

SAILOR TO SAILOR

THE OFFICIAL NEWSLETTER OF MYNAVYHR

JUNE 2025

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



UPDATED CRISIS LINE FOR VETS/MILITARY

The strongest Sailors know when to call for backup. Seeking help is a sign of strength and good judgment, essential for thriving in a Navy career. If you or someone you know is in crisis, reach out to resources like the 988 Suicide & Crisis Lifeline, Military OneSource, or Navy Chaplain Services for free, confidential support.



[CLICK HERE FOR MORE INFO](#)

EVENT DATES:

Feb. 1 - Nov. 30, 2025: [2025 PFA Cycle](#)

Feb. 1 - Dec. 31, 2025
[E4 Meritorious Advancement Program Season](#)

DEADLINES:

Jul. 31, 2025
[Professional Military Knowledge - Eligibility Exam \(PMK-EE\) Completion](#)

Sep. 30, 2025
[FY26 Enlisted Medical Degree Preparatory Program Application Submission Deadline](#)

Sep. 30, 2025
[FY25 Foreign Language One-Time Testing Bonus Application Deadline](#)

Sep. 30, 2025
[FY27 Law Education Program Selection Board Application Deadline](#)

Oct. 1, 2025
[FY26 Graduate School Opportunities at Massachusetts Institute of Technology and Woods Hole Oceanographic Application Deadline](#)

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

FLEET MASTER CHIEF OF PERSONNEL, MANPOWER, AND TRAINING:
FLTCM John H. Walker Jr.

S2S PRODUCED BY
CNP Public Affairs



BASIC NEEDS ALLOWANCE UPDATE TWO NAVADMIN 129/25

This NAVADMIN updates the Basic Needs Allowance (BNA) policy, effective May 12, 2025. BNA aids Sailors with Gross Household Income below 200% of Federal Poverty Guidelines. Eligibility requires dependents in DEERS, completed training, and application. NPPSC screens monthly, with applications via eCRM or email and annual recertification.



CHANGE TO NUCLEAR OFFICER BONUS AND INCENTIVE PAY RATES NAVADMIN 131/25

This NAVADMIN updates Nuclear Officer Bonus rates effective Feb. 3, 2025. COBO increases to \$50,000 annually for most nuclear-trained officers and \$60,000 for Major Commanders and Program Managers on two-year contracts. Officers may renegotiate contracts; other bonuses remain unchanged.



BLENDED RETIREMENT SYSTEM CALENDAR YEAR 2026 CONTINUATION PAY RATES NAVADMIN 133/25

This NAVADMIN announces 2026 BRS Continuation Pay rates: 2.5x basic pay for Active/TAR and 0.5x for Selected Reserve at 12 Years of Service. Members must request CP via NSIPS before 12 YOS; reminders sent at 11.5, 11.75, and 11.92 YOS. Manual elections available via career counselors.



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Your Navy career doesn't manage itself—come take the wheel at CDS. The MyNavy HR Career Development Symposium (CDS) visits Hampton Roads **July 15–17**, with career resources, all-hands calls, and sessions at Naval Station Norfolk, NAS Oceana, JEB Little Creek, and Dam Neck. Connect with detailers, career managers, and programs like Navy COOL and MyNavy Coaching.



[CLICK HERE FOR MORE INFORMATION](#)

NAVADMINS CONT'D

ACADEMIC YEAR 26/27 ENLISTED CYBER MASTER OF SCIENCE DEGREE OPPORTUNITY AT NAVAL POSTGRADUATE SCHOOL NAVADMIN 137/25

This NAVADMIN announces applications for the 15-month Applied Cyber Operations Master's program (AY 2026/27) at NPS, Monterey, CA, for eligible E-6 and senior IT/CWT Sailors. Applications are due by Dec. 31, 2025, with selectees starting in January or July 2027 and incurring a 5-year service obligation post-graduation.



2024 SHANNON M. KENT AWARD AND NAVY LINGUIST RECOGNITION ANNOUNCEMENT NAVADMIN 140/25

This NAVADMIN announces the FY24 Shannon M. Kent Award and Navy language excellence award winners. Congratulations to CTII Alvarenga, CTIC Knudsvig, LCDR Brookes, Mr. Ramirez, EO2 Ho, LT Sales, Mr. Jennings, and NIOC Pacific. CTII Alvarenga and NIOC PAC will compete at the DoD level and be recognized at the FY25 Advanced CLPM Workshop. Bravo Zulu to all awardees.

ALNAVS

FY26 AD COMMANDER LINE SELECTIONS ALNAV 045/25



This ALNAV announces the selection of Active-Duty Navy line officers for promotion to commander for FY26, as directed in the convening order. Promotion authority will follow in future NAVADMINS, requiring NAVPERS 1421/7 documentation. Frocking is prohibited without SECNAVINST 1420.2B authorization. Selectees must verify their status via BUPERS Online.

ALNAVS

FY26 RESERVE COMMANDER LINE SELECTIONS ALNAV 048/25



This ALNAV announces FY26 Navy Reserve Commander Staff Corps selections, including officers in Medical, Dental, JAG, Nurse, Supply (TAR), Chaplain, Civil Engineer, and LDO Corps. This is not authority for appointments or frocking, requiring SECNAVINST 1420.2B authorization. Selectees must verify status via BUPERS Online. Promotion authority and instructions will follow in future NAVADMINS.

FY26 AD CAPTAIN STAFF CORPS SELECTIONS ALNAV 043/25



This ALNAV announces FY26 active-duty staff corps officer promotions to Navy Captain. Promotion authority will follow in future NAVADMINS. Frocking requires SECNAVINST 1420.2B authorization. Selectees are listed alphabetically with seniority; (*) denotes merit-reordered. Officers must verify status via BUPERS Online.

FY26 RESERVE CAPTAIN STAFF CORPS SELECTIONS ALNAV 044/25



This ALNAV announces FY-26 Navy Reserve Captain Staff Corps selections across multiple corps, including Medical, Dental, JAG, Nurse, Supply (TAR), Chaplain, and Civil Engineer. This is not authority for appointments or frocking. Selectees, marked with (*) for merit reorder, must verify status via BUPERS Online. Promotion authority will follow in future NAVADMINS.

EMPLOY PROGRAM IMPLEMENTATION

Mission readiness starts with retaining the talent we already have. The EMPLOY program (NAVADMIN 126/25) enables clinically stable, non-deployable Sailors to continue their careers in meaningful shore-based roles, filling critical billets, retaining valuable talent, and supporting mission readiness. Sailors are nominated via LIMDU SMART and assigned ACC 100 orders for at least 24 months.

[LINK TO NAVADMIN](#)



[FACTSHEET](#)