

THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL. 19 AUGUST 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.

Does your life feel like Groundhogs Day, the same thing over and over? Learn how to become unstuck if you are stuck in a rut. In this month's Services for You IT2GO segment we focus on digital privacy and how to navigate the digital landscape.

In August, NDW celebrates Women's Equality Day.

Check out this month's edition for the following:



NDW's COS highlights the importance of updating Next of Kin and beneficiary information.



Chaplain Dietz asks us to contemplate "How can we move closer to being a 'Suicide Safe' Navy and Department of Defense?"



The NDW's DEIA Program has partnered with Everybody Wins DC (EWDC) to provide mentorship and readers to neighboring schools.



NDW says 'Farewell and Following Seas' to CDR Brad Coleman and Ms. Debbie Funchion.



LEADERSHIP AND YOU

A message from the Chief of Staff on the importance of updating personal information.

[Read More](#)



MIND, BODY, AND SPIRIT

Thoughts on how to get unstuck when you find yourself in a rut, the importance of mobility training, and how we can move closer to a 'Suicide Safe' Navy and Department of Defense.

[Read More](#)



COE RESOURCES

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

[Read More](#)



DIVERSITY, EQUITY, INCLUSION, AND ACCESSIBILITY

NDW celebrates Women's Equality Day and enters into a new partnership with Everyone Wins DC.

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VOICE OF THE EMPLOYEE

NDW's CDR Olivia Degenkolb and Mr. Phillip Romeo discuss what Women's Equality Day means to them.

[Read More](#)



IN THE SPOTLIGHT

NDW celebrates our Military Youth of the Year.



[Read More](#)

SERVICES FOR YOU

Safely navigate the digital landscape and protect your privacy. September is National Preparedness month, a time to focus on being ready for whatever life throws our way.



[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 says goodbye to CDR Brad Coleman and Ms. Debbie Funchion.



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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

IS YOUR INFORMATION UP TO DATE?

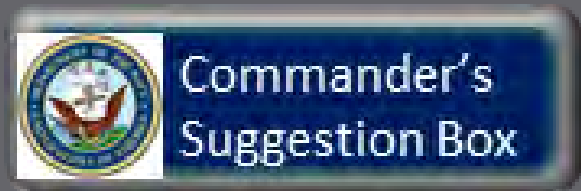
By CAPT Graham Dicks
NDW Chief of Staff

Team NDW – this month's Quarterdeck contains some informative and important pieces that deal with suicide as well as the loss of life and bereavement. While this is a topic none of us are likely comfortable speaking about, it is an unavoidable part of life that I think best to be prepared for. In my personal life, I have lost both my parents, and professionally, have lost friends and shipmates to various causes. I found that in both my personal and professional life, the devastation that comes with death was enhanced significantly when preparations were not made, or inaccurate information had been left behind by the deceased. More times than I care to recall, military deaths uncover that the service member's Next of Kin information or SGLI beneficiaries have not been updated or are incorrect. This adds a level of complexity, stress, and emotion to an already difficult time. My ask is that each of us takes a moment to ensure that our information is updated, whether military or civilian, and that you take the necessary actions now to ensure that your loved ones are not left with additional challenges.





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

HOW TO GET UNSTUCK

By Chaplain Bob Price
LCDR, USN

You wake up at 0500 and start getting ready for the day. PT, shower, have breakfast, brush your teeth, get dressed, and ready for your commute. Arriving at work, you execute your mission smartly. You return home, spending time with your family; after which you collapse into bed...only to be woken up at 0500 by your alarm and you do it all over again.

The realization slowly dawns that you are stuck in a rut. Life may begin to feel like Groundhog's Day because it's the same thing over and over again. Your life begins to suffer. You lack the motivation and the joy you found in things is slowly evaporating. More and more you just feel...stuck.

If this is you, realize you are not alone. Most, if not all, of us have experienced the sensation of being stuck. Our projects may begin to suffer, our exercise routines become ineffective, and we may not feel like we are making any progress at all. But we don't have to feel like this and as we begin the last quarter of the year, we may ask ourselves: **how do we get unstuck?**





Mind, Body, and Spirit

HOW TO GET UNSTUCK (CONT...)



Professor Adam Alter has spent the last two decades studying how people get stuck and, more importantly, how people recover from these periods. He discusses this research in his book Anatomy of a Breakthrough which offers a roadmap to get unstuck and to thrive.

Alter identifies the three areas that contribute to our 'stuckness' as HEART, HEAD, and HABIT. **HEART** (unhelpful emotions) such as despondency, hopelessness, anger, and fear are emotions that hold us back. **HEAD** (unhelpful patterns of thought) such as "I'm no good," or "There is no way I can do this" trap us in our situations. **HABIT** (unhelpful behaviors) such as gaming for 18 hours a day contribute to our lack of forward momentum. We turn to these three elements when we either don't see as much progress as we want (we stop seeing big gains at the gym, etc.) or we hit a setback (we don't get that promotion we had been dreaming of). When we experience these or we continue to rely on these methods as coping mechanisms, we stall out and our goals elude us. Once that initial inertia sets in, it becomes harder to get moving again. After a week off at the gym, it's that much harder to get back into the swing of things.

Alter says that there are several methods we can use to help ourselves regain our inertia. The first is to set small goals. When we begin a workout plan, we probably plan to work out as hard as we can. But with inertia, you may have to set smaller goals. Plan to run for three minutes straight instead of running 3 miles. As you make progress you can adjust the micro goals to get yourself back up to where you should be.

The second is to focus on the effort, not necessarily the 'success.' Actress Brie Larson speaks about the 1000s of auditions she went on before she finally was cast in a film. All successful people have faced similar rejection and failure. It doesn't matter if you missed your goals for a day or didn't get a promotion: the goal is to keep at it.

