army ROTC Battalion.

The Professional Development portion of the meeting was a panel discussion facilitated by MG (Ret) Wallace Arnold, HRC Senior Advisor, and graduate of Hampton Institute, with panelist LTC Joe Harris, LTC (Ret) Tom Moore, and MAJ Dion Howard. The theme of the discussion was “Keys to a Successful Military Career”.

Prior to the start of the formal portion of the meeting, a half-hour ice-breaker social with refreshments occurred. This enabled the HU Cadets and the HRC Rocks members and guest to socialize, and meet one another.

Led by CPT Charles Jones IV, Assistant Professor of Military Science, and 1LT George Inana, Assistant Professor of Military Science, approximately 34 Cadets, ranging from MS1 – MS4 participated, along with 14 HRC Rocks Members and guest. After the invocation by Chaplain Juan Crockett, HRC Chaplain, and the business portion of the meeting, MG (Ret) Arnold began the panel discussion. The panel members not only shared key points from their military career experience, but entertained questions from the Cadets. Some of the key takeaways and advice shared with Cadets were:



HRC Rocks, Guest, and Members of the Hampton University AROTC Pirate Battalion

- Always maintain an air of professionalism.
- Seek advice, i.e., mentoring, and counseling.
- Be a fly on the wall. Get into meetings.
- Ask for what you want for the right reasons.
- Stay abreast with where you stand with your boss. Ask, "Am I doing OK?"
- Be engaging. Be willing to say, "I'll do it."
- Have a vision.
- Be a reader, both technical and tactical.

Just prior to Chaplain Crockett giving the closing prayer, the attendees took a group pictures, and was invited to take a HRC pocket calendar as a token of appreciation for attending the HRC Rocks April General Membership Meeting. 1LT Inana was also presented a HRC coin for his diligent effort in coordinating the meeting.

Let the spirit out — Discard all thoughts of reward, all hopes of praise and fears of blame, all awareness of one's bodily self. And, finally closing the avenues of sense perception, let the spirit out, as it will.

- Bruce Lee

2018 is Year of the Anacostia River

By Dr. Michelle A. Jefferson



Washington, D.C. Chapter, The ROCKS, Inc. Membership committee recruits new members during the Anacostia River Tour as a new initiative to build and activate membership. (Photo credit: Sheila Thibodeau)

WASHINGTON – On Thursday, 24 May 2018, the Washington, D.C. Chapter of the ROCKS, Inc.'s membership committee hosted a two-hour Anacostia River Tour provided by the Anacostia River Explorers and courtesy of District of Columbia Department of Energy and Environment. The Anacostia River Explorers provides free tours and educates the public about the Anacostia River's human and natural history, wildlife, environmental threat it faces, and the solutions helping it reach its potential for the District of Columbia, local waterways and surrounding communities. Tour guide Mr. Dylan Alvarez spoke passionately about the past and present health of the river and the surrounding communities. Mr. Alvarez also explained the importance of keeping our nation's waterways clean and reminded everyone that this year marks the 100 years legislation

passed on 31 August 1918, where an act passed to preserve the Anacostia Park.

The nation's capital sits at the confluence of two rivers, the Potomac River and the Anacostia River. The Anacostia River flows to join the Washington Channel to empty into the Potomac River at Buzzard Point. The Anacostia River is historically significant to the national capital's commerce and military support. The Fort Lesley J. McNair was originally named the Washington Arsenal and a major site for the defense of the capital, and the Washington Navy Yard, the oldest shore establishment of the U.S. Navy, lies adjacent to the Anacostia River.

The Anacostia River is often referred as the "D.C.'s forgotten river" and had a reputation for being polluted. The Anacostia River and the Anacostia corridor was once a dividing line in the nation's capital that separated poor African-Americans and affluent Americans. Today, D.C. is committed to strengthening and uniting this historically divided area of Washington, D.C. by transforming the Anacostia to a vibrant, healthy and thriving civic space for all to enjoy.

Washington, D.C. Chapter member outings like the Anacostia River Tour is a new membership committee initiative to build stronger bonds amongst current members, increase new membership and awareness of the ROCKS, Inc. through social and educational activities. Participants included active duty, civilian, cadet and family members.

