

# THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL.2 FEBRUARY 2022



## The Culture of Excellence and You

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

Last month, we asked our readers to vote on a name for this newsletter. Thank you to all who participated. The results are in: Please welcome the Quarterdeck!

**This February, we honor Black History and American Heart Month.**

Check out this month's edition for the following:



**COE Resources: meditation, brain benefits of exercise, and speaking up about difficult truths.**



**Heart Health Awareness, and getting your health "rhythm" back.**



**Saying goodbye to Chief of Staff Capt. Geoffrey "Jefe" Moore.**



**Congratulations to the winner of the 7th Annual Gold Star Family Chili Cook-off!**



## LEADERSHIP AND YOU

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Last month, NDW leadership kicked off our Leadership and You section by sharing their thoughts on COE and goals for 2022. This month highlights three of our N-Codes sharing their missions, significant FY21 accomplishments, and FY22 goals.

[Read More](#)



## MIND, BODY, AND SPIRIT

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Learn about mindfulness meditation and why it's gaining acceptance in the Navy and throughout the military community. Also, CREDO's director shares what teamwork on a Navy ship taught him about navigating the challenges of everyday life.

[Read More](#)



## COE RESOURCES

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

[Read More](#)



## DIVERSITY, EQUITY, INCLUSION, AND ACCESSIBILITY

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Learn what Diversity, Equity, Inclusion, and Accessibility mean. Additionally learn about the history of Black History Month.

[Read More](#)



## VOICE OF THE EMPLOYEE

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

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## IN THE SPOTLIGHT

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Read about a massive NDW antiterrorism exercise, a newborn baby who is the new VIP at NDW Indian Head's fire station, and the NDW team that worked together for a successful 7th annual Gold Star Family Chili Cook-off.

[Read More](#)



## SERVICES FOR YOU

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Your voice matters! The importance of the 2021 Workplace and Gender Relations Survey. Are you ready for the Windows 10 20H2 update? Learn what's needed.

[Read More](#)



## THINGS TO DO AROUND YOU

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

[Read More](#)



## FAIR WINDS AND FOLLOWING SEAS

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Let's say Fair Winds and Following Seas to our former Chief of Staff, Capt. Geoffrey "Jefe" Moore.

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## CONNECT WITH US

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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

### STRATEGIC GUIDANCE AIDS NDW PLANNING AND DECISION-MAKING

By LCDR Amir Shareef  
Deputy Director, Strategy and Future Shore Integrated Requirements (N5)

N5's mission is to "conduct strategic planning and program integration in support of the NDW mission and NDW installations and align future requirements to the NDW Strategic Guidance." We don't create many of the products you use, but do we make many of the products you use better.

#### N5 HAS FOUR PRIMARY FOCUS AREAS.

- Managing the development of NDW's Strategic Guidance and future year strategy development.
- Overseeing the contract services program and the development and execution of the annual program budget cycle.
- Providing analytic support by developing and applying methods for evaluating mission accomplishment, program performance, and requirements generation.
- Supporting NDW with subject matter experts who run several programs, including regional support agreements, Interactive Customer Evaluation, the Standard Organization and Regulations Manual, and Joint Basing Management.



In 2021, The N5 team led a Shore Mission Analysis for NDW's Strategic Guidance. This analysis took the Commandant's inputs and, in concert with the Commandant's Staff, produced an NDW Strategic Notice (STRATNOTE). The STRATNOTE provided the force a new Mission Statement, Commandant's Top Five Priorities, and Core Principles. This STRATNOTE served as the Executive Summary to the more comprehensive Strategic Guidance, which shapes the way forward for the entire region. Additionally, we provided daily comprehensive and collated data on COVID-19, which was integral in shaping the Commandant's decision-making on the global pandemic.



## Leadership and You

### STRATEGIC GUIDANCE (CONT...)

In 2022, we expect to implement an NDW Program Management Review (PMR), a quarterly review of the Region Program Director's programs. This new PMR will be a deep dive into these programs with an emphasis on oversight of non-labor and labor controls. In addition, the PMR will look into staffing outlooks, contracts, support agreements, training, and long-range planning. These PMRs will deliver decisive decision advantage for the Commandant, Chief of Staff, Command Master Chief, and the Executive Director.

N5 also seeks to integrate data analytics and data-based decision making, which will aid in process improvement and development of key performance indicators to measure the effectiveness of decisions of the past and into the future. Lastly, N5 will continue to assess how we operate in the pandemic/post-pandemic environment, notably our collaborative platforms like MS Teams, especially as we aim to increase the efficiency of our Executive Steering Committee meetings.

### MEETING THE REGION'S NEEDS FOR RESILIENT, COLLABORATIVE, AND SECURE INFORMATION-TECHNOLOGY SYSTEMS

By Jon Usher  
Director, Information and Communication Systems (N6)

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

N6 has two primary focus areas. First, N6 provides administrative computer services via the NMCI contract. N6 Assistant Customer Technical Representatives manage the contracted services to NDW HQ and Installations to ensure computer requirements are met. Second, N6 manages an operational network supporting Operations-Public Safety (N3) and Facilities (N4). For N3, the network supports Land Mobile Radios (LMRs), 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. In 2021, N6 was successful in obtaining system accreditation for a portion of its operational network. Additionally, we were able to upgrade various systems and complete some lifecycle equipment replacement. Within NMCI, we have migrated the majority of NDW members to the Navy's improved Microsoft O365 Cloud Collaboration Flank Speed (FS) environment.

