

Captain's Call Kit

CCK

Issue No. 2001/01

CCK articles may be easily copied for posting on command bulletin boards. Articles may also be used for Plans of the Day, Captain's Call, SITE-TV, the command newspaper or reading and reference purposes. This quarter's kit includes the following:

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Retention Highlight: First-termers Now Have "Split Tour" Opportunities

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Retention Highlight: Retention-Attrition Stand Down Under Way

To enhance command retention programs and improve the quality of service for all Sailors, a fleetwide retention/attrition stand down is under way.

The purpose of the stand down is to have all commands review the effectiveness of their retention programs to support the Navy's goal: have the right number of quality Sailors to properly man the U.S. Navy.

The following themes should be implemented as a routine part of each command's retention efforts:

- Leading/mentoring Sailors to achieve success;
- Empower Sailors to make informed career decisions;
- Provide for the professional and personal development needs of Sailors and their families;
- Give command retention teams the tools and resources needed to accomplish their job;
- Evaluate Navy policies to determine their effectiveness and impact on retention.

All Navy commands have been mailed a copy of "The First 72 Hours." The 20-minute video program examines the damaging effects of poor command climate/sponsorship programs in the fleet and how negative first impressions lead to professional and personal problems among newly reporting Sailors. It is another tool available in the war for talent to enhance the quality and professionalism of command sponsorship programs.

For more information, see NAVADMIN 047/01, available on BUPERS web site at www.bupers.navy.mil/ or contact the public affairs office at the Center for Career Development at DSN 882-2200 or (901) 874-2200.



Check out the Navy's new Center for Career Development web site at www.staynavy.navy.mil.

If you have any suggestions or comments for articles or ways to improve CCK, please write, call or fax to:

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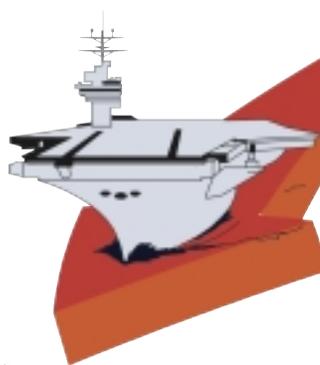


Retention Highlight: First-termers Now Have “Split Tour” Opportunities

Sailors with at least 24 months at their sea duty command and who are approaching their end of active obligated service can now split tour to another sea duty command.

The initiative is aimed at giving commands and detailers greater flexibility when working with first-term Sailors.

“The improvement of first-term retention is encouraging, and it’s initiatives such as this that will help Sailors make sound career decisions, by giving them a broader view of what the Navy has to offer in a shorter amount of time,” said VADM Norb Ryan Jr., Chief of Naval Personnel. “Retention should be everyone’s No.1 priority, and commands should be highly encouraged to help those Sailors who want to take advantage of opportunities such as this.”



For more information, see NAVADMIN 143/00 at BUPERS web site www.bupers.navy.mil. Sailors should contact their detailer and submit NAVPERS 1306/7 via their chain of command.

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Know Someone Who's Thinking About ? ... Navy Reinforces Commitment to College Education

The Navy has expanded its College Assistance/Student Headstart Program, or CASH.

The CASH program allows qualified applicants to attend a college or university for up to a full year after being sworn into the Navy, while receiving full Navy pay and allowances. Selectees also receive a military identification card and medical/dental benefits for themselves and any eligible family members.

This program enables personnel to continue working toward a degree at any accredited college or university while awaiting basic training.

Enrollment in the CASH program requires the applicant to maintain full-time student status and completion (with a grade of C or better) of one college-level algebra course prior to reporting to Recruit Training Command.

In addition to the CASH program, a bonus is also available to those with college experience. Based on the number of college credits completed, applicants can qualify for up to \$20,000 in enlistment bonuses.

For more information on these and other Navy opportunities, call 1-800-USA-NAVY, or visit www.navyjobs.com.