**THE MEANING OF LIFE IS
TO FIND YOUR GIFT. THE
PURPOSE OF LIFE IS TO
GIVE IT AWAY.**

PABLO PICASSO





The Anacostia River Tour is free and provided by the Anacostia River Explorers. Participants enjoyed a fun, enlightening and relaxing evening guided by Mr. Dylan Alvarez. (Photo credit: Dylan Alvarez)

27th Annual DC ROCKS 5 Mile Run and 2 Mile Walk



**Saturday @ 0800
September 15, 2018**

Entry Fees:
\$25 ROCKS Members
\$30 Non-Members
\$20 Cadets
\$15 Age 14 and under
\$5.00 Price Increase 01 AUG 18

Great practice run for the
Army Ten Miler!

Commemorative
T-Shirts provided to all registrants!

**Lake Accotink Park
5650 Heming Ave, Springfield, VA**

REGISTER NOW @
www.dcrocks.racewire.com



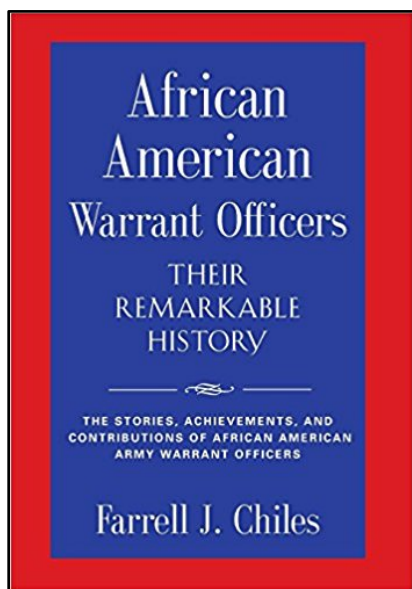
Follow us at
<https://www.facebook.com/DCROCKSInc/>

Share your registration on social media
using #DCROCKSRUN

*Race proceeds will support academic scholarships for U.S. Army ROTC Cadets
For more information call 504-570-3051

African American Warrant Officers – Their Remarkable History

By CW4 Ferrell J. Chiles, USA, Ret.



I am pleased to announce the publication of my latest book “African American Warrant Officers – Their Remarkable History”.

This book is written in conjunction with the 100th Anniversary of the Warrant Officer Cohort (July 9, 1918 – July 9, 2018).

My previous book, “African American Warrant Officers...In Service to Our Country” was published in 2015. The book was a result of a lot of research and surfing the internet for historical and background information. The book included strength reports of African American Warrant Officers from December 1941 to September 2013. There were chapters and bios on African American Warrant Officers who were inducted into the various Army Corps’ Hall of Fames, and it profiled several African American Warrant Officers from World War II to the Iraq War.

However, this current book relies primarily on African American Warrant Officers providing information about themselves and their willingness to share their biographies, stories, photos, contributions, and

achievements in the military and in their civilian life.

The idea of the book “African American Warrant Officers – Their Remarkable History” came to me on September 10, 2017 while I was attending an annual conference of the Military Writers Society of America (MWSA). I had not planned to write a follow-up book, but I was impressed by other writers at the conference and their zeal to tell stories of the military, fact and fiction, as it related to their experiences, backgrounds, and interests.

Why this book? African Americans must tell their stories and history too. There is an old African proverb that says, “Until the lions have their own historians, the history of the hunt will always glorify the hunter.”

On September 12, 2017, I sent out an email announcing the book project and that I was seeking “100” biographies, stories, and photos highlighting the achievements and successes of African American Warrant Officers (retired, former, and current) for inclusion in the book. The response was overwhelming. The Warrant Officer network shared the email and the “Quiet Professionals” ® responded to the request.

“African American Warrant Officers – Their Remarkable History” is full of unique stories. From 84 year old Chief Warrant Officer Three (Retired) Julius Green who was the first African American deep sea diver in the United States Army to CW5 Rufus N. Montgomery, Sr., the first African American Warrant Officer inducted into the Order of the Eagle Rising Society, the stories are amazing.

