

THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL. 17 JUNE 2023



The Culture of Excellence and You

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

Check out the Mind, Body, and Spirit section for articles on life coaching and psychotherapy, the importance of sleep, and doing the right thing.

**In June, NDW celebrates
Pride Month and Juneteenth.**

Check out this month's edition
for the following:



**Congressman Jamie Raskin interviews
NDW's Navy Gold Star Regional Coordinator
on his podcast.**



**NDW FFSC staff come to the aid of typhoon
survivors in Guam.**



**How NDW's Naval Observatory keeps
America's Internet running.**



The hazards of airport phone chargers.



LEADERSHIP AND YOU

A message from the Chief of Staff: Seeking help is a sign of strength. Also, important Navy guidance on Maryland's legalization of THC. And lessons for our 21st-century workforce from a 19th-century naval battle.

[Read More](#)



MIND, BODY, AND SPIRIT

Thoughts on life coaching and psychotherapy, getting better sleep and how it benefits you, and doing the right thing.

[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

NDW celebrates Pride Month and honors Juneteenth.

[Read More](#)



VOICE OF THE EMPLOYEE

A "mentee" in NDW's mentorship program reflects on how the program has helped her develop her leadership skills.

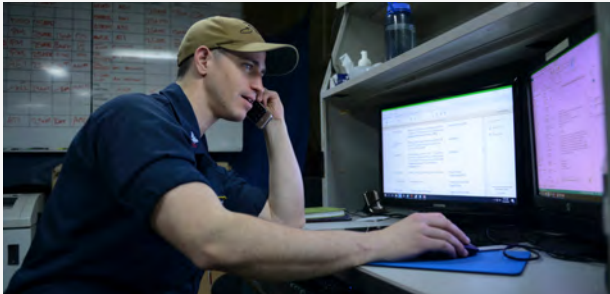
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IN THE SPOTLIGHT

Articles on FFSC staff members aiding typhoon survivors in Guam; our Navy Gold Star Coordinator being interviewed on Congressman Jamie Raskin's podcast; and the vital mission of the U.S. Naval Observatory to NDW and the Nation.

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SERVICES FOR YOU

A safety message about airport phone-charging stations. How MWR centers improve NDW Service members and families' quality of life. And a program offering military child care in your neighborhood.

[Read More](#)



THINGS TO DO AROUND YOU

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

[Read More](#)



FAIR WINDS AND FOLLOWING SEAS

NDW says thank you and farewell to CAPT Eric Hawn.

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CONNECT WITH US

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

[Read More](#)



Leadership and You

SEEKING HELP IS A SIGN OF STRENGTH

By CAPT Grahame Dicks
NDW Chief of Staff

Team NDW! Welcome to the June addition of the Quarterdeck. And I cannot thank everyone enough who contributes and produces this amazing resource every month. In this month's issue, and as part of the suicide prevention training continuum, you'll find an article about seeking help as a sign of strength. I, for one, am a HUGE fan of this concept. I'd really encourage everyone to have a look at this piece and seek to change the broad narrative that seeking help is anything other than a sign of strength.

Times and perspectives have changed for the better on this, in my opinion, and I certainly can remember the times when asking for help or not dealing with any challenges you had on your own was considered a weakness. Seeking help used to raise fears of loss of clearances, or bad performance evaluations or other potentially negative responses... well no more! Asking for help is a sign of strength, no matter how big or how small the ask. You should never suffer in silence or feel alone and isolated on an island, as there is a vast number of resources out there to help.

For our leaders and supervisors, take on this challenge to create an environment where asking for help is not only "ok" but is viewed positively as a strong person seeking to better themselves or their circumstances.

Thank you all for what you do every day
to support our Mission and our Team,
and I hope you find some great information
in this month's Quarterdeck!



Leadership and You

MARYLAND LEGALIZES THC

By CAPT Grahame Dicks
NDW Chief of Staff

I wanted to provide a quick note to get ahead of any questions related to the change in Maryland law legalizing THC, which will go into effect on July 1. While the Maryland law may change on July 1, the Navy prohibition on its use remains in place.

The Navy increased drug positives 68% from 3,367 in 2021 to 5,661 in 2022. This increase is due to the rise in THC use (nearly 80% of all positives), including both the delta-8 variant (CBD; testing began in 2021) and the traditional delta-9 variant (cannabis). While society’s acceptance of THC/marijuana is changing, the Navy maintains a zero-tolerance policy for drug use. This is based on both Federal law and the fact that no test can adequately test someone’s fitness for duty based on the amount of THC in their system. The Navy’s policy always outweighs any foreign, state, or local ordinance which may permit THC’s use, possession, distribution, or prescription.

THC has become the top “innocent ingestion” drug—meaning Sailors often claim to ingest THC by accident, in products they didn’t think contained THC. Since 2021, when the DoD drug testing panel was updated to detect delta-8 THC, THC positives increased 89.1% between FY21 and FY22. In the last 5 years, the amount of delta-9 THC positives has increased by 117% fleet wide. All hands must be vigilant to not consume any products that contain hemp, CBD, or THC.

Further information can be found on the MyNavyHR/N173 Fact Sheet at: [Microsoft Word - Drug Use \(THC\) - Fact Sheet \(N17\)_update website \(navy.mil\)](#)



THE BATTLE OF TRAFALGAR AND WORKING FROM HOME: OLD LESSONS FOR A NEW ERA

By LCDR Travis Bean,
Action Officer, N4A NDW

History frequently serves as a guide to events in the modern day, and working from home is no exception. Nineteenth-century maritime history, in particular, contains an important lesson on how employees and managers may work more productively and more autonomously.



Leadership and You

THE BATTLE OF TRAFALGAR AND WORKING FROM HOME: (CONT...)

In October 1805, the British Fleet led by Admiral Horatio Nelson sailed off the coast of Spain searching for the enemy. Britain was at war with Napoleon's France, and the Royal Navy was England's last line of defense against invasion. On the morning of the twenty-first, Nelson made only one brief communication to his ships: "England expects that every man will do his duty." The British fleet then divided into two and intercepted the combined French and Spanish forces at perpendicular angles. This was a departure from the more common tactic of engaging in parallel lines of battle. Despite its unorthodox methods and austere communications, the Royal Navy earned a decisive victory at the Battle of Trafalgar.[1]

The central leadership principle that delivered victory at Trafalgar was mission command.[2] A recent Joint Publication defines this concept as: "the conduct of military operations through decentralized execution based upon mission-type orders." [3] Nelson did not rely on constant communications during the battle to direct his team. Instead, he trained his team, and provided orders in advance. The result was a trusted and well-skilled force of sailors that cemented a century of continued British naval supremacy.

But what does this have to do with working from home? Much like the decentralized structure of Nelson's fleet, there are similar barriers between teammates in the work-from-home environment. With proper execution, however, these barriers can be made into advantages. There are a few best practices to bring the lessons of Trafalgar to your online team:

For Managers:

1. Provide a robust on-boarding process for new team members that emphasizes the duties and responsibilities of their roles. New members should walk away with a (mostly) clear vision of what success looks like and what they should be working on day-to-day.
2. Communications should be infrequent but constructive. You should strive to balance your need for updates with the effect that frequent interruptions may have on workers.
3. Identify touchpoints where it is necessary to provide additional direction to your team, however infrequent. These touchpoints can be situational (e.g., if project quality is not good), or temporal (e.g., a weekly or biweekly sync).

For Workers:

1. Use autonomy to find creative and efficient ways to meet the end objectives. Work hard within the space you are provided. Own it!
2. Ask questions when necessary, especially when you're new at the job. Ideally, most of the communications will be from you to your boss, and not the other way around.
3. Ensure you start each week with an understanding of what your primary focus is. If your main focus is completed, or if it gets derailed, know what your backup is. If you aren't sure, see point #2 above.