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BUPERS Access — the Key to Advance Notification of Promotion / Advancement

Active-duty enlisted and officer selection board results are now being distributed through “BUPERS Access” 48 hours before being released to the fleet by message. Distribution is limited to flag officers, commanding officers, officers-in-charge and command master chiefs (enlisted boards only) for their respective unit identification codes (UICs).

This gives senior leadership the opportunity to provide appropriate personal and career counseling to all candidates.

Flag officers, commanding officers and officers-in-charge can obtain 48-hour advanced access to only those UICs for which they are the direct reporting senior, in accordance with FITREP/Eval manuals. Command master chiefs will only have access to results of enlisted boards. Account access for selection boards should be automatic for those authorized users. For commands without CMCs, senior enlisted advisors will be granted access based on individual requests faxed or mailed to the Navy Personnel Command (PERS-455E).

Commands are strongly encouraged to establish and test accounts for all UICs as soon as possible to beat the last minute rush, and avoid difficulties during the upcoming pre-release results.



For more information, see NAVADMIN 173/00, which is available at BUPERS web site: www.bupers.navy.mil.

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Navy Exam Center Offers Exam Ordering Online

The Naval Education and Training Professional Development and Technology Center (NETPDTC) has a program that not only makes ordering Navy advancement exams easier, but also allows ordering commands to track the status of their orders.

There are several advantages to ordering exams online instead of through the mail or by Navy message. First, ordering online is incredibly faster. Second, commands can process and track the status of their orders throughout the entire process by simply checking the NETPDTC Navy Advancement Center web site. Third, commands deploying or completing deployment may have the option of getting exams shipped directly to themselves, or the nearest CONUS PSD (including Hawaii and Alaska) providing they coordinate with the PSD ahead of time.

Once a command Education Services Office logs on to the Navy Advancement Center web site to enroll in the program, they will be assigned a password (one password per unit identification code) and receive easy-to-follow instructions that guide them through the registration process. Then, they simply submit their orders.

For more information, log onto the site at ***neasos.cnet.navy.mil/cgi-bin.***



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Physical Security: Opportunities Available

The Navy is in search of motivated, safety-conscience Sailors to fill physical security naval enlisted classification (NEC) 9545.

Physical security specialists, open to all E-6s and below, except HMs and DTs, are stationed around the world, as well as at all naval installations stateside. The majority of the overseas activities are Type 3 (sea duty for rotation purposes), so a Sailor can begin, complete or continue sea duty in this program.

Physical security specialists can expect to be involved in almost every facet of law enforcement.

The training for assignment as a physical security specialist takes place at Lackland Air Force Base, San Antonio. While attending the six-week joint service school, Sailors are taught various law enforcement techniques, ranging from weapons handling to driving skills to crowd control. Upon graduation, Sailors earn the 9545 NEC and are sent to their physical security specialist assignments.

Sailors who are interested in an assignment in law enforcement should talk to their command career counselor, or contact the physical security detailers at DSN 882-3863, or (901) 874-3863.



For more information, including eligibility requirements, go to the physical security web site at www.bupers.navy.mil.

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New Dental Plan Expands Services, Includes Reservists

DOD's new TRICARE Dental Program will feature lower premiums, expanded services and cost ceilings, and will allow Reservists and their families to enroll.

During the first two years of the new program, premiums for active-duty family members will drop from current levels. The \$8.53 single and \$21.33 family rates will drop to \$7.63 and \$19.08 respectively during the first year and remain below current levels even during the second year.

Premiums for Reservists on extended active duty and their families will mirror those of active-duty members, however premiums for families of Reservists not on active duty will be somewhat higher. After the first two years, premiums may rise, but will remain very reasonable.

DOD and United Concordia, the plan administrators, plan to conduct customer-satisfaction surveys monthly.



For more information, beneficiaries can call United Concordia's toll-free customer service line, 1-800-866-8499, or visit the company's web site at www.ucci.com.

