

THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL.4 APRIL 2022



The Culture of Excellence and You

We, the Naval District Washington (NDW) community, are on the journey together to foster a Culture of Excellence (COE) throughout our region. We hope that this monthly newsletter will be a useful resource for cultivating an NDW COE.

Don't forget to check out the Bravo Zulu section, dedicated to 'shout outs', 'atta boys', and 'well-dones' for staff across the region! If you have a Bravo Zulu you would like to share, please email the COE Newsletter team.

**The Navy and Marine Corps
Public Health Center dedicates April
to Sexual Health Awareness.**

Check out this month's edition
for the following:



COE Resources: Coping with change, why stress can be good for you, and the new PrEP method for preventing HIV.



Sexual Health Awareness Month: what it is and why it matters.



Sexual Assault Prevention and Response, and how you can help.



Saying goodbye to Culinary Specialist Master Chief Sanja Walker.



LEADERSHIP AND YOU

This month, we continue to highlight our last N-Code, N4, and introduce some of our Special Assistants, their teams and their role in the NDW enterprise.

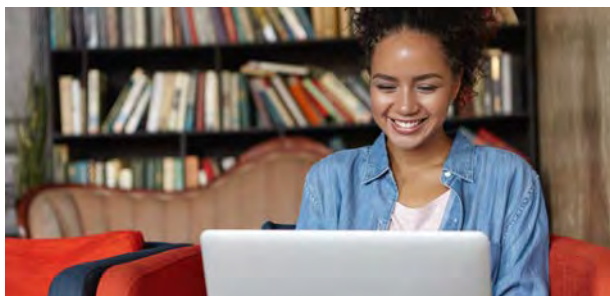
[Read More](#)



MIND, BODY, AND SPIRIT

Read about the Navy's new approach to managing stress--and why some stress is actually good for you. Also, action steps for good sexual health and preventing sexually transmitted diseases. And a Navy Chaplain's reflections on finding true faith during life's most difficult times.

[Read More](#)



COE RESOURCES

Additional information, recommendations, and links to TED talks, books, etc., that support our well-being.

[Read More](#)



DIVERSITY, EQUITY, INCLUSION, AND ACCESSIBILITY

Days of Remembrance, Holocaust remembrance and confronting antisemitism and hate.

[Read More](#)



VOICE OF THE EMPLOYEE

Let's hear from fellow employees on what Culture of Excellence means to them.

[Read More](#)



IN THE SPOTLIGHT

Read about Ms. Ny'A Edwards, who developed a Long Range Calender for the Front Office, Mr. Peter Park, NDW's lead on Emergency Management planning, and AC1 Damon Haney, NDW Sailor of the Year. And the numerous BRAVO ZULUs!

[Read More](#)



SERVICES FOR YOU

Resources for Sexual Assault Prevention and Response. And the One Love Foundation, dedicated to teaching young people about healthy relationships and protecting against abusive relationships.

[Read More](#)



THINGS TO DO AROUND YOU

Each month, we're bringing you family-friendly and budget-friendly recreational activities throughout the Region.

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FAIR WINDS AND FOLLOWING SEAS

Let's say Fair Winds and Following Seas to Culinary Specialist Master Chief (SW/AW) Sanja Walker.

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CONNECT WITH US

Got a suggestion, or a comment you'd like to share? We welcome your ideas and feedback. Feel free to contact us.

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Leadership and You

FACILITIES AND ENVIRONMENTAL DIVISION (N4)'S MISSION COVERS BUILDINGS, VEHICLES, AND MORE

By CDR Brad Coleman
Assistant Regional Engineer, N4

N4 manages the facilities, environmental, and vehicle programs for NDW. It provides the Region, supported Commanders, and partner DoD agencies with the infrastructure they need to conduct operations.

The annual program is approximately \$200 million of Sustainment and Base Operations Support. In addition, NDW receives funds for Major Repairs and Military Construction, varying from \$5 million to \$100 million per year. Its Regional Engineer team plays a critical role in execution of the following infrastructure programs:



- **Military Construction**
- **Facility Sustainment, Restoration, and Modernization (SRM) for major and minor repair work**
- **Facility and community planning to organize and track facility usage and future plans**
- **Facility services to operate the buildings on our installations**
- **Transportation, including vehicle and crane services**
- **Utilities, including power, potable water, waste water, steam, and natural gas**
- **Environmental planning and services, including:**
 - Compliance and hazardous waste management
 - Cultural and natural resources
 - Studies that support major facility projects



Leadership and You

FACILITIES AND ENVIRONMENTAL DIVISION (N4) (CONT...)

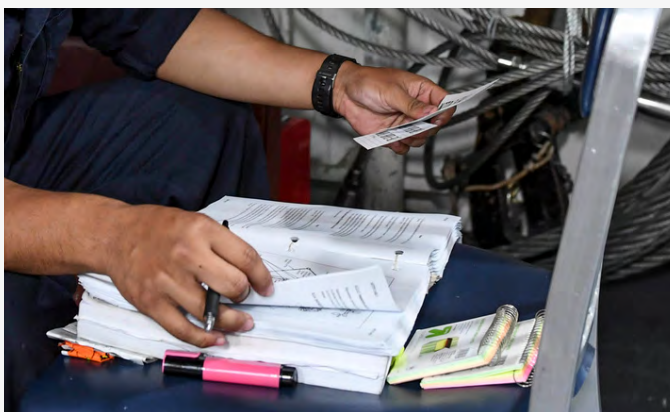
The N4 staff coordinates and collaborates with Installation leadership and with joint and interagency partners to sustain the fleet, enable the fighter, and support the Navy family, while also supporting the NDW Region Commander and NDW Installation Commanding Officers.

FISCAL-YEAR 2021 ACCOMPLISHMENTS

Our accomplishments last year included a \$17.4 million Fuel Farm project; other work projects pertaining to Naval Support Activity (NSA) Washington and Joint Base Anacostia-Bolling; executing 99.9% of the SRM budget; and receiving the NDW Headquarters Building One Award.

FISCAL-YEAR 2022 PROJECTS

This fiscal year, we are completing a \$42 million renovation of the U.S. Naval Academy's historic MacDonough Hall. We are also carrying out a \$35 million replacement of the water system at Naval Support Facility Indian Head; and a \$25.7 million replacement of the chiller in Building 1 of NSA Washington.



OFFICE OF GENERAL COUNSEL IS NDW'S LEGAL EXPERTISE FOR THE COURTROOM, COMMAND, AND EVERYDAY REGION BUSINESS

By Rob Yale
Region Counsel



PHOTO CAPTION: (Clockwise from top-left) Rob Yale, Andy Linenberg, Hilary Mountgordon, Brian Sheppard.

The four attorneys of NDW's Office of General Counsel (OGC) provide legal advice and litigation defense for the Region. Rob Yale has been the Region Counsel since 2012 and leads an office of four attorneys. The other three, NDW's Assistant Counsel, are Andy Linenberg, Brian Sheppard, and Hilary Mountgordon.

Region OGC attorneys provide legal advice to the Commandant, Region leadership, and Commanding Officers at the installations. Legal questions may involve real estate, environmental, fiscal, or contract law. Whatever the subject, Region OGC attorneys rapidly answer the call with clear, concise, and accurate legal advice so that our leaders can make appropriate Command decisions.



Leadership and You

OFFICE OF GENERAL COUNSEL (CONT...)

Region OGC attorneys are in the “chop chain” for most of the Region’s recurring business. They review:

- **Contract requests**
- **Region Instructions**
- **Support agreements, to include: Memoranda of Understanding, Memoranda of Agreement, General Terms and Conditions, and Intergovernmental Support Agreements**
- **Morale, Welfare and Recreation (MWR) Commercial Sponsorships**
- **MWR Advertising**
- **Unauthorized Commitment ratification and Upward Obligation requests**

Region OGC attorneys also play an important role in both appropriated-fund and non-appropriated fund human resources. Alongside Labor and Employee Relations specialists, OGC attorneys advise management on employment law issues. OGC attorneys also perform legal review of serious discipline proposals and issues raised by our unions.

