

THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL. 8 AUGUST 2022



The Culture of Excellence and You

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

Check out the Mind, Body, and Spirit section for articles on neuroscience and inner healing, the anti-inflammatory diet, and the need to love others and to be loved.

August 26 is Women's Equality Day, the anniversary of the 19th Amendment, which affirmed women's right to vote.

Check out this month's edition for the following:



COE Resources: Treating trauma, healing from grief, and controlling your emotions around people who trigger you.



Why Naval Air Station Patuxent River is "where the future of Naval aviation begins."



Training opportunities and job aids for security careers from the Center for Development of Security Excellence.



A day in the life of a U.S. Navy Ceremonial Guard casket bearer.



LEADERSHIP AND YOU

Naval Air Station Patuxent River's unique role as the NDW Region's one and only air station.

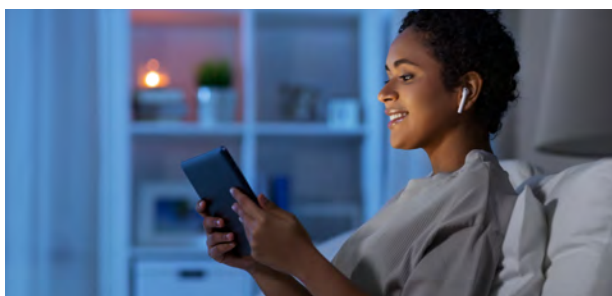
[Read More](#)



MIND, BODY, AND SPIRIT

Resources for brain growth and healing, healthy eating to prevent inflammation and maximize long-term health, and a Chaplain's reflections on the fundamental human need for love.

[Read More](#)



COE RESOURCES

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

[Read More](#)



DIVERSITY, EQUITY, INCLUSION, AND ACCESSIBILITY

Honoring "Women's Equality Day" and struggles for women's rights throughout U.S. history.

[Read More](#)



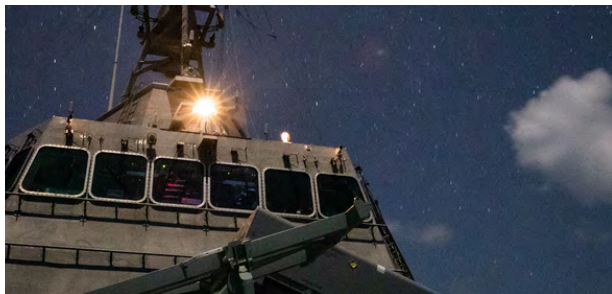
VOICE OF THE EMPLOYEE

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

[Read More](#)



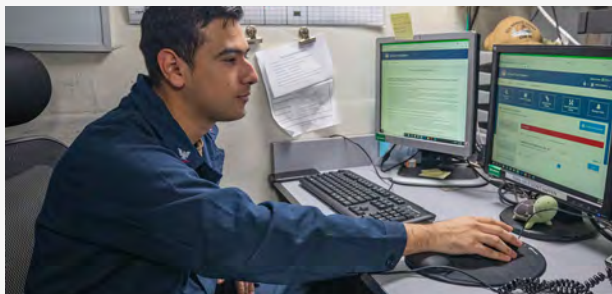
IN THE SPOTLIGHT



Learn about a day in the life of a U.S. Navy Ceremonial Guard Casket Bearer.

[Read More](#)

SERVICES FOR YOU



Check out different services available for you: security training opportunities and important info about the Government Travel Charge Card.

[Read More](#)

THINGS TO DO AROUND YOU



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

[Read More](#)

FAIR WINDS AND FOLLOWING SEAS



Each month we say farewell to staff retiring across NDW.

[Read More](#)

CONNECT WITH US



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

[Read More](#)



Leadership and You

NAVAL AIR STATION PATUXENT RIVER, NDW'S JEWEL OF SOUTHERN MARYLAND

By Patrick Gordon
NAS Patuxent River Public Affairs Officer

Nestled in St. Mary's County, Maryland, where the waters of the Patuxent River and Chesapeake Bay meet, sits Naval Air Station (NAS) Patuxent River. NAS Patuxent River (or "Pax River" for short) is unique among installations in NDW, as it is the Region's only naval air station. The 14,500-acre complex is approximately 90 miles from the Fleet in Norfolk, Virginia, and 65 miles south of the nation's capital, and includes the main station in Lexington Park, Webster Outlying Field in St. Inigoes, Navy Recreation Center Solomons in Calvert County, and Bloodsworth Island Range in the Chesapeake Bay.

Since its commissioning April 1, 1943, NAS Patuxent River has evolved into a Center of Excellence for Navy aviation. It was described by Rear Adm. John S. McCain, then chief of the Navy's Bureau of Aeronautics, as the "the most needed station" in the Navy. Today it is also known to be "where the future of Naval aviation begins."



The command is led by Capt. Derrick Kingsley, NAS Patuxent River's Commanding Officer, Capt. Douglas Burfield, NAS Patuxent River's Executive Officer, and CMDCM Ryan Colosimo, NAS Patuxent River's Command Master Chief. With just 800 employees assigned to the host air station's staff, the military and civilian "Pax Pros" work hard to ensure the continued security and safety of its tenants, while providing first-class services to all employees. Its command vision is to deliver the finest base operating support and services while actively setting the conditions for mission partner success.



Leadership and You

NAVAL AIR STATION PATUXENT RIVER (CONT...)



Largest among its tenant commands are the Naval Air Systems Command and Naval Air Warfare Center Aircraft Division headquarters. NAS Patuxent River is also home to 50 other tenant activities, which were relocated to Pax River during a round of Base Realignment and Closures in the mid-1990s, a move that brought more than 20,000 military and civilian employees to the air station.

NAS Pax River hosts several squadrons that execute the Research, Development, Test, and Evaluation mission (RDT&E) that makes Pax River famous. Supporting all of them is the one squadron that falls under the Pax River installation chain of command, the NAS Patuxent River Search and Rescue (SAR) Squadron, the "Pax SAR Dogs." The dedicated pilots and crews of the SAR Dogs have a dynamic mission that protects the health and safety of those accomplishing the RDT&E mission as well as citizens in the Southern Maryland community and the region. The SAR Dogs have executed NDW needs for SAR support, requests from the State of Maryland, and SAR missions with the U.S. Coast Guard.

But even before that, the air station was host to some of the greatest technological advancements in aeronautics. Radar fire control, radar tracking, airfield lighting, and instrument landing techniques were developed and refined at NAS Patuxent River. The first fully jet-powered U.S. airplane, the XP-59A, was flight tested here in 1944. The FR-1 Fireball, a carrier-based fighter that combined a conventional engine with a General Electric jet engine, and the FD-1 Phantom, the first Navy all-jet airplane to operate from a carrier, were both tested at Pax River in 1945-1946. The first U.S. test of the adaptability of jet aircraft to shipboard operations was conducted by the Naval Air Test Center in 1946, when Lt. Cmdr. James Davidson flew a Phantom aboard the USS *Franklin D. Roosevelt*.

Test pilots were exposed to ejection seats in 1949, barrier engagements in 1951, and a simulated angled deck aboard the USS *Midway* in 1952. The United States' great space adventure started with the selection of the original seven astronauts in 1959. Four of the seven were Test Pilot School graduates from Pax River. In 1961, former Navy test pilot Alan Shepard became the first American in space. A year later, three test pilots from Pax River became the first Americans to orbit the earth.





Leadership and You

NAVAL AIR STATION PATUXENT RIVER (CONT...)

