



BOTTOM LINE:

EDITION 02-12

UP FRONT

This document is for information purposes and is designed to ensure that all personnel are aware of the many issues or changes that occur in our Navy. Although not inclusive, it is a great venue to share our best practices. If you have information, programs or best practices that you would like to share Navy-wide, send them via your applicable ISIC or Force Master Chief for inclusion. Thanks for your support and feedback.

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MCPON Recommends: www.21stcentury.navy.mil

2 What's Hot

Shipmates,

3 Sexual Assault and Fleet Safety

The first half of this year has been a busy one. Speaking engagements, Fleet visits with the finest Sailors the world has ever seen, testifying before Congress, and general preparation for retirement have all kept me on my toes.

4 21st Century Embraces Technology

During a two-week trip visiting Sailors in Japan and Singapore, I met some very lucky Sailors who currently find themselves stationed abroad. I encourage all of you to try a billet overseas at least once. There is a multitude of experiences to be had in every direction. I know I will never forget my time stationed in England ... heck that is where I met my wife.

5 Weight Loss Success Stories

6 Volunteer Sea Duty Reminder

Recently, I had the honor of visiting our first MCPON's, MCPON Delbert Black's, final resting place in Arlington National Cemetery with the Fleet Master Chiefs. As an unwritten tradition, we left our coins in homage. We also paid our respects to some of the warriors there, and it was humbling to be among so many who gave all they had to our country. It reminds me of what an honor it is to serve in our great Navy for our nation.

7 Operational Stress

7 Drug Testing Expansion

In May, I joined the CNO as we advanced four of our finest to Chief Petty Officers. Congratulations to the FY11 Sailors of the Year: Chief Ship's Serviceman Angela Zamora, Chief Steelworker Louis Salazar, Chief Master-At-Arms Douglas Newman, and Chief Aircrew Survival Equipmentman Maria Johnson. The SOY program has only improved every year with the competition getting more and more impressive.

8 Selective Reenlistment Bonus Update

8 Transition to SELRES via PTS or ECTP

Earlier this month, I had the privilege of setting sail aboard "Old Ironsides" to commemorate the 70th anniversary of the Battle of Midway. It was a cold and rainy Boston morning, but the motivating USS Constitution Sailors charged ahead with the day in true Navy fashion.

9 RAPIDS

9 CPC Website

I hope the first half of your 2012 has been as motivating as mine has. Let's make the rest of the year a successful and exciting one ... keep charging ahead Sea Warriors!

10 HEAT

HOOYAH!

11 Links of Interest

MCPON

Visit MCPON's Facebook page at: www.facebook.com/MCPON



March 5 brought the announcement of the **21st Century Sailor and Marine** initiative from SECNAV. The initiative combines existing objectives and policies with a few new ones. Divided into five areas; readiness, safety, physical fitness, inclusion, and continuum of service, the program reminds us all of the importance our personnel have in the overall operations of the Navy.

Readiness

- Reduce suicides and manage stress by providing Sailors and Marines with the support network, health care, and skills needed to overcome adversity and training leaders to recognize when Sailors and Marines need help.
- Curb alcohol abuse and reduce the number of alcohol related incidents which can end careers and some times end lives.
- Reinforce the Department's zero tolerance policy on the use of synthetic chemical compounds or designer drugs, including synthetic marijuana substances like Spice.
- Aggressively prevent sexual assaults from occurring, support sexual assault victims, and hold offenders accountable. The 21st Century Sailor and Marine will not tolerate any form of sexual assault.

Safety

- Improve motorcycle safety by closing the training gap with Military Sportbike Rider Course (MSRC).

Physical Fitness

- Move from a "culture of testing" to a culture of physical readiness by strengthening PRT requirements and providing better nutrition options.
- NOFFS smart phone App now available.

