

# THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL. 22 NOVEMBER 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.

This month learn about the risks of vaping and why tobacco products are so addictive. Read about the exciting career of Naval Support Activity South Potomac (NSASP) PAO, Jeron Hayes, in *Fair Winds and Following Seas*. And don't miss this month's *I Am NDW* profile of Richard McCloud.

**In November, NDW celebrates  
National American Indian  
Heritage Month.**

Check out this month's edition  
for the following:



**A message from Mr. Jeff Johnson, NDW Executive Director on holiday safety.**



**Chaplain Jones shares his reflections on gratitude and lessons learned from serving at Arlington National Cemetery.**



**Get to know Mr. Richard McCloud in 'I am NDW' and Mrs. Jeron Hayes in 'Fair Winds and Following Seas.'**



**Candlelight concerts, holiday markets, and Christmas light shows in 'Things to Do Around You.'**



## LEADERSHIP AND YOU

A message from NDW ED, Mr. Jeff Johnson about staying safe this holiday season.

[Read More](#)



## MIND, BODY, AND SPIRIT

Learn why nicotine addiction is hard to overcome, how vaping is bad for your health, and a message reflecting on gratitude from Chaplain Jones.

[Read More](#)



## COE RESOURCES

Additional information, recommendations, and links to talks, books, etc.

[Read More](#)



## DIVERSITY, EQUITY, INCLUSION, AND ACCESSIBILITY

During National American Indian Heritage month, we recognize the important contributions Native Americans and Alaska Natives have made to our nation.

[Read More](#)



## VOICE OF THE EMPLOYEE

'I Am NDW' profiles Richard McCloud, Director of Fleet and Forces Readiness Programs for Naval Support Activity Washington (NSAW), who has ties to the Seminole Indian Tribe.

[Read More](#)





### IN THE SPOTLIGHT

A Veteran's Day message from the Commandant.

[Read More](#)



### SERVICES FOR YOU

CREDO supports your people and your mission.

[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

NSASP PAO, Jeron Hayes retires after 20 years of government service.

[Read More](#)



### 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

### MAKE SAFETY A PRIORITY THIS HOLIDAY SEASON

By Mr. Jeff Johnson  
NDW ED

As we enter this holiday season of joy and celebration with our families and friends, please remember this joyous season historically is a period of time that is often marred by an increased number of mishaps and accidents. As you enjoy this season visiting with family friends, or just enjoying the downtime of long weekends, we ask you to also look out for one another. Much like the 101 Critical Days of Summer, the winter season comes with its own safety hazards. Over the past four years, between October 1 and March 1 of Fiscal Years 19-23, our Navy Marine Corps team has lost 149 members in off duty accidents. As we transition into the winter months, we encourage everyone to review and refresh your knowledge of the unique safety hazards winter brings. Everyone can find the Navy Safety Command's Fall and Winter Safety message at URL: <https://navalsafetycommand.navy.mil/Stand-Down/Safety-Stand-Down/>. One life lost is one to many, let's continue to exercise sound judgment and maintain an active risk management mindset to fully enjoy the holiday season.

Let's ensure we use the tools we have to guarantee the well-being of our families, fellow service members, and civilian teammates. Take this time to conduct safety briefings and stress the unique hazards associated with winter and the holiday season, to include use of seat belts, driving within posted speed limits, and at speeds that are safe for local weather conditions. Be cognizant of road conditions and inclement weather that may impact your travels while on leave or in the local area. Check out the National Weather Service's Winter Safety Campaign that contains a lot of information to include traveling, preparing your home for winter, vulnerable populations, and recognizing, preparing for, and treating common hazards associated with the winter months:

URL: [https://www.weather.gov/wrn/winter\\_safety](https://www.weather.gov/wrn/winter_safety).





## Leadership and You

### MAKE SAFETY A PRIORITY THIS HOLIDAY SEASON (CONT...)

Make fire prevention a priority this holiday season. Everyone should test their smoke alarms and rehearse emergency evacuation plans. If you live in a multi-level home, does your emergency evacuation plan address how to safely evacuate from the second or third floor of your residence? Be mindful that candles are twice as likely to cause a residential fire in December compared to any other month. To help avoid tragedy, please review the U.S. Fire Administration's Holiday Fire Safety information found at: <https://www.usfa.fema.gov/prevention/home-fires/prevent-fires/holiday/>.

If you plan on attending holiday parties where alcohol will be served, have a plan of action that will keep you and others safe. This includes avoiding drinking and driving, or getting into a vehicle with someone who has been drinking, appointing a designated driver, handing your keys to the host, or abstaining from drinking when you know you will be driving. If you're hosting guests, be sure you offer non-alcoholic beverages as a choice and be mindful of your guests' safety.

Let's make this the safest and most joyful holiday season ever by looking out for each other, maintaining a risk management mindset, and ensuring we do not lose anyone due to an accident. It is our desire that everyone enjoy the holidays and return to work safely, refreshed, and healthy.



### 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



## NICOTINE ADDICTION - DON'T QUIT QUITTING

By Jenny Reitz  
Editor

Why is it so dang hard to quit using nicotine products? It's common knowledge that smoking, vaping, and chewing tobacco are tremendously bad for your health. However, even when resolute, kicking the habit seems impossibly difficult.

Nicotine is one of the most addictive substances on the planet – more addictive than cocaine! 32% of people who try smoking, vaping, or chewing become addicted. It's easy to start, but hard to stop. The first obstacle to quitting is managing the unpleasant symptoms of withdrawal, which include cravings, irritability, restlessness, problems concentrating, insomnia, weight gain, anxiety, and/or depression. After trying for a few days, users often quickly give up and go back to the old habit. Anticipation of going through withdrawal then prevents many from trying again, for a while at least. Keep in mind, though, that withdrawing from nicotine cannot harm you. URL: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/7-common-withdrawal-symptoms/index.html>

An internet search results in endless information on advice, programs, books, apps, devices, etc. geared toward aiding nicotine users in their efforts to quit. Many have jumped that first hurdle and overcome the physical addiction to nicotine, but continue to have the craving for it. Nicotine only lasts in the body for about 72 hours and withdrawal symptoms taper off over a few weeks, so why do people relapse after weeks, months, even years of being nicotine-free?