In 2022, we expect to complete the FS migration and begin to leverage the new capabilities for increased collaboration and efficient delivery of BOS services to NDW customers. We expect to complete system accreditation for LMRs and the Access Control System (Lenel). Additionally, we will have the ongoing lifecycle upgrades to network components.



## Leadership and You



### FLEET AND FAMILY READINESS IMPROVES QUALITY OF LIFE FOR SAILORS AND THEIR FAMILIES

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

**NDW's Fleet and Family Readiness (FFR)** program (N9) enables a Ready Navy force through quality-of-life programs for Sailors and their families. Our programs include Family Readiness, Fleet Readiness, Navy Housing, and the Navy Wounded Warrior Program.

Our **Family Readiness** program provides support through our Fleet & Family Support Centers and Programs as well as our *Child and Youth Programs (CYPs)*.

Our **Fleet Readiness** program provides programs and services through *Morale, Welfare and Recreation*, which encompasses programs such as Fitness and Liberty (Single Sailor Program) and galleys that feed our Sailors. Other Fleet Readiness programs include *Recreation Lodging* and the *Visiting Flag Quarters*.

Our **Navy Housing** program encompasses family housing, unaccompanied housing, and executive housing services.

Our **Navy Wounded Warrior** program, located at Walter Reed National Naval Medical Center, coordinates the non-medical care of seriously wounded, ill, and injured Sailors and Coast Guardsmen and provides resources and support to their families.

Lastly, our **Regional Support Services** team also provides **financial, marketing, project management, and human resources support**. Our entire NDW FFR team works daily with our installations to provide them with the resources and support they need to implement these quality-of-life programs and fulfill their command's missions.

Here are more ways we have been serving the NDW community.



**NDW Facilitated Mentorship Program.** The NDW Facilitated Mentorship Program invests in NDW staff to increase workforce skills and morale, narrow the knowledge/skill gap, reduce turnover, and develop future NDW leaders. FFR piloted this program in 2013-2015, and this year, for the first time, the program is available to all NDW N-Codes. Based on feedback received through surveys, participants feel the program provided opportunities for professional development at each level of the organization; enhanced their job satisfaction and morale; increased their professional skills; and promoted vital learning about the NDW organization.



# Leadership and You

## FLEET AND FAMILY READINESS (CONT...)



**Navy Gold Star Program.** The Navy Gold Star Program (NGSP) of NDW serves over 422 Gold Star Family members—i.e., parents, spouses, siblings, and children whose loved ones died while on active duty. It hosts several events each year for the families. One of the biggest and most fun is the *Annual Chili Cook-off*, held in February. Each family brings a crockpot of home-made chili that gets tasted and judged by the Admiral, and Installation Commander/designee, and a DOD Civilian employee. This event provides an opportunity for families to connect in a light-hearted manner and for the Command to understand, connect, and support *Gold Star Families*.

The NGSP also recognizes *Gold Star Spouses* and families with a luncheon in April hosted by the United Services Organization, and it conducts a month-long awareness campaign, *Gold Star Awareness Month*, each May. It will provide a one-day retreat for Gold Star Families at Solomon’s Island in July.

One of the most meaningful events is *Bells Across America for Fallen Service Members*, taking place this year on September 22—it is always the Thursday before *Gold Star Mothers and Family Day*, which will be on September 25. Although COVID has been a challenge for gatherings, it has not stopped Gold Star Families from connecting. We have organized nature hikes and provided Virtual Sip & Paints, Face-time contacts, and quarterly online check-ins.

And September is **Ombudsman Appreciation Month**. Region Work and Family Life Programs and N94 partnered to provide guidance and support to individual installation commands and Fleet and Family Support Center staff to effectively execute ombudsman appreciation events to honor our region’s selfless command volunteers. The events ranged from outdoor celebrations to events at private indoor venues, drive thru events, and virtual meetings. Region provided tokens of appreciation and an ombudsman appreciation certificate signed by RDML Steffen. Sponsorship was provided by the Navy League.





## Leadership and You

### FLEET AND FAMILY READINESS (CONT...)

## 2022 GOALS

We look forward to expanding our services in the following ways this year.

1. In 2022, the FFR Service Center (N94) will be working with the U.S. Forest Service on proposals to enhance the recreational lodging opportunities at Navy Recreation Center Solomons.
2. Our CYP will be collaborating with Regional and Installation Marketing and Public Affairs to help recruit and retain new CYP employees throughout NDW.
3. The N9 Morale, Welfare and Recreation and Support Services teams will continue to champion and submit non-appropriated-funded construction projects to upgrade Recreational Vehicle Parks throughout the region to help us meet the growing need for this service.



