

THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL.6 JUNE 2022



The Culture of Excellence and You

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

Check out the Mind, Body, and Spirit section for articles on many elements of good mental health, including emotional resilience, physical wellness, and quality relationships.

June is LGBT Pride Month, and the Navy specially honors its LGBTQ+ Service members and civilians.

Check out this month's edition for the following:



COE Resources: Taking responsibility, asking for help, coping with PTSD, and breaking the stigmas of mental-health disorders and addictions.



Men's health matters: Five "Plays" men and boys of all ages can make for lifelong health.



NDW welcomes its new Commandant, Rear Admiral Nancy Lacore!



Celebrating Juneteenth, and the history of Emancipation.



LEADERSHIP AND YOU

Get to know NDW's new Commandant, Rear Admiral Nancy Lacore. And the 2021 Civilian of the Year: Ms. Cynthia Crest, assistant director of the Dahlgren Child and Youth Program and a master of "making lemons out of lemonade."

[Read More](#)



MIND, BODY, AND SPIRIT

Learn about SMART Recovery, an addiction-recovery program that teaches tools for thinking differently and making better choices. Five Plays for Men's Health, a new Health and Human Services campaign for boys and men of all ages. A Navy chaplain discusses the importance of finding your personal "tribe."

[Read More](#)



COE RESOURCES

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

[Read More](#)



DIVERSITY, EQUITY, INCLUSION, AND ACCESSIBILITY

Honoring LGBT Pride Month and Juneteenth.

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VOICE OF THE EMPLOYEE

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

[Read More](#)



IN THE SPOTLIGHT

Ms. Andrea Smallacombe, Labor and Employee Relations Specialist, helps employees and supervisors solve common problems. And three teachers at NSA Annapolis' Child Development Center receive heartfelt praise from a parent.

[Read More](#)



SERVICES FOR YOU

Check out the new Installation procedures for Unaccompanied Housing maintenance requests. Upcoming retreats and workshops for personal resilience-building and relationship resilience.

[Read More](#)



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

COMMANDANT, NAVAL DISTRICT WASHINGTON, CHANGES COMMAND

By MC2 Griffin Kersting

WASHINGTON - Rear Adm. Nancy Lacore relieved Rear Adm. Michael Steffen as Commandant, NDW, during a change of command ceremony at Washington Navy Yard's Leutze Park, June 10, 2022.

"It has been the honor of a lifetime to serve as the Commandant of Naval District Washington," said Steffen. "From discussing ways to improve installation electricity to hosting a full honors ceremony for an allied head of Navy, the mission here is meaningful and exhilarating. I can't tell you how excited I am to turn over NDW to Nancy, who is an incredible leader, mentor, and friend."





Leadership and You

COMMANDANT, NDW (CONT...)

Vice Adm. Yancy Lindsay, Commander, Navy Installations Command, awarded Steffen with the Legion of Merit for all he accomplished during his time in command, which included safely reopening facilities after the global COVID-19 pandemic, furthering the Washington Navy Yard Land Swap Initiative, solving key antiterrorism and force protection concerns for the Navy Yard, and providing significant infrastructure maintenance and improvements.

"Naval District Washington, under Rear Adm. Steffen's leadership, has made a difference in the lives of thousands of Sailors and their families and the communities they call home," said Lindsay. "Bravo Zulu on a job well done; we wish you and your family all the best as Commander of the Navy reserve force."



Lacore became NDW's 93rd Commandant during the ceremony. Steffen pointed out in his remarks that she will be the first woman to serve in the position.

"Mike, you are truly a tough act to follow, and your accomplishments this past year are frankly eye watering," said Lacore. "I am, indeed, the first woman commandant; thank you for that recognition. It is important for the women behind me that we acknowledge we've scratched one more 'first' off the list, but I am looking forward to the last time we say 'she's the first woman.'"



Leadership and You

COMMANDANT, NDW (CONT...)

Lacore will also serve as Deputy Commander of the Joint Force Headquarters-National Capital Region. Prior to reporting to NDW, Lacore's previous assignment was Chief of Staff, U.S. Naval Forces Europe/U.S. Naval Forces Africa/SIXTH Fleet.

"Naval District Washington is a very diverse group, and I am excited by the diversity of thought, perspective, and experience that I witnessed thus far," said Lacore. "But a group of diverse people doesn't make a team—there must be something to unite them. In our case, it is a sense of service. Some of us wear a uniform, and some don't, but we are a team of Navy military and civilians who stand together in service to our nation."



NDW is the regional provider of common operating support to naval installations in the National Capital Region. NDW is responsible for efficiently delivering these support services to more than 120 mission commands located within its geographical borders. NDW encompasses more than 4,000 square miles, including the District of Columbia, the Maryland counties of Anne Arundel, Calvert, Charles, Frederick, Montgomery, Prince George's, and St. Mary's, and northern Virginia counties of Loudoun, Fauquier, Fairfax, Prince William, Stafford King George, Westmoreland, Arlington and the cities within their outer boundaries. The region includes such installations as Naval Air Station Patuxent River, Naval Support Activity Annapolis, and the Washington Navy Yard.





Leadership and You

NSASP ASSISTANT CYP DIRECTOR IS 2021 NDW CIVILIAN SUPERVISOR OF THE YEAR

By Jeron Hayes
Public Affairs Officer
Naval Support Activity South Potomac

There is an old saying, “When life gives you lemons, make lemonade.” Cynthia Crest, assistant director of Dahlgren Child and Youth Programs (CYP), is the master of lemonade making and was rewarded for her efforts when she was named the 2021 Civilian Supervisor of the Year for the NDW Region.



While all Government employees had to bend and flex to deal with the COVID-19 pandemic, Ms. Crest’s challenges were a little different than most: She is part of the program so many military members and government employees depend on to provide care for their children while they meet their command’s mission. And in the midst of making those adjustments and helping CYP sail through the pandemic’s uncharted waters, she was also asked to step in and serve as acting CYP director during the director’s planned absence.

Ms. Crest, who began at Naval Support Activity South Potomac in 2017, has 22 years of experience in CYP. A native of Montross, Va. who grew up wanting to be a veterinarian, Crest started her career with children as a teacher in a child development center in Italy while her husband was active duty Navy. She and her husband have three children.

“I love working with our team,” said Crest. “I enjoy making it fun.” While she acknowledged her job comes with its challenges, she said she deals with them on a day-to-day basis. “I just roll with whatever will make it work.”

On a normal day in her position as assistant CYP director, Crest provides management assistance for three facilities with over eighty staff members assigned and over seventy children in care. When COVID-19 hit, Crest and her staff were required to be highly adaptive and flexible to overcome the pandemic’s challenges and maintain continuity of operation. She’s cited in her award nomination form as embracing the guidance and policies addressing the pandemic and maintaining the safe and effective operation of the facilities and children entrusted to her care.



Leadership and You

NSASP ASSISTANT CYP DIRECTOR (CONT...)



This was no small feat. Crest spent over 100 hours conducting contact tracing to keep CYP employees and families safe, all while ensuring proper cleaning was occurring and making parent notifications, resulting in minimal operational impact.

