

# SAILOR TO SAILOR

THE OFFICIAL NEWSLETTER OF MYNAVY HR

JULY 2023

If you or someone you know is in crisis,  
call the Veterans Crisis Line.



## EVENT DATES:

Feb. 1 to Nov. 1: [CY 23 PRT  
Cycle Window](#)

Aug. 7: CDS NB Kitsap

Aug. 9: CDS NAS Whidbey Island

Aug. 10: CDS NS Everett

Aug. 1- 31: [SELRES E-5 and E-6  
Exam Window](#)

Aug. 31: [HOF Survey Closes](#)

Sep. 7: Active-duty E-6 Exam

Sep. 14: Active-duty E-5 Exam

Sept. 22: [USS Constitution  
Chief Petty Officer Heritage  
Training](#)

## AWARDS AND APPLICATIONS DEADLINES:

Aug. 11  
[JODO Program](#)

Sept. 1  
[Strategist and National  
Security Fellowships/Graduate  
Scholarship](#)  
[Nurse Corps MECP](#)

Sept. 30  
[FY25 Law Education Program](#)

Dec. 31  
[AY24-25 Enlisted Cyber M.S.  
Degree](#)

**CHIEF OF NAVAL PERSONNEL:**  
VADM Richard J. Cheeseman Jr.

**FLEET MASTER CHIEF OF  
PERSONNEL, MANPOWER AND TRAINING:**  
FLTCM Delbert Terrell Jr.

## NAVYWIDE APPRENTICE (E-1 TO E-4) ADVANCEMENT CHANGES [NAVADMIN 168/23 - FACT SHEET](#)

Starting July 1, 2024, junior enlisted Sailors will now be advanced from E-1 to E-4 based on their time in service (not time in rate). This change will facilitate a more solid foundation for billet-based advancements as Sailors move toward the journeyman ranks (E-5 and E-6). It also provides a more predictable and transparent advancement path to E-4 for all Sailors, ensuring every Sailor can be in a position to make a re-enlistment decision as an E-4 before the end of their initial obligated service.

Time in service requirements for advancement:

- E-1 advances to **E-2 at 9 months** time in service
- E-2 advances to **E-3 at 18 months** time in service
- E-3 advances to **E-4 at 30 months** time in service

*This policy does not include nuclear, advanced technical, and electronic field sailors who already obligate for additional service in order to advance to E-4.*

## NWAE GUIDANCE FOR AC/TAR CYCLE 260 AND MODIFICATION TO SELRES E-4 CYCLE 113

### [NAVADMIN 167/23](#)

- All Active-duty, TAR and SELRES E-5 and E-6 candidates will take exams to compete for advancement.
- All Active-duty, TAR, and SELRES E-4 candidates will compete for advancement via a modified alternative final multiple score, with longer time in rate being heavily weighted in the modified alternative FMS calculations.
- There will be increased quotas for ratings with historically slower advancement timing.
- No requirement to complete PMK-EE for E-4.

## THE BRANDON ACT - SELF-INITIATED REFERRAL PROCESS FOR MENTAL HEALTH EVALUATIONS OF SERVICE MEMBERS

### [NAVADMIN 166/23 - FACT SHEET](#)

The major change in NAVADMIN 166/23 is that any service member serving on active duty with a Navy command who specifically requests a Mental Health Evaluation from a Supervisor E-6 and above must be scheduled for an appointment with a local military mental health clinic or closest military treatment facility, and be provided the opportunity to attend. This is not the same as a command-directed MHE.

NAVADMINS CONTINUED ON PAGE 2

**ADVANCEMENT EXAMS**  
FALL 2023 - CYCLE 260 - AC/TAR

- JULY 31**  
PMK-EE completion deadline for E-5 and E-6 candidates
- SEPT 7**  
E-6 exam administration
- SEPT 14**  
E-5 exam administration
- SEPT 21**  
E-4 EAW completion deadline

EAW will close one week after the exam date on the worksheet.

**SPECIAL LEAVE ACCRUAL (SLA) POLICY CHANGES**

**NAVADMIN 161/23 - FACT SHEET**

Effective Jan. 1, 2023, Sailors eligible for SLA may only accrue a maximum of 90 days. Leave days in excess of 90 days earned after Jan. 1, 2023 will be lost on Sep. 30, 2023. Sailors who carried a balance of more than 90 days on Jan. 1, 2023, will be authorized to retain the excess leave until Sept. 30, 2026.

**BASIC NEEDS ALLOWANCE UPDATE ONE**

**NAVADMIN 155/23 - FACT SHEET**

NAVADMIN 155/23 details updates to the basic needs allowance for active duty service members with dependents whose gross household income falls below 150% of federal poverty guidelines.

**FY-24 RTC CHIEF PETTY OFFICER SELECTEE BACK-TO-BOOT CAMP TRAINING WEEK**

**NAVADMIN 154/23 - FACT SHEET**

NAVADMIN 154/23 announces the Chief Selectee Back to Bootcamp program, which will allow a group of fleet-selected Chief Selectees and mentors to return to Recruit Training Command for a week of training. The Chief Selectees will engage in training reinforcing where their careers began.

**UPDATE TO PRIOR SERVICE RE-ENLISTMENT ELIGIBILITY - RESERVE (PRISE-R) POLICY**

**NAVADMIN 174/23**

This NAVADMIN provides updated policy guidance for administration of the PRISE-R program.

**RECRUITER SPOTLIGHT**



“Living the Dream,” is a phrase that gets thrown around quite often. For one Navy petty officer, he actually is living the dream, it just wasn't initially his.

PS2 Gerard Joseph Portez chose to fulfill his father's dream when he decided to join the military.

“My father always wanted to join the military when he was in the Philippines, but just never had the opportunity,” said Portez.

Born and raised in Laguna, Philippines, Portez's family immigrated to the U.S. when he was 15 years old.

➔ **Read PS2's full story:** <https://dvidshub.net/r/ujtn3a>

**WANT FREE MATERNITY UNIFORMS?**

Check out the Navy's Maternity Pilot Program!

- “Select a Seabag” of Maternity Uniforms
- Open to EI to O10
- No Cost/Free Tailoring
- Up To 6 Months Postpartum
- Questions about your package? Call 855-677-6289



**ATTENTION: WASHINGTON STATE SAILORS**



» **Naval Base Kitsap**  
Bremerton 'Old' Gym & Liberty Center  
August 7 | 0800-1600

» **Naval Air Station Whidbey Island**  
Sky Warrior Theater & Wash Rack  
August 9 | 0800-1600

» **Naval Station Everett**  
The Commons & RSC Auditorium  
August 10 | 0800-1600



See the full schedule of events:  
[HTTPS://DVIDSHUB.NET/R/X75ZZX](https://dvidshub.net/r/x75zzx)