### THE NAVAL DISTRICT WASHINGTON 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

## MINDFULNESS AND THE MILITARY

By Rick Docksai  
Editor

People across the globe mourned the death last month of Thich Nat Hanh, the world-renowned Buddhist monk, teacher, and activist who had worked with Dr. Martin Luther King Jr. But Hanh leaves an enduring legacy that continues to change lives for the better—including the lives of those in the U.S. military. That legacy is mindfulness.

Mindfulness is the simple daily practice of bringing your full awareness to the present moment: what you're feeling, touching, tasting, thinking, and feeling. It's being in the here and now and witnessing it, without judging it or trying to analyze it, and without letting the mind wander to other times or places.

Daily meditation is a cornerstone of mindfulness, to train the mind to be fully present. Hanh taught his students to meditate while focusing fully on each inhale and exhale of breath, and saying silently in their minds: "I'm breathing in; this is an in-breath. I'm breathing out; this is an out-breath."

You also practice mindfulness throughout your day. Whether you're sipping a cup of coffee, making photocopies at the printer, or reading a memo, you might take a moment now and then to bring yourself fully into the task at hand.

**Those who practice mindfulness find it's a powerful method for improving focus, thinking more clearly, and getting a hold on anxiety, depression, and stress. You learn to let go of negative thought patterns, and you develop a centeredness that helps you manage everyday stressors with attention, clarity, and calm.**

Many members of the U.S. military have adopted mindfulness. And some have started new programs to teach it to their fellow Service members and their families. One of these teachers is Jon Macaskill, former Navy SEAL commander, who serves as executive director for Veterans PATH, a support organization for veterans transitioning to civilian life. Veterans PATH's services include veterans-centric mindfulness classes, available for free online.

Veterans PATH | <https://veteranspath.org/>



## Mind, Body, and Spirit

### MINDFULNESS AND THE MILITARY (CONT...)

Macaskill attests that his own life changed for the better after he took up meditation, starting with much better emotional and mental wellness:

**“From the mindfulness practices, I can tell you I’m happier and I feel much more content in my day-to-day life. I’m far less anxious throughout my day and I don’t find myself battling with depression anymore,” he said in an interview with Warriors at Ease, another group teaching mindfulness to the military.**

Like many veterans, Macaskill also has joint pain from old injuries. Mindfulness helps him manage this, as well.

“My knees, back, and neck are not what they used to be, but combining yoga with mindfulness routines have helped the physical pain tremendously!” he said.

As for **Warriors at Ease**, it trains yoga and meditation teachers to lead classes on military installations nationwide. On their website, you can look for a class or teacher in your area, and if you really get into the practice, you can enroll to become a teacher yourself! More info at: <http://warriorsatease.org/>.



To hear more from Mr. Macaskill on his military journey and mindfulness practice, check out our **COE Resources** page, where we have posted the link to a full-length interview.

### DON'T DO IT ALONE

By Chaplain Peter Dietz  
CDR, USN; Director, NDW CREDO

The first time I rode a Navy ship was amazing. It was an old Austin-class LPD, and I was an inexperienced, Ensign, Chaplain Candidate. The ship was so big and busy. And I was in awe of how much was going on as the ship prepared to go to sea. At first, it just seemed like chaos.

This changed as we got underway. People got into routines, and days became more predictable. Everyone had a place to be and a job to do. As a chaplain, I was paired up with the Corpsmen to provide comfort and support to those who may be injured. Unfortunately, I couldn't see what was happening in other parts of the ship.

When we pulled into the pier in San Diego, I started to see many parts working together. There were teams of line handlers on the ship's deck. There were people on the pier to receive the ship's lines. There were people on the bridge wings sighting landmarks so that the Navigator knew exactly where the ship was. Coordination had been made ahead of time to have water, electricity, and trash collection waiting for us on the pier.

A pilot had come aboard to help navigate the last bit of the transit. Tugboats were tied to the sides of the ship to help move it so precisely, that when the ship came to rest pier-side, it was a perfect landing: 15,000 tons coming to a stop within inches of the pier bumpers. It was incredible.

What was also incredible was the coordination and trust required to bring a Navy ship into port. So many things have to be done, and everyone has to do their job correctly and at the right time. The ship's captain can't be telling everyone what to do. He or she has to trust that every member of the crew is doing their job when it needs to be done. For me, that was the most impressive thing of all: A ship's Captain must rely on the crew.



## Mind, Body, and Spirit

### DON'T DO IT ALONE (CONT...)

Sailors and Marines do not train to go to battle alone. They always rely on others for support. But often, in our personal lives we think we can do it alone, or that we should be doing it alone.

What if we approached the challenges in our personal lives like we do those in the sea services: with a team of people to provide support? We can hand-select our crew, with each member of that team with their own area of expertise. Some of the people in my crew are my wife, sister, and mom. I also have senior chaplains that I trust and have worked with over many years. I have my supervisor, whom I may need support from for specific things; and a spiritual advisor, from outside the military, who helps me keep some things in perspective with an outsider's view.

The military has so many resources that you can choose from to be part of your crew, that you can call on when you have certain needs. **They may be your chain of command, Fleet and Family, Ombudsman, Chaplain, a help line like 1-800-273-TALK, Military OneSource, or victims advocate, to name a few.**

Life is too complicated and challenging to do it alone. Develop a network of support. Be your own Captain, and let your crew help you navigate life.



