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Chief of Naval Personnel Public Affairs

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3.) Navy Updates Pregnancy and Parenthood App / 10 July 18
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The Navy updated the Pregnancy and Parenthood mobile app that provides Sailors with the latest information and resources on Navy's pregnancy and parenthood policies, July 10.

4.) Registered Dietitians Now Available Throughout the Fleet / 10 July 18
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5.) NAVADMIN bi-weekly roll-up:
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- Senate Confirmation of Officers Selected by the FY-19 Navy Active-Duty Captain Line, Staff Corps, and FY-19 Navy Active-Duty Commander Line Boards
- Navy Uniform Policy and Uniform Initiative Update
- FY19 Graduate School Opportunities at Massachusetts Institute of Technology and Woods Hole Oceanographic Institution

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1.) Changes Announced to Post-9/11 GI Bill Transferability / 12 July 18
Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- Department of Defense released changes to department policy on the transfer by service members in the Uniformed Services of "Post-9/11 GI Bill" education benefits to eligible family members, July 12.

Effective July 12, 2019, eligibility to transfer those benefits will be limited to service members with less than 16 years of total service, active duty service and/or selected Reserves as applicable.

Previously, there were no restrictions on when service members could transfer education benefits to their family members. The provision for a Sailor to have at least six years of service to apply to transfer benefits remains unchanged.

"After a thorough review of the policy, we saw a need to focus on retention in a time of increased growth of the Armed Forces," said Stephanie Miller, Director of Accessions Policy, Office of the Secretary of Defense. "This change continues to allow career service members that earned this benefit to share it with their family members while they continue to serve." She added "this change is an important step to preserve the distinction of transferability as a retention incentive."

What does this mean for our Sailors?

The change will allow Sailors to retain their eligibility to transfer education benefits even if they have not served the entirety of their obligated service commitment through no fault of their own. This means if a Sailor fails to fulfill their service obligation because of a "force shaping" event (such as officers involuntarily separated as a result of being twice passed over for promotion, or enlisted personnel involuntarily separated as a result of failure to meet minimum retention standards, such as high-year tenure) the transfer of benefits to a family member would not be impacted.

Exceptions that permitted service members with at least ten years of service to obligate less than four years if prevented by statute or policy from doing so, such as enlisted high year tenure, have been cancelled. All approvals for transferability of Post-9/11 GI bill require a four-year commitment in the Armed Forces and, more importantly, the member must be eligible to be retained for four years from the date of election.

A NAVADMIN with Navy's implantation guidance will be released shortly.

For more on the policy, visit http://www.esd.whs.mil/DD/.


For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

2.) Navy Uniform Update Released / 11 July 18
Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- The Navy announced the expansion of hair styles for women along with several other uniform policy changes and updates in NAVADMIN 163/18, July 11.
Among the several hair style changes is the authorization for women to wear locks. The NAVADMIN provides specific and detailed regulation on how locks can be worn.

Women are also authorized to wear their hair in a single braid, French braid, or single ponytail in service, working and physical training uniforms. The ponytail may extend up to three inches below the bottom edge of the of the shirt, jacket or coat collar. The accessory holding the ponytail must not be visible when facing forward, and be consistent with the color of the hair. The hair cannot be worn below the bottom of the uniform collar where there are hazards such as rotating gear.

Women may now wear a hair bun that does not exceed or extend beyond the width of the back of the head.

Other uniform changes include the approval of the Navy Optional Physical Training Uniform (OPTU) that consists of a navy blue high performance shirt and five-inch running shorts. The uniform is expected to be available at Navy Exchange Uniform and Customer Care Centers starting October 2018.

Navy is also developing a standard navy blue Physical Training Uniform (PTU) that will be phased into the seabag issue at Recruit Training Command in the next 12-18 months.

The Black Relax-Fit Jacket (Eisenhower Jacket) has been designated a unisex item and Sailors can wear the men or women's jacket sizing that best suits their uniform requirements.

To allow for greater visibility female Sailors have the option to wear identification badges on the right side above the pocket of their uniforms.

Wear testing of the improved female officer and chief Service uniform skirts and slacks will be complete this summer. Improvements include a straight line Service skirt, and redesigned khaki and white Service slacks with lower waist and reduced rise (waist to top of the inseam). These items are expected to be available at Navy Exchange Uniform and Customer Care Centers at the end of the year.

