

# THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

**VOL. 21 OCTOBER 2023**



## The Culture of Excellence and You

**W**e, 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.

This month learn about the Voluntary Leave Transfer Program and how you can donate leave for approved recipients across the region. In IT2GO, learn everything you ever wanted to know about protecting your “keys to the kingdom” i.e., passwords.

**In October, NDW celebrates  
National Disability Employment  
Awareness Month.**

Check out this month's edition  
for the following:



A message from NDW's COS reminding us to take care of self and others during the upcoming holiday season.



Learn why strength training should be incorporated into everyone's fitness routine.



'I am NDW' introduces Ms. Martha Karandy and CS1 Destiny Jones.



Lego Discovery Center, International Spy Museum, and DCW Performance Theatre @ LoL Stations are just a few of the family fun outings available across the region.



## LEADERSHIP AND YOU

A message from the Chief of Staff about taking care of each other and ourselves as the holiday season approaches.

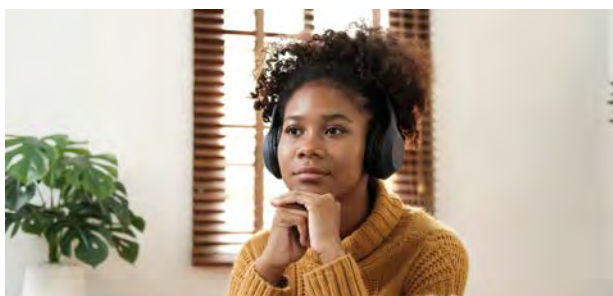
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## MIND, BODY, AND SPIRIT

Thoughts about coping with pregnancy and infant loss, the importance of strength training, the origins of Halloween to include the remembrance and celebration of those who have died.

[Read More](#)



## COE RESOURCES

Additional information, recommendations, and links to talks, books, etc.

[Read More](#)



## DIVERSITY, EQUITY, INCLUSION, AND ACCESSIBILITY

An introduction to the Workforce Recruitment Program that links federal and private-sector employers with college students and recent graduates with disabilities.

[Read More](#)



## VOICE OF THE EMPLOYEE

Read about firefighters golfing in remembrance of the fallen, two "I Am NDW" profiles, and recruiters at Howard University's Navy Day.

[Read More](#)





## IN THE SPOTLIGHT

Celebrate the newest Chief Petty Officers at their pinning ceremony, meet the team supporting the 60th Presidential Inauguration, plus share in Bravo Zulus around NDW.

[Read More](#)



## SERVICES FOR YOU

Learn how to help someone in need by donating use or lose leave and about enhancing cybersecurity with password managers.

[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

NDW thanks all who have left the NDW family!

[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

### TAKE CARE DURING THE HOLIDAY SEASON

By CAPT Graham Dicks  
NDW Chief of Staff

Team NDW,

As we enter the thick of fall and start looking forward to the holiday season, I just wanted to pass along some thoughts on making sure we take care of each other, and ourselves, during this time of the year. While the holidays are a time of joy and celebration, and they absolutely should be, they can also be a time of significant stress and hardship for some of us. Whether it be the financial stress of gift giving and travel, or the difficulties of dealing with the loss of a loved one who will not be at the family table this year, the holidays are not the same for all of us. My hope is that these can be happy and thankful times for each member of our team, and it is important that we take the time to look out for each other and help those who may need some assistance during this normally joyous time of year.

That said, I am a big believer that you cannot help anyone else if you can't help yourself first...we all need to make sure we are at our best so that we can support others, and together, enjoy this time of year. This issue of the Quarterdeck addresses some areas where you can learn about that important self-care, and I hope they are impactful for you. Please take the time to use these and other resources to ensure you and yours are happy and healthy and can fully enjoy the holidays to come.



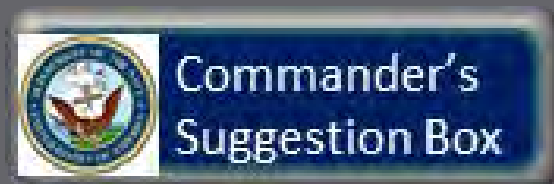




## Leadership and You



### NDW honors the U.S. Navy's 248th Birthday at Arlington National Cemetery.



### 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 any of the following locations below:

#### Hub Link:

<https://flankspeed.sharepoint-mil.us/sites/CNICCNRNDW/Hub>

#### Direct Link:

<https://flankspeed.sharepoint-mil.us/sites/CNICCNRNDW/Hub/SitePages/CO-Suggestion-B.aspx>

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



## Mind, Body, and Spirit



### COPING WITH THE PAIN OF PREGNANCY AND INFANT LOSS

By Lori Riccio-Walker  
Regional N9 Marketing Manager

Pregnancy and infant loss are deeply painful and heart-wrenching experiences that affect countless families around the world. The emotional toll of losing a pregnancy or an infant is immeasurable, leaving a lasting impact on parents and their loved ones.

Pregnancy and infant loss encompass a range of circumstances, including miscarriage, stillbirth, and neonatal death. These losses can occur for various reasons, such as genetic abnormalities, medical complications, or unexplained factors. Regardless of the cause, the pain experienced by parents is profound and often misunderstood by those who have not endured it.

Grieving the loss of a pregnancy or an infant involves a unique set of emotions and phases. These phases can include shock, denial, anger, guilt, depression, and eventually, acceptance. It's essential to understand that there is no right or wrong way to grieve, and everyone's journey is personal and different. The grieving process is not linear, and individuals may move through these phases at their own pace.

One of the most crucial aspects of coping with pregnancy and infant loss is finding support and understanding. Friends and family members can provide a tremendous source of comfort, but sometimes, they may not know how to offer the support needed. It's important for loved ones to be patient, compassionate, and listen without judgment.



## Mind, Body, and Spirit

### COPING WITH THE PAIN OF PREGNANCY AND INFANT LOSS (CONT...)



Support groups and professional counseling can also be invaluable resources for grieving parents. These outlets offer a safe space to share their feelings and connect with others who have gone through similar experiences. Online communities and organizations dedicated to pregnancy and infant loss often provide information, resources, and support for families in need.

To help cope with the grief of pregnancy and infant loss, many parents find solace in honoring and remembering their lost child. This can be done in various ways, such as creating a memorial, planting a tree, or participating in charity events dedicated to their child's memory. Finding a tangible way to keep the memory alive can provide comfort and a sense of closure.

