

THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL. 20 SEPTEMBER 2023



The Culture of Excellence and You

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

This month we lean into the complexities of grief, how self-care habits can help navigate your grieving experience, and how we can find meaning after loss. In IT2GO, learn about the hidden security threats within seemingly innocuous USB devices.

In September, NDW celebrates National Hispanic Heritage Month.

Check out this month's edition for the following:



A personal story about the experience of suicide grief, discussion of the reasons it's complicated, and resources for navigating emotional and physical healing through grief.



Chaplain Dietz reminds us of the importance of keeping our 'relationship tanks' full.



'I am NDW' introduces Ms. Madelyn Todd, who discusses why suicide awareness and prevention is important.



Oktoberfest, Catoctin Colorfest, and an Arts and Crafts festival are a few of the fun events happening across the region.



LEADERSHIP AND YOU

A message from the Chief of Staff about honoring our fallen service members and their families in Bells Across America Remembrance Ceremony.

[Read More](#)



MIND, BODY, AND SPIRIT

Thoughts on the complexities of grief and how it affects not only our emotional and mental health, but also our physical health. Chaplain Dietz shares the importance of keeping our 'relationship tanks' full.

[Read More](#)



COE RESOURCES

Additional information, recommendations, and links to talks, books, etc., to help us understand and navigate the grieving process.

[Read More](#)



DIVERSITY, EQUITY, INCLUSION, AND ACCESSIBILITY

NDW celebrates National Hispanic Heritage Month and highlights notable Hispanics and their naval service. NDW's own Mr. Gilbert Elliott participates in a panel discussion addressing the impact of Executive Order 9981.

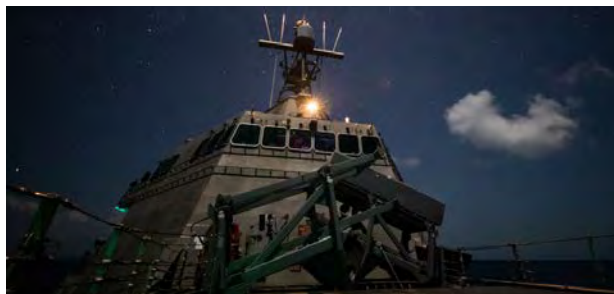
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VOICE OF THE EMPLOYEE

Ms. Madelyn Todd, a clinical counselor at NAS Patuxent River's FFSC, discusses the importance of normalizing the conversation of suicide and asking for help.

[Read More](#)



IN THE SPOTLIGHT

Peter Ro, Scott Murphy, and Andrew Lear from N9IT have established a benchmark for success that is now being emulated across all regions of CNIC.

[Read More](#)



SERVICES FOR YOU

Learn the hidden dangers within seemingly innocuous USB devices and how they can unleash a storm of security threats. CREDO has great workshops available every month.

[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

SUPPORT AND CONNECTION FOR FAMILIES OF THE FALLEN

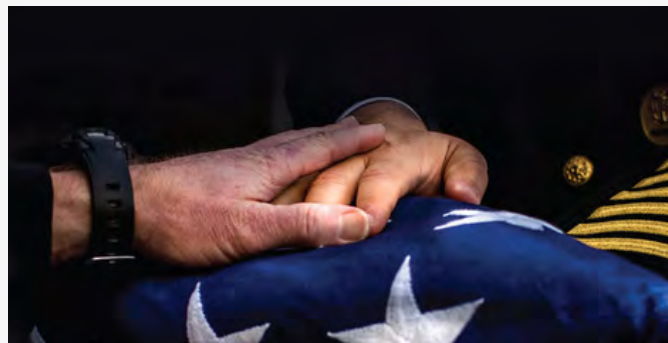
By CAPT Graham Dicks
NDW Chief of Staff

Team NDW – I had the honor this month to speak at the Bells Across America Remembrance Ceremony on the Navy Yard as well as attend the Regional luncheon event for Gold Star Families. Knowing that this month's Quarterdeck contains some impactful content related to grief and healing, I wanted to share my experience with the Bells Across America and Gold Star events.

The Navy's Gold Star program was created in 2014 and seeks to honor not only the Navy's fallen, but to honor and maintain a connection with the Navy families left behind when their loved one passed. The program does not differentiate based on the manner of the service member's loss, only that they died while on Active Duty serving our Nation. The Gold Star program allows these families to gain support and resources they need to comprehend and adjust to the loss of their service member, and I think most importantly, maintain a connection to the Navy that their loved one was such an integral part of.

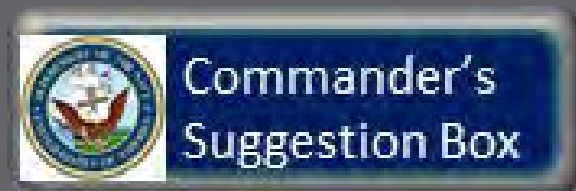
The annual Bells Across America events, 38 of which were held this year at various Navy installations, are tailored to attending families and include a reading of names of the fallen.

As I think about these programs, I think the focus on maintaining connections is a critical part of grieving and healing after the loss of a loved one, regardless of the circumstances. I think we all need to find ways to remain connected and build those bonds early, before such an event, so that the support structure is already in place when a crisis occurs. But in the case that those relationships or support systems do not exist, we should stand ready to support our teammates in their moments of need and ensure that they truly feel a connectedness and know that support exists for them.





Leadership and You



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/CNICNRNDWHub>

Direct Link:

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

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



Mind, Body, and Spirit



SUICIDE LOSS AND THE COMPLEXITIES OF GRIEF

By Jenny Reitz
Editor

BAD NEWS

In October of 1998, my mom's younger sister, my aunt, took her own life. When I first heard the news, shock, disbelief, confusion, and deep sadness pounded into me like crashing waves during a storm. A myriad of emotions and unanswered questions rippled through my entire family. We were forever changed. Each of us dealt with our new reality in different ways and on different timelines.

Continue reading [Suicide Loss and the Complexities of Grief](#) on the next page.





Mind, Body, and Spirit

SUICIDE LOSS AND THE COMPLEXITIES OF GRIEF (CONT...)

SUICIDE GRIEF IS COMPLEX

It helps to understand that suicide bereavement is unique and often complicated. Grief of any kind is challenging. Suicide adds components of trauma to the grief, making the emotions more intense and impeding the griever's capacity to recover. The typical feelings of sadness, loss, and loneliness can be compounded by feelings of confusion, guilt, shame, abandonment, and anger. According to John R. Jordan, Ph.D., a grief therapist for over 40 years, grief from a suicide loss is different than other types of grief in the following ways:

- There is a greater need to seek an explanation for the death and to make sense of the death.
- Survivors experience greater levels of guilt and felt responsibility for the death (or at a minimum, for a failure to somehow foresee and prevent the suicide).
- There is a greater level of stigmatization and shame about this mode of death, and a greater need to conceal the fact that the death was a suicide.
- Survivors receive more avoidance by, and isolation from, social support from their regular social networks.
- Exposure to the loss of a loved one to suicide increases the chances of suicidal thinking and behavior in the person exposed. URL: <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00766/full>

Because suicide grief is complex, extra care and consideration may be needed to process and integrate the new reality into recovery.