Leadership and You

THE BATTLE OF TRAFALGAR AND WORKING FROM HOME: (CONT...)



An ideal instance of mission command in the work from home setting would involve managers providing broad limits to their team, allowing workers to tackle problems the way they see fit. The Joint Publication Mission Command states that personnel at all levels should “exercise disciplined initiative and act aggressively and independently to accomplish the mission.”[4] This is good advice today just as it was at the Battle of Trafalgar.

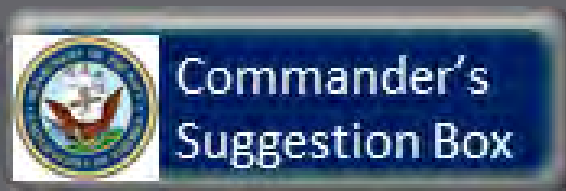
[1] Britannica Academic, s.v. "Battle of Trafalgar," accessed June 9, 2023.

<https://academic.eb.com/levels/collegiate/article/Battle-of-Trafalgar/73144>.

[2] Scarbro, Graham. "Go Straight at 'Em!': Training and Operating with Mission Command." *Proceedings*, May 2019. <https://www.usni.org/magazines/proceedings/2019/may/g-o-straight-em-training-and-operating-mission-command>.

[3] Deployable Training Division (DTD) of the Joint Staff J7. *Insights and Best Practices Focus Paper: Mission Command. Second Edition*. Suffolk, VA: January 2020. https://www.jcs.mil/Portals/36/Documents/Doctrine/fp/missioncommand_fp_2nd_ed.pdf.

[1] *ibid*.



THE NDW COMMANDING OFFICER'S SUGGESTION PROGRAM IS LIVE!

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

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

The Commander's Suggestion Box can be accessed from any of the following locations below:

Hub Link:

<https://flankspeed.sharepoint-mil.us/sites/CNICCNRNDWHub>

Direct Link:

<https://flankspeed.sharepoint-mil.us/sites/CNICCNRNDWHub/SitePages/CO-Suggestion-B.aspx>

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



Mind, Body, and Spirit

WHEN TO ASK A LIFE COACH FOR HELP

By Rick Docksai
Editor

Got some unresolved trauma from your past? Many people will say to see a psychologist—and that may be good advice. But what if you want help crafting a better future? For that, many American adults seek another kind of specialist: a life coach. This can be good, as well. While some of us have needs that only a medically licensed psychotherapist can meet, others among us may find that life coaching may be what will best help them move forward with living, thinking, and achieving better.

Coaching platform Better Up defines a life coach this way: “A life coach is someone who counsels and encourages clients through personal or career challenges. A life coach helps guide clients to reach their ultimate goals.” It says that life coaches “serve as guides through various aspects of your life,” focusing on “personal growth and professional development” to help you get from where you are now to where you want to be.





Mind, Body, and Spirit

WHEN TO ASK A LIFE COACH (CONT...)

Maybe you're at a crossroads in your life. Perhaps you're facing a major job change—or want to embark on one. Maybe your social life needs a revamp—you've lost a lot of friends and are struggling to make new ones, or your love life needs work. Maybe you're not where you want to be financially. Or you've got other goals you've been trying—and failing—to meet. In sum: You want to level up in some area (or areas) of your life, and you're not sure how to do so.

If this is where you're at, a life coach might be the right person to call. He or she can work with you on goals like better communication skills, financial habits, fitness and health, or improving your relationships. A life coach might also help you increase your self-confidence, focus, productivity, and resilience, or give you tips on time management or managing stress better.

“Together, you will develop an action plan of real, attainable steps to move you closer to your vision. You'll also check in with your life coach on a regular basis, so they can act as an accountability partner,” reads the coaching website Life Coach Spotter (<https://www.chriskenber.com/is-life-coaching-worth-it/>).

Side note: The Department of the Navy Civilian Employee Assistance Program (DONCEAP) offers free coaching services to NDW civilians and their families, and NAF employees can access coaching services through CNIC ACI. See the Services for You Section for current links.

In addition, Life Coach Spotter has a free matching service with more than 100 affiliated life coaches. Visit the webpage, answer a few questions, and it will refer you to coaches who may be best equipped to help you with your specific life challenges. URL: <https://coach.lifecoachspotter.com/start-here/>



Coaching Vs. Therapy

Psychotherapists work with clients on life issues, as well. But life coaching is different from psychotherapy. Psychotherapists work on mental health issues. If trauma, clinical depression or anxiety, or a diagnosed personality disorder is what's holding you back, then you need a psychotherapist. Life coaches are not licensed health-care professionals, and while they are skilled at self-improvement, they are not trained for working on mental health.

Do the Work

Life coaches differ from psychotherapists in another way: They are not covered by insurance. You can expect to pay anywhere from \$50 an hour to \$200 an hour for their service. So be sure you have the money to invest. And be sure of what exactly you want help with—and just as important, be sure you are prepared to do the work and change your life.

“It is not a question of how much money you have to spend,” writes Chris Kenber, a business coach. “If you are not prepared to change or do not have the inclination to do so, then no amount of coaching will change you.”



Mind, Body, and Spirit



THE IMPORTANCE OF SLEEP

By Trina Gray
N6

Sleep plays a key role in our health. Research demonstrates that sleep is incredibly complex and affects virtually all systems of the body. Multiple parts of the brain are involved in the processes of producing hormones and chemicals that regulate sleep and wakefulness. While there is much that is still to be learned about the intricacies of how sleep works, existing research sheds light on how sleep is connected to numerous elements of physical, emotional, and mental health and provides insights about how people can get better sleep.

What happens during sleep is dynamic. Over the course of one night, you actually progress through multiple sleep cycles lasting between 70 and 120 minutes and are composed of separate sleep stages. These sleep stages are fundamental to how sleep works.

Stages of Sleep

A sleep cycle is divided into [four stages](#). According to the Sleep Foundation, the first three stages are known as Non-Rapid Eye Movement (NREM) sleep, and the final stage is known as Rapid Eye Movement (REM) sleep (<https://www.sleepfoundation.org/how-sleep-works/why-do-we-need-sleep>):

- **Stage 1 NREM:** This marks the transition between wakefulness and sleep and consists of light sleep. Muscles relax and your heart rate, breathing, and eye movements begin to slow down, as do your brain waves. Stage 1 typically lasts several minutes.
- **Stage 2 NREM:** This stage is characterized by deeper sleep as your heart rate and breathing rates continue slowing down and the muscles become more relaxed. Eye movements cease, body temperature decreases, and brain waves remain slow. Stage 2 is typically the longest of the four sleep stages.
- **Stage 3 NREM:** This stage plays an important role in making you feel refreshed and alert the next day. Heartbeat, breathing, and brain wave activity all reach their lowest levels, and muscles are as relaxed as they will be. This stage will be longer at first and decrease in duration throughout the night.
- **REM:** The first REM stage occurs about 90 minutes after you fall asleep. As the name suggests, your eyes will move back and forth rather quickly. Breathing rate, heart rate, and blood pressure will begin to increase. The duration of each REM sleep cycle increases as the night progresses. Numerous studies link REM sleep to memory consolidation, the process of converting recently learned experiences into long-term memories. The duration of the REM stage will decrease as you age, causing you to spend more time in the NREM stages.

These four stages repeat cyclically throughout the night until you wake up. For most people, the duration of each cycle lasts 90-120 minutes. NREM sleep constitutes 75% to 80% of each cycle.



Mind, Body, and Spirit

THE IMPORTANCE OF SLEEP (CONT...)



