



# FORGED BY THE SEA

JULY 2024 | A NEWSLETTER TO ADVANCE NAVY CULTURE



## POD - POW NOTES

**JULY IS MILITARY CONSUMER MONTH!** It's an annual reminder for Service members and family members to protect their financial futures through awareness and education. Make sure to regularly review your credit report for accuracy. You can visit [Personal Finance Resources for Service Members](#) | [Military OneSource](#). Talk with your local Fleet and Family Support Center personal financial manager to get your free credit score and report.

**PRT CHANGES! NAVADMIN 123/24** removes the requirements for adverse FITREP/EVALs and provides Commanding Officers (COs) discretion when providing reenlistment or retention recommendations for Sailors who fail consecutive PFAs. This NAVADMIN also directs one Physical Fitness Assessment (PFA) cycle in CY25, from February 1 – November 30, 2025. For more information, check out [NAVADMIN 123/24](#) or talk to your CFL!



Photo by Petty Officer 1st Class  
Delaney Jensen, DVIDs

## 101 CRITICAL DAYS OF SUMMER

The summer season is a high-risk time for Navy and Marine Corps personnel, who may engage in dangerous activities without proper risk management. Last year, we lost 27 Sailors and Marines in off-duty auto and motorcycle mishaps during the 101 Critical Days of Summer, which runs from 24 May to 2 September. Please take care of yourself, your family, and your shipmates, both physically and mentally, and enjoy summer wisely.

[WATCH VIDEO >](#)

[READ MORE >](#)

## COE 2.0 CORNER



### VIDEO SERIES

A collection of training videos to help bring COE 2.0 to life in your command.



- > COE 2.0 Playbook
- > COE 2.0 "Warrior Toughness"

### PLAYBOOK



A guide to implement COE 2.0 at any Navy Command

[DOWNLOAD IT TODAY!](#)

### PLACEMAT



A concise explanation of "what right looks like"

[DOWNLOAD IT TODAY!](#)



# NEW LEADER AT THE HELM

*Our Values are to model the culture in which we want to serve; focus on our customers – Sailors, Families, Leaders, and Command Triads; and make things better; not harder.*

*I look forward to serving with each and every one of you as we bring critical resources to the Fleet."*

Rear Admiral Jay Clark is a native of Pembroke, Georgia and graduated from Bryan County High School. He is a 1995 graduate of Morris Brown College where he earned a Bachelor of Science degree in Computer Science and received his commission through NROTC Morehouse in Atlanta, Georgia. Clark also holds a Master's Degree in Systems Management from the Naval Postgraduate School and a Master's Degree in National Security and Strategic Studies from the Naval War College.

Clark's career highlights at-sea include serving as Executive Officer and Commanding Officer of USS ROOSEVELT (DDG 80) and Deputy Commodore and Commodore for Destroyer Squadron ONE. Ashore, Clark spent time as Deputy Executive Assistant to the Vice Chief of Naval Operations, Commanding Officer of Afloat Training Group Mayport, Deputy Director, 21st Century Sailor Office (OPNAV N17) and Executive Assistant to Commander, U.S. Pacific Fleet.

Rear Admiral Clark reported as the Director, Navy Culture and Force Resilience Office (N17) in May 2024.

**N17 welcomes RDML Jay Clark, the new Director of the Navy Office of Culture and Force Resilience.**

*"It's truly an honor to be back home, working with the tremendous N17 team once again. Our policies and initiatives, designed to support our Sailors and make the Navy a better combat fighting force, will continue to remain our primary focus as we navigate the ebbs and flows of today's challenging maritime environment.*

*Our Purpose is to enable our Navy's leaders to build People, Teams, and Families that are ready for combat; ready for the hardest things outside of combat; and to do so in a way that inspires People to join, stay, and tell their friends about the Navy.*

*Our Mission is to provide our Navy with an integrated framework of tools, programs, and policies that build great culture and a tough, resilient force where our people live, act, and lead at their best.*

*Our Vision is that Navy People, Leaders, and Teams, and Families reach their full potential in service to our Nation.*



Photos by MCC Zachary Anderson



## DID YOU KNOW?

### You can mass load command PFA data in PRIMS 2

using the Data Load Widget? Originally designed for detached operational or large commands, the data load widget tool uploads a large amount of command PFA data in a short period of time.

