

Quick Takes

Navy Reserve Force By the Numbers:

Here are the latest Navy Reserve [statistics](#).

Day in the Navy Reserve:

Entries from the [April 6](#) Day in the Navy Reserve.

NAVADMINs & ALNAVRESFORs:

- [075/13](#): April is Sexual Assault Awareness Month.
- [079/13](#): Guidance on Command Climate Assessments.

Frequently Asked Questions:

- [RC to AC Transition](#)
- [Seabee Force Reduction](#)



Leadership Focus Points

Chief of Navy Reserve:

CNR reflects on her recent visit to Reserve commands in San Diego and the RWW in Atlanta: [Link](#).

FORCM:

[Family Gram 01-13](#) offers some great information regarding family finances. Namely, it lists five steps that you can take in developing a sound financial plan. Step 1: Know your numbers. Step 2: Start an allotment now, pay yourself first! Step 3: Pay-off debt. Step 4: Plan for retirement. Step 5: Know your credit report. Having a solid financial plan in place not only gives you a better understanding on how to manage your money, it provides you freedom! Freedom from stress, freedom from arguments with your Spouse, freedom from bad credit reports. You can learn the complete details on each of these 5 freedom steps in [NAVADMIN 096/13](#). Go ahead, read it and Be Free!

Commander Navy Reserve Forces Command:

[CNRFC Blog](#): "Each year during March we look back on the accomplishments of women in American history. In the Navy Reserve we are fortunate to have many women, both serving and retired, who are able to share their experiences and provide insights into their accomplishments and challenges."

Commander Navy Reserve Air Force:

Outreach works. Even in this tight fiscal environment, we can't give up on getting the Navy word out there. We may have to do it differently and at no extra cost, but it cannot be abandoned. One 50/50 visit by one admiral has sent a ripple effect through Montana and right now, nearly eight months after the visit, [waves are still being made](#).

Professional Development

Leadership Articles:

• [SAAM Builds On Our Fight Against Sexual Assault](#): Rear Adm. Martha Herb discusses the Navy's SAAM efforts.

• [CNO Interview](#): Adm. Greenert discusses budget concerns and readiness.

Training

• [Senior Enlisted Academy Opportunities](#).

• [Navy War College: College of Distance Education](#) (Non-Resident Curriculum).

Sailor and Family Support

• [Navy Safe Harbor](#): The Navy Safe Harbor Foundation coordinates the non-medical care of our Wounded Warriors and their families .

• Fleet Master Chief discusses the "[Keep What You Earned](#)" campaign:



"If I were to characterize where we are in the budget, as a nautical guy I would say we have been in reduced visibility, kind of in a fog bank. And when that happens, you have to slow down, be very deliberate and you cannot do all the things you want to do."

Admiral Jonathan Greenert, Chief of Naval Operations, April 8, 2013