One of NDW OGC’s most important functions is to defend the Navy in litigation. Region OGC attorneys work with the United States Department of Justice to defend cases in U.S. Federal District Court. Region OGC attorneys also defend the Navy in administrative proceedings before the Equal Employment Opportunity Commission, Merit Systems Protection Board, and Federal Labor Relations Authority.





Leadership and You

OFFICE OF GENERAL COUNSEL (CONT...)

Region OGC attorneys work closely with Staff Judge Advocate (SJA) counterparts at both the Region and the installation level. And they work regularly with attorney colleagues at Naval Facilities Engineering Command, Washington; as well as Commander, Navy Installations Command (CNIC) headquarters.

NDW's Region Counsel reports directly to the Deputy Counsel, CNIC. All of the Region Counsel throughout CNIC communicate on a daily basis. NDW clients not only get the benefit of NDW's legal expertise, but also the knowledge and experience of the close-knit network of CNIC attorneys around the globe.

Mr. Yale, the Region Counsel, practiced environmental law at CNIC for six years before joining NDW. One highlight of his time at CNIC was nearly a year as Acting Counsel to the Joint Guam Program Office. Mr. Yale is also a retired U.S. Army Judge Advocate with seven years of active duty and 14 years in the U.S. Army Reserve (USAR), during which he deployed to Afghanistan, where he earned the Bronze Star.

Mr. Linenberg, one of NDW's Assistant Counsel, will soon move on to an exciting job at Navy Research Lab. He came to NDW from the U.S. Department of the Interior, where he was a recognized expert in employment law.

Mr. Sheppard started his Navy legal career in 2013 as a Summer Law Clerk for CNIC. He earned a permanent position and has been with NDW OGC ever since finishing law school.

Ms. Mountgordon has been with NDW since 2019. She has distinguished herself as an expert in disability discrimination law as well as in litigation.



NDW STAFF JUDGE ADVOCATE: NDW'S GUIDE FOR MILITARY ETHICS, FREEDOM OF INFORMATION ACT REQUESTS, AND ALL JUSTICE AND PERSONNEL LEGAL MATTERS

By CDR James Kennedy
NDW Staff Judge Advocate

NDW SJA

The NDW SJA is the Commandant's advisor on military justice and military personnel law. In coordination with law enforcement and prosecutors from the Region Legal Service Office, the SJA assists the Commandant in exercising his authorities as a General Court-Martial Convening Authority under the Uniform Code of Military Justice. This includes decisions to refer cases to court-martial, dismiss charges, and accept plea agreements. The SJA also advises the Commandant on officer and enlisted administrative separations and on appeals from non-judicial punishment.

Additionally, the SJA provides guidance to NDW leadership and installations on administrative investigations, or "JAGMANs." These include command investigations into mishaps like fires, floods, and personnel injuries as well as litigation reports, which assist government attorneys in defending against possible tort claims or in exercising affirmative claims.



Leadership and You

NDW STAFF JUDGE ADVOCATE (CONT...)

Ethics Counselor

Another important role of the SJA is that of ethics counselor. As an ethics counselor, the SJA advises the Commandant and other NDW personnel on standards of conduct laws and regulations, to include gifts, use of official position, conflicts of interest, fundraising, and post-government employment. As part of its ethics portfolio, the SJA office administers the public (OGE 278) and confidential (OGE 450) financial disclosure programs for NDW. The financial disclosure program is a system to periodically review personal financial interests of select employees to ensure prompt and timely redress of potential and actual conflicts.

Freedom of Information Act (FOIA)

Finally, the SJA office serves as the FOIA coordinator for NDW. The FOIA provides the public the right to request access to records from a federal agency. It is often described as the law that keeps citizens in the know about their government. The SJA office interfaces with NDW special assistants, N-codes, and installations to conduct searches for records that have been requested by members of the public, reviews these records to ensure that non-releasable information is redacted, and prepares responses. Annually, thousands of pages of documents are released to members of the public through the NDW SJA office.



Commander's
Suggestion Box

THE NDW COMMANDING OFFICER'S SUGGESTION PROGRAM IS LIVE!

Here is your chance to share your ideas on how we can make our Region function better and/or address any identified concerns you may have.

Although the form requests contact information, it is not required and anonymous suggestions/concerns may be submitted. All input will be reviewed and addressed as appropriate. Please note, providing contact information allows for follow-up questions and discussion regarding the input that has been submitted.

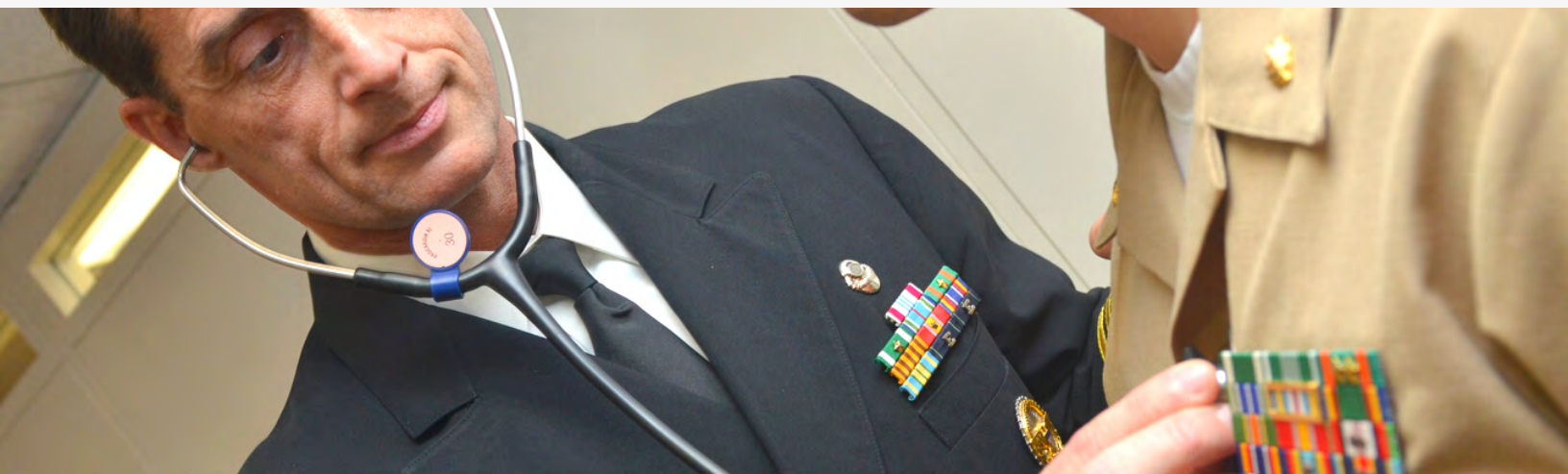
The Commander's Suggestion Box can be accessed from clicking the icon above or from any of the following locations:

- [NDW G2 Landing Page](#)
- [NDW G2 Team Site](#)
- [Commander's Suggestion Box](#)

Please share your ideas and
concerns. We want to hear
from you!



*The Region SJA is CDR James Kennedy.
Other key players on the SJA team are the
Assistant Region SJA, LCDR Julie Gillaspay;
and paralegal Catrina Simpson.*



Mind, Body, and Spirit

STRESS IS A KEY INGREDIENT FOR BOTH HIGH PERFORMANCE AND HIGH RESILIENCE!

By CAPT Paul Sargent M.D.
Psychiatrist (FS/FMF) OPNAV N17
21st Century Sailor Office

The Navy has historically used Operational Stress Control (OSC) Programs to support deploying forces with education and training while they are under way. In 2020, OSC was replaced with Expanded Operational Stress Control (E-OSC), a tool for every Sailor, every Day—not just when they are deployed. E-OSC is a standardized, peer-to-peer, primary prevention program designed to build toughness, preserve resilience, enhance cohesion, and mitigate risks associated with unaddressed stress in order to improve mission readiness.

E-OSC rollout was an unprecedented effort over the last year and has trained over 2,800 Sailors from over 1,200 separate Commands. According to NAVADMIN 332/20, each Command will appoint both an E-OSC Team Leader and an Assistant Team Leader.