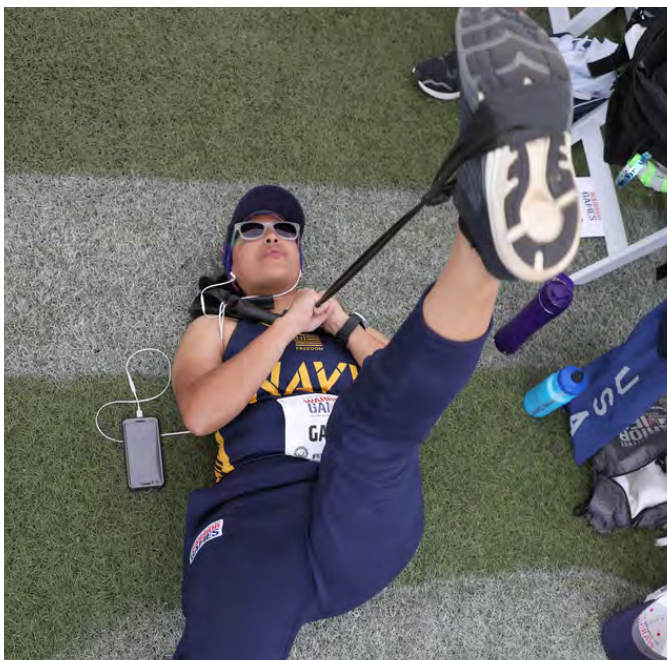
The third is to surround yourself with an encouraging community. Nobody can do anything alone. We need people to cheer us on and help us get out of the rut. **Having trouble with PT?** Get into a group. **Having problems staying focused on tasks at work?** Then reach out to people you trust to help you meet your goals.

You probably started this year with goals and aspirations that you wanted to achieve. Now that we are halfway through, you may have found yourself stalled and stuck. I highly recommend getting to know Dr. Alter's work and implementing a plan to get unstuck and thrive for the rest of the year.

LET'S FINISH THIS YEAR STRONG
AND GET OURSELVES UNSTUCK.



Mind, Body, and Spirit



MOBILITY TRAINING - WHAT IT IS AND WHY IT IS IMPORTANT

By CAPT Sara Pickett
NDW SAPRO & COE Champion

Mobility is a joint’s ability to actively move through its full range of motion, or simply stated, how we move. Flexibility is the ability of our soft tissues (muscles, tendons, and ligaments) to passively stretch supporting our joints. Mobility and flexibility go hand and hand and are important components of healthy movement. Our ability to execute activities of daily living plays a key role in our quality of life. Everyday actions from sitting, standing, and walking, to reaching overhead or bending down to pick something off of the floor, require flexibility and mobility. These functional movements require different joints to work together to stabilize, support, and move our bodies. The ability to move our joints through a full range of motion with control is what enables us to keep up with the everyday demands of living and allows us to participate in the activities that bring us joy.

Mobility training does not need to be complicated or intense. Mobility training can be any exercise that helps you move better and improves your range of motion. Being sedentary puts us at greater risk for all types of health problems. The more we sit throughout our day, the more important it is to include mobility training in our daily routines. Sitting for prolonged periods can result in a poor range of motion in joints and tight muscles.

We can do a couple of easy things to increase our mobility. One of the easiest and best exercises is walking. Walking is a foundational exercise and is usually easily tolerated. Dynamic stretching is another great way to incorporate mobility training. Dynamic stretching is active movements that allow our muscles and tissues to warm up and stretch while taking the joint through the full range of movement. Examples of dynamic stretches include hip swings, lunges with rotation variations, shoulder swings and circles, cat/cows, downward dog, glute bridges, 90/90 switches, and spinal thoracic rotations. Spending as little as 10 to 15 minutes warming up our bodies before a workout, and focusing on muscles you plan to target in the workout will help us achieve greater benefits and results.

If you do not already have an exercise routine practicing yoga (including chair yoga), Pilates, and Tai Chi are great ways to improve mobility. Or just do 15 minutes of mobility work like the dynamic stretches mentioned above a few times a week whenever it fits into your schedule. If you have a sedentary job, it is recommended, at a minimum, to focus on your thoracic and hip mobility as these areas tighten up after sitting most of the day. Incorporating mobility training into our daily routines is a great way to help ensure we can keep moving and remain active as we grow older. **How are you going to incorporate mobility training into your daily routine?**



Mind, Body, and Spirit



ONE SINGLE LIFE LOST IS ONE TOO MANY

By Chaplain Peter Dietz, Director NDW Credo

September is Suicide Prevention Month.

This is a good time to contemplate: *“How can we move closer to being a ‘Suicide Safe’ Navy and Department of Defense?”*

Let’s start the contemplation by focusing on what we have. We have our leader’s guidance on the matter of suicide prevention and their call for us to care for each other within our ranks:

- In DODI 6400.09, the Secretary of Defense (SECDEF) clearly states his expectations: “I expect every member of our Total Force to be part of the solution and leaders—both civilians and military across the Department to take direct accountability to drive meaningful change. To make real progress, we must consider outside views and ideas, to the extent practicable and be transparent where we have fallen short.”
- In the Secretary of the Navy’s (SECNAV) Vision Statement on *“One Navy-Marine Corps Team”*, the comprehensive challenge is on each of our shoulders: “All Sailors, Marines, and civilians in the Department of the Navy will operate as one team to protect the American people and our interests most effectively and efficiently possible, with our actions guided always by our core values. We will invest in the health, readiness, capability, and the leadership ability of our force.”

What else do we have? In addition to leadership’s guidance, we also have a crystal clear message in the FY20 DoD Suicide Report, the *“Executive Summary”* leading with these words: “The Department of Defense (DoD) is committed to preventing suicide and reducing stigma for seeking help within our military community, recognizing and valuing the diversity and talent each member contributes to our mission. We owe this to our Service members and families defending our Nation.” The tone of our leaders’ messages is one calling on us to take action.



Mind, Body, and Spirit

ONE SINGLE LIFE LOST IS ONE TOO MANY (CONT..)

Since we have our leaders' guidance on suicide prevention, what can you and I do to make a difference in reducing suicide within our Navy and Department of Defense ranks?

- Check out the Navy Culture and Force Resiliency Office website (<https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Suicide-Prevention/>) and get the latest update on suicide within our ranks and how each of us can make a difference by caring for each other.
- Enroll in the CNIC CREDO delivered safeTALK course which is a 3-hour training on suicide intervention skills. (There is a CREDO operating in every CNIC Region.) This is industry-standard, research-based training. You will be joining thousands of Shipmates who have already completed the course and can now recognize and act on warning signs from a troubled Shipmate possibly contemplating suicide. If you are active duty Navy, you can have your course completion entered in FLTMPs.
- Claim the "vital role" that SECDEF has already said is ours to lean into—we are required to respond affirmatively to the question: "Am I my sister's/brother's keeper?" Yes, we have a duty to not only "say something", but, if we see something amiss we are required to intervene by getting our Shipmate or office partner to a professional care provider. This is what a "Suicide Safe" military community looks like.