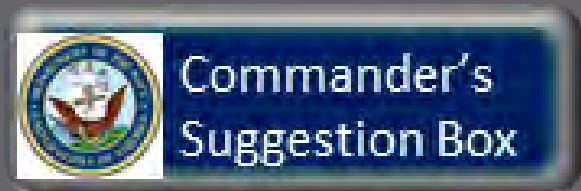


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But for all its support to mission partners, it also serves its community and personnel. In 2013, a newly constructed \$13.1 million Child Development Center (CDC) opened its doors at the air station. At 38,000 square feet, this CDC is one of the largest in the Navy and increases the support of the air station's military and civilian workforce by offering the space to care for more children on base. More recently, NAS Pax River received the NDW Installation Excellence Award winner in 2021, and it has been named a "Tree City, USA" by the Arbor Day Foundation for its environmental stewardship of local flora for 30 years running.

NAS Pax River continues to evolve to meet the needs of its employees and mission requirements for today and the future.

Follow Pax River - [Facebook](#) | [Twitter](#) | [Instagram](#)



THE NDW COMMANDING OFFICER'S SUGGESTION PROGRAM IS LIVE!

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

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

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

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

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



Mind, Body, and Spirit



UNDERSTANDING THE BRAIN AND THE IMPLICATIONS FOR EVERYDAY INTERACTIONS, RECOVERY AND HEALING

By CAPT Sara Pickett
Regional SAPRO and COE Champion

The brain is an amazing organ, and the role it plays as part of our body’s nervous system, I find, is very interesting. If I were to tell you I could give you evidence that would provide insight into how you receive information, how you react/interact with others, and even how you go about your daily life, would you be interested in learning more?

Neuroscience is the study of how the nervous system develops, its structures, and understanding what it does.

One of the major focuses of neuroscientists is the brain's impact on behavior and cognitive functions. Studying the brain has provided crucial insights into the workings of the mind and has helped science gain understanding of how our brain and its connections with our other organs can control our behavior, perceptions, and even our health. Having a basic understanding of the inner workings of your brain can be a great help in our journeys of recovery, healing, and unpacking the emotions we feel as we face different challenges in our lifetimes, whether they be trauma, loss, addiction, or stress, to name but a few.

The COVID 19 pandemic is a great example of a challenge we have had to face in the past two years. During the first couple of months of the pandemic, I found myself teleworking with three school-age boys at home. Having to help them navigate and learn the virtual environment led to my finding a great family resource on understanding how the brain works. To keep my boys engaged, curious, and learning vice playing video games, I found an awesome series on the Disney Plus channel called Brain Games. Each episode of Brain Games was a 45-minute adventure that we shared and had us looking inward to discover what made us... us.



Mind, Body, and Spirit

UNDERSTANDING THE BRAIN (CONT...)

The series features interactive games and experiments designed to “mess with your mind and reveal the inner-workings of your brain, exploring the science of perception, memory, attention, illusion, stress, morality, attraction, anger, and so much more.” I’m happy to share that the series is still available on Disney Plus under the National Geographic tab. I highly recommend this resource if you are interested in an engaging, fun, and interactive way to learn about your brain, especially if you would like to learn with your family.



If you are looking for something a little more intellectual and in depth, I recommend the Huberman Lab podcast. This podcast features Dr. Andrew Huberman, a tenured Professor of Neurobiology and Ophthalmology at Stanford School of Medicine. Dr. Huberman leads discussions on many different aspects of neuroscience, to include how our brain works and/or the existing and emerging tools that measure and change how our nervous system works. Each episode is approximately one and a half to two hours in length and very interesting. In this month’s COE Resources, we recommend Huberman Lab Episodes 74: “The Science and Process of Healing from Grief” and Episode 75: “Dr. Paul Conti: Therapy, Treating Trauma, & Other Life Challenges.” Both are insightful, easy to follow, and interesting to listen to. I found myself looking forward to listening to additional podcasts to learn even more about the brain.

The more I continue to learn about how the brain works, the more I can identify times when I have reacted a certain way, had a visceral reaction in response to something said, and even understand why I have even felt shame related to past challenges. Dr. Brene Brown, a research professor at the University of Houston, bestselling author, and host of two weekly original podcasts, has spent the last two decades studying courage, vulnerability, shame, and empathy. Dr. Brown defines shame as “the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging—something we’ve experienced, done, or failed to do makes us unworthy of connection.” In her TED Talk, “[Listening to Shame](#)” (link in COE Resources), Dr. Brown shares why she believes the S word (shame) is an epidemic in our culture, and concludes that our ability to understand and talk about shame is how we will reconnect with one another.



Mind, Body, and Spirit

UNDERSTANDING THE BRAIN (CONT...)



In the TED talk "Eli Nash: Escaping Porn Addiction" (link in COE Resources), Eli, a recovering porn addict, eloquently shares his experiences and discusses the amount of shame that relates to all addictions, but especially sex and porn addiction. He talks about how, in the process of asking for help, he found himself building connections with others. These connections allowed him to view his story, no longer as a vehicle of shame, but rather a vehicle for healing, and he found his shame shifting to make way for healing and recovery. Eli asks us to consider sharing our own stories. Not specifically about porn addiction but rather about overcoming shame and opening the way to recovery and healing.

Initially when we received the recommendation of the Eli Nash TED talk, I was hesitant to include it in the Newsletter, because... well, porn addiction? This is not a common topic discussed around the water cooler, or if it is, I am not privy to those conversations. But I wanted to give it the due diligence it deserved... and I am a mom of three teenage boys, so there is that. After watching the TED talk, I found myself thinking back to different challenges I have faced in my career and pondering if the reason Eli's discussion resonated with me was related to past shame I myself have worked to overcome.

To dissect this thought a little more, I re-watched Eli's TED Talk with my 16-year-old son, Sean, to get his opinion. During the video Sean appeared to be interested in the story. He laughed a couple of times and made different facial expressions. At the end he stated, "it was awkward, because eww, I am watching with my mom; but it was good." This led to further discussion about challenges he has personally witnessed family members overcome and about his own experiences as a high school junior, concluding, "I see how his story is not just about porn addiction, but also overcoming challenges and shame; it was effective." If you are interested in learning more about the science and statistics related to porn addiction, visit the Fight the New Drug website at <https://www.fightthenewdrug.org>.

I hope you will take the opportunity to watch/listen to the different recommended resources and find or learn more about a service or recommended activity. But most importantly, I hope this information motivates you to continue to grow personally and professionally with the NDW team.





Mind, Body, and Spirit



PREVENTIVE EATING: BENEFITS OF AN ANTI-INFLAMMATORY DIET

By Rick Docksai
Editor

Ever had an inflamed tooth, or some skin inflammation? You'd know if you have, because these inflammations hurt. However, there's much more inflammation that goes on inside us, and we might not feel it at all. But we'll feel its effects over time: joint pain, sleep problems, poor mood, and a host of chronic—and often deadly—illnesses. You can save your body from this gradual wear and tear, and feel better inside and out, by optimizing your lifestyle now. It starts with an “anti-inflammatory” diet.

The Inflammation Problem

Inflammation is natural. It's how the body prompts itself to heal from an infection, injury, or any other type of harm. The body ramps up production of white blood cells, immune cells, and other substances to fight infection or restore damaged tissue. We'll feel it on the outside as short-term pain, swelling, fever, and just feeling generally crummy. It's no fun, by any means, but it's how the body makes itself get better.

