



MEMORANDUM FOR 2/75 COMMAND STAFF, DARBY PROJECT, SUPPORTING ADVISORS

SUBJECT: OVERVIEW AND PLANNING OF THE RANGER FOR LIFE PROGRAM FOR 2/75 RANGERS

MISSION: 2/75 will execute RANGER FOR LIFE NCOPD (23-25 APR 2019) IOT encourage leader involvement to ensure Rangers have a plan that will enable them to be as successful outside Regiment, or the Army as they were while serving.

2/75 CSM TAKE AWAYS:

- It's a family business
- Mentorship
- How do we look/ plan long-term

ENDSTATE: NCO's and Transitioning Rangers within 2nd Ranger Battalion have the knowledge to develop and lead young Rangers IOT achieve a successful transition out of the Army

OVERVIEW: The Darby Project has been tasked with providing a meaningful value-based custodianship of the Ranger for Life initiative in partnership with the 75th Ranger Regiment.

This 3 Day seminar will follow the S.T.A.R. outline supporting the 5 points of Functional Fitness. Each guest speaker will be categorized according to the Functional Fitness theme for the day.

**On Day 2 and 3, the program will be opened to Ranger Families to participate and be included in topics that are a "family effort" to achieve.

These include: Professional, Social, Spiritual, Emotional and Physical Fitness.

SPECIAL GUESTS: Each day a Keynote Speaker or Special Guest will cover a topic not necessarily associated with the Fitness Theme of the day, but important information and experiences on the topic of transition.

TARGET DATES/TIMES

23-25 APR 2019

0930 – 1130 RFL

1130 – 1300 LUNCH

1300 – 1530 RFL

Depending on space available in Evergreen Theater will determine the amount of participating vendors. Information tables will be setup throughout the 3 day program allowing Rangers to interact with people and gather information throughout the program, allowing maximum time for questions and information to be exchanged.

RON O'FERRALL
PNW Ranger Veteran Leader
Darby Project

Day 1: PROFESSIONAL FITNESS

0930 – 0940 - Opening remarks, welcome and introduction by 2/75 Staff

- **Ranger for Life Overview – Regiments Efforts**

0940 – 1010 - Special Guest Speaker – MSG(R) Leroy Petry, MOH (30 minutes)

- Setting the expectation – Special Note for Transitioning Rangers

1010 – 1045 - Darby Project – Ron O’Ferrall – Transitioning, What Is It? (30 minutes)

- Former 2/75 Ranger, Ron O’Ferrall describes the transition process in a method easily understood by transitioning service members whether it be a PCS change, ETS, or Retirement.
- Introduction to Self-Training and Response Ability (S.T.A.R.) and Functional Fitness. This 15 minute overview will set the pace and expectation for the duration of the program, speakers, vendor support.
 - Professional Fitness
 - Social Fitness
 - Spiritual Fitness
 - Emotional Fitness
 - Physical Fitness

1045-1100 - 15 MINUTE BREAK

1100 – 1105 Darby Project – Ron O’Ferrall – Professional Fitness Overview (5 minutes)

- Developing personal professional networks
- How to translate military skills into language that is engaging and meaningful in a resume
- How to plan and budget money
- What should I study in school? How do I relate to the students and professors that have no military experience?

1105 – 1135 – Your6 – Doug Quitmeyer – 30 minutes

What Are Today’s Employers Seeking That a Ranger Possesses?

- Former 1/75 Ranger Squad Leader, Doug Quitmeyer describes his challenges assimilating to the civilian workplace due to a gap in translation and understanding of military skills and experience. This drove him to create Your6 a transition resume software company and consultancy to corporate executives.
- Doug Quitmeyer Bio:
https://www.army.mil/article/186263/soldier_for_life_ranger_veteran_doug_quitmeyer

1135 – 1300 BREAK / LUNCH

1300 – Darby Project - Ron O’Ferrall – Introduction to Matt Eversman

1300 – 1345 Key Note - Matt Eversman – Leading in Times of Change

1345 – 1400 BREAK

1400 – 1430 – Microsoft - Aaron Payan – Using Education as an Outlet

- Microsoft Global Messaging Manager, and former 2/75 Ranger, Aaron Payan discusses how his experiences as a Ranger, both successful and challenging, and how he used education as an outlet for success despite going through a career ending injury.
- How to maximize your G.I Bill
- What should I study?
- Do I really need a degree?