### RECLAIM YOUR RHYTHM FOR HEART HEALTH MONTH

By CAPT Sara Pickett  
Regional SAPRO and COE Champion

February is heart health month, dedicated to understanding, preventing, and treating heart disease. Heart disease remains the number one killer of both men and women in the United States. Here are some staggering statistics:

- One person dies every 36 seconds in the United States from cardiovascular disease, according to Centers for Disease Control (CDC) data.
- One in every four U.S. deaths each year is from heart disease.
- In 2016-2017, heart disease cost the United States \$363 billion per year in healthcare services, medicines, and lost productivity due to death.

Last month, CMC Hochgraver encouraged us to set realistic goals for 2022. Let's challenge each other to add improving our heart health as one of our goals.

I am happy to share that heart disease risk can be minimized at any time by eating a nutritious diet, exercising most days of the week, maintaining a healthy weight, and quitting tobacco. These core behaviors all contribute to overall heart health. Some fundamental health factors are critical, as well: blood pressure, cholesterol, and glucose control.

There are many organizations that are committed to heart health and offer free resources, tools, and initiatives dedicated to improving heart health. Two such organizations are the **CDC** (URL: <https://www.cdc.gov/heartdisease/>) and **The American Heart Association (AHA)** (URL: <https://www.heart.org/>).



## Mind, Body, and Spirit

### RECLAIM YOUR RHYTHM (CONT...)

#### TOBACCO AND YOUR HEART

Tobacco use remains one of the leading causes of preventable disease, disability, and death in the United States and worldwide. Tobacco negatively affects almost every organ in your body. The most common form of tobacco use, cigarette smoking, is a major risk factor for cardiovascular disease and stroke.

Quitting smoking can lead to positive, immediate, and long-term health benefits. Did you know that within 20 minutes of quitting smoking, your heart rate and blood pressure decrease? Within 12 hours, the carbon monoxide levels in your bloodstream drop back to normal. Within three months, your circulation and lung function improve. And after one year, your risk of coronary heart disease (buildup of plaque in the arteries that supplies oxygen rich blood to the heart) is cut in half.



#### EATING FOR HEART HEALTH

In our January's COE newsletter, we talked about how to improve our nutrition. Information on adding more fruits and vegetables to our daily meals and understanding how sugar harms our body's chemistry in "Sugar: The Bitter Truth" was offered. This month, I encourage you to read the February issue of the CCN Navigator, which is linked in COE Resources. There you will find links to the Mediterranean diet, the Ornish diet, and the DASH (Dietary Approaches to Stop Hypertension) diet, which have been ranked as the top diets to follow for good heart health in 2022 and can lead to or help you maintain a healthy weight.





## Mind, Body, and Spirit

### RECLAIM YOUR RHYTHM (CONT...)

#### GET MOVING AND EXERCISE

Staying physically active can help control your weight and also strengthen your heart. The **CDC** (<https://www.cdc.gov/physicalactivity/basics/age-chart.html>) explains how regular physical activity is one of the most important things we can do to improve our health. The webpage not only shares tips and resources to help you become (and stay) more active, but it also has science-based recommendations for the ideal amounts of physical activity for different age groups. **The bottom line: Moving more and sitting less has tremendous health benefits, regardless of age, sex, race, ethnicity, or current fitness level.**

The **AHA's** theme for healthy heart month is "reclaim your rhythm," encouraging people to reclaim control of their mental and physical well-being after almost two years of the COVID-19 pandemic. The following link provides information and resources for both physical and mental well-being:

<https://www.heart.org/en/around-the-aha/reclaim-your-health-during-american-heart-month-in-february>

Mindfulness, meditation, and having a network of support are all great examples of how we can take care of our mental well-being, which in turn plays a key role in our physical well-being. Performing self-care, encouraging self-care in others, and taking care of our teammates are great ways to counter the heavy toll the COVID-19 pandemic has taken on our health.

Now that we know the way to a healthy heart, what steps are you going to take to "reclaim your rhythm," or support others in reclaiming theirs? Let's all work together towards achieving healthy hearts in 2022.

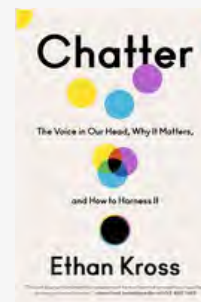
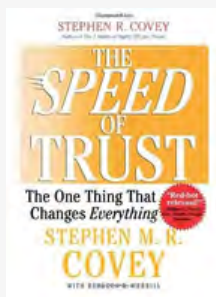


For more information on how community support, quitting tobacco, and exercising more can boost your heart health and your health in general, check out the TED Talks in this month's **COE Resources!**



# 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.



## BOOKS

***The Speed of Trust: The One Thing that Changes Everything***, by Stephen M. R. Covey. Covey shows how trust—and the speed at which it is established with clients, employees, and all stakeholders—is the single most critical component of a successful leader and organization. More Info: [https://www.goodreads.com/book/show/36076.The\\_Speed\\_of\\_Trust](https://www.goodreads.com/book/show/36076.The_Speed_of_Trust)

