

THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL. 10 OCTOBER 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.

Check out the Mind, Body, and Spirit section for articles on being mentally present, supporting Americans with disabilities, and a reflection on the meaning of Halloween.

The December and January Quarterdeck will be a combined holiday issue with a special feature: Holiday Wishes.

Check out this month's edition for the following:



COE Resources: Developing mind awareness, honoring disabled Americans, and celebrating life while preparing for death.



COE values thrive at Naval Support Activity (NSA) Washington.



Are you experiencing domestic violence, or know someone who is? Help is available.



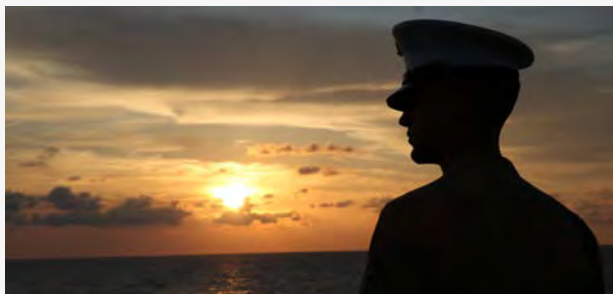
Learn about the unique role of the NDW Kennel Master.



LEADERSHIP AND YOU

The benefits of building teamwork, trust, and mutual respect at NSA Washington.

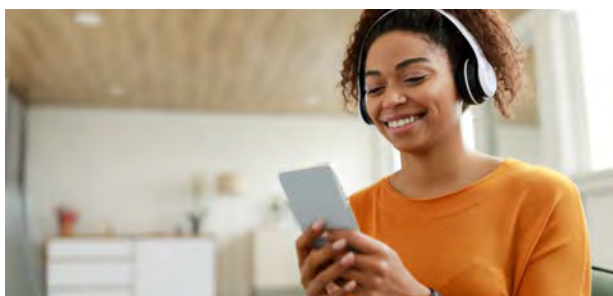
[Read More](#)



MIND, BODY, AND SPIRIT

Resources for becoming more present and at ease with your mind, supporting and celebrating disabled Americans, and a Chaplain's reflections on Halloween.

[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

Promoting breast cancer awareness, and honoring National Disability Employment Awareness Month.

[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

Learn all about NDW's Kennel Masters and what it means to lead a dynamic workforce of Military Working Dog Teams.

[Read More](#)



SERVICES FOR YOU

Resources for those experiencing domestic violence. And an interview with NDW's new Chaplain, CAPT David Stroud.

[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

Each month we say farewell to staff retiring across NDW.

[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

CULTURE OF EXCELLENCE AT NAVAL SUPPORT ACTIVITY WASHINGTON: WE ARE THE NAVY'S QUARTERDECK!!

By LT Lauren Koncel
NSA Washington Port Operations Officer

Home base for Naval Support Activity (NSA) Washington is the Washington Navy Yard, the oldest shore establishment of the U.S. Navy. Established in 1799 under the direction of Benjamin Stoddert, the first Secretary of the Navy, the Washington Navy Yard has been coined the “Ceremonial Quarterdeck of the U.S. Navy,” as it serves as the gateway to the Nation’s Capital. While the Navy Yard has seen a variety of roles over the last 223 years, one has remained the same: a united workforce comprised of both military and civilians working toward their common goal of supporting warfighters around the world.

From the beginning, the Navy Yard was established to be just that: a shipyard. The establishment quickly grew to be the Navy’s largest shipbuilding and ship-fitting facility of its time. Twenty-two different vessels were constructed on its grounds, ranging from small gunboats to large steam frigates. In 1812, the USS *Constitution* was docked and refitted at the Navy Yard in preparation for combat. In 1886, the Yard began to shed its role as a “shipyard” and was instead designated as the only ordnance manufacturing facility in the Navy, growing so large that by World War II, the Yard was the largest naval ordnance manufacturing plant in the world.





Leadership and You

CULTURE OF EXCELLENCE (CONT...)

In the mid-1800s, the Yard's role expanded beyond its original industrial role to become the diplomatic face for the U.S. Navy. It was here that the first Japanese ambassadors were received in 1860. It was here where the body of the Unknown Soldier from World War I was received and where Charles Lindbergh returned to American soil following his famous transatlantic flight in 1927.

Today, the Yard serves as a ceremonial and administrative center for the U.S. Navy, home to the Chief of Naval Operations, and headquarters for the Naval Sea Systems Command, Naval Reactors, Naval Facilities Engineering Systems Command (NAVFAC), Naval History and Heritage Command, the National Museum of the United States Navy, the United States Navy Band, the Naval Inspector General (IG), the Judge Advocate General's Corps, and Commander, Navy Installations Command.

Looking further afield, Naval Support Activity Washington's customers span much further than our home base at the Navy Yard. We support over 30,000 military and civilian employees at commands across the National Capital Region, to include the Naval Research Laboratories, Office of Naval Intelligence, Chief of Naval Personnel, Naval Surface Warfare Development Center Carderock, and the U.S. Naval Observatory.

As our Navy's priorities have evolved over the years, the NSA Washington and its people adapted to meet the Navy and the Nation's changing requirements. And as the Navy's needs continue to shift, how will we adapt our roles without sacrificing our strength? By fostering a Culture of Excellence.





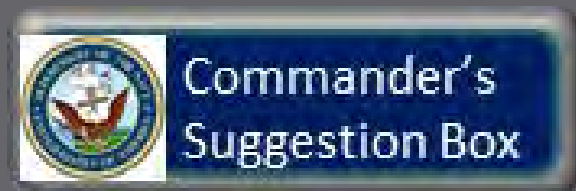
Leadership and You

CULTURE OF EXCELLENCE (CONT...)