## Mind, Body, and Spirit

### NICOTINE ADDICTION

#### - DON'T QUIT QUITTING (CONT...)



Nicotine activates receptors in the brain that release dopamine, which is a brain chemical that makes you feel good. With continued use, the amount of nicotine receptors in the brain increases over time, causing a need to have higher quantities to achieve the same level of effect. To complicate matters, the brain receptors can be conditioned to expect a dose in certain situations. For example, if you have the habit of vaping when stressed, or smoking after a meal, or using chew when driving, the nicotine receptors anticipate a dopamine rush in those situations. These situational triggers can last for months after quitting. The number of nicotine receptors do diminish over time and the cravings lessen, but given the right (or wrong) circumstances, the temptation to use again can be intense because the brain recalls the pleasure response it used to get from nicotine. URL: <https://newsnetwork.mayoclinic.org/discussion/smokers-brains-change-in-response-to-high-levels-of-nicotine/>

Although it's the products like cigarettes, vapes, and snuff that are deadly, it's the nicotine that causes the addiction. As difficult as it is to stop using these products, it is more than worth the effort. The body starts to recover immediately. Just 20 minutes after the last dose, the heart rate decreases back to normal. For ex-smokers and vapers, lung function improves over the first couple of weeks and months, and shortness of breath decreases. The risk of heart disease, stroke, and certain cancers continues to diminish over years. URL: <https://www.lung.org/quit-smoking/i-want-to-quit/benefits-of-quitting>

The mental health benefits of beating nicotine addiction are also dramatic. Researchers found that after six months, quitters had less anxiety and depression and greater life satisfaction and positive feelings. In essence, *they were happier!* (URL: <https://www.psychologytoday.com/us/blog/when-your-adult-child-breaks-your-heart/201406/smoking-and-mental-health>). Using healthy strategies to avoid relapse, such as mindfulness, addressing triggers, therapy, and forming healthy habits like exercise, also provides long-term mental health advantages. The resiliency learned through the process can be applied to all areas of life.

Breaking free from nicotine addiction is challenging. However, it is temporary and not life-threatening. The benefits of quitting are more than worth persevering through the symptoms of withdrawal; and those benefits only increase over time. If you're ready to quit, find the resources that work for you and set a date for your last hit. If you have tried and failed in the past, set a date and try again. Don't quit quitting!

## NEED HELP QUITTING?

For information, visit: <https://smokefree.gov/>





## Mind, Body, and Spirit



### KNOW THE RISKS

By CAPT Sara Pickett  
NDW COE Champion

November 16, 2023 marked this year’s Great American Smokeout which draws attention and focus to how we can prevent deaths and the chronic illnesses caused by quitting tobacco products. All types of tobacco products contain chemicals which are harmful to our health. These chemicals are often added to tobacco products for added flavor and to make tobacco more pleasant. Understanding the risk associated with all types of tobacco products is key to understanding why staying tobacco free is the best way to protect your health. With the many forms of tobacco on the market it is not uncommon to think some forms are safe and don’t cause health problems, but this is just not true!

Cigarette smoking accounts for almost all tobacco-related illnesses and deaths in the United States. Smokers are exposing themselves to over 7,000 chemicals when they inhale cigarette smoke with at least 70 known cancer causing chemicals. Even non-smokers in close contact with smokers are exposed to the same chemicals thru secondhand smoke. E-cigarettes, hookahs, heat-not-burn cigarettes, edibles, and smokeless tobacco contain some of the same unsafe chemicals as regular cigarettes. Specific information on the dangers and health concerns of each type can be found here. URL:

<https://www.cancer.org/cancer/risk-prevention/tobacco/is-any-type-of-smoking-safe.html>

Vapes that contain nicotine are the most commonly used tobacco product among youth today. Vapes containing nicotine are also called Electronic Nicotine Delivery Systems (ENDS). Other names for vapes may include e-cigarettes, e-cigs, vape pens, vaporizers, and e-pipes. These products pose a significant and avoidable health risk to young people. Our youth need to understand the risks and harmful effects of vaping to help them avoid use and addiction, especially as it relates to their brain. The brain does not stop growing/developing until approximately 25, especially the part that is responsible for decision making and impulse control. Besides the extremely addictive effect of nicotine, which can rewire a teens brain to crave nicotine, research shows the brain changes related to nicotine exposure has negative effects on attention, learning, and memory. Moreover, chemicals and toxic metals, such as nickel, lead, and chromium found in e-cigarette aerosols can cause irreversible lung damage called E-cigarette or Vaping Use – Associated Lung Injury (EVALI). Some cases can be very severe and/or life threatening. How/why vaping induces EVALI is still not definitely known, and more research is required and ongoing to fully understand the long-term risks and outcomes.



Data shows teenagers who vape may become addicted to nicotine faster than teens who smoke, and are more likely to start smoking, which then introduces the thousands of harmful effects of cigarette smoking into their bodies at an early age.

