

THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL. 13 FEBRUARY 2023



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.

Check out the Mind, Body, and Spirit section for articles on identifying suicidal behavior, promoting heart health, and a Chaplain's thoughts on striving to be "spiritually fit."

February is Teen Dating Violence Awareness Month. See this month's Services for You for information on keeping our young people safe.

Check out this month's edition
for the following:



IS PATH WARM?: warning signs someone is at risk of suicide.



NDW volunteers feed the hungry during the Martin Luther King Jr. Day of Service.



An NDW Job Fair success story!



The unique mission of Religious Program Specialists (RPS). And what three RPSs love most about their job.



LEADERSHIP AND YOU

N4 reviews its fiscal-year 2022 accomplishments and its plans for fiscal-year 2023.

[Read More](#)



MIND, BODY, AND SPIRIT

Knowing the signs that someone may be suicidal. Recognizing American Heart Month. And a Region chaplain reflects on spiritual fitness.

[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

NDW celebrates and commemorates the legacy of Dr. Martin Luther King Jr. with a 'Day of Service' at the Capital Area Food Bank.

[Read More](#)



VOICE OF THE EMPLOYEE

An new NDW employee remembers the 2022 NDW Job Fair where he got his new job.

[Read More](#)



IN THE SPOTLIGHT

Spotlighting NDW's Religious Program Specialist, with an in-depth look at their role and responsibilities.

[Read More](#)



SERVICES FOR YOU

Upcoming training opportunities and upcoming CREDO workshops and retreats. Also, recognizing Teen Dating Violence Awareness Month in February.

[Read More](#)



THINGS TO DO AROUND YOU

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

[Read More](#)



FAIR WINDS AND FOLLOWING SEAS

A dedication in memoriam to Betty Jo Waldron.

[Read More](#)



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.

[Read More](#)



Leadership and You

FACILITIES AND ENVIRONMENTAL (N4) YEAR IN REVIEW

By CAPT Eric Hawn, Commanding Officer NAVFAC Washington.

The NDW N4 staff enabled many notable efforts in the field that enhanced mission readiness, quality of service, and sound stewardship of the shore. Our Assistant Region Engineer (ARE) team provided key support to priorities across the Region, such as the Washington Navy Yard Land Exchange, valued at \$300 million; analyses that secured funds to increase facility support contract periods of performance; and facilitation of important planning to enable execution of an \$18 million windfall that will improve flight safety at NAS Patuxent River.

The ARE team also supported major contract awards at the U.S. Naval Academy, including the \$37 million Farragut Seawall repairs, \$9 million Santee Basin repairs, and funding alignment that allowed the start of urgent repairs to the medium-voltage cables, valued at \$8 million, to ensure reliable power at the academic and housing facilities. The team also supported vital modifications to the \$43 million MacDonough Hall renovation and development of a project to effect emergent repairs to the berm at Greenbury Point.





Leadership and You

FACILITIES AND ENVIRONMENTAL (CONT...)



At NSA Bethesda, the N4 staff provided rapid support that enabled residents of Barracks 60 (B60) and 64 to relocate to hotels. And we facilitated the awarding of a \$3.5 million renovation to B60 in two weeks and completion of this work on schedule and within budget only six months later. Additionally, the N4 team provided the needed agility to effect emergent repairs to the electrical feeder vaults and vital repairs to the supporting components of the Central Utility Plant.

In addition to the aforementioned flight safety improvements at NAS Patuxent River, the ARE shop enabled a \$2.7 million Resilience and Environmental Protection Initiative project to preserve the environment and vital access to range, testing, and flight operations ranges. Additionally, important repairs to the VQ-4 aircraft apron were funded, ensuring strict mission launch requirements could be met in support of nuclear-deterrence missions.

At NSA South Potomac, responsive actions by the ARE team facilitated key quality-of-life windfall projects, such as the roof-replacement and steam-line replacement projects at NSF Dahlgren and emergent repairs to multiple thousand-gallon per-minute River Water Fire Suppression System breaks at NSF Indian Head, the Navy's primary manufacturer of propellants for weapons and safety equipment. Additionally, the N4 team supported planning, allocation, and awarding of four potable-water projects centrally funded by the Energy Resilience and Conservation Improvement Program at Indian Head.

NSA Washington, the home of multiple echelon 2 command headquarters activities, received notable ARE shop support on the Land Exchange and emergent repairs to HVAC systems in multiple facilities, as well as assistance with material purchases and contract support needed to plan and execute key utility maintenance actions, resulting in a 35% decrease in unplanned outages.



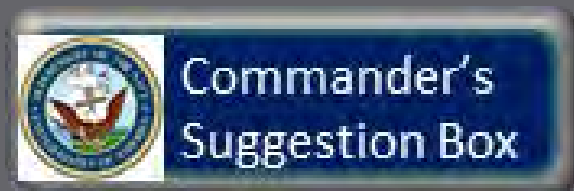


Leadership and You

FACILITIES AND ENVIRONMENTAL (CONT...)

Finally, the proactive work of the ARE shop enabled the award of a critical barracks repair action at NSF Thurmont, valued at \$1.6 million, with only a few days left in fiscal-year 2022. This was central funding, another windfall, and a cost avoidance for NDW.

The N4 team is leaning into 2023 to create additional successes, fix and elevate problems, and close gaps that will enable greater fleet readiness and enhanced quality of service throughout the Region.



THE NDW COMMANDING OFFICER'S SUGGESTION PROGRAM IS LIVE!

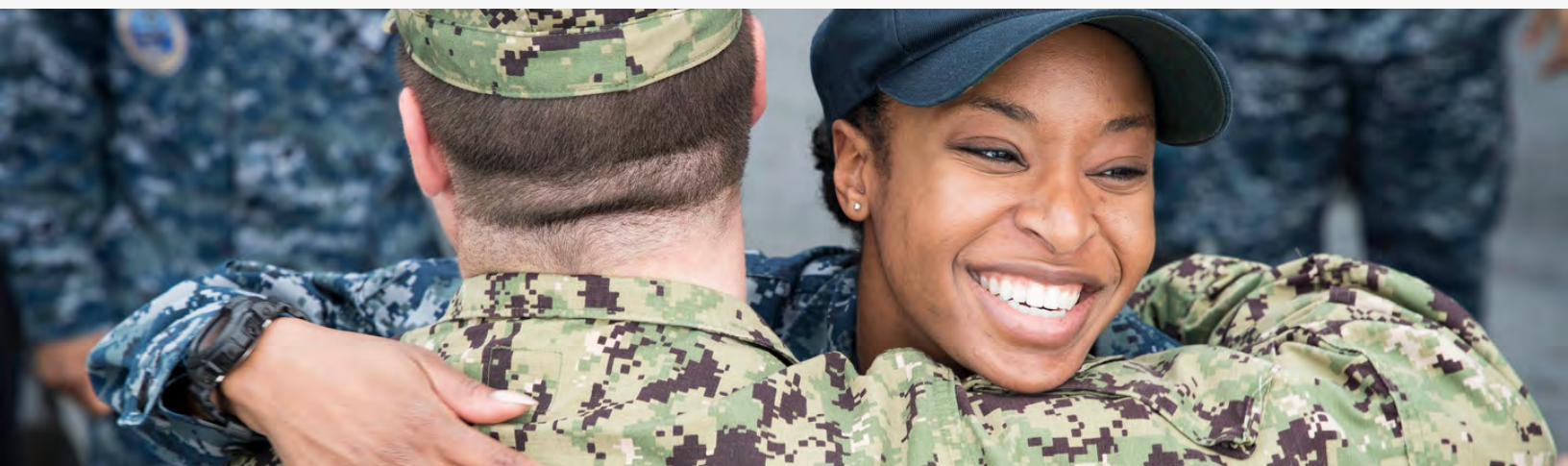
Here is your chance to share your ideas on how we can make our Region function better and/or address any identified concerns you may have.

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.