EVERYONE GRIEVES DIFFERENTLY

Mindful that my mom had just lost her only sibling and my cousin had lost her mom and the grandmother to her two young children, I tabled my emotions and went into helping mode. I stayed mostly detached and numb as we cleaned out my aunt's apartment and settled her affairs. The sadness came later but was always over-shadowed by the confusion surrounding the circumstances. To be honest, I also felt a sense of relief (which I later learned was normal). My aunt had been through multiple traumas and suffered painful physical and emotional ailments. Even though we don't know exactly why she chose to end her life, I could understand her probable sense of hopelessness. This feeling I kept to myself because it seemed somehow wrong and disrespectful, especially when those around me were so deeply distraught.

In contrast, my mom was sad, but also angry. It felt very personal to her, as if my aunt, her sister, "*did*" this to us. My mom's perception was that by trying to escape her own pain, my aunt was causing the rest of us pain, without a chance to resolve any lingering interpersonal issues. To this day, Mom will mention how she is still a bit mad at her sister for not sticking around to be a part of all that's happened in our lives over the last 25 years.

This has been especially difficult for my cousin. Her pain is indescribable, and I know she still misses her mom every day. Although the agony has dulled to a longing ache, the unanswered question of "*why?!*" continues to nag at her heart and mind. It does for us all.



Mind, Body, and Spirit

SUICIDE LOSS AND THE COMPLEXITIES OF GRIEF (CONT...)

THERE IS NO WRONG WAY TO GRIEVE

There are as many ways to grieve as there are grieverers. According to the **Psychology Today** article, *Coping After Suicide Loss*, it is common for survivors of a suicide loss to feel “devastated, furious, relieved, guilty, ashamed, confused, and more, all at once or in combinations that seem to make no sense. They may feel on-edge or even out of control; some survivors find themselves bursting into tears randomly or flying into sudden rages over small annoyances. Others may feel numb or empty; this, too, is a normal response to suicide bereavement.”

URL:

<https://www.psychologytoday.com/us/basics/suicide/coping-after-suicide-loss>

Suicide is tragic and baffling, causing conflicting emotions that sometimes lead to more serious issues. Those who experience a loss by suicide are at a greater risk of developing major depression, post-traumatic stress disorder, suicidal behaviors, and complicated grief, which is a prolonged grief where the person becomes “stuck” and unable to heal, according to *Suicide bereavement and complicated grief*, a study published in the **Dialogues in Clinical Neuroscience Journal**. The added burden of substantial stigma often prevents survivors from seeking support and resources to heal. Therefore, they may need unique supportive measures and treatment to cope with their loss.

URL:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3384446/>





Mind, Body, and Spirit

SUICIDE LOSS AND THE COMPLEXITIES OF GRIEF (CONT...)



RECOVERY FROM THE COMPLICATED GRIEF OF SUICIDE IS DIFFICULT, BUT NOT INSURMOUNTABLE

In 1998, we did not have the resources regarding suicide grief and recovery that are available today. In addition to therapists, spiritual advisors, and books, there are now entire organizations dedicated to supporting suicide loss survivors. The **American Foundation for Suicide Prevention (AFSP)** offers extensive information and a community of support. In one blog post, Doreen Marshall, Ph.D. relates eight things she knows for sure about suicide grief:

1. **There are ways to practice self-care while grieving a suicide loss (and it's important!).** This includes taking care of our basic needs, such as drinking enough water, gentle exercise, and adequate sleep.
2. **Grieving a suicide loss takes time.** You don't have to be "over" it. There is no set timetable to work through the emotions.
3. **Others will grieve differently than you, even when experiencing the same loss.** Let yourself grieve the way you need to.
4. **You don't have to have all of the answers to begin healing.**
5. **Grieving can be exhausting.** Take time to rest and recharge. People often want to help. Asking for assistance with daily tasks and errands is a practical way to let them.
6. **Your grief is not a burden.** It is an expected reaction to loss. You don't need to apologize for how you feel.
7. **It's okay to say their name, even if others can't right now.** Sharing memories can be healing. If you talk about them, it helps others to know they can, too.
8. **There are resources out there to support you in your grief.**

URL: <https://afsp.org/story/grieving-a-suicide-loss-eight-things-i-know-for-sure>



Mind, Body, and Spirit

SUICIDE LOSS AND THE COMPLEXITIES OF GRIEF (CONT...)



LOVE NEVER DIES

I know now that my aunt's decision was not a reflection of her love for her family. This was not an affront to anyone; it was about her hidden pain that she couldn't bear the thought of enduring. She loved us, and love does not die. Thinking about the good memories keeps that love alive in my heart. In a love-infused mindset, I can gain wisdom by learning from her hard lessons. One profound thing I learned through my research for this article is to let go of the "why...?" Instead of wondering why she died, I focus on *why she lived*. For me, that has made all the difference.

If you are processing grief at this time, let me express my heartfelt condolences and assure you that you are not alone. As a coworker pointed out to me, this is the new reality. You are forever changed. However, you can learn to breathe again. You will grow and thrive again. Take each new day as it dawns. Give yourself grace and honor the recovery that your mind, body, and spirit are going through.

ADDITIONAL RESOURCES

In addition to the links presented in the COE Resources section, here are links to other helpful sites:

TAPS Suicide Loss Survivor Assistance:

<https://www.taps.org/suicide>

Suicide Survivor Bereavement Support | Military OneSource:

<https://www.militaryonesource.mil/health-wellness/prevention-care/helping-you-and-your-family-survive-a-suicide/>

Complicated grief - Symptoms and causes - Mayo Clinic:

<https://www.mayoclinic.org/diseases-conditions/complicated-grief/symptoms-causes/syc-20360374>

Living with Suicide Loss | AFSP:

<https://afsp.org/livingwithsuicideloss?title=Each%20Person%27s%20Experience%20of%20Grief%20Is%20Uniquely%20Their%20Own%2C%20and%20That%27s%20Okay&interviewee=Erika%20Barber>



Mind, Body, and Spirit



HOW THE BODY GRIEVES

By CAPT Sara Pickett
NDW SAPRO & COE Champion

Grief is the response to loss, usually thought to happen following the death of a loved one, but grief can accompany any event that disrupts or challenges our sense of normalcy or ourselves. Everyone's experience with grief is unique. Often times when thinking about the grieving process we focus on the emotional and mental response, but grief can have physical effects as well. Research has shown grief physically effects multiple areas of our bodies to include the immune system, digestion, pain, sleep, and even our heart health.