Guess what else triggers an inflammation response? Unhealthy food choices. Too much sugar, saturated fat, processed food, or alcohol causes chronic inflammation in our bodies, and this kind of inflammation doesn't heal us; it breaks our bodies down over time.

If unchecked, this internal damage will morph into chronic ailments like arthritis, fatty liver disease, heart disease, and cancer.

Doctors can test for inflammation. It shows up in blood draws as elevated levels of C-reactive protein (CRP), homocysteine, TNF alpha, and/or IL-6.

And you may know you have it already. If your knee has been bothering you more than usual after your weekend bike rides, you've been having more trouble sleeping, or just been feeling more tired and drained lately, you might be suffering from an inflammation problem.

What you eat matters, however. There are foods that prevent inflammation or even combat it. A diet rich in these foods—and light on the foods that make inflammation worse—is what we call an anti-inflammatory diet.



Mind, Body, and Spirit

PREVENTIVE EATING (CONT...)



Eating for Less Inflammation

Vegetarians and vegans are eating anti-inflammatory diets, whether they know it or not. So are those following the “Mediterranean diet” guidelines. Basically, an anti-inflammatory diet is a diet full of healthy minerals and vitamins, “good” fats, protein, and certain anti-inflammatory seasonings and herbs. Vegetables, fruits, peppers, nuts, fish, and (lean) poultry are all good anti-inflammatory choices. So are the “high-fat” fruits: avocados and olives, as well as olive oil and avocado oil. And it may surprise you, but spices can be anti-inflammatory: Turmeric, fenugreek, cinnamon, and “hot” spices like cayenne pepper and paprika are all good for you.

Tea, green or black, is a good anti-inflammatory beverage. And if you crave something sweet, dark chocolate is okay (in small doses).

What Not to Eat

As noted above, you have to go light on sugar and carbs. Minimize sodas, fruit juices, “refined” carbs (e.g., white bread, pasta, white rice), chips, pretzels, and dessert foods. The same goes for processed seed and vegetable oils like soybean or corn oil, fried foods, and any foods high in saturated or trans fats. Also avoid processed meat—hot dogs, bologna, sausage, etc.

And alcohol: Alcohol turns into sugar in your body and is inflammatory. If you do drink, stick to red wine—and in moderation (no more than 5 ounces a day for women, or 10 ounces a day for men).

Here’s what a day of anti-inflammatory eating might look like, courtesy of Henry Ford Health (URL: <https://www.henryford.com/blog/2020/07/health-benefits-antiinflammatory-diet>).

BREAKFAST

Yogurt (plain) mixed with blueberries and chopped walnuts.

LUNCH

Taco salad sandwich, made of a whole grain (or corn) tortilla with pinto beans, zucchini, and other veggies, topped with guacamole and salsa.

SNACK

Any fruit of your choosing.

DINNER

Quinoa and chicken tabbouleh. Cook the quinoa and chicken, mix with grape tomatoes, onions, and olives, and garnish with mint, basil, and olive oil.



Mind, Body, and Spirit

PREVENTIVE EATING (CONT...)

There are hundreds, maybe thousands of other recipes out there you can learn. Eating Well has an easy “Anti-Inflammatory Meal Plan for Beginners” to help you get started, at this link:

<https://www.eatingwell.com/article/7894310/anti-inflammatory-meal-plan-for-beginners>.

Once you’ve got the basics down, check out Eating Well’s “25 Easy Anti-inflammatory Diet Recipes You’ll Want to Make for Dinner Tonight”:

<https://www.eatingwell.com/gallery/7922269/easy-anti-inflammatory-dinner-recipes>.

Diet for Long-term Health

It takes some work to get into anti-inflammatory eating. The typical U.S. diet makes it too easy to eat foods that inflame us, so we have to relearn what and how to eat. But the benefits are many. You’ll see lower blood sugar, lower cholesterol and triglycerides, and less arthritis and joint pain. Symptoms of irritable bowel syndrome or autoimmune disorders like lupus may lessen. You’ll definitely lose weight. And your energy, mood, and even your sleep may all improve.

So take the time to rev up your diet,
the anti-inflammatory way.
You and your long-term health
are worth it.



SOMEBODY LOVE ME

By CDR Peter Dietz
CREDO Director

Who doesn’t want to be loved? I think being loved is one of those few things that human beings need to survive. Some may argue that love isn’t as essential as much as food, water, and shelter, but I think that to live a healthy life, we all need to feel loved. What do we have when we are not loved? Loneliness. And this is one of the most challenging emotions to deal with—feeling alone. And why is it that we can feel alone in a big city, or that we can feel alone while underway with our shipmates, or living in the barracks?



Mind, Body, and Spirit

SOMEBODY LOVE ME (CONT...)

As I've grown, I've come to realize that the feeling of love in a loving relationship really isn't about getting something or having someone do things to and for me. It is about what I do for others—and not necessarily to and for the person that loves me! My mother loves me, and what makes her happy is seeing me live my life well. Seeing me serving others makes her happy and proud. Her expectation for me is to live responsibly and respectfully and to care for others. When I live my life that way, I respect the love she has for me. I do those things and live my life that way because I honor the love from my mother, and I know that living my life in this way makes her happy and proud.

It is a bit odd to think that loving others leads to a feeling of being loved, but it does. When we love, care, and give to others, we are engaging with and honoring the love that comes to each of us from the Creator of the universe. We are given life, food, water, and shelter. The beauty of creation surrounds us. We are touched by mini-miracles regularly. We are loved by God, who also has hopes and expectations that we too will love one another, care for those who suffer or weep, and protect the universe that supports and sustains all life. When we live our life that way, caring for others and our planet, we experience fulfillment and joy.

Love is giving, not receiving. When we expect something in return, whether recognition or a debt to be repaid, we really have given nothing at all. It is good to give when asked, but it is better to give when not asked; and the joy of finding a need that you can fulfill is greater than the giving itself. It is in loving others that we really experience the love that God has for us.

“God is love, and those who abide in love abide in God, and God abides in them. Love has been perfected among us in this: that we may have boldness on the day of judgment, because as he is, so are we in this world. There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because he first loved us. Those who say, ‘I love God,’ and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen. The commandment we have from him is this: those who love God must love their brothers and sisters also” (1 Jn 4:17-21).

If you are interested in speaking with a chaplain or any of the CREDO workshops or retreats, please send me a note at:

peter.w.dietz3.mil@us.navy.mil

May you know the joy of loving and being loved and never feel alone again.





COE Resources

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

PODCASTS

Huberman Lab—Dr. Paul Conti: Therapy, Treating Trauma & Other Life Challenges. Episode 75.

In the June 6, 2022, episode, Dr. Huberman talks with Dr. Paul Conti, M.D., a psychiatrist and expert in treating trauma, personality disorders, psychiatric illnesses, and challenges of various kinds. They discuss trauma and its far-reaching effects on the mind and body, as well as best treatment approaches. They next explore therapy with a discussion on how to choose a therapist and how to do self-directed therapy. And they discuss the pros and cons of different pharmaceutical modalities.

URL: <https://hubermanlab.com/dr-paul-conti-therapy-treating-trauma-and-other-life-challenges>.



THE CCN NAVIGATOR

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

https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/COE/The_CCN_Navigator_Aug_2022.pdf?ver=MON_xuUxjLFZVV7wDELeFg%3d%3d



CEO Resources

PODCASTS (CONT...)