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LINK and Perspective Magazines Available Online

Updated career information for both enlisted personnel and officers is available online through issues of *LINK* and *Perspective* magazines at the BUPERS/Navy Personnel Command web site under the "News Stand" button at www.bupers.navy.mil/periodicals.

Both magazine focus on a challenge that affects everything we do in the Navy — retention. Education programs, pay raises, bonus programs, as well as the prospect of an exciting and challenging career, are all topics of discussion in the detailers' columns.



For more information about *LINK*, contact the editor at DSN 882-4136 or (901) 874-4136.

For information about *Perspective*, contact the editor at DSN 882-4135 or (901) 874-4135.

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Navy's National Apprenticeship Program Gets New Name

The Marine Corps and Coast Guard have joined with the Navy to form the United Services Military Apprenticeship Program (USMAP).

The goal of the program is to develop highly skilled journeymen through military training and experience that will lead to certification in a designated trade, occupation or craft.

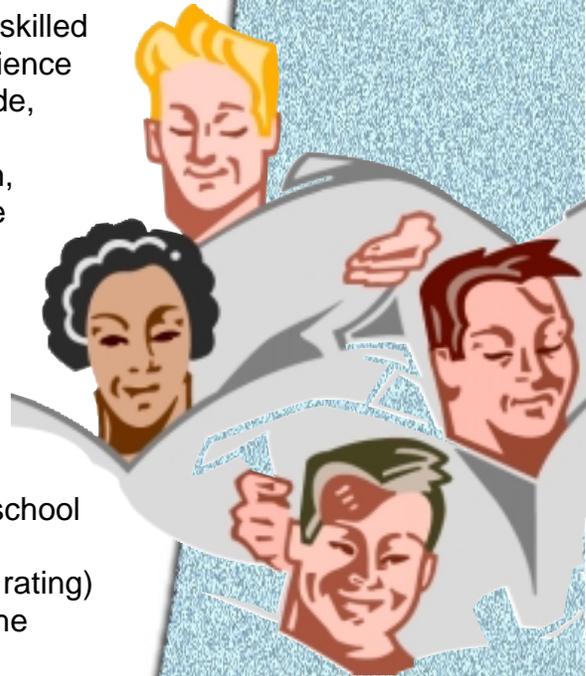
A federally approved apprenticeship program, USMAP develops highly trained military service personnel who will continue to use their technical skills and knowledge while on active duty. After fulfilling their military obligation, service members in the program will qualify for employment in sought-after civilian trades, such as carpentry and welding.

To qualify for the program, enlisted service members must be on active duty, have a high school diploma or general equivalency diploma (GED) equivalent, be designated in a job specialty (or rating) with approved apprenticeable skills and meet the requirements for the journeyman rating/military occupational specialty applicable to the trade.

The benefits of joining the program include recognition of skills learned, documented proof of work experience and related technical instruction, and improved chances of finding full-time employment when entering the civilian sector.

Individuals who successfully complete the USMAP are issued a Certificate of Completion of Apprenticeship from the U.S. Department of Labor and are considered among the most highly skilled craftsmen in industry.

For more information, visit
www.cnet.navy.mil/nnaps
or call DSN 922-4940 ext. 307/312
or (850) 452-4940 ext. 307/312,
or by e-mail to:
netpdtc.usmap@cnet.navy.mil.



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Certified Weight Tickets Now Mandatory in Personally Procured Moves

Service members making a Personally Procured Move must now get certified weight tickets for their vehicle both empty and loaded with household goods (HHG) shipments.

Certified weight tickets are available only from a "public weighmaster," or from a federal government scale at a U.S. military installation. Personal Property Shipping Offices will provide service members with a list of qualified scales in the local area for their convenience in obtaining these required weight tickets.

Also, most truck stops found along major interstate highways are open "24-7," and will normally meet the certification requirements.