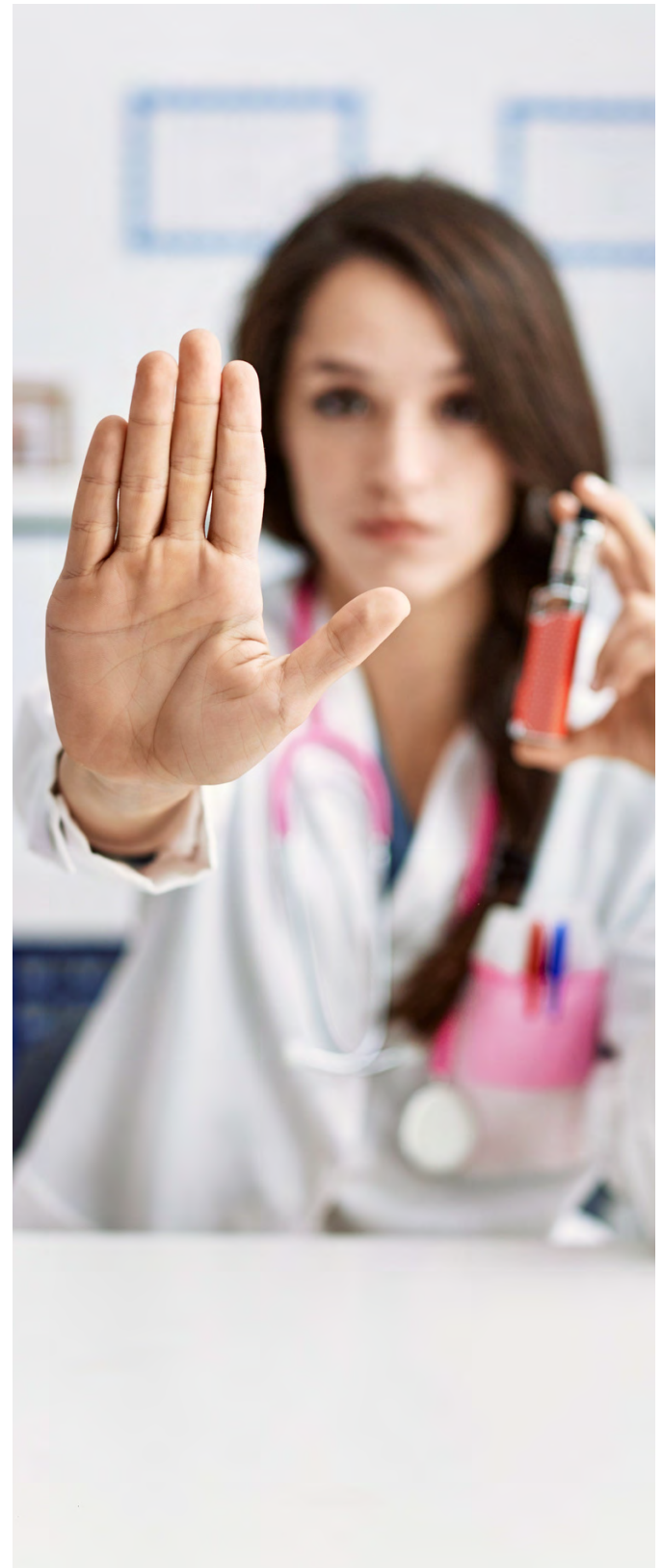




## Mind, Body, and Spirit

### KNOW THE RISKS (CONT...)

Other hazards of ENDS include the negative effects on the environment when thrown away in household or public trash cans, causing e-liquid to seep into ground or water, which poses dangers for people and animals. E-liquid that contains nicotine may be toxic if swallowed and accidental exposure in children can lead to nicotine poisoning and even death. There have also been cases of ENDS exploding and causing serious injuries. While the causes of the explosions are not always clear, it is thought that the problem may be related to the batteries in the devices.



**Sadly, youth vaping is now a public health concern affecting children, families, schools, and communities.** According to the annual National Youth Tobacco Survey, in 2022 more than 2.5 million High School youth used e-cigarettes, with 30% using e-cigarettes every day and 86% using flavored vapes. Additionally, 380,000 middle school students admitted to vaping with 11.7% of them vaping daily and 82% using flavored vapes. The U.S. Food and Drug Administration (FDA) is working to address this public health concern through its regulatory activity under the Family Smoking Prevention and Tobacco Control Act which enforces federal tobacco laws and helps prevent youth access to tobacco products. The FDA's Youth Prevention Plan is a key component to the agency's Comprehensive Plan for Tobacco and Nicotine Regulation. URL: <https://www.fda.gov/tobacco-products/youth-and-tobacco/fdas-youth-tobacco-prevention-plan>



## Mind, Body, and Spirit

### KNOW THE RISKS (CONT...)

The most important thing we can do to help prevent youth vaping is to talk with them about the risks and harmful effects of vaping by:

#### 1. Sharing the Facts

Clear up misperceptions and share facts about health effects of vaping.

#### 2. Model Healthy Habits

Create a tobacco free home.

#### 3. Help Keep Vapes Away

Remind adults not to buy vapes for youths (you must be 21 to buy ENDS).

#### 4. Understand the Dangers

Know the symptoms of nicotine addiction, these may signal a teen needs help.

We can all play a part in addressing this public health concern, it takes a village! Many school districts have e-cigarette detection devices in restrooms as well as no vaping mandates. If you would like to learn more the FDA has a great toolkit plus additional resources to help us work with youth to prevent vaping.

<https://digitalmedia.hhs.gov/tobacco/hosted/Vaping-ECigarettes-Youth-Toolkit.pdf>



### REFLECTIONS OF GRATITUDE: LESSONS FROM ARLINGTON NATIONAL CEMETERY

By Chaplain Kermit Jones, Jr.  
CDR, CHC, USNR

Recently, I had the privilege and honor of officiating several burials at Arlington National Cemetery. This solemn duty, amidst the hallowed grounds where heroes rest, provided a profound reminder of the immense gratitude we should hold in our hearts, especially as Thanksgiving approaches.

Arlington National Cemetery, with its endless rows of white headstones, stands as a testament to the sacrifices made for our nation's freedom. Each marker represents a life dedicated to service, a story of courage, and a legacy of honor. As I performed my duties and met with family members, the weight of these sacrifices was deeply felt. It reminded me of the preciousness of life and the importance of expressing gratitude for every moment we are given.



## Mind, Body, and Spirit

### REFLECTIONS OF GRATITUDE: LESSONS FROM ARLINGTON NATIONAL CEMETERY (CONT...)

Thanksgiving is traditionally a time of joy and celebration, a day to gather with loved ones and give thanks for the blessings in our lives. However, for many, especially those who have lost loved ones in service to our country, it can also be a time of reflection and remembrance. This Thanksgiving, as we sit around our tables, let us take a moment to remember those who cannot be with us, those who have given the ultimate sacrifice for our freedom and safety.