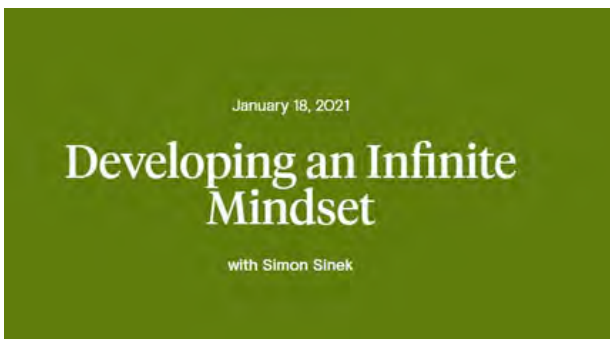
Huberman Lab–The Science & Process of Healing from Grief. Episode 74.

In the 30 May 2022, Dr. Huberman discusses the many different aspects of grief, starting with the biological mechanisms of grief and how feelings of absence and yearning are created from the neural circuits for emotional and factual memory and combine with those of love and attachment. Dr. Huberman provides science-based tools to help with the grieving process and discusses how having a strong foundational psychological and biological state is key to helping us cope with grief when it happens. URL: <https://hubermanlab.com/the-science-and-process-of-healing-from-grief>.



Brené Brown and Simon Sinek on Developing an “Infinite Mindset.”

In a January 2021 episode of her podcast Dare to Lead, leadership author and speaker Brené Brown talks to guest author Simon Sinek on his latest book, *The Infinite Game*. The book’s message to leaders: Don’t strive to win. According to Sinek, business and organization leaders often act with a “finite mindset” of “beating the competition” and “winning at business or work.” So they overly focus on near-term profits, micromanage their staff, and pit employees against each other, all of which leads to more stress and frustration and less trust, cooperation, and innovation. Sinek advises leaders to shift to an “infinite mindset” that embraces change, delegates control, and sets near-term goals in the service of the greater good. URL: <https://brenebrown.com/podcast/brene-with-simon-sinek-on-developing-an-infinite-mindset>.





CEO Resources

TALKS

“Stop Letting People Control Your Emotions.”

There are people who will be difficult, who will upset you or “trigger” you. And you might lose your temper with them—or, if they keep upsetting you, you’ll want to avoid them. But therapist Dr. Julia Kristina suggests you instead learn from them. Examine what it is that upsets you and why you respond so strongly to them, and you can learn important lessons about yourself and ways to grow. It’s a matter of “using your triggers as your teachers.” URL:

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



TED Talk: “Listening to Shame.” In this talk, Dr. Brene Brown follows up from her popular talk on vulnerability with a discussion on shame. Dr. Brown calls shame an unspoken epidemic and discusses the effects of shame and how it drives many forms of destructive behavior. She shares her research and walks through the differences between guilt and shame and what can happen when we confront our shame head-on. URL:

<https://www.youtube.com/watch?v=psN1DORYYV0>.



TED Talk: “Escaping Porn Addiction.” Pornography addiction is real, and its harms to relationships, households, and workplaces are many. But those struggling with it are too ashamed to ever talk about it openly, says entrepreneur-philanthropist Eli Nash. Nash speaks from experience: Traumatized by childhood sexual abuse, he became addicted to porn and privately tried and failed to quit for years. He finally broke the habit, when he talked to a therapist and a porn-addiction support group. Sharing his hardships with others is crucial, says Nash: It’s what made it possible for him to “move from shame to healing.” URL: <https://www.youtube.com/watch?v=dbYWKVAeu6Y>.





CEO Resources

TALKS (CONT...)

TED Talk: “Judgment. Don’t Let it Cripple You.”

We make judgments about other people, and they make judgments about us. Constantly worrying about how other people judge us is a “prison” too many of us live in, says award-winning employment expert, columnist, and YouTuber Aimee Bateman. She speaks from experience: She used to worry what others thought of her all the time. Then she learned to accept that judgments will come and to speak her truth anyway. Breaking free of the prison of other people’s judgments isn’t easy, she says, but it’s how you become the person you really want to be. URL: <https://www.youtube.com/watch?v=wBTEJsDP-nU>.



TED Talk: “Sugar is Not a Treat.” Sugary foods taste good, but there is nothing sweet about their long-term effects on the body: Diabetes, depression, gangrene, Alzheimer’s, strokes, and many other serious illnesses are all linked to high sugar consumption, says naturopathic doctor and diabetes specialist Jody Stanislaw. She explains how sugar and carbs wear the body down over time, and she offers practical tips for lowering your sugar intake, including safe limits for sugar consumption and some secrets of low-sugar baking and cooking. URL: <https://www.youtube.com/watch?v=tic7X3ET4gE>.



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

WOMEN'S EQUALITY DAY—AND THE CONTINUING STRUGGLE FOR EQUALITY

By Desmond Boykin
Equal Employment Opportunity Specialist

The observance recognizing Women's Equality Day was established by Joint Resolution of Congress in 1971. Women's Equality Day is observed on the 26th day of August and commemorates the 1920 passage of the 19th Amendment to the Constitution, which gave women the right to vote. The Amendment changed Federal law and the face of the U.S. electorate forever. Women won legal recognition as equal citizens. While women in some states could already vote before 1920, this amendment affirmed voting rights for women nationwide.

However, women in some states—particularly women of color—were blocked from voting after ratification. Additionally, the voting rights of Native American women were not recognized until 1924. For Chinese American women, it was 1943, and for Japanese and other Asian American women it was 1952.



African American women were quite active in the women's suffrage movement of the early 19th century, but they remained barred from voting for decades after their white counterparts. They would continue to be denied the right to vote until the passage of the Voting Rights Act in 1965.

Women's Equality Day gives us an opportunity to reflect on the continuing struggle for equality in the workplace and the role of women in public life. Women in public service and government have long served this nation by working to clear barriers, enforce laws, implement new ideas, and change people's attitudes.



Diversity, Equity, Inclusion, and Accessibility

WOMEN'S EQUALITY DAY– (CONT...)



The first women to serve in the U.S. Navy were nurses, beginning with the “Sacred Twenty” appointed after Congress established the Navy Nurse Corps on May 13, 1908. The first large-scale enlistment of women into the Navy met clerical shortages during World War I, and the second came months before the United States entered World War II. President Franklin D. Roosevelt signed Public Law 689, creating the Navy’s Women’s Reserve program on July 30, 1942, a law that paved the way for women to serve in the Navy as Sailors and officers. On Feb. 22, 1974, the Navy designated its first woman aviator. On March 7, 1994, the Navy issued the first orders for women to be assigned aboard a combatant ship, the USS *Dwight D. Eisenhower* (CVN-69). Today, women serve in every rank from seaman to admiral and in every job from naval aviator to deep-sea diver.

Today we are reminded we all have the opportunity—and the responsibility—to create a society that gives both men and women an equal voice.

