

THE QUARTERDECK



Naval District Washington (NDW) Monthly Newsletter

VOL. 9 SEPTEMBER 2022



The Culture of Excellence and You

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

Check out the Mind, Body, and Spirit section for articles on the power of changing your thoughts, the mind-body connection, and how "waiting" can be a valuable practice for personal growth.

**This September, NDW celebrates
Hispanic Heritage Month.**

Check out this month's edition for the following:



COE Resources: Coping with depression, calming negative self-talk, and recovering from thoughts of suicide.



Diversity thrives at the U.S. Naval Academy in Annapolis.



A new NDW case management team for suicide prevention, and a new Lifeline to call if you're at risk.



A recap of the hugely successful Maryland Fleet Week and Fly Over Baltimore 2022.



LEADERSHIP AND YOU

Tips and tools for emergency preparedness. And Naval Support Activity Annapolis Commanding Officer reflects on diversity and the Culture of Excellence at the U.S. Naval Academy.

[Read More](#)



MIND, BODY, AND SPIRIT

Resources for changing your mindset, the link between emotional and physical health, and a Chaplain's reflections on the value of "hurry up and wait."

[Read More](#)



COE RESOURCES

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

[Read More](#)



DIVERSITY, EQUITY, INCLUSION, AND ACCESSIBILITY

Honoring "Hispanic Heritage Month" and the contributions of Hispanic-American Service members and civilians. And information on LGBTQ+ terminology and pronouns.

[Read More](#)



VOICE OF THE EMPLOYEE

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

[Read More](#)



IN THE SPOTLIGHT

Read up on NDW's successful Maryland Fleet Week and Fly Over Baltimore event. And meet the mentors and mentees of this year's NDW Mentorship Program.

[Read More](#)



SERVICES FOR YOU

Resources for preventing suicide, including SAIL and a new suicide-prevention "Lifeline" phone number. And a new slate of CREDO workshops for spiritual and relationship growth.

[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

Each month we say farewell to staff retiring across NDW.

[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.

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Leadership and You

CULTURE OF EXCELLENCE, AN EXAMPLE TO BE EMULATED

By CAPT Homer R. Denius III
Commanding Officer, NSA Annapolis

Naval Support Activity (NSA) Annapolis is home to the U.S. Naval Academy, which was established on Oct. 10, 1845, with a class of 50 Midshipmen and seven professors. The Naval Academy now accounts for over 4,000 Midshipmen and 6,000 staff and faculty. The Naval Academy graduates and commissions approximately 1,200 Midshipmen each year as Naval Ensigns and Marine Corps 2nd Lieutenants. Since 1845, approximately 90,000 Midshipmen have graduated from the Naval Academy, and each year it welcomes a new Freshman (Plebe) Class of 1,500 individuals from all parts of the nation and around the world, rejuvenating the diverse backgrounds and cultures that attend the Naval Academy.

This diverse community is a cross-section of the country and is replenished with new ideas and experiences each year. And NSA Annapolis must embrace the tenets of a Culture of Excellence to fully support the Naval Academy and all of the people who live and work here.



Psychological, physical, and emotional toughness must be demonstrated by the NSA Annapolis personnel to set the example for those being developed into officers. Organizational trust and transparency must be practiced by the security force to ensure that regulations and laws are followed and enforced in a way that all understand the requirements expected of each individual. Finally, ensuring inclusion and connectedness among every Sailor, family member, and civilian throughout their time here is important so that all feel a connection to the Navy and the community that holds the same values in service to their country, and so that we can create the unique Esprit de Corps only seen at the Naval Academy.



Leadership and You

CULTURE OF EXCELLENCE, (CONT...)

The leadership team here at NSA Annapolis is representative of the diverse nature of a Culture of Excellence. As a Surface Warfare Officer, I rely on the input from my Deputy Commanding Officer, a Retired Captain from the Aviation community, and a Command Senior Enlisted Leader from the submarine community. Together, we lead an impressive team of 55 active-duty Sailors and roughly 300 civilians. The members our NSA Annapolis team exhibit the Culture of Excellence through their behavior every hour of every day. They treat each person with respect, are responsible for their actions, and hold others accountable for their actions. We encourage leadership at all levels to allow junior personnel to grow personally and professionally. We embrace diversity, and respect each other's ideas, experiences, and backgrounds. All personnel are upheld to the highest degree of integrity while exercising discipline and contributing to the team.

Through these actions and examples, the NSA Annapolis Team provides not only a solid supporting unit to the Naval Academy but also an example for the future leaders of the Navy to emulate.



NATIONAL PREPAREDNESS MONTH –IS YOUR FAMILY READY IN CASE OF AN EMERGENCY?

By Greg Powe
 Region Deputy Program Director,
 Emergency Management, N37

National Preparedness Month (NPM) is observed each September and sponsored by the Federal Emergency Management Agency (FEMA) within the Department of Homeland Security. NPM encourages Americans to take steps to prepare for emergencies in their homes, places of work, schools, and communities. This year's theme is "A Lasting Legacy: The life you've built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family."

"Ready Navy" is a proactive Navy-wide emergency preparedness public awareness program. The program's goal is to increase the ability of persons on or near Navy Installations to meet today's challenges head-on and plan and prepare for all types of hazards, ranging from hurricanes and earthquakes to terrorist attacks. Ready Navy provides a road map and creates a state of mind for Navy personnel and families to be and stay prepared for any potential hazard throughout the year.



Leadership and You

NATIONAL PREPAREDNESS (CONT...)

NDW's goal during NPM is to educate Sailors, civilians, and their families on how to be prepared when an emergency occurs. Navy personnel and families are strongly encouraged to strengthen emergency planning at home and work by reading and following the tips and information found at www.ready.gov and ready.navy.mil.

This year's weekly themes are:

- **Week 1: Sept. 1 - 10**
Make A Plan
- **Week 2: Sept. 11 - 17**
Teach Youth About Preparedness
- **Week 3: Sept. 18 - 24**
Protect Your Family & Your Property
- **Week 4: Sept. 25 - 30**
Tapping into Your NAVY Response Support



A basic emergency supply kit could include the following recommended items:

- **Water (one gallon per person per day for several days for drinking and sanitation)**
- **Food (at least a several-days supply of non-perishable food)**
- **Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert**
- **Flashlight**
- **First aid kit**
- **Extra batteries**
- **Whistle (to signal for help)**
- **Dust mask (to help filter contaminated air)**
- **Plastic sheeting and duct tape (to shelter in place)**
- **Moist towelettes, garbage bags, and plastic ties (for personal sanitation)**
- **Wrench or pliers (to turn off utilities)**
- **Manual can opener (for food)**
- **Local maps**
- **Cell phone with chargers and a backup battery**



Leadership and You

NATIONAL PREPAREDNESS (CONT...)

The Navy Family Accountability and Assessment System, or NFAAS, is a method for the Navy to account, assess, manage, and monitor the recovery process for personnel and their families after a widespread catastrophic event. This includes the military, civilians, and contractors. With NFAAS, you can register yourself and your dependents, whether or not they're in the same state or region, and it helps the Navy account for its personnel and to know best how to provide necessary services, and for how many.

Find NFAAS registration at:

<https://navyfamily.navy.mil>



THE NDW COMMANDING OFFICER'S SUGGESTION PROGRAM IS LIVE!

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

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

The Commander's Suggestion Box can be accessed from clicking the icon above or from any of the following locations:

- [NDW G2 Landing Page](#)
- [NDW G2 Team Site](#)
- [Commander's Suggestion Box](#)

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



Mind, Body, and Spirit

CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE

By Rick Docksai

“Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.”

Ralph Waldo Emerson penned these words in the nineteenth century, and the truism he expressed remains just as valid today: Who you are, what you do, and where you go in life all begin with how you think.

What thoughts do you hold about yourself, about others, and about the world around you? Are they healthy, balanced thoughts that see the good and the bad and give you reasons to take good care of yourself, love those around you, and look forward to things in life? Or are they negative ones that make you beat yourself up, resent others, and feel hopeless? Maybe they're some of both. That's okay.

What's not okay is negative thinking most of the time. That will sour your mood, spoil your day, and harm your health and your life in profound ways.

In this month's COE Resources, we share the story of Kevin Hines, a young man who was in the grip of untreated bipolar disorder and childhood trauma. He jumped off a bridge in an attempt to take his own life but unexpectedly survived and was rescued. In the video, he tells of his recovery journey afterward, which included daily routines, exercise, and learning about his mental illness.