In the serene quiet of Arlington, amidst the rows of those who served with distinction, I was reminded of the resilience of the human spirit and the strength of our military community. The stories of those laid to rest there, from the greatest generation to the latest conflict, are tales of bravery, selflessness, and commitment. They remind us of the values we hold dear as a nation and as individuals.

This Thanksgiving, let us be especially mindful of our service members who are stationed far from home. Their continued dedication and sacrifice make it possible for us to enjoy our freedoms and our way of life. Let us also remember the families of these brave men and women, whose support and strength are the backbone of our military community.

Gratitude is more than just a feeling; it is an action. As we give thanks this season, let us also find ways to give back. Whether it's volunteering in our communities, reaching out to a veteran or a military family, or simply taking the time to listen to someone's story, each act of kindness is a reflection of our gratitude and a tribute to those who have served.

The lessons of Arlington National Cemetery, with its solemn beauty and quiet dignity, resonate deeply as we enter the season of Thanksgiving. The sacrifices made by those who rest there remind us not to take our freedoms or our time with loved ones for granted. They challenge us to live lives worthy of their legacy.

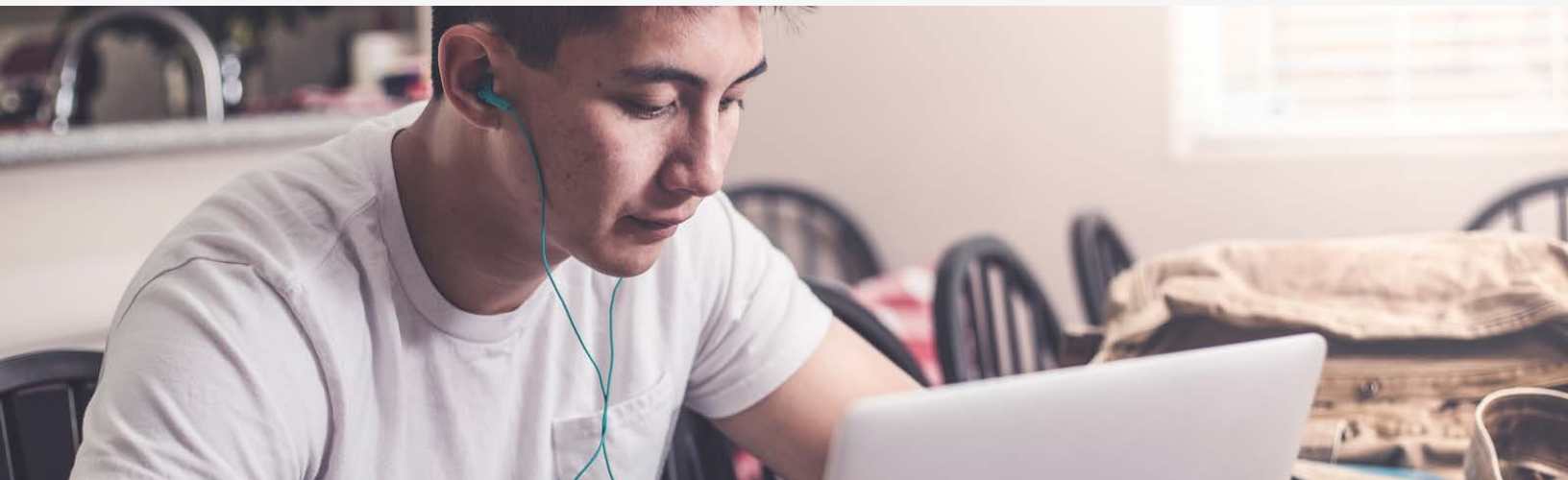
As we celebrate Thanksgiving this year, let us do so with a profound sense of gratitude for the many blessings we enjoy. Let us honor the memory of those who have gone before us and express our thanks for those who continue to serve. In doing so, we uphold the values of our nation and the spirit of those who have made the ultimate sacrifice.

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Happy Thanksgiving to all, and may we always remember to be grateful for the freedom and peace we enjoy, bought at so high a price.







## 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.

### VIDEOS



**Institute of Human Anatomy: What We DO and DON'T Know About Vaping.** In this video learn what vaping does to the human body to include E-cigarette or Vaping Associated Lung Injury (EVALI). Learn about certain ingredients found in vaping products that may be harmful, long-term risks associated with vaping and is it a viable tool for quitting traditional cigarette smoking. URL: <https://www.youtube.com/watch?v=oEGovehMaFs>

### 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/Media-Center/Publications/Forged-by-the-Sea/>



CEO Resources

VIDEOS (CONT..)

**Huberman Lab Podcast #90: Nicotine's Effects on the Brain & Body & How to Quit Smoking or Vaping.**

In the podcast Dr. Andrew Huberman discusses how nicotine impacts the brain and body, common nicotine delivery methods, such as cigarettes, vaping, dip, and snuff, and how they each create their own unique experience and how they, but not nicotine itself, cause cancer and other adverse health effects. Dr. Huberman also discusses science-based tools to permanently quit smoking cigarettes or vaping.