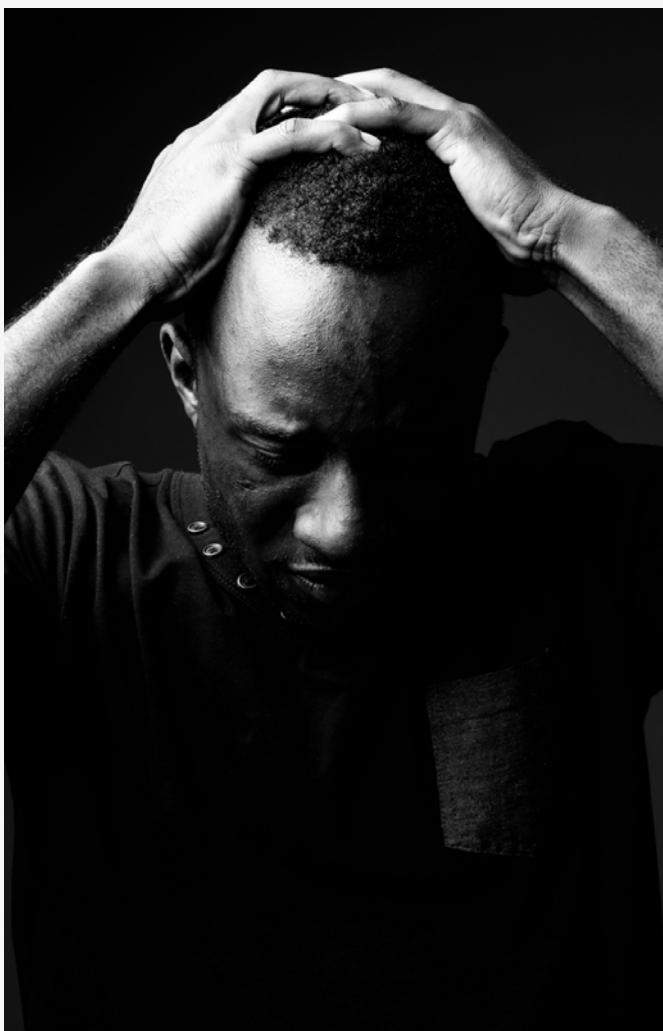
The Commander's Suggestion Box can be accessed from clicking the icon above or from any of the following locations:

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

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



Mind, Body, and Spirit



IS PATH WARM?: WHEN SOMEONE YOU KNOW MAY BE CONTEMPLATING SUICIDE

By Rick Docksai
Editor

Senator John Fetterman (D-Pennsylvania) surprised Americans across the political spectrum a few weeks ago with the announcement that he had checked himself into Walter Reed National Military Medical Center for clinical depression. Fellow Senators—Republican and Democrat alike—offered words of support, including Senator Patty Murray (D-Washington), who said Fetterman was “showing his strength” by seeking help for mental-health issues and speaking publicly about it. Sadly, many Americans with similar struggles don’t seek help, or feel like they can speak up and others will care. They suffer silently, until their pain moves them to make terrible decisions—up to, sometimes, ending their lives by suicide. It’s on us to be aware when the people in our lives are hurting so much that they may be suicidal, and to reassure them that they deserve to live.



Mind, Body, and Spirit

IS PATH WARM? (CONT...)



It's a critical issue for us in the defense community, where rates of suicide among U.S. Service members still run alarmingly high. Case in point: According to a 2021 Department of Veterans Affairs Report, there were 16.8 deaths by suicide for every 100,000 people among the general U.S. population in 2019. That rate for veterans that same year was almost double: 31.6 per 100,000

(<https://www.mentalhealth.va.gov/docs/data-sheets/2021/2021-National-Veteran-Suicide-Prevention-Annual-Report-FINAL-9-8-21.pdf>).

Certainly, Service members face stresses and sometimes trauma that other Americans don't face. And for some, the stress or trauma may provoke feelings of suicide. That makes it all the more imperative that we ensure we foster a military culture in our offices, installations, and elsewhere in which we encourage anyone who is suffering from mental-health difficulties to seek help. And, just as important, we must pay attention to signs that someone around us needs help.

Someone who is feeling suicidal may come right out and say it. Or they might show indicators of it with abrupt changes in their everyday behavior. The American Association of Suicidology teaches a mnemonic, "**IS PATH WARM**," which lays out warning signs that someone may be suicidal. The letters stand for the following:

IS PATH WARM

IDEATION—they have expressed that they want to end their lives, either by threatening to kill themselves or indicating that they're seeking out firearms or other deadly weapons (which they could use for killing themselves). Or they talk about death and dying more than usual.

SUBSTANCE ABUSE—they've started abusing alcohol or drugs.

PURPOSELESSNESS—they say they feel like they have no purpose, or that their life has no meaning.

ANXIETY—they're more agitated than normal.

TRAPPED—they say they feel like there is no way out of their pain.

HOPELESSNESS—you can tell that they feel depressed, hopeless, or worthless.

WITHDRAWAL—they've lost interest in people and activities that used to give them joy.

ANGER—they're constantly enraged or dwelling on angry feelings.

RECKLESSNESS—they're suddenly engaging in extremely risky activities, e.g., compulsive sexual behavior, getting in trouble with the law, gambling, etc., to a degree that is out of character for them (someone who doesn't expect to be alive much longer may take these risks as they don't expect to be around to face the consequences).

MOOD CHANGES—they have dramatic mood swings, or their general mood has taken a steady turn for the worse.



Mind, Body, and Spirit

IS PATH WARM? (CONT...)

A coworker, friend, family member, or loved one who is exhibiting any of the above is—at the very least—going through something difficult and having trouble coping. It's on us to be there for them, talk to them, and let them know how much we care about them and how much we need them. And if they are, in fact, thinking about taking their lives, it's on us to urge them to seek help, whether from a suicide-prevention hotline, a counselor, a chaplain or minister, or anyone else who is trained for these conversations.

To be clear, Senator Fetterman never said he was suicidal, and no one—least of all me—is suggesting it. But I am suggesting this: Looking out for each other and making sure that everyone in our lives feels as safe as Senator Fetterman does to talk about their mental-health struggles and ask for help, is good for all of us. And it could save lives.



AMERICAN HEART MONTH

By CAPT Pickett
NDW SAPRO and COE Champion

The month of February is upon us, and many of us are approximately seven weeks into New Year's resolutions. How is your New Year's resolution journey going? Did you make a resolution to stop an unhealthy habit or create/start a healthy habit like eating healthier and/or increasing physical activity, self-care, or beginning a meditation practice? If you answered yes to any of these, you are not alone. With February being American Heart Month, this is the perfect reminder to us of the importance of continuing those resolutions aimed at becoming healthier and/or more physically active in 2023.



Mind, Body, and Spirit

AMERICAN HEART MONTH (CONT...)



During Heart Health month, we see renewed dedication towards providing focused education and resources on understanding heart disease and how to prevent it. Heart disease remains the leading cause of death in the United States. The statistics are staggering. In the United States, one person dies every 34 seconds. In 2020, about 697,000 people (one in every five) died from heart disease. Heart disease remains the leading cause of death for people of most racial and ethnic groups. Although these statistics are grim, there is good news: Heart disease can be prevented with education and healthy lifestyle changes!

The term heart disease refers to several types of heart conditions, with the most common being Coronary Artery Disease (CAD). CAD is caused by plaque buildup in the wall of the coronary arteries, which supply blood to the heart. This plaque buildup causes the inside of the arteries to narrow over time, and it can partially or fully block blood flow to the heart and can cause a heart attack. About 20.1 million adults age 20 and older are diagnosed with CAD, and in 2020, for every 10 deaths from CAD, two of the 10 were in adults under the age of 65.

One of the first steps in preventing heart disease is awareness and understanding the risk factors associated with said disease. These risk factors can be certain health conditions, lifestyle behaviors, our age, and even our family history. Once we are aware and understand what puts us at risk, the next step is to mitigate, reduce, and/or eliminate the risk factors we can control.

The four most common health conditions associated with CAD are high blood pressure, unhealthy cholesterol levels (also called hyperlipidemia), diabetes, and obesity. Certain lifestyle behaviors also increase our risk of heart disease, to include eating an unhealthy diet—i.e., consuming a diet high in sugar, saturated fats, or high sodium—smoking, physical inactivity, and excessive alcohol use. Knowing some of the more common health conditions and lifestyle behaviors that increase our risk for heart disease is the first step. What's next, you may ask? Well, next is understanding how even small changes, focused on decreasing your risk factors, can go a long way in reducing your risk for heart disease.





Mind, Body, and Spirit

AMERICAN HEART MONTH (CONT...)

I am happy to say we are not alone in our journeys to becoming healthier versions of ourselves in 2023.

The Centers for Disease Control and Prevention (CDC) (www.cdc.gov/heartdisease/index.htm), the

American Heart Association (AHA)

(www.heart.org/en), **Million Hearts 2027**

(<https://millionhearts.hhs.gov/about-million-hearts/index.html>), the **CDC and Million Heart's**

"Live to the Beat" Campaign

(<https://millionhearts.hhs.gov/partners-progress/partners/live-beat-campaign-toolkit.html>),

AHA's Go Red for Women Campaign

(www.goredforwomen.org/en), and the **CDC's Well-**

Integrated Screening and Evaluation for Women

Across the Nation (WISEWOMAN) program

(www.cdc.gov/wisewoman) are just some of the

resources that are readily available and accessible

to help us begin and/or continue our journey

towards preventing heart disease in ourselves,

friends, and loved ones. I encourage you to look at

and share some or all of these resources to increase

awareness and prevention of heart disease across

your area of influence!