Coping with pregnancy and infant loss is an ongoing process, and individuals may find various mechanisms to deal with their grief. These might include journaling, art therapy, meditation, or even dedicating time to a cause that supports others facing similar situations. Additionally, seeking professional help from therapists and counselors can provide valuable tools to navigate the complex emotions surrounding the loss.

### HOPE FOR THE FUTURE

While the pain of pregnancy and infant loss is profound, it's essential to remember that healing is possible. Many parents find strength and hope in the prospect of future pregnancies, but it's crucial to acknowledge and address the trauma of the loss. Medical professionals can provide guidance and care during subsequent pregnancies to ensure the best possible outcome.

Pregnancy and infant loss are heart-wrenching experiences that affect many families worldwide. The grief experienced by parents is unique and requires understanding, compassion, and support from loved ones and professionals. By acknowledging the pain, seeking help, and finding ways to honor and remember the lost child, parents can move forward with hope and healing. It's a long and challenging journey, but with time and support, the burden of grief can become more manageable, allowing parents to find a path toward acceptance and, ultimately, a brighter future.

**No matter where you work in Naval District Washington there are resources available to you and your family.**

If you are active duty, please reach out to your local Fleet & Family Support Center to speak with a counselor.

If you are a DoD employee, please reach out to your APF or NAF HR department for more information on your Employee Assistance program.

**These programs can help you find a support group and/or counselor who can help you with your grief.**





## Mind, Body, and Spirit



### STRENGTH TRAINING, A MUST FOR EVERYONE

By CAPT Sara Pickett  
NDW COE Champion

Is strength training a part of your fitness routine? If the answer is no, please take a couple of minutes to learn why strength training is a critical component of a healthy lifestyle and balanced fitness routine.

Defined as any type of exercise that involves using your own body weight or equipment to build muscle mass, endurance, and strength; strength training or resistance exercise is important for everyone. Because lean muscle mass declines with age, including strength training into your fitness regime can help you stay stronger, leaner, and healthier. Additionally, it lowers your risk of injury by improving the strength, range of motion, and mobility of your muscles, ligaments, and tendons - which reinforces the strength around your major joints.

Strength training also decreases the risk of many health conditions, including high blood pressure, high cholesterol, heart disease, and osteoporosis.

Weight bearing exercises put temporary stress on bones, which kick-starts the creation of bone-forming cells. This temporary stress sends a signal for your body to take action and rebuild bones stronger, which increases your bone density and reduces the risk of osteoporosis. Reducing the risk of osteoporosis is important for everyone, but especially important for women approaching menopause.

Age related muscle loss plays a significant role in our metabolic rate slowing down as we age. We start losing muscle as early as our 30s. Strength training helps stimulate the body to retain, maintain and build muscle mass. Maintaining good muscle mass is essential for daily movement and imperative to maintaining an efficient metabolism. Strength training boosts our metabolism and research has shown our metabolic rate increases for up to 72 hours after strength training.

Numerous studies have demonstrated strength training helps reduce total body fat, but also abdominal fat, called visceral fat, which is associated with an increased risk of chronic diseases such as type 2 diabetes, heart disease, and certain types of cancers. Additionally, research has shown strength training improves brain health and provides protection against age related cognitive function such as memory, processing speed, and executive functioning.

Strength training has also been shown to increase self-esteem, boost confidence, and improve your mental health.





## Mind, Body, and Spirit

### STRENGTH TRAINING, A MUST FOR EVERYONE (CONT...)

If you currently do not have strength training as part of your fitness routine, it is not too late to start. A couple of things to keep in mind as you begin strength training:

- **Start with the basics** by mastering basic movement patterns to ensure you are performing exercises safely and effectively.
- **Start with body weight exercises** that focus on large muscle groups like squats, push-ups, and planks.
- **Have a fitness goal in mind** to help with selecting the type of exercises to perform; for example, are you trying to build muscle or increase muscle endurance?
- **Avoid over doing it**, ensure you give yourself enough time to rest and allow muscles to heal and grow. Most people benefit from as little as two to three strength training sessions per week.
- **Best of all, great strength training workouts do not have to happen only in gyms.** You can use body weight exercises, resistance bands, free weights, or even household items like cans of soup.



### WHAT IS HALLOWEEN?

By Chaplain Peter Dietz, CDR, USN  
Director CREDO NDW

Like most Americans, I grew up understanding Halloween 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.

Research has shown 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 Mexico, Latin America and Spain will celebrate El Dia de los Muertos, which encompasses all three days.

Sometimes the hardest part is  
getting started and building the habit,  
but your health is worth it!



## Mind, Body, and Spirit

### WHAT IS HALLOWEEN? (CONT...)

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 all together. We don't really talk about death 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."* There are a lot of reasons why we don't talk about death and debate on when we should start talking to our children about death. Carolyn Hax wrote an article in the Washington Post (October 16, 2023) discussing this:

And as soon as kids can form them, they'll start asking questions: **Why, how, where? Will it happen to me/to you/to Fluffy/to my toys?**

Answering children's questions with simple truths allows them to learn big concepts in small bites, which they can digest at their own pace: *"All living things stop working after a while," "It's sad, but it's also part of nature," "Most people live a very long time."* (*"Lifetimes,"* by Bryan Mellonie and Robert Ingpen, is a good primer for parent and child.)

The questions themselves – which reflect where kids are developmentally – set that pace. Factual answers to a child's questions, meanwhile, sow trust, as kids learn to connect honest questions with honest (if judiciously abridged) answers. There's no *"You told me X and now I see it's Y"* ambush lurking ahead.

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.

### PODCAST/VIDEO

#### **Angel Mom Miranda Gives Advice On What To Say (And NOT Say) To A Loss Mom | After George's Stillbirth.**

Mom Miranda talks about how the grief journey has looked like for her and her husband Graham, after she gave birth to her son George who was stillborn at 39 weeks. She shares how having a support network has helped her process her loss, and shares advice on what to say and what not to say to a mom who has lost a baby. She also talks about how she remembers George with tangible things like necklaces, tattoos, and his memorial bench along the river.

URL: <https://stillapartofus.com/angel-mom-miranda-gives-advice-on-what-to-say-not-say-to-loss-mom-after-sons-stillbirth/>



### NAVY CULTURE AND FORCE RESILIENCE

Check out N17's current issue of the Navy Culture and Force Resilience Office (OPNAV N17).