***Chatter: The Voice in Our Head, Why it Matters, and How to Harness It***, by Ethan Kross (Crown, 2022). Psychologist Ethan Kross examines the inner conversations we have with ourselves and how they shape our moods, attitudes, and personal lives. He offers tools for keeping this self-talk healthy and constructive. More info: [https://www.goodreads.com/book/show/53330118-chatter?ac=1&from\\_search=true&qid=AZxfWJXNpc&rank=1](https://www.goodreads.com/book/show/53330118-chatter?ac=1&from_search=true&qid=AZxfWJXNpc&rank=1)

## THE CCN NAVIGATOR

The February 2022 issue is available at the following link. [https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/COE/The\\_CCN\\_Navigator\\_February\\_2022\\_FIN\\_AL.pdf?ver=atzZuRAbAp\\_wmZIZVOAADw%3d%3d](https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/COE/The_CCN_Navigator_February_2022_FIN_AL.pdf?ver=atzZuRAbAp_wmZIZVOAADw%3d%3d)



CEO Resources

TALKS

**TED TALK: Get Comfortable With Being**

**Uncomfortable.** It is our duty to speak up about difficult truths, because being silent serves only the status quo, says writer, activist, and self-described “professional troublemaker” Luvvie Ajayi Jones. She shares three questions to ask yourself if you’re unsure whether to speak up or stay silent and encourages all of us to get more comfortable with being uncomfortable.

URL: <https://www.youtube.com/watch?v=QijH4UAqGD8&list=WL&index=1>



**TED TALK: How do Cigarettes Affect the Body?**

In this five-minute animated video, cardiologist Krishna Sudhir explains how cigarettes harm us and how long it takes our bodies to reverse the negative health effects when we quit. URL:

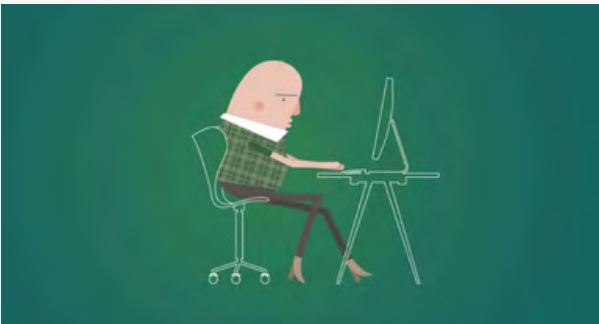
[https://www.ted.com/talks/krishna\\_sudhir\\_how\\_do\\_cigarettes\\_affect\\_the\\_body?language=en](https://www.ted.com/talks/krishna_sudhir_how_do_cigarettes_affect_the_body?language=en)



**TED TALK: Why Sitting is Bad for You.**

In this five-minute animated video, sports medicine expert Murat Dalkilinc investigates if our bodies are meant for a sedentary existence. He explains the hidden risks of sitting too much. URL:

[https://www.ted.com/talks/murat\\_dalkilinc\\_why\\_sitting\\_is\\_bad\\_for\\_you](https://www.ted.com/talks/murat_dalkilinc_why_sitting_is_bad_for_you)



**TED TALK: The Brain-changing Benefits of**

**Exercise.** The most transformative thing we can do for our brain is exercise, says neuroscientist Wendy Suzuki. She discusses how working out boosts your mood and memory and protects your brain against neurodegenerative diseases like Alzheimer’s. URL:

[https://www.ted.com/talks/wendy\\_suzuki\\_the\\_brain\\_changing\\_benefits\\_of\\_exercise](https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise)





## CEO Resources

### TALKS (CONT...)



**TED TALK: Three Ways Community Creates a Healthy Life.** Physical activity epidemiologist Olivia Affuso describes how you can kickstart a healthy life by tapping into the collective power of community that supports and motivates your health goals. URL: [https://www.ted.com/talks/olivia\\_affuso\\_3\\_ways\\_community\\_creates\\_a\\_healthy\\_life](https://www.ted.com/talks/olivia_affuso_3_ways_community_creates_a_healthy_life)



**How Meditation Saved a Navy Seal:** Meditation is gaining acceptance in the military community, and Navy SEAL veteran Jon Macaskill encourages more Service members to take it up. In this podcast interview, Macaskill recounts his own journey into meditation and how it's improved his work life, relationships, stress levels, and state of mind. URL: <https://www.youtube.com/watch?v=VoDVDyrrgPO>



**How to Unlock the Full Potential of Your Mind.** Our thoughts can make us sick, or they can make us well, says neuroscientist, meditation teacher, and motivational speaker Dr. Joe Dispenza in an interview with YouTuber Tom Bilyeu. Dispenza describes how to become more aware of your thoughts, feelings, and behaviors, and use this knowledge to create a new, healthier you. URL: <https://www.youtube.com/watch?v=La9oLLoI5Rc>



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

## WHAT IS DIVERSITY, EQUITY, INCLUSION, AND ACCESSIBILITY?

By Desmond Boykin  
Equal Employment Opportunity Specialist

Diversity is the different characteristics and attributes of our work force. The term diversity means the practice of including the many communities, identities, races, ethnicities, backgrounds, abilities, cultures, and beliefs of all people, including underserved communities. Diversity is reflected by all the things that make each of us unique—where we grew up, the activities or sports we enjoy, our personality styles, the ways we prefer to communicate with one another, and even the kinds of food we like.

