

ABOUT THE CCN NAVIGATOR

GUIDING THE WAY OF THE CCN TO SUPPORT SAILORS

This newsletter provides members of the Cultural Champion Network (CCN) with important and timely information, updates, and resources to carry out their roles in supporting Sailors to help the Navy drive towards a Culture of Excellence (COE). To subscribe, click [here](#). Interested in reading past issues of The CCN Navigator? Click [here](#) to download!

MARCH CELEBRATES NATIONAL NUTRITION MONTH

BY LCDR MELISSA AMESCUA, MS, RD, OPNAV N17



This year the [Academy of Nutrition and Dietetics](#), a professional organization that focuses on providing evidenced-based nutrition information, is ringing in National Nutrition Month in March by “Celebrating a World of Flavors”.

In the military, we often get to experience other cultures, cuisines, and spices during our travels and deployments. Trying new flavors from around the world and incorporating these cultural foods and traditions into everyday life can be an important part of improving our mental and physical performance. It forces variety into your diet and might push you to try new fruits, vegetables, and flavors. If you’re looking for a way to incorporate foods from all corners of the globe, these websites have great recipe ideas and information:

[EASY HEALTHY RECIPES FROM AROUND THE WORLD](#)

[GLOBAL FOODS FOR A HEALTHY PLATE](#)

Although incorporating culturally-relevant foods from any region is great for your health, a diet based on [Mediterranean food](#) is consistently ranked as the top diet to follow. Derived from cultures in Spain, Italy, and Greece the Mediterranean diet is proven to help improve weight loss, better control blood glucose (sugar) levels and reduce your risk of depression. Eating a Mediterranean-based diet has also been associated with reduced levels of inflammation, heart attacks, strokes and Alzheimer’s disease.

Celebrating your culture or others by diversifying your plate with other countries’ traditional cuisines could improve your health and longevity. Go and explore all of the nutritional benefits of foods around the world. Remember - consuming a diet high in fruits, vegetables and whole grains, wherever they come from, can improve your health, wellbeing, and performance.



ON YOUR RADAR

DIVERSITY, EQUITY & INCLUSION (DEI)

Upcoming webinar: **March 30 (1200-1300 EST): Unpacking Your Bias**

The March Webinar will focus on accessibility, defining the term and identifying the difference between accessibility and accommodation. The webinar will also explore the ways in which accessibility benefits us all, featuring a guest speaker who will highlight key areas of accessibility in the Navy.

Interested in attending? Please reach out to:

ALTN_USN_INCLUSION_AND_DIVERSITY@navy.mil

NAVY DRUG AND ALCOHOL DETERRENCE WEBINARS

The Drug and Alcohol Deterrence office continues to host weekly webinars for drug and alcohol program personnel. Visit Navy Drug Detection and Deterrence for the full [schedule](#) of upcoming webinars and information on how to join, or email MILL_NDSP@navy.mil.

- 17 MAR** FAQs and Troubleshooting for WebDTP
- 24 MAR** ADMITS Reports and Use
- 31 MAR** Premise Code Use (IO v. IU for EOY Testing)

2022 CAPTAIN JOY BRIGHT HANCOCK AND MASTER CHIEF ANNA DER-VARTANIAN LEADERSHIP AWARDS

Full eligibility and nomination requirements available [online](#). Please see [NAVADMIN 288/21](#) for more information. Due date is March 16, 2022.

2022 SOCIETY OF WOMEN ENGINEERS PROFESSIONAL AND COLLEGIATE AWARDS

Full eligibility and nomination requirements available [online](#). Contact the Awards & Recognition Committee Chair at awards@swe.org with any questions. Due date March 31, 2022, at 2359 CST.

MATERNITY UNIFORM PILOT PROGRAM (MPP)

The MPP ([NAVADMIN 284/21](#)) launched January 2, 2022 and will conclude September 30, 2026. The program is open to officers and enlisted, Active and Reserve Sailors assigned to CONUS and OCONUS commands. Participation in the program is voluntary and requires command endorsement. Selection for participation will be on a first-come, first-serve basis provided all eligibility requirements are met. More information on the program and eligibility requirements available [online](#).