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





## CEO Resources

### PODCASTS

**Huberman Lab: Dr. Andy Galpin: How to Build Strength, Muscle size and Endurance.** In this episode Dr. Huberman interviews Dr. Andy Galpin, Professor of Kinesiology at California State University, Fullerton, and one of the foremost experts in the world on the science and application of methods to increase strength, hypertrophy and endurance performance. They discuss fundamental principles of strength and hypertrophy training and building endurance and review specific protocols to optimize training and recovery. URL:

<https://open.spotify.com/episode/6PyTZUY9FqRa51ZfWCFI3Q?si=f5442582c2ee439e&nd=1>

**Feel Better, Live More with Dr. Rangan Chatterjee Episode#296 The Critical Importance of Strength Training and Eating More Protein with Dr. Gabrielle Lyon.** Dr. Gabrielle Lyon is a family medicine and osteopathic doctor who has specialized in geriatric care. What she's seen and learned as an end-of-life physician has led her to investigate the importance of skeletal muscle as a means for people to live longer, stronger and better lives. She believes the single biggest problem with our health these days is not that we carry too much fat but that we don't carry enough muscle. If we start to focus and prioritize our largest organ – our muscle – we can burn more fat, improve our body composition, decrease our risk of disease and increase our energy levels. URL:

<https://open.spotify.com/episode/0y3gfpj6j5ag818bJ9AldD>



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

### WORKFORCE RECRUITMENT PROGRAM

By Desmond Boykin  
EEO Specialist

#### HAVE YOU HEARD ABOUT THE WORKFORCE RECRUITMENT PROGRAM (WRP)?

It is a nationwide recruitment and referral program that links federal and private-sector employers with college students and recent graduates with disabilities. Candidates represent all majors and range from college freshmen to graduate and law students. Information about the candidates is compiled in a searchable database that is available to employers through the WRP website. Candidates in the WRP database are students and recent graduates with disabilities who are available for internships, temporary, or permanent employment in the Federal Government. Candidates represent a wide range of academic and professional backgrounds. One of the perks is being able to hire candidates without going through the competitive hiring process. All candidates are eligible for federal hiring under the Schedule A hiring authority.





## Diversity, Equity, Inclusion, and Accessibility

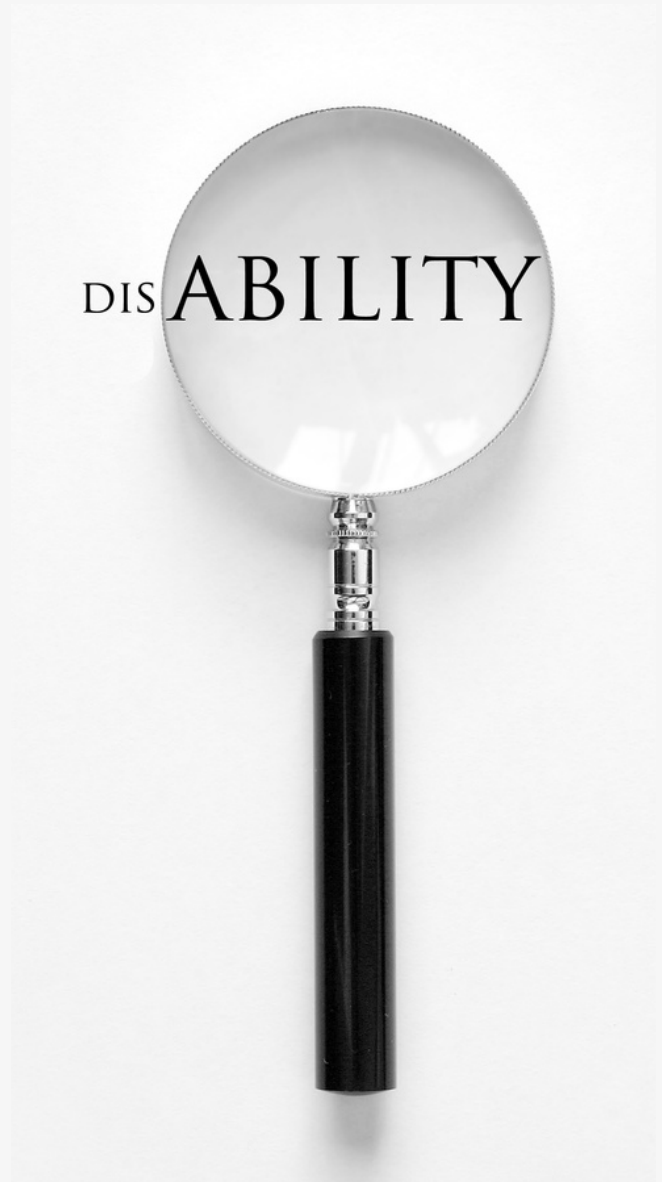
### WORKFORCE RECRUITMENT PROGRAM (CONT...)

Since 1995, WRP has provided thousands of students and recent graduates with temporary and permanent employment opportunities. As the nation's largest employer, the DoD recognizes its vital role in advancing disability awareness and employing thousands of workers with disabilities. Each person brings distinctive skills and abilities to their job. Equity, dignity, respect, and cooperation among all individuals are essential values in the DoD work environment. By increasing awareness for all members of the workforce, we build a culture that embraces diversity and inclusivity.

The WRP reported that an additional 120 schools signed up to participate in the WRP for the FY 2022 program year. This increased level of school participation is not only great for students with disabilities who will now have better access to Federal job opportunities, but also for Federal employers looking for a larger and more diverse candidate pool to consider for their temporary and permanent vacancies.

DON is a major participant in WRP and has been allocated \$450,000 of FY2023 DoD funding to execute the program (typically for 14-week internships). The goal is to convert internships into permanent placements, and to place job seekers directly into permanent positions.

Each Major Command has at least one WRP POC, who serves as the command representative and receives guidance from DON OEEO as the WRP Component Coordinator.



You can reach out to  
Meena Farzanfar,  
Disability Program Manager,  
for more information.  
[meena.m.farzanfar.civ@us.navy.mil](mailto:meena.m.farzanfar.civ@us.navy.mil)





## Voice of the Employee

What does COE mean to you personally? Know a coworker, team, or group that fosters a COE? Every edition, we invite readers to share their thoughts and stories.