THE SPIRITUAL FITNESS CHALLENGE

By Chaplain Steven Walker

LT, CHC

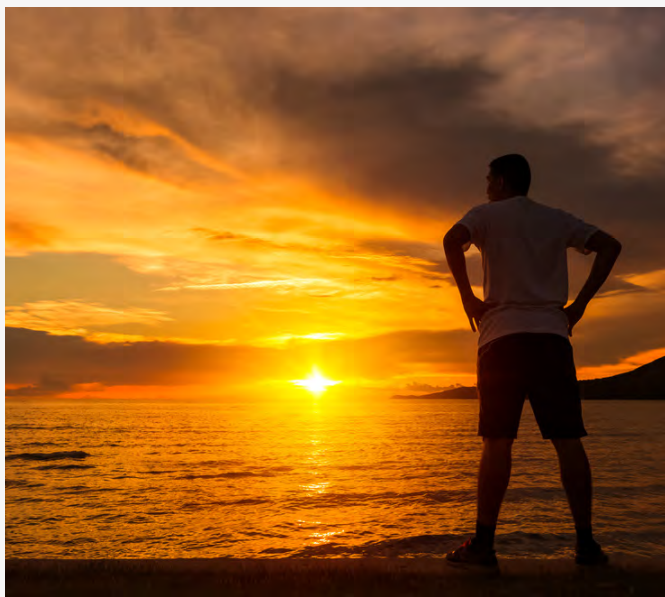
"Regardless of individual philosophy of beliefs, spiritual well-being makes us better warriors and people of character capable of making good choices on and off duty."

These words from General Robert B. Neller, the 37th Commandant of the U.S. Marine Corps, speak to the important of spiritual fitness. They remind us that fitness means more than just healthy muscles. Holistic well-being requires that we also work towards mental, social, and spiritual growth. By maintaining this balanced approach, we ensure the highest levels of resilience and toughness.



Mind, Body, and Spirit

THE SPIRITUAL FITNESS CHALLENGE (CONT...)



But what is “spiritual fitness”? We often associate “spiritual” with “religious.” While there is definitely a connection between religion and spirituality, they are not the same thing. Religion means, fundamentally, a “right relationship with God.” And if we seek that out, we will certainly build spiritual fitness. This holds true no matter how we define God. However, that is not the only way to build spiritual fitness.

Spiritual fitness can be defined as having a well-maintained interior life. Victor Frankl once observed that we can endure almost any “what,” as long as we have a strong enough “why.” Spiritual fitness means that we have a reason, and a strong reason, to persevere in spite of any obstacles. It means that we have a sense of purpose that motivates us to keep pushing forward. It means we have a reason to jump out of bed in the morning and attack the day with enthusiasm! Spiritual fitness also means that this sense of purpose is articulated in our minds.

It means we have a clear understanding of our values, our principles, and our beliefs. And it means that we know, and can explain, our deepest convictions about God, justice, excellence, life, death, sin, goodness, truth, beauty, morality, humanity, and ourselves. Finally, spiritual fitness means that we are people of integrity; that we live, act, and think in harmony with what we say is true.

This requires effort. We need to work every day to be faithful to our values. And since none of us do that perfectly, we need to work every day to be better than the previous day—at least, a little bit better. The spiritually fit person refuses to accept adequacy. They never, ever say, “I’m good enough.” You and I can always improve.

We need to be honest about our progress on our own state of spiritual fitness, and we need to be humble enough to acknowledge our shortcomings. We need to stay connected with those friends and family who hold us accountable and inspire us to strive for excellence. We need to be ready to have those deep conversations. Finally, we need to feed our soul. Regular prayer, meditation, contemplation, reflection, mindfulness—all of these can refresh us and reconnect us with our core.

Spiritual fitness is difficult, but worthwhile. Attention to spiritual fitness will not only build resilience and toughness, but help us live richer, fuller lives. It will make us happier, healthier, better Sailors; and better people.



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.

PODCAST

The Diary Of a CEO with Steven Bartlett: E208: 5 Scientific Rules for Making & Breaking Habits in 2023! At 27, Steven Bartlett left his job as CEO of the marketing company Social Chain and launched his new podcast, “The Diary of a CEO,” with the mission of giving you the knowledge you need to create the life you want. In this episode, Bartlett explores some scientifically proven tips for making your New Year’s resolutions stick and making healthy new habits last a lifetime. URL:
<https://open.spotify.com/episode/5UFhGZNLpbmyOjGyWEgGVI>



THE CCN NAVIGATOR

You can find the February issue available at the following link.

<https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Culture-of-Excellence/>



CEO Resources

TALKS

Tedx Talk: “What if we Checked in With Ourselves as Much as we Check our Phones?”

We’re so constantly stimulated by technology and entertainment that we’re not giving our bodies and minds the rest that they need, says Reggie Hubbard of the Wellbeing Project. He says that we would be better served by taking time out daily to tune inward. This “sacred pause,” he says, is where we will find inspiration, imagination, and the capacity to connect better with each other and change our world. URL: https://www.youtube.com/watch?v=h1ERsv_39vE



Ted Talk: “What makes a good life? Lessons from the longest study on happiness.”

What keeps us happy and healthy as we go through life? As the Director of the Harvard Study of Adult Development, one of the most comprehensive longitudinal studies in history, psychiatrist Robert Waldinger shares three important lessons learned from the study, as well as some practical wisdom on building a fulfilling, long life. URL: https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness



Video: “Two Mindsets”: The Arbinger Institute. An introduction to the discussion of inward and outward mindsets, and how interactions from either an inward mindset or an outward mindset affect every one of our daily interactions. Learn how these mindsets impact our daily lives both at home or at work. URL: <https://www.youtube.com/watch?v=zzE6Fd7D-jU&list=PLzjSdPyQEg2KGAfeLs-FZS9HlaKxobBTF>



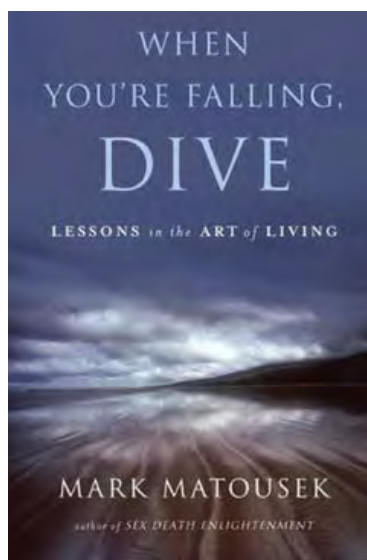


CEO Resources

BOOKS



Leadership and Self Deception: Getting Out of the Box, by the Arbinger Institute. Written as a relatable fictional story about a person facing challenges on the job and in their personal life, this book identifies the various ways we blind ourselves to our true motivations and unwittingly sabotage our own success and happiness. Now in its third edition, the book includes new research about the self-deception gap in organizations and how to close it, along with guidance for changing your mindset in both your personal and professional life. URL: <https://www.goodreads.com/book/show/37814004-leadership-and-self-deception>



Book: When You're Falling, Dive: Lessons in the Art of Living, by Mark Matousek. Mark Matousek's whole world came crashing down when he found out he was HIV+. Forty years later, he's alive and actually grateful that his diagnosis made him reexamine life and find undiscovered strength within himself. Since then, he's met other people around the world who have faced down harrowing situations. In this book, he tells each person's story and what they can teach us about living better amid adversity. URL: https://www.goodreads.com/book/show/2254325.When_You_re_Falling_Dive?from_search=true&from_srp=true&qid=HkswWGgbG0&rank=1



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



HONORING DR. KING'S LEGACY AND INSPIRING CHANGE

By Desmond Boykin
EEO Specialist

In January, NDW honored Dr. Martin Luther King Jr. by having a guest speaker, LCDR Amir Shareef, give a moving and impactful speech about the importance of Martin Luther King Jr. Day and the legacy of Dr. King. He reminded us that the holiday is not a day off but instead a day on for service to our communities.

The DEIA program also organized a Day of Service and volunteered at the Capital Area Food Bank.

Continue to the next page
for Dr. King's Legacy and
Inspiring Change.





Diversity, Equity, Inclusion, and Accessibility

HONORING DR. KING'S LEGACY (CONT...)



The Defense Equal Opportunity Management Institute's theme for this year's Black History Month is "Inspiring Change." They are paying tribute to the Greensboro Four from North Carolina Agricultural and Technical State University. On the afternoon of Feb. 1, 1960, four Black college freshmen from North Carolina Agricultural and Technical State University—Ezell Blair Jr., Franklin McCain, Joseph McNeil, and David Richmond—entered a Woolworth's store. They bought various items and held onto their receipts, so there would be no doubt they were store patrons. When they finished shopping, they sat down at the lunch counter and asked to be served.