Mind, Body, and Spirit

STRESS IS A KEY INGREDIENT (CONT...)

We know that stress is not the enemy! Unfortunately, there is a narrative in popular culture suggesting that experiencing stress is universally bad for people. This well-intended but incorrect perspective explains that “that which does not kill you makes you weaker,” and advises that people and leaders should be consistently working to reduce their exposure to stress.

While we know that long-term, uncontrolled stress is not ideal and can adversely affect performance, it is also true that being afraid of stress and avoiding stress are equally unhelpful. In fact, being under-stressed can lead to complacency, lethargy, stagnation, and feelings of worthlessness.



A better perspective for the long-term sustainment of any high performance or warfighting organization is to apply “The Goldilocks Principle”: The right amount of stress—not too much or too little, is good for you. It makes you learn how to cope with the ups and downs of life. When stress is embraced as a tool for growth, it not only improves the performance of individuals, but helps to build stronger, more connected teams as well.

E-OSC draws upon a foundation of years of experience with traditional OSC programs. Many people are familiar with a traditional “Stress Continuum” that describes people’s perceived or subjective experience with stress. That is, they go from feeling “comfortable” or “ready” to “very uncomfortable” or “ill.” Since the debut of the initial stress continuum, science has advanced and demonstrated that not all stress is bad, and in fact people often need to move out of their “comfort zone” in order to perform at their peak and build true resilience. E-OSC has incorporated this advancement in our understanding to provide an “Expanded Stress Continuum” that demonstrates the importance of stress in our lives.

In addition, we know that recognizing and talking about stress requires a common language. Therefore, the E-OSC Expanded Stress Continuum continues to incorporate the idea of “stress zones” (Not Engaged, Ready, Reacting, Injured, and Ill) to guide appropriate responses. This expansion of the previous stress continuum recognizes that stress is an important aspect of our growth. The goal of E-OSC remains to “get to green.” But in order to “get to green,” we need to embrace challenges head on, and welcome some periods of stress in our lives as an important tool for growth. As the situation subsides, we can then re-enter “recovery mode” and prepare for the next challenge.

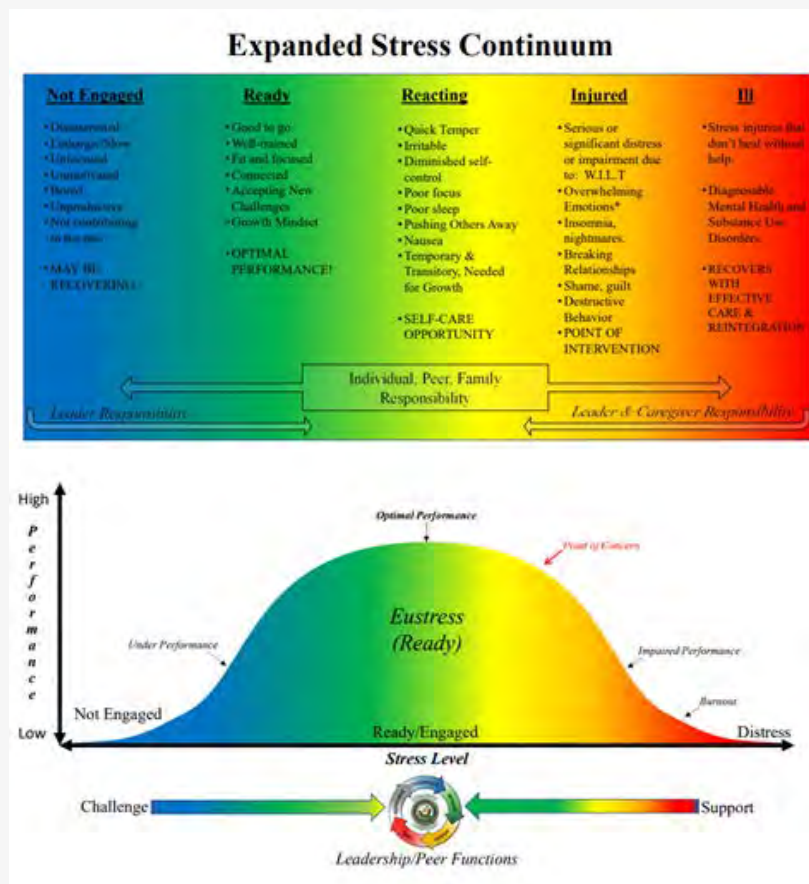


Mind, Body, and Spirit

STRESS IS A KEY INGREDIENT (CONT...)

The pictures show that we will not perform at our best if we start out from a position of being “under-stressed, flat, or disengaged.” When people are well trained for their job, and confront challenges with the right mindset, the stress will lead to an improvement in their performance. This has been described as a “flow state” in the performance literature. And if the stress grows to the point of diminishing performance, then a person has the opportunity to apply techniques that will bring them back into the sweet spot.

E-OSC not only teaches how to accomplish this from an individual perspective but also provides key leadership tools that help a leader to “Challenge” or “Support” their Sailors as needed to keep them in the optimal performance zone, for as much time as possible. In fact, both individual and leadership responsibility are key to making this whole process work!



For more information on E-OSC or to sign up for a training, please visit our website at <https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/E-OSC/> or feel free to email us at eosc.fct@navy.mil.





Mind, Body, and Spirit

THE NAVY AND MARINE CORPS PUBLIC HEALTH CENTER DEDICATES APRIL TO SEXUAL HEALTH AWARENESS. WHAT DOES THAT MEAN, AND WHY SHOULD YOU CARE?

By CAPT Sara Pickett
NDW SAPRO and COE Champion

The Navy and Marine Corps Public Health Center's (NMCPHC's) focus for the month of April is Sexual Health awareness. When I read this, I asked myself "What is sexual health, and why is the NMCPHC focusing a whole month on the topic?" I soon learned the term "sexual health" actually encompasses many important aspects to a person's overall health, to include a healthier body, valuing and feeling good about yourself, a satisfying sex life, positive and satisfying relationships, avoiding Sexually Transmitted Infections (STIs) (also called Sexually Transmitted Diseases (STDs)), preventing unplanned pregnancies, enjoying your sexuality, and taking care of yourself and your partners throughout your life. The National Coalition for Sexual Health website, <https://nationalcoalitionforsexualhealth.org/>, describes the benefits of good sexual health, to include positive relationships, feeling good about yourself, peace of mind, a healthier body, and a satisfying sexual life. Additionally, it recommends five action steps for good sexual health.



- **Value who you are, and decide what's right for you.**
- **Get smart about your body, and protect it.**
- **Treat your partners well, and expect them to treat you well.**
- **Build positive relationships.**
- **Make sexual health part of your health care routine.**

More detailed information on each of the five action steps can be found at <https://www.fiveactionsteps.org>. The website articulates each of the recommended five action steps. For each step, there is a page that provides the benefits to taking the action step, five good reasons to take the step, tips and advice for making it happen, and resources to learn more. The resources section offers Resources for Parents and Caregivers, Resources for Teens and Young Adults, and Resources for Anyone.



Mind, Body, and Spirit

WE NEED TO TALK (ABOUT STDs)

By Trina Gray
Planning & Integration Manager,
Information Technology, N60

The Centers for Disease Control and Prevention (CDC) has declared April 10-16, 2022, Sexually Transmitted Disease (STD) Awareness Week. According to a CDC statement, “STD Awareness Week Campaigns provide an opportunity to raise awareness about STDs and how they impact our lives, reduce STD-related stigma, fear, and discrimination: and ensure everyone has the tools and knowledge to prevent, test for, and treat STDs.”



The CDC has created multiple campaigns to promote awareness. One campaign is called “Talk. Test. Treat.” and aims to assist individuals when having those uncomfortable but healthy conversations with their partners and healthcare providers. The Talk. Test. Treat. campaign focuses on talking openly and honestly with your partner and your healthcare provider about sexual health and STDs. If you are sexually active, testing is the most important thing you can do to protect your sexual health. If you test positive, all STDs are treatable, and some STDs can be cured with the right medicine. You can read more about Talk. Test. Treat. at www.cdc.gov/std/saw/talktesttreat/individuals.htm.

DID YOU KNOW?