And it involved developing awareness of his thoughts. In the days before attempting suicide, he says, he thought awful things about himself: “I thought I was my family's burden.... I thought I had to die.”





Mind, Body, and Spirit

CHANGE YOUR THOUGHTS (CONT...)

Over time, he learned to recognize these thoughts and change them. He says that anyone at risk of suicide should do the same. He calls suicide “an irrational state of mind” and has these words for anyone at risk: “Your thoughts don’t have to become their actions. Your thoughts don’t have to take over, if you can recognize those thoughts as flawed and illogical.”

Noting your thoughts and spotting unhealthy ones is good advice for any of us. In another video in this month’s COE Resources, therapist Julia Kristina explains that when we’re feeling down about something, our brains naturally hone in on everything wrong in our lives. You applied to a job and didn’t get it? Your brain will remember other times you failed to get what you want and start thinking that you’re always going to fail. You text someone you like and they don’t text you back? Your brain will remember other times someone rejected you and start thinking that everyone hates you and you’re going to be lonely all your life.

“Our brains like to be efficient, so they will come up with any evidence they can to support our current state,”

Kristina says, noting that “our thoughts are not always truths.”

The first step, she goes on to say, is “not to believe everything that you think,” and to “challenge” those thoughts that are clearly “not based on anything accurate or truthful.”



Eckhart Tolle, in a video also featured in COE Resources this month, notes that there is “self-talk” going on in each of our heads all the time, and often it’s constantly negative self-talk. And often we’re not even aware of it: “People don’t realize that a significant part of the unhappiness in their lives is generated by unnecessary, negative, often destructive mind activity,” he says.

But our bodies are aware. The body reacts to fear and anxiety by getting stressed out: rapid heartbeat, body tensing up, etc. With constant negativity, the body wears down, and you feel tired or sick: “The body cannot distinguish an actual event from a thought,” he says. “If you indulge in that kind of destructive thinking year after year, it has its effect on the body.”



Mind, Body, and Spirit

CHANGE YOUR THOUGHTS (CONT...)

“The question is, is there an awareness behind your thinking?” Tolle adds. He tells his audience to get in touch with their thoughts and “become aware if you are indulging or caught up in that useless mind activity, and... become aware of recurring negative thoughts.”

What Can You Do?

This mind awareness won't develop overnight. You'll need to practice. These daily activities can help you get started.



Journal. Take 15 or so minutes a day to write down what's on your mind. Setting it to paper is a great way to start sifting through it and making sense of it.

Meditation. In a February article, we shared how “mindfulness” meditation is becoming a popular practice among Service members. Meditation is training yourself to be aware of the present moment—including all the thoughts running through your head in that moment.

Learn new tools. In June, an article described SMART Recovery, an addiction support group where members learn new tools for countering “irrational beliefs” (i.e., beliefs that fuel their addiction behaviors) and replacing them with healthier ones. If alcohol use or substance use is a problem for you, this may be a good resource for you. But a well-trained therapist can also help you develop new means to work on your thinking and make it healthier.

Practice gratitude. While journaling, consider making a daily “gratitude” entry in which you list things that make you happy that day. You're training your brain to see what's going well in your life instead of laser-focusing on all the bad. End result: You'll be happier, and more present for the people in your life who all care about you and who give you reasons to smile.

CLOSING THOUGHTS

Thoughts don't have any weight, shape, or form. They don't exist at all, until our brains create them. And they disappear when we let them go. Yet they have great power to shape our reality, our well-being, and our lives. Be good to yourself, and make sure you have a good hold on your thoughts. They can be forces for wellness, love, and contentment. But only if you do the work to make them so.



Mind, Body, and Spirit

EMOTIONAL HEALTH AND PHYSICAL HEALTH GO HAND AND HAND

By Trina Gray
Planning & Integration Manager, N60

The link between mental health and physical health is often misunderstood. Mental health and physical health are often thought of as separate entities, but the two go hand in hand. In fact, the World Health Organization defines health as a state of complete physical, mental, and social well-being.

The perceived disconnect between “mind” and “body” creates the misconception that mental illness is not a physical disease. In reality, mental health has a direct impact on your physical health. Poor mental health can affect your ability to make healthy decisions and fight off chronic diseases.



Many of us are not aware of how common mental illness is. About one in five adults has a mental illness in any given year. Mental illness covers a wide range of complications, spanning from mood swings to behaviors that affect thinking and behavior. Depression alone can cause chronic fatigue, insomnia, and increased sensitivity to aches and pains due to abnormal function of neurotransmitters in the brain (www.bcbsnc.com).

Other types of mental illness include:

- **Anxiety disorders**
- **Schizophrenia**
- **Eating disorders**
- **Bipolar depression**
- **Addictive behaviors**

Neglecting your mental health can lead to serious health complications, such as:

- **Heart disease**
- **High blood pressure**
- **Weakened immune system**
- **Asthma**
- **Obesity**
- **Gastronomical problems**
- **Premature death**



Mind, Body, and Spirit

EMOTIONAL HEALTH (CONT...)

The phrase “get out of your head” is intended to remind us not to overthink things. But the truth is that we live in our heads constantly. Everything we see, touch, hear, taste, and do triggers thoughts, emotions, and memories. How we mentally interpret experiences can even initiate dramatic physical reactions, such as the fight-or-flight response, and release a flood of hormones and chemicals, like cortisol and endorphins

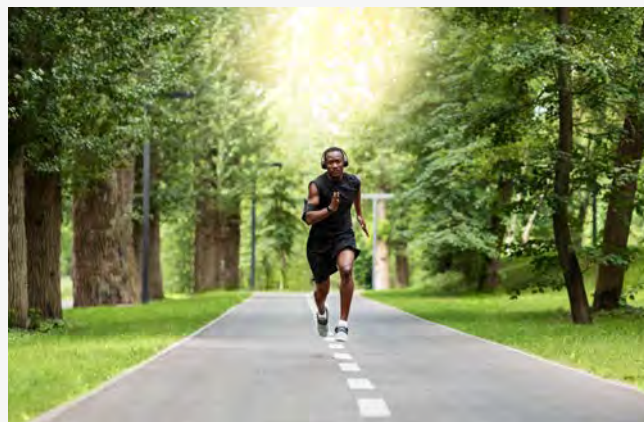
www.availhospitals.com/mental-health-affect-physical-health

In the military, the stigma of mental health is grounded in the cultural misperception that a Service member must have "zero defects" to be mission ready.

The Department of Defense strives to identify and eliminate barriers to care for each Service member with regards to mental health treatment. But the stigma remains a significant issue within the military.

Mental health and mental toughness are not binary options with an “on/off” switch. They exist on a spectrum, and you can train the mind and learn skills to improve. Psychological health takes practice and training. Just like any other part of your body, the more you exercise it, the stronger and more resilient it gets.

Emotions are major part of psychological fitness, and we all have them for a reason. Suppressing your emotions and avoiding your emotional triggers enhances the issue and not the solution. It is important to find constructive ways to express feelings and cope with difficult emotions that otherwise could affect your mission readiness.



The following tips to improve mental and physical well-being may seem like common sense. But when we are facing challenging life situations, they are often the first things that get neglected.

- **Exercise.** Strength training or any kind of cardio helps your body release endorphins to feel better, boost strength, and maintain a healthy weight.
- **Healthy diet.** Eat more vegetables and fruits and reduce your intake of fatty or processed foods and sugar.
- **Limit alcohol and stop smoking.** Both of these can take a toll on your health over time.
- **Reduce stress.** Try meditation, yoga, journaling, and other relaxation strategies. Also, try to engage in hobbies you enjoy.
- **Sleep right.** Aim for seven to eight hours each night, and be sure your sleep environment is dark, cool, and calm.
- **Seek support.** When you are feeling stressed, talking to others can help. Seek advice and support from friends, family, and mental health professionals when you need it.



Mind, Body, and Spirit

EMOTIONAL HEALTH (CONT...)

When psychological health is neglected and mental health concerns arise, it is natural to deny there is anything wrong. Sometimes the last person to recognize symptoms is the one who needs help, so it is important to recognize symptoms in friends, loved ones, or yourself and seek support (<https://health.mil/Military-Health-Topics/Total-Force-Fitness/Psychological-Fitness?type=Articles#RefFeed>).

Also, the National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis.

If you need help, please dial 988.