### HOWARD UNIVERSITY'S NAVY DAY

By CAPT Mo Efimba  
CO NRC Baltimore

Navy Recruiting Command's Navy Promotional Day at Howard University was on Thursday, 21 September 2023. In attendance were CDR Dominique "DJ" Jackson and his Navy Recruiting Command Team, recruiters from NTAG Richmond, an instructor and two Howard Midshipmen from George Washington University NROTC, and various individual from NRC Baltimore, NRC Washington and other commands. TARs in attendance were CAPT DeWuan Booker, CAPT Mo Efimba, and CDR Marvin Jones. NRC Washington provided a SELRES Sailor, LCDR George Akingba.

This was easily the biggest Navy showing at Howard University in 50 years. CDR Jackson's plan of utilizing current and former Navy Sailors who are also members of "*Divine 9*" fraternities and sororities wearing Greek regalia was absolutely brilliant and created previously unrealized icebreaking opportunities to talk with students about Navy careers and scholarships.





## Voice of the Employee



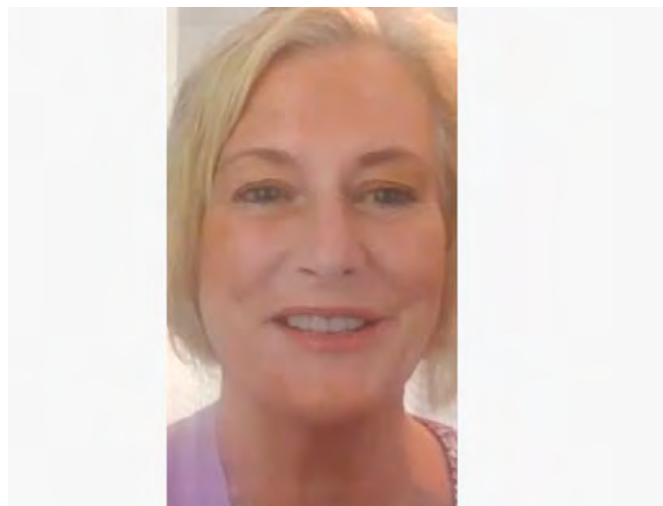
You can view CS1's full profile on NDW's socials [Facebook](#) and [Instagram](#).

### I AM NDW PROFILE – CS1 DESTINY JONES

By MC2 Griffin Kersting

In case you missed it this year, October 14th was National Dessert Day, and for one of our *"I Am NDW"* profiles this month, we had the chance to talk to someone who knows desserts really well. Culinary Specialist 1st Class Destiny Jones, the enlisted aide to Rear Adm. Nancy Lacore, discusses her favorite desserts and experiences so far as a culinary specialist in the Navy.

"When I first started out as a CS it was rough because you were learning so many things at once with all the crazy working hours depending on if you were underway or not," said Jones. "Now my job as an aide is completely different with new challenges being on my own. I still love my job and it is very rewarding."



Be sure to view Martha Karandy's full story and video on NDW's [Facebook](#) and [Instagram](#).

### I AM NDW PROFILE – MARTHA KARANDY

By MC2 Griffin Kersting

Every year during the month of October we observe Breast Cancer Awareness Month and spread information and stories from people who have the disease. For our other *"I Am NDW"* profile this month, we had the privilege of speaking to NDW Training Specialist Martha Karandy, who is currently on her breast cancer journey, recovering and sharing her experience with others. Treatments for breast cancer can include surgery, chemotherapy, targeted therapy, radiation and hormonal therapy.

"Keeping a positive attitude during your journey is so important," said Karandy, "and it's really important not to shut people out because this isn't just my disease. It affects everyone around me, so it's important to include everyone."





## In the Spotlight



### FY24 CHIEF PETTY OFFICER PINNING CEREMONY

By MC2 Griffin Kersting

WASHINGTON - Naval District Washington hosted a pinning ceremony for the fiscal year 2024 Chief Petty Officers at the U.S. Navy Memorial on September 29, 2023.

During the ceremony, Chief-selects were pinned with their newly earned anchors and given their new combination cover from their mentors, friends, and family members; officially earning them the title of chief petty officer.

The rank of chief petty officer was officially established on April 1, 1893. Holding the title “Chief” means a U.S. Navy Sailor has achieved senior non-commissioned officer status.

Leading up to the official pinning ceremony, chief selects will go through “Chief season,” which is normally a six-week period where selects will engage in team building exercises, training sessions, and Naval Heritage training to better understand how to be an effective Chief. Following the pinning ceremony, the new Chief Petty Officers were welcomed into the Chiefs mess by their peers, ready for the new rank and responsibility.

**Congratulations to all of our new Chief Petty Officers, especially: NDW HQ - MAC Larissa Carman; US Ceremonial Guard - ADC Michael Moll; NAS Patuxent River - ACC Richard Ausem, ACC Kendall Peterson, and AWSC Christopher Lowell; NSF Thurmont - HMC Travis Mosely and CMC Zam Dal; NSA South Potomac - GMC Patrick Raab.**





## In the Spotlight



### 60TH PRESIDENTIAL INAUGURATION TEAM

By SCPO Joshua Hunt  
Inauguration LNO SEL

Monday, January 20, 2025, marks the 60th Presidential Inauguration in U.S. history. Behind all the celebrations is a group that provides the foundations for the ceremony. Since the early 2000s, the U.S. Navy Reserve has been the forefront as an integral support of the Presidential Inauguration process and events. Naval District Washington (NDW), Navy Liaison Office (LNO), along with U.S. Northern Command Joint Task Force-National Capital Region (JTF-NCR), have coordinated all military support in planning for the Presidential Inauguration.

JTF-NCR is a joint service organization conforming military ceremonial participation and support for the 60th Presidential Inauguration. The Inauguration is the main event planned and conducted by the JTF-NCR & the Presidential Inaugural Committee (PIC). The NDW LNO coordinates all Navy Ceremonial support for JTF-NCR by sourcing through the U.S. Navy Reserves and local Active Duty components.

Parade Reserve Sailors work directly with both JTF-NCR and NDW providing inaugural support in many areas. These reservists will work in joint team ceremonies, joint team special events, intelligence, operations, logistics, administration, public affairs, in the JTF-NCR command group, in the Provost Marshall office, as personal military assistants, in the Navy Liaison office, and with the Navy Ceremonial Guard. During the Presidential Inauguration event, Military participation include the following: musical units, marching bands, color guards, and salute batteries. Military involvement in the Presidential Inauguration is a time-honored tradition where armed forces celebrate democracy, honor the new commander-in-chief, and recognize civilian military control.