For the past ten years, Commander, Navy Installations Command (CNIC) has been creating a "Suicide Safe" environment within our Unaccompanied Residence Housing. CNICINST 11103.12A CH1 requires all Resident Advisors (RAs) to undergo the CNIC CREDO safeTALK 3.5-hour course or the electronic version, Start. This is required training to serve as an RA. This collaborative effort between CNIC's N9 leaders and CNIC Force Chaplain's Office provides a proactive response to a call for action to reduce suicide within our ranks. This one initiative is a poster child for what a "Suicide Safe Navy/Suicide Safe Department of Defense" looks like.

What can you do as an individual? During this month, ACT on the guidance of our leaders' by proactively reading up on the latest facts on the Navy Culture and Force Resiliency Office website; Sign up at your local CREDO Office for the safeTALK course. By the way, if 3 hours is too much to spare, CREDO programs have an electronic version of that same training that takes no more than 75 minutes to complete on your smartphone, personal computer, or government computer. That electronic version is called "Start".

And, this is what we ALL can do immediately: Let September be the month that each of us resolve to be a proactive, Shipmate, office partner vigilantly seeking to stamp out suicide within our ranks.

ONE SINGLE LOST LIFE IS ONE TOO MANY.





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.



TALK

Huberman Lab Clips: Best Exercises for Overall Health & Longevity | Dr. Peter Attia & Dr. Andrew Huberman.

Dr. Peter Attia and Dr. Andrew Huberman discuss the best exercises for health and longevity. URL: [Best Exercises for Overall Health & Longevity | Dr. Peter Attia & Dr. Andrew Huberman - YouTube](#)

NAVY CULTURE AND FORCE RESILIENCE

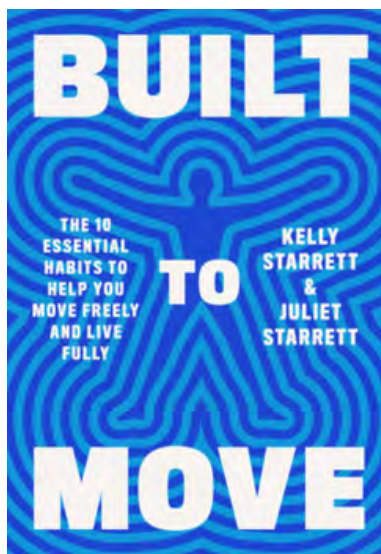
Check out N17's current issue of the Navy Culture and Force Resilience Office (OPNAV N17).

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



CEO Resources

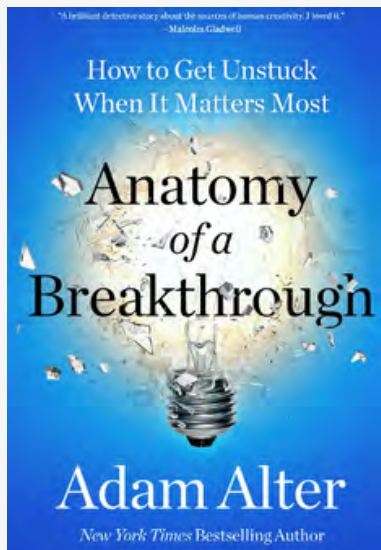
BOOK



Book: Built to Move: The Ten Essential Habits to Help You Move Freely and Live Fully by: Kelly Starrett, Juliet Starrett

Simple and proven physical practices designed to improve the way your body feels—less stiffness! fewer aches and pains! –and boost the overall quality of your life, no matter how you spend your time.

Built to Move introduces readers to a set of simple principles and practices that are undemanding enough to work into any busy schedule, lead to greater ease of movement, better health, and a happier life doing whatever it is you love to do—and want to continue doing as long as you live. This book is your game plan for the long game. URL: [Built to Move: The Ten Essential Habits to Help You Move Freely and Live Fully by Kelly Starrett | Goodreads](#)



Book: Anatomy of a Breakthrough: How to Get Unstuck When It Matters Most by: Adam Alter

Almost everyone feels stuck in some way. Adam Alter has spent the past two decades studying how people become stuck and how they free themselves to thrive. Weaving together scientific studies, anecdotes, and interviews, Alter provides a guide to breaking free from thoughts, habits, jobs, relationships, and even business models that prevent us from achieving our full potential. URL: [Anatomy of a Breakthrough: How to Get Unstuck When It Matters Most by: Adam Alter | Goodreads](#)



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

By Desmond Boykin
EEO Specialist

On Women's Equality Day, we honor the movement for universal suffrage that led to the 19th Amendment. We celebrate the progress of women over the years and renew our commitment to advancing gender equity. The amendment changed federal law and the face of the American electorate forever. The determination to win the vote was an expansive and diverse effort. Women's Equality Day is all about uplifting and empowering women and marveling at how far women have progressed, defying all odds and oppression.



Diversity, Equity, Inclusion, and Accessibility

WOMEN'S EQUALITY DAY (CONT...)



BUT NOT ALL WOMEN WERE GRANTED VOTING RIGHTS WHEN THE 19TH AMENDMENT WAS RATIFIED ON AUGUST 18, 1920:

While the Alaska Territory granted non-native Alaskan women full voting rights in 1913, seven years before the 19th Amendment, many women still did not have the right to vote after the amendment's ratification.

American Indian women fought for their right to vote until 1924, Chinese American women until 1943, and Japanese and other Asian American women until 1952.

A strong suffrage movement existed in many Black communities. However, the laws, particularly in the South, barred Black women from voting for decades after 1920. It wasn't until the passing of the Voting Rights Act in 1965 that these women obtained suffrage as well.

WOMEN IN TODAY'S MILITARY

Women have long played important non-combat roles in the U.S. military in medical and operational positions, but combat positions were only opened to women in 2013. There is only one female Medal of Honor recipient, Dr. Mary Edwards Walker, a contract surgeon for the Union during the Civil War, spent time as a Confederate POW and was awarded a Medal of Honor for her efforts – to date, she is still the only female recipient of the military's highest award.