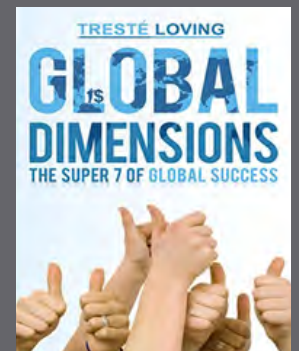
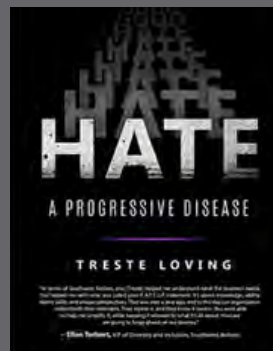
HERITAGE CORNER

By Desmond Boykin
Equal Employment Opportunity Specialist

The NDW community and the Diversity, Equity, Inclusion & Accessibility (DEIA) program joined together in recognizing Women’s Equality Day for a virtual presentation on August 19th at 2:30 p.m. We had a guest speaker, Tresté Loving, CEO and founder of the Institute for Racial Equity. You can find more about Ms. Loving by following these links:



Tresté Loving, Racial Divide Expert | Race Communications (tiredofhate.com)
<https://www.tiredofhate.com>



Amazon.com: TRESTÉ LOVING: Books, Biography, Blog, Audiobooks, Kindle
https://www.amazon.com/TREST%C3%89-LOVING/e/BOOMR1GPLI/ref=aufs_dp_fta_dsk



Voice of the Employee

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

“
To me, a Culture of Excellence is the creation of a respect-driven environment in which we passionately fulfill our missions and take care of each other.
”

---**Mr. Vince Panella**
Director, Strategy & Future Requirements (N5)

“
What Culture of Excellence means to me is a sense of belonging to an organization and knowing that my voice is heard and appreciated. It is a great feeling when you are part of something that involves adding value in an environment you are proud to be associated with. When the culture is excellence, you will make the commitment to give back more than what was given to you.
”

---**Ms. Gay Williams**
Acting Deputy EEO Director

“
As the Regional Marketing Manager, Culture of Excellence means providing as much support with my team to the installations within NDW to help them promote their quality of life events and programs to the military members and their families. These programs encourage morale, well-being, and recreation during their off-duty hours as well as provide support services to them during some of the most important times of their lives. Being a member of the Fleet & Family Readiness team, our mission is to help take care of our Navy Sailors and their families which is crucial to Culture of Excellence in the Navy.
”

---**Ms. Lori Riccio-Walker**
Regional Marketing Manager





In the Spotlight



A DAY IN THE LIFE OF A USN CEREMONIAL CASKET BEARER

By CAPT Sara Pickett, Regional SAPRO and COE Champion, MC2 Griffin Kersting, NDW Public Affairs Content Creator, and LT Andy Hinkley, Company Officer Casket Bearer and Firing Party Platoons

WASHINGTON -- Established in 1931, the United States Navy Ceremonial Guard (USNCG) is the official ceremonial unit of the U.S. Navy, with the mission to represent the service in Presidential, Joint Armed Forces, Navy, and public ceremonies in and around the nation's capital. Arlington National Cemetery (ANC) is one such location where the USNCG performs daily in funeral ceremonies, laying to rest those who have gone before us with the respect and honor they deserve. The Sailors of the Casket Bearers Platoon ensure that humbling honor is executed with ceremonial perfection and to exacting standards.



In the Spotlight

USN CEREMONIAL CASKET BEARER (CONT...)

Becoming a U.S. Navy Ceremonial Guardsman is one of the highest honors the fleet has to offer enlisted Sailors after graduating from basic training at Recruit Training Command (RTC). If selected, Sailors will embark on a two-year tour at the USNCG on board Joint Base Anacostia-Bolling in Washington, D.C. While at RTC, Sailors are recruited by the USNCG and must meet specific qualifications, including but not limited to height requirements, military bearing, maturity, and professionalism. Those chosen to become members of the Ceremonial Guard understand why appearance in and out of uniform is important to the command, the Navy, and their audiences everywhere, and take pride in exceeding the standards.

Upon arrival to the command, Sailors are assigned to Alpha Company for initial training. Guardsmen in training complete a rigorous, self-paced training regimen over eight to nine weeks in which they focus on learning the history and basics of the Guard: marching in step as a platoon, rifle drill manual, uniform standards, rifle assembly, and inspection.

After completion of initial training, Sailors officially earn the title of Guardsman, receive their ceremonial aiguillette and a spot promotion to E-3, and move into the marching platoon. While in the marching platoon, Guardsmen complete qualifications to become members of any of four specialty platoons at the command: Firing Party Platoon, the United States Navy Color Guard, the United States Navy Drill Team, and the Casket Bearers Platoon.





In the Spotlight

USN CEREMONIAL CASKET BEARER (CONT...)

The Casket Bearers Platoon holds the important duty of honoring those who came before them by delivering the remains of deceased Service members and their spouses to their final resting place at ANC or the cemetery of their choosing.

To become a Casket Bearer, Guardsmen need to train rigorously to meet and maintain specific weightlifting and ceremonial customs qualifications. The minimum weightlifting qualification alone consists of eight repetitions of each of the following exercises: 225 lbs. barbell squat, 165 lbs. barbell bent-over row, 225 lbs. barbell dead lift, 185 lbs. barbell bench press, and 120 lbs. barbell overhead press. Additionally, they must complete six repetitions (with a five-second hold at 90-degrees arm bend) of a 75 lbs. barbell before finishing the weight qualification with a 30-yard farmer's carry of 60 lb. Dumbbells and then holding those same dumbbells for 90 seconds.

This intense qualification is a requirement to ensure the safety of each Casket Bearer, whose job requires them to lift extremely heavy caskets nearly every day in teams of eight bearers to a casket.

“We constantly ask our guys how their weight qualifications are going during the process because everybody needs to lift their share of the weight of the casket properly,” said Aviation Electronics Technician 3rd Class (AT3) Anthony Reader, a Guardsman in the Casket Bearers Platoon.

The Casket Bearers are always training. They strive to keep their bodies healthy and to hold each other accountable and responsible for the commitment they made to themselves and their team.

“If you have achieved the weight qualification, then you have to be able to maintain the weight qualification every day,” said LT Andy Hinkley, the Company Officer for the Casket Bearer and Firing Party platoons.

Being a member of this specialty platoon is no small feat, and the pride these Sailors have in being a part of this team is inspiring. The pride the Casket Bearers have in their role is summed up by this quote from Boatswain's Mate 3rd Class (BM3) Michael F. Teesdale: “I never thought I would be at Arlington; it is humbling to see all the tombstones, to give final honors to the Service Members. I get to do this.”





In the Spotlight

USN CEREMONIAL CASKET BEARER (CONT...)

During funerals ceremonies, a Casket Bearer's main focus is to escort and transfer the remains of our fallen shipmates and to fold the flag accompanying the remains for the next of kin to receive; a job that must be performed with precision and without showing emotion or stopping, no matter what is happening around them. AT3 Reader recalled that “When there were cicadas last year, one crawled up my mask, and its leg was in my eye. I couldn’t move... they were all around us, we were stepping on them while marching.”

LT Hinkley further explained how the Casket Bearers and Guardsman of the command train to not “break (move) for anything,” even if there are bugs on your face or changes in the weather that make the ceremony you are in physically uncomfortable. The Casket Bearers explained how they utilize different tactics to prevent themselves from reacting to their surroundings and each other. Whether it is the 1,000-yard stare or secretly biting their lips and/or cheeks, the Casket Bearers and USNCG Guardsman take pride in their ability to stand strong and tight.

On any given day, 11 Casket Bearers on average are assigned to support Navy funerals at ANC. This includes one eight-man Casket Bearer team, one Arlington Lady Escort (ALE), and two Body Bearers. The ALEs are members of the platoon who are in process of earning their position of the team. Being the ALE provides those Casket Bearers in training the opportunity to participate in the funeral, observe the roles of the Casket Bearer team, and interact with the family.



“We may be the first person the family interacts with, and we represent the Navy in a positive and strong way, which is important,” said SN Joseph-Anthony Miller, a Guardsman in training for the Casket Bearers Platoon.