Although Black people could enter the dining area, they had to use a standing snack bar because the lunch counter was designated for "Whites only." The sit-in, a practice of peaceful defiance, wasn't a random act of rebellion, but the result of months of planning. The four students politely requested service at the Woolworth's counter, remaining seated when the staff refused to take their orders. The store manager asked them to leave, but the students did not move.

Meanwhile, the students had arranged for Ralph Johns, a local white businessman who was sympathetic to their cause, to alert the media. The "Greensboro Four" soon appeared in local newspapers, helping the protest to get national attention. The next day, they returned to Woolworth's with 20 other Black students. Again, they were refused. By February 4th, 100 protesters filled the store and lunch counter. After nearly a week of protests, approximately 1,400 students met at the Greensboro Woolworth's to demonstrate. Media coverage grew, and the story spread throughout the United States.

The actions of the Greensboro Four quickly inspired other students to act. Young people in other North Carolina cities, and eventually in other states, protested racial segregation at lunch counters as news of the event spread. Consequently, the Woolworth's lunch counter in Greensboro opened to Black patrons in July 1960.





Diversity, Equity, Inclusion, and Accessibility



NDW'S DAY OF SERVICE: A DAY ON, NOT A DAY OFF

By MC2 Griffin Kersting
NDW Public Affairs

WASHINGTON - U.S. Navy Sailors and civilian personnel assigned to NDW volunteered at the Capital Area Food Bank on January 23. The NDW personnel who volunteered were participating in the Martin Luther King Junior Day of Service, giving back to the Washington, D.C., community during a day on, not a day off.

"It was an incredibly humbling experience knowing people wouldn't eat without the work that goes into the food bank," said Desmond Boykin, Diversity, Inclusion, Equity, and Accessibility Program member and Equal Employment Opportunity Specialist at NDW. "It was inspiring seeing everyone come together to support that common cause."

During the volunteering opportunity, NDW personnel assisted the food bank with organizing and packaging boxes of food to distribute to members of the DC community who needed it, especially seniors who are not mobile enough to shop for themselves.

"It was definitely a good opportunity to give back to the community," said U.S. Navy LT Therese Desquitado, a Sailor assigned to NDW. "We had a lot of fun packaging the food, knowing it was going out to people who really needed it."

The Capital Area Food Bank is a major contributor to the hunger relief infrastructure in the Capital Region, having delivered over 45 million meals to people and families across the DC, Maryland, and Virginia area.

At the end of the day, NDW personnel helped to package 537 boxes of food for families in need. One box of food from the food bank is capable of feeding a family of three.

"Our goal is to expand our outreach in the future and do more events like this," said Boykin. "Being able to give back like we did is a great feeling, and we hope to do more of it soon."





Voice of the Employee

What does COE mean to you personally? Every edition, we invite readers to share their thoughts. In the holiday spirit, we have some special "holiday wishes" to share from NDW leadership and colleagues.

During our Job Fair in January, we had an individual come by who is a success story from our 2022 Job Fair. Mr. Mike Zorn came by in 2022, wrote his resume on the spot, and succeeded in securing a position as a police officer at NSA Annapolis. Mr. Zorn provided the following responses about his experience attending the NDW Job Fair.

Q: How did you hear about the 2022 NDW Job Fair?

Zorn: I received an email from NDW last Fall.

Q: What was your experience like going through the process?

Zorn: I had the pleasure of meeting several members of the NDW Human Resources (HR) department and was impressed with the various opportunities available to candidates. Once the onboarding process started, I found the staff informative and helpful throughout, from both the HR and secret clearance departments.

Q: Would you recommend the NDW Job Fair to others?

Zorn: Yes, with enthusiasm. As they offer a variety of professional career opportunities.

Q: What position are you currently in, thanks to the Job Fair?

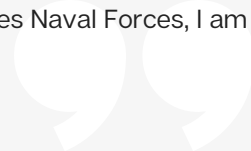
Zorn: I understand that I have been recommended and approved by my superiors and commanding officer to be an NDW law enforcement officer, with the opportunity to attend the Federal Law Enforcement Training Center upon my qualifying.

Q: What made you stop by the 2023 NDW Job Fair?

Zorn: Curiosity and the opportunity to be a part of a professional government agency.

Q: What words do you have to share for others looking for employment with NDW?

Zorn: During the short period of time that I have been assigned to the NDW at Annapolis Service Area and the U.S. Naval Academy, I have been extremely impressed with the high level of professional leadership, training, and dedication of the personnel, staff, and active-duty personnel. With the emphasis on dedication, spirit, and high standards of the United States Naval Forces, I am proud to serve among them.





In the Spotlight

RELIGIOUS PROGRAM SPECIALISTS

By RPC (SW/AW) Mya Green

Evergreen Chapel Leading Chief Petty Officer, Naval Support Facility Thurmont

During World War II, the Navy adopted the Specialist “W” (Welfare) rating to assist Navy chaplains during the war, addressing their special needs. These duties included playing piano and organ during worship services, acting as musical directors, and performing clerical duties. Like today’s religious program specialists (RP), the WWII Specialist “W”s did not serve as religious leaders during the war, but they served anywhere and under any conditions, including the battlefield.

In 1942, W. Everett Hendricks was the first sailor to enlist in the Navy as a Specialist “W.” Serving at Naval Training Station Great Lakes, Illinois, the talented choir director and musician contributed significantly to the celebrated Great Lakes Bluejacket Choir.

The Navy discontinued the Specialist “W” rating after the war in 1945. However, having realized the contribution that Specialist “W”s provided during the conflict, the Navy saw the value in providing Navy chaplains with assistants. Realizing this, the Navy used qualified Sailors from the Yeoman (YN) and Personnelman (PN) ratings to provide this support.

Finally, in 1979, the Navy officially established the RP rating. There were several conditions that these pioneers had to meet, the most important and taxing of these being the willingness to serve as combatants with the U.S. Marine Corps.





In the Spotlight

RELIGIOUS PROGRAM (CONT...)

Since Navy Chaplains are non-combatants, they require protection during times of conflict. RPs provide this protection, and so they receive Marine Corps combat training.

Navy RPs do not require ordination and do not act as religious leaders, nor do they provide pastoral or religious counseling to Marines, Sailors, or their families. In fact, they don't have to be religious at all: Some agnostic and atheist members serve as RPs.

Navy chaplains rely on RPs to assist them in developing programs to meet the needs of Navy, Coast Guard, and Marine personnel and their families. They are also responsible for the facilitation of the free exercise of religion for all Sea Service Personnel, serve as part of the Religious Ministry Team, and advise leadership on ethical decision-making, cross-cultural awareness, and conflict resolution.

RPs literally work anywhere and everywhere. As they serve all the U.S. Sea Services, they deploy to the fleet, hospitals, the battlefield, and ashore. Be sure that wherever there is a Navy chaplain, an RP is nearby.

Some of the daily duties of RPs include bookkeeping, publicizing their commands' religious activities, maintaining liaison with community representatives (to include religious agencies), providing security for the chaplain in expeditionary environments, operating and maintaining libraries, managing the chapel/chaplain's office, and performing administrative, clerical, and secretarial duties.

Most RPs join the Navy as RPs and go through RP A-School in Newport, Rhode Island. However, Sailors may also convert into RPs when the rating is open.

To serve as an RP in the Navy, you must meet certain requirements:

- Must be a U.S. citizen.
- Must be between the ages of 18 and 39.
- Must have a high school diploma or equivalent.
- Must be eligible for a security clearance.
- No non-judicial punishments or civil convictions in the past two years.
- No moral turpitude charges (ever).
- No speech impediments.
- Ability to write effectively.
- Interview and recommendation of a Navy Chaplain/RP Screening Committee comprising at least one chaplain of the rank of LCDR or above and one RP with the rank of E-6 or above.
- Must possess a valid driver's license.
- Must be able to type 30 words per minute.
- Ordained religious leaders (rabbis, ministers, imams, etc.) cannot enlist.
- Must have an Armed Forces Vocational Aptitude Battery (ASVAB) score of Verbal (VE) + Mathematics Knowledge (MK) = 105.

The RP rating has been "exceeding the expected" throughout the Navy for over 40 years. Within the NDW of responsibility, there are several outstanding RPs continuing to make the Religious Program rating proud each and every day.





In the Spotlight

RELIGIOUS PROGRAM (CONT...)



RP1 (FMF) Greyson Harrelson from NDW is one of those individuals. In his role as the Region RP, he not only oversees all of the junior RPs within the NDW Region; he also assists with managing chapel services and evolutions at the Navy Yard Chapel, amongst many other roles. When asked questions on his experience as an RP, here is how he answered.

