

THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL. 12 DEC 2022 | JAN 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.

Check out the Mind, Body, and Spirit section for Mind and Body Year-in-Review articles, and a Chaplain's words of advice for navigating the holiday season.

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

Check out this month's edition for the following:



NDW N-codes review last year's accomplishments and their plans for 2023.



A calendar for monthly observances for all of 2023.



Tips for coping with seasonal stresses.



The work of a Military Working Dog Handler.



LEADERSHIP AND YOU

Five NDW N-codes (N3, N5, N6, N8, and N9) review their FY22 accomplishments and their plans for FY23.

[Read More](#)



MIND, BODY, AND SPIRIT

A Year-in-Review of all of our Mind articles of 2022, and our 2022 Body articles. Also, a Region Chaplain has four simple words to help us cope with seasonal stresses.

[Read More](#)



COE RESOURCES

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

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DIVERSITY, EQUITY, INCLUSION, AND ACCESSIBILITY

A Region Chaplain's advice on inclusivity and the holidays. And a calendar of DEIA observances for 2023.

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VOICE OF THE EMPLOYEE

Let's hear from fellow employees on what Culture of Excellence means to them. As a special feature for the holidays, we're including Holiday Wishes.

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IN THE SPOTLIGHT

The opportunities and responsibilities of being a military working dog handler.

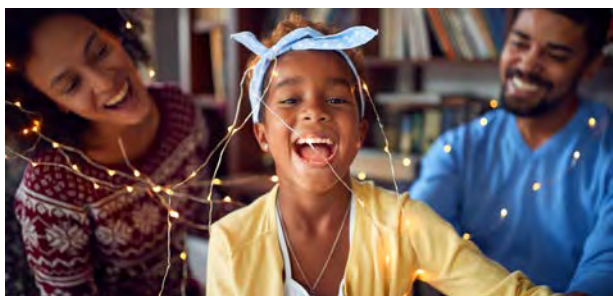
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SERVICES FOR YOU

Tips for managing the highs, lows, and potentially stressful situations of the holiday season.

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THINGS TO DO AROUND YOU

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

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FAIR WINDS AND FOLLOWING SEAS

Each month we say farewell to staff retiring across NDW.

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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.

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Leadership and You

PUBLIC SAFETY (N3) FY22 ACCOMPLISHMENTS & MILESTONES

By Mr. Rob Shaffer
Director, N3

It has been a busy year for the N3 team, encompassing Fire and Emergency Services (F&ES), port and air operations, antiterrorism and force protection, security and law enforcement, safety and occupational health, exercises and training, dispatch, emergency management, emergency preparedness, and joint operations. These are the jobs that provide a safe and secure environment to live and work in and allow us to feel safe and at peace because there is someone always on duty 24 hours a day, 7 days a week, 365 days of the year in case we need them. With the many accomplishments and milestones achieved in FY22, here are some highlights.





Leadership and You

N3 FY22 (CONT...)



Maryland Fleet Week

After a year and a half of dedicated planning efforts, NDW executed a successful event for Maryland Fleet Week and Flyover Baltimore (MDFW), which occurred Sept. 7-13, 2022. This was the first big public event Baltimore has hosted since the COVID-19 pandemic. The city hosted ships from the U.S. Navy, Royal Canadian Navy, and Danish Navy, along with other partnering agencies, and they spanned across the Inner Harbor, down to Fells Point, and over to a new, up-and-coming location for the city, Port Covington. The event drew a large public turnout of 27,310 visitors. The event also had an arrangement of aircraft flyovers take place.

Law Enforcement Job Fair

NDW sponsored a law-enforcement-focused job fair to address staffing shortfalls in the Navy Security Forces (NSF). The event, which N1 and N3 coordinated on, and which took place at the Gaylord Hotel in National Harbor, was very successful. This job fair resulted in 26 on-the-spot tentative job offers for NSF (Police). These 26 personnel will fill the NSF vacancies throughout the Region.

Commander Navy Installation Command (CNIC) Life Saving Awards

These awards are given when it is determined that the direct actions of Navy F&ES Personnel directly contributed to a life being saved. These types of incidents include cardiac arrests where the patient regained pulse and consciousness, technical rescues, and various other call types in which rapid and efficient first responder actions were credited with saving a life. The NDW Fire Department has received 13 Life Saving Awards from CNIC this calendar year, to include: NSF Indian Head, four awards; Naval Support Activity (NSA) Annapolis, four awards; Naval Support Facility Dahlgren, one award, Naval Support Facility Carderock, two awards; Joint Base Anacostia-Bolling/NSA Washington, one award, and NSA Bethesda, one award.





Leadership and You

N3 FY22 (CONT...)



Fire Department Inclusion on Assessment Cycle

This year, for the first time ever, the NDW Fire Department has been included in the three-year Force Protection and Emergency Management Training/Assessment cycle. This first year of assessments has been deployed as a pilot year, and the three out of five installations assessed have done well, with positive grading factors. NDW Fire is the first in the Department of the Navy to be evaluated.

Pilot Program for Paramedic Engine Companies

NDW Fire successfully requested and completed the first pilot program for Paramedic Engine Companies in the Navy. With the successful pilot completed, the program has been approved by CNIC, and allotments developed for additional Advanced Life Support (ALS) on other installations.

Collective Bargaining Agreement (CBA) Between NDW and the Fraternal Order of Police (FOP)

After three years of extensive negotiations between NDW (N3/N1/Office of General Counsel) and the FOP, a new CBA has been agreed upon (the last update was 2007). The new CBA was approved by the Department of Defense on Aug. 30, 2022, and took effect the same day. Through the COVID-19 pandemic, along with employee turnover, the NDW team worked relentlessly to make sure intent of the agreement was concise and clear for all parties. This resulted in a document where both parties agreed to promote and improve efficient administration of NDW and the major role it plays in developing and implementing law enforcement and security programs for the NDW community within the meaning of the Federal Service Labor Management Relations Statute; to establish and foster a basic understanding of personnel policies, procedures and practices, and matters affecting the conditions of employment; and to provide a means for amiable discussion and adjustment of matters of mutual interest at NDW.

As we look forward to the New Year, the N3 team looks to continue to improve readiness and response capabilities through the execution of our strategic objectives. Focus will be on enhancing the resilience of our operational capabilities throughout the Region. Towards this effort, we plan to improve our alarm integration into the Region Dispatch Center, develop a redundant Region Dispatch capability, and improve and upgrade Emergency Operations Center configuration at various locations in the Region. Additionally, N3 plans to support the commissioning of the Pre-commissioning Unit *Carl M. Levin* (DDG 120) in Baltimore in June 2023.



Leadership and You



N5 moderated thought-provoking conversations and facilitated, managed, and executed exceptional Executive Steering Committee meetings that provided the way forward for the Region throughout the fiscal year. Further, in conjunction with the Front Office and other N-Codes, we developed the mission and vision statements and the FY22-26 Strategic Guidance. With unrelenting vigor and ingenuity, we trained the force and became involved in the Diversity, Equity, Inclusion and Accessibility (DEIA) and in Lesbian, Gay, Bisexual, Transgender, Queer, and/or Questioning, Intersex, Asexual, Two-Spirit, and other ways people self-identify (LGBTQIA2S+) spaces, as we further embraced a culture of excellence.

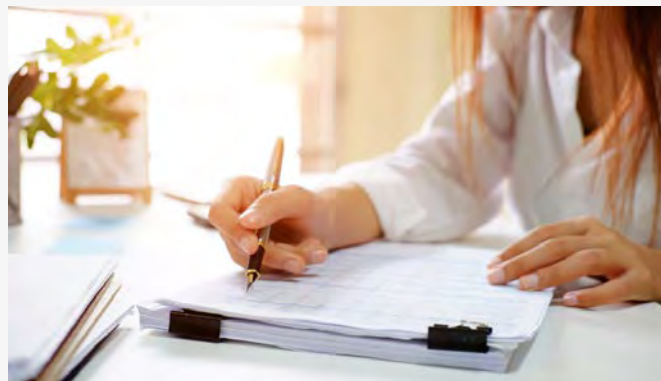
STRATEGY AND FUTURE SHORE INTEGRATED REQUIREMENTS (N5) 2022 YEAR-IN-REVIEW

By LCDR Amir Shareef
Deputy Director (Acting), N5

Beyond creating a culture of excellence on the interpersonal front, after a two-year push, NDW is now a member of the Strategic Laydown and Dispersal working group. The aforementioned provides another funding and planning forum in a fiscally constrained environment. Additionally, we enhanced the regional support agreement process via the manager, emerged as the gold-standard for the Contract Acquisition and Management Office program with our 100% clean audit, and continued to refine our support to the Region's financial processes. The above highlights are just the tip of the iceberg in N5, as we were intimately involved in a surfeit of other operations and activities.