“Having Cynthia in our CYP has truly made an indelible mark on our programs. Cynthia brings so much joy and professionalism to the program,” said Clifton Wise, NSASP CYP Director. “Because of her leadership our programming exceeds the minimum standards set by Commander, Navy Installations Command (CNIC) headquarters. Also, having her in our program has improved staff morale. I can honestly say that having her here has also had great impacts on my ability to run multiple programs as well.”

Cynthia’s leadership within the NSASP Fleet, Family and Readiness program recognizes her dedication as well. “Cynthia is a huge asset to CYP and embodies the professionalism the program strives for,” said Marissa Fabey, NSASP N9. “She is a wealth of knowledge and is relied upon by management, staff and parents alike.”

When the CYP director took a lengthy absence, Crest rose to the challenge. The CYP program has the largest number of staff members of all programs within the NSASP N9 program and “this was not an easy task for a single person to manage,” according to her nomination. Perhaps making the challenge easier for her is that, according to the nomination, Crest “is well liked and respected by her peers, supervisors and staff. She has built strong working relationships with parents and base stakeholders that are impacted by base CYP operations.”

“In the Director’s absence, Cynthia stepped up to the plate without hesitation,” said Fabey. “She led CYP through a surge in COVID cases, keeping the facilities operating in a safe manner. She followed all protocols to ensure the health and safety of staff and families.”

According to Crest’s award nomination form, “Cynthia is the model for professionalism. She is a lead-by-example supervisor who gives her staff, supervisors and CYP parents her absolute best.” She was also cited for her sense of camaraderie and teamwork. “Cynthia is known throughout the NDW region for her knowledge and willingness to help.” CYP employees across NDW “seek her out for her opinion and technical knowledge.”



Leadership and You

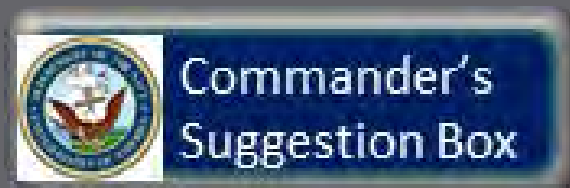
NSASP ASSISTANT CYP DIRECTOR (CONT...)

"I could go on and on about why she is deserving of this award," said Wise. "Cynthia is constantly putting the needs of our program first and she strives daily to ensure we are implementing quality programming. Cynthia brings a ton of laughter into the program which has helped build the overall morale of the program. Cynthia's productivity, dependability, and flexibility stand apart from others. Her commitment to excellence shows in everything she does. The staff respect her position and look to her constantly for guidance and support. This program is better with her on our team."

"Cynthia is someone who goes above and beyond to ensure we are providing the best care for the children in CYP and has done so during this unprecedented pandemic," said CAPT Todd Copeland, NSASP Commanding Officer. "Her attitude is infectious, her work ethic is amazing, and NSASP is lucky to have someone like Cynthia on the team. I congratulate her on this well-deserved recognition."

Included in Crest's nomination was a nod to her effective leadership, citing her ability to provide her team with the tools they need to succeed professionally. When asked what guidance she would give those in her charge, Crest encouraged her employees to go to school and "work together, be a team."

Congratulations to Cynthia Crest and Bravo Zulu for your hard work and dedication in the NSASP CYP program.



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

A “SMART” METHOD FOR OVERCOMING ADDICTION

By Rick Docksai
Editor

Chances are, you or someone you know has struggled with an addiction. Or maybe that someone is you. Either way, you or they may have looked into a 12-step program. Alcoholics Anonymous (AA), Narcotics Anonymous (NA), etc. have become mainstays of addiction treatment in the United States since AA’s birth in the 1930s. But they don’t work for everyone. Many people need a different approach. Alternatives have arisen in the last few decades with these folks in mind, offering new, more progressive approaches to addressing and managing substance use disorders. One of these is a program called SMART Recovery.



SMART Recovery—SMART stands for “Self-management and Recovery Training”—began in 1994 under the leadership of internal-medicine physician Dr. Joseph Gerstein and a board of doctors and psychologists. While it’s much smaller than AA/NA, it’s growing, with thousands of meetings across the globe in churches, treatment centers, and correctional facilities and online.

Virtual meetings take place every day, at all hours, on the website, www.smartrecovery.org.



Mind, Body, and Spirit

A “SMART” METHOD (CONT...)

As you’d expect from a program launched by physicians, SMART draws from science and cognitive behavioral therapy. Its participants learn “tools,” inspired by clinical psychology, to examine the underlying beliefs and emotions that fuel their addictions, challenge them, and change them—and in the process, learn to manage their thoughts and feelings better and build lives free of their addictive substances.

“My sobriety has allowed me to develop emotional maturity. SMART develops that emotional foundation,” said Joseph Simon, SMART meeting facilitator, in a video on the SMART Recovery YouTube channel. “I start looking at making a healthy choice or an unhealthy choice. These tools allow me to weigh healthy versus unhealthy choices.”



Like the 12-step group meetings, SMART meetings address a variety of addictions: alcohol, drugs, gambling, pornography, etc. And their prescription is basically the same: abstinence.

But they talk about addiction and recovery in very non-12-step ways. Here are some things that set SMART apart:

You are not your addiction.

“My name is (name), and I’m an alcoholic/addict”—attendees of 12-step groups always introduce themselves like this. Not in SMART. SMART advises against attaching these negative labels to yourself. There is more to you than your addiction. And getting sober is your opportunity to let all these other, better parts of you shine.

“Your recovery is all about realizing your strengths and building upon them,” says the speaker in a promotional video on the SMART Recovery website.

You don’t have a “disease.”

Alcoholism or drug addiction is often called a disease. But “disease” implies that you have no control over it. SMART says that you can learn to take control back. So it instead calls addiction a “maladaptive behavior,” i.e., a bad habit. And like with any bad habit, you can learn to break it.

“We see addiction as a behavioral problem that can be changed and resolved without judgment, blame, or shame,” the promotional video speaker states.

You are not powerless.

SMART doesn’t require users to admit powerlessness and find a “higher power.” It says that you have the power to change your life and live abstinent—with the SMART Recovery tools and the support of SMART groups and your family and friends.



Mind, Body, and Spirit

A “SMART” METHOD (CONT...)

SMART Recovery Toolbox

SMART users read an official SMART Recovery Handbook, which walks them through the “toolbox,” the program’s science-based methods for overcoming addictions. It’s updated and reissued every few years to keep up with new scientific research. The latest Handbook has tools such as:

Cost-benefit analysis

Divide a worksheet into four quadrants. In the two on the left, list the pros and cons of engaging in the substance/behavior. In the two on the right, list the pros and cons of abstaining. You can review this sheet—and add new pros and cons—over time.

Disputing Irrational Beliefs

SMART says that relapses start with “irrational” or “harmful” beliefs in our minds. For example: “I’m worthless,” “my partner is a horrible person,” “this urge is unbearable,” etc. You’re encouraged to examine these beliefs, question them, and replace them with better ones that are logical and true—i.e., you are not worthless; your loved one is imperfect, but that doesn’t make them a bad person; and you can withstand that urge if you choose to do so.