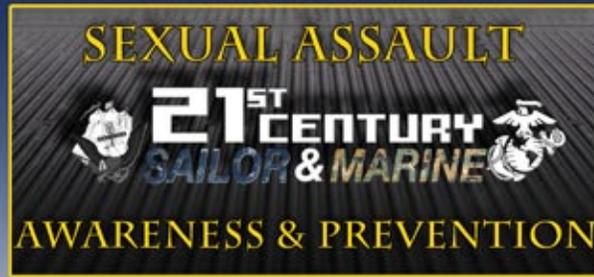
Inclusion

- Increase the diversity of ideas, experiences, areas of expertise, and backgrounds necessary to fulfill the variety of missions asked of us.

Continuum of Service

- Recruit Sailors once and retain them for life through flexible service options that provide opportunities for meaningful and valued work across a career whether in the Navy Reserves or in the civilian workforce.
- Provide tools for life after the Navy to Wounded Warriors and those impacted by force-management actions.

The Navy cannot afford to lose the skill and talent Sailors bring to the fight because our people are DoN's most important asset. 21st Century will help the fleet build resiliency to hone the most combat effective force in the history of the Department.



BLUF: April may have been Sexual Assault Awareness Month, but focus on the issue does not stop.

Readiness is the first of the main focus areas in the 21st Century Sailor and Marine initiative, and eliminating sexual assault from our force is an important part of maintaining a ready Navy and Marine Corps team. One attack can have ramifications across the command, the Fleet, and families and friends of those involved. Prevention is the main goal. Sexual assault is a crime and saps both individuals and organizations of their strength.

The **Sexual Assault Prevention and Response (SAPR)** office oversees the Department of Defense sexual assault policy. Their vision statement is “to enable military readiness by establishing a culture free of sexual assault.” Utilizing their guidance and free information is of the highest priority, and from E-1 to O-10, this knowledge is irreplaceable.

Sexual assault prevention Helpline phone numbers are listed on every DoN website, making available a trained crisis support specialists 24/7. More information and resources are available at safehelpline.org.

Also, the Department of the Navy Sexual Assault Prevention and Response Office has teamed with Central Michigan University’s ‘**No Zebras, No Excuses**’ production this summer to raise sexual assault awareness around the Fleet.

Central Michigan University’s ‘No Zebras, No Excuses’ performance group dates:



- June 18-21 Kaneohe and Pearl Harbor, Hawaii
- July 16-17 Yokosuka, Japan
- July 19-20 Okinawa, Japan
- July 31-Aug 4 Great Lakes, Ill.
- Aug 9 Port Hueneme, Calif.
- Aug 10 Point Mugu, Calif.
- Aug 13-14 San Diego
- Aug 15 on board USS Boxer (LHD 4)
- Aug 16-17 and Camp Pendleton, Calif.



BLUF: 21st Century means 21st Century.

There's an app for that.

Research by the Navy Personnel Research Studies and Technology (NPRST) laboratory shows positive findings backing smartphone applications in the Navy.



Two applications, “**Tactical Breather**” and “**Mood Tracker**”, are both government-sponsored stress apps. “**Tactical Breather**” teaches how to correct breathing methods to help better control ones heart rate. “**Mood Tracker**” aides an individual in self-monitoring emotional experiences with common deployment-related behavioral health issues such as post-traumatic stress, depression, and anxiety.