THE OPPORTUNITY TO HURRY UP AND WAIT

By CAPT Jay Cayangyang
NDW Deputy Regional Chaplain

“Hurry up and wait” is an expression that has become all too familiar to those of us who serve in uniform. Simply bringing up this expression is often met with groans and expressions of frustration. Stories fully abound in the military about reporting to an appointed place and time with fervent urgency only to experience the let-down of a long pause and delay; with cries echoing across the ranks, “Here we go again. Hurry up and wait.”



Mind, Body, and Spirit

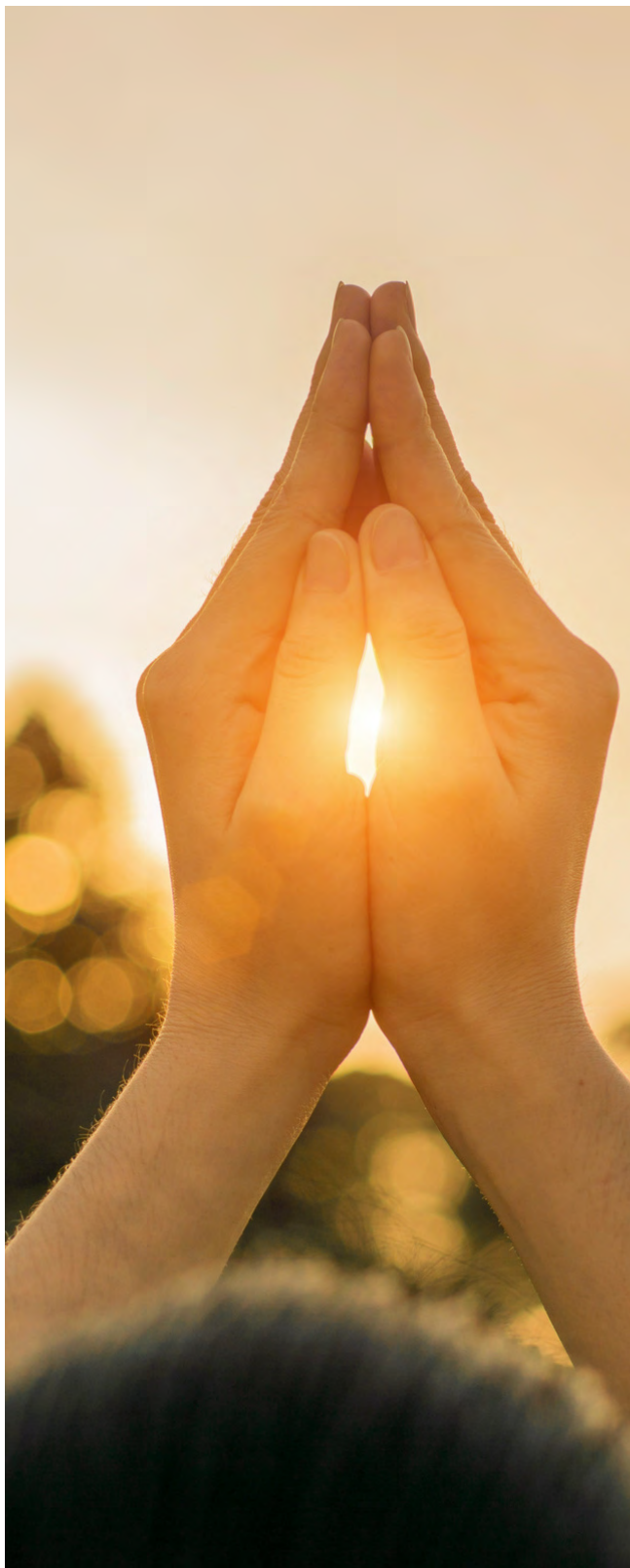
THE OPPORTUNITY (CONT...)

Coming from a modern culture that values speed and efficiency, it is not so much the word “hurry” that bothers people. It is the word “wait.” All around us, almost everything moves at a fast pace, from the readily available data we have through our digital devices at our fingertips to how we can travel thousands of miles by plane in a matter of hours. As a society, we have grown accustomed to speed and efficiency. We not only value it, but it is something we have come to expect. As a norm, our cultural mindset is shaped by the notion that fast is always better. It is about getting what we want when we want it. Need information about something now? Just Google it. Hungry with no time to sit and eat? There’s the fast-food drive through or Uber Eats.

While patience is often extolled as a positive trait, in practice having to wait and be patient is more likely to be met with disdain. Simply put, people don’t like to wait. However, perhaps we are missing something vital and important about what moments of waiting can do for our souls and for our minds. The ancient prophet Isaiah wrote these words:

*“But they who wait for the Lord shall renew their strength;
they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.” Isaiah 40:31*

Waiting doesn’t have to be a curse; it can be a blessing. Waiting can be a source of strength and renewal.





Mind, Body, and Spirit

THE OPPORTUNITY (CONT...)

During the American Revolution, General George Washington believed open and direct engagement with the well-trained and equipped British Army would not be prudent. Although there were early victories in Boston at the start of the Revolutionary War, Washington was very aware of the reality of his own troop strength. By the time American forces were gathered to defend New York, there was no way the Americans would be a match against the overwhelming troop strength of the British.

As such, Washington took on a strategy that looked like he was trying to avoid conflict. Disappointed in what seemed like inaction, Washington's naysayers encouraged him to "hurry" and "go after" the British. Those eager to quickly get to the fight accused Washington of cowardice and weakness. However, Washington knew that it was important to wait and that timing was everything. Important elements still needed to come in place before he could face the British Army in a direct engagement.

Washington believed that so long as he was not defeated, he could live to fight another day. He employed what is known as Fabian's Strategy. This is named after the Roman ruler Fabian, who defeated Hannibal in the Second Punic War by leveraging the concept of delay and timing as a positive resource. Like Fabian, Washington used waiting as a strategy. In due time, this approach paid off, and Washington defeated the British at the Battle of Yorktown. Without Washington's forethought, the outcome of the American Revolution could have ended differently, and we wouldn't be the nation we are today.

The dynamics of 21st-century combat and the complexities of ongoing operational commitments around the world will always generate moments where "hurry up and wait" for the Sailor, Marine, and Coast Guardsman on the deck plates is a reality. Furthermore, the nature of life will also throw things our way that require us to wait. Rather than being resigned to complaining about things beyond our control, what can we do we find ourselves in one of those moments of waiting?

One option is to fill up our times of waiting with busy work, distractions, and mindless scrolling on our digital devices. The other option is to receive "waiting" as a gift and use that time for cultivating physical, mental, and spiritual readiness to prepare for whatever challenge may come across the horizon. Rather than seeing waiting as a delay, waiting can be seen as an opportunity. Be patient and embrace the opportunity of waiting!

In closing, I leave you with the words of Bishop Fulton Sheen: "Patience is power. Patience is not an absence of action; rather it is 'timing.' It waits on the right time to act, for the right principles and in the right way."





COE Resources

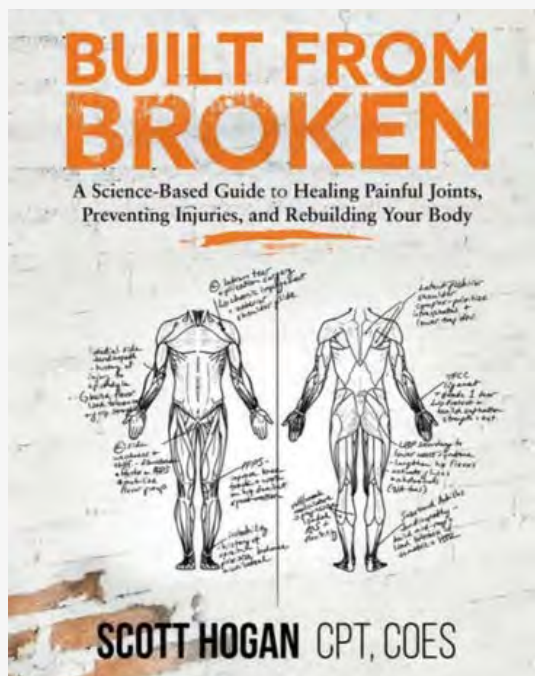
This section is geared towards providing additional information, recommendations, and links to more COE resources (TED talks, books, etc.) that support our psychological, physical, and spiritual well-being and growth.

BOOK

Built from Broken: A Science-Based Guide to Healing Painful Joints, Preventing Injuries, and Rebuilding Your Body by Scott Hogan, CPT.