Included in the book are biographies of CW5 Deshawn L. Bell, the Signal Regiment’s fifth Regimental Chief Warrant Officer (RCWO); CW5 Jerome L. Bussey, the fourth U.S. Army Engineer School Regimental Chief Warrant Officer; CW5 Billy Jackson, Senior Military Technical Evaluator, Aberdeen Proving Ground; CW5 (Ret.) James C. Tolbert, 2009

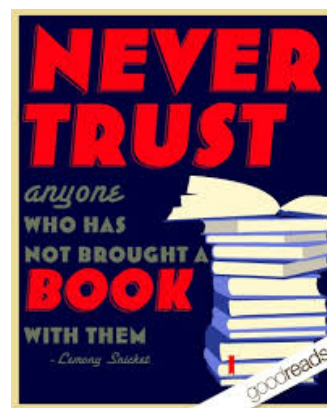
Quartermaster Hall of Fame inductee; and CW5 (Ret.) Aurelia Murray, first African American female promoted to the rank of Chief Warrant Officer Five.

Articles that I’ve written over the past three years in the ROCKET appear in the book. These articles are bio/essays that highlight the successful careers of pioneer African American Warrant Officers such as CW5 (Ret.) Rowmell R. Hughes, CW5 (Ret.) James A. Jackson, CW4 (Ret.) Percy D. Butler, CW5 (Ret.) Ida Tyree Hyche, CW4 (Ret.) Leonard S. Dungey, and others.

“African American Warrant Officers – Their Remarkable History” is available through the publisher at www.booklocker.com. It can be purchased at amazon.com; barnesandnoble.com; and other retail book outlets.



CW4 Ferrell J. Chiles, USA, Ret.



Continued from page 24

[Hawaiian Beef Teriyaki Kebabs](#)

This super-tasty Hawaiian Beef Teriyaki Kebabs recipe is a fairly inexpensive way to serve steak to cook-out party guests, that makes a flavorful and satisfying meal. Fruity [pineapple](#) adds extra zing to hearty chunks of beef that are marinated before grilling in a delicious, homemade teriyaki sauce made from pineapple juice, soy sauce, brown sugar, garlic, sesame oil, black pepper, and ginger.

[BBQ Chicken Thighs](#)

Chicken is a great menu option to have at a BBQ, and this simplified chicken recipe, inspired by the best of grilling competitions, is sure to wow your cook-out party guests. Juicy, flavorful chicken thighs are smothered in an easy, homemade BBQ sauce that's prepared in advance, for a smoky, tender grilled chicken dish that pairs perfectly with potato salad and coleslaw.

[The Side Dishes](#)

- These side dishes can be mixed and matched with the grilled meats on the menu. Let guests serve themselves from a buffet table set-up, to create their own, customized cook-out party plates.

[Grilled Vegetable Kebabs](#)



[Vegetarians](#) at your cook-out party, and any guests who enjoy the fresh, flavorful taste of grilled veggie skewers will enjoy this tasty side dish that's prepared and cooked on skewers. Marinated in an easy, homemade Dijon-herb

mixture, these colorful vegetable kebabs are bursting with flavor. Use as a side dish for grilled burgers and chicken, or simply serve by themselves.

[Fresh Grilled Corn on the Cob](#)

Fresh, grilled corn on the cob is an all-American cook-out party favorite and a wonderful way to bring out the sweetness and flavor of this vegetable. It only takes about 15 minutes to grill fresh cobs of corn in their husks on the BBQ.

[Dockside Potato Salad With Bacon](#)

A great potato salad is a must at any summer BBQ party. This nicely seasoned potato salad uses colorful red potatoes, for a great look on your buffet table. Traditional potato salad recipe gets a huge flavor boost with the addition of savory [bacon](#), chopped, tangy dill pickle, onion, celery, and parsley. It all mixes together beautifully in a creamy, tangy mayonnaise dressing that's super easy to prepare.

[Coleslaw Salad](#)

Coleslaw is a traditional cook-out party salad that develops its flavors over time, making it an ideal make-ahead side dish. This yummy, attractive coleslaw recipe, made with a combination of colorful purple and green cabbage, can be prepared the day before your party and pulled out of the fridge at serving time. A great, simple side dish that adds texture and freshness to your BBQ meals.