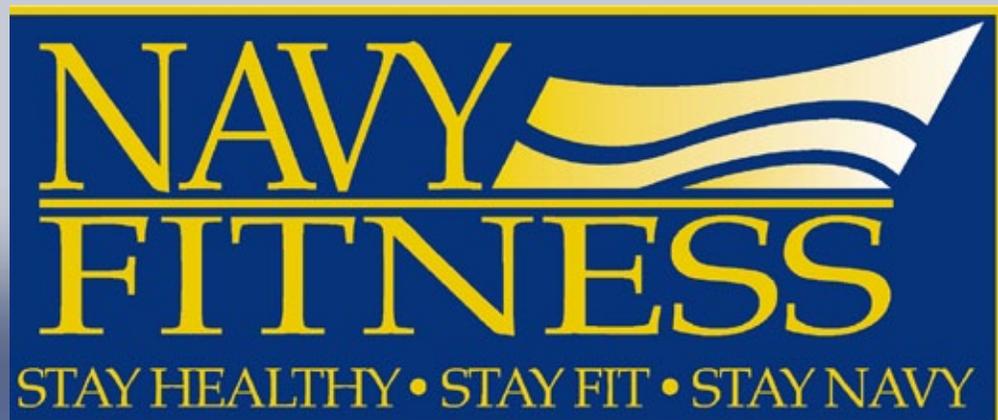
NAVADMIN 176/12 discusses tools to regain balance in the presence of stress.

Continuing to embrace technology, **NAVADMIN 169/12** introduces the Navy Operational Fitness and Fueling Series (NOFFS) iPhone app. NOFFS provides the Navy with “Best in Class” physical fitness and nutrition information for Sailors and with the new app, access to this program is greater than ever. The app provides Sailors with the complete NOFFS program in a convenient format.

The app is currently available for download from the app store for iPhone and iTouch and will soon be open to Windows and Android based smartphones.

Download [Tactical Breather](#)

Download [Mood Tracker](#)



PHYSICAL FITNESS IN THE NEWS



PO1 Matt Mlachak, triathlon guru.

Petty Officer Second Class Derek England, of the USS Elrod (FFG 55), has lost 41-pounds and counting during the ship's current deployment. Thrown into success by his motivation to both workout and eat well, England is quickly leaving his competitors in the command's "Biggest Loser" competition behind. His success has been so pronounced he received a congratulatory email from Assistant Secretary of the Navy, The Honorable Juan M. Garcia, III. England has plans to continue his healthy lifestyle at home, together with his wife, who has now joined a gym.

These are two outstanding examples of success in fitness, but they are not the only ones. Whether it is a mile walked, numerous weights lifted, or a racquetball match played, anything you do in a given day that requires physical exertion is a success.

Read more about these two Sailors' fitness successes at their original news stories:

[Mlachak's story](#) & [England's story](#)

BLUF: PT ... Good for you ... Good for me!

Physical fitness is a large facet to the readiness, safety, and well-being of our Navy which ties it securely to 21st Century Sailor and Marine. Motivated by pant size and competition, two Sailors have made news recently for their standards in physical fitness.

Walking into a store for size 34 pants but leaving with 36 just doesn't sit well with some people and Petty Officer First Class Matt Mlachak, of Norfolk Naval Shipyard, is one of them. Fast-forward 18 months and Mlachak has competed in a half-dozen triathlons and is now set to compete in the World Long Course Championships in Spain this July.





REMINDER: VOLUNTARY SEA DUTY

BLUF: The Voluntary Sea Duty program is available until Sept. 30, 2012, to help shape your career.

Announced in [NAVADMIN 043/12](#), Navy established Voluntary Sea Duty Program for highly trained and motivated Sailors to fill critical billets at sea in support of Navy's global mission. Under the program, Sailors may apply to extend their enlistment in their current sea duty billet beyond their prescribed sea tour, terminate their shore duty early in order to extend their enlistment to obtain new orders to a sea duty billet, or accept back-to-back sea duty orders. The sea duty assignment may be on board ships, squadrons, or other qualified sea duty assignments.

Volunteers will be assigned to commands within the same geographic location as the current command if available, providing the benefit of geographic stability for Sailors and family members. The Navy will also consider Sailors' request for out-of-area moves. Sailors accepted into VSDP will be able to defer their Perform-to-Serve (PTS) window to the minimum obligated service requirement for the orders negotiated, typically 24 months.

