1.) My PCS Checklist - Taking Stress Out of PCS / 14 NOV 18
Sea Warrior Program Public Affairs, CDR Erik Wells

My PCS Checklist allows Sailors to easily create their own personalized move checklist, and can be found in the Assignment, Leave, and Travel section of MNP under the Career and Life Events drop down menu.

2.) Distance Learning Degree, Certificate Opportunities Announced / 16 NOV 18
Chief of Naval Personnel Public Affairs

Navy announced Naval Postgraduate School (NPS) distance learning defense-focused master’s degree program opportunities for fiscal year 2019, including the Executive Master of Business Administration (EMBA) and graduate certificates, in NAVADMIN 275/18, Nov. 15.

3.) A Different Kind of Grief: How to Help Survivors of Suicide Loss / 16 NOV 18
Navy NavStress

International Survivors of Suicide Loss Day is November 17. When someone loses a colleague or loved one to suicide, grief can be compounded by feelings of guilt, confusion and even anger and embarrassment. How can you help?

4.) 2018 Stockdale Leadership Award Ceremony Held in Pentagon / 14 NOV 18
Chief of Naval Personnel Public Affairs

The 38th annual Vice Adm. James Bond Stockdale Leadership Award ceremony was held Nov. 14, in the Pentagon Hall of Heroes. Cmrd. Michael T. Lisa, the Pacific Fleet recipient and Cmrd. Allen M. Siegrist, the Fleet Forces recipient, received this year’s award.

5.) NAVADMIN bi-weekly roll-up:
Every other week, we roll up the latest NAVADMINs. Below are the latest: (URLs on Last Page)

- 275/18 - Naval Postgraduate School Distance Learning Graduate Education and Executive Master of Business Administration Programs for Academic Year 2019
- 274/18 - Delayed Dependent Travel for Sailors with Permanent Changes of Station Orders to Marine Corps Base Camp Lejeune North Carolina or Naval Support Activity Panama City Florida
- 272/18 - Order to Account for the Navy Family in Conjunction with the California wildfires
- 271/18 - FY-20 Navy Active Duty and Reserve Enlisted Advancement Selection Boards for Master Chief and Senior Chief Petty Officer

To sign up for the @USNPeople Weekly Wire, email usnpeople.fct@navy.mil, or find it online at www.navy.mil/cnp
WASHINGTON (NNS) -- The latest upgrade to MyNavy Portal (MNP) includes a checklist to guide Sailors and their families through their next Permanent Change of Station (PCS) move. My PCS Checklist allows Sailors to easily create their own personalized move checklist, and can be found in the Assignment, Leave, and Travel section of MNP under the Career and Life Events drop down menu.

There is no question that PCS moves are challenging, whether it is a single Sailor heading across country or a family moving overseas. The process of relocating can be a source of personal, financial and family stress and it requires a great deal of logistical planning. My PCS Checklist makes the process better. Sailors can now create their own personalized checklist by using an intuitive, web-based program, to guide them through the PCS process and help eliminate unnecessary stress.

“Creating the checklist is easy,” said Capt. Chris Harris, director, distribution management division, Navy Personnel Command. “Sailors answer a few questions in the online checklist, starting with their official detachment date, which automatically generates a personalized, step-by-step checklist that calculates the number of days to complete each item until their move from their current command. Sailors can print out their checklist at work or email it to a spouse, parent or anyone with whom they want to share the information.”

The checklist is broken down into four categories – Shipping Household Goods, Family Move, Money and Sailor Admin. Based on the detachment date selected, the checklist outlines necessary activities, due dates and includes tips and sources of support for each category. The program includes a taskbar that indicates how far along Sailors are in completing their activities and they will receive alerts to remind them to complete the tasks to stay on their PCS timeline.

“MyNavy Portal addresses one of the major issues Sailors face when managing their careers – they have to use too many websites to complete routine tasks for managing their careers,” said Dave Driegert, PMW 240 assistant program manager, Single Point of Entry for MNP. “My PCS Checklist is the newest tool for Sailors and joins other recently-available applications like MyRecord Web 1.0 and electronic Personnel Action Request (ePAR)/1306. MNP is growing all the time. In the months ahead, Sailors will be able to access an increasing number of new features and tools.”