[The Condiments](#)

- You'll want to have a good supply of traditional cook-out condiments and hamburger toppings on hand at your party for guests to enjoy. Stock your party tables with the basics- ketchup, mustard, relish, mayonnaise, pickles, onions, tomato slices, American cheese slices and lettuce. Then, give your guests something to rave about by

preparing a big bowl of homemade salsa. We've got an incredible peach-based version for you to try below, that tastes delicious and adds that extra-special something to your grilled beef and chicken dishes.

[Peach Salsa With Lime and Honey](#)

You could easily whip up this tasty, savory-sweet [peach](#) salsa the day of your party, but we suggest preparing it a day ahead of time, to give the flavors of the chopped fruit and vegetables time to mingle and develop. Flavored with red onion, fresh cilantro, crunchy peppers and a little garlic, this tasty salsa recipe makes an excellent complement to grilled chicken and vegetables. You could also serve it on top of grilled bread slices for a sweet, tangy [bruschetta](#) appetizer.

[The Desserts](#)



- Cook-out party desserts don't have to be fancy to please. You could easily get away with serving ice cream and fresh fruit platters bought from the store. For the ultimate cook-out party menu, though, consider making these simple, crowd-pleasing fudge brownies, which are delicious on their own, or served alongside a dollop of vanilla ice cream.

Chocolate fudge brownies are rich, creamy and decadent, these perfect, chocolaty homemade

brownies are made with just a handful of ingredients. You'll get a reputation as a great baker when you serve these deceptively easy [chocolate treats](#) at your cook-out party.

The Beverages

You know your party guests best, so you can tailor the drinks to their tastes. As a general rule, it's always a good idea to have a selection of [non-alcoholic](#) and [alcoholic](#) beverage choices at a cook-out. You can choose to keep your drinks table basic with bottled soft drinks, plus beer and wine coolers. (Simply put out a cooler or bucket with ice, and let guests serve themselves during the party). Or, if you want a pretty presentation for your buffet table, why not mix up a pitcher of delicious, fruity, refreshing wine-based sangria? We've got a great, easy white wine sangria recipe that you can serve as a delicious, cooling beverage for your guests who enjoy drinking wine

The Final Word

On the day of your get-together, keep in mind the advice of the best party planners—that if you're relaxed and happy as the host/hostess, your guests will follow your lead. That means, if something feels too complicated or difficult to pull off, we recommend scratching it entirely and substituting something simpler. Your family and friends won't care if the desserts are store-bought, or homemade, for instance, as long as you're serving them with a smile (and there's plenty to go around). Happy summer, and have a wonderful party!



**Monday,
September 3, 2018**



NEW ROCKS MEMBERS

1LT Lakaysha Barnes
CPT Micah Barnes
MAJ Clifton Bass
CPT Lakia Booker
LTC Shirley Brown
MAJ Toni Brown
LTC Malcolm Bush
MAJ Simone Butler
MAJ Steven Camacho
CPT Abdullah Clark
COL(R) Alexander Conyers
1LT Stanley Coppedge II
CPT Samuel Cotton
1LT Reyna Creamer
MAJ Charlie Cummings
CPT Gregory Davis
WO3 Russell Davis
1LT Montrey DeLoatch
CPT La' Trina Dudley
LTC Gwendolyn Ellis
LTC Darius Ervin
MAJ Richard Evans III
CPT Howard Falls
WO1 Joel Ferguson
CPT Gloria Freck
CPT Julie Fulton
CPT alex green
CDT Jenesis Harper
MAJ James Harrington Jr.
CDT Briana Harvey
Ms. Elizabeth Helm-Frazier
COL James Hennigan
Ms. Cheryl Hickman
CPT Jessica Jacinto
Ms. Ronika Jackson
Mr. John James
LTC Thwana Johnson
CPT Leyla Kosakowski
MAJ Hung Lieu
LTC Montrese Love
MAJ Melissa Manigault
Ms. Jacquelin Marrero
CPT Keith Marshall Jr
CPT Maria Martinez
CPT Brandon McCalla
LTC Eric McCoy
MAJ Ricky Mitchell
MAJ(R) Ellis Moffett
CPT Scott Moncrief
LTC Sheldon Morris
2LT Rodrick Patterson