In 2022, the N5 department achieved our goal of creating enhanced customer service and inter-departmental experiences, all while learning to thrive in a post-pandemic world. N5 did not relent on making the products you all make better and enhancing both internal and external efficiencies.

We broadened our horizons in the analytical space, highlighted by the creation of NDW's first-ever automated vacancy to onboarding tracking tool and our direct labor execution indicator reports. These reports facilitate forecasting of manpower, maximize understanding of force laydown disposition, and enhance strategic decision advantage across all N-Codes. We also produced white papers on myriad topics, to include an analytic product articulating the justification for elevating two of NDW's installations to major command status.





Leadership and You

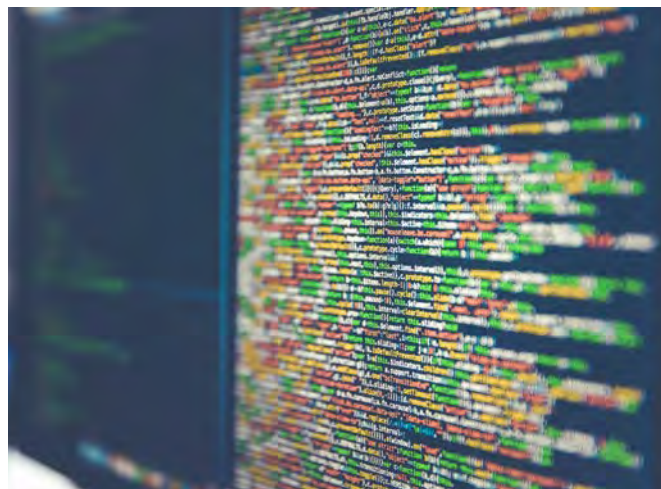
N5 2022 YEAR-IN-REVIEW (CONT...)

2023 looks to be even more promising, as we build on our successes from 2022 and learn more from the organizational program reviews and the direction provided to us from the Commandant, RADM Nancy Lacore. N5 continues to evolve and will be even better going forward. We increased our analytical capabilities in house, remain driven to better understand our customers and clients, and are striving to remain on the leading-edge of innovation, collaboration, and positive change.

The N5 department seeks to be at the epicenter of implementing the latest and greatest strategies and future requirements, as we support the Commandant, Executive Director, Chief of Staff, and Command Master Chief, in pursuit of the enterprise standard of excellence.

In 2022, we hailed new team members ITCS Coby Akeo and Commander Olivia Degenkolb, and we repatriated Mr. Nebiyu Worku from South Korea. We also said farewell to Commander Kristofer Scott, and we thanked him for his years of tireless service to the Region.

Lastly, the N5 team wishes everyone a safe and prosperous holiday season and an extremely safe and productive 2023!



INFORMATION TECHNOLOGY (N6) CULTURE OF EXCELLENCE END-OF-YEAR 2022 REVIEW

By Mr. Jon Usher
Director, N6

N6's mission is, "Ensure the delivery and integration of uniform business systems, operational and common IT services, and resiliency, while monitoring, identifying, analyzing and mitigating threats to internal operational technology systems and platform enclaves."

N6 has two primary focus areas. First, N6 provides administrative computer services via the NMCI contract. Second, N6 manages an operational network supporting Public Safety (N3) and Facilities (N4). For N3, the network supports Land Mobile Radios (LMR), Computer-aided Dispatch, security and fire alarms, perimeter security cameras, and access control to facilities and gates. For N4, the network supports remote management and troubleshooting of HVAC systems and communications with utility meters. Additionally, N6 provides cybersecurity and information management services for the Region.



Leadership and You

N6 CULTURE OF EXCELLENCE (CONT...)

In 2022, N6 was able to refresh many of NDW's NMCI computers and transition to more notebook computers and improve members' mobility and teleworking. Migration to Flank Speed (FS) has increased communications and collaboration within MS Office 360 Teams. FS migration has increased capabilities for iPhone users. Once migrated from BlackBerry Unified Enterprise Management (BBUEM) to Flank Speed, iPhone users have similar access to all their MS Office applications and Teams as they have on their desktop computers. Also in this past year, N6 refreshed components on the operational network to support the sustainment of our system accreditation and reliability of critical services to N3 and N4.

In 2023, N6 has more NMCI computers and printers scheduled to be refreshed. We seek to expand the command's communications and collaboration capabilities within Teams. Our intranet system, G2, will migrate to SharePoint Online. This will integrate and expand capabilities within N-Codes, Installations and across NDW. We will continue to update the operational network to ensure reliability and sustainment of the system accreditation.

N6 seeks to leverage the ever-growing world of technology to provide NDW with the best solutions available, while ensuring cyber security. We challenge you to press forward and embrace the opportunities of the New Year.

"Let's go invent tomorrow instead of worrying about what happened yesterday." - Steve Jobs



NDW COMPTROLLER DEPARTMENT (N8) 2022 SUMMARY

By Mr. Robert Inaba
Director, N8

As we close out 2022, the NDW N8 team wishes everyone a joyous holiday season and a successful FY23. 2022 was a challenging year, as NDW continued to advocate for additional financial resources to execute the Region's shore installation management mission. Within the resources provided, the N8 team worked with all stakeholders to allocate funding in the most efficient and effective manner.

Continue to the next page for N8 team accomplishments.





Leadership and You

NDW N8 2022 SUMMARY (CONT...)



The N8 team enabled the following command accomplishments:

- Executed a \$449 million FY22 budget with an obligation rate greater than 99.9%, supporting over 40 programs. We left less than \$3,000 in CNIC NL funds unobligated.
- Successfully passed the Naval Supply Systems Command Procurement Performance Management Assessment Program inspection of the NDW Government Commercial Purchase Card (GPC) program. The program inspectors performed a sample of high-risk GPC transactions across a three-year period, encompassing over 6,500 transactions. NDW received an overall grade of Satisfactory-Low Risk. The results are testimony to the longstanding integrity and professionalism of Installation and Region cardholders, approving officials, and agency program coordinators.

- Coordinated directly with the Assistant Secretary of the Navy for Financial Management & Comptroller Operations Division (FMB1) for \$1.1 million in overseas humanitarian, disaster, and civic aid to support Afghan evacuees under Operation Allies Welcome (OAW) positioned at Navy Support Activity Bethesda. Funds provided support for a food service contract, barracks support, and custodial support.
- Liaised directly with Fleet Logistics Center Norfolk and the Navy Exchange to contract over 180 rooms for a no-notice transfer of Unaccompanied Housing (UH) personnel from NSA Bethesda's UH barracks to the Bethesdan Hotel and Navy Lodge due to required facility renovations. This complied with the direction from the Chief of Naval Operations' office to transfer personnel within 24 hours of notification.

Overall, the N8 team performed superbly, enabling the command to execute its mission in 2022.

We look forward to tackling the challenges in 2023. As always, N8 endeavors to support the DoD and DON's overarching goal to achieve a clean audit opinion. A clean audit opinion enables transparency in financial transactions, ensuring auditors and, ultimately, the taxpayer visibility into how we are spending your tax dollars for Navy requirements. In addition, CNIC is starting the transition to a new General Ledger (official record book) called Enterprise Resource Planning (ERP). We will be working with CNIC HQ to ensure the transition is seamless. Finally, our goal is to provide the customer service and support to enable you to execute your jobs.



Leadership and You



NDW FLEET & FAMILY READINESS (N9) END-OF-YEAR REVIEW

By Lori Riccio-Walker
Regional Marketing Manager
Fleet and Family Readiness, N9

As 2022 draws to a close, N9 wants to wish everyone within NDW a happy and healthy holiday season. Our programs have been super busy over the past year and have accomplished so much!

Family Readiness (N91) accomplishments in 2022 include:

- Developing and presenting enterprise-wide Child Abuse Prevention training and self-care information material.
- Receiving 35% of population served responses on a client needs survey (which greatly improved how we serve our clients).
- The Sexual Assault Prevention and Response (SAPR) Program took the Independent Review Committee (IRC) Recommendations 4.1, 4.3, and Cross Cutting Recommendation 2, and began working on implementation plans to meet these requirements throughout the program.
- Our Fleet & Family Support Center teammates successfully operated nine Emergency Family Assistance Centers (in-person and virtual) during the 2022 HURREX.
- Our Ombudsmen Program was finally able to host an in-person Ombudsman Appreciation event at the Navy Memorial in September.



Leadership and You

N9 END-OF-YEAR REVIEW (CONT...)