An improved Black Leather Safety Boot (I-Boot 4) for optional wear with all Navy working uniforms and coveralls will be for sale at designated fleet concentration locations beginning this October. The boots were selected based on Sailor feedback and the 2017 Navy Boot Study.

New uniform policies are the result of fleet feedback and the ongoing efforts to improve Navy uniforms, uniform policies and Sailor appearance.

The Navy Uniform mobile app will be updated in late July. The update will include all of Navy Uniform regulation illustrations, policies and NAVADMINs. The expanded uniform app’s goal is to provide one-stop uniform policy access and ability to submit uniform questions links to Navy Exchange on-line uniform sales via the app.

For complete on these uniform policy, details, guidance, and where to direct questions see NAVADMIN 163/18 at www.npc.navy.mil.


For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.
WASHINGTON (NNS) -- The Navy updated the Pregnancy and Parenthood mobile app that provides Sailors with the latest information and resources on Navy's pregnancy and parenthood policies, July 10.

The app helps Sailors understand the personal and professional responsibilities that come with parenthood while serving in the Navy. At the same time, the app offers command leadership and supervisors information regarding their roles, appropriate expectations and required actions when speaking with Sailors who are starting or expanding a family.

The update also reflects the replacement of the Pregnancy Counseling form with the admin remarks section of NAVPERS 1070/613, commonly known as a Page 13. The app includes a prepopulated version with a statement of understanding that references the Navy's Guidelines Concerning Pregnancy and Parenthood (OPNAVINST 6000.1D) released in March 2018.

Available for both Android and Apple iOS devices, the app identifies regulations, instructions and references from a wide variety of sources and offers them in one easy-to-use app. It also includes information regarding assignments, retention, separation, standards of conduct and other useful information.

Some of the topics included in the Pregnancy and Parenthood app are roles and responsibilities, planning, contraception, pregnancy, pregnancy loss, healthcare benefits, breastfeeding, physical readiness, maternity uniforms, adoption, leave, operational deferment and separation from service. The app also offers a selection of references and resources.

Sailors and command leadership are responsible for understanding Navy policies and procedures regarding pregnancy and parenthood. This app is a resource to help all Navy personnel understand actions required by everyone.

The Navy's app can be downloaded to mobile devices from the Navy App Locker or by searching "Pregnancy and Parenthood" in the iTunes and Google Play Store.


For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

WASHINGTON (NNS) -- The Navy announced an initiative to provide registered dietitians to units throughout the fleet in NAVADMIN 160/18, released July 10.

The joint initiative between the Office of the Chief of Naval Personnel and the Bureau of Medicine and Surgery, authorizes commanders to request dietitians to temporarily join their commands, in order to increase Sailors' knowledge about nutrition and health resources.

This initiative makes registered dietitians available to assume a temporary additional duty (TAD) status to commands, providing education on performance nutrition, healthy eating habits, hydration, and safe dietary
supplement use. Bringing registered dietitians directly to the fleet greatly enhances Sailor access to nutrition education, which in turn increases medical readiness.

"Before this initiative, Sailors had to take time away from work to travel to a medical treatment facility for preventative treatment," said Navy Nutrition Program Manager Lt. Pamela Gregory. "Now this can be done at the command which will increase productivity and decrease time away from work."

In their TAD role, registered dietitians will advise command leadership and Sailors on the importance and benefits of diet modifications, food selection and food preparation in preventing disease, sustaining health and improving quality of life. They will also be an on-hand asset to the medical department.

"This initiative opens up access for more Sailors to registered dietitians who know the most about creating and sustaining energy, rapid recovery for the physical demands and long hours of Navy life," said Navy Dietetic Specialty Leader Cmdr. Kelly Mokay. "Our goal is to educate Sailors on what makes for a healthier, better balanced diet."

Registered dietitians will also be available to counsel individuals and groups on the importance of timing meals and snacks, what foods provide the most energy, help with physical recovery, and how nutrition monitoring can optimize Sailors' quality of life. Additionally, they can collaborate with command food service officers and culinary staff on increasing the quality and nutrients of food service, menu development, budgeting, evaluation of food service facilities and developing nutrition programs.

"Having registered dietitians in the fleet is going to create a paradigm shift in the culture of nutrition - shifting from a focus on disease treatment to one of disease prevention, said Bill Moore, director, Navy Physical Readiness Program. "And this initiative provides our Sailors access to a resource that allows them to take greater control over their personal health."

To learn more about nutrition education resources available to you, visit www.nutrition.navy.mil

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.


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