Certified professional trainer Scott Hogan suffered multiple injuries and chronic joint problems, and he bounced back from all of them. In *Built from Broken*, he shares what worked—and what didn't work—for his recovery. He walks readers through key muscle groups to target, and specific exercises for each. He also gives advice on improving posture; nutritional supplements; and the right way—and wrong way—to rest following an injury. Hogan's book offers great information for building your muscles, making aches and pains go away, and returning to top form when your body feels "broken." URL:

<https://www.goodreads.com/book/show/59121046-built-from-broken>



THE CCN NAVIGATOR

You can find the September 2022 issue available at the following link.

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



CEO Resources

PODCASTS

The Positive Mindset Podcast--“How to Improve Your Negative Mindset to a Positive One Right Now!”

We create our reality with what we focus on and where we put our energy, and cultivating positive energy and gratitude is the way to create more happiness when times are hard, says motivational speaker and podcaster Henry G. He shares a meditative exercise for visualizing a future happy moment, bringing the positive energy from it into the present, and using it to raise your perspective and your mood. He adds that we cannot base our happiness on external circumstances, but instead must build it within ourselves by taking control of our energy and turning it in positive directions. When we do so, he says, we are “leveling up,” and we will find opportunities to grow, help others, and experience peace. URL:

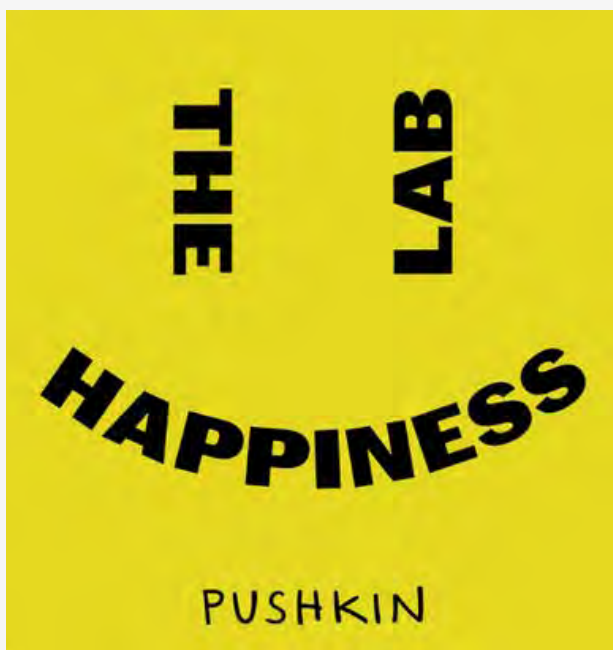
<https://podvine.com/podcast/the-positive-mindset-podcast/how-to-improve-your-negative-mindset-to-a-positive-one-right-now>



The Happiness Lab--Introducing: The Happiness Lab with Dr. Laurie Santos.

Yale professor Dr. Laurie Santos has studied the science of happiness and found many of us do the exact opposite of what will truly make our lives better. Based on the psychology course she teaches at Yale--the most popular class in the university's 300-year history--Dr. Santos takes us through the latest research and shares inspiring stories that may change the way we think about happiness. Each podcast is approximately 30 minutes and includes a wide variety of topics. URL:

<https://open.spotify.com/episode/64Tve8renCBHOJxTJGND4H>





CEO Resources

TALKS

“How to Calm the Voice Inside | Eckhart Tolle Teachings.” Each of us has a voice in our head that is constantly talking, and this “self-talk” shapes our reality, says beloved philosopher and writer Eckhart Tolle. He notes that a lot of negative self-talk—too much self-criticizing, worry, and stress—not only sours our moods, but can make our physical health suffer and cause us to attract negative people and situations to ourselves. Tolle challenges listeners to become aware of their own self-talk and identify those negative thoughts that cause needless worry and pain. URL: <https://www.youtube.com/watch?v=nBXpFbOPUdA>



“Man Who Survived Jump From Golden Gate Bridge Shares His Story.” Within one second of making a suicidal jump off San Francisco’s Golden Gate Bridge, 19-year-old Kevin Hines regretted it and wanted to live. Hines got his chance: He survived the fall, was rescued, and began a long journey of recovery to treat his severe bipolar disorder and childhood traumas. Hines tells his story and how he’s moved forward from that fateful day, and he shares this message to all who are suicidal: Never silence your pain; your pain matters, and you matter, and you deserve to heal from it and live your life. URL: <https://www.youtube.com/watch?v=kQ4XCNZdKfl&t=12s>





CEO Resources

TALKS (CONT...)

TED Talk: “I’m Fine’: Learning to Live With Depression.” Jake Tyler secretly suffered from deep depression, self-loathing, and thoughts of suicide. He was about to end his life, but instead sought help, and then he discovered a new happiness: walking. He proceeded to trek thousands of miles of his native Great Britain while vlogging his hikes to followers online, many of whom messaged him to share their own struggles with depression. Later, he and other adults with mental health challenges teamed up and ran the London Marathon together. Exercise was great for his mental health, but even more important was this new feeling of community, Tyler says. He encourages all of us to talk about mental health and to give those who struggle the chance to heal through connection. URL: <https://www.youtube.com/watch?v=IDPDEKtd2yM>



“5 Things to Do if You Feel Hopeless.” When bad things happen in life, our brains tend to hyperfocus on them, to the point where we don’t see anything good happening around us and we feel hopeless, says therapist Julia Kristina. But, she explains, we can improve our situations and find more joy in life if we reframe our thoughts, take steps to achieve what we want—even if we don’t feel like taking a step, and even if we don’t see results at once—and ask for help and support along the way. She offers five action steps to help get started. URL: <https://youtu.be/9ik9WVYGgu8>



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

HISPANIC HERITAGE MONTH

By Desmond Boykin
Equal Employment Opportunity Specialist



The theme of this year’s Hispanic Heritage Month is “Unidos: Inclusivity For a Stronger Nation.” Unidos can be roughly translated to mean “united,” “connected,” or “close.” Hispanic Heritage Month began as a commemorative week when it was first introduced in June of 1968. On September 14, 1989, President George H. W. Bush (who had been a sponsor of the original Hispanic Heritage Week resolution while serving in the House in 1968) became the first president to declare the 31-day period from September 15 to October 15 as National Hispanic Heritage Month.

The heritage month’s dates refer to Independence Day anniversaries of Latin American countries September 15 is the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Then Mexico declared its independence on September 16, and Chile on September 18.

Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multi-ethnic and multicultural customs of their community. And as of December 2021, approximately 67,000 active and Reserve Sailors of Hispanic heritage serve in the U.S. Navy.



Diversity, Equity, Inclusion, and Accessibility

PRONOUNS AND LGBTQ+ TERMINOLOGY

By Desmond Boykin
Equal Employment Opportunity Specialist

How many of us are familiar with the One Navy Team creed? I bet not many of us are. The One Navy Team says:

“Respect for the dignity of all in the Navy Team, as well as our many partners, is essential to conducting ourselves according to our core attributes of accountability, integrity, toughness, and initiative, as the expression of our core values of honor, courage, and commitment”

(URL: https://media.defense.gov/2020/Jul/26/2002464371/-1/-1/1/ONE_NAVY_TEAM_2016.PDF).

Actively being inclusive and open to diverse perspectives will produce leaders and teams who learn and adapt to achieve maximum possible performance, and who achieve and maintain high standards, to be ready for decisive operations and combat.

Lets review some common terms related to the LGBTQ+ community.

Sex

Sex is a label—male, female or intersex—that you’re assigned by a doctor at birth based on the genitals you’re born with and the chromosomes you have. It does not necessarily match someone’s gender and/or gender identity.

Gender

It’s a social and legal status, and a set of expectations from society, about behaviors, characteristics, and thoughts. Gender identity is the internal perception of one’s gender, and how they label themselves, based on how much they align or don’t align with what they understand their options for gender to be.