Our N91 team goals for 2023 include developing a robust N91 training program to ensure all staff, both new and seasoned, have all the tools necessary to provide timely supportive services to all members of the Navy family, along with some program goals:

- **Work & Family Life.** Strengthening collaboration across the Region to ensure every Sailor and family member can access services, information, and resources that affect their unique lifestyle.
- **Family Advocacy Program.** Boost team morale by hosting a CAP team building event.
- **Navy Gold Star.** Continue to build and maintain relationships with Gold Star Families.
- **SAPR.** SAPR will work with DoD, CNIC, Office of the Chief of Naval Operations, and other SAPR stakeholders to implement IRC changes in a way that is effective and sensitive to our NDW survivors and SAPR Personnel.

Fleet Readiness (N92) accomplishments in 2022 include:

- Renovation of three comfort stations at Navy Recreation Center Solomon.
- Worked with Support Services (N94) to transition our NRC Solomons reservations system to RecGov platform to allow for more visibility and ease of use for our patrons.

In 2023, N92's goals include:

- Opening of newly constructed cottages at NSA Annapolis, with 16 recreational lodging units. Planned for the second quarter of 2023.
- Opening of the Warrior Food Court, a food and beverage operation with five separate food brands. To occur in the first quarter of 2023.
- Construction of a new TDY lodging facility at NSF Dahlgren. Scheduled to begin in the fourth quarter of 2023.





Leadership and You

N9 END-OF-YEAR REVIEW (CONT...)

Housing (N93) accomplishments for 2022 include:

- The completion of the Congressionally mandated third-party inspection of all Public/Private Venture (PPV) homes. NDW inspected 99.26% of more than 1,600 PPV homes within NDW, surpassing the initial goal of 95%. It had seven of the eight installations at 100% inspected.
- The outstanding and hard work on the Basic Allowance for Housing (BAH) Data Submissions in 2022 by the Region and the Installations resulted in the increase of the BAH rate for 2023. This increase reflects the changes we are seeing in the private-sector rental market, which is impacting our Service members and their families' ability to locate safe and affordable housing in the community.
- Implemented the QR Code process for UH Service Requests at all NDW Installations.

In 2023, our N93 team plans to:

- Continue working alongside our installations and PPV Partner, Liberty Military Housing to correct the deficiencies identified during the mandated third party inspections and to identify process changes to assist in preventing future deficiencies, making our PPV housing more desirable and safer for our service members and their families throughout our portfolio.
- Continue efforts ensuring the BAH Data Submissions are on time and the data accurately reflects the rental market in the community.
- Continue efforts to improve the service request process at Unaccompanied Housing.

Support Services (N94) accomplishments for 2022 include:

- The Regional & Installation Marketing Managers earned nearly \$300,000 in commercial sponsorship and paid advertising revenue in FY22.
- Successful expansion of the N9 Facilitated Mentoring Program to all N-Codes within NDW.
- Non-appropriated fund (NAF) Human Resources (HR) made a successful transition to USA Staffing platform for recruiting and staffing positions. The team was able to accomplish this in just six weeks, meeting (and then exceeding) a short-fuse deadline. NDW NAF HR was one of the only Region departments to be up and running by the CNIC deadline.

Our N94 team has the following plans for 2023:

- Regional Marketing is working to earn over \$500,000 in commercial sponsorship and paid advertising revenue in FY23.
- Work with N92 to finish the transition of NRC Solomons into the RecGov platform for reservations to allow for more visibility and ease of use for our patrons.
- NAF HR will participate in CNIC's pilot for USA Staffing's onboarding module and then by end of FY23, implement the automated onboarding process for our NAF employees.

Continue to the next page for N95 End-of-Year Review.





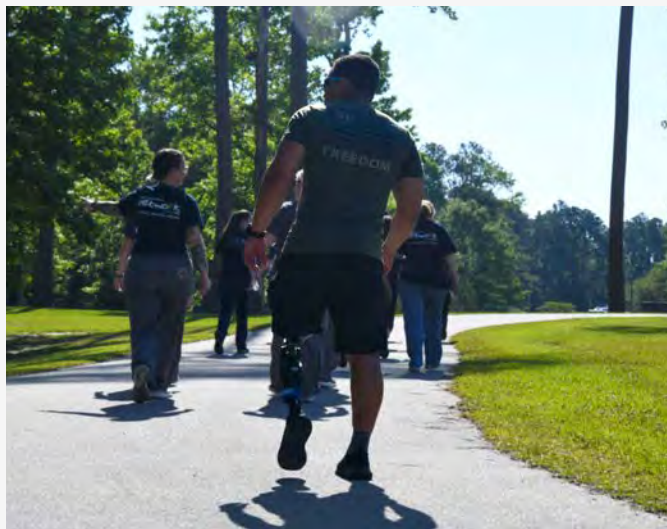
Leadership and You

N9 END-OF-YEAR REVIEW (CONT...)

Finally, our Navy Wounded Warrior Program (N95) accomplishments for 2022 include:

- The Transition Coordinator hosted a series of resume writing and employment negotiating techniques seminars for transitioning Wounded Warriors.
- The Transition Coordinator assisted in developing and hosting an Operation Warfighter/OWF Federal Internship and Employment Fair.
- Hosted the annual Wounded Warrior Professional Networking Social. This event is a networking social event that provides an opportunity for Wounded Warriors to socialize and network with government and private-sector professionals in a friendly atmosphere.

In 2023, N95 will continue to offer all of the programs above as well as develop and implement more programs to help with the transitioning of the Wounded Warriors within NDW.



THE NDW COMMANDING OFFICER'S SUGGESTION PROGRAM IS LIVE!

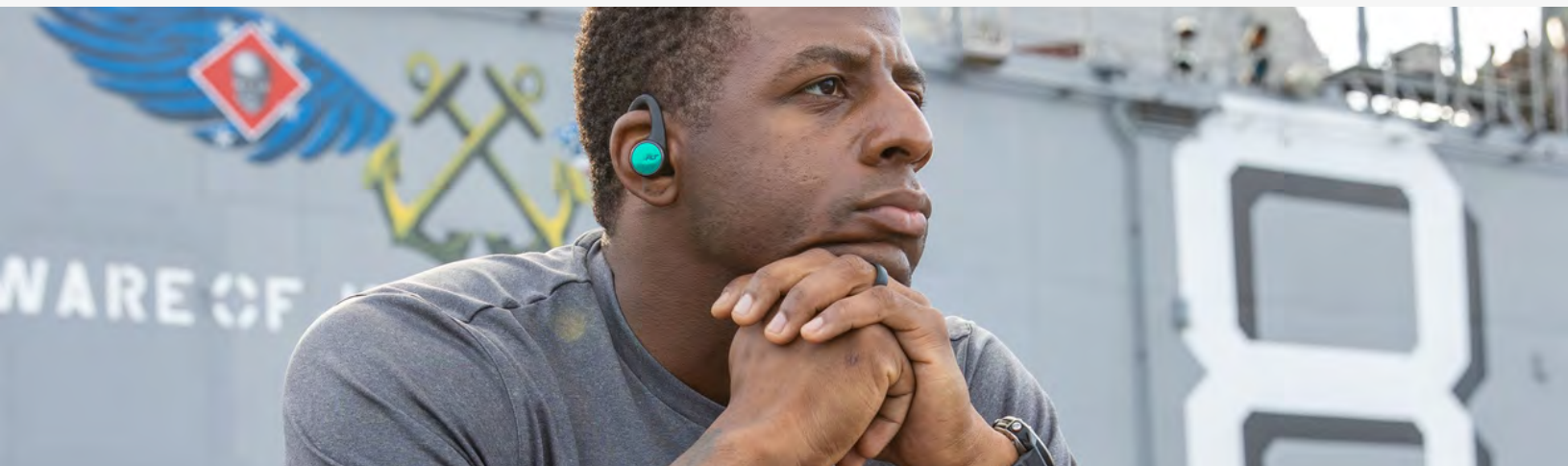
Here is your chance to share your ideas on how we can make our Region function better and/or address any identified concerns you may have.

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



MIND: A YEAR IN REVIEW

By Rick Docksai
Editor

Change is a constant in our personal lives, our work lives, and the life of the nation as a whole. This year, we at NDW have seen a new Commandant take the helm, said hello to some new coworkers, and said goodbye to others who have been with us for many years. We've also seen bigger changes nationwide, like further progress (and some brief setbacks) managing COVID, and more recently, the coming and going of another U.S. election cycle.

In all of the change around us, though, one thing remains the same: the importance of looking after our mental and emotional health. The Quarterdeck is now one year old, and in these first 12 months of publishing, it's shared a bounty of tools and insights—in its Mind articles—to help your psyches get and stay strong. Here's a look back at the past 12 months of The Quarterdeck's mental-wellness content.