Equity is the consistent and systematic fair, just, and impartial treatment of all individuals, including individuals who belong to underserved communities that have been denied such treatment, such as Black, Latino, Indigenous and Native American, Asian American, Pacific Islander, and other persons of color; women; members of religious minorities; lesbian, gay, bisexual, transgender, and queer (LGBTQ+) persons; persons with disabilities; persons who live in rural areas; and persons otherwise adversely affected by persistent poverty or inequality.

Inclusion is valuing and integrating each individual's perspectives, ideas, and contributions into the way the organization functions and makes decisions. The term inclusion means the recognition, appreciation, and use of the talents and skills of employees of all backgrounds. A set of behaviors (culture) that encourages Service members and civilian employees to feel valued for unique qualities and to experience a sense of belonging.





## Diversity, Equity, Inclusion, and Accessibility

### WHAT IS DIVERSITY (CONT...)

The term accessibility means the design, construction, development, and maintenance of facilities, information and communication technology, programs, and services so that all people, including people with disabilities, can fully and independently use them.

Diversity alone is not the answer. Without inclusion and equity, perspectives can lead to friction and conflict in thoughts and opinions. We must actively include all perspectives to harness the creative power of diversity.

## What does Diversity, Equity, Inclusion, and Accessibility mean to you?

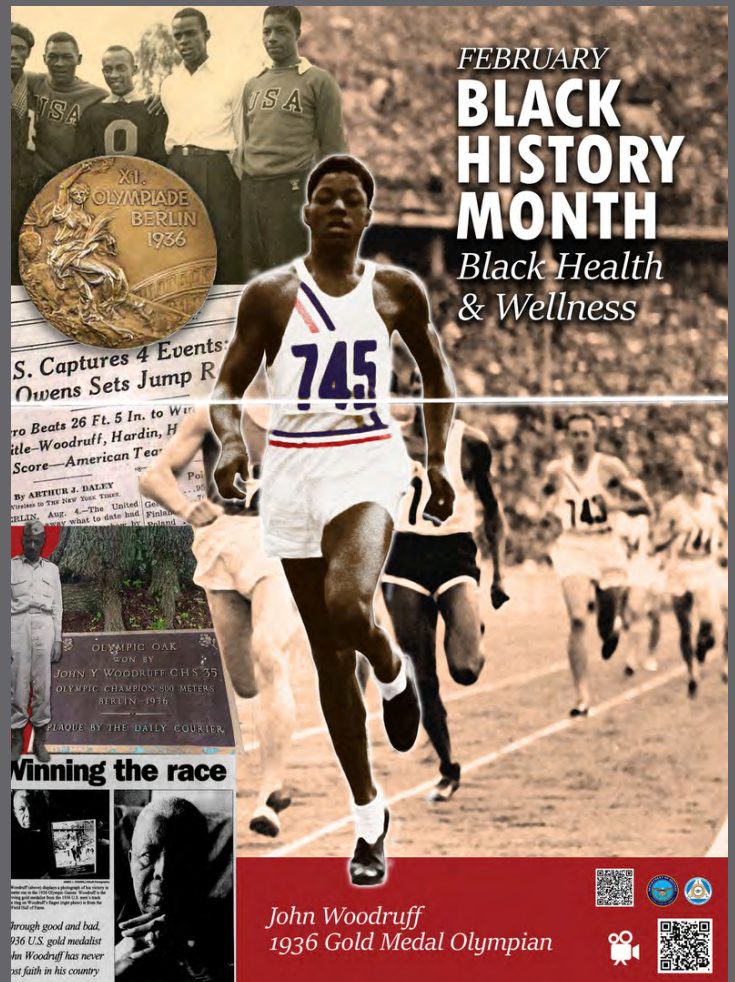
Let me know at [Desmond.Boykin@navy.mil](mailto:Desmond.Boykin@navy.mil).

### THE HISTORY OF BLACK HISTORY MONTH

By Desmond Boykin  
Equal Employment Opportunity Specialist

The observance of February as Black History Month, which celebrates the contributions of African Americans to our nation, was established by Public Law 99-244. The annual celebration of achievements by Black Americans is associated with Dr. Carter G. Woodson. In 1915, Dr. Woodson founded the Association for the Study of Negro Life and History, now called the Association for the Study of African American Life and History.

In 1926, Dr. Woodson initiated the celebration of Negro History Week, which encompassed the birthdays of Frederick Douglass and Abraham Lincoln. President Gerald Ford recognized Black History Month during the celebration of the United States Bicentennial in 1976. He urged Americans to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.”





# Voice of the Employee

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

All of us can play a part. Embracing the Culture of Excellence initiative that improves the care we provide to Sailors, their families, and civilians prepares us as organization to move beyond what is written by putting into action connections and communication. We as a whole, as individuals and as an organization, will be so much better as we work together to achieve the COE.