ABC

You identify the Activating event that triggers you to want to use or act out; Beliefs that you hold that make you want to drink/use (e.g., “I can’t stand these feelings,” “I have to drink to deal with this,” etc.); and Consequences of those beliefs. Then you Dispute those beliefs; and replace them with rational, Effective new beliefs.

Outcomes

Some SMART Recovery participants use the tools to reduce their problematic behaviors, without necessarily quitting them altogether. Again, SMART doesn’t encourage this, though they are still welcome to come to meetings while they work out for themselves if abstinence is right for them.

Nonetheless, a National Institutes of Health (NIH)-published study, released in 2018, compared AA with SMART Recovery (and several other non-12-step programs) (study URL: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5884451/>) and found that for those who come to SMART with the intention of lifelong abstinence, the SMART program is “as effective as 12-step groups” in terms of participants successfully getting and staying sober. The study further noted, though, that in general, those who struggle with addictions, no matter what program they choose, have “the best odds of success when committing to lifetime total abstinence.”

Finding What Works For You

Tens of millions of Americans struggle with addictions. All can get relief from them. But not all are going to do it the same way. Some find relief in 12-step groups. Some don’t. If you’re one of those who don’t, you might give SMART a try.





Mind, Body, and Spirit



FIVE PLAYS FOR MEN’S HEALTH

By CAPT Sara Pickett
Regional SAPRO and COE Champion

June is nationally observed as Men’s health month, with the goal to raise awareness about health care for men and encouraging men, boys, and their families to practice and implement healthy living activities, such as exercise and healthy eating. On average, in the United States, according to the Centers for Disease Control and Prevention, men die five years earlier than women and at higher rates from the three leading causes of death: heart disease, cancer and unintentional injuries. A call to action has gone out for families to start teaching young boys about healthy habits early and throughout their childhood.

The Five Plays for Men’s Health, a campaign of the U.S. Department of Health and Human Services’ Office of Minority Health, focuses on reminding men and boys that they can improve their health and stay at the 'Top of Their Game' by committing to following the five 'plays':

1. “We will protect this heart”

Protect your heart by choosing healthier foods and making fruits and vegetables half of your plates.

2. “Bro, you don’t even have to lift”

30 minutes of exercise each day can help you live healthier and longer. Exercise does not need to be lifting weights.

3. “Preventive maintenance”

Invest in yourself by scheduling regular check-ups to catch small problems before they become big problems.

4. “Quitting time”

Quit smoking because smoking causes cancer, heart disease, stroke, and erectile dysfunction.

5. “Hey, man, you good?”

Seeking and asking for help from a mental health professional can help when life gets tough.

Interested in finding more information on men’s health? The Men’s Health Network (MNH) is a good place to start (URL: <https://www.menshealthnetwork.org/>). It’s a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray to provide health awareness and disease prevention messages. The MNH’s website contains a wealth of knowledge and provides disease prevention information and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. I encourage each of you to take a moment to learn more about men’s health and how we can help the boys and men in our lives live long and healthy lives.



Mind, Body, and Spirit

TO BE YOUR BEST, FIND YOUR PERSONAL TRIBE

By LT Brandy Brown
Chaplain

What do the great leaders and influencers throughout history all have in common? As recorded in the history books and sacred texts, none of them were known for or quoted as ever asking for help. Now does that mean that they didn't ask for help? The world will never know.



But think about it. The world's historical Greatest of All Time (GOATs) were known for their leadership, drive, passion, resilience, tactics, and even their audacious attitude, but not for their dependability on anyone else. However, those GOATs were always surrounded by their tribe, their community. So, I propose that while it's perfectly encouraged to seek help when you find yourself struggling spiritually, which affects you physically, mentally, or socially; the missing link for us, flapping hysterically in the high tide of life, is the lack of kinsfolk around us to witness the despair or chaos we're displaying and even those who can throw us the life preserver. It is my belief the main reason suicide is now a global pandemic, is the lack of community and connection which develops/takes place when sharing personal space.

In the Battle of Rephidim, if Moses held his hands up over his head, the Israelites were victorious over their opponents. Moses didn't ask for help to hold his hands up, but his combat brothers still came to his aid; Aaron and Hur each held up an arm of Moses until the victory was awarded to the Israelites (The Book of Exodus, Chapter 17, verses 9-13). King Leonidas of Sparta didn't ask for help, but he relied heavily on his tribe, his warrior community to surround him for life and victory (Historical account of the Battle at Thermopylae or the theatrical interpretation, 300). Viking warriors didn't go into battle without their tribal pagan priest or shaman, whose only job was to protect and support their leader and know when the leader required aid. It wasn't that these great men and women of the past didn't ask for help inasmuch as they just exercised the cognizance not go into battle, an intense situation, a huge life decision, or into the unknown without a steadfast and reliable support group surrounding them and wishing them well from home.



Mind, Body, and Spirit

BE THERE (CONT...)

Moral Injury and Post Traumatic Stress Disorder (PTSD) are not exclusive military wartime injuries. Any person exposed to moral injury, or traumatic event can develop or have PTSD. It begins with the first trauma exposure(s) in childhood or adolescence, which lays a foundation that triggers PTSD when further exposed to moral injury or traumatic experience, such as firefight or bomb blast in a war zone. Today's society, as a cultural normality, chooses to isolate and self-diagnose our self-inflicted shortcomings via internet and social media platforms. In the past, there was a community that would remind you that you were okay and normal, even in your hysteria, and that you weren't alone in your journey to heal. This community also assured you of full recovery from your personal specters, albeit in a new normal, provided you made the effort and took the steps to fight for yourself and your soul's victory. It is my experience, as a prior adolescent counselor and currently with new fleet accessions, there is a crippling fear of failure. They are hesitant and even sometimes not willing to try challenging or new endeavors. And when/if they fail, they lack the resiliency to try again and at their worst moments can even allow the failure to define them.

As humans, our DNA is coded for connectedness. We will not perform at our best without our personal tribe. If you think you can win anything alone, you are, for a lack of a better way to state it, completely wrong. Whether it's an institutional setting or natural, you must have a community of connectedness. If church doesn't work for you, try holistic community groups. Join an athletic group or an improv comedy class. Consider joining a tribal immersive experience with monks or Native American spiritualists.

Seeking a community that makes you feel freed or forgiven or included is the same thing as seeking help without asking for help, since asking for help still can feel so taboo these days. Just like the song from the 80's sitcom Cheers states, "Sometimes you want to go where everybody knows your name and they're always glad you came." If you want to present to the world the best version of yourself and be the GOAT of your worldview, then you need connectedness; you need community. And once trust is established, give grace and be vulnerable. Namaste, shipmates.