Our Culture of Excellence is what allows each individual within our uniquely diverse civilian-military workforce to feel like they are a part of the team, both in support of our sprawling Installation and our warfighters abroad. It is what contributes to a positive, inclusive working environment. It is what ensures we take advantage of the many backgrounds, experiences, and perspectives to empower innovation and progress. It is what knocks out complacency and encourages people to realize their potential.

How do we do it? Trust, ownership, communication, and mutual respect. To support the Navy, we must first support one another. At NSA Washington, we cannot take for granted the gift of a diverse workforce. We pride ourselves on efficient shore Installation management and excellent customer service, which is only possible thanks to our staff of 332 dedicated and talented people. Many are surprised when they learn that fewer than 30 percent of our team are military, with the much larger proportion comprised of civilians and contractors.

But it is not the diversity of the staff make-up alone that makes NSA Washington successful. It's the way we work with one another to get the job done. THIS is what allows us to support the innumerable and vastly varied objectives entrusted to us. THIS is supporting a Culture of Excellence; continuously striving to empower one another, tapping into the abundance of talent and expertise at our fingertips. It is on US to promote a Culture of Excellence.



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

DEVELOPING MIND AWARENESS —AND NOT BEING A “PHUBBER”

By Rick Docksai

You're at a cafe with your best friends. Lively conversation, warm laughter, and tasty food are all around you. But maybe you're not really “there.” Maybe, mentally, you're stressing about a work deadline or stewing about an argument with your parents... or maybe, you're glued to your phone.

Distractibility is a society-wide problem today. All the more so thanks to the smartphone. In 2016, a new slang term entered everyday parlance: “phubbing.” It combines “phone” and “snubbing,” and it means when you're with other people and you check out of the conversation to scroll through your phone.

Most people don't like when someone phubs them. They shouldn't. When your attention is on that piece of technology, it's not on the human beings in front of you, or the real-life experience you're having with them here and now.





Mind, Body, and Spirit

DEVELOPING MIND AWARENESS (CONT...)



Wandering, Unhappy Minds

The problem isn't just smartphones, however. Modern life puts many competing demands on our attention, making it hard to ever be truly "present." In this month's COE Resources, we feature several talks that touch on "mindfulness."

In one, "How Mindfulness Changes the Emotional Life of Our Brains," psychiatry and psychology professor Richard Davidson shares survey findings that the average U.S. adult spends 47% of their waking life not paying attention to what they are doing. The survey also found that when their minds wander, they are significantly less happy.

Davidson notes that rates of attention-deficit hyperactivity disorder have steadily climbed over the last few decades. Along with this rising "distractibility," surveys find similar increases in "loneliness," "depression," and "lack of purpose." All four challenges are hurting us, often without us even realizing it, he says.

"Our brains are constantly changing, constantly being shaped by the forces around us. But we typically have very little awareness of what these forces are," he says.

Now for the good news. We can overcome these challenges and change our brains in healthy ways, if we work on them. Davidson recommends spending a few minutes a day practicing mindfulness, in order to build four "pillars" of a healthy mind. The first pillar is "awareness," a component of which is "meta-awareness," or "knowing what our minds are doing." Another pillar is "insight," and specifically, "insight into the narratives and beliefs that we all have about ourselves." He says that many of us hold unhealthy beliefs about ourselves, and adds: "A healthy mind entails changing our relationship to this narrative... so we can look at this narrative and see it for what it is."

The other two pillars are "connection," or developing qualities that nurture your relationships with others; and "purpose," or fostering a sense of direction for your life.





Mind, Body, and Spirit

DEVELOPING MIND AWARENESS (CONT...)



Being at Ease With Your Mind

Note that Davidson says to change how you see your narrative, not try to change the narrative itself. This is mindfulness: being aware of what is happening within you and not automatically judging it or trying to fix it. You can and should work on your thoughts and feelings, but first you have to grasp accurately what they are. You must be able to accept them, and accept yourself.

Andy Puddicombe, co-founder of the meditation app Headspace, explains in another linked talk this month, “We Need to Nurture Our Mind the Same Way We Nurture Our Body,” that mindfulness is all about “being present with an open mind.”

That means being present even with anxious and distressing thoughts. Puddicombe says that it is best not to try to suppress such thoughts. Instead, acknowledge them, and “get comfortable with your own thoughts as they are” so that you can “be at ease with the mind as it is.”

Not so you can stay anxious or distressed. Rather, so that you can then let these thoughts go and get back to the present moment.

“Not being free from fear or anxiety, but understanding it and being friends with it, then you can work with it in a more positive way,” he says. “Mindfulness creates space in the mind for us to recognize and make healthier choices for ourselves.”

Knowing What to Improve

When you become mindful of what you are thinking and feeling, you learn vital information about yourself. You might recognize self-defeating beliefs that have been holding you back, or automatic—and maybe less than ideal—emotional responses you have to certain stressors.

Then you can start working on replacing these beliefs and responses with better ones. It’s a process that psychologist Guy Winch, in a third talk that we feature this month (“How to Practice Emotional First Aid”), calls “emotional hygiene.”

Winch says that we suffer “psychological wounds” just like we get physical ones: loneliness, negative self-talk, feelings of failure or helplessness, and the very un-mindful habit of “rumination,” or dwelling on negative or distressing events. And psychological injuries can physically hurt us: Anxiety, stress, and loneliness make us more prone to illness and shorter life spans, he notes.

We can heal our psychological wounds. But we first need to be aware of them: “We have to catch our unhealthy psychological habits and change them,” Winch says. “We have to break this negative cycle before it begins.”



Mind, Body, and Spirit

DEVELOPING MIND AWARENESS (CONT...)

Get to What's Real

All of these unhealthy habits, and their healthy counterparts, boil down to grounding ourselves in reality. When we engage in constant negative self-talk, we create awful, unreal perceptions of ourselves, and we lose sight of the good traits we really have. And when we constantly ruminate on our past or future, we're disengaging from the present. It is okay to have worries about things behind you or ahead of you, as long as you let those worries go and return to where you are. Tuning in to reality—outside us and within us—we can see things as they are, accept them (and ourselves), and do the work in the present to make ourselves and our world better.