While even experts have not reached a consensus for why we sleep, research supports it serves as an essential biological function. In humans, sleep appears to be critical to both physical and mental development in babies, children, and young adults. In adults, a lack of sleep is associated with a wide range of negative health consequences, including cardiovascular problems, a weakened immune system, [higher risk of obesity](#) and type II diabetes, impaired thinking and memory, and [mental health problems](#) like depression and anxiety.

These diverse ramifications of sleep deprivation offer strong support to the view that sleep does not have just one biological purpose but in fact, through its complexity, is an important contributor to the proper functioning of nearly all of the systems of the body.

If you are having trouble sleeping, hearing how important it is may be frustrating. However, simple things can improve your odds of a good night's sleep.

“Wise Choices” to Improve Sleep

- **Stick to a sleep schedule.** Go to bed and wake up at the same time every day, even on the weekends (aids long-term sleep quality).
- **Get some exercise every day.** But not close to bedtime.
- **Avoid nicotine and caffeine.** Both are stimulants that keep you awake. Caffeine can take 6–8 hours to wear off completely.
- **Don't take naps after mid-afternoon.** And keep them short (20 minutes max).
- **Avoid alcohol and large meals before bedtime.** Both can prevent deep, restorative sleep.
- **Limit electronics before bed.** Try reading a book, listening to soothing music, or another relaxing activity instead (limit blue light exposure).
- **Create a good sleeping environment.** Keep the temperature cool if possible (65 degrees is optimal). Get rid of sound and light distractions. Make it dark. Silence your cell phone.
- **Don't lie in bed awake.** If you can't fall asleep after 20 minutes, get up and do a relaxing activity until you feel sleepy again.
- **See your health care provider if nothing you try helps.** They can determine if you need further testing. They can also help you learn new ways to manage stress.



Mind, Body, and Spirit

THE IMPORTANCE OF SLEEP (CONT...)

It is critical to speak with your health care provider on the treatment available for many common sleep disorders, such as insomnia, narcolepsy, and sleep apnea.

Interested in Learning More?

Check out the COE Resources page and the Sleeping with Science TEDTalk series, which consists of 16 six-minute episodes talking about the science behind all aspects of sleep. Let's all sleep better!



DOING THE RIGHT THING

By Chaplain Peter W. Dietz
CDR, USN

I once had a commanding officer who told his new joins during their indoctrination brief that a person's character is determined by what they did when he wasn't around. It is true that what we choose to do or how we choose to act when a supervisor or a parent or a spouse is not around, says a lot about who we are and what is important to us. Kids will usually push the limits and boundaries of the authority that they fall under to see what they can get away with. It is a normal process of finding where the boundaries really are. It is also part of developing one's own sense of independence and feeling of control over one's own life.



Mind, Body, and Spirit

DOING THE RIGHT THING (CONT..)



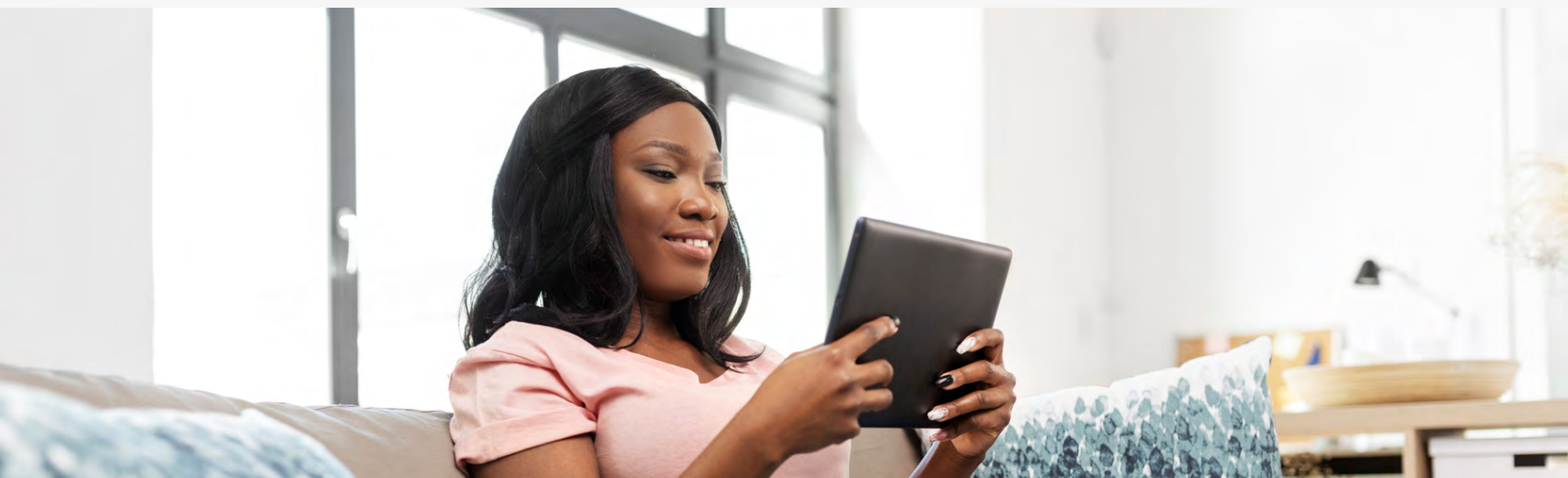
So when does that stop and when does a person start doing the right thing without having someone holding them accountable or maintaining the boundaries? I first thought about this a few years ago when I was home for Christmas during graduate school. When I first went to college, I was kind of young and immature. My mom was sad to see her first-born go off to college, but I was excited. During my first visit back home on Christmas break, I decided to go out with a high school friend. I told my mom that I was going out with Andy. She told me to be back by midnight, to which I replied, *"I'm in college now. I'll come back whenever I want."*

That didn't go over very well. My mom, who was sad to see me leave six months earlier, couldn't have been happier to see me leave after that visit home. Years later I entered graduate school and during my first visit home on Christmas vacation, I told my mom that I was going out with Andy and I would be home by midnight. A day or two later I remembered the first visit home during college and laughed at the change in attitude.

What happened? Why did my attitude change? I didn't have a curfew anymore, but I chose to do the right thing and be home at a reasonable hour. It was because of love and respect. When we are young, people care about us and do things to protect us. They give us curfews and have rules of the house, like doing chores. These people care about us, but we don't necessarily care back.

As we get older, we learn how to accept the love that people have for us and we learn how to love them back by doing the right thing. As adults, we shouldn't have curfews and rules, but we should want to be home at a reasonable hour or do the chores around the house because it is the right thing to do. How we act and what we choose to do when people aren't looking or enforcing the rules, does say a lot about who we are and what we care about.





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.

TALKS

TedTalk Series: Sleeping with Science: Sleep—we spend one-third of our lives doing it, but what exactly do we get out of it? And how can we do it better? Matt Walker, Professor of Neuroscience and Psychology at the University of California, Berkeley, and Director of the [Center of Human Sleep Science](https://www.sciencedirect.com/journal/Current-Biology), uncovers the facts and secrets behind our nightly slumber. The series has two seasons, with eight episodes lasting six minutes or less. The series covers topics such as how much sleep we really need, how sleep affects our emotions, and 6 tips to better sleep. URL: https://www.ted.com/series/sleeping_with_science#season_1



NAVY CULTURE AND FORCE RESILIENCE

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

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



CEO Resources

TALKS (CONT...)