**---Ms. Marilyn Lewis**  
**Director, NSA Annapolis Fleet & Family Support Center**

The Culture of Excellence, to me, means that when I come to work each day, I am confident that my work is valued and my contributions understood by my leadership and my colleagues. It means that I am surrounded by good people who support and encourage me, both personally and professionally. And that my organization provides access to resources that I may need to help me improve my quality of life personally, and/or to better myself professionally. We spend the majority of our waking hours at work. We should strive to make it the best workplace to come to each and every day.

**---Ms. Andrea Smallcombe**  
**Employee and Labor Relations Specialist**

The Culture of Excellence is about providing an environment where all members of the command feel included and feel that they are an important member of our team. It is also about providing a safe place where people are free to be themselves and are not afraid to ask for help, personally and professionally. The Culture of Excellence Signature behaviors teach our team how to achieve work-life balance and produce excellence at all levels. Most importantly, the COE teaches us how to look out for and take care of each other.

**---CMDCS (SS) Jesus A. Felix**  
**NSA Annapolis Command Senior Chief**



## In the Spotlight

### NDW SECURITY FORCES

NDW successfully participated in exercise Citadel Shield-Solid Curtain (CS-SC) 2022, which took place from January 31 through February 11, 2022. CS-SC is the largest annual two-part anti-terrorism force protection exercise conducted by U.S. Fleet Forces and Commander, Navy Installations Command on all Navy installations in the continental United States. During the exercise, NDW security forces from five installations – Naval Air Station Patuxent River, Naval Support Activity (NSA) Washington, NSA Annapolis, NSA South Potomac and NSA Bethesda – took part in realistic scenarios ranging from external attacks on facilities and insider threat scenarios to non-traditional forms of attacks that are both kinetic and non-kinetic, including cyber threats. The two-week exercise allowed for the NDW region and its installations to push their forces to their limits and test their ability to respond to nationwide threats to its units, personnel, and families. BZ to all those involved in the planning and execution of the exercise. It was a resounding success!



**f** Naval District Washington (NDW) | Facebook  
Citadel Shield-Solid Curtain 2022 Video

<https://www.dvidshub.net/video/831129/citadel-shield-solid-curtain-2022>



## In the Spotlight

### NDW FIRE AND EMERGENCY SERVICES

NDW Fire and Emergency Services Indian Head Company received a special birthday visitor on Feb. 2, 2022. One year ago to the day, Baby Zhyion came into the world with a little help from the crew at Station 20. After his birth, the crew asked his mother to bring him to visit the station and crew every year on his birthday. Zhyion's mom came through with that request. Pictured here with mom and Firefighter/Paramedic Nick Harrison is Zhyion enjoying a visit to the Station on his birthday.



### NDW GOLD STAR FAMILIES

Members of the NDW Gold Star families came together for the 7th annual Gold Star Family Chili Cook-off at the National Museum of the United States Navy, Feb. 12, 2022. Seven gold star families participated in the chili cook-off, and Gold Star Mother Maria Turner won First place for her delicious chili. Second place went to Gold Star Mother Isabel Varela, and Third place went to Gold Star Sister Sara Keita.

Special thanks to Ms. Patsy Jackson, NDW Regional Gold Star Coordinator and Ms. Tracey Slaughter, NDW Protocol Officer, whose combined efforts ensured the event was a smashing success for the Gold Star Families and guests.





# Services for You

## YOUR VOICE MATTERS

By CAPT Sara Pickett  
Regional SAPRO and COE Champion

Have you participated in the 2021 Workplace and Gender Relations (WGR) Survey?

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Wondering if your voice will actually be heard?

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Thinking you don't really have much to say?

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Think again.



The WGR Survey is a platform for individuals to share their experiences and help foster a culture of dignity and respect. Improving our culture requires a personal pledge from each of us to invest in our own mental, physical, and emotional health, while supporting others doing the same. Data from the WGR Survey will help to inform, improve, and develop military policies and programs that impact us all.

The WGR Survey is accessible via the Office of People Analytics' survey landing page, which is public-facing and does not require a Common Access Card (CAC) to enter.

Visit <https://www.dodsurveys.mil> and enter your DoD ID number to determine if you are selected to take the full or abbreviated survey.

Sailors randomly selected to take the full survey will have the option to complete a paper version sent via postal mail (with a postage-paid envelope to return their responses) or the online version. Sailors may take the survey while on-duty.



All survey responses are confidential.

**The WGR will be available until March 3, 2022.**  
Help create a lasting change.



# Services for You

**Fleet and Family Support Program:** February's issue of the FFSC Family Connection Newsletter is now available. In it, you will find tips for beating the winter blues, information on how to cope with stress, upcoming virtual webinar classes, and much more. The newsletter can be found at the following link: [https://cnic.navy.mil/ffr/family\\_readiness/fleet\\_and\\_family\\_support\\_program/family-connection-newsletter.html](https://cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/family-connection-newsletter.html).