Cisgender

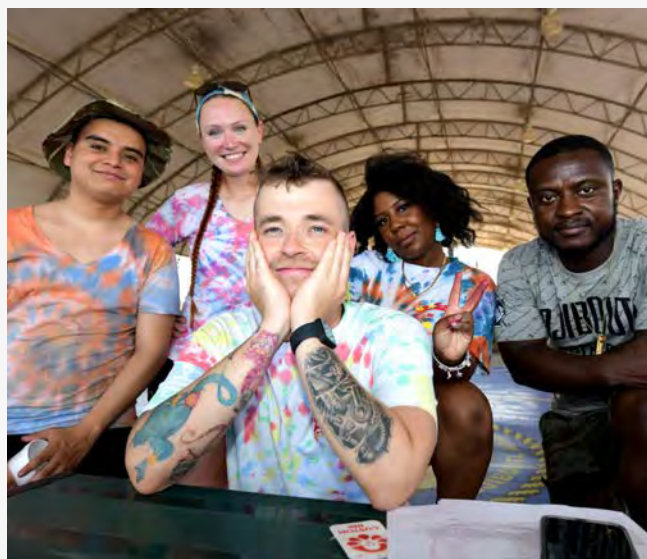
Applies to someone whose gender matches their “assigned” sex at birth.

Non-Binary

Is a spectrum of gender identities that are not exclusively masculine or exclusively feminine—identities that are outside the gender binary of male and female.

Sexual Orientation

An emotional, romantic, or sexual attraction to other people, be they of the same gender, different gender, or multiple genders.





Diversity, Equity, Inclusion, and Accessibility

PRONOUNS AND LGBTQ+ (CONT...)

Now let's discuss what a pronoun is and why it matters.

Pronouns are used in place of a proper noun (like someone's name). We use pronouns most often when referring to someone without using their name. Our most commonly used pronouns (he/she) specifically refer to a person's gender. For queer, gender non-conforming, non-binary, and transgender people, these pronouns may not fit, can create discomfort, and can cause stress and anxiety.

Think about your pronoun (it's probably "he" or "she"). Now imagine someone calling you the one you don't think of yourself as. Imagine them doing it over and over and over, even after you've corrected them. Some common pronouns are:

- **He/Him**
- **She/Her**
- **They/Them**

What's the Importance of including pronouns in a email signature block?

When cisgender people include pronouns, it normalizes it for everyone and protects transgender and gender diverse people when they include their pronouns. Having pronouns in an email signature signals you as a potential LGBTQ+ ally.

Doing this can encourage others to self-identify and will lessen the chances of misgendering someone. This is a good way for all of us to show our support for those who identify as LGBTQ+. However, it is your personal choice to include or not include your pronouns.



The Navy does not have a standing policy on email signature lines that addresses the use of personal pronouns, and has not mandated, encouraged, discouraged, nor considered the use of pronouns in signature blocks. The Chief of Naval Personal's Public Affairs Office made the following statement in the January 2022 article for Military Times: "Currently, the use of pronouns is the Service member's choice to include or not." (URL: <https://www.militarytimes.com/off-duty/military-culture/2022/01/07/where-each-military-branch-stands-on-pronoun-use-in-signature-blocks/>.)

If you have any questions, want to learn more or are interested in sharing your story, or for additional resources, please contact me at: Desmond.Boykin@navy.mil

HERITAGE CORNER

By Desmond Boykin
Equal Employment Opportunity Specialist

The Diversity, Equity, Inclusion & Accessibility Program will be hosting a guest speaker, whom we will announce at a later date. Please be on the lookout for more information via email.



Voice of the Employee

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



The Culture of Excellence serves to prevent destructive behaviors that do not align with the Navy Core Values through a foundation of inclusivity, connectedness, and psychological safety for Sailors, their families, and civilians. Through our ability to connect with one another and trust in those relationships, we are able to empower one another to promote healthy decision making and behaviors. It allows for our own 'humanness' to naturally lend toward the physical and psychological toughness and resiliency and increase the effectiveness of our Navy. It is a great reminder that none of our programs, behaviors, jobs, or lives exist in a vacuum, and we all have the ability to contribute to the overall success and positive impact of the Navy.



---**Natalie Wade**
Region Sexual Assault Response Coordinator



To me, the Culture of Excellence is a foundation where employees feel safe, feel like they belong, and feel that the work they do matters. I read a quote recently: 'Without a solid foundation, you'll have trouble creating anything of value.' NDW has that solid foundation, and our teams perform valuable work that truly does matter.



---**Amy Wathen Cooksey**
N652 NMCI Services Supervisor



In my opinion, the Culture of Excellence is one of the best programs that the Navy has ever put out. The goal is simple. We want all Sailors to thrive and excel in their personal lives and their career, and we start to achieve that when we make sure that everyone is at their very best day in and day out. Check in on your shipmates and your civilian counterparts every day and make sure they are doing well. And make sure you always have a goal to work towards.



---**MC2 Griffin Kersting**
PAO contributor



In the Spotlight



NDW EXECUTES ANOTHER SUCCESSFUL MARYLAND FLEET WEEK

By Edward Zeigler
NDW PAO

Ships from around the world sailed into the Port of Baltimore, kicking off Maryland Fleet Week and Flyover Baltimore (MDFW & FOB) on Sept. 7, 2022. This year's MDFW & FOB included ship tours, Baltimore Inner Harbor flyovers, static displays, and festivals at multiple locations throughout Baltimore from September 7-13. Virtual ship tours and virtual Fleet Week events were streamed live online and via social media.

This was the third time Baltimore has hosted Fleet Week. However, NDW has been coordinating the Navy's participation in other Baltimore events since 2012 as well, including Baltimore's Sailibration in 2012 and the Star Spangled Spectacular in 2014.





In the Spotlight

NDW EXECUTES ANOTHER SUCCESSFUL MARYLAND FLEET WEEK (CONT...)

Planning and coordination for this year's MDFW & FOB began over a year ago and required multiple elements of NDW, including Public Affairs, N3 Operations, N3 Security, N3 Fire and Emergency Medical Services, N3 Emergency Management, N3 Air Operations, Protocol, Judge Advocate General, Religious Programs, and N4 Base Operating Support.

Images and videos from this year's MDFW & FOB can be found on the Defense Visual Information Distribution Service website at:

<https://www.dvidshub.net/feature/MDFleetWeek22>



NDW FLEET & FAMILY READINESS MENTORSHIP PROGRAM

NDW FACILITATED MENTORSHIP PROGRAM

By Joanne MacKinnon
Training Performance & Improvement Specialist,
Naval Air Station (NAS) Patuxent River

NDW Fleet & Family Readiness (FFR/N9) piloted a facilitated mentoring program for CNIC FFR/N9 back in 2013, and it has since been extended to all NDW N-Code employees. As workforce development is vital to the success of every organization, NDW continues to demonstrate investment in their staff through the NDW Facilitated Mentorship Program, which assists in increasing workforce skills and morale, narrowing the knowledge/skills gap, reducing turnover, and developing future NDW leaders at every level.

The process involves pairing an experienced employee (mentor) within the organization with an employee (protégé) seeking to enhance their knowledge, career development, and growth. The pairing of a mentor with a protégé is the result of application reviews, follow on conversations/interviews, and concurrence from both the protégé and mentor. This is truly the most effective process to match the pairs, and initiates what we call the "facilitated" aspect of our program.



In the Spotlight

MENTORSHIP PROGRAM (CONT...)



There is a one-year agreement between the protégé and their mentor, and the year is kicked off with an Orientation. The protégé and mentor complete their Mentorship Action Plan, which is a form that outlines the protégé’s goals and their action steps to reach them. They also both sign their Mentorship Agreement, which is a form that projects anticipated regularly scheduled meetings and the protégé’s and mentor’s commitment to the partnership. Checkpoints are conducted with each of the participants throughout the year. And halfway through the year, we facilitate an Experience Exchange meeting. This allows for barrier elimination and the sharing of best practices, which increases the ultimate success of the pairs and the program as a whole.

The year’s cycle ends with an energetic and motivating Graduation Celebration. We’re excited to announce that this year’s participants will be “graduating” on October 6 at Mordecai Booth’s on the Washington Navy Yard. This event provides an opportunity for the participants to share their stories, to receive their Graduation Certificates from RADML Lacore, and to EAT CAKE!!! To date, close to 135 pairs have participated in this program, and we’re looking forward to welcoming even more this upcoming year!

Here is some feedback we’ve received from current and previous participants:

Lisa Stewart
NSF Dahlgren Child and Youth Programs Lead
Education Technician: 2022 Protégé

“I am enjoying the mentor program with every meeting we have. Lolita has introduced me to so many resources that have helped me learn more for my current position as well as any future endeavors to come. We attended a weekend conference together over Mother’s Day weekend, and she introduced me to new professionals as a part of being able to network. I also completed my Master’s Program with George Mason University in Special Education/Autism, and we are currently getting prepared for the new school year starting, which will allow me to be able to volunteer at some of the local schools here in King George County.