SUPPORTING AND CELEBRATING DISABLED AMERICANS

By Trina Gray
Planning & Integration Manager, N60

October is “Disability Awareness Month,” and we are celebrating the contributions to our workplaces, economy, and nation made by disabled Americans. Although the topic of disability could make many people uncomfortable, it is important to have open and respectful conversations about disabilities in order to promote understanding, empathy, and acceptance. Approximately one in four U.S. adults (26%) lives with some form of disability. Some Americans have lived with their disabilities since birth, while others' disabilities result from injury, illness or old age. There is no single experience of disability, so it is important to speak with, listen to, and learn the stories and experiences of the individuals around you.



Mind, Body, and Spirit

SUPPORTING AND CELEBRATING DISABLED AMERICANS (CONT...)



In July 1990, the Americans with Disabilities Act (ADA) was created to prohibit discrimination based on disability. The ADA also requires covered employers to provide reasonable accommodations to employees with disabilities, and it imposes accessibility requirements on public accommodations. The typical examples of reasonable accommodations are:

- Specialized equipment
- Making sure materials and equipment are easy to reach
- Allowing more frequent work breaks
- Reserved parking
- Allowing service dogs in the workplace
- Providing written instructions for those with hearing loss

The ADA has protected the civil rights of people with disabilities for more than 30 years, making sure they have the same opportunities as everyone else to be part of everyday American life. The ADA ensures that people with disabilities can enjoy job opportunities, buy goods and services, and take part in state and local government programs and services.

People covered under the ADA are living with a physical or mental impairment that greatly limits one or more major life activities, such as walking, speaking, lifting, hearing, seeing, reading, sleeping, eating, concentrating, or working (URL: www.ada.gov). Significant numbers of them were brave service men and women who fought for our freedoms and were injured on the battlegrounds. Many of these injuries require much-needed support from family, friends, and the community. The ADA covers injured service members with military disabilities, such as traumatic brain injury, spinal injury, loss of a limb, vision or hearing loss, and post-traumatic stress disorder.

The Wounded Warrior Program is another resource set up to assist service members and their caregivers with non-medical matters associated with transitioning back to duty or civilian life. Military OneSource specialty consultants work with this program and the Department of Veterans Affairs to quickly connect service members and caregivers to the resources they need. Eligibility to use the service does not end when the service member leaves a military treatment facility. Eligibility for Wounded Warrior benefits is not limited to those with combat injuries. Other eligible military members include:

- Service members battling serious illnesses
- Service members injured in accidents and requiring long-term care



Mind, Body, and Spirit

SUPPORTING AND CELEBRATING DISABLED AMERICANS (CONT...)

The Wounded Warrior Program works with the service member, caregiver, and their medical team to develop a comprehensive plan that addresses specific recovery, rehabilitation, and reintegration goals. Typical non-medical support may include all these services and more:

- Pay and personnel issues
- Invitational travel orders
- Lodging and housing adaptations
- Child and youth care arrangements
- Transportation needs
- Legal and guardianship issues
- Education and training benefits
- Respite care
- Traumatic brain injury and post-traumatic stress support services

Support does not stop just because the service member is no longer under military care. The Wounded Warrior Program provides lifetime support, even after the service member is discharged from a military treatment facility (URL: www.militaryonesource.mil).

Living with a disability does not have to define your life. Many notable Americans overcame adversity and went on to achieve great success in government, art, entertainment, education, civil rights, and activism. The Library of Congress encourages the continued research into the history of and future of persons with disabilities as great contributors to American collection of knowledge and creativity.



WHAT IS HALLOWEEN?

By CDR Peter Dietz
Credo Director

I've always known it as a day of donning costumes and going door-to-door trick-or-treating for lots of candy. I've had some friends that did not participate in Halloween because their families thought it was rooted in satanic ritual. I guess that is understandable, with all the witches, goblins, and ghosts. Surprise! Halloween is rooted in the Christian tradition and it is part of the liturgical calendar.

Halloween is a shortened form of All Hollows (Saints) Eve. In the Western Church, All Saints' Day is November 1, when the church remembers the saints and martyrs. All Souls' Day is November 2, when all people who have died are remembered. Many people from Latin America and Spain celebrate El Dia de los Muertos, which encompasses all three days.



Mind, Body, and Spirit

WHAT IS HALLOWEEN? (CONT...)



On May 13, 609 A.D., Pope Boniface IV consecrated the Pantheon in Rome, formerly a temple to all the gods, as a church dedicated to Saint Mary and the Martyrs, and ordered that the 13th of May should be celebrated every year. On November 1, 835 A.D., Pope Gregory III dedicated a chapel to all the saints in St. Peter's Basilica in Rome. Gregory IV then made the festival universal throughout the Church, and November 1st has subsequently become All Saints' Day for the western Church. The Orthodox Church celebrates All Saints' Day on the first Sunday after Pentecost—a date closer to the original May 13.

Some claim that the date was moved to November to coincide with an ancient Celtic festival known as Samhain (a Gaelic word meaning “end of summer” and pronounced sow-in) to help in converting the Celtic pagans to Christianity, but this is highly disputed.

For most of us in the USA, we have lost the religious emphasis of the holiday, and the fun of Halloween is all that remains in secular festivities. In fact, it seems our culture has really pushed death out of the picture altogether. We don't really talk about it and have become quite uncomfortable with the topic. But death will be something that we will all experience at some point, hopefully far in the future, but it will happen. A friend told me that a gravestone inscription that he once saw had really stuck with him. It said, “Where I am, you too will follow.”