HOW TO RECOGNIZE WOMEN'S EQUALITY DAY?

- Thank the women in your life
- We all depend on hardworking women – moms, grandmas, partners, sisters, and friends. Take time today to thank them for all the physical and emotional labor they do for others!
- Support women-owned companies
- Use your consumer power to support female entrepreneurs. You can find lists of women-owned businesses on the Small Business Administration's website or by reaching out to your local chamber of commerce.

Women aren't done fighting for equal rights. Today, the wage gap between men and women still impacts women's economic power, and gender-based discrimination still plagues workplaces and business transactions.



Diversity, Equity, Inclusion, and Accessibility




OUTREACH EVERYONE WINS DC

By Desmond Boykin
EEO Specialist

As a new school year approaches, we are presented with a new opportunity to be engaged with our community. The DEIA Program has partnered with Everybody Wins DC (EWDC) to provide mentorship and readers to neighboring schools.

Everybody Wins DC is an organization that provides programs to help children develop the foundational skills needed to reach their potential. EWDC programs strengthen literacy skills, build social-emotional competencies, and develop a love of reading and learning—all key indicators of future success in the classroom and beyond.

You can become a volunteer starting October 1 and the sessions run through May 2024. The commitment is approximately 1 hour a week.



VOLUNTEER OPPORTUNITIES School Year 2023-24



OUR PROGRAMS

Power Readers
Power Readers is a one-on-one mentoring program that connects elementary school students with volunteers to read together for one hour a week. Through these relationships, students build core literacy skills, develop essential social-emotional and interpersonal skills, and learn about the world beyond their communities—all key indicators of future success in the classroom and beyond.

The Book Project
Having books at home helps children do better in school, build social-emotional competencies, and develop positive attitudes toward reading. That's why The Book Project distributes thousands of free books each year, prioritizing stories that elevate diverse characters and experiences so all young readers can see themselves and their dreams represented on the page.

StoryTime
Reading aloud helps children build essential skills needed for future success. EWDC's StoryTime program offers two ways for volunteers to share stories with children—by reading aloud from a selected text, modeling positive literacy behaviors and introducing important themes and concepts; or by presenting books that speak to their own experiences, such as career exploration.

OUR REACH
EWDC delivers regular programming at 8 schools and community partners, supports 21 Little Free Libraries, and participates in special events across the region.

Click on the map for more details!

Visit www.everybodywinsdc.org | Email info@everybodywinsdc.org | Follow @everybodywinsdc

VOLUNTEER OPPORTUNITIES

Power Readers is a one-on-one mentoring program that connects volunteers with elementary school students to read together for one hour a week during the school year. These supportive relationships help build academic and social-emotional skills, expand horizons, and foster a love of reading and learning.



SCHOOL PARTNERS	ONGOING ENGAGEMENTS
Washington, DC: <ul style="list-style-type: none"> • J.O. Wilson Elementary School, 660 K St. NE • Tyler Elementary School, 1001 G St. SE • Thomson Elementary School, 1200 L St. NW • Savoy Elementary School, 2400 Shannon Pl. SE • Van Ness Elementary School, 1150 5th St. SE • Marie Reed Elementary School, 2201 18th St. NW 	<ul style="list-style-type: none"> • Serve as a mentor for Power Readers and read with a student for an hour a week during the school year. • Regularly deliver books to one or more of EWDC's 21 Little Free Libraries • Volunteer in the EWDC office to prepare books for distribution
Silver Spring, MD: <ul style="list-style-type: none"> • JoAnn Leleck Elementary School, 710 Beacon Rd. 	ONE-TIME ENGAGEMENTS <ul style="list-style-type: none"> • Serve as a guest reader for a StoryTime event • Assist with a community book distribution • Host a book drive to collect new diverse books for EWDC students
Arlington, VA: <ul style="list-style-type: none"> • Innovation Elementary School, 2300 Key Blvd. 	<p>To learn more about our ongoing or one-time engagements, or to be added to our distribution list, email volunteers@everybodywinsdc.org</p>

In addition, EWDC supports program activities across the region through our 21 Little Free Library locations and community-based events.



SCAN THE QR CODE OR CLICK THE LINK BELOW TO SIGN UP AS A POWER READERS MENTOR

everybodywinsdc.org/become-a-mentor

Visit www.everybodywinsdc.org | Email info@everybodywinsdc.org | Follow @everybodywinsdc



Diversity, Equity, Inclusion, and Accessibility

OUTREACH EVERYONE WINS DC (CONT...)

Sign up via EWDC's Power Readers Mentor Registration Portal. You will be asked basic information, about your interests, and availability. [Everybody Wins DC – Reading Mentor](#)

While volunteers still need to complete the DCPS volunteer application, DCPS allows potential volunteers who have an active secret or top-secret federal security clearance to complete a [Federal Security Clearance Verification letter](#) in lieu of being fingerprinted. The original signed verification form and a copy of a state issued photo ID should be emailed to dcps.clearance@k12.dc.gov. There is no similar process for Arlington County Schools or Montgomery County Public Schools.

If you have any questions, please feel free to reach out to me via email at, desmond.l.boykin.civ@us.navy.mil



BECOME A POWER READERS MENTOR

Power Readers is a one-on-one mentoring program that connects volunteers with elementary school students to read together for one hour a week during the school year. These supportive relationships help build academic and social-emotional skills, expand horizons, and foster a love of reading and learning.



- General Info**
- Mentors sign up for either virtual or in-person sessions held at local school and community sites.
 - Each mentor is paired with a student for the school year and can stay with the same student year-after-year if both agree to continue.
 - The commitment is approximately 1 hour a week.
 - There are no lesson plans – just having fun connecting over a book!

- How to Become a Mentor**
- STEP 1:** Sign up via EWDC's [Power Readers Mentor Registration Portal](#). You will be asked basic information, about your interests, and availability.
- STEP 2:** Once registered, EWDC will provide info about the required background clearance process based on selected service location(s).
- All mentors must obtain the necessary background clearance before reading with a student. In some cases, active secret or top secret federal security clearance can substitute for the required school clearance.*
- STEP 3:** Once cleared, volunteers will work with EWDC to be matched with a student. This includes reviewing schedules to confirm available days and time.
- STEP 4:** Volunteers must complete an in-person or virtual orientation/training before the first reading session.