We are also focusing on some of the duties of School Liaison. Lolita is allowing me to participate in conference calls she sits in on as a School Liaison and is also allowing me to participate in some events she is heading up to get a better understanding of her position. All of this can be applied to my current position and my career as a whole. Fun times! I really enjoy our meetings that we have monthly.”

Lisa’s mentor is Lolita Gunter,
NSA South Potomac School Liaison.





In the Spotlight

MENTORSHIP PROGRAM (CONT...)



Ny'Asiaja Edwards
Program Analyst, NDW Strategy and
Future Requirements (N5): Protégé 2022

“Simply put – enrolling in the Mentorship Program has been and continues to be one of the BEST decisions I’ve made as a non-military staffer. It has opened up this grand opportunity to connect with, in my case, a like-minded individual who truly embodies TEAM. My connection with Helen has made a major difference on so many fronts—especially after N5 recently lost a great Supervisor!

It’s great to have Helen as an active part of my career work-life as mentor! Her knowledge, professionalism, and supportive tips or recommendations have been monumental to my continued minor successes, despite the challenges I’ve shared with Helen that could have easily been major stumbling blocks for me. It was Helen’s calm personality and words of encouragement reminding me to stay on track and NOT allow minor distractions to deter me from my end goals. Helen is amazing.

I appreciate you, and all others who connected me with Helen. Truly has been extremely beneficial to me.”

Ny'Asiaja's mentor is Helen Emory,
NAS Patuxent River Installation Program Integrator.

Kimberlie Smith
Naval Support Facility (NSF) Dahlgren
Management Analyst: Protégé 2022

“This Mentorship Program has been very helpful for me. One of the biggest things I learned was to stop being my own worst enemy and to set boundaries. That sounds easy, but it’s not always and sometimes we don’t realize that sometimes the things we do can make our life harder and that it is okay to make boundaries with the folks you work with to keep your sanity!!

Josh is absolutely super to work with. He is so easy to talk to and is very knowledgeable. I really like that at the beginning of the program we took a personality test. It helped Josh to see what type of person I am, how I take in information, and how I work the best, so he was able to tailor the mentoring towards me. It also showed me his personality, as well, so we knew how to communicate with each other. He would also use the test results for each of us to give me examples of how we both take in information and how we work to use that towards other people I work with.

I also like that we are both flexible and could change our schedule or topics when needed. Sometimes our jobs got in the way a little, so we would reschedule, but we very rarely let more than two weeks go by without talking. There were some times where I needed to pivot a little on what we were working on, just so he could help me some with things I was working on/dealing with in the office. Being flexible with pivoting our topics when needed was very invaluable for me, especially at one point during the year when I really needed his help with the “emotional intelligence” and “putting up boundaries” parts of my action plan. That was worth its weight in gold for me for this whole program.



In the Spotlight

MENTORSHIP PROGRAM (CONT...)

I liked that we met every two weeks, and that he would give me homework (sometimes he even had homework), so it enabled us to stay on top of our goals, and I think that is why we just about completed everything early. It also helped keep the goals on my mind all the time, and I was constantly working on what I wanted to achieve since we were checking in every two weeks. I remember some people saying they were meeting once a month and maybe that was all their schedule would permit but, in my opinion, that is a long time between meetings, and a person could more likely be a little “lazy” with their mentoring and accomplishing their goals.

Not sure if all the mentors do this or not, but Josh spoke with my supervisor a couple of times just to get some feedback from her on how I work and what I do, and spoke about my action items and even updated her on how I was doing in the program. I think that gave him even more insight about the type of worker I am and how I did things. So I think that helped him with mentoring me. So if others aren't doing that, it might be a good idea for them to do.”

**Kim's mentor is Josh Arnold,
Naval Support Activity (NSA) Bethesda
Recovery Care Coordinator.**



Rich McCloud
Director, Fleet and Family Readiness (N9)
NSA Washington: Mentor 2022

“Having a good match means the world to the success of the partnership between Mentor and Protégé. Continuous communication between both is critical. Setting clear objectives are very important. But being flexible with time and objectives is a great tool during the process.”

**Rich's protégé is Joanne Zyla,
NSA Annapolis, Fitness Director.**





In the Spotlight

MENTORSHIP PROGRAM (CONT...)



Roburt Yale
Counsel, NDW: Mentor 2022

“Participating as a mentor in the NDW Mentorship Program, I learned as much, if not more, than my protégé. We were both introduced to different parts of our Command. We both built a better understanding of the dynamics and challenges of leading our team to accomplish the Region’s mission.”

Roburt’s protégé is Amanda Kozay, NSA Bethesda Morale, Welfare and Recreation Director.

Helen Emory
Installation Program Integrator, NSA Patuxent River: Mentor and Protégé 2022

“The Mentorship Program is valuable to me because it fosters camaraderie and provides new outlooks and solutions for old problems. A weekly teams call works well for me, Ny’A, and Vince. It doesn’t take up too much time and it keeps us up to date.”

Helen’s mentor is Vince Panella, Director (acting), NDW Strategy & Future Requirements (N5).

Helen’s protégé is Ny’Asiaja Edwards, Program Analyst, NDW Strategy and Future Requirements (N5).



In the Spotlight

MENTORSHIP PROGRAM (CONT...)



Vincent Panella
Director (acting), NDW Strategy & Future Requirements (N5): Mentor 2022

"I have greatly enjoyed the mentorship opportunity with Helen. Our time together has not only allowed me to share and brainstorm ideas from my experiences but has also, just as importantly, allowed me to grow and learn from her. I am absolutely going to be on board for next year's session and will spread the word of this great program to my team and fellow N-Codes."

Vincent's protégé is Helen Emory, Installation Program Integrator, NAS Patuxent River.

Previous year's quotes:

"The Mentoring Strategy is the best thing that's happened to me. I would never have had access to these opportunities, people, and knowledge without it. I even got to meet my mentor's IN9!"

"My protégé's communication skills vastly improved, which will serve him well for future professional opportunities. The mentoring program is a great first step in his ability to move up in the organization."

"I met and interacted professionally with people from departments I normally wouldn't come into daily contact with."

"I really feel my workplace is invested in my professional growth by encouraging me to participate in this program."

"The networking and motivation provided to my employee through the strategy allowed for additional growth and knowledge of our organization."

"My mentor has made a tremendous impact on my life, and I have learned so many life lessons that I will continue to use in my days to come."

"It's a wonderful program for development of future leaders today."

"I went from having zero contacts in our organization to too many to count!"

"Able to receive 'real-time' situational advice."

[Continue to the next page for more previous year's quotes.](#)





In the Spotlight

MENTORSHIP PROGRAM (CONT...)

“My increased knowledge has been beneficial to my coworkers as well!”

“Being a mentor has improved my ability to be a leader to my own team.”

Our next cycle of the NDW Mentorship Program kicks off on 17 November with an Orientation at Indian Head. If you'd like to participate, please scan the QR code below, or access the applications on the NDW Mentorship Website (ndw.cnrc.navy.mil) under the “Operations and Management” tab.

Please email any questions to:
NDW_Mentorship@us.navy.mil





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



BZ to Ms. Sharon Collins, from her NDW non-appropriated fund HR Team, for all that she does to support us and the non-appropriated fund employees at our Installations. She recently processed 20 pre-employment fingerprinting appointments on one day, most of them for Child and Youth Programs-Patuxent River. Ms. Collins assists applicants in correcting completeness and legibility issues with their background paperwork to ensure the quickest possible turnaround with investigations. She helps applicants and coworkers alike with logging into and completing their eQIP information. And she does all of this with a smile, even when she’s having a low-energy day, and we could not succeed without her. She is invaluable and awesome and deserves a great big THANK YOU.

BZ to NDW's Emergency Manager, Mr. Jeff Sanford, for managing the Command Center during MDFW & FOB 2022. The efforts of the Command Center were highlighted by CBS Baltimore News “Where’s Marty?” and can be found at: <https://www.cbsnews.com/baltimore/news/wheres-marty-at-the-navy-reserve-center-of-baltimore-learning-about-security-measures-for-fleet-week/>. Bravo Zulu!