[» FIND OUT MORE](#)



### Navy Domestic Violence Prevention Mobile Application

This app is available wherever you get your mobile apps and the Navy App Locker. It provides FAP information and required GMT training and documents completion of GMT training in the Electronic Training Jacket (ETJ) using your DODID. The app also provides links to key DVP resources and an "Emergency" contacts section available to the user 24/7, such as the National Domestic Violence Hotline and Military Crisis Line.

[» DOWNLOAD](#)



### CPPA Resources for PCS season

Feeling overwhelmed by all the details and paperwork involved? Don't worry, we are here to help make your PCS process smoother and less stressful! Whether you need tips on how to pack, how to find a new home, or how to adjust to a new location, we have you covered.

[» FIND OUT MORE](#)

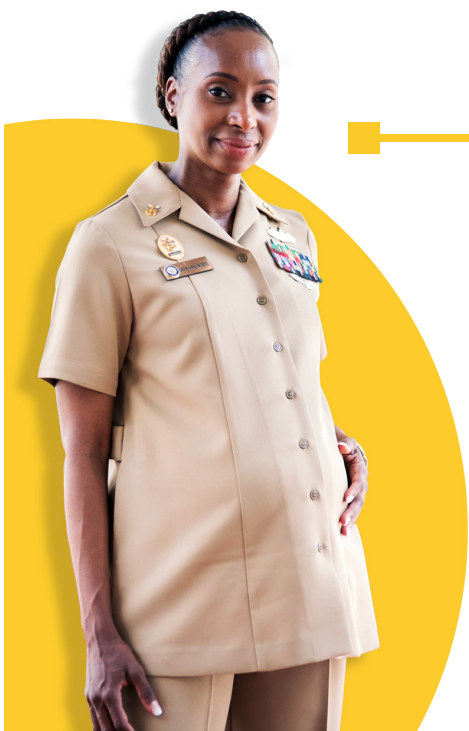


Photo by Petty Officer 1st Class Jeanette Mullinax  
Chief of Naval Personnel, DVIDS

## UPDATED POLICY FOR THE ASSIGNMENT OF PREGNANT SAILORS

Previous policy mandated pregnant Sailors assigned to sea duty to be reassigned to shore duty in excess of an activity's manpower requirement.

As of January 2024, **NAVADMIN 006/24** states that pregnant Service members are to be re-assigned to fill a valid manpower requirement upon official command notification of pregnancy and submission of reassignment availability. Operational deferment (shore duty) orders will be written for a minimum of 24-months with a detach date approximately 30-days from receipt of the availability report.

**DGM 40115-2401** "Policy for the Assignment of Pregnant Enlisted Service Members" provides further policy guidance on the assignment of pregnant enlisted Service members.

- **NAVADMIN 006/24**
- **DGM 40115-2401**
- **MyNavy HR Fact Sheet**

## RESOURCES

### MYNAVY HR SUPPORT SERVICES

Visit: [MyNavy HR Culture & Resilience](#)

### MILITARY ONE SOURCE

Call: 1-800-342-9647

Chat: [Military One Source](#)

### MYNAVY HR SAPR

Visit: [MyNavy HR SAPR](#)

### SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

Call: 800-662-HELP (4357)

Visit: [SAMSHA-Find Help](#)

### SAFE HELPLINE

Call: 877-995-5247

Visit: [Safe Helpline](#)

### VETERANS CRISIS LINE

Dial 988 then press 1

### NAVY WOUNDED WARRIOR

Call: 855-NAVY-WWP • (628-9997)

Visit: [Navy Wounded Warrior](#)

### DONCEAP (DON CIVILIAN EMPLOYEE ASSISTANCE PROGRAM)

Visit: [Magellan Ascend](#)

### EMPLOYEE ASSISTANCE PROGRAM BY CNIC

Visit: [ACI website](#)



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or social media links below!



## REACH US NOW