Why did you choose to be an RP, and what has been the most rewarding part thus far?

Oddly enough, RP was not my first choice. I originally came into the Navy to be a special warfare combatant-craft crewman. Once I arrived at the Military Entrance Processing Station (MEPS) to do the medical portion, I realized I was unable to do so because of my vision. At that time, I basically asked them to give me anything with a firearm. When they presented the RP job card on the table, I decided to go for it. A lot of things about being an RP are super rewarding, but I would have to say being the shoulder or the resource for a Sailor or their family to come to when they are struggling is my greatest reward.

How do you like being an RP?

The rating certainly has its ups and downs, as I think most do. The RP rating varies from station to station, so much that it certainly keeps things interesting. I have been an RP going on 13 years now, and I love what I do.

Have you ever been assigned to a Seabee/Marine command? If so, what was it like being an RP in those platforms?

My first and third commands were Marine Corps units. The first, 1st Marine Aircraft Wing in Okinawa, Japan; and the third, Chemical/Biological Incident Response Force in Southern Maryland. Being attached to a Marine Corps unit is apples to oranges compared to blue side shore Navy, and what I call blue side corporate Navy. The structure is different, and they are just a great group of people to be around. I wouldn't trade working with them for the world.

Have you ever been attached to a ship? If so, what was your role underway? And how was it different from your supporting duties at a base chapel?

I've never been assigned to a ship. However, I have orders and will be reporting later on this year.

What other unique duties have you served in as an RP?

Due to the connection the RP has to the CREDO programs, I have had the opportunity to become SafeTALK and ASIST trained to train. This has allowed me to have a direct awareness of, and impact on, suicide prevention and intervention in the Navy.

Have you ever had to do a burial at sea or a memorial service for a fallen service member? What did your role as an RP look like during this process?

Never had to do a burial at sea, as I have never been assigned on a ship. I have, however, had to do memorials for fallen Sailors and Marines. Our job is mainly to facilitate the program and be the liaison between the families and command.



In the Spotlight

RELIGIOUS PROGRAM (CONT...)



Next is RP2 (SW/AW) Joseph Mojica from NAS Patuxent River's Command Religious Ministries Department. He is the Leading Petty Officer at the St. Nicholas Chapel.

Why did you choose to be an RP, and what has been the most rewarding part thus far?

It is a funny story on how I came to be an RP. Originally, when I went to the MEPS, I was offered two jobs, RP or culinary specialist (CS) for subs. I knew I didn't want to be a CS, but I never heard of an RP. But the more I looked at the rate, I liked the rate more and more. I have never regretted staying as an RP.

How do you like being an RP?

I really enjoy the job. I get to help a wide variety of people from different branches and from different countries. It has made me feel like I have made a big difference in people's lives for the better.

Have you ever been assigned to a Seabee/Marine command? If so, what was it like being an RP in those platforms?

I have not had the privilege to serve with either commands, but I have heard nothing but good things about both from fellow RPs and other Sailors.

Have you ever been attached to a ship? If so, what was your role underway? And how was it different from your supporting duties at a base chapel?

My first command was a ship; I was aboard the USS RONALD REAGAN. And I am currently at a shore chapel, and I can say that there are some similarities in duties but a lot of differences, as well. On a ship, I was in charge of setting up religious services for Sailors, which presented its own challenges as we were the primary spiritual resource for those wanting to attend services, since we were out to sea. To support all of the faith groups listed on our Religious Needs Assessment, we would employ the help of lay leaders (Sailors who are allowed by their church to do a limited service) whom we would train and qualify to host services that our chaplains could not.

What other unique duties have you served in as an RP?

I have served as a building manager, ensuring that all facility maintenance and inspections are completed for both historic chapels and graveyards. I also get to learn a lot from the base archeologist and from staff on how to keep up with buildings and what to look for.

Have you ever had to do a burial at sea or a memorial service for a fallen Service member? What did your role as an RP look like during this process?

I have done both a burial and a memorial service. My role as an RP was a lot of planning, making sure everyone knew their roles, providing equipment, and making sure the overall quality of service met or exceeded the standards.



In the Spotlight

RELIGIOUS PROGRAM (CONT...)

Lastly, RPC (SW/AW) Mya Green, currently stationed at NSF Thurmont, is in charge of managing the daily chapel operations on base and ensuring the well-being of all Service members.

Why did you choose to be an RP, and what has been the most rewarding part thus far?

I originally had an interest in cross-rating to the RP rating because of my passion for serving God. I have always supported my denomination's leadership in various aspects of their ministries, to include community outreach projects, media functions, secretarial duties, and collecting and documenting church funds, to name a few. Having that previous experience made it a no-brainer to want to cross-rate. The most rewarding part for me would be having the opportunity to do community relations work in local areas, but especially in other countries during various deployments.

How do you like being an RP?

Being an RP is very rewarding. Although the reward may look different at times, seeing the joy on a junior Sailor's face when they promote or experience another life victory when you know how far they've progressed and come from with personal struggles, or seeing a Marine actually feel comfortable to put their guard down and speak to you are just a few of the examples of things that make my job so rewarding.

Have you ever been assigned to a Seabee/Marine command? If so, what was it like being an RP in those platforms?

Although officially I have not been attached to these two platforms, I have worked closely with Seabees and Marines and I believe that the care aspect of support we provide in conjunction with the chaplain stays the same regardless of the platform.

Have you ever been attached to a ship? If so, what was your role underway? And how was it different from your supporting duties at a base chapel?

I was attached to the USS *Emory S. Land*, a forward-deployed submarine tender in Agana, Guam. The duties for an RP do not change too much, but our job is usually pretty dynamic. A few things that did change on the ship was the opportunity to support the chaplain in conducting evening prayer in the bridge, and we would also support counseling for the Civilian Mariners that worked alongside us.

What other unique duties have you served in as an RP?

The RP Managers course was a training that I completed between January-March of 2019. This course is mandatory for all E-5/E-6 RPs and is comprised of a six-week non-resident online portion and an in-person resident portion held in Newport, RI. This course provides RP1s and senior RP2s with the knowledge and skills necessary to manage the execution of the command religious programs.

Have you ever had to do a burial at sea or a memorial service for a fallen Service member? What did your role as an RP look like during this process?

I have not had to complete a burial at sea. However, we were on standby to complete one during my time on the submarine tender. Upon notification of us potentially conducting the burial, my RP, RP2 Matthew Maimone, began coordinating with the hull-maintenance shop to have a ramp manufactured, as well as reaching out to the weapons department for them to prepare for gun salutes during the ceremony. We also reached out to the media department to ensure that we had a template for a program on standby.

Honorable Mentions for Outstanding RPs

RPCS (SW/AW/EXW) Gina Campbell | RPCS Trent Clark | RPC James Vanzella | RP2 Nancy Guillermo | RP2 David Gaddy



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. To submit a Bravo Zulu, please email us at: NDW_COE_Newsletter@us.navy.mil



Brandy Thompson, Director of Administration (N04C), NDW Headquarters (HQ), says “Bravo Zulu” to YNCS Michael Riles for flawless execution of approximately 738 correspondence forms and awards for calendar year 2022. Bravo Zulu!

LCDR David N. Sare, Executive Officer, Naval Support Facility Thurmont, sends the following BZs:

- **BZ to CE2 Isaiah Bacon** for leading four Sailors in preparing and reconstituting a mission-critical space before and after a vital contractor rehabilitation project. Additionally, he led two Sailors in reorganizing a storage space, bringing it up to fire safety standards and getting an accurate inventory of supplies. Bravo Zulu!

- **BZ to IT2 Xavier Gonzalez-Rivera**, who took it upon himself to coordinate, procure, and install a counter-unmanned-aircraft-systems system component after the original suffered a casualty that necessitated replacement. His proactive efforts ensured uninterrupted aerial coverage and support to Marine Security Company and the U.S. Secret Service during a VIP visit. He embodies the mindset of always leaving it better than he found it! Bravo Zulu!!
- **BZ to ABH2 Sydney Flores**, who has performed above and beyond in her duties in the firehouse. She took it upon herself to fix the search lights on the utility terrain vehicle that had been out of commission, wire two charging stations for portable lights on Special Unit 51, and replace four broken pressure gauges on Engine-511. She consistently takes on responsibilities without being told and will continue to be an AWESOME addition to our installation team! Bravo Zulu!
- **BZ to ABH2 Alex Harris**, who methodically inventoried \$250,000 worth of structural fire gear to ensure all components met National Fire Protection Association requirements, identified eight discrepancies, and properly corrected them in a timely manner. Additionally, he oversaw the annual maintenance of three apparatus and ensured all check-listed items were complete. Bravo Zulu!



