

ANCHOR WATCH

October-December 2013

YAWP

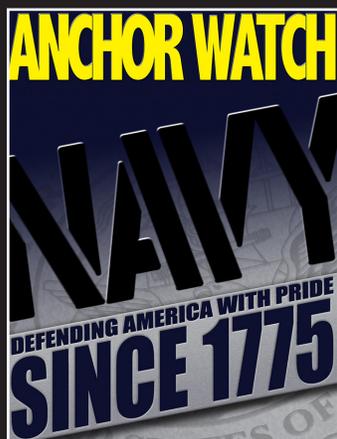
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SINCE 1775

Congratulations to our Sailors of the Year!

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<i>Sailor of the Year:</i>	PO2(IDW) Leann Upton, 40 Dept.
<i>Junior Sailor of the Year:</i>	PO3(IDW) Jessica Jolly-Ricouard, 60 Dept.
<i>Senior Sea Sailor of the Year:</i>	PO1(IDW/SS) Rodney French, N3 Dept
<i>Sea Sailor of the Year:</i>	PO2(IDW/SW) Naonesha Reddick, 50 Dept
<i>Junior Sea Sailor of the Year:</i>	PO3(IDW) Joshua Gober, 50 Dept.
<i>Senior Deployer of the Year:</i>	PO1(IDW/SW) Jonathan Sharier, 50 Dept.
<i>Deployer of the Year:</i>	PO2(IDW/EXW/AW) Tyler Stull, 20- Dept.
<i>Junior Deployer of the Year:</i>	PO3(IDW) Richard Morris, 20 Dept.

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ANCHOR WATCH

In its 39th year of production

October - December 2013

www.niocmd.navy.mil

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Story ideas are due the first working day of each month to the Public Affairs Office, Bldg. 9804, Room 138, Fort Meade, Md. 20755-5290. Phone: 301-677-0860 FAX: 301-677-0399.

Story ideas are also accepted electronically at niocmdpao@me.com

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<http://www.aleks.com/>

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<http://www.nko.navy.mil>
<http://www.courses.cney.navy.mil/>

Sailor/Marine American Council On Education Registry Transcript
<https://smart.navy.mil/>

American Council On Education
www.acenet.edu/

U.S. Department Of Education Database Of Accreditation
ope.ed.gov/accreditation/

Navy Fleet and Family Support Center
<https://www.nffsp.org/skins/nffsp/home.aspx>

Navy Standard Integrated Personnel System
<https://nsips.nmci.navy.mil/>
www.navy.mil/
www.militarytimesedge.com/
www.navyadvancement.com/
www.militaryonesource.com/

Shift Colors-Navy Retiree Newsletter
<http://www.public.navy.mil/bupers-npc/reference/publications/shiftcolors/Pages/default.aspx>

Naval History & Heritage Command
<http://www.history.navy.mil>

Affected Navy Family Assistance
<https://navyfamily.navy.mil/cas/login?service=https%3A%2F%2Fnavyfamily.navy.mil%2F>

Navy / Marine Corps Relief
<http://www.nmcrrs.org>

Navy Office of Community Outreach
<http://www.navy.mil/navco/display.asp>

Joint Chiefs of Staff
<http://www.jcs.mil>

Military One Source
<http://www.militaryonesource.mil>

Navy Personnel Command
<http://www.public.navy.mil/bupers-npc/Pages/default.aspx>

Pentagon Channel
<http://www.pentagonchannel.mil>

USA.gov
<http://www.usa.gov>

Defense.gov
<http://www.defense.gov>

Navy.mil Underway
<http://www.navy.mil/underway/>

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Navy Reserve
http://www.navyreserve.com/?campaign=search_Reprise/Google/Navy+Reserve+Brand/navy%20reserve/mkwid/sPitZCCfg%7Cdc/prcid/4340350784/pmt/p

Navy SAPR
<http://www.navy.mil/features/index.asp?f=9>

NAVY BIRTHDAY MESSAGE

Captain Don E. Elam, USN
Commanding Officer
Navy Information Operations Command Maryland

The United States Navy recognizes October 13th as its birthdate. In 1775, the Continental Congress adopted the original legislation out of which the Continental Navy grew. In the ensuing centuries and decades, the Navy has made vital contributions to the security of this nation and the world. Each year around this time, many events and traditional observances are held that reaffirm our commitment to the Navy's future by paying homage to our past. These events and traditions include Navy Birthday Balls, bell-ringing ceremonies, cake cutting ceremonies, and classic Navy movie viewing, just to name a few.