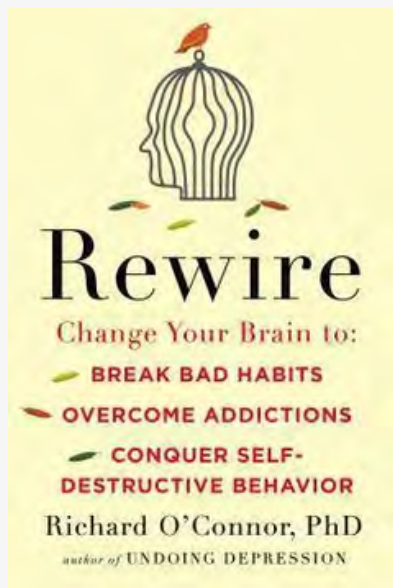


COE Resources

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

Book: Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior by Richard O'Connor. Many of us have self-destructive habits that we just can't shake. Or we keep making the same mistakes over and over and don't know why. In this book, psychotherapist Richard O'Connor reveals ways to "rewire" our brains for better thinking and behavior. Rewire is an expertly written workbook for anyone who wants to get to know themselves and work on becoming better. URL: https://www.goodreads.com/book/show/18668061-rewire?from_search=true&from_srp=true&qid=zWsu0oevat&rank=1



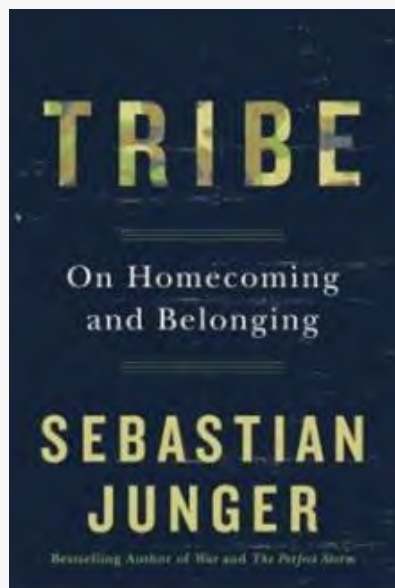
THE CCN NAVIGATOR

The June 2022 issue is available at the following link.
https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/COE/The_CCN_Navigator_June_2022.pdf?ver=8j5uB_5bauqMdy3i7CASA%3d%3d

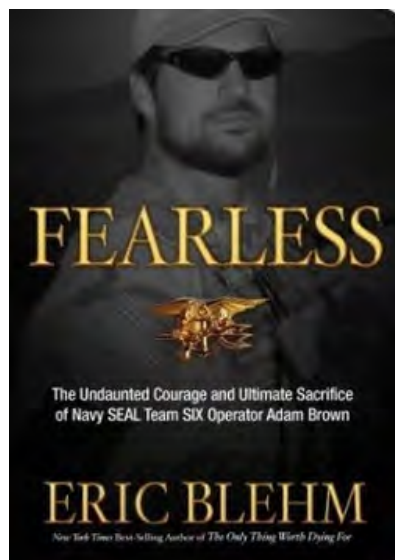


CEO Resources

BOOKS (CONT...)



Book: Tribe: On Homecoming and Belonging by Sebastian Junger. Drawing from history, psychology, and anthropology, Sebastian Junger explains how modern society is at odds with our tribal instincts. The ancient tribal human behaviors of loyalty, inter-reliance, and cooperation that are demonstrated during times of turmoil and suffering are the very same behaviors that typify good soldering and foster a sense of belonging among military members. To help veterans with the problems they face when returning home from war, says Junger, we must work together and strengthen one another as a tribe. URL: https://www.goodreads.com/book/show/40940205-tribe?from_search=true&from_srp=true&qid=oUoOvdVHXW&rank=3



Book: Fearless by Eric Blehm. The true story of a SEAL Team SIX member and the personal battles he fought and won before giving the ultimate sacrifice. Adam Brown fell in with the wrong crowd after high school and went into a downward spiral that ended in jail. Overcoming his inner demons, Adam had one goal: to become a U.S. Navy SEAL. An absorbing chronicle of heroism and humanity, which presents an indelible portrait of a highly trained warrior and the SEAL Team SIX brotherhood, Fearless is the story of a man of courage and determination fueled by faith, family, and the love of a woman. URL: https://www.goodreads.com/book/show/12878300-fearless?from_search=true&from_srp=true&qid=3ga5QjnlPb&rank=1



CEO Resources

TALKS

TED TALK: “Are You Taking Full Responsibility?”

Danny Opheij had a difficult childhood, and as a young man suffered from debilitating panic attacks. Then he took a mentor’s advice and has never had a panic attack since. Opheij tells his story and what he’s learned: that our minds are powerful, the stories we tell ourselves have power, and that when we take responsibility, we put ourselves in a place of power to change our stories and create new and better lives.

URL: <https://www.youtube.com/watch?v=aFK6cjArAmA>



TED TALK: "Breaking the Stigma and Shame of Mental Illness."

Suicide leads to over 44,000 deaths each year in the United States, and stigma against people with mental illness is a major contributor. Mental-health advocate Kitty Westin uses heartbreaking true stories and scientific facts to help us understand ways to challenge our thinking and join the fight to reduce stigma and shame.

URL: <https://www.youtube.com/watch?v=OsRF8xGgbPA>



TED TALK: “Shaming the Sick: Substance Use and Stigma.”

Society still shames and disparages people who have addictions, and this is a huge barrier to their either seeking help or sticking with their programs of treatment, says addiction specialist Dr. Carolyn Greer. She describes ways that we can change the words we use for addiction and how to practice more empathy and kindness, and how it could lead to more people seeking help and getting and staying better.

URL: <https://www.youtube.com/watch?v=eZ0CafocLsY>





CEO Resources

TALKS (CONT...)

Talk: PTSD: “A Silent Struggle for First Responders & Veterans.”

Many first responders experience PTSD, and retired police captain Robert Cubby is one of them. He describes the symptoms that afflicted him after a traumatizing confrontation and shares his healing journey, which included working with a therapist and volunteering with the National Alliance on Mental Illness (NAMI). He encourages everyone with PTSD to seek help. URL: <https://www.nami.org/Support-Education/Video-Resource-Library/PTSD-A-Silent-Struggle-For-First-Responders-Veterans>



TED TALK: “How to Ask for Help—and Get a ‘Yes.’”

Asking for help is tough. So how do you get comfortable asking? In this actionable talk, social psychologist Heidi Grant shares four simple rules for asking for help and getting it, while making the process rewarding for your helper, too. URL: <https://www.youtube.com/watch?v=h-TIRlxhq6E&t=329s>



TED TALK: "What kids can teach adults about asking for help."