In the Spotlight

BRAVO ZULU! (CONT...)

- **BZ to CS1 Abby Swisher** for representing NSF Thurmont and the Navy at the Pennsylvania Farm Show on January 12. She created a recipe for “Chicken Riggies” and coordinated with the Farm Show organizers, the Harrisburg Area Community College, and Naval Supply Systems Command to showcase her talents as a culinary specialist to present the dish and samples to an audience of attendees. Bravo Zulu!
- **BZ to ET2 Andrew Partida** for identifying and taking corrective action on faulty components within a critical security system server. ET2 Partida coordinated receiving repair parts and replaced the faulty components within the system to get time synchronization for the Electronic Security System (ESS) equipment. His hard-charging efforts to enable this repair exemplifies his value to the success of the ESS and NSF team. Bravo Zulu!
- **BZ to the Public Works Grounds crew**, which has done an outstanding job returning the installation to the standard five-star appearance after an extremely damaging ice storm and cold weather streak. UTCN Timothy Walsh in particular has taken the lead on multiple crews responsible for identifying and mitigating areas of concern that could damage camp facilities and infrastructure. During the storm, UTCN Walsh continuously answered the call when debris was discovered blocking critical roadways and paths. His efforts ensured the security team could continue to complete their rounds and personnel could safely access camp the following morning. Bravo Zulu!

Yvette Johnson, Regional Fleet & Family

Readiness (N9) Director, sends the following BZs:

- Congratulations to the N9 Child and Youth Program (CYP) and Support Service Team Members for successfully holding a Non-Appropriated Fund (NAF) Hiring Fair. After several months of planning, on February 7, the N9 team gathered in Silver Spring to offer qualified candidates NAF positions on the spot. This event allowed applicants to apply, interview, accept tentative job offers, attend orientations, proceed with drug testing, initiate background checks, and schedule Occupational Health appointments –all before leaving the event. This was the ultimate “one stop shop” for applicants, and it was only made possible due to collaborated efforts between the CYP, NAF Human Resources, and the N9 Marketing Team. Bravo Zulu!
- **BZ to Rebeca Baker**, who has become an enterprise subject matter expert in virtual Education for All Children and has provided training and support to CNIC personnel and other Region staff. She developed and delivered Fleet and Family Support Management Information System (FFSMIS) training to provide clear guidance and instruction for staff, which will result in more accurate data and less staff frustration. She was also a trusted agent during the Citadel Shield/Solid Curtain 2023 and assisted in the planning and execution. Bravo Zulu!





In the Spotlight

BRAVO ZULU! (CONT...)

Greg Cheek, Joint Operations Planner (N38),

sends BZs to the 25 Navy personnel who supported the 1st QTR State Funeral Readiness Training Exercise, which took place January 17-19 at Joint Base Myer-Henderson Hall and the U.S. State Capitol. Mr. Cheek says the 25 Sailors listed below “were first on the ground daily” and “set the standard in training, professionalism, customs, and courtesies.” Bravo Zulu!

- **LT Stephan Acevedo**
- **LT Richard Greene**
- **Senior Chief Erice Rainer**
- **CPO MUC James Anderson**
- **BM1 Odell Hardy**
- **AN Jaubriel Willis**
- **SN Evan Landers**
- **SN Elizabeth Bucher**
- **SN Drake Bluman**
- **CN James White**
- **SN Mark Pettie**
- **FN Gibran Henry**
- **MR3 Christopher Tipton**
- **AT3 Carsten Vandoren**
- **AT3 Aiden Conley**
- **SN Samuel Hall**
- **SN Daviontee Robinson**
- **SN Kesiena Oghuvbu**
- **FN Jorge Navarro**
- **AN Hunter Thornton**
- **AN Deonta Dukes**
- **SN Jaila Myers**
- **SN Alexis Blackwell**
- **SN Carter Gill**
- **SN Luke Wicker**

The entire NDW Team would like to say

“Welcome aboard” to the newest members of the NDW team from across the Region! Joining the NDW HQ team: CMDCM William Smith, LCDR Travis Bean, MASN Adlens Alfred, Biana Burgos, Jennifer Neal, Timothy Traylor, Gregory Wilson, Rebecca Decker, Lashondra Felder, Laura Swick, and Kimberly Wagner. Welcome aboard! We are glad to have you as part of our team.

CDR Alex McMahon and the Ceremonial Guard send the following Bravo Zulus:

We would like to thank Brandy Thompson, Lou Ramelo, Cynthia Booth, and Kenyatta Bailey from NDW HQ for their support in obtaining and securing funding for the U.S. Ceremonial Guard Drill team to support up to 12 Navy Weeks across the United States in 2023. Bravo Zulu!

Bravo Zulu to the following U.S. Navy Ceremonial Guard Alpha Company Graduates, who graduated on Jan. 20, 2023: HTFN Conner Boyce, SN Claude Hurst III, ENFN Christopher Gonzalez, CECN Kevin Christopher Clarion, HN Andrew Stage, AN Chase Parker, AN Emmett Nordhof, AN Ethan Neidlinger, SN Damarious Flowers, ADAN Caleb Heimbach, CN Aaron Padden, SN Sydni Sanders, HN Karley Snow, AN Joshua Fouts, FN Omar Mendoza, SN Devonte Miles, CMCN William Peters, LSSN Lara Souza, and SN Jamell Whitfield. Bravo Zulu!





In the Spotlight

BRAVO ZULU! (CONT...)

CAPT Derrick Kingsley and NAS Patuxent River says "Bravo Zulu" to:

- **Chaplains Regina Johnson and Brenton Asbury**, for continuing to provide outstanding support to NAS Pax River, and Chaplain David Stroud's support with making this happen! Bravo Zulu!
- **Pax River's GSM1 Jannvheral Banzon**, who was named the U.S. Navy's Command Career Counselor of the Year! We are proud of him and thankful for the effort he puts forth for our Sailors and their careers. Bravo Zulu!
- CO detector deficiency tickets in all Pax CYP buildings have been completed. Thanks for the effort of our fire inspectors, N9 staff, and building managers to make this happen quickly. Bravo Zulu!
- **LCDR Paul Hill**, who was the honor graduate at Civil Engineer Corps Officer Basic School fall of 2022. Bravo Zulu!

Bravo Zulu to the following personnel recognized at NDW's January Town hall:

- **ETC Chris Smith**, who received a Navy Achievement Medal for his hard work and dedication during his tenure at NDW. Bravo Zulu!
- **STG2 Jacob Mejorado**, who received a Navy Achievement Medal for his hard work and dedication during his tenure at NDW. Bravo Zulu!
- **EMN2 Jeffrey Sonberg**, who received a Navy Achievement Medal for his hard work and dedication during his tenure at NDW. Bravo Zulu!

- **Elizabeth Everett**, who received her 30 Years of Government Service certificate and pin. Bravo Zulu!
- **Martha Karandy**, who received her 10 Years of Government Service certificate and pin. Bravo Zulu!
- **NDW's Sailors of the Year:** MA1 Larissa Carmen (Senior Sailor of the Year), MC2 Griffin Kersting (Junior Sailor of the Year), and MA3 Fidel Gonzalez-Magana (Blue Jacket of the Year). Bravo Zulu!
- **NDW's Office of General Counsel**, who received a Bravo Zulu from the General Counsel of the Navy for all of their hard work! Bravo Zulu!
- **The following NDW's Sailors** who were frocked to Petty Officer Second Class: MA2 Brenden Miller and MA2 Michael Martinez. Bravo Zulu!
- **LCDR Grace Howard**, for her promotion to the rank of LCDR. Bravo Zulu!
- **N3/Joint Task Force-National Capital Region Liaison Officers** Mr. Greg Cheek and LCDR Shane Fox, for excellent work supporting the African Leaders Summit. Bravo Zulu!
- **CAPT Sara Pickett**, for above and beyond work helping a shipmate receive medical clearance prior to transferring to a key at-sea billet. Bravo Zulu!
- **The Command Resilience Team**, for their hard work for NDW's Defense Organizational Climate Survey and follow-on efforts. Bravo Zulu!
- **A HUGE thank you to our watch standers** who worked tirelessly through the holidays! Bravo Zulu!



In the Spotlight

BRAVO ZULU! (CONT...)