TED Talk: Identity Shifting: How to Get Ahead of 99% of People (in 2023). Many of us are sleepwalking through life, settling for jobs, relationships, and lifestyles that don't satisfy us while numbing our pain with partying and substance use, says author and YouTuber Clark Kegley. He puts this question to viewers: Do you like the direction your life is heading in? If not, he frames a new mindset for changing direction, inventing a new "dream version of yourself," and not feeling numb or asleep, but excited and inspired. URL: <https://www.youtube.com/watch?v=JslSI-6WMIY>



TED Talk: Why Seeking Help is a Sign of Strength. Leaving the Marine Corps, Dave Smith struggled with PTSD and the challenges of reintegrating with society. Feeling disconnected and isolated, he became depressed, abused alcohol, and eventually contemplated suicide. Smith talks about the innate need for belonging and what happens when we reach out to others. URL: <https://www.youtube.com/watch?v=nBzo7ZfuLEc>



TEDx Talk: Isolation is the Dream-killer, not Your Attitude. You can achieve the seemingly impossible, when you ask others to help you achieve it. Just ask Barbara Sher, who has run workshops teaching people to be on "success teams," where individuals helped other individuals achieve their dreams. She shares her observations, and why the most important element of your success isn't positive thinking, but being able to ask for help. URL: <https://www.youtube.com/watch?v=H2rG4Dg6xyl>

For the latest and greatest happenings in the Region, follow us on social media.

 <http://www.facebook.com/NavDistWash>

 <https://www.instagram.com/navdistwash/>



Diversity, Equity, Inclusion, and Accessibility

NDW CELEBRATES PRIDE MONTH

By Desmond Boykin
EEO Specialist

June is Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ+) Pride Month. It is observed in June to commemorate the riots that occurred in June 1969 at the Stonewall Inn in Manhattan, New York. The event, known as the Stonewall Riots, became the catalyst for the gay rights movement in the United States and around the world to achieve equal justice and opportunities.

The Stonewall Riots, also called the Stonewall Uprising, began on June 28, 1969, when New York City police raided the Stonewall Inn, a gay club located in Greenwich Village in New York City. The raid ignited a riot among bar patrons and neighborhood residents as police hauled employees and patrons out of the bar. Six days of protests and violent clashes with law enforcement followed.





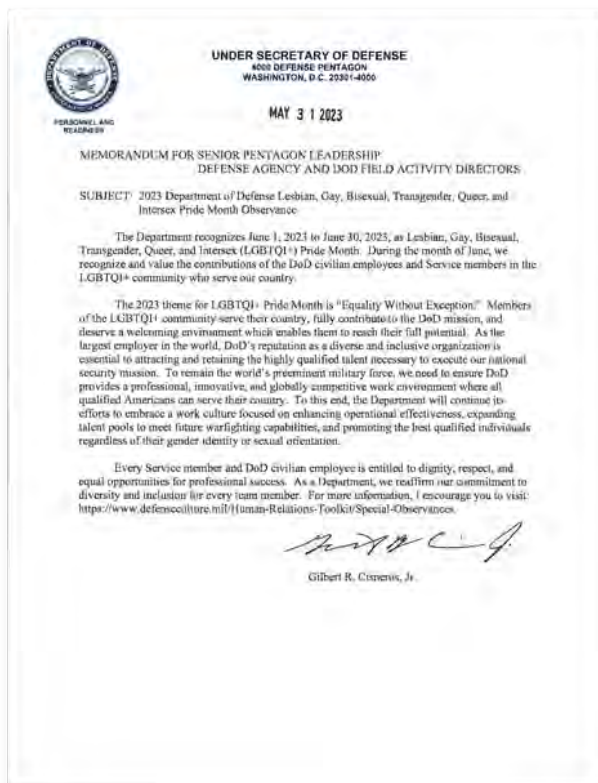
Diversity, Equity, Inclusion, and Accessibility

NDW HONORS JUNETEENTH

By Desmond Boykin
EEO Specialist

The Juneteenth National Independence Day Act passed the Senate by unanimous consent on June 15, 2021, and the House on June 16, 2021, and was signed into law as Public Law 117-17, designating June 19th as a federal holiday. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. Most importantly, it represents victory over the institution of slavery and the beginning of the fulfillment of America's promise of life, liberty, and the pursuit of happiness for African Americans.

Large celebrations began in 1866 and continued regularly into the early 20th century. African Americans equate this day to the Fourth of July, and Juneteenth celebrations contained similar events. The June 19th celebration spread from Texas to the neighboring states of Louisiana, Arkansas, and Oklahoma. Later it appeared in Alabama, Florida, and California as African American Texans migrated. Celebrations declined during World War II but returned in 1950 at the Texas State Fair in Dallas. Interest and participation decreased in the late 1950s and 1960s as attention focused on expanding civil rights. In the 1970s, Juneteenth revived in some communities. In 1979, Texas became the first state to make Juneteenth an official holiday; several others followed suit over the years.





Voice of the Employee

What does COE mean to you personally? Know a coworker, team, or group that fosters a COE? Every edition, we invite readers to share their thoughts and stories.



MILLENNIALS AND LEADERSHIP

By Madeline Todd
LCSW, NAS Patuxent River FFSC

Millennials have had a back and forth transition reputation through the years within the work force. As America's largest demographic of working people, some see them as "job hoppers" and some see them as passionate for feeling connected to their work. As a Millennial myself, I wasn't seeing the opportunities opening up for leadership positions, where I was at and started considering if a field shift was going to be my best option.



Voice of the Employee

MILLENNIALS AND LEADERSHIP (CONT...)

Hoping to gain some clarity, I applied for the NDW Facilitated Mentorship Program. I admittedly didn't know much about the program at the time. But I was happy to be accepted and determined to use this opportunity to work my way into a leadership position so that I could make a difference. I met my Mentor, Rich McCloud, at Orientation, and we chatted about what I was looking to learn, the experience Rich had and how we could come together on the goals we needed to set as part of the program. We agreed to talk weekly and meet in person monthly for more shadowing experiences. During our first couple weeks together, Rich would ask me questions about what jobs I was interested in pursuing. I gave him a general, undefined idea of a possible area I would want to work in, but the truth was I wasn't quite sure. I just wanted to be in leadership so I could make a difference.

After what I could assume was Rich starting to understand was my unclear picture for my future, we got into a pattern of him asking me questions related to the theory of leadership. These usually involved research homework. Some of those research questions lead me down theory rabbit holes like "13 traits of Leadership," "the difference between Responsibility and Accountability," "the difference between Management and Leadership," and "some good management tools." The list goes on, but a common theme of each assignment was identifying how I could use this information as a leader and how I could use it as an employee. He even had me memorize the definition of Leadership: "The art of influencing and directing a group towards a common goal."

I'm excited to have all this education for my future career, but what has been most transformative has been the change to my perspective. The reiterating that Leadership is a mindset, not just a position, started to remind me of areas in my current position I was making a difference and see areas I could make new ones. I am still working towards careers progression, but I no longer feel the urgency to find that next step to the top. As the consistency of change continues, the jobs will come, but if you are like me, a Millennial eager to prove themselves, I encourage you to pause. Take note of the success you have made so far, don't get stuck on the goals you have not yet met, and rethink what you can work on presently. The NDW Mentorship Program can be a great opportunity to help. I know it has been for me.



Do you work with a coworker, team, or unit that fosters a culture of excellence? We would love to highlight their efforts/story.

Please contact the NDW COE Newsletter team to share their story.

NDW_COE_Newsletter@us.navy.mil



In the Spotlight

ONE TEAM, ONE FIGHT - SUPPORTING GUAM

By Kathy Selves
LICSW, Regional Program Director, Fleet and Family Support Program

As some of you may have heard, Guam was recently hit by Super Typhoon Mawar, which had sustained winds up to 140 mph and an estimated 25-foot storm surge that left most of the island without power and water. In the wake of the storm, a request was sent out for Fleet and Family Support personnel to fly to the island. They were needed to assist with Emergency Family Assistance to support the Service members, families, retirees, and civilian employees trying to survive and navigate with little power or water and assess the damage.