Now the U.S. Navy Reserves have been called upon again to deliver another stellar execution of support and logistics for the 60th Presidential Inauguration.

#### U.S. Navy Reservist, MA1 (EXW)

Courtney Ritchwood states, "I'm absolutely thrilled to have this opportunity to work on the 2025 Presidential Inauguration. This is an excellent career opportunity, and I look forward to contributing to its success."



## In the Spotlight



### NATIONAL FALLEN FIRE FIGHTERS FOUNDATION GOLF TOURNAMENT

By Fire Chief Kevin Grinder  
Region Program Director

On Wednesday October 4, four NDW F&ES Chiefs, Assistant Chief Ryan Gallant, Assistant Chief Darius Hawkins, District Chief Danny Hunt, and Battalion Chief Philip Liggins participated in the National Fallen Firefighters Foundation Golf Tournament held at the Wicomico Shores Country Club in St Mary's County, Maryland. Money raised from this and other events are used to fund programs that focus on family and department recovery resources after a Line of Duty Death occurs. The Chiefs played in honor of NDW Firefighter Brice Trossbach who died in the Line of Duty on June 27, 2023.



### FIRE PREVENTION WEEK ACROSS NDW

By Battalion Fire Chief Joseph Ferrara

NDW Fire & Emergency Services conducted Fire Prevention Week across the region from 9-13 October. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, firefighters provide lifesaving public education to drastically decrease casualties caused by fires. This Fire Prevention Week Fire Inspectors across the regions conducted over 30 displays/events at CDC's Youth centers and schools, as well as display/information tables set up in high occupancy locations. They interacted with over 6300 children and adults. Every child received a go bag that includes a magnet, sticker, pencil, coloring book and crayons. The adults received other items such as mouse pads and oven mitts.



## 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](mailto:NDW_COE_Newsletter@us.navy.mil)

#### October Town Hall:

#### NDW Welcomes the following staff to the NDW Team: Welcome Aboard!

- **NDW HQ:** MAC Michelle Chester, N3;  
Welcome aboard!

#### Bravo Zulu to the following individuals who were awarded personal awards:

- **Ms. Linda Dobbs** received a Length of Service Award for 45 years of Government service.  
Bravo Zulu!
- **Mr. Harry Osmun** received a Length of Service Award for 10 years of Government service.  
Bravo Zulu!
- **EM3 Ricardo Padilla, YN2 Edwin J. Valdez-Coffie, RP2 Stephen Mostella, AM1 David Elizalde, LS1 Keishanda Taylor, MA1 Willie Robinson, and MA1 Dagen Taylor** received a Flag Letter of Commendation for their services providing Brig escort duties. Bravo Zulu!

#### Bravo Zulus from N-codes:

##### N3:

- **FF Dennis Weins & FF/Paramedic Kenny Massengale** from NDW Fire & Emergency Services supported the Army 10 Mile Run, staffing EMS Bikes from NSA Annapolis.  
Bravo Zulu!
- **FF/Paramedic James Pizzadilli** has been promoted to the Battalion Chief of EMS, he will oversee the EMS Programs at NSA Annapolis, JBAB/NSAW, and NSA Bethesda. Bravo Zulu!
- **Demetrius Britt** for all the time and effort he has put into the Region's Open Fox and DBIDS issues. Demetrius provided numerous hours of support to NSA Bethesda by creating and reactivating accounts that resulted in drastic improvements to their access control mission. His efforts over the past 6 months with DBIDS continues to enable our installations to maintain operability of their DBIDS system, which improves the overall protection mission of our installations. Demetrius' actions have not only improved the operational capability of our installations, but they have made us all safer and we all appreciate that.  
Bravo Zulu!
- **BZ to Kenyatta Bailey from N8.** The past 2 weeks she has gone above and beyond helping the Safety Regional Program Director get DTS accounts correctly aligned for N35 staff at region and installations. Bravo Zulu!



**ATTA BOY!**





## In the Spotlight

### BRAVO ZULU! (CONT...)

#### N3 (Cont..):

- **Mr. Peter Park, N37**, for his sustained superior performance at managing Naval District Washington's mass warning and notification system. NDW's registration rate this month is currently at 100%, highest in the entire CNIC enterprise, but most importantly positions us to be able to reach the nearly 70,000 NMCI users in the National Capital Region. The 70,000 NMCI users includes all on and off-installation personnel to include Navy personnel at the Pentagon. NDW's 100% regional average far exceeds the 80% average amongst the other seven regions. Thank you, Peter, for what you do in keeping us ready to reach out with important information when and if the need arises. Bravo Zulu!
- **Mr. Greg Cheek and CDR Raul Cardenal, N38**, for their outstanding coordination and effort towards a very successful State Funeral Exercise (SFTRE24-01). Leading up to the exercise, our N38 team delivered a comprehensive briefing on the roles and responsibilities of the Region, and other Navy assets in the NCR, for executing a State Funeral, including: the Ceremonial Guard, Naval Academy, NAVSEA, PAO, Chaplain, Navy Band, and many more. During the exercise N38 worked tirelessly from the JTF Joint Operations Center, representing JTF Naval Forces through multiple situational and update briefs, whilst keeping our leadership and Region Operations Center informed. This year's exercise focused significantly on motorcade and asset movements. It was a long week, and I would like to personally thank our N3 team and especially our N38 team of Mr. Cheek and CDR Cardenal. Bravo Zulu!

#### N8:

- **BZ to Sonya Mitchell, Deputy Comptroller**, despite 4 gapped billets, apportioned closeout workload to ensure a successful closeout outcome. She managed a \$125M labor budget across 34 programs. She ensured all labor programs were fully funded by managing labor lapse realignments across the enterprise. Additionally, she successfully calculated \$6M labor lapse at mid-year enabling NDW to fund high priority IPL items (NSF Thurmont shortfalls, N3 requirement). Bravo Zulu!
- **BZ to Lou Ramelo, Supervisory Financial Management Analyst**. She performed the bulk of the FY23 closeout document reviews (1,200 reviews) enabling the commitment of over \$52M in appropriated NL funds. Received BZ's from Chaplain Department and N6. Bravo Zulu!

