

**PSU 305 Pre-Deployment Event
December 2-4, 2011
Arlington, VA**



The Renaissance Hotel and Conference Center in Arlington, VA served as the host location for this event. The event was attended by more than 300 members, families and special guests.



The event began with registration on Friday evening, an opportunity to get settled in and have a meal while catching up with shipmates and friends.



Registration continues into Saturday morning, information and support is always available during the event.



Chaplain Ulven kicks-off Saturday morning with an invocation



Captain Gray from the Deployable Operations Group addresses the audience.



RADM Zukunft and his wife speak to the importance of the mission and sacrifices being made by members and families during deployment.



RDML Welch addressing the audience.



President's Council on Fitness and nutrition addressing the audience and speaking to the importance of physical fitness.



President's council instructor on fitness & nutrition leading a group stretching exercise "everyone one up"



Personal Financial Consultant delivers her module on financial wellness and the importance of making sound financial decisions during deployment.



The Financial Consultant discussing specific tools and strategies that is available for making the most of your deployment.



Couples and families work together during the group exercises.



Working together builds stronger bonds.



These exercises and group activities are designed not just for couples but for the entire family.



Listening intently to the facilitators together.



Working together and engaging everyone is the goal.



Frequent breaks allows for ample time to follow-up with specific service providers and address individual needs and questions.



Lots of take-away materials are provided from the service providers to take home and reference later on if necessary.



Most service providers are volunteers and many have gone through multiple deployments themselves which prepares them to relate to the needs of our people and your questions.



The service providers are available throughout the entire day for our members to visit with them.



The PSU 305 Unit Ombudsmen, Mrs Amy Priest addresses the audience and explains her role during the deployment cycle. It is an important one!



RDML Welch and MCPOCGR Mark Allen recognize Mrs Priest for her volunteerism and support as the Unit Ombudsmen.



RDML Welch and Senior Leadership handing out certificates of appreciation to the children recognizing their contributions and sacrifice.



This is great!



All of the children receive a certificate of appreciation.



Yellow Ribbon Programs are designed to engage the entire family and strives to maintain an atmosphere where bonds may be strengthened while receiving important relevant information to all.