**CAPT Mark Burns and NSA Washington say
"Bravo Zulu" to:**

- **CS2 Robert Zobel**, who received an Navy Achievement Medal End of Tour award for his hard work and dedication during his tenure aboard the USS PORTLAND (LPD-27).
Bravo Zulu!
- **Byron Bailey**, who was promoted to the rank of Colonel as NSA Washington's new Chief of Police. Bravo Zulu!
- **Edna M. McClary-Nipper**, who was promoted to the rank of Lieutenant for NSA Washington's Police Department. Bravo Zulu!
- **Oswaldo Salinas**, who was promoted to the rank of Lieutenant for NSA Washington's Police Department. Bravo Zulu!
- **Troy Felton**, who was promoted to the rank of Sergeant for NSA Washington's Police Department. Bravo Zulu!
- **NSA Washington's Civilians of the Quarter 4th Quarter Calendar Year 2022 winners:**
LT Steven Powell, Civilian Supervisor of the Quarter and CPL Gerald Lee, Civilian of the Quarter. Bravo Zulu!
- **NSA Washington's Civilians of the Year, Calendar Year 2022 winners:** William Peyton, Civilian of the Year, Lakeisha Dickerson, Civilian Supervisor of the Year, and Shawn Payne, Senior Civilian of the Year. Bravo Zulu!
- **Donte T. Nelson Sr. and Josepha Ward**, who received their 10 Years of Government Service certificates and pins. Bravo Zulu!
- **John A. Palomino**, who received his 15 Years of Government Service certificate and pin. Bravo Zulu!
- **Erik M. Wade**, who received his 20 Years of Government Service certificate and pin. Bravo Zulu!
- **Wayne C. Adams Sr. and Happy Sims**, who received their 25 Years of Government Service certificates and pins. Bravo Zulu!
- **David L. Jesse**, who received his 30 Years of Government Service certificate and pin. Bravo Zulu!
- **The following individuals**, who each received a Letter of Commendation from NSA Washington for their hard work and dedication planning and executing a fantastic 2022 Holiday Party: Miriah Schmidt, CS1 Winesha Pierre, MA1 Veronica Robinson, NC1 Anthony Turi, CS2 Desire Ogburn, MA2 Jachin Almon, and QM2 Geovanna Jones. Bravo Zulu!
- **NSA Washington's Sailor of the Quarter, 4th Quarter FY22 winners:** MA1 Douglas Paluch, Senior Sailor of the Quarter, MA2 Samatha Martin, Sailor of the Quarter, and CS3 Justin Sipos, Junior Sailor of the Quarter. Bravo Zulu!
- **MA3 Brandyn West**, who was awarded the Navy Achievement Medal End of Tour award for his hard work and dedication during his tenure at NSA Washington. Bravo Zulu!



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.



Services for You



UPCOMING TRAININGS

The following training programs are available to all NDW employees and supervisors.

For more information, please email Ms. Martha Karandy, NDW Training Specialist, at martha.e.karandy.civ@us.navy.mil.

Helping Employees Positively Maneuver Workplace Change

March 29, 1000-1100, Building 101, Room 121

Change is all around us. Change is needed for growth—personally and organizationally. Success or failure of workplace change depends largely on how the change is managed. In this training, managers, supervisors and human-resources specialists will learn the types of change, challenges and benefits of change, effective leadership for a changing environment, and proven methods of self-care in times of change.

Mind-Body/Mental Fitness Meditation

March 22, 1000-1100, Building 101, Room 121

Explore the three attitudes of mindfulness: non-judgment, curiosity, and acceptance; and how to use these in a moment-to-moment basis to improve decision-making, reduce destructive behaviors, and increase optimal performance. Understand the benefits of mindfulness and meditation and how they aid in recovery from stress. Participants will also be able to practice being mindful and learn how to begin or further their own mindfulness and meditation practices.



Services for You



UPCOMING CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATIONS (CREDO) WORKSHOPS

NDW CREDO is offering the following workshops. These workshops are open to all military, dependents, and civilian employees.

Registration is required for all workshops.
CREDO.NDW@US.NAVY.MIL
202-404-8831

SafeTALK is a suicide awareness program that focuses on why we miss, dismiss and avoid talking about suicide. It is required for people with certain responsibilities and recommended for all.

- **February 23 | 0900-1200**
U.S. Navy Ceremonial Guard, Joint Base Anacostia-Bolling (JBAB)
- **March 9 | 0930-1230**
CREDO NDW, Bldg. 4, 2nd deck, JBAB.
- **March 20 | 0900 - 1200**
NAS Pax River
- **April 18-19: Training for Trainers (T4T)**
Washington Navy Yard

ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. More than one million people have taken the workshop, and studies have proven that ASIST method helps reduce suicidal feelings among those at risk.

- **March 13-14**
Fort Meade
- **March 15-16**
Quantico
- **March 21-22**
JBAB
- **March 27-31: Training for Trainers (T4T)**
Washington Navy Yard

Continue to the next page
for more workshops
and retreats.





Services for You

UPCOMING CREDO (CONT...)



Relationship Enrichment Workshop

(dating couples or married). This one-day workshop is being offered in a small group setting. It is designed to address issues that are holding your relationship back from being the thriving, vibrant, and fulfilling relationship it can be.

- **February 24 | 0900-1200**
NDW CREDO Office, Bldg. 4, 2nd Deck, JBAB
- **March 10 | 0900-1200**
NDW CREDO Office, Bldg. 4, 2nd Deck, JBAB

Women's Resiliency Workshop – “Thriving in

Uncertainty.” Take a day out of your normal routine to self-reflect, reconnect with your purpose, harness your inner strengths, and learn how to use adversity to your advantage in a group setting.

- **February 27 | 0900-1500**
NDW CREDO Office, Bldg. 4, 2nd Deck, JBAB
- **March 2 | 0900-1500**
NSA Annapolis

Men's Resiliency Workshop–“Thriving in

Uncertainty.” Take a day out of your normal routine to self-reflect, reconnect with your purpose, harness your inner strengths, and learn how to use adversity to your advantage in a group setting.

- **March 1 | 0900-1500**
NDW CREDO Office, Bldg. 4, 2nd Deck, JBAB

Personal Resiliency Workshop. During this workshop, participants will increase self-awareness, enhance wellness, and deepen their sense of purpose. Participants will gain increased abilities to remain productive and positive when faced with stress, uncertainty, and change.

- **March 7 | 0900-1200**
NDW CREDO Office, Bldg. 4, 2nd Deck, JBAB
(ARSENAL)

NDW CREDO RETREATS. These retreats are open only to active-duty military, their dependents, and Reservists in an active status. They will take place from Friday afternoon to midday Sunday at the Baltimore Marriott Inner Harbor at Camden Yards. Lodging, food, and parking are provided at no cost to the participants. Childcare is not offered.





Services for You

UPCOMING CREDO (CONT...)

Personal Resiliency Retreat. This is the original CREDO retreat that started it all. During the weekend, participants will increase self-awareness, enhance wellness, and deepen their sense of purpose. Participants will gain increased abilities to remain productive and positive when faced with stress, uncertainty, and change.

- **March 24-26**
(full but accepting registrations on the waitlist)
- **June 9-11**
- **September 15-17**

Marriage Enrichment Retreat. Give your relationship the gift of interpersonal tools used to grow a more satisfying marriage. Participants will be exposed to the tools and concepts from PREP, the Gottman Institute, and the Myers-Briggs Type Indicator to better understand themselves and their spouses and get the most out of their marriages. Whether you have been married for two weeks or twenty years, this retreat will bring an additional spark to your partnership.

- **April 14-16**
(full but accepting registrations on the waitlist)
- **May 12-14**
(full but accepting registrations on the waitlist)
- **May 19-21 [Solomon's Island]**
(full but accepting registrations on the waitlist)
- **August 18-20**

Note: We can bring workshops to you! If you would like us to bring a workshop to your command, please email us at CREDO.NDW@us.navy.mil.



TEEN DATING VIOLENCE AWARENESS MONTH – FEBRUARY 2023

TEENS DATING VIOLENCE PREVENTION

By Shoshoni Spence
Regional Social Advocacy Clinical Counselor, NDW

The Defense Department is raising awareness for Teen Dating Violence Awareness Month (TDVAM) in February. This year's 2023 theme is "Be About It." It's a furtherance of last year's theme, "Talk About It." The emphasis this year is on helping to strengthen the voices of teens and young adults and those who support them by inspiring positive, healthy, and safe relationships.

TDVAM is officially recognized in February, and orange is used to symbolize teen dating violence awareness. Since 2010, TDVAM has been used to raise awareness through advocacy and education to stop dating abuse.



Services for You

TEEN DATING VIOLENCE (CONT...)

Teen dating violence profoundly impacts lifelong health and well-being. Unhealthy relationships can start early and last for many years. For more information, download the Centers for Disease Control and Prevention (CDC) Preventing Teen Dating Violence fact sheet at www.cdc.gov/violenceprevention/pdf/ipv/TDV-factsheet_508.pdf.

How Can We Prevent Teen Dating Violence?