URL: <https://www.youtube.com/watch?v=uXs-zPc63kM>

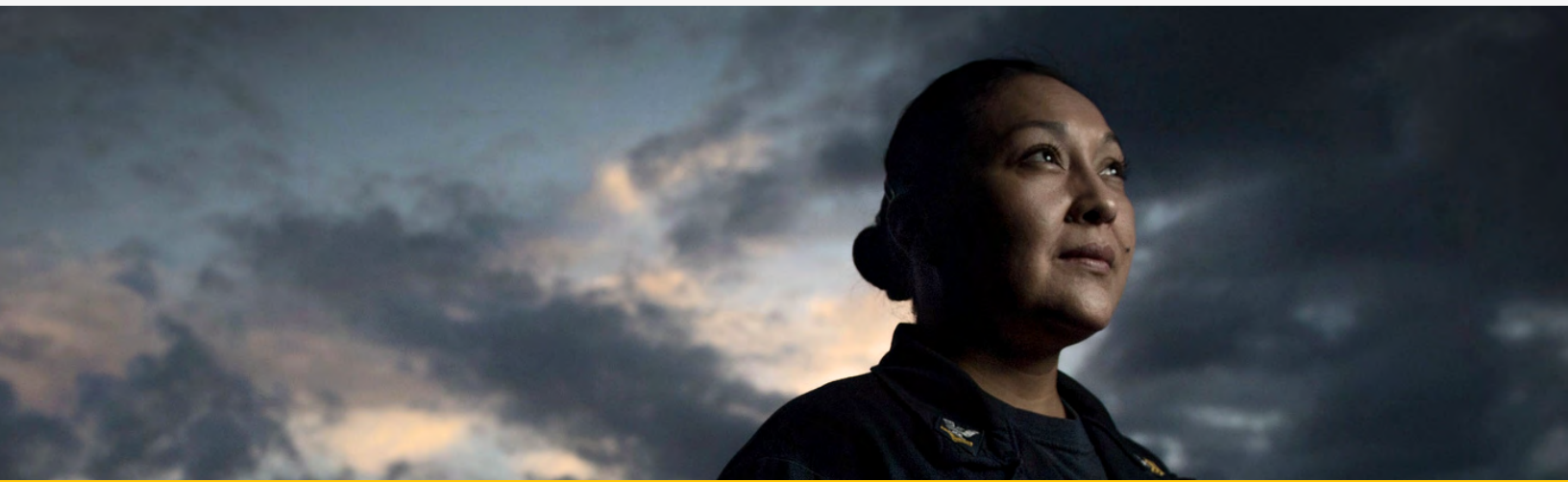


**The Power of Words: Native Languages as Weapons of War.**

This video from Smithsonian's National Museum of the American Indian tells the remarkable story of soldiers from more than a dozen tribes who used their Native languages in service to the US. military in WWI and WWII. This top-secret program was an instrumental part of the allies' success: while it took a machine up to four hours to transmit and decode a message, the code talkers do it in less than three minutes. The codes were never broken. URL: <https://youtu.be/UOGJaguIV-E?si=JvV-aHuXzZ9ThkBG>



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



## NATIONAL AMERICAN INDIAN HERITAGE MONTH

By CAPT Sara Pickett  
NDW COE Champion

In the month of November, we celebrate National American Indian Heritage Month (NAIHM), to recognize the rich and diverse cultures, traditions, stories, and important contributions of Native American and Alaska Native peoples had on our great nation. There are over nine million American Indian and Alaska Natives living in the United States, with over 574 federally recognized tribes, with different cultures that are as unique as the people they represent.





# Diversity, Equity, Inclusion, and Accessibility

## NATIONAL AMERICAN INDIAN HERITAGE MONTH (CONT...)

For 2023, The Society of American Indian Government Employees (SAIGE) has chosen the theme: *“Tribal Nations Soaring to New Heights.”* For more than 100 years, generations of Mohawk ironworkers have shaped the skylines of North American cities. The Mohawk tradition of ironworking began in the mid-1880s. They were hired as unskilled laborers to build a bridge over the St. Lawrence River onto Mohawk land. Quickly, they earned a reputation for being hard workers on high steel, earning the nickname *“skywalkers.”* These men built prominent landmarks, including the Empire State Building, the Chrysler Building, and the George Washington Bridge. In the 1960’s, when New York City announced plans for the World Trade Center - which would be the tallest in the world - hundreds of Mohawk men played a vital role in its construction. After the 9/11 terrorist attacks on the towers, descendants of the original ironworkers returned to the structure to aid in rescue and cleanup at ground zero and then helped build the new Freedom Tower, now known as One World Trade Center.

American Indians and Alaska Natives have a long history of military service and have served in the U.S. military in every major conflict for more than 200 years. In World War I, along with approximately 15,000 Native American men who served in the military, a handful of Native American women volunteered to join the Army Nurse Corps; they, like the men, were not even American citizens (citizenship would not be granted to Indian Nations until 1924 with the passing of the Indian Citizenship Act), but they still chose to join.





# Diversity, Equity, Inclusion, and Accessibility

## NATIONAL AMERICAN INDIAN HERITAGE MONTH (CONT...)

During World War II, of the 350,000 American Indians living in the United States during World War II, nearly 45,000 enlisted in the Armed Forces. Of them, 800 female Native American women volunteered, joining the war effort in the various women's branches of the military formed during WWII, including WACS, WAVES, Women Marines, SPARs and WASPs, with 10,000 more joining the Red Cross.

Initially, 29 Navajo men joined the Marine Corps for a highly sensitive operation to create a special code using their indigenous language to transmit sensitive information. The American Indian Navajo Code Talkers participated in every major Marine operation in the Pacific Theater, which gave the Marines a critical advantage throughout the war. During the battle for Iwo Jima alone, over 800 messages were transmitted without error. By the end of the war there were approximately 400 Native Code Talkers in the military from the Navajo, Cherokee, Choctaw, Lakota, Meskwaki and Comanche tribes, all translating encrypted messages in their native tongues from the front lines in real time. Although the Japanese were incredibly adept at breaking codes throughout the war, they never broke the Navajo Code. Similarly, Alaska natives fearlessly defended American territories from Japanese raids. Both played vital roles in the American success.

Of the 42,000 Native Americans who served in Vietnam, 90% of them were volunteers. Today, many American Indians and Alaska Native service members cite the desire to follow in the footsteps of their family members and a deep patriotism for protecting and serving their homeland.

Former U.S. Senator of Colorado, Ben "Nighthorse" Campbell remarked on this culture of service, noting that since 9/11, " ... American Indians per capita -have had the highest percentage of their people in military service, exceeding every American ethnic group." Moreover, 29 Service members of Native American ancestry have earned the Medal of Honor for their courage and devotion to our Nation. Today, over 12,000 Native American and Alaskan Native Sailors, Marines, and civilians serve in the DON. Let us celebrate the contributions and service of these great Americans and commit ourselves to continuing to build a stronger and more inclusive workforce.





# 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.



You can view McCloud's full profile on NDW's socials [Facebook](#) and [Instagram](#).