#### Bravo Zulus from Executive Director:

- **Huge thanks to the N8 team** on the end of the fiscal year closeout...Appropriated funds in excess of \$461M this year. Achieved a 99.9% obligation rate, specifically, within the last two months of the FY we received an additional \$120M in Special Project funds. It's a big lift to be able obligate/spend such a large amount of essentially unplanned funds. Bravo Zulu!





## In the Spotlight

### BRAVO ZULU! (CONT...)

#### Bravo Zulus from Executive Director (Cont...):

- **N4 team**, the majority of the burden to execute last minute funds falls on our N4 team. We have a brand new ARE, and the team performed incredibly. Bravo Zulu!
- **PAO team** is tiny but mighty! My family and I love watching the "I am NDW" videos. This is a great way for us to learn more about each other as well as spread the message about the work we are doing in the community. Bravo Zulu!
- **Our chaplain team** has been working hard over the last month executing different programs. It's worth mentioning a few of them because these are all opportunities that everyone in this room can take advantage of. They taught Safe TALK to SECNAV and other senior leaders, taught ASIST at four installations and two Outward Mindset workshops. Some of you may not know, but our chaplain team, as well as our ceremonial guardsman, support Navy funerals at ANC. This is a big lift, but it's something that is such an important mission. This past month they completed over 190 funerals. Bravo Zulu!
- **OJAG:** Along with our N1 team, a lot of the burden leading up to a furlough falls on our OJAG team. They provide advice to N1, to the installations, and to me on everything from who can be considered essential, to what we can purchase, etc. Our legal team not only gives advice, but they do go to trial to defend the navy in suits. This past month they were able to get a case dropped at the Motion for Summary Judgement stage... This does not happen often and is a big win for the team! Bravo Zulu!

**Sonya F. Mitchell, Deputy Comptroller/Budget Officer, sends the following Bravo Zulu: Thanks to Kimberly Sparks of N4** for leading the effort to track and manage N4 commitments during the FY23 year-end closeout process. N4 commitments represented the largest number and dollar-wise of the outstanding commitment for the Region at year end. Her diligence contributed to a successful and timely closeout on 30 September. Bravo Zulu!

**N81 would like to send out a Bravo Zulu to all N-Codes and especially N4, N6 and N9** for the heavy lifting each did during the FY23 closeout. Each worked tirelessly to ensure all funds were executed and obligated helping NDW to reach an overall 99.9% obligation rate for the fiscal year. Great work was accomplished by all! Thanks to everyone for their support to N8. Bravo Zulu!

**CAPT Sara Pickett sends a Bravo Zulu to Mr. Desmond Boykin** on his promotion to the Department of Transportation's DEIA program. Thank you for all your hard work, dedication, and initiative as NDW's DEIA specialist. You have made a lasting positive impact at NDW and across the enterprise! Bravo Zulu!





## In the Spotlight

### BRAVO ZULU! (CONT...)

**CNIC Life Saving Awards: Bravo Zulu to the following NDW Fire & Emergency Services Personnel** whose delivery of high-quality patient care resulted in lifesaving outcome for the patient.



#### NSA Annapolis:

- June 3 Incident: **Battalion Chief (BC) Charles Benson, Captain Robert Hill, Captain Mike Bruner, Fire Fighter (FF)/Paramedic (PM) Joshua Gorr, FF/PM David Diehl, FF/PM Glenn Depp, FF/EMT Sam Campbell, FF/EMT Mike Collins, FF/EMT Patrick Riley, FF/EMT Dennis Weins, FF/EMT Ethan Walz.** Bravo Zulu!
- July 1 Incident: **District Chief (DC) Joh Lyon, BC Kathryn Lucas, Captain Robert Hill, FF/PM Joshua Gorr, FF/PM Kenny Massengale, FF/PM James Bower, FF/PM David Diehl, FF/Emergency Medical Technician (EMT) Bryan Sohn, FF/EMT Mike Collins, FF/EMT Sam Campbell, FF/EMT Ethan Walz, FF/EMT Patrick Riley.** Bravo Zulu!
- July 23 Incident: **Captain Robert Hill, Training Officer Kirk Prinsen, FF/PM Joshua Gorr, FF/EMT Patrick Riley, FF/EMT Dennis Weins.** Bravo Zulu!

#### NSA South Potomac:

- June 5 Incident – **DC Michael Jackson, Assistant Chief Matthew Gilroy.** Bravo Zulu!
- August 7 Incident – **FF/EMT James Rice, FF/EMT Abby Mentzer, FF/PM Roger Kennedy, Captain Trevor Gaefcke, FF/EMT Mike Baker, FF/EMT Michelle Beall.** Bravo Zulu!

**Bravo Zulu to Naval District Washington Fire & Emergency Services Bethesda Battalion Chiefs Christopher Hill and Joseph Ferrara** who have finished their testing to become Certified Chief Officers with Montgomery County Fire Rescue. This is the first time in NDW Fire history that chief officers underwent the rigorous testing of their mutual aid partners. This will allow the Operations Chiefs to better utilize all resources available to them to more effectively and efficiently handle any emergency that may occur. Bravo Zulu!





## In the Spotlight

### BRAVO ZULU! (CONT...)

**CAPT David Stroud sends a Bravo Zulu to the Arlington National Cemetery Religious Ministry Team: LCDR Bob Price, LT Regina Johnson, LT Stephen Walker, and LT Dirk Robinson** for their continued outstanding effort in honoring our active duty and retiree communities and their families as they provide funeral services and all the ministry that goes with it. Conducting approximately 190 funerals in the last 30 days, they call each next of kin prior to the service to ensure they honor each individual to the best of their ability. Their efforts in this holy transition from life to death provides an essential care to the entire Navy, Marine Corps and Coast Guard teams. Bravo Zulu!

**NSF Thurmont Commanding Officer, CAPT Chris Casne, sends the following Bravo Zulus:**

- **HM1 Austin Chaffee-Poor, HM2 Jonnel Isla, and CE3 Jack George** on being selected as NSF Thurmont's 4th Quarter FY23 Senior Sailor of the Quarter, Junior Sailor of the Quarter, and Blue Jacket of the Quarter, respectively. Bravo Zulu!
- **UTC Michael Steward** for the planning and execution of the annual Camp Wilderness Challenge with competitive and non-competitive teams completing a two-day hike of over 30 miles on the Appalachian Trail, building morale and esprit de corps across the command. Bravo Zulu!