COL(R) Paul Patton
MAJ Ah-Lon Peoples
CPT Joseph Perkins
LTC Jovon Perry
LTC Shayla Potter
CPT Ross Powell
MAJ Riiecharde Prenell
CAPT Ebony Ramseur
CPT Scott Rankin
CPT Kenneth Redd II
MAJ Demarcio Reed
COL(R) Enrique Riggs
CPT Zina Roberts
CPT Mackenson Romulus
LTC(R) Rodney Rose
CPT Jarietta Ross
1LT Jared Ross
COL Angela Simmons
1LT Darren Singh
MAJ Brittiane Staton
CPT Christel Thompson
MAJ Lyndsey Thompson
CPT Tabatha Trice
CPT Devin Vickers
CPT Thomas Vu
Mr. Marshall Williams
1LT Maurice Williams
Ms. Terri Williams
BG David Wilson
LTC Barry Winnegan
CPT Laura Wyatt

Joined 3/18/2018 – 7/17/2018

MEMBERSHIP RENEWAL *Annual Dues*

Cadet = \$20

03 and Below = \$33

04 and Above = \$58

National ROCKS Life
Member = \$650

DEADLINE: 01 SEP

SUPPORT THE ROCKS, INC. THE NEXT TIME YOU TRAVEL

The National Board of the ROCKS, Inc. has partnered with Imagine, Inc. to raise funds to support the operations of the organization. We are seeking your support as you begin your summer traveling.

Book your next hotel at www.StayFaster.com with the Promo Code **ROCKS**, the organization will receive **7% back** from every booking. Also, when a member from a local chapter books a reservation using the code, The National Board of the ROCKS, Inc. will send a percentage of the 7% to the local chapter. *(Be sure to add or update your chapter affiliation in the online membership directory).*

Steps:

1. Go to <https://www.stayfaster.com/>
2. Click the square box in the top right corner with three lines and select "Create an Account".
 - a. Enter Promo Code for your chapter (shown below)
 - b. First and last name
 - c. Email address
 - d. Password (must be 8-20 characters)
3. Once account is established, go back Login page. Login and fill in profile data.
4. Now go back to web link "Stay Faster- The Fastest Way to Book Your Next Hotel"
5. Follow instructions by providing requested info, then hundreds of hotels to select from will appear. Select your hotel and Book your reservation.
6. A confirmation notice from "Front Desk" will be sent to the email address you provided.
7. The more you book through this site will increase the "royalty" to your Chapter.
8. Safe travels and remember this is a fundraiser. Encourage friends and family to use it as well using your chapter's promo code.



Location	Chapter Name	Chapter Promo Code
Carlisle Barracks, PA	MG Charles Rogers Chapter (AWC)	ROCKS22
Forsyth, GA	Patriot ROCKS	ROCKS23
Fort Bliss, TX	Fort Bliss Chapter	ROCKS03
Fort Bragg, NC	All American Chapter	ROCKS04
Fort Campbell, KY	Fort Campbell, KY	ROCKS17
Fort Carson, CO	Iron Horse ROCKS	ROCKS20
Fort Hood, TX	Phantom Warrior ROCKS	ROCKS06
Fort Knox, KY	Gold Vault ROCKS	ROCKS19
Fort Leavenworth, KS	Buffalo Soldier Chapter	ROCKS08
Fort Lee, VA	Central Virginia Chapter	ROCKS09
Fort Leonard Wood, MO	Harry S. Truman Chapter	ROCKS18
Fort Polk, LA	Gator ROCKS Chapter	ROCKS24
Hampton Roads, VA	Hampton Roads Chapter	ROCKS11
Oahu, HI	Aloha Chapter of the ROCKS	ROCKS16
San Antonio, TX	SAM Houston Chapter	ROCKS12
South Korea	Morning Calm Chapter	ROCKS13
Washington, DC	DC ROCKS	ROCKS14
West Point, NY	The Henry O. Flipper Chapter	ROCKS15

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