Individuals are encouraged to check with these facilities first to be sure that they meet the requirements for certification. Without the proper weight tickets signed by a public weighmaster, no payment will be made.

Other changes to the Joint Federal Travel Regulations (JFTR) greatly expanded options and alternatives available to service members. Because of the numerous changes, all military personnel (regardless of rank or experience) are strongly encouraged to seek guidance from their local Personal Property Shipping Office, or consult the Naval Supply Systems Command (NAVSUP) home page at www.navsup.navy.mil, or the HHG help line at 1-800-444-7789, well in advance of any move. This will save service members money and may actually earn monetary incentives.



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Retirees . . . an Important Part of the Navy Family

Quality support for retired Sailors is a primary concern of personnel officials who have heard the concerns of retirees. One important tool in getting the word out to prospective retirees and retirees is the Navy Retired Activities Branch (PERS 622) of the Navy Personnel Command in Millington, Tenn. That office and the Transition Management Program (PERS 622C1) have combined their efforts to help better inform Sailors of the benefits they are entitled to upon retiring and assist retirees with any questions they may have. The Navy Retired Activities Branch can be reached at 1-800-255-8950 or via e-mail at p622s@persnet.navy.mil.

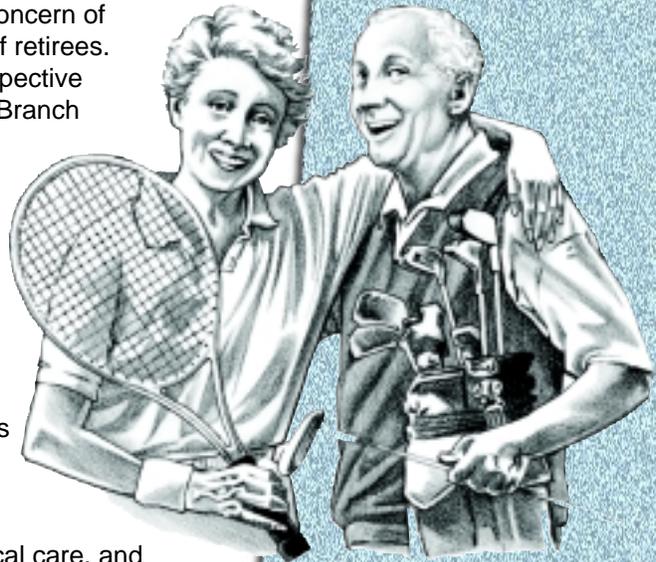
Areas of concern that the Navy Retired Activities Branch is working to address range from the responsiveness of Defense Finance and Accounting Service-Cleveland (DFAS-CL) to telephone calls during peak hours, to retiree medical care, and the Armed Forces Retirement Home (AFRH).

DFAS-CL has implemented an employee/member self-service system aimed at improving customer service during high volume calling hours. Once assigned a pin number, users can call a 1-800 number or go to the DFAS web site at www.dfas.mil to conduct business matters such as changing their federal tax status, mailing address, or Electronic Funds Transfer (ETF) address and updating financial institution account numbers and allotment information.

An important benefit prospective retirees need to be aware of is the Armed Forces Retirement Home (ARFH). Formed in 1991, base commanding officers have been asked to ensure all Sailors are aware of the home and what it has to offer.

Another good source is the LIFELines web site www.lifelines2000.org, which contains comprehensive information on retiree programs.

Information on the benefits and entitlements available to retirees is in the quarterly newsletter, "Shift Colors." Naval Personnel Command (NPC) will be mailing a copy of "Shift Colors" to all prospective retirees. This information is also available at the BUPERS web site www.bupers.navy.mil under the "News Stand" section.



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Navy Nutrition

Good nutrition is an important part of health and readiness. How does your diet measure up? To find out, access the United States Department of Agriculture Interactive Eating Index at www.usda.gov/cnpp. The user enters his/her daily food intake and receives a nutritional analysis. A graphic representation of your own Food Pyramid is displayed in comparison to the recommended pyramid along with recommendations for improving your diet.