It's an important issue. An active-duty Sailor or Marine is newly diagnosed with HIV every five days, with 70-100 new HIV infections occurring among Service members every year, according to the NMCPHC. The NMCPHC has been tracking this data since 1985 and found that more than 6,200 Service members have been diagnosed HIV-positive since that year.

For those at risk, the NMCPHC provides a wealth of information and resources on prevention, protection, and treatment. The most vital resource in the NMCPHC toolbox is the HIV Pre-Exposure Prophylaxis (PrEP) and HIV Post-Exposure Prophylaxis (PEP) protocols, focusing on reducing the risk of contracting and transmitting HIV through sexual or accidental exposure; information can be found at [hiv-don.pdf \(navy.mil\)](#). Since every military treatment facility should have access to PrEP/PEP, your military doctor can provide additional information on how PrEP and PEP could work for you. In this month's “COE Resources,” the COE Team has included a TED Talk from Doctoral Student Michael Alonso on ways you can change statistics and become a Sexual Health Warrior:

<https://www.youtube.com/watch?v=u-fyconxmiu>



Mind, Body, and Spirit

IN TIMES OF NEED, TRUE FAITH SUSTAINS US

By CDR Peter Dietz
Director, CREDO

The story of faith begins in darkness. It begins in emptiness. It begins with raw need. We all have experienced dark times in our lives: times of emptiness and times of great need. One of those times for me was while I was in seminary and one of my best friends died. Craig was married with two wonderful children and had just received his first call when he was diagnosed with a very aggressive cancer. During one of the last conversations I had with him, he told me that after writing all those statements of faith, he was now sure of two things: God exists, and God loves us.

A contemporary theologian, Paul Tillich, wrote that often the God we think we believe in really is pretty shallow. It is in our deepest despair, in the darkest valleys of life when the god we thought we believed in will disappear and the true God emerges. The true God is the God that is present with us in those horrible places and can truly sustain, nourish, and heal us.

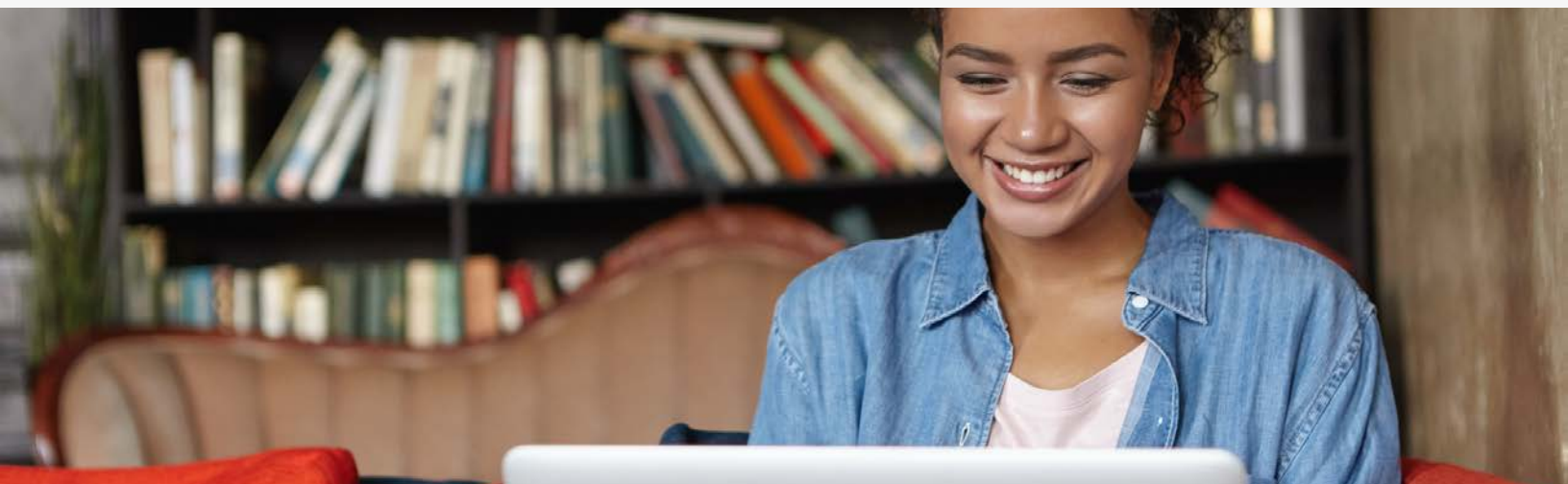


Craig not only believed, but knew that no matter what, he would be healed. The hope was to be healed in this world, but he also knew that, whether in this world or the next, through faith he would be healed and restored to wholeness.

Often faith begins when our need is greatest and we can see only darkness around us. In the Bible, there is a story of a blind man, Bartimaeus, who offers a portrait of faith and what faith looks like. Faith is needy. Faith is eager. Faith is assertive. Faith is hopeful. Faith is impetuous and persistent; risky and raw. Faith is personal and relational. Faith ends something, and faith begins something. Faith is about God doing for us what we cannot do for ourselves, and faith is about us—out of dumbstruck gratitude, doing for God what only we can do.

Most of all, faith often leads us to places we would just as soon not go. The road of faith and restoration is not an easy one. The road to faith often involves suffering, and it is a hard road to walk. Bartimaeus endured the life of being blind, of living in the gutters, having to beg for survival. Even as Jesus passes by, Bartimaeus yells from the sidelines and is rebuked by the crowd; they tell him to be quiet. The crowd of followers doesn't think their savior wants anything to do with this peasant. Yet he continues to yell even Louder, "Son of David, have mercy on me!"

Not all of us believe in God, but we all have faith in something. Understanding what we believe in and why, and then testing that belief through challenges of life, is the path to hope. Knowing that we are never alone and nurturing the connections in our lives gives us the strength to keep going when life is overwhelming. **If you ever feel you are alone and have no one, please reach out to one of our Navy Chaplains or call the Lifeline at 1-800-273-8255.**



COE Resources

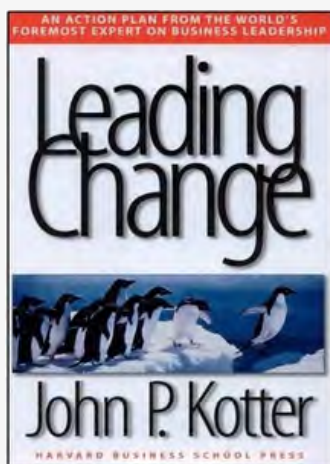
This section is geared towards providing additional information, recommendations, and links to more COE resources (TED talks, books, etc.) that support our psychological, physical, and spiritual well-being and growth.



THE CCN NAVIGATOR

The April 2022 issue is available at the following link.
https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/COE/The_CCN_Navigator_April_2022.pdf?ver=5cjww6jzY2EAsV3s6zm6VA%3d%3d

BOOKS

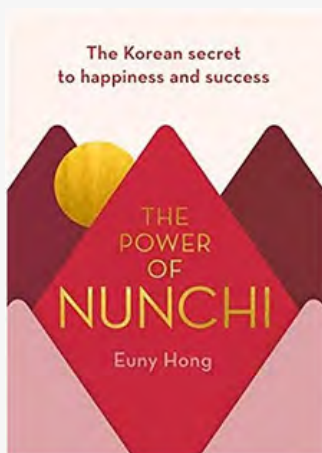


Leading Change, by John P. Kotter. Being a leader for change within your organization may seem like a daunting task, but Kotter lays out an eight-step process for success. He shows what an organization can—and must—do to achieve its goals, and identifies ways to start a change process and make sure it stays on track. Leaders and managers charged with making change initiatives work will find a helpful leadership guide that will inspire them and give them tools to help them inspire others. URL: https://www.goodreads.com/book/show/51370.Learning_Change

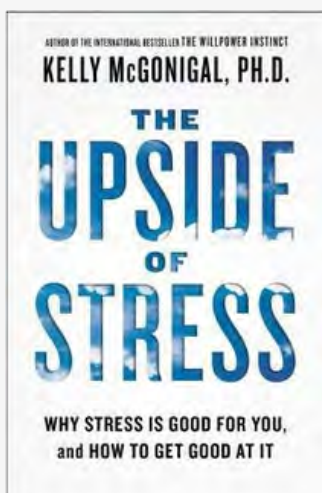


CEO Resources

BOOKS (CONT...)



