



@USNPEOPLE WEEKLY WIRE

1) Hot-climate Areas Begin Testing New Lightweight NWUs / 13 JUN 14 [\[LINK\]](#)

Sailors stationed in Bahrain, Guam and Hawaii are wearing the Lightweight Navy Working Uniform (LNWU) Type I as part of an eight-week conformance test focusing on performance, durability and appearance. The uniforms have two different fabric configurations and include a front tab with rank insignia to identify the LNWU as a test version which will not be part of the final uniform design.

"They're [LNWU] significantly lighter, I carry boxes all day and it helps a lot because I can literally feel the breeze through the uniform when I'm outside," Logistics Specialist 2nd Class Christian Mountain said.

2) Five Things You Need to Know: Career Viewpoint Survey and Studies Go Live July 1 / 19 JUN 14 [\[LINK\]](#)

The survey will allow Sailors to provide feedback to Navy leadership to help understand what drives Sailors' career decisions and to evaluate the effectiveness of Navy policies.

The survey is web-based, voluntary and completely confidential.

Sailors will be asked to participate in milestone surveys at the following points in their active duty service:

Enlisted: At 18 months prior to Soft End Active Duty Obligated Service (SEAOS)

Officers: O1-O3: At 15 months prior to Minimum Service Requirement (MSR) or 15 months prior to Projected Rotation Date (PRD) if MSR has expired.

O4-O10 and WO1-WO5: At 15 months prior to Projected Rotation Date (PRD).

3) Pre-Commissioning Unit COs Authorized to Wear Command At Sea Pin / 18 JUN 14 [\[LINK\]](#)

All ship and submarine Pre-Commissioning Unit (PCU) Commanding Officers (CO's) are now authorized to wear the Command At Sea Pin.

This change is part of the Chief of Naval Personnel's on-going effort to prioritize sea duty and strengthen the role of command triads (CO, XO, CMC).

"The value of command cannot be overstated and anywhere we have Commanding Officers assigned, they should wear the symbol of command," said Vice Adm. Bill Moran, CNP.

4) Navy Fitness Announces Three New Workout Series and Apps / 16 JUN 14 [\[LINK\]](#)

These high-intensity programs - the Strength, Endurance, and Sandbag series - provide Sailors with a "best-in-class" physical fitness and nutrition program.

The Operational Series provides the foundational exercises that are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying. Each additional series (Strength, Endurance, and Sandbag) was developed to provide training modes that address the special interests of users.

5) 21st Century Sailor Office bi-weekly roll-up:

Every other week, we will roll up the various stories in the 21st Century Sailor Office domain. Below are the most recent products for total Sailor fitness.

- PCS Season is Here - Keep up with Your Shipmates [\[LINK\]](#)
- What's Your Plan to Navigate Stress? [\[LINK\]](#)
- June issue of LifeLink [\[LINK\]](#)

To sign up for the @USNPeople Weekly Wire, email usnpeople@gmail.com,
or find it online at www.navy.mil/cnp

1) Hot-climate Areas Begin Testing New Lightweight NWUs / 13 JUN 14 [\[LINK\]](#)

By Mass Communication Specialist 1st Class Amanda Dunford, U.S. Pacific Fleet Public Affairs

Sailors stationed in Bahrain, Guam and Hawaii are wearing the Lightweight Navy Working Uniform (LNWU) Type I as part of an eight-week conformance test focusing on performance, durability and appearance from May 28 to June 12.

More than 230 Sailors received two prototype versions. The uniforms have two different fabric configurations and include a front tab with rank insignia to identify the LNWU as a test version and will not be part of the final uniform design.

Sailors in warmer climates, who will remain at their command for more than a year, were chosen for the test.

"This is a really important step in the evolution of the lightweight NWU," said U.S. Pacific Fleet Master Chief Marco Ramirez. "The direct feedback from these wear-testing Sailors will help determine the direction the Navy takes."

Ramirez said it was important to be selective when choosing participants like security forces and shipboard Sailors to fit test the LNWU to get accurate results.

Although the conformance test is still in its infancy, Sailors are already feeling the difference.