The Casket Bearer team usually arrives at ANC at least one hour prior to the first funeral, but that is not when their day starts. Their day begins at the command, mustering as early as necessary to ensure everyone has their uniforms and equipment prepared and ready. Upon arrival to Arlington, the Lead Bearer will accompany either the Petty Officer in Charge (POIC) if it is a standard funeral, or the Commander of Troops (COT) if it is a full honors funeral, to perform the internment site survey. For the Lead Bearer, the site survey includes assessing the route and how to form up the bearer team for the different aspects of the funeral, information that they share with the rest of the team prior to each funeral. Additionally, the POIC or COT will assess other aspects important to the execution of the ceremony before the funeral commences.



In the Spotlight

USN CEREMONIAL CASKET BEARER (CONT...)

The flag folding sequence that the Casket Bearers perform during a funeral is impressive to watch. The Casket Bearer team use subtle cues and signals to communicate with each other during the folding sequences, all done in complete silence. Once folded, the Lead Bearer will inspect the flag to ensure it is securely and properly folded tight, with nothing visible but the blue field and white stars of the ensign showing. After inspecting a properly folded flag, the Lead Bearer presents the flag to the POIC, COT, or in some cases to a Navy Captain or Admiral, who will then present the flag to the next of kin.

Routinely, the Casket Bearers are tasked to perform more than one funeral a day. Depending on the number of funerals scheduled, it is not uncommon for the Casket Bearer team to go from one funeral to another, back-to-back, with hardly any time or breaks in between. If the schedule allows, the team can be found gathered at the United Service Organizations Honor Guard lounge on Joint Base Fort Myer-Henderson Hall, preparing for their next funeral.

When not at ANC, the Casket Bearers spend their time training and practicing their procedural elements and sequences. Practice entails flag folding, lifting and placing caskets, and transferring caskets to and from the caisson, as well as military bearing, ceremonial movements, and customs. These practices are performed both inside and outside of the Ceremonial Guard building to better train the Casket Bearers to acclimate to the temperatures and rigors of the job.

LT Hinkley explained how the bearers get opportunities to practice funeral procedures alongside the rest of the platoons and their command during weekly command trainings. The Casket Bearers also train carrying caskets at least once a week outside—up and down the levy along the Anacostia River. Casket Bearers take great pride in never “falling out” of detail, no matter what. Funerals proceed regardless of weather conditions, including extreme heat, rain, and snow. Cancellations are very rare, and historically the decision to cancel is made by the late service member’s family. “You will never see a casket bearer falling out during a funeral or in training,” said BM3 Teesdale. “We train for any condition, and make sure we are ready for anything.”

Practice is taken just as seriously as an actual funeral and to ensure they are training to the pressures of the job. When new Casket Bearers achieve their qualifications, they know their first funeral will be in the Lead Bearer position. There is no “getting your feet wet” and working up to the lead position.





In the Spotlight

USN CEREMONIAL CASKET BEARER (CONT...)

SN Lyndon Perry, Guardsman in the Casket Bearers Platoon, said, “Yesterday was my first time carrying a casket, and the first time you are on set, they make you run Lead, the person making all the calls. You are expected to know everything. It’s the best way to experience the pressure.”

The daily life of a Casket Bearer comes with a lot of hard work, dedication, and attention to detail. And it is never easy.

“One of the hardest parts of this job to me is being a part of every Service member’s family that we lay to rest at funerals,” said Airman Mark Mahon, a Guardsman in the Casket Bearers Platoon. “I’m there doing my job while listening to their whole life story and seeing what they’ve done in their career, knowing that it’s a fellow brother or sister that has also served this country.”

A memorable experience already for all without personal ties, even more so are the funerals for fallen Shipmates of the Casket Bearers involved. SN Dabner Maldonado Montalvo, a Casket Bearers Platoon Guardsman, shared: “I had the opportunity to carry the body of my rack mate from boot camp. He was diagnosed with cancer while at boot camp. I did not realize he had passed away or whose funeral I was participating in until I asked to see the information after the funeral, and it was him. I was honored that I had the privilege to carry my friend’s casket.”

AT3 Reader added: “When the bombing happened in Kabul last summer and 13 Service members were killed, I was on the team that went to the hometown of Hospital Corpsman Third Class Maxton Soviak in Berlin Heights, Ohio, and we were able to see everyone come together to honor him and lay him to rest. Nothing I had done up to that point compared.”



For more information on the U.S. Navy Ceremonial Guard please go to <https://ndw.cnic.navy.mil/About/Ceremonial-Guard/> and please follow them on social media at <https://www.facebook.com/usnceremonialguard> and on Instagram.





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



NAS Patuxent River’s Commanding Officer, CAPT Derrick Kingsley, and team give BZs to the following personnel:

- **A special BZ to your N6 team** for helping us with a new multi-function printer, as well as a SIPR Intrusion Detection System upgrade for our Headquarters building. The new multifunctional device removes a barrier for the Security Department in scanning all paper qualification records. Bravo Zulu!

- **BZ to NAS Patuxent River’s MA3 Destiny Gay** and her Military Working Dog, Georgina, for a successful POTUS support mission to Ohio on July 5-6. Bravo Zulu!
- **BZ to NAS Patuxent’s River Search and Rescue (SAR) teams** for answering the call twice in early July. On July 1, a SAR dog crew successfully rescued a father and nine-year-old daughter, whose boat had become disabled and washed up on a rocky break in the Choptank River. Another crew launched on July 7 to assist the U.S. Coast Guard and Saint Mary’s County Sherriff in a search for a missing 14-year-old in the Potomac River. Bravo Zulu!
- **BZ to LT Chaplain Clay Hamrick**, who received a Navy Commendation Medal End of Tour award for his outstanding service. Bravo Zulu!
- **BZ to MA2 Jeffery Salekolder**, who received a Navy Achievement Medal End of Tour award for his outstanding service. Bravo Zulu!
- **BZ to AO1 Hilfania Perezinafuku, GM2 Shaila Drury, and GM2 Aaron Krouse**, who were awarded the Navy Achievement Medal in recognition for their outstanding performance during Range Operations. Bravo Zulu!



In the Spotlight

BRAVO ZULU! (CONT...)

- **BZ to AC1 Randford Walters**, who received the Military Outstanding Volunteer Service Medal for volunteer services to our community. Bravo Zulu!
- **Bravo Zulu to the following Sailors of the Quarter, FY22 Third Quarter:** AC1 Nicholas Decanio–Sailor of the Quarter, MA2 Skylar Parris–Junior Sailor of the Quarter, and AC3 Matthew Lansberry–Blue Jacket of the Quarter. Bravo Zulu!
- **BZ to the following Civilians of the Quarter, FY22 Third Quarter:** Patrick Etheredge–Senior Civilian of Quarter, Melissa S. Smith–Supervisor of the Quarter, and Tiara Geenhow–Junior Civilian of the Quarter. Bravo Zulu!
- **BZ to Zachary Claus from NAS Patuxent River Aquatics**, who was recognized as the Employee of the Quarter–Summer Employee (Lifeguard). Bravo Zulu!
- **BZ to Ms. Monique Green**, who was awarded the Civilian Service Commendation Medal for her outstanding performance while covering as NAS Patuxent River’s Sexual Assault and Response Coordinator. Bravo Zulu!