In January, the Mind, Body, Spirit sections leaned heavily on nutrition issues, and this included a brief discussion about eating disorders. And a few resources and support groups, such as the National Eating Disorders Association, Eatright.org, and the addiction-recovery fellowship SMART Recovery, which those of us who are struggling with unhealthy eating habits can turn to for help. Side note: SMART Recovery got its own spotlight later, in a June article that described the organization and its unique approach to overcoming addictions, with a description of some of the problem-solving and self-empowerment "tools" it teaches participants to use to change any type of addiction behavior: eating, drinking, drug use, gambling, etc.

[Continue to the next page for mental-wellness content in review.](#)





Mind, Body, and Spirit

MIND: A YEAR IN REVIEW (CONT...)



In February, we talked about the mental benefits of mindfulness. And we showcased a few veterans who have found healing through mindfulness meditation and have started their own guided-meditation programs to teach mindfulness to fellow service members. And in March, we shared some technological tools for stress relief: downloadable phone apps for easing anxiety and stress. Each of these apps are geared specially toward military Service members and the unique stresses they are likely to confront during and after serving.

Stress isn't all bad, however. In an April article, we noted research finding that we need "healthy" amounts of stress to grow and better ourselves. The key is healthy amounts. Constant and unnecessary worrying isn't healthy, and we need to keep that in check.

In May, we discussed "resilience," why it matters, and what you can do to become more mentally and emotionally resilient. July's article examined relationship health, with a look at "toxic" relationships and the importance of setting healthy parameters when you find yourself in such a relationship.

In August, we shared new science on how the brain works, and some resources you can check out to not only understand your brain better, but also "exercise" it for better mental performance. Because whereas neuroscientists used to think the brain cannot grow and will only decline as we get older, they now know that you can change your brain for the better.

And it starts with changing your thoughts. In September, we reflected on the power of recurring thoughts to do us good or—if they're negative—harm us, and some steps you can take to start changing unhealthy thinking.

Then in October, we talked about being more mentally present and being there for others. Which starts with not being glued to your phone— a.k.a. "phubbing."

Another fact about the brain: Everyday activities that engage it can make it stronger. And in November, we reflected on the brain-boosting benefits of one hugely popular pastime: chess.

The holiday season is upon us, and with it, a new year. May you all have happy, joyous times ahead, however you celebrate (or don't celebrate; that's okay, too!). And may 2023 be a great year for you and your loved ones. Whatever the next 12 months bring you, though, be safe, be healthy, and remember to be good to yourselves!



Mind, Body, and Spirit

BODY: A YEAR IN REVIEW

By CAPT Pickett, Regional SAPRO and COE Champion
& Trina Gray, Planning & Integration Manager, N60

This year has been full of good reasons for us to get up and get moving. After being cooped up in our homes to ensure we were protected from the potential dangers during the pandemic, we are eager to get out of the house and enjoy the activities that bring us joy. Over the past year, The Quarterdeck's Body segment has focused on many important topics that are key to our overall mental and physical well-being. Some of the highlights include our March article, "Let's Get Moving," which consisted of interesting facts on how physical activity and movement affects the entire body. It incorporated a "March Movement Challenge," which encouraged us to start moving for at least 30 minutes a day. This emphasized how continued activity is the key to good health and will enhance our brain function, which gives us the ability to make good decisions.

In May, we highlighted the importance and benefits of hydration and how crucial it is to consume the necessary amount of water on a daily basis. Our organs require water to move nutrients into our cells, help digest food, flush out toxins, and prevent dehydration. The National Council of Aging tells us the consumption of the necessary quantity of water will improve brain performance, increase digestive harmony, increases energy levels, assist with weight loss/management, and decrease joint pain. In the September article, we provided additional hydration online resources such as, "Drink Water Reminder and Tracker" and "My Water: Daily Drink Tracker to assist with monitoring your water intake levels and remind you when to take a drink.





Mind, Body, and Spirit

BODY: A YEAR IN REVIEW (CONT...)

Our August issue focused on understanding the role our brain plays as part of our body’s nervous system and understanding how the brain’s connections with our other organs control our behavior, perceptions and even our health. Our ability to understand the basic inner workings of how the brain works can be a great help in journeys of recovery, healing, and unpacking our emotions as we face different challenges throughout our lives. The connection between our mind and body was continued in the September issue, which highlighted how our emotional and physical health go hand and hand. The article focused on the often misunderstood link between mental and physical health. Poor mental health has tremendous effects on our bodies and affects our ability to fight off chronic illnesses, such as heart disease, high blood pressure, and even obesity. Exercise, consuming a healthy diet, getting plenty of rest, and creating a support network are all recommendations to improve mental health and physical well-being.

During this time of year, as we move into the holiday season, everyone’s stress level has the tendency to increase due to increased travel and holiday preparations.

Please make sure you take time for yourself to keep moving, decompress, eat healthy, hydrate, meditate, and enjoy the scenery and festivities.

This has been an awesome year, full of amazing experiences and occasions for us to enjoy and appreciate. Let us focus on another prosperous year full of new ventures and a thriving Culture of Excellence in 2023.



PRAY, HOPE, DON'T WORRY

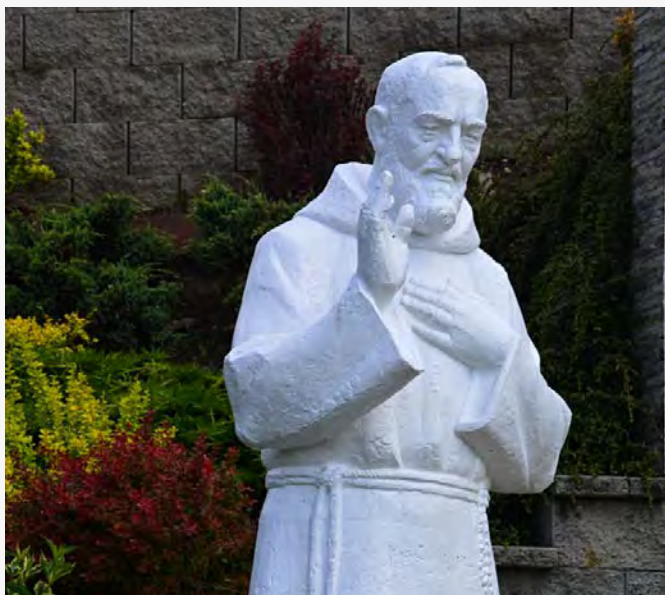
By CAPT David Stroud
Region Chaplain

Ready or not, the holiday season is upon us. Parties, shopping, karaoke, religious services, family get togethers, Hallmark movies, and a host of other distractions descend upon us to make life hectic, crazy, psychotic, or just plain...tired. Some of us look forward to this season like Buddy from Elf; full of joy, wonder, and happiness. Others dread this time of year more than Ebenezer Scrooge. While some enjoy the year-end wrap-up, the get togethers, eggnog, and endless Mariah Carey songs, others may be filled with thoughts of panic, worry, or depression. Some are anxious about the visits from weird Uncle Eddie, or maybe even being alone during this holiday season. How do we survive this time of year? How can thrive and come back in 2023 stronger than ever? Whether we enjoy or dread the season, there is sound advice from a twentieth-century Italian priest that will help us through this most “wonderful time of the year.”



Mind, Body, and Spirit

PRAY, HOPE, DON'T WORRY (CONT...)



Francesco Forgione, a.k.a. Padre Pio, was born in Italy shortly before the First World War. Throughout his life, he would know suffering, persecution, pain, illness, desertion, and many other negative experiences. However, his simple philosophy of life helped him through every moment: “Pray, hope, don’t worry.” However we are greeting this season of life, his words help us tremendously.

Pray

Use this season as a time of prayer. For many of us this means attending a synagogue, a mosque, or a church. Some may say, “I’m not religious!” That’s fine. Use this time as a period of reflection. Reflect on everything that has happened this past year. It’s been a lot. Reflect on the changes you have gone through. Reflect on the people who have entered and who have left your life, even Uncle Eddie. Reflect on the upcoming year and think of the many things that can or will happen.

Hope

Some may hear this word “hope” and think of it as nothing more than “wishing.” I like to think of this word as seeing the good in the world. It is so hard to hear the good sometimes, when so much bad news is happening that it seems to choke out the good. But there is good all around us if we really look. Use this time to actively develop eyes to see good around you, whether it is by feeding the poor or helping at an orphanage.

Don't Worry

With so much going on this time of year, there are bound to be things that go wrong. The dogs will eat the turkey, your leg lamp will break, and Uncle Eddie will say cringy things. Don’t worry about it. Don’t take it too seriously. Don’t sweat the small stuff. Rather, focus on what is most important and spend your energy and time there.