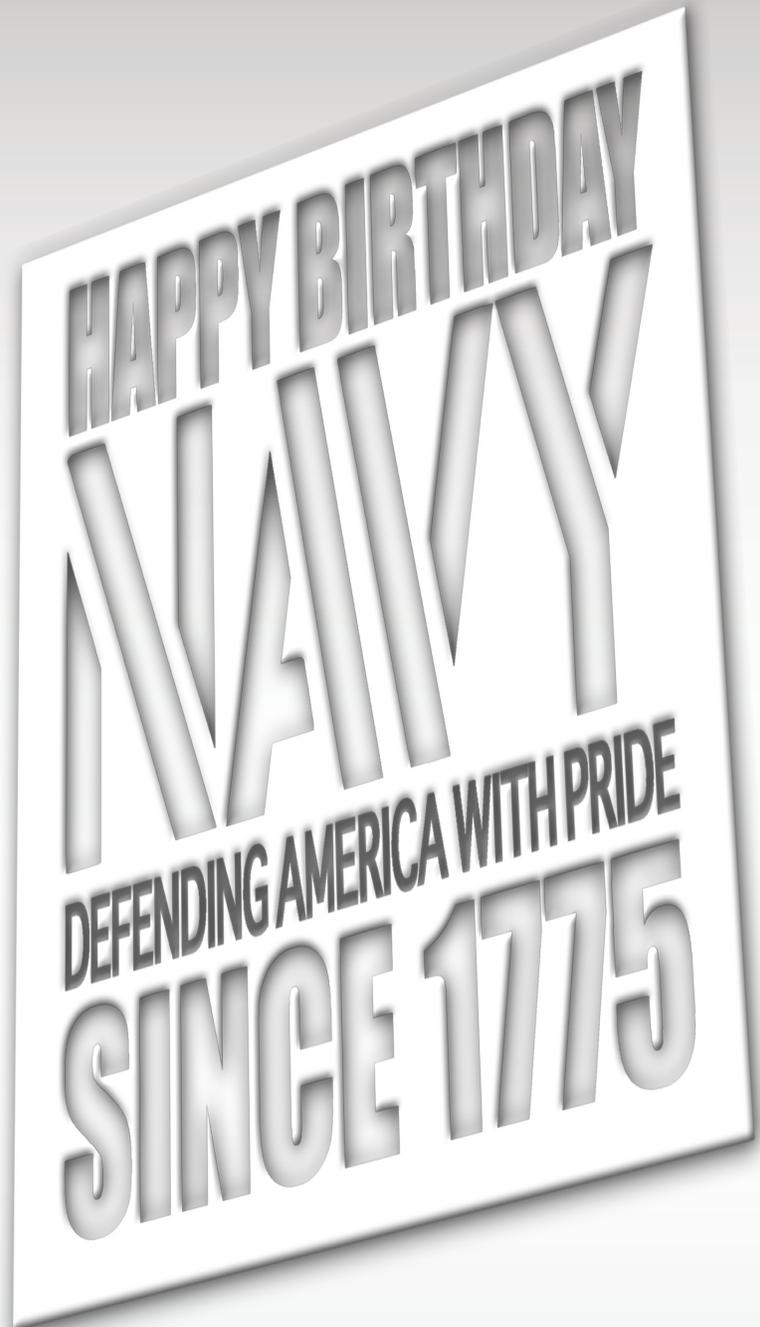
The United States Navy, for 238 years, has been where it matters and when it matters most.

In the words of our Commander in Chief, President Barack Obama:

Our Sailors have performed brilliantly in every mission given to them - from Coral Sea to Midway to Guadalcanal; from Iwo Jima to Inchon; from the Mekong Delta and Desert Storm to Baghdad and Kabul. They continue to answer our Nation's call as a global force for good, safeguarding vast oceans, bringing justice to terrorists around the world, and providing assistance during times of humanitarian crisis. At sea, on land, and in the air, our brave men and women of the United States Navy, like all who wear the uniform of our country, represent what is best about America. We are forever indebted to these selfless heroes.