I think talking about death and preparing for it is a good and healthy thing to do. Not only does it help reduce the stress of that unknown, but it also gives us more gratitude and passion for the life we are now living. Some of the things that we can do are to prepare wills, living wills, and powers of attorney, which are free from Legal Services for members of the military. Of course, talking with your Chaplain about death is also a great way of understanding what lies ahead and having passion for the life we live now, despite the trials and tribulations. Paul wrote in 2 Corinthians, “For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.”

I hope you all have a fun Halloween, celebrating life, but also take time this fall to remember those who no longer walk with us but have helped us become the people we are today and whose love continues to support us.



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.

PODCASTS

Feel Better, Live More with Dr. Rangan Chatterjee.

Episode #286 BITESIZE/Why Movement Can Be Medicine with Darryl Edwards.

Feel Better, Live More Bitesize is a weekly podcast for one's mind, body, and heart featuring inspirational stories and practical tips from former guests. This clip is from episode 7, with health and movement coach Darryl Edwards, in which he shares the incredible benefits he saw when his mindset and approach to movement changed. URL:

<https://open.spotify.com/episode/3QsBkVfuf2FI5G3tGvrWSr>



THE CCN NAVIGATOR

You can find the October 2022 issue available at the following link.

<https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Culture-of-Excellence/>



CEO Resources

PODCASTS (CONT...)



Feel Better, Live More with Dr. Rangan Chatterjee. Episode #303 BITESIZE/How to Thrive in Times of Change with Julia Samuel.

This 13-minute clip is from episode 123 with psychotherapist Julia Samuel. Dr. Samuel discusses how people respond to change, and how their responses determine or influence how their lives will unfold. URL:

<https://open.spotify.com/episode/3JTOFTygG6KKgViNq5vDLR>

TALKS



TED Talk: “How to Practice Emotional First Aid.”

Did you know that loneliness poses as long-term a risk to your health as smoking? That’s according to psychologist Guy Winch, who shares research on emotional health and why we must protect and care for it just like we do our physical health. Psychological “injuries” happen to us, he says, and they impact our lives—and our bodies—in dramatic ways. URL:

<https://www.youtube.com/watch?v=F2hc2FLOdhl>



TEDx Talk: “How Mindfulness Changes the Emotional Life of our Brains.”

Distractibility, loneliness, depression, and feelings of purposelessness are on the rise in society today, but we can transform all of these harmful traits with the practice of mindfulness, says psychology and psychiatry professor Richard Davidson. He suggests starting with just three minutes a day. Becoming mindful, he says, means harnessing the power of neuroplasticity—the power of changing our brains—to think and live with more awareness, connection, and meaning. URL: <https://www.youtube.com/watch?v=7CBfCW67xT8>



CEO Resources

TALKS (CONT...)



“TEDx Talk: “Are You Confused About Health Information? You’re Not Alone.” Most of us have doctors, and media bombards us with health information, but many of us either don’t understand basic health information or we are confused by misinformation, says physician Lisa Fitzpatrick. She says that “health literacy,” defined as “the ability to understand and utilize health information,” is concerning low across all age groups and demographics. Doctors should learn to communicate better, she says, but patients also have a responsibility to seek the information they need. URL: <https://www.youtube.com/watch?v=-x6DLqtaK2g>



“We Need to Nurture the Mind the Same Way we Nurture the Body.” A mind free of anxiety, fear, and other negative thoughts—it’s not realistic and should not be your goal, says Andy Puddicombe, cofounder of meditation app Headspace. In this live conversation with mindfulness coach Shireen Jilla, he encourages instead learning to be at ease with the mind as it is—“negative” thoughts included—and to try to understand and “become friends with” these unpleasant thoughts. Then, he says, you can work with them in more positive ways. He and Jilla discuss how practicing mindfulness can help us make this mental shift and to experience more peaceful and healthier minds. URL: <https://youtu.be/BhsqdVNaHV4>



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



NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

By Desmond Boykin
Equal Employment Opportunity Specialist

The observation of National Disability Employment Awareness Month is established by Public Law and Presidential Proclamation. National Disability Employment Awareness Month is observed from October 1-31 each year. The awareness event is observed so that Americans may reaffirm commitment to ensuring equal opportunity for all citizens and so that they may pay tribute to the accomplishments of men and women with disabilities who contributed, continue to contribute, and wish to contribute to making the nation's economy strong.

National Disability Employment Awareness Month is an opportunity to reaffirm the DoD's commitment to recruit, retain, and advance individuals with disabilities throughout our workforce. It is also a time to recognize the many and varied contributions America's workers with disabilities make each and every day across the nation. People with disabilities are a diverse group that includes individuals with sensory, physical, and mental conditions. Disabilities cross lines of age, ethnicity, sex, race, sexual orientation, and socioeconomic status.

HERITAGE CORNER

By Desmond Boykin
Equal Employment Opportunity Specialist



CDR Danny Garcia came and gave a presentation on National Hispanic Heritage Month. His presentation focused on civil rights activist Sylvia Mendez. Ms. Mendez' experiences with racial discrimination and systemic racism as an 8-year-old child illustrated the disparities in education that Hispanic children and others had to face in a pre-civil rights movement era. Her resulting legal case paved the way for Brown v. Board of Education to fully eliminate racial segregation in schools.

CDR Garcia's presentation can be found on the DEIA Resource Library, located on the G2:

<https://g2.cnrc.navy.mil/tscnrndw/N1/DEIA/SitePages/Home.aspx>





Voice of the Employee

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

“

I believe Sailors should be provided an atmosphere that enables them to be them, receptive to their ideas, personalities, appearances, and emotions. I believe we owe our Sailors an atmosphere that is free of judgment, open to constant change, and nurturing to its teammates. If I had to use one word to summarize a Culture of Excellence, it would be family. Not every family is perfect, and often a lot of families are dysfunctional, but families pull together regardless of their differences and are stronger for it when they do. I believe if we create a family-oriented work environment in every space possible, our Sailors will thrive. Being family doesn't mean you lose the right to hold people accountable, because you practice tough love in every family. When the intentions to lead and guide are pure, there is no limit to the success you and your Sailors can achieve together.