BZ to Cristina Anderson, who provides Customer Service/Admin Support at the Fleet and Family Support Center (FFSC) at Ft. Meade. FFSC staff said that within Ms. Anderson’s short time in this role, she has hit the ground running! In May, she was asked to provide support to the Family Advocacy Program (FAP) program until the FAP admin position was filled. She welcomed this as a learning opportunity to grow professionally. We can say without a doubt that Ms. Anderson gives 100% of herself and that she is a team player and a fast learner! She has even taken the initiative to implement new efficient processes for the FAP program. She is truly one of a kind and an asset to the organization. Bravo Zulu!!

NDW’s N3 Region Training Team gave Bravo Zulu shoutouts to the following NAS Patuxent River Sailors: MA1 Trevor Houseknecht, MA2 Kaila Gentry, MA3 Justin Parent, MA3 Danny Neff, and MA3 Dakota Cantrell for their high scores on level of knowledge questions; and the new Antiterrorism Officer Jeff Metcalf, who was well prepared for the Region Training Assist Visit (RTAV) on July 25-28 and had the Installation Training Team ready for the RTAV, as well.

N3 gives a BZ to Joe Udell, Chris Doan, and the N6 team for their after-hours work on Friday and Saturday, August 5-6, to restore the Enterprise Land Mobile Radio at Indian Head. They demonstrated outstanding customer support and dedication in restoring public safety.





In the Spotlight

BRAVO ZULU! (CONT...)

BZ to Naval Support Activity (NSA) Annapolis's Carr Creek Marina Manager, Mr. Brandt Rodey, who received a Letter of Commendation for his actions on July 2, 2022. While working in the marina basin, he witnessed a rental sailboat returning and attempting to moor under too much speed, resulting in the patron's hand being caught between the mooring line and cleat. Mr. Rodey immediately aided the patron by towing their vessel to the dock, calling Emergency Medical Services, and alerting Marina staff to the emergency. Mr. Rodey's selfless and quick actions prevented serious injury to the individual and prevented damage to the NSA Annapolis Morale, Welfare and Recreation (MWR) sailboat. Bravo Zulu!

BZ to Phil Romeo and Diego Flores for their expert assistance to NSA Annapolis. Both passed their Higher Headquarters Operational Requirements Assessment last week with flying colors. Job well done to the N34 team! Bravo Zulu!

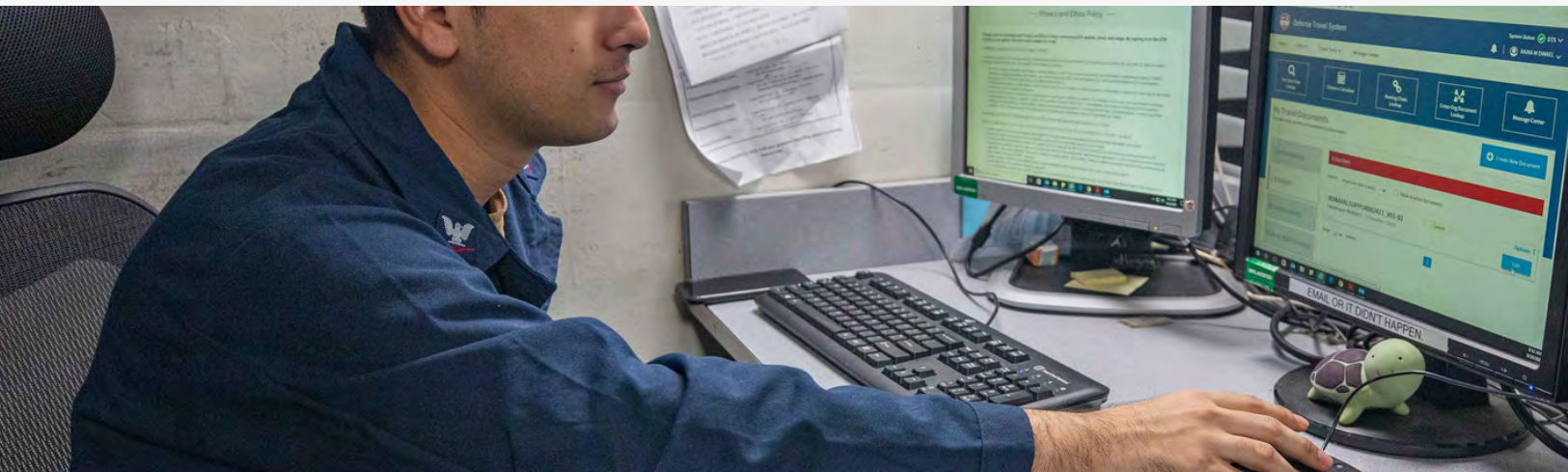
BZ to the United States Navy Ceremonial Guard's (USNCG) Alpha Company graduates who graduated 29 April 29, 2022: SN Jamier Seivwright, MASN James Simmons, SN Carter Gill, and AN Jarrod Decamp. Bravo Zulu!

BZ to USNCG's Alpha Company graduates who graduated May 20, 2022: SN Jayden Bacon, AN Jeb Jamar, and SN Tyheed Bozeman. Bravo Zulu!

And BZ to the USNCG's Alpha Company graduates who graduated July 8, 2022: CSSN Atofoki Forson, OSSN Profith Ihenetu, HN Noah Fortner, AMAN David Conley, AMAN Aiden Amente, MASN Nelson Pascal-Kelly, ADAN Chase Alford, ATAN Dallas Wolters, AN Nathan Averill-Lang, CSSN Ashanti Ladson, LSSN Trent Farmer, PSSN Apryl Deal, HN Valeria Echeverry, MASN Thomas Agnetti, YNSN Tariq Matthews, and AN Samuel Browning. 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

SECURITY TRAINING OPPORTUNITIES

By Ms. Andrea Burckman
Director, Total Force Manpower Management (N1)

The Center for Development of Security Excellence (CDSE) provides diverse security courses and products to DoD personnel, DoD contractors, employees of other federal agencies, and selected foreign governments. Training is presented through a variety of learning platforms and is streamlined to meet performance requirements and accommodate the busy schedules. All courses are free, and there are no prerequisites for the entry-level courses.

Some of the subject matter offered include General Security, Cyber Security, Industrial Security Insider Threat, and Counterintelligence. You can even obtain a recognized security specialist certificate through the STEPP program.

This site also includes a number of job aids, toolkits, and webinars for use in a variety of security disciplines. So whether you are looking for a refresher training for your current security role or looking to expand your learning to embark on a new career in security, there is likely something in the CDSE programs that you will find that will be of benefit.



You can access the site at:
<https://www.cdse.edu/Training>



Services for You



GOVERNMENT TRAVEL CHARGE CARD BASICS

By Ms. Kenyatta Bailey
NDW Travel Lead

The Defense Travel System (DTS) is a fully integrated, automated, end-to-end travel management system that enables any DoD traveler to create authorizations and reservations, receive approvals, generate travel vouchers, and receive a split disbursement between their bank account and the Government Travel Charge Card (GTCC). Use of the DTS and GTCC is mandatory for all official travel.

The DoD policy is that the GTCC will be used by all DoD personnel (military or civilian) to pay for all costs related to official government travel. Official government travel is defined as travel under official orders while performing duties pertaining to official government assignments, such as temporary duty and permanent change of station.

Keep Your DTS Profile updated. It is very important that the information in your DTS profile is up to date. If it isn't, your travel itinerary may be sent to the wrong email address, or your travel reimbursement could be affected. To review or update your profile, log in to DTS, select your name in the upper right corner, then choose My Profile from the drop-down menu. Review all sections of your profile, paying particular attention to these fields:

• **GTCC expiration date and card number**

When you receive a new GTCC, you must update the card number and/or expiration date in your profile (it is not done automatically). Failure to update these details can result in a declined transaction.