- **To the entire NSF Thurmont Supply Department, led by LT Tom Hammonds**, on an extremely challenging and successful end of year funding execution, executing over \$1.2M of requirements in the final month of September. Bravo Zulu!
- **HM2 Alyson Wallace** for the planning and administration of the flu shot to NSF Thurmont, WHCA, and MSC personnel. Bravo Zulu!
- **RS1 Mipaguibe Lamboni, RS2 Dominique Gordonhibbert, RS2 Jayna Coy, and RS2 Ramadia Maxwell** for relocating over \$30k of retail stock to the temporary retail store in support of the much-needed renovation of the current facility. Bravo Zulu!
- **EO2 Dustin Wade** for his unwavering will to make himself available to assist his fellow shipmates in a critical time of need. He was able to support multiple shipmates, ensure they were taken care of, and all needs were addressed with the utmost professionalism. EO2 Wade reinforces the family mentality that Camp continues to support. 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

### DONATING LEAVE TO HELP ANOTHER IN NEED

By: Ms. Andrea Smallacombe  
Lead, Labor & Employee Relations Specialist



Each year as autumn rolls through we begin to look at our leave balances and schedule our leave through the holiday season/end of year to make sure our leave is scheduled by the Use or Lose Deadline. (The NDW deadline for scheduling "use or lose" annual leave for this leave year is **November 24, 2023**). During that time, we often realize that there is no possible way for us to use all the leave available to us with the time that remains in the leave year. If you find yourself in a position of having use or lose annual leave that you will not be using, or you are called to help a colleague in need, we do have a group of employees currently approved as recipients in the Voluntary Leave Transfer Program for various medical emergencies.



## Services for You

### DONATING LEAVE TO HELP ANOTHER IN NEED (CONT...)

If you are interested in donating leave, it must be donated in full one-hour increments of annual leave which will be converted to sick leave for the recipient. You may donate up to half of what you would earn in a leave calendar year, or the remainder of what you would accrue in the leave calendar year, whichever is less (unless a waiver is requested to exceed the limitation).

Donation forms can be found in the VLTP SharePoint document library, URL: <https://flankspeed.sharepoint-mil.us/:f:/s/CNICNRNDWHub/n1/laboremployeerelations/EnddDXng1WhPjTkyvYuiXv8B3KNn1tQoJ344ZEcV2JKwnQ?e=dFz9m5>

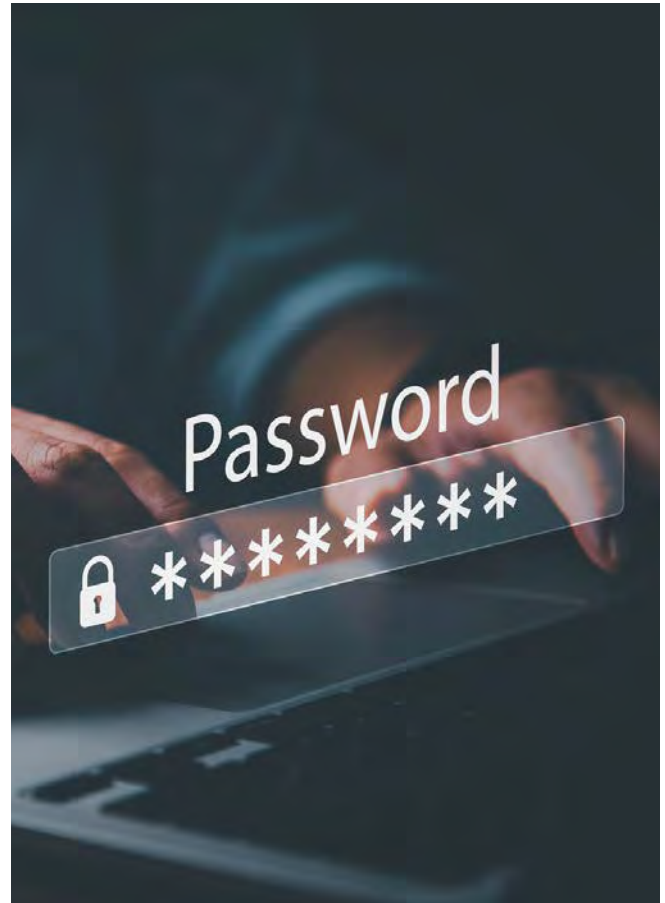
When submitting donation forms, please be sure to include a copy of your most recent LES so that we may verify leave balances (you may redact any financial/banking information you do not want seen).

### Completed donation packages may be submitted to the Labor and Employee Relations staff for processing.

[cnrndwlaboremployeerelations@us.navy.mil](mailto:cnrndwlaboremployeerelations@us.navy.mil)

If you are interested in donating leave, please contact LER for a list of the current approved VLTP recipients. There are employees in need of leave at the following installations: **NSA Annapolis, NSA Bethesda, NSA South Potomac, and NSA Washington.**

On behalf of your colleagues in need, we want to thank you in advance for your consideration of donating leave!



### PASSWORD MANAGERS

By: Harry Osman  
Information Security Manager and NDW N64

In past months I have discussed several topics in the cybersecurity world, but today I want to talk to you about the literal “keys to the kingdom,” passwords. Passwords are our first line of defense against cyber threats, and yet many individuals still rely on easily guessable, repetitive, or weak passwords, leaving themselves vulnerable to cyberattacks. This is where password managers come into play, offering a vital solution to the ever-present problem of online security.





## Services for You

### PASSWORD MANAGERS (CONT...)



#### Enhanced Security

The fundamental purpose of a password manager is to generate and store complex, unique passwords for each of your online accounts. This eliminates the common practice of using the same password across multiple platforms, which poses a significant security risk. By utilizing a password manager, you can ensure that each of your passwords is robust and unique, reducing the likelihood of a successful breach.

#### Convenience

Password managers provide a convenient and user-friendly way to manage your passwords. They store your login information and automatically fill in the credentials when you visit a website or app. This eliminates the need to remember and manually input complex passwords, making it more likely that users will opt for stronger, harder-to-crack passwords.

#### Protection against Phishing

Password managers often include features that can help protect you from phishing attacks. They recognize legitimate websites and autofill your login information, making it harder for attackers to trick you into revealing your credentials to fake websites.

#### Two-Factor Authentication (2FA) Integration

Many password managers support 2FA, adding an extra layer of security to your accounts. They can generate and store one-time codes or biometric data, making it even more challenging for attackers to gain access to your accounts.