Do you need some help? It's okay to ask, says YeYoon Kim, a former kindergarten teacher, who learned from her students how powerful and courageous it can be to reach out for support. Kim explores the happiness and joy that can come from leaning on loved ones- and encourages the rest of us to start asking for help more often. URL: <https://www.youtube.com/watch?v=V-bjQJzB7LY&t=402s>



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

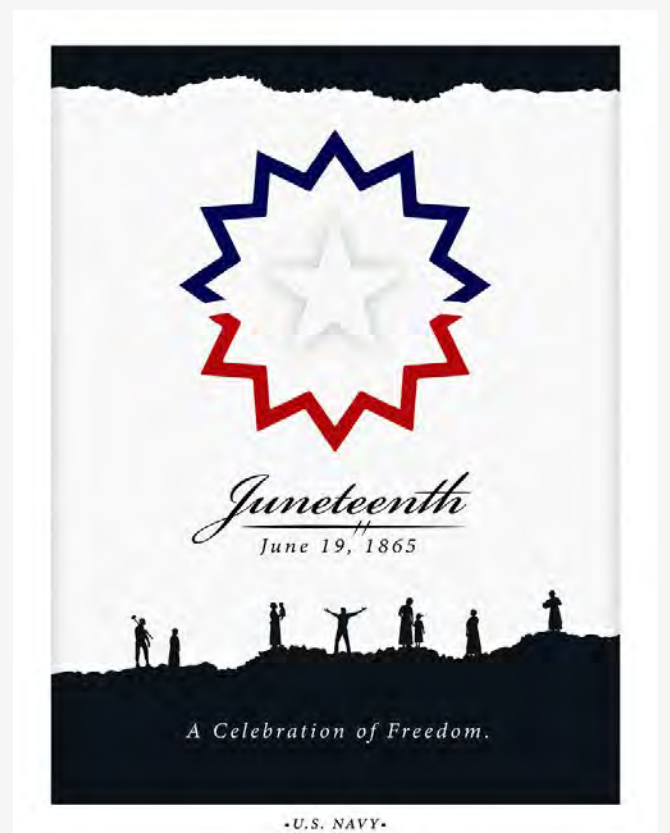
CELEBRATING FREEDOM AND EMANCIPATION ON JUNETEENTH

By Desmond Boykin
Equal Employment Opportunity Specialist

On June 17, 2021, the President signed the Juneteenth National Independence Day Act, which amends section 6103(a) of Title 5, United States Code, to include “*Juneteenth National Independence Day, June 19*” as a legal public holiday. Texas was the first state to recognize the date, in 1980.

“The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired labor.”

--General Orders, Number 3
Issued June 19, 1865, by Union Major-General Gordon Granger in Galveston, Texas





Diversity, Equity, Inclusion, and Accessibility

CELEBRATING FREEDOM (CONT...)

The term “*Juneteenth*” is a combination of June and nineteenth. It is also known as Freedom Day, Jubilee Day, Liberation Day, and Emancipation Day. Originating in Galveston, Texas, it is now celebrated annually on June 19 throughout the United States, with increasing official recognition. On June 19, 1865, after white Southerners had extended the enslavement of countless Black people by concealing the Civil War’s end for more than two months, Union troops arrived in Texas, informing the slaves they were indeed free.

By 1865, there were an estimated 250,000 enslaved people in Texas. Where Confederate defeat did mean emancipation, white Southerners committed to white supremacy and the continued exploitation of Black “*slaves*” used violence, misinformation, and threats to keep Black people in bondage. Union troops’ arrival in Texas on June 19, 1865, brought news of freedom to Black men, women, and children who had waited far too long. That date came to be known as “*Juneteenth*” in the African American community, and has for generations remained a day of remembrance, joyous celebration, and hope: remembrance of the hardships and pain of enslavement; joyous celebration of survival; and hope for the opportunity and peace that freedom ought to bring.

Traditions include public readings of the Emancipation Proclamation, singing traditional songs such as “*Swing Low, Sweet Chariot*” and “*Lift Every Voice and Sing*,” and reading of works by noted African-American writers. Celebrations include picnics, rodeos, street fairs, cookouts, family reunions, park parties, historical reenactments, blues festivals, and Miss Juneteenth contests.

DOD AND THE NATION RECOGNIZE PRIDE MONTH

By Desmond Boykin
Equal Employment Opportunity Specialist

Pride Month occurs in the United States to commemorate the Stonewall riots, which occurred at the end of June 1969. As a result, many pride events are held to recognize the impact LGBTQ people have had in the world. On June 11, 1999, President Bill Clinton officially recognized Pride Month. Presidents Barack Obama and Joe Biden officially declared Pride Month as well.





Diversity, Equity, Inclusion, and Accessibility

PRIDE MONTH (CONT...)

Chronology of Selected Policy Developments

May 31, 1951. Uniform Code of Military Justice supersedes service-specific disciplinary policies. Article 125 often applied in discharge proceedings of gay service members.

January 16, 1981. Department of Defense Directive 1332.14 establishes a policy of mandatory discharge for service members who attempt to engage in a homosexual act.

July 19, 1993. President Clinton announces the “don’t ask, don’t tell, don’t pursue” policy, which is later codified in the National Defense Authorization Act for Fiscal Year 1994.

June 2, 2000. President Clinton issues Proclamation No. 7316 for the first Gay and Lesbian Pride Month.



June 1, 2009. President Obama issues Proclamation No. 8387 for Lesbian, Gay, Bisexual, and Transgender Pride Month.

March 2, 2010. A memorandum from Secretary of Defense Robert Gates directs a comprehensive review on implementing a repeal of “don’t ask, don’t tell.”

Nov. 30, 2010. Key working group findings on repeal implementation are released.

Dec. 27, 2010. The “Don’t Ask, Don’t Tell” (DADT) Repeal Act becomes law. The Chief of Naval Operations during this time, Admiral Gary Roughead, led the Navy’s preparations for the change in policy.

September 2011. The DADT Repeal Act is fully implemented, allowing LGBT service members to serve openly.

June 2012. The Department of Defense begins observing LGBT Pride Month.

Feb. 11, 2013. A memorandum from Secretary of Defense Leon Panetta directs extension of 20 benefits to same-sex domestic partners and children of same-sex domestic partners.

April 28, 2014. An update to the Department of Defense Human Goals Charter is released with language referencing sexual orientation. Specifically, the charter notes the aim to “make military service in the Department of Defense a model of equal opportunity for all regardless of race, color, sex, religion, sexual orientation, or national origin.”

March 27, 2015. The Family and Medical Leave Act (FMLA) extended coverage to legally married same-sex couples.



Diversity, Equity, Inclusion, and Accessibility

PRIDE MONTH (CONT...)

June 2015. Protections against discrimination because of sexual orientation are incorporated into the Department of Defense equal opportunity program.

June 26, 2015. In Obergefell v. Hodges, the U.S. Supreme Court rules that same-sex couples have the fundamental right to marry.

June 30, 2016. Service members may not be involuntarily separated, discharged, or denied reenlistment or continuation of service solely on the basis of being transgender individuals.

Oct. 1, 2016. The Department of Defense issues DOD Instruction 1300.28: In-Service Transition for Transgender Service Members.

March 13, 2019. The Defense Department released a new policy regarding service by individuals with gender dysphoria.

Jan. 20, 2021. President Biden issues Executive Order 13988, Preventing and Combatting Discrimination on the Basis of Gender Identity and Sexual Orientation.

Jan. 25, 2021. Five days after his 20 January action, President Biden issues Executive Order 14004, Enabling All Qualified Americans to Serve Their Country in Uniform.