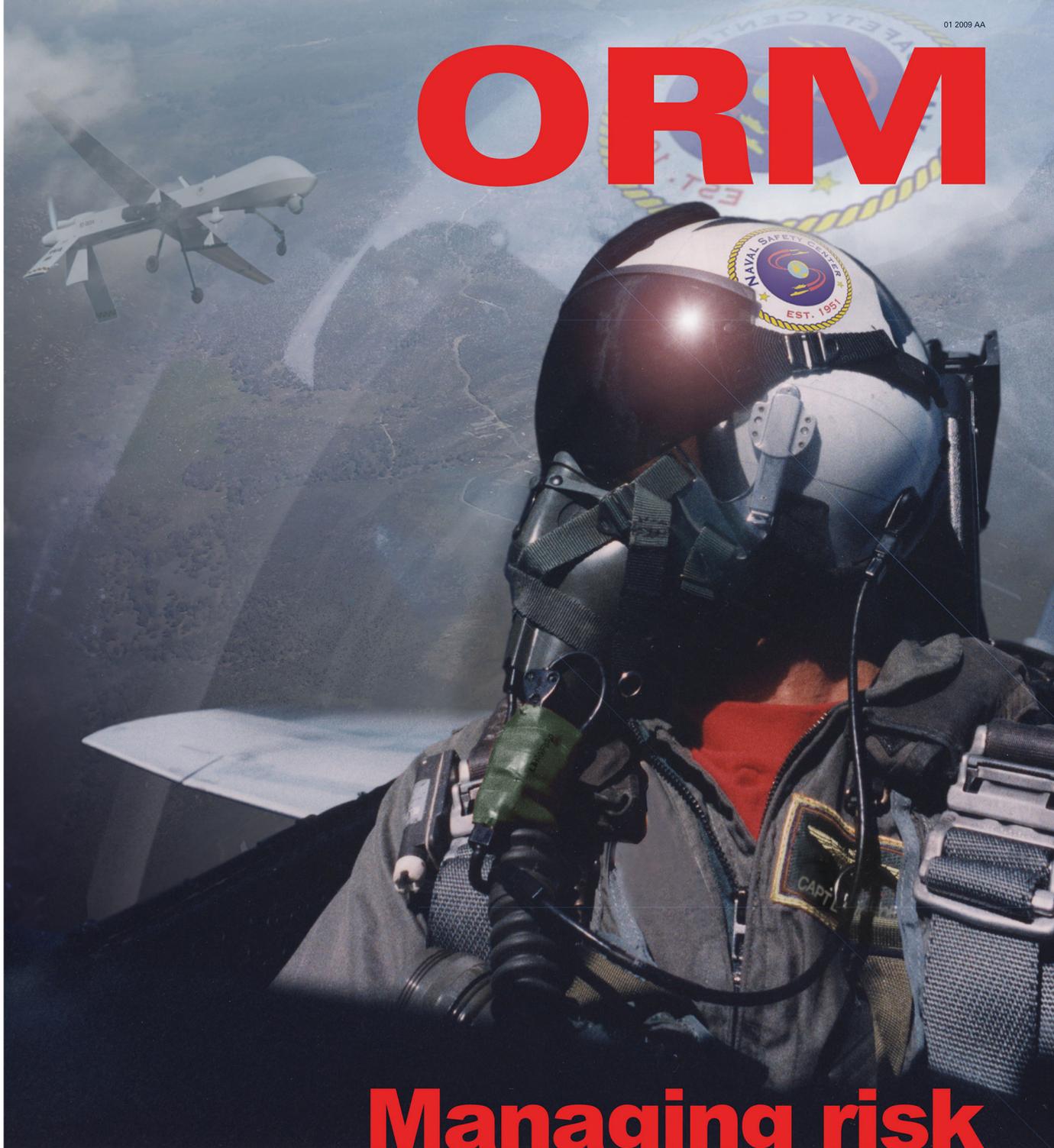
As we start this work week together, I ask that you continue to be there where it matters, when it matters. Reflect on the deeds of those who have gone before you. Our community in particular has a rich heritage that has literally changed the world. With your hard work on tough problems in support of Fleet, Joint, and National commanders, you are writing the history of the Navy for your children and grandchildren to read.

I look forward to sharing and celebrating Our Navy together at the Birthday Ball this Saturday as we explore some of this heritage through the silver screen.