So take it from Padre Pio, to thrive during this and every season of life: Pray, hope, and don’t worry.

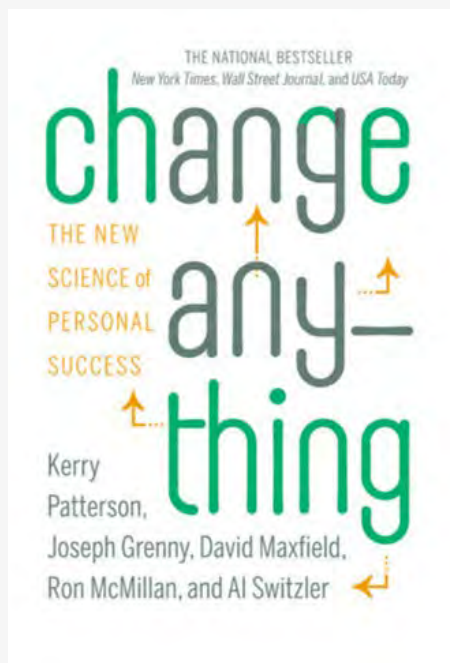




COE Resources

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.

BOOK



Change Anything: The New Science of Personal Success by Kerry Patterson, Joseph Grenny, David Maxfield, Ron McMillan, and Al Switzer.

Willpower alone can only get you so far, according to Patterson and her co-authors, leaders of the training company VitalSmarts. They find that your success at changing your behavior and improving areas of your life is influenced by six forces. Willpower is one. The authors identify the other five and show you how to create a personal action plan that uses all six together. And they share personal stories of individuals who have used this approach to better their life in a variety of ways, from overcoming addictions to getting out of career ruts, getting in shape, and finding relationship satisfaction.

URL: https://www.goodreads.com/book/show/9745641-change-anything?from_search=true&from_srp=true&qid=bC5JWtfZ7z&rank=1

THE CCN NAVIGATOR

You can find the December 2022 and January 2023 issues available at the following link.

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



CEO Resources

PODCAST

Feel Better, Live More with Dr. Rangan Chatterjee. Episode #317 BITESIZE/The Secret to a Long and Happy Life/Dr. Julian Abel. This clip is from episode 138 of the podcast with Dr. Julian Abel, a retired consultant in palliative care. Dr. Abel explains why compassion and social connection matter so much to our health, happiness, and even our longevity. Having compassion and social connections not only make us feel good; they can also have powerful effects on our health. URL: <https://open.spotify.com/episode/4o5QxxLcWMCjJykHENKGGV>



TALKS

TED Talk: “The Magical Power of Giving.” Lynne Dale lost her 15-year-old daughter, Summer to cancer. But as the cancer spread, Summer turned her own misery into peace and even joy, by giving gifts to other young cancer patients. After her death, Lynne kept the “Team Summer” program going, continuing to give gifts and encourage the recipients to give gifts to others in turn. Realizing other people’s suffering and finding ways to ease it is good for us, she says, telling her audience: “You have give to be happy.” URL: <https://www.youtube.com/watch?v=y5KPBo0GXsk>



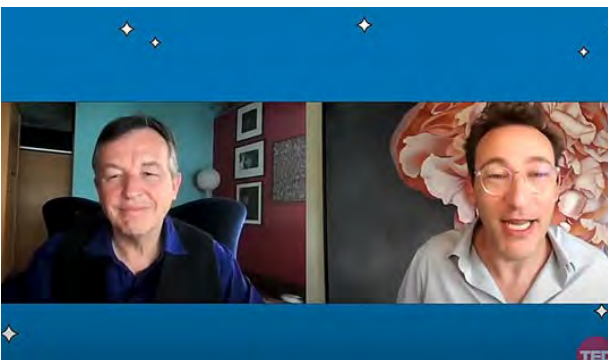
TED Talk: “The Power of Gratitude and Generosity.” After losing her corporate job in the 2008 market crash, Lida Citroen found a new purpose: She built a new business helping military veterans transition to civilian careers. In this talk, she tells how she teaches them “personal branding” and how this new work has not only changed their lives, but hers as well. She encourages her listeners to think about their own life passions and to channel them toward serving others. URL: <https://www.youtube.com/watch?v=9BloWnsJCRw>





CEO Resources

TALKS (CONT...)



TED Talk: “How to Discover Your ‘Why’ in Difficult Times.” Being of service to other people is one of the best things we can do for ourselves, says author and motivational speaker Simon Sinek. He talks about the importance of regularly checking in on your friends and loved ones during good times and bad, noting that helping others can be healing for them and us alike, and that our relationships with each other help us all survive and thrive during tough times. He then describes a “Friends Exercise” that can help bring you and your friends closer together. URL: <https://www.youtube.com/watch?v=iFkCMeEhsOY>



TEDxHUBerlin: “Simple Living, High Thinking–How to Get Out of the Hamsterwheel.” Ben Bharat Berwing left a six-figure-income corporate job to start a new life with his wife and kids on a small farm, embracing spirituality, family connection, and closeness to nature. And he’s happier and healthier than ever. He tells of the greater satisfaction any of us can find by embracing two principles: “simple living,” or breaking free of material attachments; and “high thinking,” or living a life of self-realization and spiritual growth instead of always chasing career success and status. URL: <https://www.youtube.com/watch?v=LaDFJIS6o5U>



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

INCLUSION AND THE HOLIDAYS

By CAPT David Stroud
NDW Chaplain

As we enter the holiday season, it is more often that we run into traditions other than our own on public display. There are several religious traditions and some secular movements that have a special time of celebration or acknowledgement during this season. How can we celebrate our own traditions while being thoughtful towards others? That is a great question for all of us to ask at any time, but especially during this time of year.

Of course, we can always wish someone “Happy Holidays” or some other similar greeting to be as inclusive as possible with whomever we meet. It is a great way to pay tribute to the time of year when interacting with people you don’t know well enough to know what celebrations and traditions they hold important. It shows respect and consideration and should never be viewed as lesser than a tradition-specific greeting.





Diversity, Equity, Inclusion, and Accessibility

INCLUSION AND THE HOLIDAYS (CONT...)

If you do know the tradition of the person you are with, it is always appropriate to wish them a Happy Hanukkah, Merry Christmas, Happy Kwanzaa, or whatever holiday may be theirs. This shows that you are aware of their traditions and support them in their celebration. This can be especially meaningful when coming from a person of another tradition, as it shows that you are making an effort specifically for them. If you don't know their tradition, you might ask. This allows you to get to know your colleague better and might allow them the opportunity to teach you about their traditions and what makes them worth celebrating.

Finally, if someone does give you a greeting from their own tradition, and it is not a tradition that you share, I hope you will take it as an effort by that person to include you in something that is special to them. It is obviously a time that they value enough to include in their greeting, so to include you in that should, I think, be seen as something to appreciate.

This is such a special time of the year with so much going on. I hope each of us takes a moment to enjoy our own traditions and also a moment to grow in our understanding of the traditions of others. This can be a time where we can take steps to unite with those around us and build stronger bonds of respect and appreciation between us all.

Happy Holidays to everyone.

I hope this season brings you joy as you celebrate the traditions special to you and your family.





Diversity, Equity, Inclusion, and Accessibility



**THE NEW YEAR AND DEIA:
A CALENDAR OF OBSERVANCES**

By Desmond Boykin
EEO Specialist

As we wrap up 2022, let's take a look ahead into 2023. Please see the calendar of observances mapped out for the upcoming year. If you have any ideas on what type of events you'd like to see to recognize any of these events, please feel free to reach out to **Desmond Boykin and the Diversity, Equity, Inclusion and Accessibility Program.**

Resource Links:

“Special Observances.” Defense Equal Opportunity Management Institute.

<https://www.defenseculture.mil/Human-Relations-Toolkit/Special-Observances/#general-observance-support>

“Diversity.” Naval History and Heritage Command.

<https://www.history.navy.mil/browse-by-topic/diversity.html>

OBSERVANCE	DATE
Martin Luther King Jr. Birthday	January 18
Cervical Cancer Awareness Month	January
National African American History Month	February
Woman’s History Month	March
Alcohol Awareness Month	April
Sexual Assault Awareness Month	April
Holocaust Remembrance Day/ (Days of Remembrance)	April 8 / (April 4-11)
Mental Health Month	May
Asian American and Pacific Islander Heritage Month	May
Juneteenth	June 19
Pride Month	June
Women’s Equality Day	August 19
Suicide Prevention Month	September
National Hispanic Heritage Month	September 15 - October 15
National Disability Employment Awareness Month	October 1-31
Domestic Violence Awareness Month	October
Bullying Prevention Month	October
Breast Cancer Awareness Month	October
National American Indian Heritage Month	November
American Diabetes Month	November
Military Family Month	November
Seasonal Depression Awareness Month	December
Hanukah	December 18-26
Kwanza	December 26 - January 1



Voice of the Employee

What does COE mean to you personally? Every edition, we invite readers to share their thoughts. In the holiday spirit, we have some special "holiday wishes" to share from NDW leadership and colleagues.