#### Secure Storage

Password managers securely store your login information using advanced encryption methods. This means your passwords are not easily accessible to malicious parties. Additionally, many password managers offer the option to store sensitive data, such as credit card information and personal notes, in a secure manner.

#### Password Updates

A good password manager will prompt you to change your passwords periodically, helping you stay ahead of potential security breaches. This automatic reminder ensures that you regularly update your login information.

#### Cross-Platform Accessibility

Password managers often have cross-platform compatibility, allowing you to access your passwords on multiple devices. This means your passwords are at your fingertips whether you're on your computer, smartphone, or tablet.

#### Password Sharing

Many password managers facilitate secure password sharing, which can be essential for families or teams. Instead of emailing or messaging passwords, which can be unsecure, password managers enable the safe sharing of login information. Note that for government business, password sharing is not authorized. This bullet specifically talks to personal services in the home such as streaming services.



## Services for You

### PASSWORD MANAGERS (CONT...)

#### Peace of Mind

Knowing that your digital life is well-protected can bring peace of mind. In an age where data breaches and cyberattacks are prevalent, having a reliable password manager can help you sleep better at night.

#### Time Savings

By automating the process of entering passwords and managing your credentials, password managers save you time. You can spend less time on tedious tasks like resetting forgotten passwords and more time on what matters most.

In conclusion, the importance of using a password manager in today's digital age cannot be emphasized enough. These tools not only enhance your online security but also simplify your digital life. With a reliable password manager, you can significantly reduce the risk of falling victim to cyberattacks, protect your sensitive data, and enjoy the convenience of hassle-free password management. It's a small investment that pays off with substantial dividends in terms of security and peace of mind.



### ADDITIONAL SERVICES FOR YOU

**Fleet and Family Support Program:** In 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 news articles, resources, and other information on the Magellan Ascend website:

<https://magellanascent.com/?ccid=hpZiwlTni%2FVKnrZqvUQNB6fBJGSp2%BZYWZSUbKC71w%3D>

**CNIC ACI:** For articles, resources, and other information, 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.



### **MARTIN LUTHER KING JR. MEMORIAL LIBRARY VETERANS DAY HOLIDAY CONCERT**

**ADMISSION: FREE**

November 9 | 1PM - 4PM

National Museum of the United States Navy  
Bldg. 76, Washington Navy Yard

For the 3rd consecutive year, the Museum partners with the DC Mayor's Office, the United States Navy Band, and DC Public Library to present a musical tribute to America's veterans, past and present. This year two of the Navy Band's premier ensembles will perform, The Cruisers vocal group, and the concert band's brass ensemble. This special event is part of the museum's commitment to its community engagement initiative.





## Things to Do Around You



### INTERNATIONAL SPY MUSEUM

**ADMISSION: AS LOW AS \$33PP**

10AM - 6PM

700 L'Enfant Plaza, SW Washington DC 20024

Featuring the world's largest collection of international espionage artifacts on public display, the International Spy Museum has interactive and immersive exhibits that put visitors in the shoes of the spies. URL: [www.Spymuseum.org](http://www.Spymuseum.org)



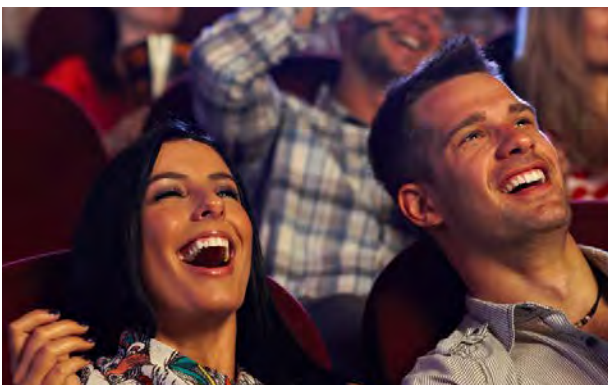
### NATIONAL LAW ENFORCEMENT MUSEUM

**ADMISSION: \$13PP AND UNDER**

Thursday – Saturday | 10AM - 5PM

444 E Street Northwest, Washington DC 20001

Over 25,000 objects gathered in immersive exhibits tell the story of American law enforcement of the past, present, and future. URL: [www.nleomf.org](http://www.nleomf.org)



### DCW PERFORMANCE THEATRE @ LOL STATIONS

**ADMISSION: \$17PP**

Saturday | 12PM - 8PM

Sunday | 12PM - 6PM

6250 Greenbelt Road, Greenbelt MD 20770

With shows designed to spark the imagination and inspire creativity in young minds, DCW provides high-quality performances perfect for families to enjoy together. URL: [www.dcwshows.com](http://www.dcwshows.com)



## Things to Do Around You



### GET UP CLOSE AND PERSONAL WITH AN ALPACA

**ADMISSION: \$12PP**

Saturday – Sunday | Tour begins at 12 Noon

Painted Sky Alpaca Farm & Fiber Mill

Earleville Maryland 21919

Spend time with fascinating, lovable alpacas, then visit the on-site fiber mill where you'll discover how they transform raw fleeces into beautiful yarns, rovings, batts, and rug yarns.

URL: [www.paintedskyalpacafarm.com](http://www.paintedskyalpacafarm.com)



### LEGO DISCOVERY CENTER

**ADMISSION: \$28.99PP**

Thursday – Saturday | 10AM - 5PM

8586 Springfield Mall Suite 12004

Springfield, VA 22150

Discover the place where imaginations run wild at LEGO Discovery Center Washington DC. Explore 12 different zones, experience 4D movies, and learn to build with LEGO like an expert.

URL: [www.legodiscoverycenter.com](http://www.legodiscoverycenter.com)



### SELF-GUIDED WATERFALL HIKING TOUR THROUGH GREAT FALLS NATIONAL PARK

**ADMISSION: \$5PP**

Now - December 31

9200 Old Dominion Drive McLean VA 22102

Explore Virginia's Great Falls Park with the app-based self-guided hiking tour.

URL: [www.nps.gov/grfa/planyourvisit/falls-viewing.htm](http://www.nps.gov/grfa/planyourvisit/falls-viewing.htm)



## Fair Winds and Following Seas



While there are no submissions for retirements for the month of October, 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.

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

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## 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.cnmc.navy.mil/regions/ndw.html>