Sailors should work with their command pay and personnel administrator if they have any questions concerning PCS policies and procedures. They may also contact MyNavy Career Center 24/7 at askmncc@navy.mil, or toll-free at 833-330-MNCC (6622).

In addition to PCS information, MNP provides Sailors links to other webpages and resources – all in one convenient location.

Get more information about the Navy from US Navy Facebook or twitter.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.
WASHINGTON (NNS) -- Navy announced Naval Postgraduate School (NPS) distance learning defense-focused master’s degree program opportunities for fiscal year 2019, including the Executive Master of Business Administration (EMBA) and graduate certificates, in NAVADMIN 275/18, Nov. 15.

These distance learning programs enable students to earn certificates or degrees at locations across the nation and around the globe.

NPS distance learning programs are part-time programs, normally lasting 12 to 24 months for officers, Department of Defense (DoD) civilians and some DoD contractor personnel who are unable to attend NPS residential graduate programs.

Distance learning master’s degree programs consist of one or two classes per quarter, for eight or nine quarters.

The EMBA is a 24-month, part-time online graduate program focused on financial resource management. This fully funded program targets middle to senior-grade active-duty officers, lieutenant commander (select) and above (lieutenant by waiver).

Admission to the EMBA program is available to applicants in any geographic location. The application deadline for the spring 2019 program is Dec. 7, 2018, with online instruction beginning April 2019.

Naval officers completing the EMBA are awarded the 3100P subspecialty code. Officers interested in the EMBA program can visit the NPS EMBA home page at www.nps.edu/emba for detailed eligibility requirements.

All officers who enroll in a NPS distance learning master’s degree will incur a 2 to 3-year service obligation upon course completion/withdrawal, and all who enroll in a NPS certificate program will incur a 1-year service obligation upon course completion/withdrawal.

Copies of transcripts and participation agreements are required to support the application process for all degree programs.

Distance learning graduate certificates consist of a series of four graduate level courses delivered over four quarters, designed to provide enhanced knowledge and skills in specific subject areas. Graduate certificates are also available to qualified enlisted personnel. DoD contractor personnel applications will be considered for admission on a space-available basis.

A complete list of distance learning programs can be found at http://www.nps.edu/web/DL/. Each program’s webpage has the prerequisites and eligibility requirements for enrollment.

NPS is dedicated to providing relevant, high quality education to empower the next generation of leadership in the DoD, using a variety of delivery methods to expand learning beyond the traditional classroom.

For more information on NPS’s distance learning opportunities, read NAVADMIN 275/18 at www.npc.navy.mil.
Get more information about the Navy from US Navy Facebook or twitter.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.
International Survivors of Suicide Loss Day is November 17. When someone loses a colleague or loved one to suicide, grief can be compounded by feelings of guilt, confusion and even anger and embarrassment. How can you help?

What You Can Do

CAPT Tara Smith, Ph.D., clinical psychologist for Navy Suicide Prevention Branch, OPNAV N171, offers these tips to help someone who is dealing with the loss of a loved one by suicide:

1. Don’t be afraid to acknowledge the death. Extend your condolences, express your feelings of sorrow. Talking about the loss lets the person know you’re a safe and understanding person in whom they can confide.

2. Ask the survivor if and how you can help. Though they may not be ready to accept help, asking signifies that you are there—not avoiding or distancing during this tragic event. Be prepared to offer specific support, such as providing meals, offering childcare or a coffee break.

3. Encourage openness. Do your best to be non-judgmental and be prepared for a wide variety of emotional responses. There is no one way to grieve. Be accepting of however survivors need to express their feelings. It may be with silence, with sadness or even anger.

4. Be patient. Don’t set a time limit for a survivor’s grief. Complicated grief can take years to process. Moreover, don’t limit a survivor’s need to share and repeat stories, conversations or wishes. Repetition is a key factor in grief recovery.