Eligibility criteria for PTS deferment is outlined in the NAVADMIN. VSDP also provides Sailors a chance to improve their records and increase their competitive edge through sustained superior performance at sea. Volunteers will not be required to accept a billet they do not desire. The detailers will work with volunteers during two CMS/ID cycles to find desirable orders. If no match is found during this time period, Sailors can reapply.

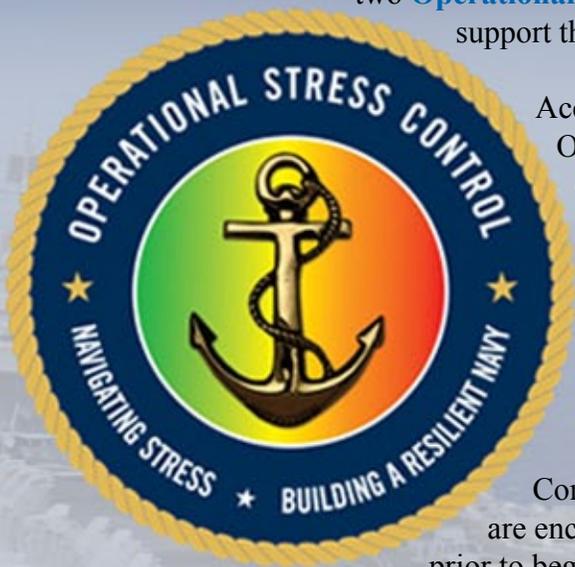
This program does not change eligibility or benefits for the Sea Duty Incentive Pay Program and Sailors may take advantage of both programs concurrently. Requests will be accepted until Sep. 30, 2012. All 1306/7 requests should be forwarded to Navy Personnel Command via the Chain of Command. For complete information on eligibility, restrictions and application procedures as well as benefits for VSDP, read [NAVADMIN 043/12](#) at the [NPC website](#) and speak with your command career counselor.



NAVADMIN 150/12 BLUF: Operational Stress Control OPERATIONAL STRESS Mobile Training Teams are free and ready to assist the fleet.



Continuing focus on providing resources for 21st Century Sailors, the Navy has developed two **Operational Stress Control Mobile Training Teams (OSC MTT)** to support the Fleet.



According to **NAVADMIN 150/12**, the OSC MTTs will deliver OSC Leader and OSC Front Line Supervisor training to Navy commands. The teams have been positioned on the East and West Coasts to provide quick responses to requests for training. The OSC Leader course is designed for unit wardrooms and chief petty officer messes, while the OSC Front Line Supervisor course focuses on helping E-6 to O-3 deckplate leaders develop skills to recognize and address stress in their Sailors.

Commanders, commanding officers, and command master chiefs are encouraged to request training for their wardrooms and messes prior to beginning a deployment work-up period. The MTTs travel and train at no cost to the requesting command. Procedures for requesting training are in the NAVADMIN.

NAVADMIN 130/12 DRUG TEST EXPANSION

BLUF: Check your prescriptions now.

The Navy added two more commonly abused prescription drugs to the standard testing panel during random urinalysis, according to **NAVADMIN 130/12**. The prescription drug families tested will now include benzodiazepines and hydrocodones (i.e. Xanax and Vicodin). Military members should ensure their prescriptions are properly documented in their health records. Navy medical treatment facilities are ready to assist any Sailor or family member who self-refers for prescription drug misuse or abuse. Per **OPNAVINST 5350.4D**, Sailors whose urinalysis samples are identified positive for controlled substances for which they do not have a valid prescription may be subject to punishment under the Uniform Code of Military Justice and processed for administrative separation from the Navy. For more news from Navy Alcohol and Drug Abuse Prevention (NADAP), read the [Navy.mil article](#) or visit www.npc.navy.mil/support/nadap.





SELECTIVE REENLISTMENT BONUS UPDATE

BLUF: Review this NAVADMIN and find \$\$ upon reenlistment.