”

---**LTJG Bobby Simpson**
Flag Secretary/Executive Assistant to
Commandant, Naval District Washington

“

To me, Culture of Excellence means empowering/challenging our team to think out of the box. As this motivates and provides focus for an individual to give his/hers highest objectivity and vision for change.

”

---**Thomas Hayward**
Supervisor, N64 EKMS Branch





In the Spotlight



THE KENNEL MASTER

By MAC Erich Parks
NDW Regional Kennel Master

Loud barking, wagging tails, happy smiles, and excited spins are awaiting every morning around the world, 365 days a year as Kennel Masters (KM) and Military Working Dog (MWD) Handlers wake up to begin their day with humans' best friend. Over 2,500 canines stationed globally are teammates with our service members, providing law enforcement, drug and explosives detection, force protection, personal protection, and contingency operations support. We are in every country and combat zone where American interests are at work. The Guardians of the Night, MWDs, is the best profession and calling a Sailor can have; just ask a dog Handler!



In the Spotlight

THE KENNEL MASTER (CONT...)

Serving in the Washington, DC, area are six operational Kennel Masters (two Navy, two Air Force, and two Army) leading MWD Handlers, and a handful of senior KMs working at Region, Commander Navy Installations Command, and Strategic Systems Programs. NDW has two KMs: MA1 Larissa Carmen, at Joint Base Anacostia-Bolling, and MA1 Trevor Houseknecht, at NAS Patuxent River. They both lead a small and highly trained contingent of Military Working Dog Teams (MWDT), each of which consists of an MWD Handler and an MWD.

The six kennels support seven geographically separated Installations' efforts. This is a quiet one-liner that really breaks down to protecting national critical infrastructure and future research and development for many warfare areas; strategic times; Midshipmen; the President and Vice-President; large events for and vast amounts of personnel from Congress and the Senate; Flag Officers; Foreign Dignitaries; commercial sector leaders; the public citizens of the National Capital Region; Space Operations; deployments for combat operations; and more!



Achieving the far-reaching positive and critical impacts of MWDs everywhere in NDW, 24 hours a day, is an intense and difficult task orchestrated by KMs and their MWD Handlers. It requires above-average personal sacrifice to continue the mission. More than 38,400 hours annually are committed to MWD operations in this Region alone.

KMs are Sailors who are Masters-at-Arms first and have successfully completed an additional three months of specialized training to become MWD Handlers. On average, it takes approximately six-plus years as an MWD Handler before a Handler is considered for the KM position. They are competitively selected from the best Handlers to lead their own kennels. They are well-rounded professionals of the Master-at-Arms community who can balance many lines of effort and have a mastery of technical and institutional knowledge.

Prior to assuming responsibility for their Kennel, the KM must successfully complete an additional one month of KM-specific training. KMs earn their coveted title by truly mastering their craft and all aspects of leading their Sailors to success professionally and personally. Their experience is critical in growing the next generation of MWD Handlers and KMs. It's a 24-hour job, 365 days a year! Complacency sleeps for no Handler.

MAC Erich Parks, NDW's Regional KM asked our two KMs to share a couple of insights into their jobs.

[Continue to the next page for KMs shared job insights.](#)





In the Spotlight

THE KENNEL MASTER (CONT...)

MA1 Carman

KM who has been serving in the Navy for 14 years and MWD, Fiona.



Why did you join the Navy? I wanted a way to see the world, get away from the environment I was in, and do something that gave me purpose.

What motivates you? I stay motivated by helping those around me achieve their goals and watching them learn new things and earn recognition for their hard work, as well as inspiring those around me that they can achieve things they feel may be out of their reach.

Favorite K9 memory? My favorite K9 memory is certifying on my first assigned MWD, MWD Rino. I had been a handler for a short period of time and certified under 21 working days. A close second would be certifying my last MWD at the Military Working Dog Course–Dog Boot camp in Lackland, TX.

What's easy about being a KM? The easy thing about being a KM is caring about the handlers and recognizing their strengths as an MWD.

What's hard about being a KM? The hard thing about being a KM is being responsible for a multitude of things and always maintaining flexibility.

What should people know about K9? People should know that K9 is about being a team, not only with your MWD but the whole community, remaining passionate about your job, and always being willing to learn from everyone, no matter how Junior or Senior their experience is.

Continue to the next page for KMs shared job insights.





In the Spotlight

THE KENNEL MASTER (CONT...)

MA1 Trevor Houseknecht

KM who has been serving in the Navy for 12 years and MWD, Cita.



Why did you join the Navy? I joined the Navy having my father, his father, and other family members serve before me. It was a calling that I knew could only be answered by doing what those before me had done successfully. I always wanted to be a Police Officer, watching my uncles carry the badge throughout my childhood. They were always my idols. Those two paths collided, and I joined the Navy as a Master-at-Arms. I got crazy lucky to be selected for the MWD program, and the rest is history! Proud to be part of this stellar team!

What motivates you? Motivation comes in many facets. The biggest is helping Sailors/Handlers achieve what they had previously seen as difficult or even impossible.

Favorite K9 memory? My favorite memory would have to be working hard to get NAS Patuxent Kennels back online with MA2 Gentry, building the best rapport with her and getting our teams on station. Watching our handlers, who never faltered during our tribulations, walk through the PAX kennel gates for the first time with their MWDs! Still get goosebumps thinking of the emotions of that day.

What's easy about being a KM? The easy part of being a KM is working for your Sailors and guiding them through what may save their lives one day.

What's hard about being a KM? A hard thing about being a KM is truly the time management. As a KM, you've been in the Navy for at least eight years, so you're 'senior' in the MWD program and in the Navy. More is expected of you as a supervisor, leader, and KM. Being a KM is a 24/7, 365-days-a-year job, but you're getting pulled in many directions to be a leader elsewhere. It's hard when your heart is in the Navy but it's equally as much in the MWD program! K9 Leads the Way!