• **Email address**

Without a current email address on file, you will not receive trip details (confirmations) or updates on the status of your authorization/voucher.

• **Banking information**

If you recently closed an account, your reimbursement could be delayed.

• **Phone numbers**

If there is a problem with your travel reservations, your Travel Management Center will need a current contact number to reach you.

• **Mailing address**

List your current mailing address.

• **Emergency contact information**

List at least one emergency contact.



Services for You

GOVERNMENT TRAVEL CARD CONT...

The Region's Travel Points of Contact are:

Calvin Dixon

Accounting Officer/Travel Supervisor

Kenyatta Bailey

Travel Lead/Organizational Defense Travel Administrator (ODTA)

Cynthia Booth

Finance Defense Travel Administrator/
Alternate ODTA

Rickey Taylor

Travel Card Agency Program Coordinator

If you have any questions or need assistance with travel, please email:

travel.ndw@navy.mil

JOB FAIR COMING TO A LOCATION NEAR YOU

NDW will be hosting a Public Safety Job Fair on September 21-22 to hire Access Control Officers, Police Officers, and Emergency Dispatchers across all installations. Be on the lookout for flyers and advertisements and help us spread the word!

ADDITIONAL SERVICES FOR YOU

Fleet and Family Support Program: August's issue of the FFSC Family Connection Newsletter is now available. In it, you will find information on children and PCSing, Great Navy Campout, upcoming virtual webinar classes, and much more. The newsletter can be found at the following link:

<https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Family-Connection-Newsletter>.

DONCEAP: New articles, resources, and other information are now available for the month of August and can be found on the Magellan Ascend website:

<https://magellanascend.com/?ccid=hpZiwlTni%2FVKNrZqvUQNB6fBJJGSp2%BZYWZSUbKC71w%3D>.

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



MARYLAND FLEET WEEK IS BACK!

Maryland's cherished event is back in person and even more exciting! Maryland Fleet Week & Flyover Baltimore, presented by Northrop Grumman, returns to Baltimore City and Baltimore County this fall with an exciting line-up of ship tours, festivals, flyovers, and educational activities, taking place IN-PERSON September 7-13, 2022, at the Inner Harbor, Port Covington, Fells Point, Under Armour Pier and Martin State Airport.

Continue to the next page for Maryland Fleet Week event information.





Things to Do Around You



FLEETS: Ships begin arriving in Baltimore on Wednesday, September 7 and include United States, British, and Canadian naval ships, U.S. Coast Guard vessels, and National Oceanic and Atmospheric Administration and Army Corps of Engineers working vessels. There will also be traditional sailing ships, including the Danish sail-training tall ship *Danmark*. They will be docked at various locations around Baltimore, including the Inner Harbor, Fells Point, Under Armour Pier Locus Point, and Port Covington. Ship tours will be available from September 8-12 from 10 a.m.-5 p.m.

FLIGHTS: NEW this year, there will be an exciting series of flyovers of modern and historic aircraft, September 9-11, centered at Baltimore's iconic Inner Harbor. Eventgoers can enjoy seeing and hearing the roar of jets overhead while strolling around the festivals or taking tours, providing access to more people than in previous years.

FESTIVALS: The celebration offers three festivals featuring live performances, exhibitors, food, hands-on children's activities, military displays, and more at Fleet Week Festival at:

- Baltimore's Inner Harbor West Shore Park: September 9-11 from 11 a.m.-7 p.m.
- Port Covington: September 10-11 from 11 a.m.-7 p.m.
- Martin State Airport Fleet Week Open House in Middle River, Baltimore County: September 10-11 from 9 a.m.-4 p.m.

Plus follow [@mdfleetweek](#) on Facebook, Instagram and Twitter to get an insider perspective into the Fleet & Flights through virtual ship tours and behind-the-scenes experience.





Things to Do Around You



Free, Family-friendly music in Annapolis. Bring the family and some comfy lawn chairs or a picnic towel to the Annapolis Town Center on Friday, August 26, for a free outdoor music performance from 7 p.m.-9 p.m. It's a concluding act for this summer's Annapolis Town Center Summer Concert Series. This evening's performing group will be the Red Sky Dawn Band, a local cover band with a wide repertoire. For more info and updates, check out <https://annapolistowncenter.com/event-detail/vinyl-and-vino-2/>.



International Extravaganza in Alexandria. Dance troupes, food trucks, and gift vendors across the globe are coming to the scenic Old Town Alexandria waterfront on August 27 for the hugely popular Around the World Cultural Food Festival. The festivities take place in Oronoco Bay Park from 11 a.m.-7 p.m. Admission is free, open to all ages, and pet friendly. For more details, go to <https://aroundtheworldfestival.com/map-directions-oronoco-bay-park>.



Things to Do Around You



A DC Race to Remember. This 9/11, walkers and runners will meet at the Potomac Boat Club in Washington, DC, for 5K and 10K races in remembrance of that fateful day and our nation's sacrifices and struggles in defense of freedom. The organizer, Run to Remember, is a national nonprofit running community dedicated to honoring the U.S. military and supporting Service members, veterans, military families, Gold Star families, and civilians. Event admission is \$25. Register online at <https://bishopsevents.com/event/2022-9-11-memorial-5k-half/>.



The “Nerf” battle of Fredericksburg. Do you and your kids have fun with Nerf guns? Then this is the event for you. Fredericksburg Virginia Foam Flingers organizes informal, family-friendly Nerf battles. The next one is Saturday, September 17, at 12:30 p.m. at the Fredericksburg Field House. There will be a “Team Death Match,” “Capture the Flag” game, and a “Domination” game. It’s \$10 to play. For more information, go to <https://fb.me/e/2IHugZl9E>.



Writers' group in Fredericksburg. Writers and artists of all levels and experience are welcome to join the Fredericksburg Writers Community at its next get-together on Tuesday, September 6, at 7 p.m. at Barnes and Noble. Attendees can share what they've been working on while giving and receiving feedback on each other's work. To read more about the event and RSVP, go to <https://fb.me/e/2aO13N1fd>.



In

Fair Winds and Following Seas



MS. YEEFA SAE LAO

Yeefa Sae Lao has been an extraordinary member of the Warrior Café and Morale, Welfare and Recreation since March 2012. She consistently demonstrated appropriate foundation skills as a Food Service Worker at the Warrior Café. Ms. Lao got along extremely well with her co-workers and was a model of consistency who always arrived ready to work.

Ms. Lao consistently demonstrated outstanding workplace awareness and technique, ensuring the routine following of all safety protocols for the operation of kitchen machinery and equipment, and the required sanitary procedures before, during, and after every meal service period. She managed her time well and prioritized tasks consistent with district expectations. Excessive or inappropriate absences were never a problem.

And Ms. Lao displayed strong commitment to this organization and NSA Bethesda since the beginning of COVID-19, as she helped solidify the food service operation throughout the ongoing pandemic. She provided vital support for the Restriction of Movement (ROM) feeding plan, which was extremely successful because of her dedication and attention to detail.

Ms. Lao has made a large contribution to the overall success of Warrior Cafe through her commitment and dedication to duty. Her excellent customer service was her trademark and showed dedication to her work. She was an outstanding representative of the Warrior Café, MWR, and NSA Bethesda.



Connect with Us

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

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