Naval Support Facility (NSF) Thurmont’s Commanding Officer sends the following Bravo Zulus:

- **BZ to ET2 Henry Serrano** for his proactive efforts in identifying various faults along the security perimeter, coordinating contractor support, and restoring the sensors to maintain integrity and capability. His efforts ensured the safety of the Installation, staff, and guests in preparation of a pending VIP visit. Bravo Zulu!
- **BZ to the six NSF sailors selected for Chief Petty Officer (E7);** CE1 Brandon Hicks, UT1 Michael Steward, ITS1 Mathew Stucy, CM1 Miranda Temple, IT1 Andrew Wilcox, and CM1 Kirk Yost. This is a milestone promotion which enables them to continue leading the team at Camp and within the Navy. Bravo Zulu!
- **BZ to ET1 Brandon Fischer, ET2 Andrew Partida, and IT2 Noah Duran** for rapidly restoring mission critical electronic security and surveillance systems to include C-UAS and Access Lane cameras following an unanticipated power outage. After discovering a priority camera power module had been destroyed by the fluctuation of power, they promptly used their technical skill to rewire internal components and replace the camera, minimizing risk to Installation security. Though not on duty, they ensured the duty personnel had proper assistance to restore all systems in a safe and timely manner. Bravo Zulu!



In the Spotlight

BRAVO ZULU! (CONT...)

Naval Air Station Patuxent River's Commanding Officer sends the following Bravo Zulus:

- **Hearty CONGRATULATIONS to ET1 John DePalma!** He has distinguished himself as the best of the best as CNIC's 2021 VICE ADMIRAL WILLIAM P. LAWRENCE NAVAL AIR TRAFFIC CONTROL TECHNICIAN OF THE YEAR AWARDEE!

Congratulations to our newest Pax River Chief Petty Officer (CPO) Selectees!

- **ACC (Sel) Kristen Costlow**
- **ACC (Sel) Nicholas Decanio**
- **ACC (Sel) Damon Haney**
- **ACC (Sel) Benjamin Witherspoon**
- **MAC (Sel) Paul Minix**
- **MAC (Sel) John Sholos**

BZ to the following Sailors selected to the rank of CPO across the Region:

YNC (sel) Julio Castro, YNC (sel) Joseph McGuire, and MAC (sel) Timothy Barreras from NDW; ACC (sel) Ben Witherspoon, ACC (sel) Damon Haney, ACC (sel) Kristen Costlow, ACC (sel) Nick Decanio, MAC (sel) John Kyle Sholos, and MAC (sel) Paul Minix from Naval Air Station Patuxent River; CEC (sel) Brooke Quarisa from Ceremonial Guard; CMC (sel) Miranda Temple, CEC (sel) Brandon Hicks, UTC (sel) Michael Steward, ITSC (sel) Matthew Stucy, ITC (sel) Andrew Wilcox, and CMC (sel) Kirk Yost from Naval Support Facility Thurmont; MAC (sel) Tyson Meyer from Naval Support Activity Bethesda; YNC (sel) Ashley Grove from Vice President's Residence; and YNC (sel) Felicia Swaner from Presidential Food Service.

Congratulations on your selections. We look forward to the continued great things you will do leading our Navy into the future! Bravo Zulu!

BZ to the following Ombudsmen, from across NDW, listed in the Ombudsman Registry as of 14 September 2022:

Ann Allan, Joselyn Alonso, Chris Armstrong, Ashlie Azevedo, Deanna Bauerlein, Christina Bazzano, Brittney Bennett, Mary Bennett, Marlo Busch, Rhoda Campbell, Shayne Carroll, April Chauvette, Nicki Cheney, Lindsey Colburn, Lauren Cummings, Carrisa D'Angelo, Maryssa Deboer, Brooke Decanio, Jordyn Donnellon, Tiffany Dunlap, Kati Engel, Amber Familiar, Alyssa Farrell, Emma Ferraro, Victor Figueroa, Nadine Galazka, Casey Gayman, Elishaha George, Meg Graves, Nova Gregory, Leslie Gonzales, Daniel Gutierrez, Christine Hall, Bree Hancock, Tiffany Harper, Tiffany Hart, Lynn Hatton, Alec Heyde, Ashley Hicks, Jaclyn Katzman, Cheyenne Kiewel, Mefodi Kiselev-Rolling, Genni Larson, Jessica Latin, Candace Lunsford, Carletta Mack, Georgina Majewski, Patricia Mautino, Stephanie McDermott, Noelle Miller, Nancy Minniear, Kael Nelson, Karen Noah, Vaiva Petrauskaite, Jennifer Poling, Jennifer Rhodes, Diarra Sambe, Joya Scarlata, Amy Scherer, Miriah Schmidt, Jessica Sells, Martha Smith, Jenifer Stinton, Lindsey Supachana, Matthew Taylor, Junifer Thomas, Sara Thompson, Shauna Trujillo, Jessica-Anna Turner, Latascha Washington, Kana Wilson, Elli Wolf, and Leah Yancey. September 14 is recognized as Ombudsman Appreciation Day across the Navy. Thank you to all of you Ombudsmen for your dedication and volunteerism supporting Navy families. We appreciate everything each of you do in support of our commands, our personnel, and their families. Bravo Zulu!





In the Spotlight

BRAVO ZULU! (CONT...)

BRADM Nancy Lacore sends a Bravo Zulu for the successful Maryland Fleet Week and Flyover

Baltimore 2022: “Maryland Fleet Week and Fly Over Baltimore 2022 was a fantastic success! I am so proud of the work this team put into the planning and execution of this significant outreach event. Throughout the week, I heard again and again what a great team you are to work with. I know this to be true, but it was so nice to hear this from many different Fleet Week partners. For those who aren’t intimately involved in the event, here’s a summary of the week:

Key Ship participants: three U.S. Navy ships, one U.S. Coast Guard ship, two Army Corps of Engineer vessels, and two Patrol Craft from the Naval Academy, as well as one Canadian ship and one Danish tall ship.

Public visitors to our ships:

- **USS Carter Hall = 5,446**
- **USNS Newport = 6,953**
- **USS Minneapolis-St. Paul = 4,520**
- **Event Total = 16,919**

Key events:

- **Baltimore coordinated a number of festival events to coincide with Fleet Week, which proved to be a successful model and increase public interaction.**
- **Distinguished guests embarked on the USS Carter Hall via two MH-60 helicopters and rode the ship into Baltimore on Day 1.**

- **Flyovers of the city and harbor were executed each day with various platforms, to include F/A-18s, MH-60R/Ss, MH-53s, T-6s, and E-2s.**
- **Multiple community relations events provided opportunities for Sailors and Marines to interact with the local population.**
- **The U.S. Navy Ceremonial Guard and the U.S. Navy Band performed multiple days.**
- **Receptions were held on onboard the USNS Newport and USS Carter Hall, as well the HMCS Moncton.**

While I can’t thank each individual involved in the success in this email, I did want to highlight the incredible contributions of our N3 Team, Public Affairs, and Protocol staff who led the efforts. Thank you all for your contributions AND for being great ambassadors of Naval District Washington and the Navy. I look forward to collaborating on how to improve on perfection for Maryland Fleet Week and Flyover Baltimore 2024!” 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

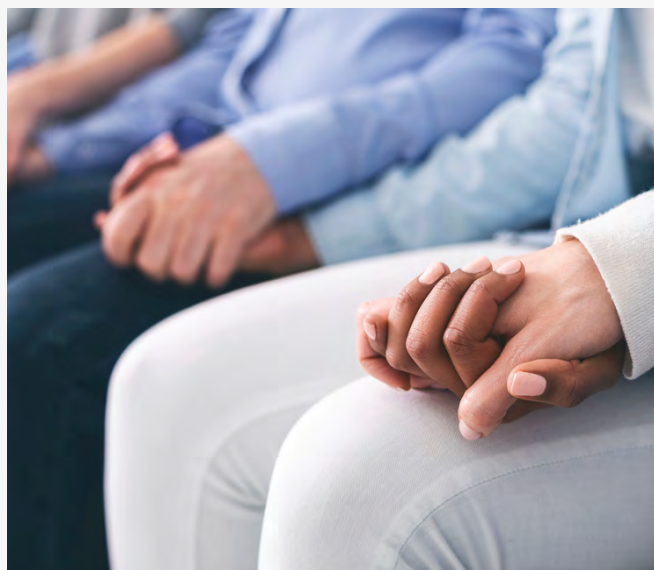
BIG CHANGES HAPPENING AT SAIL

By Dawn A. Akeo
LCSW, Regional Social Advocacy Clinical Counselor

The Sailor Assistance and Intercept for Life (SAIL) program is a rapid assistance, clinical case management program that provides ongoing risk management, care coordination, and reintegration assistance for Sailors identified during the highest period of risk: after a suicide ideation or suicide attempt. SAIL is designed to supplement mental health treatment while coordinating efforts with command, Suicide Prevention staff, CNIC Headquarters, Medical Treatment Facilities (MTF), Chaplains, and any other service providers.