April 30, 2021. The DoD amends DOD Instruction 6130.03, Volume 1: Medical Standards of Appointment, Enlistment, or Induction to align with official policy.

HERITAGE CORNER

Please join the Diversity, Equity, Inclusion, & Accessibility (DEIA) Program in celebrating Juneteenth and Pride month by attending the respective guest speakers: Rev. Leath will be our speaker for Juneteenth, and Ret. Master Chief Wilson will be our speaker for Pride. More information will be shared via email soon.



For those who could not attend the Town Hall that was held on May 26, please follow the link to watch the video of guest speaker U.S. Air Force TSgt. Matthew Weber, as he speaks on his experiences.

<https://www.dvidshub.net/video/845771/asian-american-and-pacific-islander-heritage-month>

You can find this and other presentations and resources at the DEIA Library located on the G2

<https://g2.cnic.navy.mil/tscnrndw/N1/DEIA/SitePage.s/Home.aspx>



Voice of the Employee

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



To me, a culture of excellence is one that values every member of the team. We all have strengths and weaknesses, but together when we use our collective strengths, we can achieve almost anything within reason. Because we are all different, we bring different knowledge and experience. Getting the different perspectives of others may very well lead us to the solutions we couldn't see on our own.



---Mr. Stuart B. McLean
Director, Ceremonies and Special Events



Kurt Vonnegut once wrote that "we are who we pretend to be." To me, this quote perfectly embodies what habituating and developing a Culture of Excellence is all about; living and embodying the values you wish to promote each and every day. If we all strive to do our part in this, without you even noticing the Navy you leave will be better than the one you joined.



---LT Sean "Cha-Cha" McDonald
Flag Aide NDW





In the Spotlight

ANDREA SMALLACOMBE

Communicating and solving problems together—these skills are essential for a Culture of Excellence. Ms. Andrea Smallacombe, Labor-Employee Relations (LER) Specialist, is one of our guides. Since joining NDW last October, she has become integral to the Region COE working group, has built connections and rapport with Fire and Emergency Services, and has participated and led LER trainings for supervisors.

Working remotely from Mechanicsburg, Pennsylvania, Ms. Smallacombe visits the area roughly once a month. She assists leaders with a range of issues, from collective-bargaining agreements with unions to employee concerns.

“I really like helping supervisors navigate difficult situations and help ease their minds,” she said. “When I can answer a question or help them with a problem, or just teach them something they didn’t know before, I really enjoy helping them grow in their career and give them tools they can use in their field.”

Mainly working with the NDW Region’s firefighters and Emergency and Medical Services, Andrea helps with other cases when the other LER specialists’ caseloads are piling up due to staff shortages.

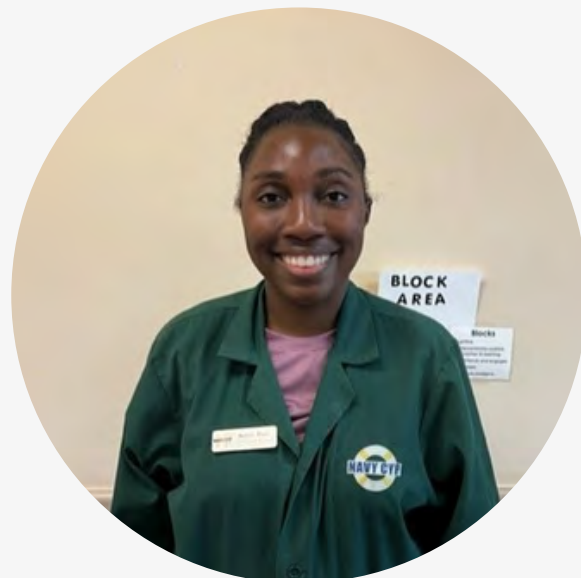


“Ms. Smallacombe last visited NDW in May to participate in the first Human Resources team meet-and-greet and team-building day for Installation Program Integrators and Administration Officers. As a mostly virtual employee, Ms. Smallacombe said she always looks forward to meeting her NDW cohorts and seeing what they do in-person.

“I’m eager to meet them face to face, so they can get a better idea of me as an actual person,” she said. “And I can be there in person to get to know my customer base and get a better idea of the work they are doing.”



In the Spotlight



LETTER TO NSA ANNAPOLIS COMMAND FROM CHILD DEVELOPMENT CENTER CUSTOMER, DATED MAY 19, 2022

The Child Development Center 1 at NSA Annapolis operates at impressive standards. Specifically, the preschool rooms employ amazing teachers who deserve recognition daily. Ms. Kay and Ms. Candra are two of the most patient and intuitive people I have ever met. They have helped my son flourish in every aspect of his development. I couldn't be more thankful for their impact on his life.

With baseline standards so high, it's even more impressive when someone acts above those standards. Ms. Brittany Davis is a constant bright light. Her positivity and excitement are absolutely infectious. I would like make leadership aware of how Ms. Davis has gone above and beyond recently to help my son and me. My husband was TDY the week of 5/11/22. Our son, 3-year-old Oliver, was having an exceptionally difficult time missing his dad. I found myself standing in the parking lot, hands absolutely full, Wednesday (5/11/22) morning with a 3 month old, 1 year old, and a very devastated, sobbing 3 year old (Oliver). Ms. Davis, who also had her hands full, was arriving for the day and decided to take time to help us before ever even clocking in for work. She met Oliver exactly where he was—she didn't simply try to pacify him; she talked to him about his heart. She put words to his concerns and provided him with reassurance. She held his hand and walked with us to his classroom all while talking to him like a friend. Her act of kindness meant so much to me and to Oliver. While others just watched me grow more overwhelmed, Ms. Davis immediately stepped in with a gentle, reassuring presence and saved the day.



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: COE_Newsletter@flankspeed.onmicrosoft.us



RDML Steffen says Bravo Zulu to all of the following:

- **To the HR Team** for an OUTSTANDING week of Training May 16th - 20th.
- **To the TPD Team** for some heavy lifting during the week of May 16th – 20th.
- **To CDR Eyrich**, CONGRATS on a successful command tour at NSF Thurmont! Welcome about to CDR Chris Casne, the new commanding officer!

- **To the NSAA TEAM** for flawless execution in the USNA Graduation/Commissioning week!
- **To the NSASP TEAM** for an OUTSTANDING CART – they scored an 88% overall and passed USFF HHOA!
- **To the NDW N3 TEAM and NSAW, NSAB, and NSAA** for prepping, sharing Lessons Learned, and setting up NSASP for a successful CART.
- **The Ceremonial Guard** for SUPERB execution at numerous ceremonies and events over the Memorial Day weekend!
- **Navy Band and Ceremonial Guard** for supporting both Memorial Day and former CNO Hayward’s full honors funeral last week (and NSA Annapolis for supporting the funeral).
- **Navy Band and Ceremonial Guard** for an OUTSTANDING FIRST COTA of the season!
- **NSA South Potomac Team** on a great visit last Friday.
- **Senior Chief Addleman and the Protocol Team (Tracey and Matt)** for a highly successful JTF Barge cruise.
- **All NDW Teammates** supporting Maryland Fleet Week MPC.