Two NDW Fleet and Family Support Center (FFSC) staff members, Carrie Mast from the Region and Amanda Rivera from NSA Washington, answered the call. They dropped everything, made arrangements with their families, and were on a plane within 15 hours of getting contacted. Carrie and Amanda, along with four other FFSC staff members from around the country, provided support to approximately 4,100 people at the Emergency Family Assistance Center (EFAC) over 16 days. They provided much-needed relief to local staff working at the EFAC, some of whom did not have power or water at their own homes.





In the Spotlight

ONE TEAM, ONE FIGHT - SUPPORTING GUAM (CONT...)

The team, led by Carrie, picked up the baton from the beleaguered Guam staff, many of whom had worked 10 days straight, and worked seamlessly to make sure all who need assistance had someone to support them. That selflessness, compassion, and dedication to helping people are what make both Carrie and Amanda such amazing people and invaluable members of the Navy team! Words alone can't thank them enough for sacrificing time with their own families to come to the aid of our fellow Navy Family around the world. BRAVO ZULU and thank you, Amanda and Carrie.

Even before there were personnel on their way to Guam, NDW FFSC staff were providing resources and assistance virtually. Becky Baker, NDW N91 Emergency Response Coordinator, immediately coordinated and set up a Virtual EFAC Landing page to provide resources and information on where to get help for Guam residents. She worked closely with CNIC and the other services to have accurate information available for members of all services. Her expertise enabled the website to be active within hours of the storms passing. Additionally, Tiffany Croshaw, the NDW Family Emergency Response Coordinator, assisted or assigned NDW case managers to several individuals or families who submitted needs assessments in the Navy Family Accountability and Assessment System (NFAAS). This assistance was provided throughout the Memorial Day Holiday weekend and provided resources, information, and some comfort to individuals and families affected by the storm. Bravo Zulu to all who stepped up to assist our Navy Family on the other side of the world!



NDW NAVY GOLD STAR COORDINATOR IS GUEST ON LOCAL HERO PODCAST

By Lori Riccio-Walker
LNDW N9 Marketing Manger

Patsy Jackson, NDW Navy Gold Star Regional Coordinator was a guest Friday, May 26, on Maryland Congressman Jaime Raskin's Local Hero podcast to kick off Memorial Day Weekend. Ms. Jackson spoke about how the Month of May is Gold Star Awareness Month and how the program takes the opportunity to educate the community about Navy Gold Star, the families, and how we should honor them throughout the entire year, not just in May.

Please take a few minutes to watch her interview here: https://www.youtube.com/watch?v=WHbC_VKi4-A&t=4s



In the Spotlight

ASTRONOMY AND NAVY SERVICE GO HAND IN HAND AT THE U.S. NAVAL OBSERVATORY

By Rick Docksai
Editor

Any time you use the Internet, you can thank one NDW facility: the U.S. Naval Observatory. The same goes for whenever you check the time, browse your smartphone, or ask Google Maps how to get to your destination. The Observatory keeps a low profile but carries an enormous mission: It's the official "timekeeper" for not only the whole U.S. Navy, but the whole United States. GPS navigation, smartphones, and Internet browsers across the Nation all rely on this one NDW facility keeping them on track.

Within the Observatory is the Master Clock, an interconnected array of more than 100 atomic clocks, some of the most precise timekeeping instruments on Earth. The Navy and the Department of Defense (DoD) set their time to the Master Clock. So do all U.S. space satellites, which calibrate their on-board GPS to the Master Clock daily. This satellite-based GPS is the source of all smartphones' clock times, and the Network Time Protocol (NTP) that keeps Internet services nationwide running.

"You can look at your phone and check the time, and that time is GPS time. So smartphone users nationwide depend on the Observatory," says Geoff Chester, Observatory public affairs officer and chief historian. "We're one aspect of the Navy that, it is safe to say, touches the lives of people all across the country. And all across the world, since so many people have smartphones now."

The Observatory also houses a collection of telescopes. And its James Melville Gillis Library is considered one of largest collections of astronomy-related books and journals in the country, with more than 90,000 volumes spanning hundreds of hundreds of years—including one volume published in 1482!

Astronomy has always been important to Navy life: Before the Internet, Sailors everywhere followed the stars to navigate their ships. The Observatory was accordingly founded in 1830 to be the Navy's depot for all charts, maps, and knowledge of the stars, and to calibrate Navy ships' navigational tools.

"The only time scale that was available in those days was the time scale determined by the rotation of the Earth, and the only way you could measure that was astronomically," says Chester.

Navigation has evolved dramatically since then. But the Observatory continues to be a hub of Navy astronomical knowledge and a calibrator of the Navy's—and the Nation's—digital, satellite-powered tools of navigation, communication, and coordination.

"Our responsibility today is to maintain and disseminate the fundamental reference frames for space and time used throughout DoD and the rest of the world," Chester says. "If I were to sum up our mission in two words, it would be reference frames, because you have to know where you are in relation to something before you know where you are in relation to something else."

[Continue to the next page for In the Spotlight's Bravo Zulu's.](#)





In the Spotlight

BRAVO ZULU!

The **Bravo Zulu (BZ)** Section is dedicated to “**shout outs,**” “**atta boys,**” and “**well-dones**” for staff, from staff, from across the entire NDW Region. To submit a Bravo Zulu, please email us at: NDW_COE_Newsletter@us.navy.mil

NDW Welcomes the following staff to the NDW Team: Welcome Aboard!

- **May: NDW HQ:** LT Matt Skowronski (N00), Jeffrey Johnson (N01), Stephanie Moncavage (N37A7), and Frank Vargas (N5). Welcome Aboard!
- **June: NDW HQ:** YN3 Deira Dowling (N1), FC2 Jordan Lucas (TPD), CAPT Homer Denius (N00), Gillinia Christian (N04C2), Angela Root (N37A7), Brian Shaklee (N43), Melissa Thebarga (N37A7), Tedesia Thompson (N641), and Dedrick Walker (N11). Welcome Aboard!

RADM Nancy Lacore and Region CMC Billy Smith congratulate the newest FY24 Master Chief and Senior Chief Petty Officer selectees! Their hard work, passion for Sailor excellence and exemplary leadership have set them apart from their peers, as they assume significantly more responsibility and play an integral role in shaping the future of our Navy! Bravo Zulu!

- **Master Chief Selectees:** Moses E. Brathwaite, USN Ceremonial Guard
- **Senior Chief Selectees:** Anthony M. Biondo, NSF Thurmont, Christopher M. Brown, Washington HQ, Brandon R. Busby, NSF Thurmont, Craig A. Kresge, NSF Thurmont, and Jared L. Moon, NSF Thurmont.

Dr. Bernardo Salazar sends the following:

“Congratulations to the NDW Office of the Inspector General Command Inspection Team for successfully completing the first-ever Region’s Command Inspection of Naval Air Station Patuxent River.” Bravo Zulu to the following team members for diligently completing the inspection and a job well done!

- **NDW OIG Team:** Dr. Bernardo C. Salazar (Inspector General), Ms. Holly Marshall (Deputy Inspector General), Mr. Eduardo Farnum (Chief Inspector), Ms. Jennifer Neal (Inspection Team Lead), Mr. Tony Ervin (Inspection Assistant Team Lead), and Mr. Harden Hill (Inspection Program Support). Bravo Zulu!
- **NDW CI Subject-Matter-Experts (SMEs)/Inspectors:** CAPT David Stroud (N00R), LT Joseph Vellon (N00J), CW02 Jesus Lemus-Martinez (N00F, N1), CMDCM William Smith (N00F), NCCS Demacardo Williams (N00F), HMC Patrice Treer (N00F), YNC Joseph McGuire (N00F), Mr. Bryan Datcher (N04C), Ms. Elizabeth Everett (N1), Mr. Dedrick Walker (N1), Mr. Lou Montoya (N04C), Mr. Ed Ziegler (N00P), Mr. Britt Demetrius (N3), Ms. Gail Kenson (N4), Mr. Robert Williams (N4), Mr. Michael Knutson (N6), Mr. Thomas Hayward (N6), Ms. Kelly Jabbusch (N8), Mr. Rodney Kayes (N9), Ms. Kimberly Cimini (N9), Mr. Matthew Jarvis (N9), Ms. Kathy Selves (N9), Ms. Jodie Pallett (N9), and Ms. Natalie Wade (N9). Bravo Zulu!