Grief can cause immune system dysfunction by increasing inflammation which increases our risk of illness/infection and may worsen any existing health problems. Grief can cause difficulties in both the quantity and quality of sleep resulting in less energy due to fatigue. Fatigue can lead to trouble focusing and headaches. Our digestive system may be affected by loss of appetite, overeating, nausea, or stomach pain.

Research has shown a connection between psychological and physical pain during the grieving process. It is theorized that activation of the psychological pain pathway increases the experience of physical pain.

When it comes to our heart health, severe emotional and physical stress related to the grieving process can cause a condition called **Takotsubo cardiomyopathy**, also known as "broken heart syndrome." The COE resource video, *The Physical Symptoms of Grief*, provides a great visual demonstration of "broken heart syndrome" in which the heart's left ventricle becomes weaker, mimicking the symptoms of a heart attack. The stress of grief can cause elevated blood pressure and heart rate, similar to a panic attack, as well as trigger atrial fibrillation, an irregular heart rhythm.





Mind, Body, and Spirit

HOW THE BODY GRIEVES (CONT...)

Finding support during the grieving process is a great way to help us cope with loss and stay healthy while navigating our grief. Support can take the form of talking to a counselor or therapist, joining a support group, talking to friends or loved ones, or even reaching out to different community organizations. As previously mentioned, everyone's grieving experience is unique, and this includes the timeline of processing grief. Our experience can change and evolve unpredictably, but we can adopt self-care practices which can help support us during the grieving experience. Consider adopting some of these self-care practices:

- Go to bed at the same time every night and follow a night time routine that relaxes and calms you.
- Eat a healthy and balanced diet.
- Get some type of physical activity every day. Whether going for a walk, structured exercise, or playing with a pet. Find some type of physical activity that ensures you are moving your body every day.
- Find a hobby that you enjoy that helps you relieve stress. This could be creative outlets, reading, meditation, spending time in nature etc.

As you navigate through grief, do not forget physical symptoms can be a normal part of the grieving experience. Usually, grief does not require professional intervention for physical symptoms, but if you have existing health care concerns, grief can add another level of complexity. Awareness of the physical components of grief can help ensure you seek appropriate medical care as needed.



RUNNING ON EMPTY

By Chaplain Peter Dietz, CDR, USN
Director CREDO NDW

"Looking out at the road rushing under my wheels.

I don't know how to tell you all just how crazy this life feels.

I look around for the friends that I used to turn to pull me through.

Looking into their eyes I see them running too.

Running on – running on empty.

Running on – running blind.

Running on – running into the sun.

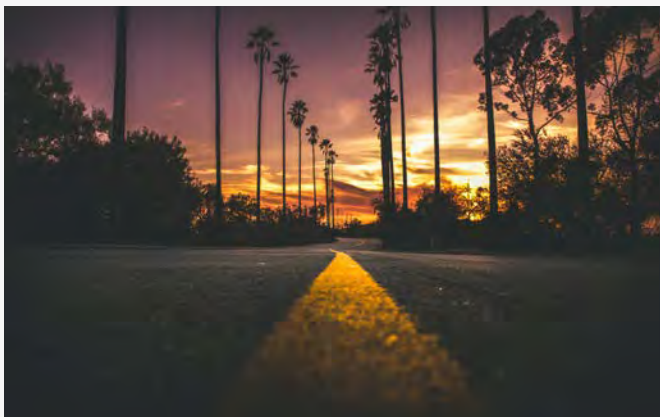
But I'm running behind."

—Jackson Browne



Mind, Body, and Spirit

RUNNING ON EMPTY (CONT..)



I stopped for gas this morning and the price of fuel seems to be climbing up again. Ouch! Filling our cars with gas can be very expensive. However, keeping our tanks full is very important. When I was stationed in the Florida Keys we kept our tanks full during hurricane season to be ready for an evacuation in the event of a threatening storm. We didn't want to be caught with empty tanks, especially when we need to drive over a hundred miles to get out of the keys and there would probably be a rush on the gas stations.

Some of you might have read Gary Chapman's book *The Five Love Languages*. He uses the metaphor of a "love tank" to talk about keeping relationships strong and healthy. Just as we need to keep fuel in the gas tanks of our cars, we also need to fill the tanks of our relationships with love. It is easy to know when your love tank is running low in a relationship: you feel it sputtering and not moving forward. Like paying four dollars a gallon for gas, filling the love tank isn't always easy; it takes work and sacrifice. Like keeping our cars fueled up for a storm, keeping our love tanks full in preparation of the storms that threaten relationships is also important. This also means that we have to fill it up more frequently or risk running on empty.

We can use this metaphor in other areas of our life too. I think we also have a "spiritual tank." This is the fuel that gives us the energy to get through the challenges of life. Every day we face challenges like getting children ready for school, dealing with people at work that you may not like, or trying to stick within your monthly budget. But we also need to keep our spiritual tanks full for those unexpected storms: being a great worker but not getting promoted or forced out of a job; the diagnosis of a debilitating illness, the premature death of a loved one. But you might ask, "Where do I get this 'spiritual fuel?'" This varies for everyone. Some people fill this tank with prayers, reading books or sacred texts, listening to music, fishing, or diving. But I think the high-octane fuel for the spiritual tanks is found in developing relationships with friends, family and God.

It's easy to relate to Jackson Browne's song "Running on Empty." I encourage you to work on keeping your tanks full. When storms threaten our relationships and our spirits, as they threaten everyone from time to time, and the clouds of those storms hide the sun from our lives, always remember that the sun is still there.





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

Unlocking Us with Brene Brown: David Kessler and Brene on Grief and Finding Meaning.

In this episode David Kessler, the world's foremost expert of grief and loss, discusses what he has learned about love, loss, and finding meaning. David and Brene discuss David's book, *Finding Meaning: The Sixth Stage of Grief*. Brene Brown describes what she learned from the discussion in one word: "beautiful." If you have experienced and/or are currently experiencing grief due to a loss, this podcast is for you! URL:

<https://brenebrown.com/podcast/david-kessler-and-brene-on-grief-and-finding-meaning/#description>



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

TALKS

Video: Family Journeys: Healing and Hope after a Suicide.

Family Journeys is the second in a series of AFSP (American Foundation for Suicide Prevention)-produced documentaries on suicide loss. It traces the ripple effects of a suicide through the eyes and experiences of three families and shows how the members of each family are weathering the loss of their loved one, how they're healing, and how they're finding meaning again after living through a suicide. The film was first screened on Survivor Day 2015 at over 300 healing events around the world. URL:

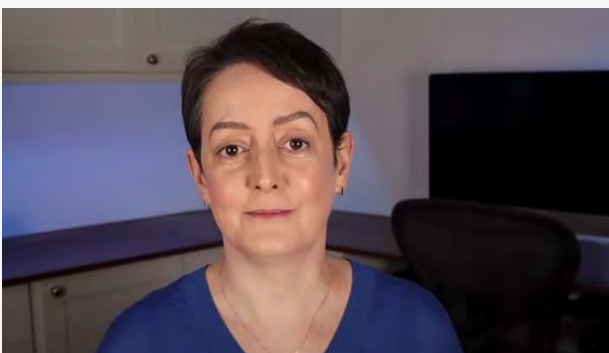
<https://vimeo.com/180640978>



Video: Lewis Psychology: The Physical Symptoms of Grief.