The Power of Nunchi: The Korean Secret to Happiness and Success, by Euny Hong. We're often told that "empathy" is important, but Korean-American author Euny Hong has a different take. In her culture, young people are taught to practice not empathy but "nunchi," (pronounced "noon chee"), defined as the ability to objectively read the room, using clues like body language and words said or unsaid, and discern what the other person or people around you are feeling or thinking and what they need from you—without letting your own assumptions, biases, or emotions cloud your judgment, which she says can happen if you try too hard to empathize. Hong attributes much of South Korea's economic and diplomatic successes of the last 70 years to nunchi. And in this book, she guides western readers on how to cultivate nunchi—and in so doing, become better at listening, communicating, and being attentive to people in their lives. URL: <https://www.goodreads.com/book/show/43159429-the-power-of-nunchi>



The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It, by Kelly McGonigal. Stanford psychologist and bestselling author Kelly McGonigal, Ph.D., delivers a startling message: Stress isn't bad. In *The Upside of Stress*, McGonigal highlights new research indicating that stress can, in fact, make us stronger, smarter, and happier—if we learn how to embrace it. *The Upside of Stress* is the first book to bring together cutting-edge discoveries on the correlation between resilience—the human capacity for stress-related growth—and mindset, the power of beliefs to shape reality. URL: https://www.goodreads.com/book/show/23281639-the-upside-of-stress?ac=1&from_search=true&qid=dWj7P957hc&rank=2



CEO Resources

TALKS

TED Talk: “How To Make Stress Your Friend.”

Stress makes your heart pound, your breathing quicken, and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others. URL:

<https://www.youtube.com/watch?v=RcGyVTaoXEU>



Talk: “Self-esteem and Self-confidence—What’s the Difference?”

Think you need to gain more confidence? Think again, says clinical counselor Julia Kristina. She suggests working instead on improving your self-esteem. Self-confidence is easy to get, she says—it’s about “getting good at something” and knowing that you are skilled at it. Self-esteem, on the other hand, is about affirming your own self-worth and that you are “good enough” as you are. Good enough “is a decision, not a destination,” and it has to come from inside ourselves, she says. URL:

https://www.youtube.com/watch?v=_18HXoODIke



TED Talk: “The Difference Between Healthy and Unhealthy Love.”

In a talk about understanding and practicing the art of healthy relationships, Katie Hood, CEO of the nonprofit One Love Foundation, reveals the five signs you might be in an unhealthy relationship—with a romantic partner, a friend, or a family member—and shares the things you can do every day to love with respect, kindness, and joy.

“While love is an instinct and an emotion, the ability to love better is a skill we can all build and improve on over time,” she says. URL: <https://www.youtube.com/watch?v=ON4iy8hq2hM>





CEO Resources

TALKS (CONT...)

TED Talk: “4 Habits of ALL Successful Relationships.”

All relationships face a similar set of hurdles. We all need to be equipped to get over the hurdles, so that our relationships don't just survive, but thrive. Based on over 20 years of experience of working with countless couples, doctors Andrea and Jonathan Taylor-Cummings share their observations of the four fundamental habits that all successful relationships exhibit. They help organizations equip people to build healthy relationships at home so they can perform better at work, improve well-being and mental health, and achieve better work-life balance.

URL: <https://www.youtube.com/watch?v=o4Y5Mr8rZ9A>



TED Talk: “Awakening Your Inner Sexual Health Warrior.”

We have all been told what to do to prevent HIV: Practice abstinence, be monogamous, and use condoms. But too many people ignore this advice, and HIV continues to spread, notes Michael Anthony Alonso, an HIV-prevention specialist and self-proclaimed “sexual health warrior.” But in this TED Talk, he describes a promising new approach: a newly developed injection that helps prevent HIV infection altogether.

URL: <https://youtu.be/U-FycONxmlU>



For the latest and greatest happenings in the Region, follow us on social media.

We are on **Facebook** at <http://www.facebook.com/NavDistWash>

and **Instagram** at <https://www.instagram.com/navdistwash/>



Diversity, Equity, Inclusion, and Accessibility

REMEMBERING THE HOLOCAUST, AND CONFRONTING ANTISEMITISM AND HATE

By Desmond Boykin
Equal Employment Opportunity Specialist

What is Genocide? The word “genocide” did not exist prior to 1944. It is a very specific term coined by a Polish-Jewish lawyer named Raphael Lemkin, who sought to describe Nazi policies of systematic murder during the Holocaust, including the destruction of European Jews. He formed the word genocide by combining geno-, from the Greek word for race or tribe, with -cide, from the Latin word for killing.

What was the Holocaust? The Holocaust was the systematic, bureaucratic, state-sponsored persecution and murder of six million Jews by the Nazi regime and its collaborators. Holocaust is a word of Greek origin meaning “sacrifice by fire.” The Nazis, who came to power in Germany in January 1933, believed that Germans were “racially superior” and that the Jews, deemed “inferior,” were an alien threat to the so-called German racial community.



What is antisemitism? Antisemitism is prejudice against or hatred of Jews. The Holocaust, the state-sponsored persecution and murder of European Jews by Nazi Germany and its collaborators, is history’s most extreme example of antisemitism. Holocaust denial is any attempt to negate the established facts of the Nazi genocide of European Jews. Holocaust denial and distortion are forms of antisemitism—i.e., prejudice against or hatred of Jews. Holocaust denial and distortion generally claim that the Holocaust was invented or exaggerated by Jews as part of a plot to advance Jewish interests.



Diversity, Equity, Inclusion, and Accessibility

REMEMBERING THE HOLOCAUST (CONT...)

Each year, the United States Holocaust Memorial Museum leads the nation in commemorating Days of Remembrance. Days of Remembrance was established by the U.S. Congress to memorialize the six million Jews murdered in the Holocaust—as well as the millions of non-Jewish victims of Nazi persecution. As the Nazi regime crumbled under the pressures of advancing Allied armies, U.S. and Allied Soldiers made a horrifying discovery. They found the death camps where millions of Jews, political prisoners, and other persons deemed undesirable by the Nazis were sent to labor and die.

The week of remembrance is set aside to honor and remember the victims of the Holocaust and their liberators.



HERITAGE CORNER

By Desmond Boykin
Equal Employment Opportunity Specialist

The Diversity, Equity, Inclusion, and Accessibility (DEIA) program invites you to take a virtual tour of the United States Holocaust Memorial Museum, located right here in DC. Explore this museum, a living memorial that encourages visitors to remember, reflect, and to act to confront hate and promote human dignity. In this virtual tour, you will examine how the museum preserves and presents Holocaust history:

<https://artsandculture.google.com/story/bwVReA5AY3zn9g>

It is also recommended visiting the following pages on the museum's website to learn more about individuals and their experiences:

First Person: Join Holocaust survivors for live conversations as they share their experiences in their own words. We will be hosting a program as part of this monthly series on YouTube Live at 1 p.m. ET on Wednesday, April 27th.

Eyewitness to History: Holocaust Survivor

Testimonies: The Eyewitness to History video library enables audiences everywhere, anytime, to hear firsthand testimony from Holocaust survivors. New videos will be added to this page on a regular basis.

Next Chapter: Life After the Holocaust: In "Next Chapter: Life After the Holocaust," the passions of six survivors and how they build community, foster recreation, and teach us about resilience are explored.

Echoes of Memory: Echoes of Memory is a collection of written reflections by survivors who volunteer at the museum. The writers talk about their experiences and lives.



Voice of the Employee

What does COE mean to you personally? Every edition, we invite readers to share their thoughts.

“

To me, a Culture of Excellence is one where every employee feels like a valued member of the team. We may come from different backgrounds, look different, or think differently. We might have different speaking styles or personalities. We might have different gender identities or sexual orientations. Or we might be different mentally or physically--i.e., live with disabilities, have learning differences, or be working through unique emotional challenges or traumas. But we can all feel accepted, all the same, for who we are and for what we bring to the table. Because every one of us brings something great: special talents, life experiences, and wisdom and ideas to share. In a Culture of Excellence, we feel like we can share these things, join fully with our team members in the command mission, and play our parts in helping the command succeed and grow. And feel like we can each personally succeed and grow, as its employees.