In the Spotlight

BRAVO ZULU! (CONT...)

Ms. Gail Kenson, Deputy Assistant Regional Engineer (N43) sends a BZ: Nitra Powell, with support from Harry Osmun and Thomas Hayward, provided outstanding support to an N4 team member who had issues with their accounts. The N6 team acted quickly and professionally. The issues were resolved quickly and professionally. NDW's N6 is the best! Bravo Zulu!

CDR Chris Casne, Commanding Officer, Naval Support Activity Thurmont, sends the following BZs:

- **BZ to the following Sailors for their continued efforts and success as they were frocked to Senior Chief Petty Officer:** ITCS Brandon R. Busby, CECS Anthony Biondo, DCCS Jared Moon, and CUCS Craig Kresge. Bravo Zulu!
- **BZs to the following 19 Sailors for their continued efforts and success as they were frocked to Petty Officer First Class, Petty Officer Second Class, and Petty Officer Third Class:** YN1 Jarvis O. Bamberg, EO1 Laramie J. Billups, ABH1 Stephen D. Dalton, EN1 De'Quan T. Sidbury, CE2 Paulina L. Ayala, UT2 Alexander K. Biermann, ABH2 Aaron J. Hegwood, CS2 Jaylon K. Lowery, RS2 Ramadia D. Maxwell, CM2 Matthew J. McCarthy, UT2 Rafanan Mina Jr., BU2 Taylor M. Moomaw, UT2 Anthony E. Ortega, CM3 Brandon J. Chardt, EO3 Noah T. Christopher, CE3 Juan E. Flores Reddick, CE3 Jack E. George, UT3 Logan M. Judson, and CS3 Tyrone T. Winchester. Bravo Zulu!
- **BZ to EN1 Zackary Jenkins, DC1 Pierce Cloninger, EN1 De'Quan Sidbury, and ABH2 Matthew Mosqueda** for leading the efforts to clean, inventory, and organize the warehouse spaces that had become a general storage and dumping area. This space is now able to be utilized efficiently and able to take in storage from other areas, making facilities more effective overall. Bravo Zulu!
- **BZ to UT3 Timothy Walsh and MC1 Jerome Johnson** for development of an Installation Nature Pamphlet to inform Service members, their families, and installation guests of the local plants, animals, and insects they could encounter in the surrounding natural environment. Bravo Zulu!
- **BZ to the NSF Thurmont Medical Team** for successfully scheduling, hosting, and completing 40 audiograms for members of the command. Bringing these much-needed specialty care appointments to the installation ensures continued readiness of our personnel and enables mission success at all levels. Bravo Zulu!
- **BZ to Christy M. LeDuff at CNIC and Jessica Humphries at NDW** for all their help in establishing a Military Child Care in Your Neighborhood Capacity Zone for NSF Thurmont on MilitaryChildCare.com. All identified personnel (assigned to NSF Thurmont) have now received an offer for assistance through this impactful program! Bravo Zulu!



In the Spotlight

BRAVO ZULU! (CONT...)

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

- **June 5, 2023–Water Rescue Save.** Personnel from King George County and NSF Dahlgren responded to a male clinging to the side of a kayak in the Potomac River near the Nice Bridge. District Chief Jackson and Assistant Chief Gilroy were in the area and responded. Upon arrival, the Chief’s found a male subject approximately 150 yards offshore holding on to the side of a kayak with no life jacket. He was in obvious distress and starting to go into shock due to the cold-water conditions. Chief Jackson established the command post to guide water-based units to the scene, while Chief Gilroy donned a life jacket and entered the water to swim out to the subject. Chief Gilroy was able to reach the victim, calm him down, and keep him above water until a Fire/Rescue boat from King George County arrived to take them both into shore. Bravo Zulu!
- **June 13, 2023–Cardiac Arrest.** Personnel assigned to NSA Bethesda responded to Building 62 for a reported cardiac emergency and arrived to find a 43-year-old male in cardiac arrest. Personnel performed CPR, initiated Advanced Life Support protocols, and transported the patient to the Walter Reed ER with a pulse and breathing on his own. FF/PM Nathan Martin, FF Christopher Medina, Battalion Chief Ian Hayes, FF/PM Ryan Gentzler, FF Jesus Palacios, FF Donald Murray and NDW Police Sergeant Bello. Bravo Zulu!

From June’s Town Hall: BZ to the following individuals who were awarded personal awards:

- **ABH1 Zyherra D. Dalton** received the Navy Commendation Medal for her dedication, leadership, and hard work during her tour at the U.S. Ceremonial Guard. Bravo Zulu!
- **Mr. Desmond Boykin** received a Length of Service Award for 15 years of Government service. Bravo Zulu!
- **YN2 Deira Dowling** for her continued efforts and success as she was frocked to Petty Officer Second Class. Bravo Zulu!
- **MA2 Gabriel Gallegos** for his continued efforts and success as he was frocked to Petty Officer Second Class. Great job, as this was his second time being frocked to the next paygrade during a three-year tour. Bravo Zulu!
- **BZ to Ms. Tracey Slaughter:** Complimented by RADM Lacore as “Eagle Eye” for recognizing VADM Vivek Hallegere Murthy, the 21st U.S. Surgeon General, and inviting him to the SECNAV’s Concert of the Avenue. Bravo Zulu!
- **Ms. Brandy Thompson sends a BZ to Command Admin** for welcoming and mentoring TDY Sailors before returning to the fleet, ensuring they were well equipped with the right tools to succeed at their future duty stations. Bravo Zulu!





In the Spotlight

BRAVO ZULU! (CONT...)

- **BZ to MA2 Ashley McCain**, who returned from a successful 1-year Individual Augmentee assignment to Somalia to train their security forces. Bravo Zulu!

- **BZ to YNCS Mike Riles, YNC Joseph McGuire, and YNC Julio Castro** for their coordination and execution of NDW's 2023 Command Picnic, and BZ to all those who volunteered their time in support of the picnic:

- o **Set-Up crew:** LT Joseph Vellon, YNC Joseph McGuire, YNCS Mike Riles, Mr. Edward Zeigler, LT Therese Desquitado, SN Malcolm Tudor, MA1 Dagen Taylor, MAC Erich Parks, Mr. Kevin Mejia, Mr. Errol Worme, and Mr. Greg Cheek. Bravo Zulu!

- o **Grill:** YNC Julio Castro, Mr. Demetrui Britt, MACS Joshua Hunt, and Mr. Sterling Debold. Bravo Zulu!

- o **Food Servers:** Ms. Gay Williams, ITSN Mason, YN1 Tremaine Gordon, YN1 Dennis Brodnax, RP1 Greyson Harrelson, RP2 Stephen Mostella, MC1 Jonathan Nelson, and Mr. Marvin Barnes. Bravo Zulu!

- o **Breakdown/Clean Up:** Mr. Matt Jarvis, Mr. Jason Heckart, YNC Joseph McGuire, YNCS Mike Riles, Mr. Christopher Doan, SN Kane, YNSA Michael Taylor, YN2 Downing, Ms. Lori Riccio-Walker, Mr. Richard Redell, CAPT Sara Pickett, MA2 Miller, MA2 Ashley McCain, and ETC Christopher Smith. Bravo Zulu!

BZ to the 23 NDW HQ and NDW Transient Military Personnel who are pulling extra duty to support operational requirements at the Fort Belvoir Community Hospital. Bravo Zulu!