In the Spotlight

THE KENNEL MASTER (CONT...)

"I cannot thank the Kennel Master's and Dog Handler's enough for their continued ownership of our small community, a family. The kennel is a family with a daunting task that never seems to slow down. I am incredibly proud of the work you passionately do and am still jealous that you are on leash and I'm on a keyboard! The torch is tough to take and run with, but is so very important for those that came before us, and those that will take our places. Thank you. K9 leads the way! Best job we've ever had!"

---MAC Parks

Region Kennel Master

To understand the bond between MWDs, the KMs share a traditional poem for the MWD Community. Most KMs and Handlers will become emotional as they think of their brothers, sisters, and canine partners that have been lost.

If you would like to support retired MWDs, please consider adopting from a local military kennel or a puppy that was unable to pass basic training. Many non-profit organizations also need donations to support active and retired MWDs with adoptions, fostering, housing, prescription medicine, and surgeries:

<https://www.37trw.af.mil/Units/37th-Training-Group/341st-Training-Squadron/Military-Working-Dog-Adoption-Program/>

Be on the lookout for November's In the Spotlight, where we will explore the multifaceted journey of becoming a specialized MWD team.





In the Spotlight



THE GUARDIANS OF THE NIGHT

Author Unknown

Trust in me my friend for I am your comrade.

I will protect you with my last breath.

When all others have left you and the loneliness of the night closes in, I will be at your side.

Together we will conquer all obstacles, and search out those who might wish harm to others.

All I ask of you is compassion, the caring touch of your hands.

It is for you that I will unselfishly give my life and spend my nights unrested.

Although our days together may be marked by the passing of the seasons,
know that each day at your side is my reward.

My days are measured by the coming and going of your footsteps.

I anticipate them at every opening of the door.

You are the voice of caring when I am ill. The voice of authority when I've done wrong.

Do not chastise me unduly, for I am your right arm, the sword at your side.

I attempt to do only what you bid of me.

I seek only to please you and remain in your favor.

Together, you and I shall experience a bond only others like us will understand.

When outsiders see us together, their envy will be measured by their disdain.

I will quietly listen to you and pass no judgment, nor will your spoken words be repeated.

I will remain ever silent, ever vigilant, ever loyal.

And when our time together is done and you move on in the world, remember me with kind thoughts and tales,
for a time we were unbeatable, nothing passed among us undetected.

If we should meet again on another street, I will gladly take up your fight, I am a Military Working Dog.

And together, we are Guardians of the Night.



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



BZ to the following staff who were recognized at NDW's October's Townhall:

- **LCDR Jimmy Nguyen** was awarded the Navy Commendation Medal for his dedication and hard work during his tenure at NDW.
- **LT Brandy Brown** was awarded the Navy Achievement Medal for her dedication and service in support of a grieving family in October 2021.
- **LT Marycate Walsh, MA1 Larissa Carman, RP1 Greyson Harrelson, and MA1 Dagen Taylor** were awarded the Navy Achievement Medal for their hard work, dedication, and support, which ensured a successful Maryland Fleet Week and Flyover Baltimore 2022.
- **LCDR Matthew Johnson, ETC Christopher Smith, RP2 Joseph Mojica, RP2 David Gaddy, RP2 Nancy Guillermo, HM2 Jonathan Loveall, MA2 Audrey Moreno, MC2 Griffin Kersting, MC3 Oliver Serna, MA3 Fidel Gonzalez Magana, MA3 Gabriel Gallegos, MA3 Joseph Bender, SN Cody Gadomski, SN Travis Nelson, and AN Cameron Harris** were each awarded a Flag Letter of Commendation for their hard work, dedication, and support, which ensured a successful Maryland Fleet Week and Flyover Baltimore 2022.
- **Ms. Tracey Slaughter, Ms. Chatney Auger, and Mr. Gregory Bottom** received personal Thank You letters from RADM Nancy Lacore for their hard work, dedication, and support, which ensured a successful Maryland Fleet Week and Flyover Baltimore 2022.



In the Spotlight

BRAVO ZULU! (CONT...)

Yvette Johnson, Director of Fleet and Family Readiness sends the following Bravo Zulus:

“As we close out the fiscal year and begin the New Year, I would like to extend my sincere appreciation to the entire N9 Fleet and Readiness Team (Region and Installation) for your hard work and dedication over this past fiscal year. We endured many challenges, from closures of childcare centers due to COVID exposures to unlivable conditions in Unaccompanied Housing, crisis response situations, and funding constraints. You have been tried and tested, and you have demonstrated results that exceeded all expectations. Your efforts enabled the program to maintain outstanding working relationships with our customers. You are commended for your diligence and personal commitment in your significant contributions for the continued success of the Fleet and Family Readiness Program. Your time and efforts are greatly appreciated. Thank you for a job well done!” Special thank you to Ms. Carrie Mast, Ms. Patsy Jackson, Ms. Megan Gibbs, and Ms. Joanne MacKinnon.

- **Ms. Carrie Mast, Regional Work and Family Life Coordinator**, for tireless dedication, coordination, and attention to detail, resulting an outstanding NDW Ombudsman 52nd Anniversary Recognition on September 29, 2022, held at the U.S. Navy Memorial that was executed flawlessly! Support included providing input and guidance to event agendas, guest speakers, tokens of appreciation, ombudsman appreciation certificates signed by RADM Nancy Lacore, marketing, and providing plans and ideas to support honoring these selfless volunteers. Bravo Zulu!