JOIN THE WEEKLY "E-OSC SUPPORT AND BEST PRACTICE HUDDLE" HOSTED BY OPNAV N17 AND NCCOSC STAFF!

Implementing Expanded Operational Stress Control (E-OSC) at your command is a very important process and requires a motivated and Proactive Team Leader. Beginning implementation is challenging and Team Leaders will benefit from the support of other Team Leaders at nearby commands, and subject matter experts at OPNAV N17 and NCCOSC. All Team Leaders are welcome to join in the virtual weekly support meeting to ask questions and solve problems in a collaborative environment.

The meeting occurs every Monday at 13:00EST/10:00PST. If you would like the meeting details, please email: eosc.fct@navy.mil

RESOURCES



Call: 800-273-8255

Visit: [Veterans Crisis Line](#)

Text: 838255



Call: 877-995-5247

Visit: [Safe Helpline](#)



Call: 1-800-342-9647

Chat: [Military One Source](#)



Call: 800-662-HELP (4357)

Visit: [SAMSHA-Find Help](#)



DoD SAPR Connect:

[SAPR Connect](#)



WARRIOR TOUGHNESS: SKILLS FOR EVERY WARFIGHTER

BY LCDR PHIL CHITTY, NAVAL SERVICE TRAINING COMMAND PUBLIC AFFAIRS

In late 2018, the Navy introduced Warrior Toughness training to Recruit Training Command (RTC) staff, Recruit Division Commanders and recruits. It has since developed toughness in Sailors throughout the Navy, enhancing their ability to focus and perform well under pressure.

“Warrior Toughness has absolutely transformed the way we train Sailors and how they respond and perform under pressure,” said Rear Adm. Jennifer Couture, commander, Naval Service Training Command. “Through Warrior Toughness at RTC, the Navy’s warfighting spirit is fortified early so they instinctively use it when needed.”

Recruit divisions that were trained in Warrior Toughness performed better at Battle Stations-21, the crucible event prior to becoming a Sailor, and had higher graduation rates when compared to those who were not trained, according to the results of an RTC study.

“Their ability to handle the stressful situations that we put them through as time went on was much better,” said Senior Chief Cryptologic Technician (NAC/IW/AW) Justin Heise, a former Recruit Division Commander (RDC) from July 2017 to January 2021. “You can see that their focus was more in the moment than on things that were way outside of the scope of what they were dealing with.”

DEVELOPING CHARACTER & WARFIGHTING SPIRIT.

“Warrior Toughness enables us to become a Navy that relentlessly promotes psychological, physical, and spiritual toughness, which leads to maximized character, competence, and connectedness in every Sailor,” said Couture. “When we are all tougher in mind, body, and soul, we undoubtedly become a more lethal warfighting force.”

Chaplains lead spiritual and character development at RTC designed for recruits of every faith and creed.

“Sailors must know who they are, why they serve, and what they believe in so they can live it out every single day in the Navy,” said Lt. Nathan Grooms, an RTC Chaplain.

FORTIFYING MENTAL & PHYSICAL TOUGHNESS.

Recruits also learn several applied exercises to regulate their responses to stressful situations. In Warrior Toughness we teach recruits to understand how our mind and body react to stress and to utilize techniques, such as controlled breathing, to mitigate the flight or fight

response in the face of danger. This allows us to be able to choose a response instead of just reacting. Additionally, we utilize performance psychology skills such as energy management, self-talk and visualization to increase effectiveness in training and performance. These are all skills and techniques that can be used any time or any place.

BEYOND BOOT CAMP.

The way we build toughness is through the Warrior Mindset. It is an unending cycle that, when completed repeatedly, builds and sustains toughness while progressing toward peak performance. Toughness complements technical training to achieve this goal.

For Heise, a Sailor who returned to operational duty at Navy Information Operations Command Hawaii after serving as an RDC for three-and-a-half years, Warrior Toughness became a conscious and automatic response.

While conducting a secure-for-landing inspection during his first flight earlier this year, his EP-3E aircraft suddenly hit turbulence and slammed him to the floor. When scanning his body for injuries, he saw his left foot had turned 180-degrees.

Using box breathing techniques, Heise stayed focused and kept his mind clear for the rest of the flight and was able to articulate his condition to his flight commander. Once the plane landed, Heise used visualization to safely exit the plane.