**DONCEAP:** New articles, resources, and other information are now available for the month of February and can be found on the Magellan Ascend website: <https://magellanascent.com/?ccid=hpZiwlTni%2FVKNrZqvUQNB6fBJGSp2%BZYWZSubKC71w%3D>.

**ACI:** For articles, resources, and other information for the month of February, please visit the ACI website: <http://cnic.acieap.com>.

## NEW SOFTWARE UPDATES ARE ON THE WAY

By Richard Redell  
Branch Head, NDW Managed IT Services (N65)

# WINDOWS 10 20H2



Windows 10 update 20H2 is the tenth major update to be released by Microsoft in support of security policy updates, enhanced user accessibility, and application development. NMCI will begin upgrading all Unclassified and Classified Desktops and Laptops with the Windows 10 Operating System to version 20H2 on 14 February. Your NMCI Asset must remain on the NMCI Network (in the Office or using RAS Tools to VPN from your Remote Site) to complete this update.

Between February 14 and April 3, NMCI users will be prompted to begin the self-deploy option for the Windows 10 20H2 update. NDW Information Technology (N6) encourages all users to kick off the transition process at a time of their choosing to minimize the impact on business operations. The end user has the ability to manually kick off the upgrade process through the Seat Health application, which is found on the Window's Desktop Screen. Any seats that do not upgrade by close of business on April 3 will be forced to begin the upgrade process after their next reboot. Any asset not updated by May 2 will be placed into Quarantine.



Questions concerning the update should be forwarded to your Installation or Regional N6 Point of Contact.



# 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.



**Be an Astronaut for a Day.** The National Air and Space Museum's Washington, D.C., location has exciting new exhibits showcasing spaceflight. One, "Moving Beyond Earth," gives a virtual tour of the International Space Station and lets you see what Earth looks like from the space station's windows. You and the family can also play Spaceflight Academy, a group quiz game that tests your spaceflight smarts; and check out Soviet and U.S. spacecraft and spacesuits, plus a full-sized replica of the Hubble telescope, at another exhibit, "Space Race." More information at: <https://airandspace.si.edu/exhibitions/now-view>.



**Tour Mount Vernon for Free.** George Washington's Estate, 500 acres of history of the American Revolution and the larger-than-life man who led the Continental forces to victory and became our first president, is giving the public a President's Day treat: free admission on 21 February. Tickets will be available starting 15 February. Make haste to get yours; only a limited number will be issued. For more information: <https://www.mountvernon.org/plan-your-visit/calendar/events/free-admission-for-george-washington-s-birthday/>.





# Things to Do Around You



**Cycling for a Cause.** Cyclebar fitness studio in Arlington will host an indoor-cycling fundraiser on February 26 to raise awareness about Parkinson's Disease and support research for a cure. The event is taking place nationwide, organized by the nonprofit Parkinson's Revolution. It's free to register and ride your exercise bike, though you're encouraged to seek pledges from your personal network to raise some funds on your own. More info at: <https://www.eventbrite.com/e/parkinsons-revolution-cycling-fundraiser-tickets-237882933257?aff=ebdssbdestsearc>.



**Hip-hop Improv.** DC Improv comedy club and restaurant is hosting a February 26 comedy show/concert by New York City improv group North Coast. The group takes suggestions from the audience and builds hilarious improv scenes that turn into complete on-the-spot songs, with beatboxer Doctor Brick providing backup rhythm. Tickets are \$20 per person. For more info, visit: <https://dcimprov-com.seatengine.com/shows/159730>.



**Volunteer Strawberry Planting.** Want to serve the community and enjoy some fresh strawberries? Cultivate the City, a nonprofit that promotes urban agriculture, seeks volunteers for its annual Strawberry Planting event on March 19 at Gallaudet University in DC. You'll plant strawberry plants and learn more about them, and you'll get to take home your own plant at the day's end as a thank-you for helping out! Read more about it and get your (free) tickets at: <https://www.eventbrite.com/e/volunteer-strawberry-planting-tickets-256188114547>.



## Fair Winds and Following Seas



### CAPT GEOFFREY "JEFE" MOORE

Captain Geoffrey "Jefe" Moore has had a distinguished and successful career spanning 30 years. Capt. Moore came to NDW as Chief of Staff in December 2018 after successfully commanding Naval Air Station Whidbey Island.

During his tenure, Capt. Moore was the driving force for the regional response to the COVID-19 national health emergency. A champion and advocate of the Culture of Excellence, he helped facilitate the Listen, Learn, and Lead online town hall interview series, which has delivered a variety of perspectives to an audience of over 130,000 online viewers since its inception. His leadership and collaborative approach were instrumental in getting the region's policies and procedures in place and organizing the staff to meet every mission and challenge.

He was recently hand-selected to assist with the Navy's response to a water contamination issue impacting hundreds of base residents, earning high praise from Navy leadership.

Capt. Moore was well known for his sense of humor, inspirational leadership, and the personal attention he gave to the needs of both Service members and civilians. In contrast to some leaders who give orders, Capt. Moore provided direction. He impressed upon all that success is no accident and that the recipe for success is hard work and perseverance.

Thank you, Capt. Moore, for being a mentor and for your leadership. We wish you success and happiness in your next chapter. BZ!



## 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>