BZ to the graduates of U.S. Ceremonial Guard's Alpha Company!

- **May 2023:** SN Patrick Ochoa, AN Brayden Whoric, AN Davian Samorano, and CN Ignacio Ortiz. Bravo Zulu!
- **June 2023:** FN Isaac Olsen, SN Maymuna Hunafa, AN Rudolph Anderson, FN Eric Roncoroni, SN Elrind Tafa, SN Jacob Lawson, SN David Cano, AN Kevin Chapman, HN Aidan Apel, AN Courtney Bailey, FN Hunter Collins, AN Robert Sweat, and SN Isaiah El-Amin. Bravo Zulu!

BZ to all who served up delicious bowls of chili at the Command Picnic Chili Cook-off Contest, which took place June 15. And especially, the contest's three winners: Lori Riccio-Walker achieved third place with a ground beef and yellow onion chili; Arnita Evans was the second-place winner with a ground beef, sweet Italian sausage, and chorizo sausage chili; and CS2 Destiny Jones came in first place, with an oxtail and jalapeno chili. Bravo Zulu!



Any employee can send a Bravo Zulu message to acknowledge a good deed of a coworker, supervisor, employee, group, or team, either in their N-Code or in any other N-Code or installation of the Region.



Services for You

IT2GO: DON'T GET "JUICE JACKED"

By Harry Osman
Information Security Manager
and NDW N64 Division Head

Tis the season for traveling and taking a much-needed vacation from the daily grind. Many of us will be hopping a plane while doing this. While waiting on your plane, you may start to run out of battery on your phone and need a little "juice." Most airports have provided stations with USB charging ports for just this reason. While this can seem extremely convenient, it can actually be very risky! If you aren't careful, you may get "juice jacked."

What on earth is juice jacking, you ask? Juice jacking is the name given to a security exploit in which an infected USB charging station is used to compromise connected devices. Since both power and data can traverse though the same port, this exploit can potentially allow attackers to gain access to your device and your information.





Services for You

IT2GO: (CONT...)

Once you plug in, the attacker can gain access and from there, depending on their motivations, the sky is the limit. Ultimately there are two major risks to consider:

Data theft. Since the same port can transfer both power and data, this can potentially give an attacker access to all data stored on the device, and potentially even data that is accessible through other applications and services the device has credentials to access (such as cloud-based storage drives). This can also lead to compromised credit cards, banking information, Personally Identifiable Information, and other potentially harmful data loss.

Malware/Ransomware. Juice jacking is often used to upload malicious code to a device to perform a plethora of potential tasks. One of the most popular as of late is the dreaded ransomware attack. I could go into excruciating detail on these risks, but I suppose I will simply say it's not something you want happening to you

In an effort to keep you from having a disastrous trip, there are a few ways to keep yourself safe while charging your devices.

- 1. The first is probably the most obvious: **AVOID THEM!** The much more secure path is to simply use a wall outlet with your own charger. While it is not impossible to be attacked through a standard power outlet, it is MUCH less likely.
- 2. You can also carry a portable charger or external battery. This can give you enough spare charge to get you through your trip.

3. Some phones have various software-based capabilities to restrict access to your phone while charging. Most Samsung smartphones will prompt you when you plug in the cable as to whether you would like to transfer data or only charge with the cable. The iPhone, however, has a setting called "USB Restricted Mode," which is accessible in the "Face ID & Passcode" section under settings. You can toggle on for "Accessories," and this will cut the lightning port off from data transfer. It can still charge, but there will be no data passing through the port. The only downside here is that the setting only takes effect after the device has been locked for an hour.

4. My personal favorite option is a device (or cable) called a USB data blocker. This cable or device is only used for charging and cannot be used for data transfer.



USB In-line data blocker

The strongest option in most cases is simply avoidance, but if you cannot avoid it, hopefully these options help you protect yourself while you travel. If you ever have any questions regarding cyber and digital safety, feel free to reach out to us at:

NDW_Cybersecurity@us.navy.mil

Until next time, stay safe out there!



Services for You



MORALE, WELFARE, AND RECREATION IS IN YOUR SEA BAG

By Jeff Sias
Director Fleet & Family Readiness, NAS Patuxent River

Esprit de Corps, French for “spirit of the body,” is crucial to the Navy—and any organization, for that matter. Esprit de Corps exemplifies camaraderie on and off the battlefield. It is the essence of individual and group morale.

For decades, Service members and their families have received and widely “benefited” through Morale, Welfare and Recreation (MWR) department programs and facilities to reduce stress, improve well-being, and address their biopsychosocial needs.

According to Department of Defense Instruction 1015.10, “it is policy that the DoD Components (Navy) establish MWR programs to maintain individual, family, and mission readiness during peacetime and in time of declared war and other contingencies. Military MWR programs:

- a. Are an integral part of the military and benefits package.
- b. Build healthy families and communities and provide consistently high-quality support services that are commonly furnished by other employers or State and local governments to their employees and citizens.
- c. Encourage positive individual values and aid in recruitment and retention of personnel.
- d. Promote esprit de corps and provide for the physical, cultural, and social needs; general well-being; quality of life (QOL); and hometown community support of Service members and their families.”

MWR is our QOL foundation. Over the years, QOL initiatives have expanded to include Fleet and Family Support Centers (FFSC) and Child and Youth programs through the Military Child Care Act. Our Family and Unaccompanied Housing programs have improved exponentially to enhance the essence of safety and shelter, a foundation of Maslow’s Hierarchy of Needs. MWR has stood the test of time, and has benefited thousands of Service Members and families, to meet certain and significant needs. MWR supports the “love and belonging, esteem, and self-actualization” of Maslow’s hierarchy.



Services for You

MORALE, WELFARE, AND REC (CONT...)

Collectively our QOL programs are collaborating more and more to understand how to connect the benefits that support our Service Members and their families. Examples of these initiatives are events and activities like Sexual Assault Prevention and Response 5K runs, MWR Liberty “lite” centers in the barracks, and the “Feed Your Mind – Feed Your Body” healthy awareness month event. Michelle Adams, Director of the Naval Air Station Patuxent River FFSC, states,

“We rely so heavily on the MWR team for every aspect of our events. They are that integral to our team.”

According to the National Council for Therapeutic Recreation,

“Recreation is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery, and well-being.”

U.S. Navy installations, ships, and squadrons around the world offer MWR programs and facilities to support individual and unit needs. The wide variety of MWR programs and facilities like fitness centers, gymnasiums, picnic and parks, bowling centers, golf courses, theaters, tickets, trips and tours, and marinas meet the needs of individual interests and expression through a “whole-part-whole” approach to a healthy, cohesive individual self in order to support the organization.

Any given day, our time is segmented into work, self-maintenance (like eating, sleeping, and hygiene), and free time. It is the latter; free time, that we often find mentally, emotionally, and physically challenging, when stress exhibits itself and can be relieved. Without positive mental and emotional outlets, the consequences can be negative. MWR programs and facilities provide physical, mental, and emotional opportunities to relieve stress and strengthen the mind, spirit, and body.

For all of the benefits MWR provides, contact your Installation MWR Director or any staff. For up-to-date information on MWR activities at your installation, Google Navy MWR NDW.





Services for You



MILITARY CHILD CARE IN YOUR NEIGHBORHOOD

By Lori Riccio-Walker
NDW Regional Marketing Manager

Military Child Care in Your Neighborhood (MCCYN) is a Department of Defense (DoD) and U.S. Coast Guard fee assistance program that keeps affordable child care in reach for eligible families. It's intended for families who cannot access military-operated care due to distance or waitlists. With fee assistance, a portion of your child care cost is paid to reduce the cost of using community-based care. The goal is to make it easier for you to afford quality child care from local community providers when you cannot access child care on a military installation.