Since the Navy implemented SAIL in 2014, Clinical Counselors/Case Managers at Fleet and Family Support Centers (FFSC) have managed SAIL along with their many other duties. NDW is happy to announce that SAIL will now have a dedicated Case Manager who will work exclusively on SAIL cases in the Region. The SAIL program will be remote, which enables the Case Manager to serve Sailors Region-wide.

Please welcome our new SAIL team: Tricia Colbert, the new Case Manager; and her supervisor, Joanna Graupman. Ms. Colbert received her graduate degree from Monmouth University in New Jersey, and she has worked as counselor for the Army at various locations. Her background is in addictions, mental health, and military/first responder support. Ms. Graupmann earned her MA from Eastern Mennonite University and has a background in behavioral health services with a focus on substance abuse and gambling.





Services for You



NEW THREE-DIGIT LIFELINE FOR SUICIDE PREVENTION AND CRISIS SUPPORT

By LT Therese Desquitado
Manpower Officer

Those who need support for suicidal, mental health, or substance use crisis have a new Lifeline to call: 988. The original National Suicide and Crisis Lifeline was launched in 2005, since then it had received more than 20 million calls.

The new “988” number, only three digits, is a lot easier to remember. By pressing “1” after dialing 988, the caller will be connected to the Veterans Crisis Lifeline, which serves veterans, Service members, Reserve members, and National Guard members.

The Lifeline is staffed 24/7 by trained counselors and is overseen by the Substance Abuse and Mental Health Services Administration (SAMSA). According to SAMSA, less than 2% of Lifeline calls require connection to emergency services like 911.

If you or someone you know needs someone to talk to, know that 988 is an available resource through phone, text, or the website:

www.988lifeline.org



Services for You

NDW CREDO WORKSHOPS

Naval District Washington, Chaplains Religious Enrichment Development Operation (NDW CREDO) is offering the following workshops. These workshops are open to all military, dependents, and civilian employees. Please promote and forward through your commands and networks.

Registration is required for all workshops.

CREDO.NDW@US.NAVY.MIL

202-404-8831

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

- **October 12 | 0900 - 1200 | DIA, JBAB**
- **October 13 | 0900 - 1200 | NDW CREDO Office, Bldg 4, 2nd deck, JBAB**
- **October 19 | 0900 - 1200 | Fleet & Family Support Center, NAS Patuxent River**
- **October 25 | DIA, JBAB**

ASIST. The world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people have taken the workshop, and studies have proven that ASIST method helps reduce suicidal feelings for those risks.

- **October 5 - 6 | 0830 - 1600 | Ft. Meade**
- **October 25 - 26 | 0830 - 1600 | NDW CREDO Office, Bldg 4, 2nd deck, JBAB**



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

- **October 28 | 0900 - 1200 | NDW CREDO Office, Bldg 4, 2nd deck, JBAB**

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

- **October 3 | 0900 - 1530 | JBAB**
- **October 17 | 0900 - 1500 | Fleet & Family Support Center, NAS Patuxent River MD**
- **November 7 | 0900 - 1530 | JBAB**



Services for You



NDW CREDO RETREATS

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

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

- **October 21 - 24**

Marriage Enrichment Retreat. Give your relationship the gift of interpersonal tools used to grow a more satisfying marriage. Participants will be exposed to the tools and concepts from PREP, Gottman Institute, and Myers Briggs Type to better understand themselves and their spouse and get the most out of their marriage. Whether you have been married for two weeks or twenty years, this retreat will bring an additional spark to your partnership.

- **November 18 - 21**
- **February 10 - 12**
- **April 14 - 16**

ADDITIONAL SERVICES FOR YOU

Fleet and Family Support Program: August's issue of the FFSC Family Connection Newsletter is now available. In it, you will find information on children and PCSing, Great Navy Campout, upcoming virtual webinar classes, and much more. The newsletter can be found at the following link:

<https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Family-Connection-Newsletter>.

DONCEAP: New articles, resources, and other information are now available for the month of August and can be found on the Magellan Ascend website:

<https://magellanascend.com/?ccid=hpZiwlTni%2FVKNrZqvUQNB6fBJJGSp2%BZYWZSUbKC71w%3D>.

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



Apples, Ripe for the Picking (Woodbine, Md.)

Crisp, cool fall weather and fresh apples go hand in hand. And an orchard full of apple trees awaits you, about an hour north of Washington, DC, at Larriland Farms in Woodbine, Md. You can walk the rows of trees and pick as many as your basket will fit. At the checkout where you pay, there's a barnside market with extra goodies for sale: jams, apple cider, pumpkins, cheese, meats, chocolate fudge, and fruits and veggies galore, all made and packaged on site. And stick around, if you'd like, for a picnic on the grounds and a hayride. You can read up on the farm at <https://www.pickyourown.com>.



Things to Do Around You



Irreverent Warriors Silkies Hike (Washington, DC).

Service Members—active duty, reserve, and veterans—are welcome to join a seven-mile urban hike in Washington on Saturday, October 22. Hikers will enjoy views of the Tidal Basin, National Mall, Navy Yard, and Wharf. The organizer, Irreverent Warriors, is a 501(c)(3) non-profit (EIN: 47-4789126) veterans' peer-support organization. Their mission is simple: we bring veterans together, using humor and camaraderie, to improve mental health and prevent veteran suicide. Starting as a grassroots effort with a single hike in California in 2015, to now organizing over 90 hikes per year across the country with tens of thousands veterans participating. Registration is \$5 but can be waived for participants facing financial hardship. For more information, visit <https://www.irreverentwarriors.com>.



Explore the Notre-Dame Cathedral Without Leaving DC (Washington, DC).

Three years after a fire destroyed much of Paris' Notre-Dame Cathedral, the National Building Museum in DC is giving visitors a guided “augmented reality” tour of the cathedral's history and the present-day work to restore it. “Notre-Dame de Paris: the Augmented Exhibition” combines photos, 3D models of cathedral statuary, and replicas of sections of the flooring and stained-glass windows. Visitors will see and hear information on each exhibit item on portable touch-screen iPads. The exhibition is ongoing until Sunday, October 9. For more information, visit <https://www.nbm.org/exhibition/notre-dame-de-paris-the-augmented-exhibition>.



Things to Do Around You



Adopt a Dog (Woodbridge, Va.). Dogs in need of good forever homes will be out and about near the Firebirds Wood Fired Grill in Woodbridge for the Petoberfest adoption event, happening Saturday, October 15, from 11 a.m.- 4p.m. Put on by Operation Paws for Homes, the event will also have a pet parade, pet costume contest, photo booth for humans and pets, a petting zoo, and a reptile exhibit (note: If you love dogs but aren't looking to adopt right now, you can still assist at the event as a volunteer). For more information, visit <https://fb.me/e/1RvaZIV9M>.



Turkish Festival Fun for all Ages (Washington, DC). A free annual celebration of Turkish dining, dance, and culture is coming to DC on Sunday, October 16. The Turkish Festival, taking place on 3rd Street next to Union Square, will run all day. You can sip on Turkish coffee, feast on Turkish cuisine, visit a Turkish fortune teller, and enjoy live music and dance performances. There will also be arts, crafts, and games for kids of all ages. For more details and event updates, visit <https://fb.me/e/1VdKfNhlJ>.



It's Electric!--Vehicles, That Is (Annapolis, Md.). Curious about electric vehicles? Wondering what's out there on the market? "Kick Gas!," happening at the Annapolis Town Center on Saturday, October 1, is the event for you. Annapolis Green and BGE EVSmart will be showcasing a multitude of new electric cars, educating you on the present and future of electric vehicles, and sharing info on living more sustainably. For more information, go to <https://fb.me/e/23gXkjdIW>.



In

Fair Winds and Following Seas



While there are no submissions for retirements for the month of July, we would like to thank all of those who have left the NDW family. We appreciate all of your hard work and dedication.

You will be missed.

**Wishing all of you
Fair Winds and Following Seas
on your new adventures.**



Connect with Us

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

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For more detailed information, please select your installation at:

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