SIGN UP TODAY!



everybodywinsdc.org/become-a-mentor

Questions? Contact us at info@everybodywinsdc.org.  (202) 216-9467 www.everybodywinsdc.org @everybodywinsdc

PLANNING FOR SCHOOL YEAR 2023-24

- PROGRAM CALENDAR**
- Sessions will begin around October 1, 2023 and run through late May, 2024.
 - New mentors can join the program through January of each program year.
 - There are no sessions during school breaks or holidays.

- POWER READERS SITES**
- Washington, DC:**
- J.O. Wilson Elementary School, 660 K St. NE
 - Tyler Elementary School, 1001 G St. SE
 - Thomson Elementary School, 1200 L St. NW
 - Savoy Elementary School, 2400 Shannon Pl. SE
 - Van Ness Elementary School, 1150 5th St. SE
- Silver Spring, MD:**
- JoAnn Leleck Elementary School, 710 Beacon Rd.
- Arlington, VA:**
- Innovation Elementary School, 2300 Key Blvd.
- In addition to in-person programming at the schools listed above, EWDC also offers virtual sessions as part of an afterschool program.

SIGN UP TODAY!



everybodywinsdc.org/become-a-mentor

Please note: This information is subject to change as EWDC finalizes the program plan for the 2023-24 school year.



Questions? Contact us at info@everybodywinsdc.org.  (202) 216-9467 www.everybodywinsdc.org @everybodywinsdc



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.

WOMEN'S EQUALITY DAY IN THE SPOTLIGHT

By MC2 Griffin Kersting
PAO

WASHINGTON -- On the 50th anniversary of the passing of the 19th Amendment in the Constitution, The National Organization for Women organized a nationwide strike for equality. Proceeding the strike, Congresswoman Bella Abzug designated that August 26th would be known as Women's Equality Day.

For the **"I Am NDW"** series this month, we had the opportunity to talk to Cdr. Olivia Degenkolb, NDW N5 Program Manager, and Mr. Phillip Romeo, NDW Region Program Director, Force Protection Programs, who give insights on what women's equality and Women's Equality Day means to them.



[Video: "I Am NDW - Women's Equality Day"](#)



Voice of the Employee

WOMEN'S EQUALITY DAY IN THE SPOTLIGHT (CONT...)

“To me personally, I think that women’s equality means that we have not only equal rights but equal responsibilities as well,” said Degenkolb. “So if we see a place where people are being discriminated against based on their gender, it’s up to us to speak up and ensure that we fix that.”

Over the years, women serving in the U.S. military and DOD have accomplished many great achievements. On January 24, 2013, women were also given the opportunity to serve on the front lines of combat and complete combat operations due to the lift of the Combat Exclusion Policy.

“I think that the repeal of the Combat Exclusion Policy is the single greatest achievement for women in the last couple of decades,” said Degenkolb. “I just think that the idea that women are allowed to compete on their merits and aren’t restricted from certain jobs because of their gender is huge.”

Across NDW, every department and N-Code at has women working in them, making great contributions to the team and region.

“Women bring so much to the table, especially in law enforcement and security operations,” said Romeo. “Everyone who works with me is tasked with respecting all people and understanding that everyone is equal.”

***Happy Women’s Equality Day
from NDW!***



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



MILITARY YOUTH OF THE YEAR CELEBRATION

By Lori Riccio-Walker
Regional Marketing Director

On Thursday, August 3, 2023, Rear Admiral Nancy Lacore, NDW Fleet & Family Readiness Director, Yvette Johnson, the Naval District Washington (NDW) Child and Youth Programs team: Horace Franklin, Christina Redell, Jessica Humphries, and Courtney Hillery and three of NDW’s Military Youth: Amira Tate (NSF Dahlgren), Olivia Bell and Stephen Smith (NAS Pax River) attended the 10th Anniversary National Military Youth of the Year (MYOY) Celebration hosted by the Boys and Girls Club of America, at the Grand Hyatt Washington in Washington D.C. alongside many of their Navy colleagues from other regions and Commander Navy Installations Command (CNIC).



In the Spotlight

MILITARY YOUTH OF THE YEAR CELEBRATION (CONT...)

MYOY, a distinct component of the Boys & Girls Clubs of America (BGCA) Youth of the Year Program, was introduced in 2013 to recognize outstanding teens served by BGCA-affiliated youth centers on military installations worldwide. The National MYOY winner advances to the final round to join the five Regional Youth of the Year winners from non-military Boys and Girls Clubs to vie for the honor of National Youth of the Year.

The event honored the five regional Military Youth of the Year and announced the National Military Youth of the Year. Regional Military Youths of the Year receive \$22,500 in scholarships, the National Military Youth of the Year receives an additional \$20,000 in scholarships (\$42,500 in total), and there are additional scholarships for the six participants who compete for the honor of National Youth of the Year.

There were approximately 350 military-connected personnel, families, and supporters at the celebration.

NDW did not have any finalists for this year's celebration but the three youths who attended will be competing in 2024.



WE WISH THEM THE BEST OF LUCK!





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

July Town Hall:

NDW Welcomes the following staff to the NDW

Team: Welcome Aboard!

NDW HQ: MASN Kelly Zander, N3, and FC1 Jordan Lucas, TPU. Welcome aboard!

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

- **Ms. Barbara Vandenberg** received a Length of Service Award for 35 years of Government service. Bravo Zulu!
- **Ms. Trina Gray** received a Length of Service Award for 20 years of Government service. Bravo Zulu!
- **Mr. Adam Flowers** received a Length of Service Award for 20 years of Government service. Bravo Zulu!
- **HM1 Luke Campbell and AD2 Mary Dessalines** received Flag Letters of Commendation for their outstanding service as SAPR Uniformed Victim Advocates.