- **Ms. Patsy Jackson, Regional Navy Gold Star Coordinator, and Ms. Megan Gibbs, Installation Navy Gold Star Coordinator**, for their effort on delivering a successful Navy Gold Star Mothers and Family Day Observance on September 25, 2022, held at Bolling Club on Joint Base Anacostia-Bolling. Support included providing input and guidance to event agendas, guest speakers, tokens of appreciation, and marketing. This event honors the memory of the Fallen and provides recognition to the families (20 Gold Star Family members in attendance). Bravo Zulu!
- **Ms. Joanne MacKinnon, Fleet and Family Readiness (FFR) Training Performance and Improvement Specialist**, for her efforts with establishment and coordination of the NDW Mentorship Program. Without hesitation, she fully committed herself to this program. Her work has provided avenues by which other NDW employees can develop skills and knowledge to carry the organization forward through expanding working relationships, deepening bench strength, and developing work skills. In September 2012, NDW N9 began beta testing the Fleet and Family Readiness Facilitated Mentoring Strategy, on behalf of CNIC. Look at us now. The program has extended to all NDW N-Codes. We sincerely appreciate the time and energy she has dedicated to making this program so successful. Bravo Zulu!





In the Spotlight

BRAVO ZULU! (CONT...)

Dr. Bernardo Salazar, NDW Inspector General, sends the following Bravo Zulu:

"Congratulations to the NDW Command Inspection (CI) Team for diligently and successfully completing the first-ever CI of the U.S. Navy Ceremonial Guard, Sept. 12-15, 2022. Bravo Zulu to the following CI team members for a job well done: Mr. DuShaun Harris, NDW Deputy IG, Focus Group Manager; Mr. Antonio Ervin, Assistant Inspection Team Lead; Mr. Harden Hill, Focus Group/Inspection Assistant; CMDCM Andrew Hochgraver, N00F Program Inspector; HMC Patrice Treer, N00F Program Inspector; CWO2 Jesus Lemus-Martinez, N00F/N1 Program Inspector; NC1 Anthony Turi, N00F Program Inspector; CDR James Kennedy, N00J Program Inspector; LT Joseph Vellon, N00J Program Inspector; Mr. Luis Montoya, N1 Program Inspector; Ms. Elizabeth Everett, N1 Program Inspector; CTTC Daniel Blake, N3 Program Inspector; Mr. Thomas Hayward, N6 Program Inspector; Mr. Errol Worme, N6 Program Inspector; Ms. Kelly Jabbusch, N8 Program Inspector; and Ms. Natalie Wade, N9 Program Inspector." Bravo Zulu!

NAVFAC Washington's Commanding Officer and NDW Regional Engineer/N4 send the following Bravo Zulus:

- **BZ to Ms. Gail Kenson, Regional Community Plans and Liaison Officer**, for rapidly researching status and distilling Flag-level slides for the recent National Capital Space Management Board. Though this body of senior leaders had not met in past three years, Ms. Kenson went above and beyond her current position as the NDW Facility Sustainment Regional Program Director by using extensive corporate knowledge of past Boards to provide the necessary context, data, and recommendations to deliver a productive session. This specific example is reflective of Ms. Kenson's competence, professionalism, teamwork, and commitment to NDW's success. Bravo Zulu and thank you!
- **BZ to Mr. Deandre Minor** for his diligence, attention to detail, and professionalism to ensure funding acceptance and re-allocation, which led to a highly successful Fiscal Year 2022 closeout. He helped facilitate the timely obligation of more than \$160 million in Facility Sustainment, Restoration and Modernization, and Facility Management programs. His ability to quickly turn around documents also led to several time-critical repairs to the Central Utility Plant at Bethesda, the awarding of a time-critical Area Development Plan for the Washington Navy Yard land swap, and the awarding of an important contract option with additional CNIC funds at NSF Thurmont to improve barracks living conditions. Bravo Zulu for a job well done!



ATTA BOY!



In the Spotlight

BRAVO ZULU! (CONT...)

Naval Air Station Patuxent River's Commanding Officer sends the following Bravo Zulu:

- **CONGRATULATIONS to MA1 Skylar Parris**, who was Meritoriously Advanced to Petty Officer First Class on October 12. Bravo Zulu!
- **Congratulations to the following Sailors on their reenlistments:** AC1 Michael Nellis, AC1 Ranford Walters, and AMC Brandon Higdon. Bravo Zulu!

NSF Thurmont's Commanding Officer sends the following Bravo Zulu:

- **BZ to CPL Brandon Williams** for recognizing degraded operational capabilities within a critical security system and coordinating with external agencies to correct the deficiencies and install the latest software on the system. Through his proactive initiative, CPL Williams enabled a more functional and updated security system to better protect NSF Thurmont and the personnel aboard. Bravo Zulu!
- **BZ to DC1 Anderson, ABH2 Polanco, ABH2 Amorcillo, ABH2 Mayne, and ABH2 Sullivan** for their quick and efficient response to the class "C" fire in a critical facility aboard NSF Thurmont on October 24. Their cohesive and well-executed response, coupled with a rapid problem-solving capability, resulted in a potentially catastrophic situation being quickly mitigated into a minor repair. 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

THE RIGHT TO FEEL SAFE (CONT...)

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

No matter what your situation is, help is available. You don't have to go through this alone. Your local FAP staff of licensed clinical counselors and nationally credentialed victim advocates can help you understand your options for reporting abuse and provide professional assistance.

Options for getting help

Throughout NDW, the FAP is located at each of the Fleet and Family Support Centers (FFSC):

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

In immediate danger?

Call military law enforcement or dial 911.

Additionally, the National Domestic Violence Hotline is available 24/7 to provide support. The number is **800-799-7233 (SAFE) or 800-787-3224 (TTY).**

Service is available in English and Español
(URL: <https://www.thehotline.org>).



NDW WELCOMES CHAPLAIN DAVID STROUD, CAPT, USN

By CDR Peter Dietz
CREDO Director

DIETZ: Why did you want to be a Chaplain?