"They're [LNWU] more comfortable than the old ones," said Seaman Autumn Cozzens, a Deck department Sailor aboard USS Chafee (DDG 90). "I've already noticed that they feel lighter and cooler when I'm working outside."

Cozzens was also surprised with the durability of the LNWU and the ability to get paint out of her uniform without difficulty or color fading.

Logistics Specialist 2nd Class Christian Mountain, also assigned to Chafee, noted an improvement in the comfort of the LNWUs.

"They're [LNWU] significantly lighter, I carry boxes all day and it helps a lot because I can literally feel the breeze through the uniform when I'm outside," he said.

Sailors will make daily log inputs in a user evaluation booklet and complete a questionnaire at the midpoint and conclusion of the wear test via an on-line survey and will be required to participate in a unit level focus group.

"I want to thank the Navy for listening, that's part of how we grow and assess what's not working," Ramirez said. "We heard the Sailors and here's what we're doing to make it better, it's a win-win for everybody."

According to Chief of Naval Personnel (CNP), they expect to have a decision on the way ahead in early 2015. CNP is sponsoring the evaluation by the Navy Clothing and Textile Research Facility.

2) Five Things You Need to Know: Career Viewpoint Survey and Studies Go Live July 1 / 19 JUN 14 [\[LINK\]](#)

From Chief of Naval Personnel Public Affairs

The Career Viewpoint Survey and Studies (CVSS) a new career retention survey, will go live on July 1.

The survey will allow Sailors to provide feedback to Navy leadership to help understand why and how Sailors make career decisions and to evaluate the effectiveness of Navy policies.

Here are five things Sailors need to know about the surveys:

1. Surveys are voluntary and completely confidential.
2. Surveys are web-based. Sailors are prompted within their Navy Standard Integrated Personnel System (NSIPS) Electronic Service Record (ESR) account and by email notification that includes a link to an awaiting survey within their ESR self-service account. NSIPS ESR self-service accounts can be created at <https://NSIPS.nmci.navy.mil>. Note - it is recommended that commands verify that their Sailors' NSIPS ESR accounts contain a current official email address during the check-in process.
3. Sailors will be asked to participate in milestone surveys at the following points in their active duty service:

Enlisted:
At 18 months prior to Soft End Active Duty Obligated Service (SEAOS)

Officers:
O1-O3: At 15 months prior to Minimum Service Requirement (MSR) or 15 months prior to Projected Rotation Date (PRD) if MSR has expired.
O4-O10 and WO1-WO5: At 15 months prior to Projected Rotation Date (PRD).
4. Exit surveys are conducted six months before an Estimated Date of Loss to the Navy (EDLN) or if there is no EDLN, the exit survey will be available as a self-requested survey within a member's ESR.
5. The Career Viewpoint Reserve survey will be released later.

3) Pre-Commissioning Unit COs Authorized to Wear Command At Sea Pin / 18 JUN 14 [\[LINK\]](#)

From From Chief of Naval Personnel Public Affairs

The office of the Chief of Naval Personnel (CNP) announced June 17 that all ship and submarine Pre-Commissioning Unit (PCU) Commanding Officers (CO's) are now authorized to wear the Command At Sea Pin.

This change is part of CNP's on-going effort to prioritize sea duty and strengthen the role of command triads.

"The value of command cannot be overstated and anywhere we have Commanding Officers assigned, they should wear the symbol of command", said Vice Adm. Bill Moran, CNP. "But this change is far from just a symbolic gesture; it's a clear message to some of our most important leaders and crews-- their contribution is just as valuable as that of their peers."

Updates to Military Personnel Manual (MILPERMAN) 1210-170 MILPERSMAN 1210-170 "Command At Sea Insignia" and MILPERSMAN 7220-100 "Command Responsibility Pay" will be released in the near future.

Current PCU ships and submarines now authorized to wear the Command At Sea Pin are: PCU Zumwalt (DDG 1000); PCU Crew 106 (LCS 7, Detroit); PCU Crew 111, (LCS 5, Milwaukee); PCU Crew 212 (LCS 6, Jackson); PCU

North Dakota (784); PCU John Warner (785); PCU Illinois (786); PCU Washington (787); PCU Colorado (788); and PCU Gerald R. Ford (CVN 78).