MCCYN is available to Navy Active Duty members, Navy Reservists on Active Duty, and Navy civilians who:

- **Are stationed at an installation that has been pre-identified as fee assistance eligible, or**
- **Do not live near a DoD installation with a Child and Youth Program.**

If you are married, your spouse must be employed, actively seeking employment, or a full-time student.

Fee assistance is available to:

- **Families stationed within the continental United States, Hawaii, and Alaska.**
- **Children from birth through age 12.**

MCCYN is available for other branches of the Armed Services. More information can be found on:

<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/mccyn>





Services for You

MILITARY CHILD CARE (CONT...)

How To Get Started? It's Easy!

Create an account on MilitaryChildCare.com. Link: <https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome>

Set up a profile. Once you create an account, set up a Household Profile so you can search for care at any time from any location.

Search for and request care. MilitaryChildCare.com allows you to search a full range of military child care options. Search for care, and if it's available, submit a request for MCCYN for each of your children. Review the list of MCCYN providers to find participating providers in your area.

Wait for an Offer. You will receive an offer for care if space becomes available, but no more than 30 days before the date you need care. Keep your email address up-to-date in your Household Profile so you do not miss these important messages.

Choose a Provider. While you wait for an offer, start looking for a provider. Choose a provider from the MCCYN Provider List or select a preferred one from your community. Your selected provider must meet the requirements and apply to participate.

Complete Registration and Upload Required Documents. If you receive an offer for MCCYN, you will receive a notification from MilitaryChildCare.com with instructions on how to accept the offer, complete your registration, and upload eligibility documents.

All of the required documents, resources, and more information can be found for Navy on: <https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/mccyn/navy>

ADDITIONAL SERVICES FOR YOU

Fleet and Family Support Program: In the FFSC Family Connection Newsletter, you will find information on the Exceptional Family Member Program, Domestic Abuse, upcoming virtual webinar classes, and much more. Visit: <https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Family-Connection-Newsletter>

DONCEAP: Find new articles, resources, and other information on the Magellan Ascend on the Magellan Ascend website: <https://magellanascend.com/?ccid=hpZiwlTni%2FVKnrZqvUQNB6fBJJGSp2%BZYWZSUbKC71w%3D>

CNIC ACI: For articles, resources, and other information, please visit the ACI website: <http://myassistanceprogram.com/cnic>





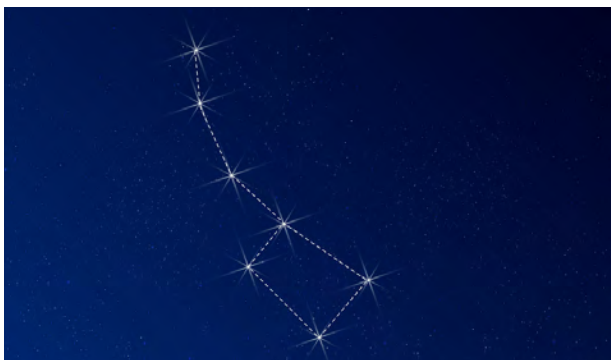
Things to Do Around You

Each month, we're bringing you family-friendly and budget-friendly recreational activities throughout the Region. You can boost your health, learn things, have fun with your family, and make new friends, all without spending a fortune.



Smithsonian Folklife Festival (Washington, DC)
June 29 - July 4 and July 6-9. | 11 a.m. - 5:30 p.m.
Evening Performances & Presentations | 6 p.m.

Every summer, this 11-day festival showcases music, dance, cooking, and crafts celebrating the full panorama of American culture. This year's festival is two programs in one: "Creative Encounters: Living Religions in the U.S." and "The Ozarks: Faces and Facets of a Region." The festival will be located on the National Mall, between 12th and 14th streets. For more information: <https://fb.me/e/1gMHOWHgY>



Tour of the Night Sky (Washington, DC)
July 1 & July 15 | 10:30 a.m.

"The Sky Tonight," a free presentation at the Air and Space Museum's Planetarium, will take you on a live guided tour of what you can see in the night sky. The event is recurring on the first and third Saturdays of every month. For more information: <https://airandspace.si.edu/whats-on/events/sky-tonight-live-planetarium-show-7>



Things to Do Around You

Coming up: 4th of July Fun!

NDW is ringing in July 4th with festivities and fireworks across the Region. Information our installations' events is below.



Bright Stars, Bold Stripes & Brave Hearts

(Solomons Island, 13855 Solomons Island Road South, Solomons, MD)

July 2 | 2 - 4 p.m.

Navy Recreation Center Solomons is hosting a July 4th weekend Backyard Blowout with giant board games, lawn games, and free snow cones (while supplies last!).

An All American Blast

(NSA Annapolis, 160 Eucalyptus Road, Annapolis, MD)

July 3 | 11 a.m. - 1 p.m.

NSA Annapolis' North Seven Pool and Pavilions will have free swimming, entertainment, inflatables, games, and food.

July 4th Celebration at Dahlgren

(NSF Dahlgren, 6110 Jenkins Rd., Bldg. 1193, Dahlgren, VA)

July 4 | 11 a.m. - 1:30 p.m. | Joy Park & Aquatics

NSF Dahlgren is hosting midday July 4th festivities that will include a climbing wall, water slide, slip-and-slide, tattoo artists and face painters, and a toddler zone for the young ones.

July 4th Celebration at Indian Head

(NSF Indian Head, 3958 Welsh Street, Indian Head, MD)

July 4 | 10 a.m. - 1 p.m. | Teen Center Parking Lot

NSF Indian Head will host a July 4th extravaganza with water activities, face painting, a balloon artist, a DJ, and a hot-dog eating contest.

Freedom Fest

(NAS Patuxent, 46970 Bauhof Rd, Patuxent River, MD)

July 4 | 5 p.m. - 8 p.m. | West Basin Marina

Just before the fireworks start, you and the whole family can enjoy music, games, water slides, arts and crafts, and more.



Fair Winds and Following Seas

CAPT ERIC HAWN

NDW wants to wish farewell and a genuine “thank you!” to CAPT Eric Hawn, who has retired after serving 30 years as a commissioned officer in the U.S. Navy’s Civil Engineer Corps. As the Commanding Officer of Naval Facilities Engineering Systems Command (NAVFAC) Washington, he impressively led a team of 1,200 military and civilian personnel supporting the Chief of Naval Operations (CNO), Commandant of the Marine Corps, Naval Sea Systems Command, Naval Air Systems Command, Commander, Navy Installations Command, Military Sealift Command, the Naval Research and Development Enterprise, and the United States Air Force (USAF).

During his time in command, NAVFAC Washington executed \$2.1 billion in superior design, construction, environmental, and facility services, including:

- \$895 million of Design in Place
- \$1.45 billion in Work in Place to award 10 military construction (MILCON) projects valued at \$342 million, and delivered \$423 million of MILCON outcomes
- \$610 million of additions and renovations at the Walter Reed National Military Medical Center
- \$340 million Presidential Aircraft Hangar
- \$83 million Marine Corps Wargaming Center
- The Navy’s #1 MILCON project, the \$94 million Master Time Clocks and Operations Facility project at the U.S. Naval Observatory

Most notably, he led the response to Operation ALLIES WELCOME (OAW) at Marine Corps Base Quantico, the only Department of the Navy site chosen by Northern Command for the Operation. His team managed a \$188 million Cost-Plus-Award-Fee task order on the Global Contingency Services Contract that provided housing, medical, and life support services for 5,000 Afghan refugees rescued in OAW, and made a lasting positive impact on the lives of those in peril.

CAPT Hawn plans to return to his home of record in Washington state. ***Fair Winds and Following Seas... and thank you again for your service to NDW, the Navy, and our Nation!***



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