”

---Rick Docksai

**Quarterdeck Editor and Total Force Manpower (N1)
Writer/Editor**

“

The Culture of Excellence means feeling physically, mentally, emotionally, and psychologically safe in the workplace. It means having equal opportunities, having a voice be heard, and elevating those that may not be heard, voiced, or historically valued. It is undoing the harm that has been done and calling folks into the conversation when something harmful is done rather than calling them out and calling it a day. For example, if you see something that makes you uncomfortable, confronting the person and saying “Hey, where did you learn that was okay?” or “Tell me more about where you are coming from when you say that.” It is being open to new things and having a growth mindset to learn more. To being open to hearing constructive criticism when the impact of something you said was not necessarily the intent. COE includes being accountable for your actions and looking out for those around you. It is leaning into the discomfort to challenge harmful norms and bring people together to undo harmful biases, messages, and cultural nuances that no longer have space in our Navy or our world. The COE is knowing that you and those around you matter.

”

---Meghan McAleer (she/her)

**MSW, LSW, Naval Air Station (NAS) Patuxent River
Sexual Assault Response Coordinator**

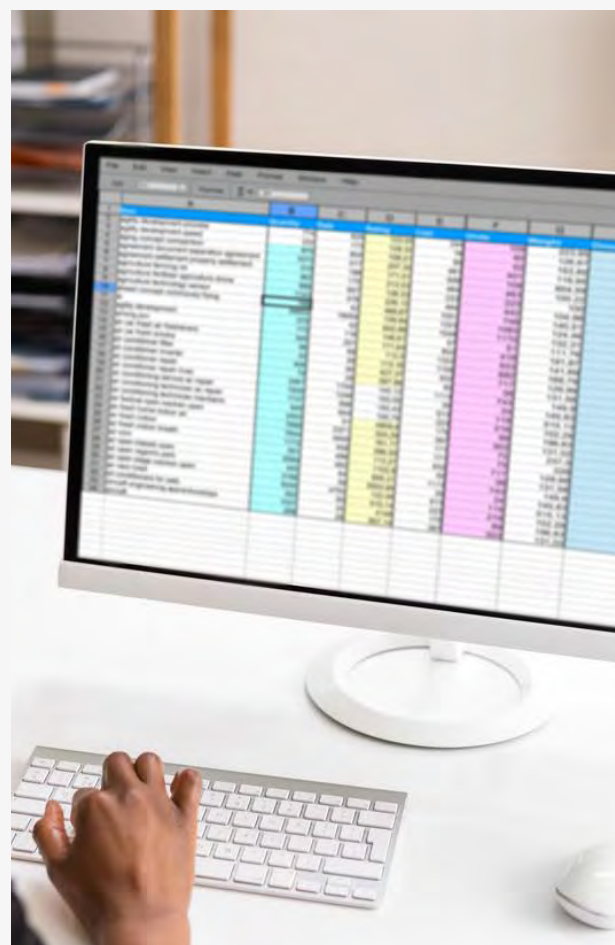


In the Spotlight

MS. NY'A EDWARDS (N5)

Ms. Edwards developed a Long Range Calendar (LRC) that helps the Front Office stay ahead of their busy schedules. When developing the calendar, Ms. Edwards incorporated inputs from the Front Office (including the Flag Aide, Writer, and Secretary), N3, Protocol, Ceremonies, our Joint Task Force LNO, and the Equal Employment Opportunity (EEO) team. That's a lot of input! The information is organized into an excel format, which is shareable and easy to understand, and RDML Steffen has found it to be very informative and valuable.

While creating the LRC, Ms. Edwards included clarification of a lot of acronyms and events throughout the Region and across all three of the Commandant's "hats", including NDW, Joint Task Force, and Ceremonial Support to Chief Naval Operations. This information translated into better situational awareness throughout the N5 department and the Region for upcoming events.





In the Spotlight



MR. PETER PARK, N3

Since arriving at NDW from NSA Washington in January 2001, Mr. Park has been expertly executing and enthusiastically embracing the responsibilities of his position as the Region Emergency Management (EM) Planning Specialist of NDW. His accomplishments include a completed draft of the NDWINST 3440.17D (Emergency Management Plan) to reflect the regulations and requirements of OPNAV and CNIC in preparation for the forthcoming Region NDW EM Program Assessment.

And in an effort to streamline the Plan of Action & Milestones (POA&M) process, Mr. Park developed a synchronized methodology of monthly POA&M reports. These reports are a culmination of data collected from monthly Installation EM Metrics from each Installation in the NDW Area of Responsibility (AOR) that automatically rolls up as a regional one look summary. Mr. Park has developed a tracking system to easily monitor each Installation's progression regarding discrepancies captured during EM Program Assessments for expected compliance with the Command Improvement Program.

Additionally, Mr. Park has created an ATHOC tracking system, ensuring the Region reached a 100% compliance rate of work from email Wide Area Alert Network (WAAN) registration, capturing approximately 83,000 personnel attached to tenant commands of 14 geographically dispersed installations and detachments across the entire NDW AOR. This effort enabled NDW to surpass Navy Region Northwest in a quest to attain the number one spot in WAAN Registration throughout the CNIC Enterprise. Moreover, Mr. Park created a process to ensure NDW maintains that number one spot.

Mr. Park has proven to be a consummate professional by guaranteeing program goals and initiatives are prioritized while simultaneously ensuring Installations are maintaining program proficiency through the progression of their POA&M tasks and responsibilities. He has also been instrumental in ensuring NDW has maximum WAAN registration, making certain that the NDW Region is safe during disasters by guaranteeing the flow of relevant information.



In the Spotlight

AC1 (AW/SW) DAMON M. HANEY NAS PATUXENT RIVER

AC1 Haney was selected as NDW FY2021 Region Sailor of the Year for his outstanding leadership, work ethic, and performance of duties as NAS Patuxent River's Naval Air Training Operations Procedures Standardization Instructor RADAR Branch Chief. AC1 Haney manages the training, qualification, and designation of 128 personnel, both active-duty and civilian, yielding 1,471 hours On-the-Job Instruction and 608 under instruction ground controlled approaches. His scope of responsibilities far exceeds the level of a First Class Petty Officer (FCPO), and he is currently serving in an arduous gapped Chief Petty Officer billet. As the Air Traffic Control (ATC) Division's RADAR Branch Chief, he is responsible for safety of operations within the Patuxent River RADAR Approach Control area of jurisdiction, encompassing 8,375 square miles of airspace around the National Capital Region (NCR).

As a Facility Watch Supervisor (FWS) who is qualified in all 15 positions in the ATC facility, he is responsible to the Commanding Officer for the 24 hours a day, seven days a week safe operation of the ATC division and ATC tower. AC1 Haney consistently utilizes his extensive rating expertise and professional knowledge to establish policy and maintain a high level of ATC procedures, resulting in the safe completion of 60,485 flight operations for over 50 mission partners. He managed, revised, and updated a NATOPS procedural library consisting of 38 Letters of Agreement with Federal Aviation Administration entities and military ATC facilities within the NCR.



One of only seven FCPOs trained and qualified as a Command Duty Officer (CDO), he is responsible for the security and continued operation of 6,412 acres of waterfront property home to Naval Aviation's latest assets and one national security Take Charge and Move Out detachment. Additionally he holds two collateral duty positions: Assistant Command Fitness Leader and Command Ceremonial Detail senior member. A multi-dimensional leader, AC1 Haney utilizes his technical expertise, superb administrative capabilities, and unparalleled dedication to ensure the success of his Sailors and the command's mission. Congratulations to NDW FY21 Regional Sailor of the Year, AC1 Haney!



In the Spotlight

BRAVO ZULU!

The **Bravo Zulu (BZ)** Section is dedicated to “**shout outs**”, “**atta boys**,” and “**well-dones**” for staff, from staff, from across the entire NDW Region.