Teresa Lewis, founder and Director of Lewis Psychology, is a Senior Accredited Psychotherapist with the British Association for Counselling and Psychotherapy has been providing counseling and psychotherapy treatment for nearly 30 years. Teresa shares mental health tools and strategies to help you grow and thrive. In this video, Teresa discusses the six ways grief shows up in your body. URL:

<https://www.youtube.com/watch?v=tFf3cRT4lnk>



EBOOK

Ebook: Surviving a Suicide Loss: Resource and Healing Guide.

American Foundation for Suicide Prevention's eBooklet, *Surviving a Suicide Loss: Resource and Healing Guide*, is an excellent resource that provides comprehensive information about coping with loss, the survivor loss community, and resources to help with the journey. URL: [https://aws-](https://aws-fetch.s3.us-east-1.amazonaws.com/flipbooks/survivingASuicideLoss/index.html?page=1)

[fetch.s3.us-east-1.amazonaws.com/flipbooks/survivingASuicideLoss/index.html?page=1](https://aws-fetch.s3.us-east-1.amazonaws.com/flipbooks/survivingASuicideLoss/index.html?page=1)





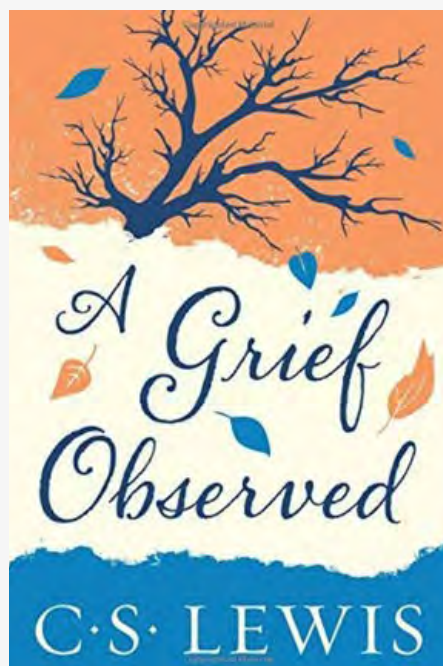
CEO Resources

BOOK

Book: A Grief Observed by C. S. Lewis:

C.S. Lewis wrote *A Grief Observed*, which chronicles his experience of grief after the death of his wife. The book was written based on the journals he kept as he struggled with the emotions of grief and tried to make sense of them considering his Christian faith. The book expresses the very real, painful, and intense emotions that he struggled with. He works through the pain, anger, and even doubt of his faith that surfaced within him after his wife died. He asks hard questions about God's nature and purpose and the issue of "theodicy" or why an all-powerful, good and loving God allows suffering. This is a powerful and thoughtful book for those wanting to better understand how a person moves through the process of grieving the loss of a loved one. URL:

<https://www.goodreads.com/book/show/26077627-a-grief-observed>



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 HISPANIC HERITAGE MONTH

By Desmond Boykin
EEO Specialist

National Hispanic Heritage Month is observed from 15 September - 15 October of each year. The tradition of observing Hispanic heritage began in 1968, when President Lyndon B. Johnson designated a week in mid-September as National Hispanic Heritage Week. Twenty years later in 1988, President Ronald Reagan extended that week to a month-long observance.

National Hispanic Heritage Month's dates refer to Independence Day anniversaries of Latin American countries – September 15 is the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico declared its independence on September 16, and Chile September 18.

PANEL DISCUSSION - EXECUTIVE ORDER 9981

The National Museum of the U.S. Navy and NDW's Mr. Gilbert Elliot addressed the impact of Executive Order 9981, signed by President Truman on 26 July 1948, that began the process of desegregating the US Armed Forces. Watch and listen here: <https://youtu.be/xJE2MxbPpX4>



Diversity, Equity, Inclusion, and Accessibility

NATIONAL HISPANIC HERITAGE MONTH (CONT...)

The Navy is strengthened by the diversity of its force as it underlines that patriots of Hispanic American Heritage continue to build legacies of freedom and diversity as they fight for the security of the country and the peace of the world.

Although there are many Hispanics who have contributed to the successes of our Navy, here are a few of notable Hispanics who served:

Commander Everett Alvarez Jr.

He was the first American aviator shot down over Vietnam and the longest-held prisoner of war in North Vietnam, released 12 February 1973. He was awarded the Distinguished Flying Cross.

Captain Kathlene Contres

She was the highest-ranking female Hispanic American officer in the U.S. Navy until her retirement in 2010. She was the first Hispanic American female officer to command the Defense Equal Opportunity Management Institute.

Captain Marion Ramirez de Arrelano

In addition to the Silver Star Medal and Gold Star in lieu of second silver award, the Legion of Merit, the Bronze Star Medal with Combat "V," the Commendation Ribbon with Combat "V," and the Ribbon for the Navy Unit Commendation, Commander Ramirez de Arellano had the Army Distinguished Unit Emblem; the American Defense Service Medal with Fleet Clasp; the Asiatic-Pacific Campaign Medal with one silver star and two bronze (seven engagements); the American Campaign Medal; the World War II Victory Medal; the National Defense Medal; and the Philippine Defense Ribbon.

Admiral Horacio Rivero Jr.

In addition to the Distinguished Service Medal with two Gold Stars, the Legion of Merit with Gold Star, Bronze Star Medal with Combat "V," and the Navy Commendation Medal, Admiral Rivero has the American Defense Service Medal; Asiatic-Pacific Campaign Medal; American Campaign Medal; World War II Victory Medal; National Defense Service Medal with bronze star; Korean Service Medal; and the United Nations Service Medal. He has also been awarded the Order of Abdon Calderon from the Republic of Ecuador and the Order of Merito Naval from the Republic of Brazil.

Rear Admiral Henry Gabriel Sanchez

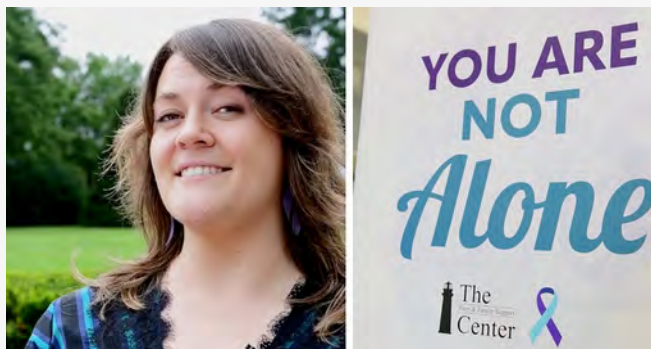
In addition to the Distinguished Flying Cross, the Air Medal with Gold Star, and the Presidential Unit Citation with three stars (First Marine Division, Reinforced and the USS Enterprise), Captain Sanchez has the China Service Medal; the American Defense Service Medal, Fleet Clasp; the American Campaign Medal; the European-African-Middle Eastern Campaign Medal; the Asiatic-Pacific Campaign Medal; the World War II Victory Medal; and the Navy Occupation Service Medal, Asia Clasp. Captain Sanchez retired in November 1959 and made Rear Admiral on the retired list.

Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multi-ethnic and multicultural customs of their community.



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.



I AM NDW PROFILE – MADELYN TODD

By MC2 Griffin Kersting

Every year, September is recognized as Suicide Prevention Month and the Navy is committed to providing essential resources and support for the Navy family.

For this month's *I Am NDW* video profile, we had the opportunity to speak to Madelyn Todd, a clinical counselor with the family advocacy program at NAS PAX River, where she told us a little bit about herself and the importance of spreading suicide awareness this month.

“Suicide prevention month is definitely a good time to highlight the resources that are out there,” said Todd. “It’s also great to just normalize the conversation of suicide and asking for help when needed.”

From Fleet and Family to the crisis helpline number, the Navy has multiple resources for you to access if you are having suicidal thoughts.

“The no wrong door policy really brought in the focus that there is no wrong person to turn to,” said Todd. “You go to behavioral health, primary care or fleet we will get you connected with help.”

Continue reading *I am NDW* on next page.





Voice of the Employee

I AM NDW PROFILE – MADELYN TODD (CONT...)

One of the main focuses of suicide prevention month is raising awareness to how many individuals actually experience suicidal thoughts.

“People would actually be surprised with how many individuals throughout their life have had thoughts that they would be better off dead or not wanting to be around,” said Todd. “That does not mean that they go and end their life, but suicidal thoughts are a lot more common than people think.”

Throughout September, commands across the Navy hold trainings and events to raise suicide awareness and anyone can get involved in the effort.

“Some things I can suggest is that maybe your command can hold a training through CREDO,” said Todd. “There are a lot of good opportunities for events and training and it just takes some time and effort to get them going.”



CHALK THE WALK

By Naval Air Systems Command (NAVAIR)

September is Suicide Prevention Awareness Month. At NAS Patuxent River, we recently hosted the Chalk the Walk event to remind our teammates that everyone has a story to tell, and no story should end too soon. Let's take a moment to check in on our loved ones, friends and colleagues. Together, we can create a community of support and help those who may be struggling. Remember, it's okay to not be okay, and we are here for each other.

Dial 988

or visit <https://988lifeline.org/> for help!

See the reel here: <https://fb.watch/nhzCYLfhQ/>



Do you work with a coworker, team, or unit that fosters a culture of excellence? We would love to highlight their efforts/story. Please contact the NDW COE Newsletter team to share their story.

NDW_COE_Newsletter@us.navy.mil



In the Spotlight

N9IT

By Trina Gray
N9

This month we are shining the Spotlight on our N9IT group managed by NDW N61. The merger of N9IT and N6 was implemented back in the 2015-2016 timeframe because the Regional N Codes agreed it was necessary to adopt a new N9IT support model that focuses on the overall success of the N9IT staff and increases the satisfaction of the customers. As a result of our N9IT team's success, CNIC has implemented our model within the headquarters staff and has also mandated all other Regions to follow suit.



Our amazing N9IT Team consists of three stellar employees, Peter Ro (NSAA & NSAB), Scott Murphy (NSASP), and Andrew Dean (NAS PAX). They provide assistance with POS equipment as well as other IT services required within the NAF community and some APF N9 Groups.

We have heard nothing but great things about our NDW N9 IT group and want to thank you formally for your hard work, dedication and commitment to quality service.



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



August Town Hall:

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

- **NDW HQ:** Ahmani Dicks, N3 Emergency Response Dispatcher; Alenda Houston, N1 HR Specialist; Steven Lippman, OGC; Brandon Olson, N8. Welcome Aboard!

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

- **MA1 Dagen Taylor** received a Flag Letter of Commendation for his selection as Senior Sailor of the Semester, 1st Semester FY23. Bravo Zulu!
- **MA2 Gabriel Gallegos** received a Flag Letter of Commendation for his selection as Blue Jacket of the Semester, 1st Semester FY23. Bravo Zulu!
- **Casualty Assistant Calls Officer Group** recognized as Group of the Quarter; 2nd Quarter FY23. Bravo Zulu!

C11 August 2023 – **MCPON 9 James L. Herdt** and **MASN Kennedy**, a Military Working Dog Handler, met on the Washington Navy Yard while MCPON 9 attended a conference. In classic fashion MCPON 9 had an immediate pull to engage and connect with a Sailor. MCPON 9 and MASN briefly exchanged stories and coins! The history, heritage, tradition, and future of the Navy is STRONG! BZ Shipmates!





In the Spotlight

BRAVO ZULU! (CONT...)

September Town Hall:

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

- **NDW HQ:** LT Noelia Perez, Flag Secretary; Dy'mond Andrews, N3 Emergency Response Dispatcher; Kawana Bishop, N1 HR; Marcus Davis, Protocol Team; Shannon Johnson, N1 HR; and CDR Shannon Wright, N4. Welcome aboard!

Bravo Zulu to the following individuals who were awarded personal awards

- **Ms. Yvette Johnson** received a Length of Service Award for 35 years of Government service. Bravo Zulu!
- **Mr. Harden Hill** received a Length of Service Award for 35 years of Government service. Bravo Zulu!
- **Mr. Bryan Datcher** received a Length of Service Award for 15 years of Government service. Bravo Zulu!
- **Ms. Eileen Littlejohn, Ms. Chelsea Bennett, Ms. Katrina George, Mr. Kevin Mejia, Ms. Hilary Mountgordon, Mr. Christopher Matthews, Mr. Antonio Ervin, Mr. Nebiyu Worku, and Mr. Dawann Washington** received a Length of Service Award for 5 years of Government service. Bravo Zulu!
- **Ms. Alexandra Martin** received Flag Letter of Commendation for her selection as Junior Civilian of the Quarter, 1st Quarter FY23. Bravo Zulu!
- **Ms. Michelle Danner** received Flag Letter of Commendation for her selection as Supervisor of the Quarter, 2nd Quarter FY23. Bravo Zulu!
- **N1 Human Resources Staffing Team** were recognized as Group of the Quarter, 1st Quarter FY23. Bravo Zulu!
- **LT Mary Walsh** received Navy Commendation Medal as an End of Tour award for her hard work, dedication, and leadership as part of the PAO team during her tenure at NDW. Bravo Zulu!
- **CDR Peter Dietz** received Navy Commendation Medal for his hard work and dedication providing invaluable suicide prevention training for the United States Coast Guard, Army, Airforce, and Marine Corps personnel. Bravo Zulu!
- **MA2 Audrey Moreno** received Flag Letter of Commendation for her selection as Junior Sailor of the Semester, 1st Semester FY23. Bravo Zulu!
- **IT1 Claire Torrisi and MA3 David Diego** received Flag Letters of Commendation for their outstanding service as SAPR Uniformed Victim Advocates. Bravo Zulu!