“I definitely would attribute the skills that Warrior Toughness taught me to getting through that immediate moment, and then being able to stay focused even in the moments that came after,” said Heise.

The psychological, physical, and spiritual toughness skills taught during Warrior Toughness training enable Sailors to better control their responses to stressful situations, thereby optimizing their performance before, during, and after operations. Ultimately, these skills not only benefit individual Sailors, but they also champion and reinforce a culture of toughness that resonates across the service and supports the CNO’s Culture of Excellence initiative.

For more information about Warrior Toughness visit <https://www.netc.navy.mil/Warrior-Toughness/>.



SPOTLIGHT: CAPT GERVY ALOTA

Every day, CAPT Gervy Alota, Commanding Officer of USS JOHN P. MURTHA in San Diego, CA, embraces the opportunity to learn from, grow with, and strive towards excellence with 1,000 talented and inspiring Sailors and Marines. Being CO gives him a platform to highlight the individual Sailors and encourage them to achieve greatness. "While I have a vision for what I want the ship to accomplish, it's recognizing that every single member of the crew has something unique to offer to the team and just demanding they 1) know their job and 2) do their job to the best of their ability is what ultimately creates a culture of excellence onboard JPM," said Alota.



Fighting towards the ultimate goal of victory is what fuels his team, Alota says. "While life unfortunately involves some defeat, it's more about how you get back on your feet and back in the fight. Excellence requires finding ways to win in everything you do – on the ship and off." To him excellence means, "Win every day and be GREAT. Set GOALS, RELENTLESSLY pursue those goals, commit to EXCELLENCE in everything we do, approach life with a positive ATTITUDE, and work together as a TEAM." One of his specific goals is to make sure every Sailor and Marine who checks onboard gets to experience at least one positive sea story. "Having the chance to allow those experiences to take place as we still answer every call and every task with success is the best part of my job," says Alota. He consistently sees Sailors treating each other with dignity and respect, and seeing each other as human beings, because they truly see each other as family. They also tough through the grimmest of tasks and schedules because they're committed and determined to achieving goals.

CAPT Alota encourages other members of the CCN Network to foster an environment of integrity by building and maintaining trust. "Have a vision, be clear with your intent, be kind to your people and show them you care. If they know you care, they will grind and fight for you. It all goes back to creating a culture of winning that's centered on love and trust," says Alota.

If you would like to connect with CAPT Alota, you can find him on Instagram at @coussjohnpmurtha. To learn more about resources or to nominate a Sailor (active, reserve, or civilian) for the Navigator spotlight please email culturalchampions@navy.mil.

BOOST YOUR MENTAL PERFORMANCE WITH BETTER NUTRITION

COURTESY OF PROJECT 1 SMALL ACT

In a state of optimal nutritional fitness, what you eat supports healing and your immune system, helps prevent injury, improves energy levels, and allows you to achieve optimal emotional, cognitive, and physical performance. When you eat right, you're likely to feel more energized, less fatigued, and have better focus, judgment, accuracy, and reaction time. Whether you're at home or deployed, follow these tips to help you to stay alert, focused, and performing at your best. You can view the full list of recommendations and foods [here](#).

Eat foods high in B vitamins. These contain nutrients supporting metabolism, brain development, blood and nerve cell health, DNA production, and the development of serotonin, which impacts mood, memory, and emotions.

Rethink your meal choices on the night shift. Eating at night has been shown to be bad for your health, including an increased incidence of obesity, diabetes, cancer, cardiovascular disease, and infections. But for night-shift workers, it can mean the difference between staying alert—or not—on the job. The right type and amount of foods and beverages can help keep up your blood sugar to stay alert.

Get a caffeine boost, but not too much. Caffeine improves alertness, vigilance, attention, and reaction time when taken in small to moderate amounts. Caffeine can also help mental performance in sleep-deprived situations. But dose and timing matter; refer to Operation Supplement Safety for more information.

Bottom Line is mental performance is just as important as physical performance. Fortunately, proper nutrition can help with both. For more information visit the Project 1 Small ACT blog on nutrition and follow us on [Facebook](#) and [Twitter](#).