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

- **N3:** BZ to N3 Headquarters staff for their support and execution of the PCU CARL M LEVIN commissioning: Diego Flores, Brian Flanagan, Demetrius Britt, Pete Galindo, CDR Kelly Cruz, Deputy Fire Chief John Gray, the N6 team. Bravo Zulu!
- **N6:** BZ to Regina Frye for supporting NMCI Tech Refresh aboard NSF Indian Head. She successfully completed the refresh of 38 NMCI assets and 8 Printer refreshes aboard the NSF within 14 days. On top of completing the refresh. She also completed 100% accountability for the FY23 NMCI asset reconciliation effort aboard Indian Head. Her ability to adapt and jump in to support at a moment's notice is truly appreciated. Bravo Zulu!
- **N6:** BZ to Joe Udell for his excellent support on LMR for the ship commissioning in Baltimore for USS Carl Levin. Bravo Zulu!
- **N9:** BZ to the MWR Program which recently launched the “In for Ten” program which is geared toward junior Sailors. The program provides transportation/tickets to either a sporting event, a trip to New York, concerts, etc. for just \$10. Last weekend NSAB MWR program provided a trip to Hershey Park with 26 junior Sailors. Bravo Zulu!





In the Spotlight

BRAVO ZULU! (CONT...)

- **Protocol and Ceremonies:** BZ to our Protocol and Ceremonies team for their hard work behind the scenes ensuring the success of VCNO's and Admiral Caldwell's Concert on the Avenue. Their ability to coordinate with multiple stakeholders resulted in a flawless walking tour for our foreign attaché allies. As we all know, the summer is the season of ceremonies, but we cannot forget about the superb and smooth change of command ceremony for Program Executive Officers Aircraft Carriers. Bravo Zulu!
- **N5:** BZ to N6's Mr. Rich Redell for facilitating loading Microsoft Power BI (Business Intelligence) software onto N5 analytic laptops to aid N5 in improving NDW's data visualization capability. Bravo Zulu!
- **Chaplain:** BZ to Chaplain Regina Johnson who received personal praise from a guest for her efforts during a memorial service. Quote "My husband is buried at the Veterans Cemetery in Jacksonville, N.C.His service was nice but not as personal as the service Chaplain Johnson provided. Chaplain Johnson spoke from her heart as if she knew my friend. This was the first service I have attended at Arlington National Cemetery, and I am very appreciative that I could attend this memorial service". Bravo Zulu!



NAVFAC sends a Bravo Zulu to Ms. Lisa Owen Her initiative to get the MEPs pulled from the E-Systems is a huge win for the Public Works Departments (PWDs).PWDs currently do not have to enter the data in multiple locations. Also, now that the PWDs are required to enter their MEPs in Maximo, it properly feeds the CBM reports (both COGNOS and Tableau). Going forward, they will be much more invested in accurately updating their project records in Maximo. In addition, her support provided to the PWDs throughout was really outstanding. She was very patient and helpful. Bravo Zulu!

Bravo Zulu to the N60 Team: For all their hard work and support provided to N6 customers and employees within the Region. Your customer service is stellar, and you are exceptional employees. Bravo Zulu!

Amy Cooksey sends Bravo Zulu: To my N652 NMCI team Dedrick Harris and Regina Frye, for your exceptional work every day. I could not do this job without you. 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

SAFETALK COURSE

**NSA Bethesda Military & Family Support Center
September 6, 2023 | 9AM - NOON**

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.

ASIST WORKSHOP

**NSA Bethesda Military & Family Support Center
September 20-21, 2023 | 8:30AM - 4PM**

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.





Services for You



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH – BEING PREPARED FOR DISASTERS AND EMERGENCIES

By Tiffany Croshaw
Regional Work and Family Life
Advisor/Emergency Management Specialist
Fleet and Family Support Program, N91

September is here, which means it's time for National Preparedness Month (NPM). NPM began to raise awareness about the importance of preparing for disasters and emergencies that can happen at any time. This annual observance focuses on educating and assisting families in understanding the importance of taking the proper steps to prepare for emergencies wherever they may be. It could be their home, their place of work, their child's school, or even within their communities. Every year National Preparedness Month focuses on a specific theme to highlight important aspects of emergency preparedness. This year the theme is *"Preparing for Older Adults"*; focusing on preparing older adults for disaster. Within this theme is important information on both planning and preparing to be able to overcome disasters and emergencies. This information can easily be found at www.ready.gov/older-adults.

For NDW, its Sailors, civilian employees, and their families, National Preparedness Month is the perfect opportunity to update emergency contact information. This information needs to be updated as it changes within the Navy Family Accountability and Assessment System (NFAAS) and the Exceptional Family Member Program (EFMP) as needed. NFAAS was developed after Hurricane Katrina as a method to account for, assess, manage, and monitor the recovery process that personnel and their families can experience after an event. EFMP is a program for active duty family members who have been diagnosed with chronic medical, psychological, or educational concerns requiring special services for more than six months and also reside with the active duty sponsor or are enrolled in Defense Enrollment Eligibility Reporting System (DEERS). NFAAS updates are important because in the aftermath of an event; this information is used to contact those who have stated that they need assistance with overcoming the event. If a dependent within NFAAS is also an EFMP; those updates to both NFAAS and EFMP are what provide the relevant and needed resources or referrals when there is an immediate need.





Services for You

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH (CONT...)



NDW has an ongoing goal to ensure that all Sailors, civilians, and their families understand how to be prepared for an emergency. There are tips at www.ready.gov to help all prepare for emergencies. The resource provides information on four tasks that will aid in preparedness.

1. Stay informed about the different types of emergencies that can occur as well as what sort of response can come from them. It is important to understand that emergencies can range from weather events to biohazard exposures to attacks, and everything in between.

2. Make a family emergency plan. This plan puts into action steps that families will take in an emergency. Such steps like shelter, family communications, evacuation routes, and specific needs for each household to include dietary, medical, pets, or disabilities. All of these and many more create a plan for families to know in an emergency.

3. Build an emergency supply kit. A basic emergency kit should include the following items at a minimum:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and an NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags, and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery
- Other items as needed based on family needs such as pet food, masks, and medications to name a few.

4. Get involved in your community by taking action to prepare for emergencies.

If you have any questions on National Preparedness Month or what you can do to help prepare yourself or your family; do not hesitate to reach out to any member of NDW Emergency Management, your local Fleet and Family Support Center, or resources within www.ready.gov.

STAY

INFORMED. PREPARED. READY.



Services for You



IT2GO- DIGITAL PRIVACY

By NDW 64 Cybersecurity

EMPOWERING YOURSELF: NAVIGATING THE DIGITAL LANDSCAPE WITH PRIVACY IN MIND

In today's digitally driven world, where information flows freely and connectivity knows no bounds, the concept of digital privacy has taken center stage. The conveniences of modern technology are undeniable, but so are the potential risks to our personal information. Understanding the importance of digital privacy and adopting protective measures is crucial for every individual who ventures into the online realm.