In the Spotlight

BRAVO ZULU! (CONT...)

N-Code Directors and Special Assistants announced the following Bravo Zulus:

N5:

- **BZ for Louise McKernan, Dave Shaffer, and the team at NSA Annapolis** for hosting an exceptional ESC meeting on 13 September!
Bravo Zulu!

LNO - Presidential Inauguration Team:

- **BZ acknowledgement ICO Mr. Dedrick Harris:**
It's a pleasure to recognize a skilled subject matter expert on information systems and communication while supporting the 2025 Presidential Inauguration Team. Your consistent customer service and dedication to increasing end-user satisfaction brought lasting contributions to our team. You have exceeded our expectations with outstanding customer service and attention to detail. The timeliness of your dedication and customer service were instrumental in ensuring the LNO office was established and fully functional. Providing the required assets and hardware enabled us to stand up the 2025 Presidential Inauguration LNO office successfully. Your direct efforts led to the improvement of our team's productivity and efficiency. Bravo Zulu!

- **BZ acknowledgement ICO Ms. Amy Cooksey:** I wanted to take the opportunity to thank you for your support, expertise, and guidance. It's a pleasure to recognize a highly regarded subject matter expert (SME) on information systems and communication protocols while supporting the 2025 Presidential Inauguration Team. You delivered consistent superior customer service and dedication to increasing customer satisfaction, which brought lasting contributions to our team. You and your team have exceeded expectations with outstanding customer service and attention to detail while professionally performing demanding duties. The forward planning demonstrated by you was instrumental in ensuring our team was provided with the communication tools needed to enable success to the standup of the 2025 Presidential Inauguration LNO office. Your direct efforts improved our team workflow and our ability to communicate efficiently. Bravo Zulu!
- **BZ acknowledgement ICO Ms. Brandy Thompson:** I wanted to take the opportunity to personally thank you for your support as we begin preparing for the 2025 Presidential Inauguration. Your commitment and knowledge have given our team the tools to perform our mission. You have exceeded expectations with outstanding customer service while performing your demanding duties in an exemplary professional manner. You were instrumental in ensuring that our team could obtain the needed office purchases and establish an efficient office environment. Your subject matter expertise (SME) has aided in delivering quality and timely customer service, which has markedly enhanced the Command Admin experience. Bravo Zulu!



ATTA BOY!



In the Spotlight

BRAVO ZULU! (CONT...)

CDR Christopher Casne, Commanding Officer, NSF Thurmont, sends the following Bravo Zulus:

- **RS2 Dominique Gordon-Hibbert and RS2 Jayna Coy** did an outstanding job planning for, and executing the trilateral summit held at NSF Thurmont between the leaders of the United States, Republic Of Korea, and Japan. Their hard work, desire to support the command mission, and professionalism were vital to the successful event. Bravo Zulu!
- **YN2 Faith Sallee** for displaying expert leadership during the planning and execution of a head of state trilateral summit. Her professionalism and tireless dedication to the command's presidential mission streamlined communication across multiple agencies leading to the flawless execution of this high visibility international event. Additionally, she played a key role in finalizing 17 awards and coordinating a ceremony at the conclusion of the summit. Bravo Zulu!
- **IT1 Noah Duran's** knowledge and work diagnosing and troubleshooting our current Giant Voice system led to seamless IT support during the Trilateral Summit. Bravo Zulu!
- **IT2 Xavier Gonzalezrivera** for planning, coordinating, and leading a team of six US Secret Service (USSS) members during the most recent exercise. IT2's efforts enabled both NSF and Marine Security Company to work through multiple scenarios concerning coordinated UAS strikes and enabled NSF Thurmont to greatly improve emergency procedures. This training also enabled all other aspects of emergency response to increase their response efforts and standards resulting in a heightened level of security. Bravo Zulu!
- **MC1 Mark Mahmod**, as the NSF Thurmont Public Affairs Officer, he was pivotal in the publishing of the first DVIDS submission where he highlighted our medical department during their Tactical Combat Casualty Care Combat Lifesaver (TCCC-CLS) course sessions to teach emergency medical response to Marines stationed on the facility. Bravo Zulu!
- **ABH2 Alex Harris, ABH2 Devin Call, ABH2 Nyshel Pease, ABH2 Dante Cabrillas:** A tree was struck by lightning causing a small fire in the park that had been burning unnoticed for 2 weeks until smoke became visible by nearby residents on Sept 1st. It was located in part of the park that is inaccessible by vehicles (ATVs or Brush Trucks), making access a challenge as it was only accessible on foot. NSF Thurmont firehouse, Station 51 were key responders assisting National Park Service with locating and extinguishing this brush fire. Bravo Zulu Team!
- **ET2 Nicholas Sheehan and IT1 Andrew Cleary** for dedicating five off duty hours to the repair of the inbound vehicle barrier. Following two mechanical failures ET2 and IT1 repaired functionality to ensure that traffic is able to flow normally and ensure that physical security is at full functionality to meet the high level of security for the installation. Bravo Zulu!





In the Spotlight

BRAVO ZULU! (CONT...)

Ms. Andrea Smallacombe sends Bravo Zulu to:

- **The entire N1 Labor and Employee Relations team** who hosted a two-day Labor and Employee Relations Symposium on 12-13 September which brought LER Specialists together from across the CNIC Enterprise. This Symposium included presentations from the Federal Labor Relations Authority, Federal Mediation and Conciliation Services, Merit Systems Protection Board, Magellan Health, Dept. of Navy Office of Civilian Human Resources, Stennis and the NDW Office of General Counsel. Bravo Zulu!
- **Special Bravo Zulu to Timothy Traylor** for spearheading the coordination of the LER Symposium and working closely with the presenters leading up to the event. Also, for successfully completing the Defense Civilian Personnel Advisory Services (DCPAS) Level II Labor Relations Credentialing course, which was held the same week as the LER Symposium. Bravo Zulu!

CAPT Sara Pickett sends a Bravo Zulu to Ms. Natalie Wade on her promotion to the Department of Navy's Office of Force Resiliency as an Integrated Primary Prevention Specialist! Thank you for all your hard work and dedication as NDW's Regional SARC over the last three years. You have made a lasting positive impact in the SAPR community at NDW and across the enterprise! Bravo Zulu!

Chaplain Wale Giwa-Alaka sends a Bravo Zulu to RP2 Gaddy for helping their department prepare and excel during NSA South Potomac's Inspector General Inspection. The inspectors evaluated 111 items and found ZERO deficiencies in the administration and operations of the department. CAPT David Stroud, NDW's Religious Program Inspector, recognized their department as *"the best I have seen."* 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.





