

Managing the Evolving Roles of Today's CO/XO Spouse

Juggling For Success

THE CO/XO SPOUSES' 2004 CONTINUUM OF RESOURCE EDUCATION

Sponsored By:



JUGGLING FOR SUCCESS: MANAGING THE EVOLVING ROLES OF TODAY'S CO/XO SPOUSE

Never before have CO/XO Spouses had so many roles. Come and join us for an enlightening and fun-filled day devoted to aiding CO/XO spouses in successfully dealing with their careers, different backgrounds, raising children, and expanded fleet readiness within their various types of commands.

- Meredith Leyva, *Author of "Married to the Military" and Founder of CinCHouse.com*
- Cathy Lewis, *Host of WHRO Radio Talk Show "Hear/Say"*

To be followed by an "All Star Panel" that will discuss personal strategies for developing a dynamic command, and provide participants with insight on unique and positive strategies which will function as working tools for their various roles.

Date: Tuesday, October 26, 2004

Time: 8:45 a.m. - 2:00 p.m.

Cost: \$15.00 (Make checks payable to the Navy League. Registration fee, form and box lunch selection must be received no later than Tuesday, October 12, 2004.)

Location: Conference Center at Drexler Manor
Naval Amphibious Base, Little Creek

Sponsored By: Fleet and Family Support Centers of Hampton Roads and The Hampton Roads Council, Navy League of the United States

Space is limited. Should you need additional information or registration forms for a CO/XO or PCO/PXO spouse who may not have received this invitation, please call (757) 444-2102 or e-mail rbeauge@ffscnorna.navy.mil

CONFERENCE SCHEDULE

8:45 am – 9:15 am	Registration
9:15 am – 9:30 am	Opening Remarks
9:30 am – 10:15 am	Keynote Speaker, Meredith Leyva, Author of "Married to the Military" and Founder of CinCHouse.com
10:15 am – 10:30 am	Break
10:30 am – 11:30 am	"All Star" Panel with Q & A
11:30 am – 1:00 pm	Type Community Lunch, with Type Community Leaders
1:00 pm – 1:15 pm	Little Black Dress Skit
1:15 pm – 2:00 pm	Cathy Lewis, Host of WHRO Radio Talk Show "Hear/Say"
2:00 pm	Closing Remarks



DIRECTIONS FROM I-64:

- From I-64 West/East:
- Take Northhampton Blvd. Exit (US 13).
 - Travel east on Northhampton Blvd. for approximately 3 to 4 miles.
 - Take the VA 225 North ramp towards the Naval Amphibious Base.
 - This will place you on Independence Blvd., which leads directly to Gate 5.
 - From Gate 5, proceed to 3rd Street, make a right onto 3rd Street.

EMERGENCY TELEPHONE NUMBERS:

NAB LC Conference Center 757-462-2661

CO/XO SPOUSES' C.O.R.E. CONFERENCE REGISTRATION

NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 PHONE: _____ E-MAIL: _____
 SPOUSE'S COMMAND: _____

PLEASE CHECK YOUR NAVAL TYPE COMMUNITY:

- Aviation Submarine Surface Shore
 Medical Coast Guard Special Warfare
 Other: _____
 Check box if you do not give permission to use this information for the C.O.R.E. Roster.

CONFERENCE MENU

Continental Breakfast will be offered in the morning.
 Box lunches will be provided by Cuisine & Company.
(Box lunch choices, please check one box below)

- Chunky Chicken Salad Wrap** – Boneless chicken breast salad tossed with almonds, celery, mayonnaise & lemon and wrapped with lettuce in a tortilla. Served with fresh fruit salad, chips, and a blueberry square.

 Trio of Salads – Tasting portions of selected salads including chunky chicken, Indian spinach, and confetti vegetables accompanied by homemade slices of whole-wheat French bread. Served with a butter crust topped raspberry bar.

 Salad & Sandwich – Virginia Baked Ham on a butter croissant with Dijon mustard offered on the side accompanied by mixed California greens tossed with dried cranberries, sliced almonds, mandarin oranges and flavored with honey vinaigrette. Served with a chocolate cream cheese brownie.

Fill out and detach this registration form and box lunch selection, and send with payment to:

*Fleet and Family Support Center, Norfolk
 CO/XO Spouses 2004 C.O.R.E. Conference
 ATTN: Ray Beauge
 7928 14th Street
 Norfolk, VA 23505-1219*