1430 – 1530 Pointe Du Hoc Foundation – Financial Planning Part 1 Part 2 1530-1630

- The importance of savings
- How can I do a better job at budgeting and planning?
- How much is enough?
- How can I plan for a financial future?

1530 Darby Project – Ron O’Ferrall Closing Remarks

- Turn over to 2/75 Staff

Day 2: SOCIAL, EMOTIONAL AND SPIRITUAL FITNESS

0930 – 0940 Darby Project – Ron O’Ferrall – Emotional and Spiritual Fitness Overview

0940 – 1015 - COL(R) Chaplain Marc Gauthier – Emotional Fitness

- How do I develop a healthy self-image and maintain it?
- How can I control my anger?
- What is mediation and how can I use it to improve my life?
- What do I need to do to get out of my depression?

1015 – 1020 Darby Project - Ron O’Ferrall - Introduction to Chaplain Drew Robinson

1020 – 1100 Chaplain Drew Robinson – Spiritual

- What is my purpose? Why am I here?
- How can I best pursue my passion? How do I discover it?
- What do I need to do to help others?
- How can I learn to live in a state of love for others?

1100 – 1130 BREAK

1130 – 1300 LUNCH

1300 – 1335 Keynote speaker, Matthew Griffin – The Importance of Planning For a Better You

1335 – 1350 BREAK/ MEET & GREET

1350 – 1430 - Noel Meador - Stronger Families - Serving Military, Veteran and First Responder Families

<https://strongerfamilies.com/>

<https://strongerfamilies.com/team/noel-meador/>

1430 – 1445 BREAK

1445 – 1530 – TBD - Social

- How to play a meaningful role in my local community

Day 3: PHYSICAL FITNESS / TRANSITION STORIES / KEY SERVICES YOU NEED

0930 – 0935 Darby Project – Ron O’Ferrall – Physical Fitness Overview

0935 – 1015 Inveniam Athletics -James Markham - Physical Fitness

- What activities should I participate in that will help me live longer and in less pain?
- How do I plan a healthy diet, and how do I stick to it?

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1015 - 1030 BREAK OUT

1030 – 1115 Ron O’Ferrall - -Everything You Need To Know About Your VA Home Loan Benefit

- When can I use it?
- How does it work?
- Can I have more than 1 home at a time?

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1115 - 1130 BREAK OUT

1130 – 1300 LUNCH

1300 – 1340 - CSM(R) Mike Hall - Special Guest Speaker - What Does It Mean to be a Ranger For Life?

- Executive Director - Three Rangers Foundation www.threerangersfoundation.org
Board Member GallantFew

1340 – 1420 – Billy Knight/ Battalion Surgeon - JBLM Veterans Administration – JBLM Medboard and Transition Supervisor

- When should I file my claim for a seamless transition?
- What should I be documenting?
- What is the process?

1420 – 1430 BREAK

1430 – 1500 Ranger Transition Advice/ Experiences (3 minute introductions, 20 minutes group discussion)

- Darby Project - Ron O’Ferrall – Moderator/ Facilitator
- Rickie Watters <2>
- Aaron Payan, Security Operations Center Manager, Microsoft
- Danny Salazar, Director of Communications, Washington State <2>
- Keith Tyler, Certified Financial Advisor, Harvard School of Business <2>

1500 – 1520 Darby Project – Ron O’Ferrall – IF Not Me, Then Who? How to be a Ranger for Life In Your Community

1520 – 1530 Closing Remarks – 2/75 Staff