Any employee can send a **Bravo Zulu** message to acknowledge a good deed of a coworker, supervisor, employee, group, or team, either in their N-Code or in any other N-Code or installation of the Region.



BZ to Amy Cooksey of N6, who is an extraordinary leader who always takes the time to recognize her team. Ms. Cooksey is always willing to go that extra mile to support each and every customer. Bravo Zulu!

Ms. Cooksey extends a **BZ to her teammates Dedrick Harris and Regina Frye**—for doing an outstanding job with the first wave of NDW HQ NMCI tech refresh; and for the countless hours spent refining the data for the NDW's next wave of Flank Speed migrations. Ms. Cooksey says that “I’m truly blessed to work with both of you.” Bravo Zulu!

BZ to Karolina Lewandowska, CNIC Records Manager, who has been working tremendously hard to help NDW’s Records Management program update its records-keeping and organizing practices for compliance with current DON standards. She’s been reviewing and editing planning documents for every N-Code and installation; hosting live records-management workshops for new NDW Records Manager Rick Docksai and other Region records-management officials; and providing them with daily feedback and guidance. Bravo Zulu!

BZ to Ralph Simon of N6 for his expert knowledge and support during the ongoing N6 contract transition phase. Ralph is an ultimate professional and has been a major contributor of information and direction to each customer, resulting in a smooth contract transition. Bravo Zulu!



In the Spotlight

BRAVO ZULU! (CONT...)

ATTA BOY!

BZ to the NDW N61 team of System

Administrators, who continue to be extremely proactive with keeping NDW's Antiterrorism/Force Protection and Facility Related Control Systems properly patched. Their efforts not only save the Cybersecurity team enormous amounts of time; they also ensure that NDW's IT systems are supporting the NDW region with the highest level of service and operate at the highest cybersecurity posture. This thorough and proactive approach to maintaining this extremely high state of readiness for over 4,000 devices on the network is a standard that many other commands should mimic. Bravo Zulu!

BZ to Deidre Mickens, who has played an invaluable part in the DEIA Program. She has worked to identify and coordinate guest speakers for the Martin Luther King Jr. Observance and the Black History Month Observance, and worked with the program to plan out the cultural observance calendar to ensure that the continuous achievements of all Americans are recognized and receive increased awareness, respect, and understanding. Ms. Mickens has also provided insight and support on the establishment of Employee Resource Groups for NDW. We consider it a privilege to work with her. Bravo Zulu!

BZ to CAPT Pickett and the COE team, for good momentum on training workshops and COE newsletter! Bravo Zulu!

BZ to the Sailor of the Year finalists –an amazing group of young men and women who represent the best NDW, our Navy, and our Nation has to offer! Bravo Zulu!

BZ to Patsy Jackson, Mr. Horace Franklin, and the Bethesda USO team for hosting a wonderful Gold Star Family event on Saturday! Bravo Zulu!

BZ and congratulations to AC1 Haney, from NAS Patuxent River, who was selected as our Region Sailor of the Year. This was a competitive group of Sailors who represented the best of the best from their respective installations. Bravo Zulu!

BZ to the The U.S. Navy Ceremonial Guard for their participation in the commissioning ceremony for the USS Delaware (SSN 791), who had the opportunity to personally meet the President and First Lady who were in attendance as the ship's sponsor. Bravo Zulu!

BZ to CMC Andrew Hochgraver and the entire NDW Chiefs Mess for putting together a fantastic Chiefs Birthday celebration at the Navy Memorial last Friday! Bravo Zulu!

BZ to the NDW Ceremonies team for an outstanding Blessing of the Fleet event on Saturday! Bravo Zulu!

BZ for outstanding journalism to MC2 Kersting, whose article of Naval District Washington SAAPM Proclamation signing made Navy.mil news. Bravo Zulu!



In the Spotlight

BRAVO ZULU! (CONT...)

BZ and congratulations to newly promoted RP1 Wingfield, of NSF Thurmont, who was the recipient of a CNIC Meritorious Advancement quota. Bravo Zulu!

BZ to Gail Kenson, for successfully filling these responsibilities throughout the last six months: Acting Deputy Assistant Regional Engineer, Current Regional Community Planning Liaison, and Current SRM Regional Program Manager. Bravo Zulu!

BZ to DeAndre Miller, for prompt and effective reaction during the weekend, returning to the office to support NSA Bethesda. Bravo Zulu!

BZ to Sharon Joseph, NDW's Nuclear Deterrence Mission Action Officer. Her attention to detail, superb work ethic, and dedication to mission success helped CNIC rank in the top tier for the latest Biennial Navy Nuclear Deterrence Mission self assessment and content quality of reports. Bravo Zulu!

BZ to Stephanie Kiessling who received a command coin from RDML Steffen for her superior customer service and work performance. Her supervisor "continually receives great feedback from Stephanie's customers, and her recent efforts on the N3 restructuring (Police Officer Positions upgraded from GS-06's to 07's) is commendable. This is all while she is taking on the brunt of the staffing work while we're short staffed, training a new HR employee, and covering for the vacant GS-13 program manager." Bravo Zulu!

BZ to Christopher Doan. Congratulations on achieving the milestone of five years of successful government service. Bravo Zulu!

BZ to David D. Loveall, Robert L. Goldinger Jr., Jeffery D. Sandford, Michael L. Knutson, Natalie K. Wade, Andrea M. King, and Robin C. Shaffer. Congratulations on achieving the milestone of ten years of successful government service. Bravo Zulu!

BZ to Calvin W. Dixon Jr., Vincent R. Panella, Pedro G. Galindo, and Richard A. Reddell. Congratulations on achieving the milestone of 15 years of successful government service. Bravo Zulu!

BZ to Lillian V. Wenk, Deirdre J. Mickens, and Rickey L. Taylor. Congratulations on achieving the milestone of 25 years of successful government service. Bravo Zulu!

BZ to Charles E. Lewis. Congratulations on achieving the milestone of 30 years of successful government service. Bravo Zulu!

BZ to Shon F. Prescott and Wanda R. Williams. Congratulations on achieving the milestone of 35 years of successful government service. Bravo Zulu!

BZ to RP1 Ana Dominguez Ruiz, who was recognized and presented the United States Airforce Commendation Medal for her superior performance of duties assisting at the Joint Base Anacostia-Bolling Airforce Base Chapel. Bravo Zulu!





Services for You

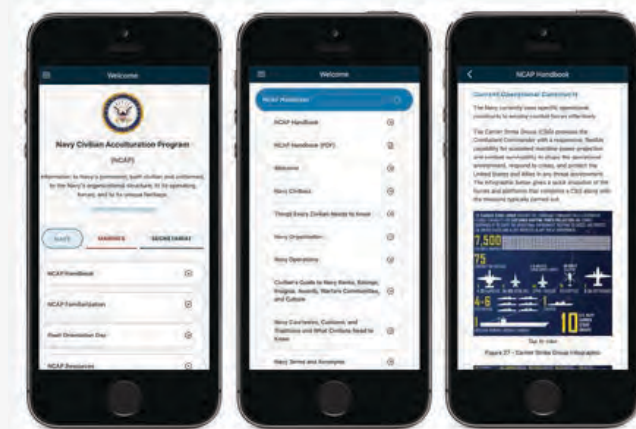


A NEW APP FOR NEW CIVILIAN EMPLOYEES

By Rick Docksai

Being a new Navy civilian employee can feel overwhelming—there's so much to learn, from office rules to payroll to the everyday lingo you hear around the workplace. The Department of the Navy understands this and has released a new mobile app to help: Navy Civilian Acculturation Program (NCAP). It's a one-stop shop of charts and guides on employee conduct, Navy organizational structure, operations, and Navy history. It's also got a glossary of Navy terms and acronyms; a free PDF of the Navy Civilian Acculturation Program Handbook, which has tons of useful information new employees need to know; and a news site with continuous updates of breaking Fleet developments.

"NCAP supports on-demand education and orientation for new Navy civilian employees on the Navy organizational structure, operations, military structure, history, and heritage," said Ms. Andrea Burckman, director of Total Force Manpower Management (N1), in an email statement.