## I AM NDW PROFILE – RICHARD MCCLOUD

By MC2 Griffin Kersting

During the month of November, we celebrate National American Indian Heritage Month, paying tribute to all of the rich history and traditions Native American's bring from their culture. Richard McCloud, Director of Fleet and Forces Readiness Programs for NSAW, is connected to the Seminole Indian Tribe, and we had the pleasure to have him as our "I Am NDW Profile" for the month of November.

"I'm celebrating Native American Heritage Month by including myself in family events which are mostly virtual these days," said McCloud. "Even though they're virtual, the elders in my family still tell us about events and traditions that have been passed down with time."





# In the Spotlight



## VETERAN'S DAY OBSERVANCE

By RADM Nancy Lacore  
Commandant, NDW

November 11th our nation observed Veteran's Day. I know we have many veterans serving in different roles across the region. To all who have served in any branch of the armed forces, thank you. Thank you for your commitment to freedom, justice and democracy; a commitment manifested by personal sacrifice.

There are more than 16 million veterans in the United States. For many generations and over several centuries, Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen (and soon Guardians) answered the call to serve. They selflessly placed the lives, well-being, and security of others before their own.

Whenever the world makes you cynical, whenever you doubt that selflessness is possible, whenever you question the goodness of people, stop and talk with a veteran. They don't always go around telling stories of their heroism, so ask and listen. We owe it to our veterans to live in our own lives the values for which they were prepared to give theirs. I can think of no greater honor than to be called an American veteran.

There were two significant events commemorating Veterans Day on November 11th. These events offered meaningful opportunities for us to show our support for our veteran colleagues and express our gratitude to all who have served: A 21-Gun Salute by the Navy Ceremonial Guard on the Washington Navy Yard River Walk to pay tribute to our veterans, and the Wreath-Laying Ceremony at the U.S. Navy Memorial, which was a poignant way to honor and remember those who have selflessly served our country.

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Thank you all for your dedication to NDW and my deepest appreciation to our veteran employees.

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# 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](mailto:NDW_COE_Newsletter@us.navy.mil)

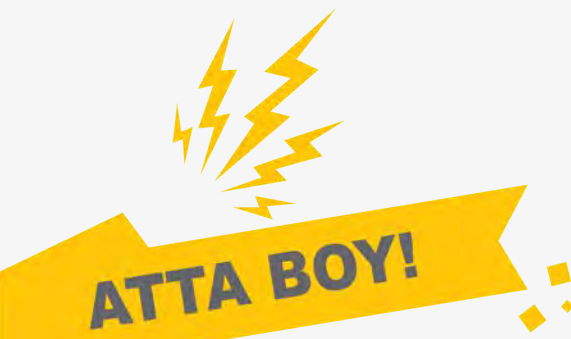
**NSF Thurmont Commanding Officer, CAPT Chris Casne, sends the following Bravo Zulus:**

- **HM1 Austin Chaffee-Poor** for being selected as NSF Thurmont Senior Sailor of the Year. Bravo Zulu!
- **YN2 Faith Sallee** for being selected as NSF Thurmont Junior Sailor of the Year. Bravo Zulu!
- **EO3 Noah Christopher** for being selected as NSF Thurmont Blue Jacket of the Year. Bravo Zulu!
- **LS2 Dominick Quintero** for leading a team of five personnel to focus on functions and efficiency of the warehouse which will result in improved logistics support across camp and to the First Family and their distinguished guests. Bravo Zulu!
- **CE2 Kwaku Impraim, UT2 JR Mina, and UT2 Blake Keefer** for skillfully integrating two electric heaters, expanding the electric panel, and rerouting utility infrastructure restoring the heating functionality to the staff pool that had been non-operational since May, enhancing quality of life for personnel and reducing the installation’s reliance on propane. Bravo Zulu!

**CDR Shannon Wright, NDW ARE, sends the following BZs:**

- **LCDR Travis Bean** – his efforts to integrate N3 and N4 regarding the Defense Fuel Supply Program transfer, his efforts to provide task management and process improvement for N4, and his overall enthusiasm to help with any and all tasking! Bravo Zulu!
- **Lisa Owens, ST RPD, and Gretchen Gibson, FX RPD** – their efforts to push execution throughout the initial phases of the Continuing Resolution were instrumental in staying ahead of urgent first quarter requirements. They were excellent coordinating between the Public Works Department offices and the N8 to spend, request, spend, request, nearly daily! Bravo Zulu!

**CAPT Sara Pickett sends a Bravo Zulu to Ms. Katrina George** for her promotion to be designing for the Secretary of the Air Force, Office of Diversity and Inclusion! Thank you for sharing your knowledge, insight, and providing great feedback and ideas with the team! Your hard work, dedication, and leadership was instrumental in making NDW’s Quarterdeck not only successful, but an amazing product! You will be greatly missed; the Air Force is lucky to have you. Bravo Zulu!



Follow for more Bravo Zulu's on the next page.





## In the Spotlight

### BRAVO ZULU! (CONT...)

**Jeron Hayes, NSASP PAO, sends a Bravo Zulu to the staff at Naval Support Activity South Potomac**

for their continued superior accomplishments in supporting the vital work done by tenant commands at Naval Support Facility Dahlgren and Naval Support Facility Indian Head. It has been an honor and privilege to serve as your public affairs officer. I am a proud NSASP Plank owner and wish all SoPo personnel continued success in the future. I will miss all of you! Thank you and Bravo Zulu!

**CMC Billy Smith sends a Bravo Zulu to the Sailors who participated in the National Commanders' Salute to Service tribute.**

All the Sailors who participated by holding the Navy Flag were units within Naval District Washington. Bravo Zulu!



**CMC Billy Smith sends Bravo Zulu to the following Sailors from NDW HQ who have advanced to the next paygrade.**

This significant achievement is a testament to their hard work, skill, and dedication to excellence. Bravo Zulu!