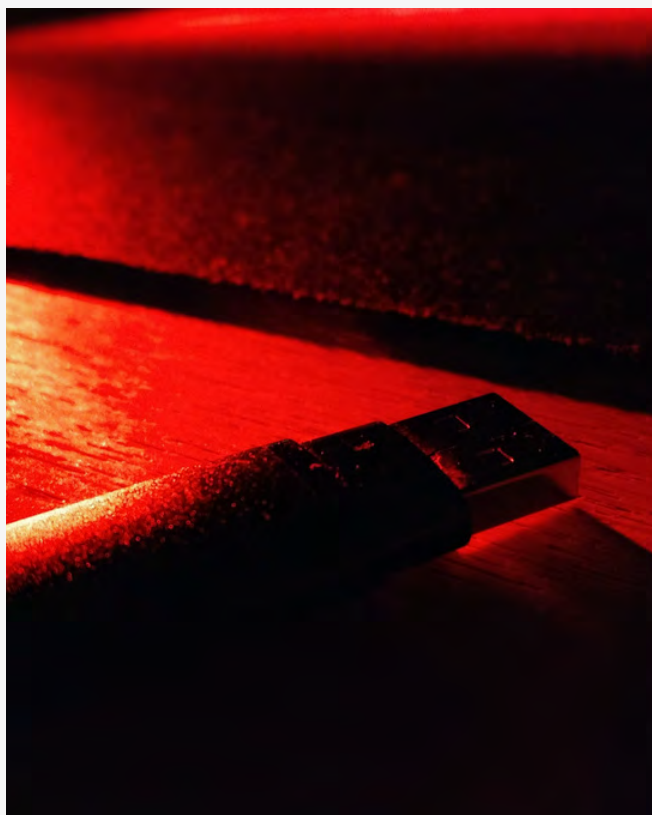
Services for You

IT2GO: UNAUTHORIZED DEVICES

By Harry Osmun
Information Security Manager and NDW N64
Division Head

THE HIDDEN DANGERS: UNAUTHORIZED USB DEVICES AND YOUR NETWORK

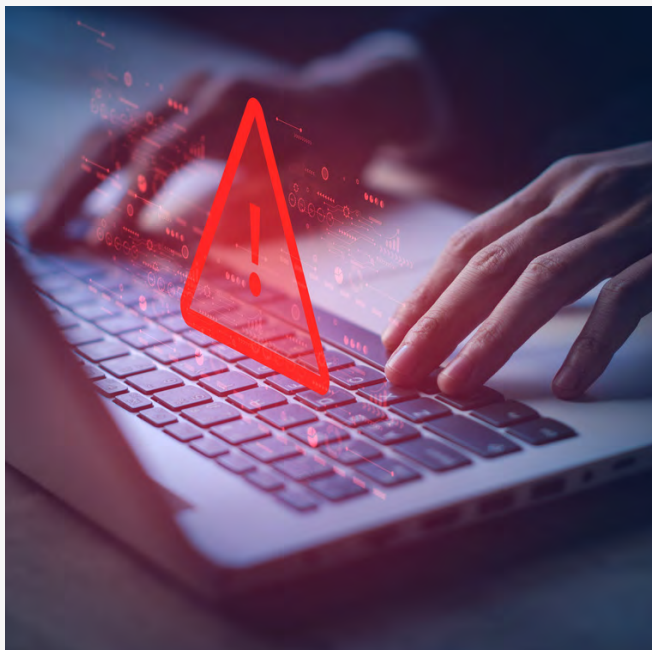
In an age where convenience often trumps caution, it's crucial to recognize the hidden dangers lurking within the seemingly innocuous USB (Universal Serial Bus) device. These small, portable gadgets have become an integral part of our daily lives, simplifying data sharing and device connectivity. However, their unchecked use within an organizational network can unleash a storm of security threats that could compromise sensitive information, disrupt operations, and tarnish your organization's reputation.





Services for You

IT2GO: UNAUTHORIZED DEVICE (CONT...)



THE CONVENIENCE OF USB DEVICES

USB devices are ubiquitous in our modern world. They come in various forms, including flash drives, external hard drives, smartphones (Personal or Government issue), and even keyboards and mice. Their ease of use and plug-and-play functionality have made them indispensable tools for transferring files, storing data backups, and connecting peripherals to computers.

However, this very convenience can be a double-edged sword, as the same simplicity that makes USB devices attractive to users also makes them appealing to cybercriminals.

THE UNSEEN DANGERS

Here are some of the dangers associated with introducing unauthorized USB devices to a network:

- 1. Malware and Viruses:** One of the most immediate and potent threats is the introduction of malware or viruses. When a malicious USB device is connected to a computer within your network, it can quickly spread its nefarious payload, potentially infecting an entire system or network.
- 2. Data Theft:** Unauthorized USB devices can serve as tools for data theft. An attacker can copy sensitive documents, intellectual property, financial records, or customer information from your network and use it for malicious purposes or even sell it on the black market.
- 3. Network Disruption:** Malicious USB devices can disrupt your network's operations. They may overload systems, crash servers, or launch distributed denial-of-service (DDoS) attacks, causing significant downtime and financial losses.
- 4. Unauthorized Access:** An attacker may use a USB device to gain unauthorized access to your network. They can exploit vulnerabilities, plant backdoors, or execute remote code, all of which can lead to unauthorized access and control over your systems.
- 5. Data Loss Prevention Bypass:** Many organizations invest in data loss prevention (DLP) solutions to control the movement of sensitive data. Unauthorized USB devices can circumvent these controls, making it challenging to track and secure your data effectively.
- 6. Regulatory Compliance Violations:** Introducing unauthorized USB devices to your network can lead to violations of data protection and privacy regulations. This can result in severe legal consequences, including fines and damage to your organization's reputation.



Services for You

IT2GO: UNAUTHORIZED DEVICE (CONT...)



MITIGATING THE RISKS

To protect your network from these dangers, consider implementing the following best practices:

- **Educate Your Team:** Make sure your employees are aware of the risks associated with unauthorized USB devices and the importance of following DoD/Navy/NMCI Policy.
- **Use Authorized Devices:** Only use USB devices that have been authorized and provided by your organization's IT department. Avoid connecting personal (including cellular devices) or unknown devices to your NMCI asset.
- **Policy Enforcement:** Enforce strict USB device usage policies within your organization. Any unauthorized devices will flag to NAVNETWARCOM and they will isolate the asset immediately. Then you must contact us here at NDW N64 (NDW_Cybersecurity@us.navy.mil) to get your asset unlocked. The process includes formal counseling and renewing your DoD Cyber Awareness Challenge Certification.
- **Regular Updates and Patching:** Keep your software and systems up to date and patched to defend against known vulnerabilities.