Think it is impossible to get a healthy meal in the galley? Think again.

Mess Management Specialists are trained to develop a menu that meets the preferences of their crew and provides healthy options. The Armed Forces Recipe Service, a file of more than 1,500 recipes used by all the Armed Forces to develop their menus, has added more than 100 new, healthy recipes such as chicken and Italian vegetable pasta, Mexican beef wrap, banana split brownies and deviled oven fries.

Do your body a favor ... take advantage of these resources. You have nothing to lose, except maybe those few extra pounds!

For more nutrition information, go to Naval Supply Systems Command web site at www.navsup.navy.mil. Select "Corporate Services," followed by "05 Support Services," "Food Service" and "Navy Nutrition."



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Sign Up Now to Receive Notification of New CCKs!

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To subscribe to CCK by e-mail, send an e-mail message to ***listserv@mediacen.navy.mil*** with "subscribe cck" (without quotes) in the body. To unsubscribe, type "unsubscribe cck". Please note that any previous submissions of e-mail addresses are not currently recognized by the new listserver and you must enter your e-mail information directly to this listserver.

E-mail all CCK potential input and comments to ***pubs@mediacen.navy.mil***, with "CCK" in the subject line. If you have any questions or comments, please call the print media coordinator at DSN 288-4380 or (202) 433-4380.



Captain's Call Kit Survey — 2001/01

Please take a minute to fill out the survey below and return it to Naval Media Center at your earliest convenience.

Survey sheets can be e-mailed (PDF) to Naval Media Center at ***pubs@mediacen.navy.mil***, with "CCK Survey" in the subject line or faxed to DSN 288-4747 or (202) 433-4747.

<p>1. Duty status (mark one)</p> <p><input type="checkbox"/> Active <input type="checkbox"/> Reserve</p> <p><input type="checkbox"/> Civilian <input type="checkbox"/> Other ____</p>	<p>2. Rank/Grade (mark one)</p> <p><input type="checkbox"/> E-1 to E-6 <input type="checkbox"/> Above E-6 <input type="checkbox"/> GS-____</p> <p><input type="checkbox"/> O-1 to O-3 <input type="checkbox"/> O-4 to O-6 <input type="checkbox"/> Above O-6</p>
<p>3. Gender (mark one)</p> <p><input type="checkbox"/> Male</p> <p><input type="checkbox"/> Female</p>	<p>4. Age (mark one)</p> <p><input type="checkbox"/> 18-21 <input type="checkbox"/> 22-25 <input type="checkbox"/> 26-30</p> <p><input type="checkbox"/> 31-35 <input type="checkbox"/> 36-40 <input type="checkbox"/> 41 or older</p>

	Yes	No
5. Overall, is Captain's Call Kit a useful tool for you?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is CCK useful for internal information within your organization?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you receive the CCK in a timely manner?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you use CCK information on a regular basis?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you know how to submit input for potential use in CCK?	<input type="checkbox"/>	<input type="checkbox"/>
10. How do you specifically use CCK materials? (plans of the day, captain's call, command paper, SITE-TV, bulletin boards, etc.) _____		

11. Do you prefer the PDF desktop version (mailed to you and available on the web) or the HTML version (available on the web), and why?		
<input type="checkbox"/> PDF <input type="checkbox"/> HTML <input type="checkbox"/> Both		
Why? _____		

12. How would you rate the overall content of CCK? Please rate 1(low) to 10 (high)		
1 2 3 4 5 6 7 8 9 10		
13. How would you rate the overall design of CCK? Please rate 1(low) to 10 (high)		
1 2 3 4 5 6 7 8 9 10		
14. Please give us your ideas and comments on CCK to help us serve you better.		

Thank you for your participation in this survey!