**Second Class Petty Officer:**

- MA2 (Sel.) Fidel Gonzalezmagana

**Third Class Petty Officer:**

- MA3 (Sel.) Karen Jacobovelez



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

## CREDO SUPPORTS YOUR PEOPLE AND YOUR MISSION

By Peter Dietz  
CDR, CHC, USN

CREDO Naval District Washington offers **workshops and trainings on resiliency, relationships, leadership, as well as suicide prevention and intervention.** We try to make our trainings flexible and adaptable to fit the unique operational demands of a command or work center. We can come to you, we can host a workshop at JBAB, or we can meet virtually. Whether you want training for 2 or 200, we can support.

Please contact CREDO at [CREDO.NDW@us.navy.mil](mailto:CREDO.NDW@us.navy.mil) for more information or to schedule a workshop.

## 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 news articles, resources, and other information on the Magellan Ascend website: <https://magellanascend.com/?ccid=hpZiwlTni%2FVKnrZqvUQNB6fBJGSp2%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.



### **NATIONAL HARBOR TREE LIGHT SHOW**

November 12 - January 3 | Every night  
Washington, MD

Cost: FREE

Create holiday memories while you stroll the Waterfront District shops, delight your taste buds with a special meal at one of our restaurants or soar above it all with a ride on The Capital Wheel. There are nightly tree lighting shows and weekly fireworks!

URL: <https://www.nationalharbor.com/events/annual-events/christmas-at-the-harbor/>





Things to Do Around You



**19TH ANNUAL DOWNTOWN HOLIDAY MARKET**

November 17 - December 23 | 12PM - 8PM

Washington, DC

Cost: FREE

The beloved outdoor market continues to support small businesses and entrepreneurs across the region, welcoming shoppers for a safe, secure and enhanced shopping experience in the heart of the District this year.

URL: <https://downtownholidaymarket.com/>



**HOLIDAY WALK OF LIGHTS**

**NEABSCO REGIONAL PARK**

Fridays - Sundays, December 1 - 23 | 5:30 - 9PM

**SENSORY LIGHTS**

Tuesday, December 12 | 5:30 - 9PM

Woodbridge, VA

Cost: FREE

Prince William Parks Department has added unique, hand-crafted light displays all along the path! Check out their website for parking information including a free parking shuttle from local schools.

URL: <https://www.pwcva.gov/department/neabsco-regional-park/holidaylights>





# Things to Do Around You



### CHRISTMAS IN MIDDLEBURG, VIRGINIA

December 1 -3

Middleburg, VA

Cost: FREE

Join one of the most fun-filled family festivals of the year in Middleburg with activities, special events, great eats, the famous Middleburg Hunt Review, and a mile-long Christmas parade.

URL: <https://christmasinmiddleburg.org/>

#### O HOLY NIGHT!

#### - TREE LIGHTING CEREMONY AND CAROLS

Friday, December 1 | 5PM

#### BREAKFAST WITH SANTA

Saturday, December 2 | 8AM

#### HUNT AND HOUNDS REVIEW

Saturday, December 2 | 11AM

#### CHRISTMAS PARADE

Saturday, December 2 | 2PM

#### SPIRITS OF MIDDLEBURG

Saturday, December 2 | 3 - 6PM

#### CHRISTMAS PAGEANT

Sunday, December 3 | 2PM





## Things to Do Around You



### 33RD ANNUAL TOWN OF BEL AIR CHRISTMAS CELEBRATION

December 3 | 3:30 - 5PM

Bel Air, MD

Cost: FREE

Scheduled to appear: Bands, floats, performers, costumed characters, costumed scout troops, animals and more, all arrayed in the Holiday Season Spirit (even the miniature horses are costumed as reindeer!), leading to the official entrance of Santa and Mrs. Claus in Bel Air! Event is weather permitting. In the case of bad weather, the event will be cancelled and not rescheduled.

URL: <https://www.belairmd.org/226/Christmas-Parade>



### CANDLELIGHT CONCERTS

December 5 - January 11 | 6:30PM and 9PM

Washington, DC

Cost: \$30 per person

Candlelight concerts bring the magic of a live, multi-sensory musical experience to awe-inspiring locations like never seen before in Washington D.C. Get your tickets now to discover the music of Prince, Childish Gambino and more at St. Francis Hall under the gentle glow of candlelight.

URL: [https://feverup.com/m/125411?utm\\_source=affiliate&utm\\_medium=impact&utm\\_campaign=&utm\\_content=2053834\\_Nomad%20Celebration%20-%20Software&irclid=zJJSFNUHYxyPWJ1qpVqzrnVUkFX161s5UcAzk0&utm\\_term=1356939&irgwc=1](https://feverup.com/m/125411?utm_source=affiliate&utm_medium=impact&utm_campaign=&utm_content=2053834_Nomad%20Celebration%20-%20Software&irclid=zJJSFNUHYxyPWJ1qpVqzrnVUkFX161s5UcAzk0&utm_term=1356939&irgwc=1)





# Fair Winds and Following Seas



## NSASP PAO RETIRES

By: Jeron Hayes

On Nov. 30, 2023, I will enter Naval Support Activity South Potomac's (NSASP) building 101 at Naval Support Facility (NSF) Dahlgren for the final time in my 20 years of service as a government employee for the U.S. Navy. The sun will be rising over the Potomac River, the American flag on display against the beautiful pink and orange hues of daybreak. I'll make my way to my temporary work station and spend the day bidding farewell to family – they're so much more than co-workers – and depart for the next phase of my life.





## Fair Winds and Following Seas

### NSASP PAO RETIRES (CONT...)

When I was hired in July of 2003, change was in the air. I was briefly employed by Naval Surface Warfare Center Dahlgren Division, but on Oct. 1, 2003, through the magic of ICC-2, Commander, Navy Installations was established (it wasn't CNIC yet) and with it, the beginnings of NSASP (then known as Naval District Washington (NDW) West Area).

Since then, I've met hundreds of people; attended Defense Information School; attended White House events; escorted local media that surprised a service member with a Valentine's Day ambush on live TV; served as public affairs officer (PAO) for a Naval Air Station Patuxent River air show and provided support to the Blue Angels, whom I've loved since I was a child; survived multiple computer network system transitions (and more than one external hard drive crash); worked alongside some of the finest Sailors and civilians that have served; and established an actual retirement plan, something I truly never thought I'd have.