In the Spotlight

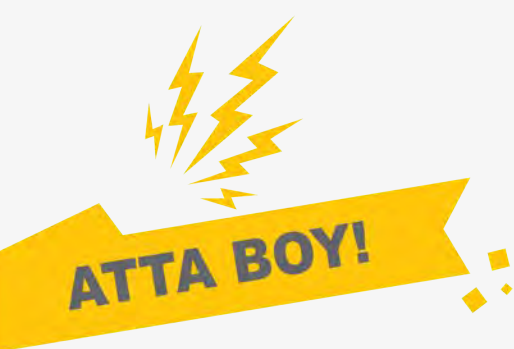
BRAVO ZULU! (CONT...)

Ms. Natalie Wade sends BZ to the NAS Pax River SAPR Team, Meghan McAleer and Amanda Foore. Both Meghan and Amanda demonstrate their desire and skills to provide innovative sexual assault response and training to our Sailors. They have taken a topic that is difficult to process and made it engaging and interesting for those they are training. I am thankful to work with a team that continuously incorporates their creativity and professionalism to help our Sailors build an environment that allows for survivors of sexual assault to feel comfortable when coming forward to report. Great job team!

Ms. Natalie Wade sends BZ to Shantrice Blackmon at NSA Annapolis. Shantrice works tirelessly to provide support to the Uniformed Victim Advocates (UVAs) that work at the installation. According to the UVAs, Shantrice is always willing to provide a quick response to their questions and spend the time necessary to make sure that they understand the material. This is so important in a SARC, because it ensures that when the UVA is responding to a survivor of sexual assault, they feel confident in the information and resources they are providing. Shantrice not only is awesome in the support she provides, her loyalty and dedication to the program are unsurpassed. We are lucky to have her on our team!

BZ to Janice Bevins, for her outstanding support of the NDW Non-Appropriate Fund HR Office. During two days of off-site NAF HR-sponsored training in April, she came in early to help with setup, came back later to help with break-down and storage, and single-handedly brought supplies back to the office at the conclusion of the training. She is intuitive, thoughtful, and always the first person to offer to help team members with whatever they might need. Bravo Zulu!

Mr. Vince Panella sends BZ to N5 Program Analyst Ms. Pauline Dickey for her dedication and passion leading NDW's FY22 Unfunded Requirements gathering and prioritization, FY23 Program Requirements creation, and POM25 future requirements training and submission. All three of these critical financial processes are peaking at the same time these next few months and require expert coordination and planning among all our installations and Region programs.



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

NEW NON-EMERGENCY MAINTENANCE REQUEST SUBMISSION PROCESS – NDW UNACCOMPANIED HOUSING

Service members residing in the barracks at NSA Annapolis, NSA Bethesda, NSF Dahlgren, and NAS Patuxent River can now electronically fill out maintenance request forms on their phones!

The new system takes Service members to a form that will gather demographic data, as well as information regarding non-emergency maintenance issues for their rooms and/or common areas.

This form is accessible via a QR Code located on their room doors and in common areas throughout the buildings, or via the local Fleet and Family Readiness/Morale, Welfare and Recreation websites.

The Unaccompanied Housing teams have access to all submissions and are tracking progress with this new tool. Upon completion of a project, Service members will receive an email with a link for feedback.

<p>NSA Annapolis</p> <p>ANNAPOLIS</p> <p>SCAN HERE TO SUBMIT NON-EMERGENCY MAINTENANCE REQUEST</p> <p>FOR EMERGENCIES BUSINESS HOURS: 410-293-9067 AFTER HOURS: 410-533-9564</p>	<p>NSA Bethesda BLDG 60/64</p> <p>BETHESDA BLDG 60/64</p> <p>SCAN HERE TO SUBMIT NON-EMERGENCY MAINTENANCE REQUEST</p> <p>FOR EMERGENCIES (301)400-0200 AFTER-HOURS – (301)385-4734</p>	<p>NSA Bethesda BLDG 62</p> <p>BETHESDA BLDG 62</p> <p>SCAN HERE TO SUBMIT NON-EMERGENCY MAINTENANCE REQUEST</p> <p>FOR EMERGENCIES (301)400-0200 AFTER-HOURS – (301)538-2843</p>	<p>NSF Dahlgren</p> <p>DAHLGREN</p> <p>SCAN HERE TO SUBMIT NON-EMERGENCY MAINTENANCE REQUEST</p> <p>FOR EMERGENCIES BUSINESS HOURS 540-653-2207 540-204-0901 AFTER HOURS 540-553-8230</p>	<p>NAS Patuxent River</p> <p>PAX RIVER</p> <p>SCAN HERE TO SUBMIT NON-EMERGENCY MAINTENANCE REQUEST</p> <p>FOR EMERGENCIES BUSINESS HOURS: 301-909-2754 AFTER HOURS: 301-389-2278</p>
Form Link	Form Link	Form Link	Form Link	Form Link



Services for You

SUICIDE INTERVENTION/AWARENESS TRAININGS AND RELATIONSHIP/MARRIAGE RETREATS

The current listed Naval District Washington Chaplains Religious Enrichment Development Operation (NDW CREDO) events are available for your members to participate. Please promote and forward through your commands and networks.

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

Registration is required.

CREDO.NDW@US.NAVY.MIL

202-404-8831



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

- June 28, 0900-1200
JBAB NDW CREDO, Bldg. 4, 2nd deck
- July 26, 0900-1200
JBAB NDW CREDO, Bldg. 4, 2nd deck
- Aug. 2, 0900-1200
JBAB NDW CREDO, Bldg. 4, 2nd deck

Applied Suicide Intervention Skills Training (ASIST)

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

- June 22-23, 0830-1600
JBAB Historic Chapel Annex
- July 13-14, 0830-1600
JBAB NDW CREDO, Bldg. 4

Relationship Enrichment Workshop. This one-day workshop, for couples who are dating or married, is being offered on a Saturday to accommodate work schedules. This small group setting is designed to address issues that are holding your relationship back from being the thriving, vibrant, fulfilling relationship it can be.

- June 25
JBAB NDW CREDO, Bldg. 4, 2nd deck
- July 23
JBAB NDW CREDO, Bldg. 4, 2nd deck



Services for You

SUICIDE INTERVENTION (CONT..)

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

- June 27, 0900-1530
JBAB
- August 1, 0900-1530
JBAB

Marriage Enrichment Retreat (MER). Give your relationship the gift of interpersonal tools used to grow a more satisfying marriage. As a MER participant, you will learn and practice tools and concepts from PREP, the Gottman Institute, and the Myers-Briggs Type Indicator tests to better understand yourself and your spouse and get the most out of your marriage. Whether you have been married for two weeks or 20 years, this retreat will bring an additional spark to your partnership.

- August 12-15
- September 23-26
- November 18-21



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

- October 21-24

NDW CREDO RETREATS: These retreats are open only to military members on Active Duty and/or their dependents. They will take place from Friday afternoon to midday Sunday at the Baltimore Marriott Inner Harbor at Camden Yards. Lodging, food, and parking are provided at no cost to the participants. Childcare is not offered.

