



## FLEET MASTER CHIEF JOHN MINYARD

Issue 5

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Hello shipmates,

Everyone experiences stress of one sort or another throughout the course of their lives, but those of us serving in the Armed Forces tend to experience much more than the average person.

Our country has been at war for close to nine years; longer than any other time in our history. As a result, our operational requirements have never been more demanding and have placed an increased level of stress on our service members and their families.

Recognizing this, the Navy implemented the Operational Stress Control program in 2008 to provide Sailors and leadership the educational tools and awareness needed to

recognize and manage stress. The OSC program has already helped more than 17,000 of our shipmates cope with increased stress, and looks to provide even more service in the future.

At the recent 2010 Navy and Marine Corps Combat Operational Stress Control (COSC) conference I had the privilege of representing the more than 125,000 Sailors, Marines and family members serving in the Pacific Fleet AOR. The goal of this conference was to introduce a new Navy-Marine Corps doctrine and determine the best method to implement this doctrine and engage leadership at all levels.

In my address to the more than 2,000 military and civilian health professionals who attended the COSC, I emphasized that educating our families on the resources available is the key that will open the door to our success. However, just providing the resources may not be enough. People have to be willing to use them.

You see, operational stress isn't limited to the battle field or ship deployments, it is found throughout the fleet, across every paygrade, rating and billet, and in every home. In order to ensure Fleet readiness and our ability to continue the struggle against terrorists and oppressors, we must develop the skills to recognize and respond to operational stress within our workplace. We must foster an environment in which Sailors and family members are not afraid to seek help in dealing with stress.

There are many resources available through Fleet and Family Support Centers and military medical facilities to help our Sailors, but we must first learn to identify operational stress and recognize it as a problem before we can overcome it. Sound achievable expectations and standards are what our leadership should continue to focus on. To know the signs of stress and to know your Sailors, Marines and families, and recognize when something is not what it seems.

Only then can we sustain the strong fighting force and operational readiness necessary to complete our mission.

Until next time; take care of yourselves and your loved ones, and Thanks for All You Do!

Very Respectfully,  
Fleet Minyard

## For the Record

### *PFA Reporting in Evals*

NAVADMIN 193/10 released on 28 May provides additional changes to performance evaluation reports with an end date of 1 August or later of this year. This NAVADMIN outlines the new documenting procedures for all Physical Fitness Assessment (PFA) cycles completed during the reporting period.

The changes outlined in 193/10 provide new reporting codes for Block 20 to document one or more completed PFAs while still supplying detailed information on pass, fail or medically waived status. Software updates to NAVFIT98A to reflect these changes will be installed beginning 1 August.

These changes, as well as the Revised Performance Evaluation and Advancement Policy previously outlined in NAVADMIN 083/10 are a direct result of feedback from advancement selection boards.

### *Senior Enlisted Continuation Boards*

NAVADMIN 180/10 released on 19 May, outlines the plan for the performance-based review boards for senior enlisted leaders. Active Duty and Full-Time Support Reservists in paygrades E7-E9 with more than 19 years of service will receive a Continuation Board beginning 20 September of this year.

The Continuation Board will review records of these senior enlisted personnel, looking for proven leadership skills, diverse experience and the ability to effectively train junior Sailors and officers. Senior enlisted whose records contain documented cases of substandard performance, incidents of misconduct, PFA failures and similar problems within the preceding five years will be considered for transfer to the Fleet Reserve or retirement by June 30, 2011.

It is strongly recommended you review these NAVADMINs in their entirety.

## Pacific History / Heritage

June 4-7, 1942 – This year will mark the 68th Anniversary of the Battle of Midway. Referred to as the “Turning Point in the Pacific,” the Battle of Midway was considered to be the most important battle of the Pacific Campaign during World War II, and cost the Japanese Imperial Navy four of its aircraft carriers. May we never forget our shipmates of “The Greatest Generation” who fought in this important naval battle.

## On the Horizon

E4 evaluations are due on June 15th, and E3/2/1 are due in July. The July reporting period will be the last group of EVALs submitted before NAVADMIN 193/10 goes into effect, changing reporting codes for PFA scores.



QUY NHON, Vietnam (June 2, 2010) Hospital Corpsman Tim Beaudry examines the eyes of a vietnamese patient during a medical civic action program (MEDCAP) while participating in Pacific Partnership 2010. The fifth in a series of U.S. Pacific Fleet humanitarian and civic assistance endeavors, Pacific Partnership 2010 is aimed at strengthening regional partnerships among U.S. government organizations, host nations, partner nations, and international humanitarian and relief organizations. (U.S. Navy photo by Mass Communication Specialist 2nd Class Eddie Harrison/Released)



OAK HARBOR, Wash. (May 14, 2010) Command Master Chief Don Famellos, assigned to Electronic Attack Squadron (VAQ) 132, discusses the EA-18G Growler safe-for-flight qualification process with Fleet Master Chief for U.S. Pacific Fleet John Minyard in hangar 5 at Naval Air Station Whidbey Island. Minyard toured NAS Whidbey Island during a familiarization visit and participated in an Armed Forces Day Parade. (U.S. Navy photo by Mass Communication Specialist 2nd Class Tucker M. Yates/Released)

## Scuttlebutt

### *Issues and Answers from the fleet.*

**Issue:** Numerous complaints regarding the Navy’s “two ocean move” policy.

**Answer:** Detailers have all been mandated to minimize costs associated with PCS moves. In an attempt to minimize PCS costs, detailers often choose the Sailor with the lowest PCS cost. The cost of moving a Sailor from one overseas location to another overseas location is higher than moving a Sailor from CONUS. It’s that simple.

**Issue:** The paperwork drill associated with PCS and overseas screening is very difficult to understand. Combined with shortage of current PS rating support and medical support, Sailors feel like they are running in circles and repeating steps multiple times.

**Answer:** The overseas screening process is an extremely in-depth process to ensure that all administrative and medical checks are completed to the fullest extent prior to transferring a member overseas. This long and tedious process is absolutely necessary to alleviate medical and administrative burdens at overseas commands. The process does often feel difficult, especially given the fact that our Navy force is currently stretched so thin. The PS and HM ratings have both been significantly affected by force reductions and IA requirements. They continue to work efficiently and do a fantastic job keeping up with the difficult Navy OPTEMPO. Early engagement, patience, and understanding are the keys to overseas screening success. The quality product of overseas screening will only increase FDNF’s combat readiness.

**Issue:** Regarding the proposed “Don’t Ask, Don’t Tell” policy change, will the Navy poll Sailors and ask them what they think?

**Answer:** Yes. During his June 2 podcast CNO talked about the “Don’t Ask, Don’t Tell” policy and encouraged Sailors to complete an online survey being conducted by the Department of Defense. The survey is CAC-enabled for security and can be found at [www.defense.gov/dadt](http://www.defense.gov/dadt).

For more News and Information about U.S. Pacific Fleet visit:

<http://www.cpf.navy.mil>

<http://www.flickr.com/photos/compacft/>

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