UNVEILING DIGITAL PRIVACY:

Digital privacy refers to your ability to control the information you share online and how it's used. With every click, swipe, and interaction, a trail of data is left behind, offering a window into your habits, preferences, and even vulnerabilities. As technology evolves, so do the methods of data collection, raising concerns about how your personal information is being handled and potentially exploited.

WHY DIGITAL PRIVACY MATTERS:

Guarding your digital privacy isn't about being secretive; it's about retaining control over your personal data and ensuring that it's used in ways you're comfortable with. Breaches of digital privacy can lead to targeted advertisements, identity theft, and even manipulation of your opinions. Additionally, the intricate profiles built from your data might not truly represent who you are. Preserving digital privacy empowers you to safeguard your autonomy and protect sensitive information.

THE CHALLENGES WE FACE:

In the era of digital connectivity, there are hurdles to maintaining privacy. The ease of sharing information can foster a false sense of security, making people overlook potential consequences. Cyberattacks and data breaches are ever-present threats, exposing vulnerabilities in our digital infrastructure. Even major organizations are susceptible to such breaches, highlighting the importance of robust cybersecurity measures.



Services for You

IT2GO- DIGITAL PRIVACY (CONT...)

TAKING CONTROL OF YOUR DIGITAL PRIVACY:

Protecting your digital privacy requires a proactive approach that blends technology, awareness, and vigilance. Here are some steps you can take:

- **Use Strong, Unique Passwords:** Avoid using the same password across different platforms. Utilize a mix of letters, numbers, and symbols for added security.
- **Enable Two-Factor Authentication (2FA):** 2FA adds an extra layer of security by requiring an additional verification step beyond your password.
- **Stay Informed About Privacy Settings:** Regularly review the privacy settings on your social media accounts and other online platforms. Adjust them to your comfort level.
- **Be Cautious with Sharing:** Think twice before sharing personal information online, whether it's on social media, public forums, or even in emails.
- **Use Encryption Tools:** Encrypting your communications ensures that only intended recipients can access your messages. Look for services that offer end-to-end encryption.
- **Consider a VPN:** A Virtual Private Network (VPN) masks your IP address, enhancing your online anonymity and security, especially when using public Wi-Fi networks.





Services for You

IT2GO- DIGITAL PRIVACY (CONT...)

LOOKING AHEAD:

As technology continues to advance, digital privacy remains a dynamic issue. Innovations like artificial intelligence and the Internet of Things (IoT) introduce exciting possibilities but also potential risks. Striking a balance between convenience and protection is essential as we navigate this evolving digital landscape.

In conclusion, digital privacy is about maintaining control over your online presence. By grasping the challenges, embracing protective measures, and advocating for stronger privacy policies, you can engage with the digital world confidently while preserving your personal autonomy and security.



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 new articles, resources, and other information on the Magellan Ascend 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.

SUICIDE AWARENESS & PREVENTION MONTH PROGRAMS

Chalk the Walk

August 28 - September 25, 2023

NAS Pax River Sidewalks

Join us as we spread positivity for Suicide Awareness & Prevention Month

Suicide Prevention Proclamation Signing

September 5, 2023 | 9AM

NSA Annapolis

Fleet & Family Support Center, Bldg. 168

Suicide Prevention Month Proclamation Signing

September 6, 2023 | 11AM

NSA Washington HQ Quarterdeck, Bldg. 101

FFSC will also be lining the entrances to base from 7-8 a.m. holding positive affirmation signs.





Things to Do Around You



Color Run – Info Table

September 9, 2023 | 9AM

NSF Dahlgren Fitness Center

Stop by the Suicide Awareness and Prevention Month table hosted by Fleet & Family Support at the Color Run!

September Wellness Fair

September 13, 2023 | 10AM - 2PM

NSA Washington – Town Center, Bldg. 22

Join us for an interactive lunchtime event to promote and educate the NSAW community on health and wellness.

Laps for Life

**September 14, 2023 (Rain Date: September 15)
11AM - 1PM**

NAS Pax River Track (Next to Fire Station)

Come out and show your support – no story should end too soon!

Suicide Prevention Resource Fair

September 15, 2023 | 11:30AM - 2PM

NSA Bethesda – Hospital (near Rose Garden)
OPassageway Bldg. 3 & 5

There will be a Rock Placement Ceremony with Labyrinth Walk, Wall of Hope along with the Resource Fair with support services set up throughout the passageway.

Messages of Hope Event

September 20, 2023 | 11AM - 1PM

NSA Annapolis

66 Halligan Road, Annapolis, MD 21402

Join us in sending messages of hope. Food trucks, community support and more! **#connectoprotect**





Things to Do Around You



DC JazzFest

August 30 - September 3, 2023

Washington, DC

The DC Jazz Festival brings together heritage, history, culture and music. The festival works to spread jazz to new listeners of all generations, young and old, students and educators, parents and children. Veteran fans of the genre will also be enthralled by the star performances that dot the city throughout the festival's run. Check out all the reasons you should attend the show and head over to dcjazzfest.org for the lineup, schedule and tickets. [Your Guide to the DCJazzFest | Washington DC](#)



Virginia Scottish Games and Festival

September 2 - 3, 2023

The Plains, Loudon County, VA

This two-day festival honors the Commonwealth's Scottish heritage. Enjoy athletic competitions, music, dance, crafts, Scottish food and drink, and more. The family-friendly event includes a car show, sheep-herding demonstrations, and fun children's activities. Cheer on top athletes from around the country as they compete in the Stone Toss, Caber Toss, Heavy Hammer Throw, Sheaf Toss, and other traditional competitions of strength and skill.