ADDITIONAL SERVICES FOR YOU

Fleet and Family Support Program: May’s issue of the FFSC Family Connection Newsletter is now available. In it, you will find information on sexual assault prevention and response, ending child abuse and neglect, 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.

DONCEAP: New articles, resources, and other information are now available for the month of May and can be found on the Magellan Ascend website: <https://magellanascend.com/?ccid=hpZiwlTni%2FVKNrZqvUQNB6fBJJGSp2%BZYWZSUbKC71w%3D>.

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



Celebrating July 4th, NDW-style. Fireworks on July 4th—every town has that. Here in NDW, Installations across the Region will celebrate America's birthday with not only high-flying pyrotechnics, but craft fairs, water slides, outdoor games, and other fun for the whole family. Read on:

Joint Base Anacostia-Bolling. Freedom Fest at the Slip Inn and Bolling Green Park (2842 Arnold Ave SW, Washington, DC). Live music and other entertainment, starting on the 4th at 3 p.m. Visit <https://www.jbab.jb.mil/about-JBAB/JBAB/July-4th-Fireworks-on-JBAB/> for more details.

NSA Annapolis. A 4th of July Celebration at the North Severn Pool (160 Eucalyptus Road, Annapolis, Md.) with hot Dogs, games, inflatables, and swimming from 10 a.m.- 2 p.m.

Continue to the next page for more NDW July 4th events.





Things to Do Around You



NSF Dahlgren. A 4th of July Festival at Joy Park, behind Aquatics Center (6110 Jenkins Rd, Dahlgren Va.). Water slides, swimming at an outdoor pool, games, crafts, bounce houses, and a picnic lunch will be yours to enjoy on the 4th from 11 a.m.-1 p.m.

NAS Patuxent River. Freedom Fest. Come to the West Basin Marina (46970 Bauhof Road, Patuxent River, Md.) for inflatable water slides, climbing wall, moon bounces, live music, arts & crafts, and food and beverages for sale. Taking place on the 4th from 5 p.m.-8 p.m.

Navy Recreation Center Solomons. NDW’s favorite Maryland island getaway will hold its annual Bright Stars, Bold Stripes & Brave Hearts festival on July 4, starting at 3. at Lighthouse Park - 13855 Solomons Island Rd S, Solomons MD 20688. Come from 1 p.m.-3 p.m. for giant lawn games, old fashioned penny carnival games, inflatables, arts and crafts, and more.

And please note: Information for all Navy celebrations can be found at: www.navyregionmwrndw.com/4th-of-july-events.



Colonial Bread Baking. Learn how they baked bread in George Washington’s day, and taste the difference for yourself, at Mount Vernon from July 1-4. Resident baker Justin Cherry will be baking fresh bread on-site in an 18th-century style clay oven, with grain ground at Washington’s old gristmill. You can see the baking process and buy fresh-baked bread loaves, buttered biscuits, salt pork butter, or cheese. For more info, go to <https://www.mountvernon.org/plan-your-visit/calendar/events/fresh-bread-from-half-crown-bakehouse/>.



Things to Do Around You



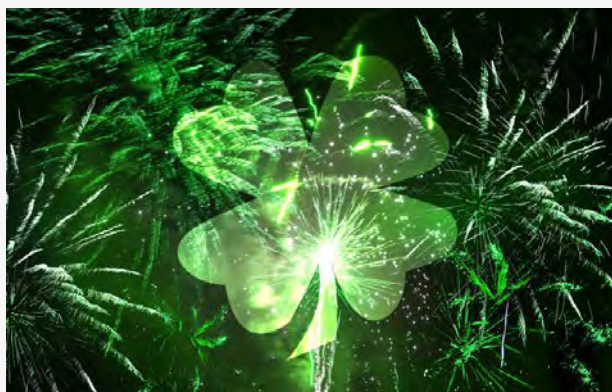
Comics, Costumes, and Crafts. Shop for your favorite comic books, memorabilia, and locally made arts and crafts while being entertained by cosplayers at the Fredericksburg Comic and Toy Show. It takes place July 16th, starting 10:30 a.m., at the Fredericksburg Expo Center. Tickets are just \$10-\$15 each, and kids under 10 get in for free. Read more and register at

<https://incredibleconventions.ticketspice.com/fredericksburg-comic-and-toy-show>.



Country fair. Ride a ferris wheel or tilt-a-whirl, or be entertained by cowboys riding bulls? You get to do all of the above and more at the Fauquier County Fair. Four days of live rodeo fun, carnival rides, games, contests, and food, from 2 p.m. on July 13 to 11 p.m. on July 16th. Tickets are \$5 if you have a military ID (\$10 for the rest of us). For more info and to buy a ticket, please visit

<https://www.fauquierfair.com>.



Irish extravaganza. St. Patrick's Day came and went, but Annapolis will be celebrating all things Irish again next month with its annual Annapolis Irish Festival. It's July 16th at the Anne Arundel County Fairgrounds, from 10 a.m. to 11 at night. There will be a live game of Cricket, axe throwing, Irish dance troupes, food, drink, and live bands, including a traditional fife-and-drum group. Tickets are \$25 for adults, but only \$15 if you're active-duty or retired military, and free for the little folk under 12. To get your tickets and more information, please visit

<http://abceventsinc.com/annapolis-irish-fest/>.



Fair Winds and Following Seas

MRS. WANDA GRIGGS

On June 30, 2022, Mrs. Wanda Griggs, NDW's N8 Comptroller department, will retire with just shy of 38 years of Federal service. Mrs. Griggs began her career in 1984, working at Andrews Air Force Base's (AFB) Fox Den Enlisted Club as a cashier. In 1988, she worked with the non-appropriated funds (NAF) resource management office as an Accounting Technician, which migrated into a Procurement Technician. In 1996, she completed requirements to become a warranted Contracting Officer.

In 2004, Mrs. Griggs made the leap from NAF to become a GS employee working at the Bolling AFB's 11th Contracting Office in Washington, DC, as a Procurement Technician and Management Assistant. During her tenure she received three Federal Financial Management Certificates in Budgeting, Accounting, and Financial Management, and completed her Associate Degree in Applied Science in 2007. She received numerous awards, including Acquisition and Program Support Team of the Quarter, Civilian Volunteer of the Quarter, Civilian of the Quarter, Outstanding Contracting Support of the Quarter, Civilian Rhode Runner of the Quarter, and Civilian of the Year 11th Contracting and 11th Mission Support Group.



In 2010, Mrs. Griggs transitioned from acquisitions to financial management and joined NDW's Comptroller department. During her tenure, she served as a Management Assistant and Financial Management Analyst. She acquired a vast array of experiences, supporting the Government Purchase Card, Labor, and N9 programs and was able to attain and retain her DoD Financial Management level 2 certification. Mrs. Griggs will be remembered as a team player able to tackle any task. Married 46 years with three children, four grandchildren, and one great granddaughter, Mrs. Griggs leaves NDW to spend more time with her immediate family and reconnect with family she left behind in her home state of Louisiana.



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>