On a side note, if you prefer to learn about Navy culture online, TWMS has seven training modules on Navy Civilian Acculturation. You can locate the courses in TWMS by searching "acculturation" or by course number. The course IDs are: TWMS-676210, TWMS-676211, TWMS-676212, TWMS-676213, TWMS-676214, TWMS-676215, TWMS-676216.



Services for You

SEXUAL ASSAULT PREVENTION... THE MORE YOU KNOW.

By Ms. Natalie Wade
Regional Sexual Assault Response Coordinator

April is Sexual Assault Awareness and Prevention Month. While we want everyone in the community to discuss this topic throughout the year, April is a nationally recognized month to take the opportunity to bring attention to the prevalence and negative effects of sexual assault throughout our Navy. We take this time to demonstrate awareness and educate our military, civilian, and family members about the importance of knowing how and when to prevent or respond to sexual assault. The DoD SAPRO theme for this year is "STEP FORWARD. Prevent. Report. Advocate." Our goal is to help all of us to create the appropriate culture to eliminate sexual assault throughout our ranks. This will take a personal commitment from all of us.

Throughout NDW this month, participants will find various opportunities to engage with their local SAPR Offices. These events include:

- **Virtual and In-Person 5Ks**
- **"Chalk the Walk" events**
- **Denim Day recognition activities**
- **Information/Resource Tables**
- **Teal Tuesday recognition activities**



The SAPR Program is designed to assist victims of sexual assault in connecting with a variety of services and resources. These include, but are not limited to: crisis response and management; Restricted and Unrestricted Reporting; medical, legal, chaplain, and counseling referrals; safety planning; information regarding protection orders; and advocacy services.

If you would like more information on how to report a sexual assault, please contact the DoD Safe Helpline at 877-995-5247 and/or reach out to your local installation's 24/7 SAPR Hotline. If you would like more information on how to participate in SAAPM events, or become a Uniformed Victim Advocate, please reach out to your installation Sexual Assault Response Coordinator.





Services for You

THE NAVY PARTNERS WITH THE ONE LOVE FOUNDATION

By CAPT Sara Pickett
SAPRO and COE Champion

The One Love Foundation was founded in 2010 in honor of Yeardley Love, who was killed by her ex-boyfriend a few short weeks before her graduation from the University of Virginia. Following her death, Yeardley's family was astounded to learn that one in three women and one in four men will be in an abusive relationship and that women ages 16-24 are at three times greater risk than the rest of the population. They realized if any of them had understood the warning signs of an unhealthy relationship, they could have taken actions that could have saved Yeardley's life.

The One Love Foundation is dedicated to educating young people about the differences between healthy and unhealthy relationships so everyone can recognize the warning signs and stop abuse before it starts. A link to the TED talk "Difference Between Healthy and Unhealthy Love," by Katie Hood, CEO of the One Love Foundation, can be found in the COE Resource section.



The Escalation Workshop, one of the classes the One Love Foundation offers, consists of watching a 40-minute film followed by a guided discussion covering the topics of healthy and unhealthy relationships, early warning signs, social media, virtual abuse and technology, consent, alcohol, physical violence and threats of self-harm, how to help a friend, safety planning, and how to love better. The workshop can be held in one 90-minute session or in two to three shorter sessions.

NDW has three Master Trainers ([NSA Washington](#), [NSA Bethesda](#), and [NSA South Potomac](#)) available to train additional Command Facilitators or present a One Love Escalation Workshop for your command. Please email CAPT Sara Pickett at sara.s.pickett.mil@us.navy.mil for more information.

Fleet and Family Support Program: April's issue of the FFSC Family Connection Newsletter is now available. In it, you will find information on sexual assault prevention and response, ending child abuse and neglect, upcoming virtual webinar classes, and much more. The newsletter can be found at the following link:

https://cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/family-connection-newsletter.html.

DONCEAP: New articles, resources, and other information are now available for the month of April and can be found on the Magellan Ascend website: <https://magellanascent.com/?ccid=hpZiwlTni%2FVKNrZqvUQNB6fBJJGSp2%BZYWZSUbKC71w%3D>.

ACI: For articles, resources, and other information for the month of April, please visit the ACI website: <http://cnic.acieap.com>.



Things to Do Around You

Each month, we're bringing you family-friendly and budget-friendly recreational activities throughout the Region. You can boost your health, learn things, have fun with your family, and make new friends, all without spending a fortune.



Around the World Embassy Tour. Explore the food, art, songs, and dance of countries across the globe—all in a day's walk around downtown Washington. Embassies throughout the District will open their doors to the public for two all-day festivals celebrating their countries and cultures, one on May 7 and another on May 14. You might watch a capoeira demonstration at Brazil's embassy, try on saris at India's, feast on ceviche at Peru's, or browse ancient Middle Eastern artifacts at Iraq's—it's a whole world of learning and fun. To learn more, and see which embassies are participating, visit <https://www.culturaltourismdc.org/portal/signature-events>.



Things to Do Around You



A Carnival of Flowers. Flower Mart, an annual flowers-themed market and fair on the grounds of the Washington National Cathedral, is back after a two-year COVID hiatus. The event will take place May 6-7 and feature a beautiful International Floral Exhibit; aisles full of plant and gift shops; food vendors selling carnival treats; games for the kids, and a working antique carousel. For more details, go to <https://allhallowsguild.org/programs/flower-mart/>.



A Baskets and Flowers Contest. Downtown Annapolis will be extra beautiful on May 1, when businesses and residents adorn their doorways with colorful baskets of fresh-cut flowers. It's the annual May Basket Competition, and it's a great day to stroll around the city and enjoy all the floral arrangements on display. And if you're local, you can join the fun and make your own display. Judges will vote on the best displays, and the winner will get an invitation to a special May Day Tea on May 3. Kids are welcome to make their own baskets—there will be a special category for children's displays. For more information, visit <https://www.downtownannapolispartnership.org/may-day-baskets>.



Walk Among the Vikings. Viking reenactor groups will (peacefully) raid Manassas on May 14 to set up a Viking village on the grounds of the Manassas Museum for the annual Manassas Viking Festival. Visitors of all ages can tour the setup and see live demonstrations of how the Norse people lived, including staged Viking battles, a floating longship, and an educational program with hawks and owls. Plus, you'll listen to Norse-themed music and watch troupes of Nordic and Irish dances. For festival updates, check out the Facebook page at <https://fb.me/e/1nDQidlBO>.



Fair Winds and Following Seas

CSCM SANJA WALKER

Culinary Specialist Master Chief (CSCM) (Surface Warfare/Air Warfare) Sanja Walker has had a distinguished and successful career spanning the past 24 years in a wide variety of both sea and shore billets, to include Recruit Training Command Great Lakes, where she served as a Recruit Division Commander. CSCM Walker came to NDW as Region Unaccompanied Housing Leading Chief Petty Officer in August 2019, after successfully completing a vigorous tour on board the USS GEORGE WASHINGTON (CVN 73), where she served as the Services Leading Chief Petty Officer/Leading Culinary Specialist.

During her tenure at NDW, CSCM Walker was the driving force for the superb management of three regional staff and 13 Installation Unaccompanied Housing Managers, ensuring safe and sanitary rooms for 2,500 joint-service residents across the Region. She carefully conducted site visits to improve the quality of life and resident satisfaction, which were vital to the Regional response to the COVID-19 national health emergency. Most recently, her leadership and expertise were critical during the urgent national interest facility concern at NSA Bethesda.



CSCM Walker was well known for her dedication to mission success and her love for Sailor growth. She has been an inspirational leader and mentor, and an outstanding teammate. Her guidance, mentorship, and can-do attitude will truly be missed, not only at NDW but throughout the NCR as a whole.

Thank you, CSCM Walker, for being a mentor and for your leadership. We wish you success and happiness in your next chapter. BZ!



Connect with Us

GOT A SUGGESTION, COMMENT, OR IDEA YOU WOULD LIKE TO SHARE?
WE WELCOME YOUR INPUT.

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For more detailed information, please select your installation at:

<https://www.cnic.navy.mil/regions/ndw.html>