This time of year offers an opportunity to reflect on the many things that we have to be thankful for. One of the things that I am most thankful for is a team of professional first responders who are dedicated to their mission of providing a safe and secure environment for our personnel to live, work, and play. I would like to take this opportunity to thank the first responders (Region Dispatch personnel, the Fire Fighters and Emergency Service personnel, and the Region and Installation security force personnel) for their steadfast devotion and dedication to serving us proudly. I would also like to thank the N3 headquarters team for their professional leadership and dedication to ensuring that the Public Safety mission across the region is executed in a highly efficient manner. I wish all of you a very safe and enjoyable holiday and a successful and prosperous New Year.



--Mr. Rob Shaffer
Director, N3



Before many of you begin your well-earned leave for the holiday season, I wanted to let you know how grateful I am for all you do here at NDW. My gratefulness extends to your families as well, who enable your service in, or to, the U.S. Navy. Each of you is a valuable team member, and we could not accomplish our mission without you. It has been a privilege to lead and serve with you this year. I am very proud of all we've accomplished, and I look forward to coming together again in 2023, with renewed energy, to meet our mission.



--RADM Nancy Lacore
NDW Commandant

In addition, RADM Lacore and the entire NDW Front Office offer a warm holiday greeting to the NDW community in a newly posted video, "[Happy Holidays From Naval District Washington](https://www.youtube.com/watch?v=zbC-nywtdds)," which you can view at URL: <https://www.youtube.com/watch?v=zbC-nywtdds>



In the Spotlight

THE MILITARY WORKING DOG HANDLER

By MA1 Larissa Carman, NDW HQ Kennel Master
& MA1 Trevor Houseknecht, NAS Patuxent River Kennel Master

A Navy Military Working Dog (MWD) handler profession is a unique career opportunity for Sailors that begins one of two ways: by obtaining a recommendation from a kennel master while completing kennel support requirements in the Fleet or by being selected for the pipeline process through a competitive interview while attending Master-at-Arms school (or “A-School”) in Lackland, Texas. Kennel-support duties include learning and qualifying as a professional in matters of first aid, canine care, kennel management, and assisting in the training and qualification of the dogs, to name a few. Achieving a recommendation in the Fleet or being selected at A-School to be an MWD handler does not guarantee the school or job. In addition to the responsibilities of the MWD program, an MWD handler must first maintain standards as a Sailor and master-at-arms.

Being an MWD handler is difficult to describe in words. It is an overwhelming feeling of passion and pride for becoming part of such a prestigious community. There is a mental and physical connection between the handlers and their assigned dogs, as well as a loyalty to the mission, other MWD teams, and the MWD/Police Canine community. One handler’s success brings praise upon the whole community, and one handler’s downfall is a blow to us all. The most difficult part of the job is building a bond with an MWD, growing together, making memories, and then having to say goodbye at the end of a tour. As professionals, MWD handlers unfortunately know that comes with the territory in this occupation.

Dogs play a vital role in all branches of the U.S. military across the world, specializing in multiple disciplines like drug and explosives detection, as well as patrol tasks that assist in maintaining good order and discipline. Patrol tasks are the kinetic abilities MWDs bring to the measured and controlled use-of-force.



In the Spotlight

THE MILITARY WORKING DOG HANDLER (CONT...)

Prospective handlers must have the ability to remain calm in high-pressure situations, and judge situations quickly and accurately in order to react appropriately to meet complicated missions. They must be self-sufficient and responsible to their duties independently of supervision, keep up with their training requirements and certification standards, and push themselves beyond physical and mental barriers. Respecting and caring for their canine partner is of utmost concern!

Once selected to become a Navy MWD handler, all handlers' journeys begin with training at the 341st Training Squadron at Lackland Air Force Base Texas. Here, they enroll in the MWD Handler's Course, a three-month specialized training course to receive the Navy Enlisted Classification P05A, MWD handler.

A Day in the Life of an MWD Handler

Once assigned to an installation, an MWD handler is given their new partner for them to learn from each other and build the skills to become a certified and operational team. They execute the daily care of their assigned dogs and any other dogs that are not assigned or being worked while their partner is not available. Handlers at the kennel work together with other MWD Teams to assist in training and educating each other on new techniques and skills to advance knowledge and proficiency. They challenge each other to grow and consider different perspectives to teach new tasks or utilize new methods for becoming more effective and lethal. Handlers must be creative to recreate training scenarios they could encounter in real life to be prepared for the fight if it ever comes. Training is vital to the program. Every minute counts, and it is well worth the effort.

In addition to training and operations, the MWD Handlers are responsible for feeding, medicating, bathing, veterinary care, and grooming of all the MWDs at the kennel. Handlers work indoors and outdoors year-round to ensure they are in top shape and have the familiarity with the layout of their Installation.

MWD teams serve in NDW across seven geographically separated Installations. Although the teams are often working in different areas, they are the epitome of how MWD handlers operate amongst each other. They support one another, and they celebrate each other's achievements and success, but they still have the competitive spirit to be the best.

MWD handler is not an 8-hour day responsibility; it's a commitment 24 hours a day, 7 days a week, 365 days a year. Handlers often use some off time to continue to work canine training issues, build rapport, or carry out exercises with their dogs. Their dedication and personal sacrifice made in order to perform at professional levels is admired, although they often operate quietly on their own without expectation of recognition.





In the Spotlight

Q&A WITH NDW MWD HANDLERS

Why did you join the Navy?

- I wanted to see the world, serve my country, and follow the legacy of my family.
- To make a life for myself.
- Because I wanted to follow my uncle's footsteps.
- My grandfather was in the Navy, and I wanted to follow his footsteps.
- To pursue a career in law enforcement.
- I needed a job.
- I wanted to do something with my life, I was bored at home, and I'd wanted to join since high school.



Favorite K9 memory?

- I'm torn between sneaking my MWD onto a tiger cruise in San Francisco on an LHD and sailing under the Bay Bridge, watching all of the Sailors and Marines man the rails in their dress uniforms, or flying on the C17 to a foreign country with my MWD by my side while lying in my hammock watching the movie "Dog."
- Bonding after a long day of training with my team in Bahrain, where I did kennel support.
- Getting my first dog assigned and certifying as a Team.
- Rappelling with my first assigned dog out of a helicopter while on deployment.
- Going on my first tasker with my MWD.
- Any time I get to hang out with my MWD.
- My two favorites were when I was selected for the MWD handler's course. The very first time I got to decoy for a demo while I was at Lackland, my MWD mentor had me demo in a bite suit and sent an intense MWD to me for a bite, and he wiped me out.
- When I was enlisted. Once I certified with my first assigned MWD, we went on our first tasker to Baltimore Fleet Week, where I felt I really got to learn her quirks. Also, our second tasker was to New York City. It was the first time either of us had experienced the city and we had a great time. My MWD at the time is now retired and living the good life in my home.
- I would have to say, going on a temporary duty to Egypt, where I got to do security for the Secretary of State and had the opportunity to introduce my dog to my grandmother, cousins, aunts, and uncles who lived there.
- Being with other handlers and training dogs together, enjoying the competition and comradery.



In the Spotlight

Q&A WITH NDW MWD HANDLERS (CONT...)



- It's a very close community, it's supportive, but also competitive. It's cool to be part of something so unique.
- If anybody is thinking about joining K9, they should know that it is not a normal 9 to 5 job. The dogs need around-the-clock care, and there are missions that require handlers to work all hours of the day and night. It takes time and patience to bond and train with a dog until the team is proficient, and that is just the beginning. It is a highly challenging, highly rewarding community where handlers can expect amazing opportunities to go to places, do things, and meet people that they would not have been able to otherwise.
- It's a great career field because it's one of the few careers where you have a physical product that shows off and is proof of your hard work.
- The job is very rewarding working with a dog who does not, yet, know how to conduct a task. Teaching, training, and proofing new tasks and watching the dog succeed at doing something new.

What should people know about K9?