5. Be a compassionate listener. This means resisting the urge to try to “fix” things. The greatest gift you can give someone you care about who has survived a suicide loss is your time, reassurance and love. It’s perfectly okay to not know what to say or do. Simply being present is often the best support.

Every Sailor, Every Day

Losing someone to suicide can feel very isolating, not just for the immediate family, but for members of the entire community. Be physically and emotionally present for the grieving person. Strong relationships built on trust are key principles of resilience that can promote recovery after experiencing loss. Every member of the Navy community is responsible for contributing to a culture that supports psychological and physical health, encourages seeking help for challenges and promotes a constructive dialogue about stress and suicide.

Finding Support:
There are many resources available on Navy Suicide Prevention’s website at www.suicide.navy.mil to help you communicate safely about psychological health and suicide, find support and more. Confidential help is available through the Military Crisis Line (call 800-273-TALK and Press 1 or text 838255) and your command chaplain.
WASHINGTON (NNS) -- The 38th annual Vice Adm. James Bond Stockdale Leadership Award ceremony was held Nov. 14, in the Pentagon Hall of Heroes.

Cmdr. Michael T. Lisa, the Pacific Fleet recipient and Cmdr. Allen M. Siegrist, the Fleet Forces recipient, received this year’s award.

The two recipients were nominated by their peers, who were also eligible for the award, and chosen from among seven finalists.

The award is presented annually to two commissioned officers on active duty in the grade of commander or below who are serving in command of a single unit, and who serve as examples of excellence in leadership and conspicuous contribution to the improvement of leadership in the Navy.

Chief of Naval Operations Adm. John Richardson was the guest speaker at the ceremony and presented the awards to the winners. Richardson received the award in 2001.

"The fact that this award is peer nominated, the fact that this award is named after Admiral Stockdale - who embodies so much of a fully dimensional leader - a scholar, a leader, and then the fact that this symbolizes and recognizes a family approach to leadership, I think for those three reasons this award communicates just about everything we value as a Navy," said Richardson.

Lisa is the former commanding officer of the Black Ravens of Electronic Attack Squadron (VAQ) 135. Lisa attributed his selection for the award to a summation of team accomplishments, which he said were comprised of three components.

“I attest that the secret ingredient to our success as a Black Raven team are the result of three things,” said Lisa. “One – family, two – faith, three – fulfilment.”

Siegrist is the former commanding officer of USS James E. Williams (DDG 95).

“For me this award is more about other people .. the leadership that I’ve worked for, the Sailors that I’ve served as commanding officer – that’s a big part of it, and then of course family and friends,” said Siegrist.

Vice Adm. James Bond Stockdale, for whom the Stockdale Award is named, articulated five roles for a leader -- moralist, jurist, teacher, steward and philosopher.

A Naval Academy graduate and pilot, Stockdale ejected from his A-4E Skyhawk over North Vietnam in September 1965 and was held prisoner until February 1973. He received the Medal of Honor in 1976 and served as president of the Naval War College from October 1977 until August 1979.

He died in 2005 and is buried at the U.S. Naval Academy in Annapolis, Maryland. He is survived by his three sons and eight grandchildren.
5.) NAVADMIN bi-weekly roll-up:
Every other week, we roll up the latest NAVADMINs. Below are the latest:

- 275/18 - Naval Postgraduate School Distance Learning Graduate Education and Executive Master of Business Administration Programs for Academic Year 2019
- 274/18 - Delayed Dependent Travel for Sailors with Permanent Changes of Station Orders to Marine Corps Base Camp Lejeune North Carolina or Naval Support Activity Panama City Florida
- 272/18 - Order to Account for the Navy Family in Conjunction with the California wildfires
- 271/18 - FY-20 Navy Active Duty and Reserve Enlisted Advancement Selection Boards for Master Chief and Senior Chief Petty Officer

For more information affecting Sailors and their families follow @USNPeople on Facebook, Twitter, Instagram and YouTube.