STROUD: I grew up in a pastor's home. My faith has always been important to me. Ministry has always been interesting to me and important to me. I wanted to do it, but I did not want to pastor a church, because I spent my childhood at church moving chairs and all that stuff. And so I was actively searching for ministry, other ministry things, and I was sort of thinking I would end up being a missionary, but the idea of raising support scared the bajesus outta me. So I was just sort of preparing for a life in the real world. I studied the Soviet Union, which disappeared my senior year of college. I ended up going to seminary basically because I had nothing else to do. On the way there, spent the night with a family friend who was a reserve Army chaplain, and he told me about the Chaplain corps, and he told me I needed to be a Chaplain candidate. So I got to school and called the recruiter and said I want to be a Chaplain candidate. In the summer of 1994, I went to San Diego, California, which was amazing. I'd never been there. And after about three weeks, I knew that's what I wanted to do and I haven't questioned it any time since.



Services for You

CHAPLAIN DAVID STROUD, (CONT...)



DIETZ: What experience have you had as a Navy Chaplain that is most meaningful to you?

STROUD: If you forced me to pick one, I would say my time aboard USNS *Comfort* in New York following the September 11th attacks. September 11th was a Tuesday. Friday afternoon, the *Comfort* pulled into New York City, and we spent a month there, and my job was basically taking care of the people that were going down to search the rubble every day. Most of them were National Guard soldiers, and they were living on board the ship. And so we would talk to them, you know, if they wanted counseling, we'd do that, but mostly we just talked to them, just took care of them. And Mayor Giuliani came on board and thanked us for being there. And the people of New York were so very grateful.

And it was just, I felt we had a purpose, and it was valuable, and America was thankful. And so that was very meaningful to me. More on a ministry side, though it was my work at the hospital. I spent two years in the NICU labor and delivery at Bethesda, and that was really hard. It was just a lot of pain that people were dealing with. A lot of concern, but more so than any other job I've ever had. And I put it in terms this way, I felt like I was the face of God to those people. Like I represented His presence to them on a regular, meaningful basis. And that was very rewarding, as much as it was emotionally draining.

DIETZ: What are you looking forward to during your time at NDW?

STROUD: Encouraging the Chaplains that work for me and being their advocate, guiding them as best that I can. Yeah, I think that's the thing that is most on my mind during the days. I mean, there's some other stuff that's kind of cool, but that's, I mean, I may never know this, but you know, I hope 15 years from now they're telling somebody, 'Oh, I had a command Chaplain back in the day who was great!' That's my goal here.

ADDITIONAL SERVICES FOR YOU

Fleet and Family Support Program: October's issue of the FFSC Family Connection Newsletter is now available. In it you will find information on the Exceptional Family Member (EFMP) Program, Domestic Abuse, upcoming virtual webinar classes, and much more. The newsletter can be found at the following link: <https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Family-Connection-Newsletter>.

DONCEAP: New articles, resources, and other information are now available for the month of October and can be found on the Magellan Ascend website: <https://magellanascend.com/?ccid=hpZiwlTni%2FVKNrZqvUQNB6fBJGSp2%BZYWZSUbKC71w%3D>.

ACI: For articles, resources, and other information for the month of October, 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.



Art Shopping and Free Live Music (Annapolis).

The holidays are coming, and you can get a head start on your gift shopping at the First Sunday Arts Festival in downtown Annapolis on November 6. Local artists will be selling paintings, pottery, glasswork, candles, and other crafty creations while local bands entertain you for free. The event will run from 10 a.m.-4 p.m. on Calvert and West streets. For more information and updates, visit:

<https://fb.me/e/4ZJpvqlsH>



Things to Do Around You



Artwalk Dupont (Washington). Every third Thursday, this group social meets up to walk through the Dupont Circle neighborhood and browse several prominent art galleries along the way while enjoying hors d'oeuvres, drinks, and live music. The next one is November 17, from 5 p.m.-8 p.m. For more information, go to:

<https://www.eventbrite.com/e/artwalk-dupont-tickets-357748253657>



Native American Arts and Crafts Market (Fredericksburg). Artisans of the local Patowomeck tribe will gather at the Fraternal Order of Eagles in Fredericksburg to sell a variety of tribal arts and crafts. This event, the 13th Annual Tribal Craft Show, will take place on Saturday, November 12, from 9 a.m.-3 p.m. Admission is free. For more details and event updates, visit: <https://fb.me/e/2TJkpYB9C>



Pop-up Bookstore (Washington). If you're like most book lovers, you can never have too many books. Head to the Federal Triangle neighborhood in DC on Thursday, November 17, and look for some more to add to your home library at the Capital Book Fest. Thousands of used books and DVDs will be available, all for \$6 or less. The event will go from 10 a.m.-5 p.m. and will take place in front of the Ronald Reagan Building and International Trade Center. For more information, visit:

<https://www.downtowndc.org/event/2022-capital-book-fest/>



Things to Do Around You



Thousands of Seasonal Lights (Vienna). Go on a nighttime walk through glittering light displays at the Meadowlark Botanical Gardens in Vienna. The Winter Walk of Lights transforms the park with thousands of lights of all colors adorning the trees, shrubs, and grounds. You can also stay warm with tasty s'mores and beverages as you walk. The lights display will run from November 11 until January 8. Admission is \$20 per person. For more information and to buy your ticket, go to:

<https://www.novaparks.com/events/winter-walk-of-lights>



Veterans Day Yoga and Cider (Alexandria). Learn some yoga and make new friends this Veterans Day at Lost Boy Cider in Alexandria. This cider bar will host a 10 a.m. vinyasa yoga class and social time afterward. A \$25 ticket is required, but that ticket will also get you one free drink of your choice (non-alcoholic beverage options are available). For more information and a link to purchase your ticket, go to:

<https://fb.me/e/53yTZ8EBn>



Fair Winds and Following Seas



While there are no submissions for retirements for the month of July, we would like to thank all of those who have left the NDW family. We appreciate all of your hard work and dedication.

You will be missed.

**Wishing all of you
Fair Winds and Following Seas
on your new adventures.**



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>