- I would want them to know that this is the best job you can have, to be passionate about it and to pour your heart into the animal that you are teamed with. If you do that, you will have a dog that will run through fire to be by your side.
- It's never-ending satisfaction and is a very demanding job. #K9LTW
- That you need to be open minded and willing to learn something new every day.
- It's the best job in the world, HOOYAH!!
- The job comes with independency and responsibilities, but the outcome is very rewarding and worth the effort.
- It is one of the most fun jobs while maintaining extremely high standards of physical fitness, mental attitude, and ethics.

What's a typical day in the life of a Military Working Dog K9 Handler?

"Every single day I work, I get to hang out with my best friend. Being a handler is more than just training a dog. I get to build an unbreakable bond with my assigned MWD. We work towards goals while challenging ourselves to be better every day. My daily tasks include feeding, cleaning, and training. My shipmates and I set up training evolutions for one another to spark quick thinking and problem-solving mentalities. This is the best job in the Navy and I'm grateful for this opportunity."



In the Spotlight

Q&A WITH NDW MWD HANDLERS (CONT...)

Did you always want to become a handler? How did you get into it?

“When I enlisted in the Navy, I told myself that I wanted to make my time in the military memorable and do everything I can to make the Navy better. As a Master-at-Arms, becoming an MWD Handler is the best job you can get, and I wanted to take any opportunity to become a handler. While I was in A-School, my opportunity presented itself and I took an interview to become a Navy MWD Handler. I was one of the few that got selected and went to the Handlers course after completing A-School.”

What is your favorite part about being a dog handler?

“My favorite part of being a handler is, of course the dogs! Watching them figure out a new skill. It’s the dogs teaching us how to trust and being able to travel the world together. In my short time, I have been to three countries and countless states with my “best friend.” The people you will meet, the ideas you get to exchange, and the training advice you receive from world class dog trainers. This job is not your typical office job; it’s different every day and you have no idea what each day will bring. My other favorite part is being in the community around kids who can see me, being a woman in this male-dominated field, and being the encouragement to them that they can do the jobs they never thought they could. Inspiring people, providing lifesaving assets where needed, and always having that paw print in the dirt next to me in the darkest times.”

“I am thankful for the MWDs’ hard work and selfless dedication to their K9 partners. The daily efforts they put forth to support the entire National Capital Region does not go unnoticed. They have sacrificed their free time to keep the mission and the Team successful. I am proud of the personal growth I have witnessed and the resiliency amongst this incredible community. They continue to keep the passion and pride of working alongside an MWD alive. Thank you. K9 leads the way! Truly, the best job we’ve ever had!”

--MA1 Carman

“The job they do is one of the hardest jobs in the Fleet. Not only are they outstanding Master-At-Arms carrying the shield; we need them to carry the leash too. Damn proud to be part of a program where you help row or get off the boat. Everyone pays their weight in sweat and hard training, daily. HOOYAH K9!”

--MA1 Houseknecht

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

URL: <https://www.37trw.af.mil/Units/37th-TrainingGroup/341st-Training-Squadron/Military-WorkingDog-Adoption-Program>



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



RADM Lacore congratulates NDW HQ’s FY-22 Sailors of the Year! Their performance this year, both on and off duty, has been nothing short of exemplary and has set a standard for all to follow. I also want to extend my congratulations to all the Sailors who competed for these honors. The competition was fierce and speaks to the high quality and performance of our team. I’m proud of all of you and thankful for what you do to support our mission each day. Congratulations, MA1 Larissa Carman, Senior Sailor of the Year; MC2 Griffin Kersting, Junior Sailor of the Year; and MA3 Fidel Gonzalez-Magana, Bluejacket of the Year. Bravo Zulu and well done!

Commanding Officer of NAS Patuxent River says “Bravo Zulu” to NAS Patuxent River’s FY22 Sailors and Civilians of the Year recipients: MA1 Trevor Houseknecht, Senior Sailor of the Year; RP2 Joseph Mojica, Junior Sailor of the Year; AC3 Matthew Lansberry, Blue Jacket of the Year; Mrs. Carrie Jay-Root (N9), Senior Civilian of the Year; Mr. Araf Al Ndee Al Apache (N37), Junior Civilian of the Year; Colonel Steven Schuyler (Navy Security Force Chief of Police), Supervisor of the Year; and Navy Security Force Operations, Group of the Year. Congratulations and Bravo Zulu!

The entire NDW Team would like to say “Welcome Aboard” to the newest members of the NDW team from across the Region!

- **Joining the NSA Bethesda team:**
Adeola Kolajo.
- **Joining the NSA South Potomac team:**
Julio Nazario-Varo, Kristiana Poole, and Yesinia Rodriguez-Hower.
- **Joining the NSA Washington team:**
Jemima Laurent.
- **Joining the NAS Patuxent River team:**
Tytiana Snyder, Jose Torres Rosa, Tina Rice, Sadia Baig, Kaylyn Wilcox, and Tiffany Curtis.
- **Joining HQ NDW team:**
RP2 Stephen Mostella, LS1 Keishanda Taylor, MA2 Dauntae Forrest, and CWO4 Jamal Cooks.



In the Spotlight

BRAVO ZULU! (CONT...)

Bravo Zulu to the following NDW Navy Fire & Emergency Services Personnel who received CNIC's Life Saving Award for actions that directly contributed to a life being saved! Bravo Zulu:

- **November 2, 2022:** Firefighter (FF)/Paramedic Lindsay Graham and Fire Inspector George Malone were dispatched for an allergic reaction and arrived to find a patient in cardiac arrest. Advanced Life Support (ALS) care performed, and resuscitation was achieved. Bravo Zulu!
- **November 22, 2022:** Multiple crews from Naval Support Activity Annapolis responded to U.S. Naval Academy Dahlgren Hall for a reported cardiac arrest. They performed effective CPR, defibrillation, and ALS care, leading to a successful resuscitation. Bravo Zulu!
- **November 23, 2022:** Multiple crews from NSF Indian Head responded to a Mutual Aid Call to Charles County for a patient with complaints of chest pain. Crews arrived to find a woman having an active heart attack, and several minutes after arrival, she went into full cardiac arrest. Crews provided CPR and ALS care and achieved successful resuscitation. Bravo Zulu!

- **December 3, 2022:** FF/Paramedic Dave Diehl and FF/Paramedic Glenn Depp (NSA Annapolis) responded to a mutual aid call in the City of Annapolis for a reported cardiac arrest. The crew provided ALS Care, with assistance from Annapolis Fire Department units, and achieved resuscitation. Bravo Zulu!
- **December 10, 2022:** FF/Paramedic Nate Martin provided CPR and defibrillation to a fellow guest while on a cruise. He then continued to assist ship medical personnel until they reached the ships infirmary. Bravo Zulu!

Naval Support Facility (NSF) Thurmont, says "Bravo Zulu" (BZ) to the following:

- **BZ to ABH2 Mark Amorcillo**, who noticed a woman choking while he was shopping in a grocery store during his recent leave to Texas. He utilized his training and administered the Heimlich maneuver, dislodging a piece of food from the woman's throat. His quick thinking and practical use of training negated what could have been a serious medical emergency.
- **BZ to LS2 Anniceris Cardelle** for singlehandedly scheduling, processing, and offloading 12 pallets of material to the Defense Reutilization Marketing Office, enabling the proper reutilization of material by DoD entities. He also took on increased responsibilities for fuel procurement and contracting execution, while simultaneously qualifying for Duty Section Leader and supporting Guest Operations.

ATTA BOY!



In the Spotlight

BRAVO ZULU! (CONT...)

- **BZ to IT1 Andrew Cleary** for working after hours to troubleshoot and make critical repairs to the installation's Entry Control Point barriers. He quickly identified fiber connections that had failed and performed the necessary rewiring to return the access lane to a fully operational and mission-capable status.
- **BZ to CM1 Zam Dal, E02 Laramie Billups, E02 Anthony Triano, and CM3 Adam Tyrone** for their exceptional support of the NSF Firehouse in the quick corrective actions taken in repairing Support Unit-51 (firetruck). Their combined efforts prevented extensive mechanical issues to the engine, minimized vehicle downtime, and saved the Navy several thousand dollars in repair costs. They ensured NSF Thurmont was able to maintain 100% emergency response and mutual aid mission readiness.
- **BZ to the 10 NSF Thurmont Sailors** who were selected for advancement during the recent cycle; IT1 Noah Duran, IT1 Ariana Mireles, BU2 Peter Osipovich, CS2 Alexander Ruman, UT2 Zachary Scoby, BU3 Jacob Ford, UT3 Jason Jones, UT3 JR Mina, UT3 Shandiin Tallman, and UT3 Jack Wheeler. Frocking for these Sailors took place December 8 during command quarters.



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

IS IT REALLY THE MOST WONDERFUL TIME OF THE YEAR?