While USB devices offer undeniable convenience, their unregulated use within DoD networks can open the door to a wide range of security threats. It's crucial to strike a balance between usability and security by educating yourself, adhering to policies, and complying with security measures. By doing so, you can protect our network, data, and ourselves from the lurking dangers of unauthorized USB devices.

**The bottom line is when you don't
know if something is allowed, ASK!**

NDW N64 is here to serve NDW and we take that seriously. If you have any questions at all regarding cybersecurity for government networks, or in general, we are at your service. Do not hesitate to reach out. We can be reached at the contacts below:

NDW Cybersecurity Email Box:
NDW_Cybersecurity@us.navy.mil

NDW Cybersecurity Hotline:
(202) 433-WIRE (9473)

**NDW Information System
Security Manager:**
(202)-685-1812 (Desk)



Services for You

NDW CREDO WORKSHOPS:

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

We can bring workshops to you!
Please email us if you would like us to bring a workshop to your command.

credo.ndw@us.navy.mil

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

- **October 20 | 0900-1200**
NSA Bethesda

ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people have taken the workshop, and studies have proven that ASIST method helps reduce suicidal feelings for those risks.

- **October 11-12 | 0830-1600**
NAS Patuxent River
- **October 17-18 | 0830-1600**
JBAB
- **November 2-3 | 0830-1600**
NSA South Potomac

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

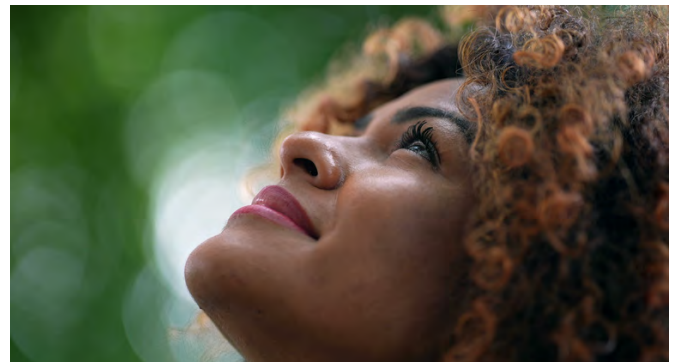
- **October 26 | 0930-1230**
NSA Annapolis
- **October 27 | 0930-1230**
JBAB

Women's Resiliency Workshop - *"Thriving in Uncertainty"* Take a day out of your normal routine to self-reflect, reconnect with your purpose, harness your inner strengths and learn how to use adversity to your advantage in a group setting.

- **October 30 | 0930-1500**
JBAB

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

- **TBD**





Services for You

NDW CREDO WORKSHOPS (CONT...)

NDW CREDO RETREATS: Overnight retreats are open **only to Active-Duty military, their Dependents and Reservists in an Active Status (SELRES/IRR)**. They will take place from Friday afternoon to mid-day Sunday at the Baltimore Marriott Inner Harbor at Camden Yards. Lodging, food, and parking are provided at no cost to the participants. Childcare is not offered.

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

- **November 3-5**
(full but accepting registrations on the waitlist)

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

- **October 20-22**
(full but accepting registrations on the waitlist)



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://magellanascend.com/?ccid=hpZiwlTni%2FVKNrZqvUQNB6fBJJGSp2%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.



WORLD CULTURE FESTIVAL

ADMISSION: FREE

September 29 | 6PM - 9:30PM

September 30 | 8AM - 9:30PM

October 1 | 9:30AM - 1PM

National Mall, Washington, DC

The nation's capital hosts the fourth edition of a one-of-a-kind global celebration of diversity, inclusivity, unity, peace and entertainment. Experience global music, dance, art and food from 180-plus countries at the historic, Olympic-scale celebration.

URL: <https://wcf.artofliving.org/>



VIENNA, VA - OKTOBERFEST

ADMISSION: FREE

October 7 | 11AM - 7PM

131 Church Street NE, Vienna, Fairfax County Virginia

Presented by the Vienna Business Association & town of Vienna, Oktoberfest is a family-friendly affair with free kid activities. Guests can expect three stages of live entertainment, two beer & wine gardens, German cuisine, and a vendor and artisan marketplace.

URL: <https://www.viennaoktoberfest.org/>



Things to Do Around You



29TH ANNUAL HARVEST FESTIVAL

AT THE AGRICULTURAL HISTORY FARM PARK

ADMISSION: \$20 PER CAR

October 7 | 11AM - 4PM

18400 Muncaster Road, Derwood, Maryland

Enjoy a fun-filled fall day on the farm with traditional crafts, activities, music, and food. Participate in hands-on farm activities such as candle dipping, tin-smithing, quilting and spinning; paint pumpkins and build scarecrows; play historic games; enjoy live music and storytelling; experience farm equipment exhibitions and demonstrations; meet heritage farm animals; and partake of food, visit craft demonstrators, and take a hay ride around the farmstead.

URL: <https://montgomeryparks.org/events/harvest-festival-2023/>

CATOCTIN COLORFEST

ADMISSION: FREE

VARIOUS FEE CHARGES AT PARKING LOCATIONS

SHUTTLE BUS SERVICE AVAILABLE 8AM - 6PM

October 14 | 9AM - 5PM

October 15 | 9AM - 5PM

21 Frederick Rd., Thurmont, Maryland

Colorfest, established in 1963, is one of the largest outdoor craft shows on the East Coast and is held as the area's vibrant leaves are changing. Amazing crafts, art, jewelry, clothing, and a variety of delicious food are located throughout town. Demonstrations by various crafters will be taking place throughout the two days, including broom making, wood turnings, and wood carvings of flowers.

URL: <https://www.visitfrederick.org/catoctin-colorfest/>





Things to Do Around You



FALL ARTS AND CRAFTS FESTIVAL

ADMISSION: \$8/ADULT, \$7/SENIORS

October 14 | 9AM - 4PM

October 15 | 10AM - 4PM

Fredericksburg Convention Center

2372 Carl D. Silver Parkway

The Fall Craft Festival will feature handmade crafters from the local region. Browse the aisle ways for new jewelry, home decorations, or simply that art piece that draws your eye.

URL: <https://www.fredericksburgva.gov/1306/Fine-Art-Show>



CAMPOUT IN THE PARK

ADMISSION: \$20/EACH INDIVIDUAL

FAMILY OF 4 - \$65 RESIDENT/\$75 NON-RESIDENT

PRE-REGISTRATION REQUIRED BY OCTOBER 15

October 20 | 5PM - October 21 | 10AM

Motts Run Reservoir

Bring out the family for a fun night in the park. You will have the chance to camp at Motts Run Reservoir, enjoy s'mores on the campfire, and more. Space is limited so register early. All meals and activity materials are provided but you are responsible for your own tent and camping supplies (a supply list and additional information will be emailed upon registration).

URL: <https://fxbg.com/calendar-item/campout-in-the-park/>



Fair Winds and Following Seas



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

Feel free to reach out to the Newsletter team at: NDW_COE_Newsletter@us.navy.mil
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For more detailed information, please select your installation at:

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