The Navy released an updated Selective Reenlistment Bonus (SRB) award plan in **NAVADMIN 143/12**. SRBs are an incentive used to retain those Sailors who attain special training in skills most critical to current needs and mission requirements.

The new message approves six increases, three additions, one deletion, and one skill that is being moved from Tier 2 to Tier 1. Cryptologic Technician Interpretive (NEC 9ARB) in Zone B, Information Systems Technician (NEC 0000) in Zone B and submarine Machinist Mate Auxiliary Maintenance (NEC 4230/31) in Zone A were new to the SRB list this cycle. Navy Diver (NEC 5343) Zone A awards were removed.

Enlisted Community Managers continuously monitor the health of their community making recommendations to leadership, as required, to maintain acceptable manning levels.

View the [Navy.mil](http://www.navy.mil) story or for updates to SRB eligible ratings/skills, visit:
<http://www.public.navy.mil/bupers-npc/career/enlistedcareeradmin/pages/srb.aspx>.



NAVADMIN 179/12 TRANSITION TO SELRES VIA PTS OR ECTP

BLUF: Planning for PTS and ECTP Sailors transitioning to SELRES is crucial.



NAVADMIN 179/12 provides guidance on the new transition process for Active Component (AC) and Full Time Support (FTS) Sailors approved for Selected Reserve (SELRES) via Perform-to-Serve (PTS) or Early Career Transition Program (ECTP). In order to receive NPC issued orders Sailors must complete the following steps **at least 60 days prior to transition date:**

- Log on to CMS/ID and select a Navy Operational Support Center (NOSC) nearest to area they intend to reside after enlistment.
- Complete a reserve affiliation screening checklist and contact information sheet then forward them to the Career Transition Office (CTO) at cto.enlisted@navy.mil or via fax (901) 874-2186. Further details can be found in the **NAVADMIN** or in the [Navy.mil](http://www.navy.mil) story.

RAPIDS SELF-SERVICE (RSS)

BLUF: Appointments at PSD just got a little easier.



RAPIDS Self-Service (RSS) is now available to CAC holders. RSS is a website that allows CAC holders to update their information and verify family members for DoD ID card reissuance.

Using this web based application, CAC holders have the ability to update certain information associated with their record. Additionally, they may use RSS to verify a family member's relationship and eligibility by digitally signing the DD Form 1172-2 for ID card reissuance.

A DD Form 1172-2 that is digitally-signed and generated through RSS will be stored in DEERS and is a viewable document in RAPIDS. Once verified using RSS, Sponsors no longer need to accompany their family members to get the ID card.

When a family member arrives at an ID card site, the DEERS/RAPIDS operator may view the signed 1172-2 by opening the Sponsor's record. In order to use the RSS website, one must be a Sponsor with a DoD CAC and have a CAC enabled personal computer.

Sponsors that are Common Access Card Holders may access RAPIDS Self Service (RSS) at: https://www.dmdc.osd.mil/self_service/

COMMAND PASS COORDINATORS WEBSITE LAUNCH

BLUF: Resources for Command Pass Coordinators now online.

A **new website** has been launched which was specifically created to assist Command Pass Coordinators (CPCs). The CPC serves as the critical link between an individual Sailor, his or her command, and the supporting Personnel Support organization (PSD, CSD or NOSC).

It is the CPC's responsibility to ensure all documents and information required to provide command Pay/Personnel and Transportation support are relayed to the appropriate supporting organization via the current authorized electronic transaction system and in accordance with applicable policies governing timeliness standards.

The new website has step-by-step guides to obtaining access to the systems CPCs need, completing common tasks, and additional resources regarding allotments, deductions, EDVR management, updating ESRs, and more. Click on the 'new website' hyperlink and get in there and explore the recently added resources.





NAVADMIN 145/12 HOUSING EARLY APPLICATION TOOL

BLUF: NAVADMIN 145/12 is hot.