Although now authorized to wear the pin, PCU CO's will not receive Command Responsibility Pay until their vessel is commissioned (statute).

4) Navy Fitness Announces Three New Workout Series and Apps / 16 JUN 14 [\[LINK\]](#)

By Commander, Navy Installations Command, Public Affairs

Commander, Navy Installations Command's Navy Operational Fitness and Fueling System (NOFFS) program is expected to launch three new workout series apps for your smart phone or tablet, June 20. These high-intensity programs - the Strength, Endurance, and Sandbag series - provide Sailors with a "best-in-class" physical fitness and nutrition program.

NOFFS was developed by the Navy in partnership with EXOS (formerly Athlete's Performance Institute). The Operational Series provides the foundational exercises that are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying. Each additional series (Strength, Endurance, and Sandbag) was developed to provide training modes that address the special interests of users.

"The Strength Series will assist Sailors with developing the strength that is needed to perform at their highest level," said Nick Aures, Performance Enhancement Dietitian, Commander, Navy Installations Command. "There are three training phases within the series that are intended to progressively build total work capacity and improve cardiovascular fitness."

The first phase, Build Muscle, is focused on building lean muscle mass and improving the body's capacity to handle greater physical demands through a higher volume of work. The second phase, Get Strong, focuses on building strength through fewer repetitions and higher intensity. The final phase, Get Powerful, harnesses the user's newfound strength and trains their muscles to be fast and forceful.

"The workouts in The Endurance Series are designed to assist with breaking through training plateaus, while decreasing injuries often associated with traditional endurance training," added Aures. "The workouts can be accomplished in a number of ways, including running, biking, rowing, or using any cardiovascular machine."

Beyond the cardiovascular training in this series, additional training components that are vital to sustained success with endurance activities have been incorporated. These include pillar prep, strength maintenance, soft tissue release, and plyometrics.

Although these components can be completed in separate workouts, together they will provide the tools necessary to maximize results. The six phases of cardiovascular training progressively develop both the aerobic and anaerobic energy systems, effectively enhancing your ability to cover a greater distance at a faster pace.

The ability to customize these workouts based on heart rate and/or rate of perceived exertion (RPE) will make the workouts challenging and effective throughout the phases.

"The Sandbag Series provides Sailors with a training plan that can be performed in environments with limited equipment options. It will help them develop the strength and power they need to meet the performance demands placed upon them in any environment," said Aures. "The added challenge of performing traditional

exercises with a less stable mass (a sand-filled bag) provides a unique training experience that mimics the demands experienced in day-to-day life."

The Sandbag Series also progresses through three phases of training by building upon the work completed in the previous phase and preparing for what's to come.

The first phase, Build Your Base, establishes a strong base fitness level. The second phase, Gain Muscle, develops lean muscle mass and increases workout capacity through the use of a higher number of sets and repetitions.

In the third phase, Get Powerful, movements will become more explosive, therefore developing the power necessary for immediate bursts of energy often required in operational environments.

"Two additional elements that are available in each series include the fueling aspect and the regeneration component," explained Aures.

The fueling aspect of NOFFS will allow Sailors to determine their total caloric needs to achieve personal goals, while the meal builder enables them to select high-octane foods for each meal, populate their meal plan a week at a time, and email it to themselves.

The regeneration component will assist Sailors with addressing common aches and pains. The soft tissue release techniques combined with the flexibility routine will help restore muscular balance, and ensure that Sailors develop and maintain the mobility necessary for high-level performance.

Interactive apps for each series are available at no cost for iOS devices (iPhone, iPad, or iPod), with Android devices being released shortly. The apps provide detailed guidance and examples of each exercise, along with scrolling pictures and videos that can be viewed with a quick swipe. Search for "NOFFS" in the App Store or on the Google Play Store app.

For more information about NOFFS, fitness, nutrition, movement of the day, and other great resources, visit the Navy Fitness website at: www.navyfitness.org.

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