By Michele L. Tornabene
LCSW-C, Regional QA/Risk Management Specialist

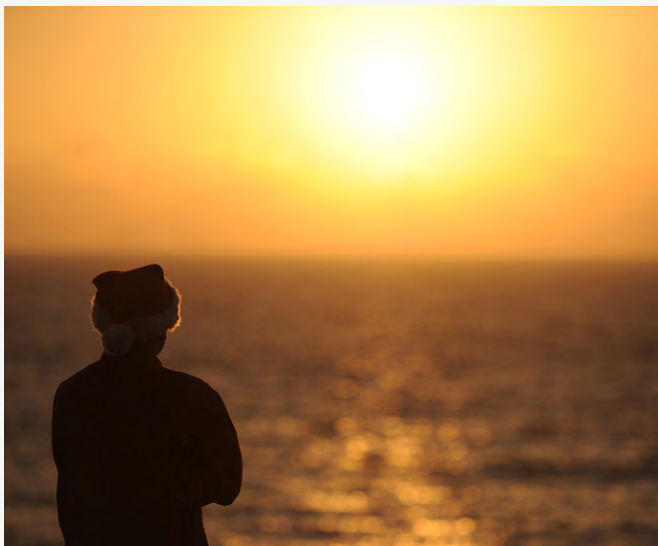
The holiday season comes jam-packed with high expectations to be joyful, merry, and bright, just like all those magical holiday movies that are such a guilty pleasure. For many of us, this time of year also means spending extra money when budgets are already stretched thin, trying to find that “perfect gift” for our loved ones. There are holiday celebrations – some we look forward to, and some we may dread. There are extra-rich foods and the temptation to indulge in alcoholic beverages more often than usual. Other obligations may include traveling long distances for a short period, seeing family we may have challenging relationships with, and the disruption of our usual schedules. Finally, as we are experiencing some or all of these increased stressors, we are still expected to work and manage our busy lives.





Services for You

IS IT REALLY (CONT...)



For some, this time of year can even be downright dreadful, because it could mark the loss of a loved one, a special relationship, or another negative experience. The entire season may just feel overwhelming. Others may experience an increase in mental health symptoms, such as depression, anxiety, and social isolation. In fact, according to the American Psychological Association, almost 40% of people surveyed stated that their stress levels went up during the holidays, and the National Alliance on Mental Health noted that over 60% of those already struggling with mental illness described their symptoms as worsening around the holidays.

The good news is there are simple things we can do to manage and enjoy this time of year. First, adjust your expectations. The curated worlds of social media, holiday movies, and commercials aren't reality. Perfect decorations, lavish holiday parties, and luxurious gifts aren't necessary to have a happy holiday season, and comparing yourself to anyone else isn't helpful.

Start by creating a budget and sticking to it! Shorten your gift list and prioritize children, or perhaps host a gift exchange where you only buy for one person in a group. You can make your own gifts; people love handmade and creative items. Choose to do an activity together, because your loved ones generally value time spent with you over a "thing." You are allowed to politely decline a holiday get together, but if you are required to attend one of these events, create a plan. For example, when will you arrive, who you will sit with/talk with, and how long you will stay? Have an exit strategy in mind, and don't be afraid to excuse yourself early if you feel overwhelmed.

Be mindful not to throw caution to the wind when it comes to eating and drinking your holiday cheer, since this can contribute to physical and emotional fallout. However, also know that a night or two of extra cookies and eggnog will not ruin your life! Do your best to stick to your normal diet and exercise routine. Walking is also a great way to get moving and keep your mood up. Substance overuse and abuse risk increases during the holidays, so plan to drink water between each alcoholic beverage, drink in moderation, and limit your time in situations where you may be tempted to act in ways that are harmful to your own well-being.

Again, maintain realistic expectations. If your relatives tend to fight throughout the year, they will most likely fight during the holidays. Avoid triggering topics when visiting family. For some, family gatherings should be avoided. There are ways to acknowledge family members without being in the same space with them, such as a handwritten card or a phone/video call. Spend time with friends if your family isn't close.



Services for You

IS IT REALLY (CONT...)

Create new traditions or recreate holiday traditions that you experienced as a child. Get involved with a faith-based group if you are comforted by spiritual support. Volunteer in your community; sometimes simply giving back is the greatest gift we can give ourselves.

The close of another year often prompts people to reflect on their achievements or disappointments. Make a conscious effort to list all the positive things you did or experienced during the year. We often dwell on what went wrong, but there is always something that went well.

Acknowledge your feelings, whether they're good or bad. You are allowed to feel what you feel, and not enjoying a certain season or day doesn't make you a bad person. Remind yourself that bad feelings, like the holidays, will eventually pass.

Finally, please remember that even during this time of year when we focus on giving, it is okay to take care of yourself, you are worth it, and you are not alone. For more information and resources regarding the holidays and stress, contact your local **Fleet and Family Support Center Clinical Advocacy Program**, or make an appointment with your **Primary Care Provider, Behavioral Health Specialist, or Military One Source or Military Family Life Counselor**.

ADDITIONAL SERVICES FOR YOU

Fleet and Family Support Program: In the December and January issues of the FFSC Family Connection Newsletters you will find information on the Exceptional Family Member (EFMP) 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 for the months of December and January on the Magellan Ascend website: <https://magellanascend.com/?ccid=hpZiwlTni%2FVKnrZqvUQNB6fBJJGSp2%BZYWZSUbKC71w%3D>

ACI: For articles, resources, and other information for the months of December and January, 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.



Holiday Art Show and Sale (Glen Echo Park). Glen Echo Park's thriving community of resident artists are selling handmade wares ranging from glass art and ceramics to paintings, photography, and more. The market runs this month through January 8, so whether you need holiday gifts now or feel like a post-holiday shopping trip, Glen Echo is worth a visit. Get more details at: <https://www.culturespotmc.com/event/holiday-art-show-at-glen-echo-park>



Things to Do Around You



Ice Skating in the City (Washington, DC).

The winter season is ice-skating season at the Washington Harbor. Put on your skates and glide around the ice, with beautiful Georgetown on one side and the Potomac River on the other. It's \$10 per adult (\$9 with a military ID) and \$9 per child.

For more info, visit:

<https://thewashingtonharbour.com/ice-skating>



Winter Bowling League (Annapolis). Think you could be a bowling champion? Take your shot on Thursday night, January 12, when the Thursday Night Co-Ed Bowling League starts at Annapolis Bowl. Enter with a team of at least four players and compete for up to six weeks—week six is the playoffs.

For more information and to buy your ticket, visit:

<https://fb.me/e/1ZtFvoo5k>



Fair Winds and Following Seas

RELIGIOUS PROGRAM SPECIALIST CHIEF PETTY OFFICER (RPC) SERGIO J. RIVASSORTO

As Naval District Washington (NDW) retires and says goodbye to one of our own, we look back on the service and duty of Religious Program Specialist Chief Petty Officer (RPC) Sergio J. Rivassorto. Born an only child in the nation of El Salvador to father Hernan Sorto and mother Drenin Rivas, RPC Rivassorto lived there until the young age of 10. Then he and his mother moved to Bayonne, New Jersey, where he would spend the rest of his adolescent years. Graduating from Bayonne High School in 2002, RPC joined the United States Navy on August 19th of the same year. Later that fall, he graduated from Great Lakes and reported to USS Essex (LHD-2), home-ported in Sasebo, Japan, as an Undesignated Seaman.

Aboard the USS Essex, he attained the rating of Religious Program Specialist and was promoted to the rank of Petty Officer Third Class. Following his tour of duty on the USS Essex, he served at NDW in Washington, DC, from 2006 to 2009, where he was promoted to Petty Officer Second Class. He then transferred to Yokosuka, Japan, to serve in Destroyer Squadron 15, where he advanced to the rank of First Class. Following this tour, he returned to Washington, DC to serve with Marine Barracks Washington from 2012-2015.

Rivassorto returned to sea on the USS IWO JIMA (LHD-7) in Mayport, Florida, from 2015-2018, where he would put on the anchors of a Chief Petty Officer. He returned to DC one more time and finished out his Navy career back at NDW from 2018 to 2022, retiring on Oct. 31st, 2022, after 20 years of service to his country.

RPC Rivassorto, his wife, and three daughters now reside in Jacksonville, Florida. During his time in the U.S. Navy, he earned a Bachelor's Degree in Business Analysis from Bellevue University. He will now be working as a contractor for the Department of the Navy on Naval Air Station Jacksonville. We at NDW wish RPC Rivassorto "Fair Winds and Following Seas" and offer our thanks for his 20 years of service and dedication to his country. We Have the Watch!



Connect with Us

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

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For more detailed information, please select your installation at:

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