Get ahead of the PCS moving process by using HEAT (Housing Early Application Tool).

HEAT is a computer-based program to assist Sailors and their families in applying for housing Navy-wide. It allows Sailors and their families to begin the application process for housing before or after they receive their PCS orders and communicate with the Housing Service Center (HSC) early in the housing search. HEAT can be accessed from any internet-

connected computer allowing either the Sailor or spouse to initiate the HEAT application. Roll-out of the service to the entire Fleet is scheduled to be completed by June 30.

For more information Sailors and their families have multiple options:

Read [NAVADMIN 145/12](#)

Follow the Navy Housing Facebook [Page](#)

Take a peek at this [flyer](#)

Visit the CNIC housing [website](#)



Housing Early Application Tool

BEGIN BETA BREATHALYZER

BLUF: Increase fleet alcohol education and awareness.

U.S. Fleet Forces Command (USFF) launched a beta test May 23, to obtain Fleet feedback that will help determine the most effective approach for implementation of a Navy-wide alcohol Breathalyzer program.

The 21st Century Sailor and Marine initiative outlines the Navy-wide Breathalyzer program as a way to increase fleet alcohol education and awareness and to provide commanders with another tool to ensure the health and safety of Sailors by identifying potential alcohol abuse.

USFF has selected 13 sea and shore commands to participate in the beta test, which runs from May 24 through Sept. 30. All data collected will be consolidated under a summary recommendation and forwarded to the office of the Navy's Chief of Naval Operations (OPNAV) to be considered for implementation into the final policy.

Under the Navy program, the Breathalyzer will be used primarily as an education and prevention tool. Breathalyzer results alone will not be used as the sole evidentiary basis for punitive or adverse administrative action.

For more information read the [Navy.mil story](#).



LINKS OF INTEREST

The appearance of external links in this document does not constitute official endorsement on behalf of the MCPON, U.S. Navy or Department of Defense.



Enlisted Retention Board

<http://www.public.navy.mil/bupers-npc/boards/ERB/Pages/default2.aspx>

Fleet and Family Support Programs

http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAFleetAndFamilySupportP/index.htm

Navy Operational Stress Control

<http://navynavstress.com/>

Suicide Prevention

<http://www.suicide.navy.mil>

Coalition of Sailors Against Destructive Decisions

<http://www.public.navy.mil/bupers-npc/support/CSADD/Pages/default2.aspx>

Personal and Family Readiness

<http://www.public.navy.mil/bupers-npc/support/readiness/Pages/default.aspx>

SPICE: Two Sailors Reveal How They Lost Their Careers

http://www.navy.mil/submit/display.asp?story_id=66260

Transition Assistance

<http://www.public.navy.mil/bupers-npc/boards/ERB/Pages/TransitionInfo.aspx>

Transition Assistance Program (TAP)

<https://www.dmdc.osd.mil/appj/tap/consent?continueToUrl=%2Fappj%2Ftap%2Findex.jsp>

Shift Colors

<http://www.public.navy.mil/bupers-npc/reference/publications/shiftcolors/Pages/default.aspx>

War of 1812

<http://www.ourflagwasstillthere.org/>

DEERS/RAPIDS Locator

<http://www.dmdc.osd.mil/rsl/appj/site?execution=e1s1>

Naval Safety Center

<http://safetycenter.navy.mil/>

SeaCompass eMagazine

<http://www.public.navy.mil/navsafecen/Pages/media/sea-compass/Index.aspx>

Summer Safety Resources

<http://www.public.navy.mil/navsafecen/Pages/media/seasonal/Summer2012.aspx>

To request a retirement letter from MCPONs office

<http://www.public.navy.mil/BUPERS-NPC/CAREER/CAREERCOUNSELING/Pages/FLTRESRetirementSBP.aspx>

(Please allow 3-4 weeks for process & delivery. This recent change will be updated on NPC website.)