- Teach safe and healthy relationship skills, which build trust with open and honest communication.
- Talk with teens about the importance of being respected and respectful relationships.
- Teach teens about appropriate use of social media and technology platforms.
- Connect teens with help through resources like your installation's Family Advocacy Program (FAP).

The FAP is committed to supporting victims, Service members, and their families impacted by teen dating violence. The FAP will always work with those experiencing abuse to show them their options for next steps and available resources, which include:

- Safety planning.
- Emergency services and crisis intervention.
- Counseling and emotional support.

The FAP is staffed with advocates all experienced in the field.

Options for getting help: The FAP is located at each of the Fleet and Family Support Centers (FFSC) throughout NDW:

- **NSA Annapolis FFSC**
(410) 293-2641
- **NSA Bethesda FFSC**
(301) 319-4087
- **NAS Patuxent River FFSC**
(301) 342-4911
- **NSA South Potomac FFSC**
(540) 653-1839
- **NSA Washington FFSC**
(202) 685-0229
- **Fort Meade FFSC**
(301) 677-9014

If at any time you feel that someone you love is in immediate danger, call 911.





Services for You

TEEN DATING VIOLENCE (CONT...)

More Resources For Teens And Parents

- **The National Child Traumatic Stress Network - Teen Sexual Assault**
www.nctsn.org/resources/teen-sexual-assault-information-teens
- **Military OneSource**
www.militaryonesource.mil
- **Love is Respect**
www.loveisrespect.org
- **That's Not Cool**
www.thatshotcool.com
- **Centers for Disease Control and Prevention**
- search "Teen Dating Violence"
www.cdc.gov
- **Futures Without Violence**
www.futureswithoutviolence.org

National Hotlines:

- **Love is Respect**
866-331-9474
866-331-8453 TTY
www.loveisrespect.org
- **National Domestic Violence Hotline**
800-799-SAFE (7233)
800-787-3224 TTY
www.ndvh.org
- **Rape, Abuse & Incest National Network (RAINN) Hotline**
800-656-HOPE (4673)
www.rainn.org

ADDITIONAL SERVICES FOR YOU

Fleet and Family Support Program: In the February issue of the FFSC Family Connection Newsletter, you will find information on the Exceptional Family Member Program, Domestic Abuse, upcoming virtual webinar classes, and much more. Visit:
<https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Family-Connection-Newsletter>

DONCEAP: Find new articles, resources, and other information for the month of February on the Magellan Ascend website:
<https://magellanascent.com/?ccid=hpZiwlTni%2FVKnrZqvUQNB6fBJJGSp2%BZYWZSUbKC71w%3D>

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





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.



St. Patrick's Weekend Festival and Parade (Annapolis, Md.)

Annapolis is bringing St. Patrick's Day in big, with three whole days of festivities the whole family can enjoy. It starts with an outdoor party Friday, March 3, followed by Shamrock the Dock—a full lineup of bands, games for the kids, food and drinks, and more—on Saturday and Sunday, March 4-5. And a parade Sunday afternoon, 1 p.m.-3 p.m. For more event details, visit <https://www.visitannapolis.org/events/annual-events-and-festivals/st-patricks-parade>.



Things to Do Around You



Astronomy on Tap (Washington, DC). Come make some new friends and contacts while listening to three guest experts talk about the universe and space exploration. There will also be free trivia and the chance to win prizes. The event is March 14, 8 p.m., at DC9, and is free to attend. For more info, go to <https://fb.me/e/2kPjEN4an>.



Spring Capital Art and Craft Festival (Chantilly, Va.). A three-day artists' market featuring nearly 200 artists will be open to the public March 24-March 26 at the Dulles Expo Center. Browse paintings, jewelry, wood carvings, pottery, and a variety of other wares. For more information and a link for online ticket purchase, go to <https://fb.me/e/2cXp2gOX4>.



Cherry Blossom Kite Festival (Washington, DC). Kids and grownups alike will flock to the Washington Monument in DC on March 25th to fly kites on the monument grounds. The event is free, and no registration is required. The kite flying starts at 11 a.m. For more information, go to <https://fb.me/e/2bQdn3qfs>.



Things to Do Around You



Latin American and Caribbean Festival

(McLean, Va.). The McLean Community Center will be abuzz with the colors, sounds, and flavors of Latin America and the Caribbean on Saturday, March 25, from 5 p.m.-9 p.m. You can learn how to dance salsa and meringue, sample Caribbean- and Latin-style tapas and drinks, and enjoy live music and other festive attractions. For more details and event updates, visit <https://fb.me/e/3XoZrvaIO>.



Lego Fan Expo (Fredericksburg, Va.). Walk through exhibitions of unique Lego creations, learn building techniques, and compete to build your own works of Lego awesomeness in exciting timed matches. And join in on other fun: Lego-themed trivia, bingo, and cornhole tournaments. The fun happens Saturday, March 25, at the Fredericksburg Expo and Conference Center. For more details, go to <https://fb.me/e/2u3GK1XiW>.



Fair Winds and Following Seas



A TRIBUTE TO BETTY JO (BJ) WALDRON JULY 29, 1966 - JANUARY 7, 2023

By Lori Riccio-Walker
Regional Marketing Director

*Note to readers: This month, we are dedicating
Fair Winds and Following Seas in memoriam.*

"Hello, Sunshine!"

This was the greeting most of us would hear at the beginning of a conversation with BJ.

BJ was born and raised in Front Royal, Va. She has been described as competitive and adventurous, and she was the epitome of *"love thy neighbor."* She was a mother to Emily; a fur mom to her dogs, Lilly and Winky; and best friend and partner in crime with Mitzi. She loved scarves, books, snow globes, bobble heads, York Peppermint Patties, the Peanuts gang, Winnie the Pooh, 7-11 slurpees, and her VT Hokies!

BJ started her career in college working with people with disabilities, and graduated from Virginia Polytechnic Institute and State University with a Bachelor of Science in Family and Child Development. Following college, she worked in various roles coordinating school-age programs, training early-childhood and school-age teachers, and licensing group daycare centers and family childcare homes, as well as working at Maryland Parks and Recreation. Eventually, she found the job that launched her successful career with us at NDW.



Fair Winds and Following Seas

A TRIBUTE (CONT...)

To most of us at NDW, she was our Regional Child and Youth Program (CYP) Director since summer 2022. She started her career with the NDW Region in 2012, as a Child Development Center Director at Naval Air Station (NAS) Patuxent River. There, she worked on the military construction for Bldg. 2813—the first extra-large child development center in the Navy enterprise. This facility houses over 350 children and employs 120 team members—all of which fell under her prevue for over two years.

She made the next step to Installation CYP Administrator at NAS Patuxent River, where she had oversight of all CYPs (two child development centers, a youth center, a day camp, and child development homes). This position also made her a liaison between the installation, the command, and the regional CYP team. She served in this role until April 2015, before moving up to our Regional CYP team.

For over seven years, BJ was the Regional CYP Administrator of NDW. This position supported all five installations with CYPs, and when needed, she served in direct support roles when key positions were vacant. She was the subject matter expert for Inclusion and Curriculum Development, and she advised CYP and Morale, Welfare and Recreation management on policy and operational guidance to monitor and evaluate Navy-wide programs and services for children and youth with and without special needs. She also played a major role in consulting, training, and creating process action teams and providing on-site assistance during inspections for Annual Commander, Navy Installations Command Inspection responses, Multi-Disciplinary Inspections, and National Association for Education of Young Children Accreditations.





Fair Winds and Following Seas

A TRIBUTE (CONT...)



In addition, she was a liaison between the Regional CYP team and Regional HR to assist in recruitment, hiring, background checks, and training processes. Other accomplishments include many successful multiple hiring events, years of youth programming, and CYP team retreats that allowed for not only training and networking but also giving the installation and Region teams a place to share ideas, implement new programs/policies, and have a little bit of fun! She opened numerous playgrounds and was even a certified playground inspector.

She was recently named NDW's Senior Civilian of the Quarter, 4th Quarter, in 2021. Her citation read:

She ensured policy, directives, and unannounced inspection criteria were met at the highest levels. The challenges of COVID forced CYPs to become more creative and innovative with virtual and automated processes. The various Headquarters systems require recurring reports and accurate record keeping. With BJ's tenacity and understanding of policies and requirements, all CYPs were able to obtain certification with a hands-on, face-to-face program with an abundant amount of paperwork. Collaboration with programs on virtual and automated systems was an enormous effort. Her unwavering work ethic, despite obstacles, are a tribute to her passion for childcare programs and staff, where she is highly respected amongst the NDW CYP team.

Betty Jo (BJ) will be deeply missed by the NDW and Installation N9 teams. She radiated positive energy and passion for the job.

"It is not the things we get, but the hearts we touch that will measure our success in life."

---Charlie Brown



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>