Things to Do Around You



Labor Day Car Show

September 4, 2023 | 8AM - 3PM

Fire Station 3

4081 University Drive Fairfax, Virginia 22030

The Annual Labor Day Car Show is jointly produced by the City of Fairfax and the Clifton Lions Club. The mission of the show is to raise money for local charitable service organizations. Life with Cancer (www.lifewithcancer.org) and the Northern Virginia Therapeutic Riding Program (www.NVTRP.org) are the major recipients. 100% of the proceeds from the show will be donated and all donations received are tax deductible. Donations can be made either through the link below with PayPal/Credit Card or sending a check made payable to the Clifton Lions Club, P.O. Box 41, Clifton, VA 20124



Virginia Cider Festival

September 9, 2023 | 11AM - 4PM | \$15

2400 Airport Ave, Fredericksburg VA

Tons of Hard CIDER from across the USA! Hard Cider Sampling Event! Sample INCLUDED with paid admission! At the Virginia Cider Festival currently has a list of over 25 Ciders producers that will be available to sample. There will be local live music on the Stafford of Fredericksburg stage for your listening pleasure. Be sure to check the weather for what to wear. The event will take place rain or shine (no refunds). URL: [Virginia Cider Festival Tickets, Sat, Sep 9, 2023 at 11:00 AM | Eventbrite](#)



Fair Winds and Following Seas



SAYING FAREWELL TO COMMANDER BRAD COLEMAN: A LEADER, MENTOR, AND FRIEND

By Gail Kenson
Deputy Assistant Regional Engineer (N43)

As the sun sets on a remarkable military career, we bid farewell to a true leader and mentor, Commander Brad Coleman. With a distinguished journey spanning an impressive 21 years, Commander Coleman leaves a legacy of dedication, resilience, and unwavering commitment to his service. As we reflect on his journey, we celebrate not just the milestones achieved, but the lasting impact he has left on all those fortunate enough to work alongside him.

Hailing from the heartland of Utah, Commander Coleman's journey began with a degree in Civil Engineering from Utah State University. Little did the world know that this young graduate would go on to traverse the globe, leaving his mark in some of the most challenging environments. From the Public Works Officer at Naval Support Facility Thurmont to serving in the demanding landscapes of Iraq and NS Everett, Commander Coleman displayed an unparalleled dedication to duty.



Fair Winds and Following Seas

SAYING FAREWELL TO COMMANDER BRAD COLEMAN: A LEADER, MENTOR, AND FRIEND (CONT...)

Even as he navigated the demanding world of military service, Commander Coleman pursued higher education with the same fervor. He undertook the challenge of obtaining an MBA at the prestigious Naval Postgraduate School in Monterey, California, showcasing his commitment to personal growth and development.

In June of 21201, Commander Coleman joined Naval District Washington, Washington (NDW) as Assistant Regional Engineer. This new role marked yet another chapter in his illustrious career, and he approached it with the same vigor and enthusiasm that had come to define his leadership style.

Commander Coleman's tenure at NDW was not without its challenges. The COVID-19 pandemic tested the resilience of teams everywhere, and the frequent turnovers within his staff posed additional hurdles. Yet, it was during these testing times that his leadership truly shone. With a remarkable ability to bring people together, he orchestrated unity within the Assistant Regional Engineer team, fostering an environment of collaboration, innovation, and mutual support.

His commitment to professional and personal development was evident in his efforts to enhance communication skills and improve team products through informative tutorials. A champion of growth, he encouraged each member of his team to reach their full potential, demonstrating a remarkable balance between mentorship and leadership.

Commander Coleman's leadership style was defined by his collaborative approach. Rather than merely giving orders, he provided direction, guiding his team toward success with a firm belief in the power of hard work and perseverance. His sense of humor, love for heavy metal music, and passion for tinkering with his truck added a touch of personal charm that endeared him to all who had the privilege of knowing him.

What truly set Commander Coleman apart was his unwavering dedication to his staff's well-being. Whether they were service members or civilians, he took the time to understand their needs and offer his personal attention. His steadfast leadership during both professional and personal challenges left an indelible mark on the lives he touched.

As we bid adieu to
Commander Brad Coleman,
we express our deepest gratitude for his
leadership, mentorship, and friendship. His
legacy will continue to inspire all of us to
strive for excellence, embrace challenges,
and foster a sense of unity within our
teams. We wish him nothing but success
and happiness in his next chapter.
Bravo Zulu, Commander Coleman!





Fair Winds and Following Seas

CELEBRATING DEBBIE FUNCHION: 34 YEARS OF DEDICATION AND MEMORIES

By Lori Riccio-Walker
Regional Marketing Director

As we bid a fond farewell to a cherished member of our community, we reflect on the incredible journey of Debbie Funchion, who has been a steadfast presence in Southern Maryland for the past 34 years. Her story is one of dedication, service, and countless memories that have left an indelible mark on all those who have had the privilege of knowing her.

Debbie's journey began in 1989 when her family embarked on a new chapter by moving to Southern Maryland when her family received orders to NRC Solomons. Back then, Solomons was a vibrant hub of activity with a skating rink, bowling alley, and the timeless allure of the pier and beach. Her children would spend their days playing on the sun-soaked shores, forging memories that would last a lifetime.

A twist of fate led Debbie to become an integral part of the Navy community's support network. A military spouse herself, she saw an opportunity to make a difference when another military spouse went on maternity leave, leaving a gap that needed filling. With her characteristic willingness to lend a hand, Debbie stepped in as a Recreation Aid, kickstarting a remarkable journey of service.

Over 34 years, Debbie's dedication to our Sailors and their families has been nothing short of inspiring. She navigated her way from NRC Solomons to Pax River, leaving a trail of positive impacts in her wake. Her journey took her from the accounting office to the heart of Payroll, where her meticulous attention to detail and unwavering commitment to excellence shone brightly.

Through the years, Debbie has been a witness to the evolution of our community, from installation-wide parties to personal interactions that have left an indelible mark on her heart. Her warm smile and welcoming demeanor have made her a friend to many, and her passion for serving others has touched countless lives.

As she embarks on a new chapter of her life, Debbie looks forward to spending quality time tending to her garden, creating cherished moments with her grandkids, and embarking on new adventures. Her enthusiasm for life is infectious, and her determination to find a prized shark tooth on our local beaches stands as a testament to her zest for discovery.

Debbie Funchion's legacy will forever be woven into the fabric of our Navy community. Her selfless dedication, unwavering commitment, and the countless memories she has created will continue to inspire us all. As we bid her goodbye, we do so with immense gratitude for the impact she has made and the bright path she paved for the future.

Thank you, Debbie, for 34 incredible years of service and memories. Your presence will be deeply missed, but your spirit will forever remain a cherished part of our Southern Maryland family.





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