I spent my childhood in southern Illinois. I was blessed to marry my high school sweetheart and in 1984 we embarked on his Navy service. Throughout his career, we moved extensively within the continental U.S. and I secured employment at every duty station. I found amazing jobs in the private sector and made lifelong friends. I managed a physical therapy office, collected debts and made loans for a small loan company, served as national sales manager for a U.K.-based medical equipment company, and ran a home daycare while stationed at Fort Meade. Along the way, we had two children and I did what it took as a military spouse to take care of my family and support my Sailor.

When it looked as though we were finally settling down, I pursued government employment and was pleasantly surprised to secure a secretary position close to home (my family resides in King George, Virginia) at NSF Dahlgren. Within a few months of starting my job, I knew Public Affairs (PA) was my goal. I was allowed to tag along with the PA staff and assist with events and meetings, and even contributed articles to the base newspaper (I'd written in the past as part of several jobs). When an opening became available, I applied and was chosen, and the rest as they say, is history.

PA for NSASP is heavy on communications and community relations. Our commanding officer's area of responsibility includes NSF Dahlgren, Virginia and NSF Indian Head, Maryland. These bases are home to several of the most important missions for our warfighters and for the safety of our country. Some of these missions directly affect our neighbors outside the fence line in a major way. The challenges of two major bases in two states with two sets of environmental compliance, etc., can be overwhelming.

I was proud to plan the establishment ceremony and be part of the stand-up of NSASP in 2005. As a plank owner, I've served seven commanding officers and executive officers and a host of Command Master Chiefs (including current Master Chief Petty Officer of the Navy Jim Honea). I've watched the NDW region evolve and watched our PA shop shrink from five billets to one. I've been fortunate to work under the guidance of our regional PAO, Ed Zeigler, who was still active duty Navy when we began working together. Ed and his deputy Chatney Auger have always been available and supportive and I truly appreciate all of the guidance they've provided over the years.



## Fair Winds and Following Seas

### NSASP PAO RETIRES (CONT...)



At times, working for commands that are geographically removed from NDW can pose challenges. The bases in our region are not “cookie cutter” – they all have their own nuances and issues. Adapting to policies with a singular focus and little consideration for these differences has made for some sleepless nights. At NSASP, we host an extraordinary variety of commands. Within my current commanding officer, Capt. David Wilson’s purview, among others priorities, are a joint command responsible for providing effects-based analysis and precision targeting options for combatant commands; a U.S. Space Force command that serves as backup to monitoring the space fence; a U.S. Marine Corps command that is a national asset, providing hazmat response for the nation’s highest ranking personnel and events; the schoolhouse for the AEGIS weapons system; and the “top gun” school for U.S. Navy surface warfare officers. That list doesn’t include the incredible research, development, test, and evaluation conducted at NSWC Dahlgren Division (the command that developed the GPS system, among other advanced technology) and the only government-owned, government operated arsenal, NSWC Indian Head Division, the U.S. Navy’s energetics center for excellence.

Another one of my captain's priorities is to run interference with the four communities we impact most at our bases. This allows mission commanders to concentrate on the important work they’re doing each day. Accomplishing this is a little easier with the South Potomac Community Relations Council meeting that we hold quarterly and rotate between the four communities – Charles County, Maryland; Colonial Beach, Virginia; Indian Head, Maryland; and King George, Virginia. Through these meetings I've met and networked with so many elected officials, business and non-profit leaders and members of our local communities, and it’s given me the chance to share our command message and “win hearts and minds.” I know I'm doing my job when someone makes a comment on social media about noise at NSF Dahlgren and my community warriors immediately chime in, telling everyone, “That’s the sound of freedom.”

I've watched my kids grow up through my years with NSASP. Both can count the MWR program as entry-level experience on their resumes, and both are successful adults, spouses and parents (did I mention my four perfect grandchildren? I'm sure if you know me, you've heard!). We've even gotten to work together at events through the years. My husband remains at one of those vital tenant commands and will for at least another year.





## Fair Winds and Following Seas

### NSASP PAO RETIRES (CONT...)

On Dec. 1, I'll take a step into the next phase of my life. What does it look like? It has become a bit of a standing joke, actually. For the last year, since I chose the date I'd retire, I've uttered the phrase *"when I retire, I'm going to..."* followed by a litany of activities. I want to learn to play guitar. I'd love to learn to speak Spanish. My house could use a good overhaul (work has always been a good excuse to put off what needed to be done). But most of all, I want to make a difference. I'll volunteer, of course, but I want to blog and write and start a podcast, sharing info from my many amazing friends and family and giving a forum to worthwhile causes and shared experiences.

When I walk out the door at the end of the day on Nov. 30, what I won't leave behind are the bonds I've developed with the most amazing workforce in NDW. The staff and employees at NSASP are the jewels in the NDW crown. They are knowledgeable, dedicated, and devoted to our very important mission – supporting those who support those at the tip of the spear. It's not a glamorous mission. It's mostly thankless – despite "doing more with less" and utilizing the mostly limited resources we have available. We meet and regularly exceed the mission of taking care of our tenants. Our Security team is superior to all. Our police officers, the first line of defense between all enemies foreign and domestic, and our Security staff stand up to all evaluations and consistently meet and exceed the requirements asked of them. Our Quality of Life programs provide for the AEGIS students in the barracks, the Chemical Biological Incident Response Force Marines and their families, as well as the layers of civilians that make up the bulk of the workforce at both bases. Safety, environmental, explosive safety – herculean tasks that are accomplished with minimal staff that are the best in their fields.

I will miss my teammates and cherish their friendships, but leave knowing the command is in great hands. Capt. Wilson is smart and talented, and appreciative of the subject matter experts on his staff. My former public affairs specialist, after spreading his wings and running his own public affairs shop for a year elsewhere in the region, will return home and fall in seamlessly with the knowledge and appreciation of the breadth of this job. I will pack all of the amazing experiences gained and friendships made while being blessed with this job into my bag and take them with me to my next adventure.

Thank you, NSASP, for  
20 amazing years.







## Connect with Us

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

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