

# PLAN OF THE MONTH



Your Leadership Tool for Communicating Internally

## APRIL 2025

### IMPORTANT DATES:

- April 6-9 Sea Air Space Symposium
- April 15 E-9 CHIEFEVALS Due
- April 21-25 HURREX/ Citadel Gale
- April 30 O-5 FITREPS Due

### DEADLINES:

- May 1 [Deadline for Enlisted Applications to the Nuclear Enlisted Talent Management Board Pilot Program \(TMBPP\).](#)
- May 9 [Deadline for Ombudsman of the Year Nomination Package](#)
- May 15 [Deadline for Applications for Navy-Marine Corps Relief Society Scholarships](#)
- June 13 [Deadline for Application to the August 2025 Active Duty Officer Lateral Transfer and Redesignation Board](#)
- June 15 [Deadline for Application to the Academic Year 2026 Medical Service Corps In-Service Procurement Program Selection Board](#)

## NAVY CULTURE

### OMBUDSMAN OF THE YEAR: CALL FOR APPLICATIONS

Does your command have an exceptional Ombudsman? Nominate them for the Ombudsman of the Year Award! If your Ombudsman has served for at least one year and has demonstrated strong commitment to building community through exceptional professionalism and communication, offer your thanks by giving them the recognition they deserve. Nominations must be submitted by May 9. Refer to [NAVADMIN 029/25](#) for more information.



## COUNSELING SPOTLIGHT

### RELATIONSHIP CHECKUP (ONESOURCE)

Regular health checkups can catch small issues before they become big problems. The same principle applies to relationships. A Relationship Checkup with your Military and Family Life Counselor can keep your bond strong by confirming what you and your partner are doing well and identifying areas that need attention. Learn more about how to access this unique benefit [here](#).



## PROFESSIONAL DEVELOPMENT

### BECOME AN RDC

Recruit Division Commander (RDC) duty at Recruit Training Command Great Lakes offers unmatched opportunities such as Special Duty Assignment Pay, faster advancement, the Master Training Specialist qualification, and up to 24 ACE-recommended college credits toward a bachelor's degree. For more information on how to apply, contact PERS-4010D (Shore Special Detailing) at (901) 874-3855.



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# MONEY MATTERS

## INCREASING CONTRIBUTIONS TO TSP

Are you expecting a tax refund? Invest it wisely and consider upping your Thrift Savings Plan (TSP) contributions. Even a small increase—just \$2 a day—can add up to \$720 a year, and with compounding interest at a 7.23% annual return, you could see significant growth over time. Follow the steps below to increase your contributions:

1. Log in at [mypay.dfas.mil](https://mypay.dfas.mil).
2. Under "PAY CHANGES," select "Thrift Savings Plan (TSP)."
3. Click the yellow pencil to edit your contribution.
4. Adjust and hit "Continue."
5. Review and submit your changes.



# HEALTH & WELLNESS

## TRAVEL FOR ASSISTED REPRODUCTIVE TECHNOLOGY SERVICES

Service members that need to travel for IVF or other Assisted Reproductive Technology (ART) services will now receive extra help to do so. The Navy has authorized travel allowances for service members seeking ART services that are not available near their permanent duty station. Read more about the policy [here](#).



# FAMILY RESOURCES

## SPOUSE EDUCATION BENEFIT EXPANSION

The Department of Defense is expanding the My Career Advancement Account (MyCAA) program to include more military spouses. Spouses of active-duty service members and reservists ranked E-7, E-8, E-9, and W-3 are now eligible to apply for the MyCAA scholarship, which offers up to \$4,000 in educational assistance. This workforce development initiative helps military spouses advance their education and career goals. For more details, visit the [website](#) or call 800-342-9647.



# DOD SUMMER CAMPS

## DEFENSE DEPARTMENT SUMMER CAMPS

Looking for activities to keep your children and teens busy, engaged and having fun when school lets out for the year? Defense Department summer camps could be a great addition to your family's summer lineup. A variety of camp experiences provide summer structure and fun for military children and teens and help them bond with other military-connected youth. Check out the different camps offered [here](#).