Happy 238th Birthday, Shipmates! I could not be more proud of our NIOC Maryland Sailors, Civilian workforce and our great families. Thanks for what you do. I am honored to be your Shipmate and the Commanding Officer of this great command!

ORM



Managing risk

should be a **continuous** and **developing process** that **pervades** our strategy... it must be **integrated** into our **culture**, our **approach to problem solving** and our **decision making**.

Admiral Michael G. Mullen



Intimate partner violence is a silent epidemic in the United States. Every year, hundreds of thousands of victims are physically, sexually, and emotionally abused and neglected. Domestic violence knows no class, race or geographic bounds.

We encourage everyone in our community to step up with the same courage as domestic violence survivors when they call for help, by increasing the dialogue with community members, organizations, businesses, educational institutions, and political leaders to ensure our military community is answering the call and setting the bar as we do in so many other ways.

Abuse in relationships thrives in a culture of shame and silence, and there are significant costs associated with remaining silent.

In the three minutes it takes you to brush your teeth, five incidents of domestic violence have occurred; in the seven minutes it takes to order coffee, 12; during a 30-minute commute to work, 54; But these aren't just numbers, these are people being pushed, punched, raped, and in some cases murdered, by people they know intimately. And when they pick up the phone to call for help, it is an act of courage.

There are hundreds of thousands of victims who are making the call to seek help, and there are many who never do.

Understand the costs of domestic violence:

Cost to the victims:

- Isolation, control and dependency
- Responsibility, guilt, and shame
- Despair, helplessness, and hopelessness
- Depression, anxiety, and post-traumatic stress disorder
- Death

The Cost to the children:

Emotional

- Shame and guilt
- Confusion and conflicting feelings towards parents
- Fear of abandonment, or expressing emotions, or personal injury
- Depression, feelings of helplessness, and powerlessness

Behavioral

- Acting out or withdrawing
- Refusing to go to school
- Caretaking; acting as a parent substitute
- Lying to avoid confrontation
- Rigid defenses
- Excessive attention seeking
- Bedwetting and nightmares
- Manipulation, dependency, mood swings

Social

- Isolation from friends and relatives
- Stormy relationships
- Difficulty in trusting, especially adults
- Poor anger management and problem solving skills

Passivity with peers and bullying

- Physical complaints, headaches and stomachaches
- Nervous, anxious, short attention span
- Tired or lethargic
- Frequently ill
- Poor personal hygiene
- Return to earlier stages of development
- Self-abuse

The Cost to Society:

- Increased healthcare costs
- Increased incarceration
- Reduced economic productivity
- Work performance

Know the signs of someone who may be suffering from domestic violence:

- Is the person in a relationship in which they have been physically hurt or threatened by their partner?
- Has their partner ever hurt their pets, destroyed their clothing, objects in their home, or something special to them?
- Has their partner ever threatened or abused their children?
- Has their partner forced them to have sex when they did not want to or forced them to engage in sex that makes them feel uncomfortable?
- Have they expressed being fearful of their partner?
- Has their partner ever prevented them from leaving the house, seeing friends, getting a job, or continuing their education?
- Does their partner constantly criticize them and call them names?

Know your resources:

- Fleet and Family Support Center
POC: Frances Bell
DAVA program coordinator
301-677-9134
- Military healthcare providers
- Base chaplain
- Base security
- Military chain of command
- Military One Source
1-800-342-9647
www.militaryonesource.com
- National Domestic Violence Hotline
1-800-799-SAFE
www.thehotline.org

Fort Meade Opens New Fleet and Family Support Center



By Mass Communication Specialist 2nd Class David R. Finley Jr.

The Fort George G. Meade community celebrated the grand opening of the post's new Fleet and Family Support Center (FFSC) Nov. 22.

The ceremony featured a ribbon cutting and an open house to welcome Sailors and their families to the new facility.

"This building is a symbol of the commitment the U.S. Navy has to our families, said Vice Adm. Michael S. Rogers, Commander, U.S. Fleet Cyber Command and Commander, U.S. Tenth Fleet, which are located at FT Meade. "A commitment we as an organization can never lose sight of."

Capt. Donald E. Elam, commanding officer Navy Information Operations Command Maryland, Fort Meade's Navy command with the largest number of personnel on post, added, "Today is a point of triumph for the Navy family here at Fort Meade."

"This facility gives the FFSC the ability to do their jobs more efficiently," Elam went on to say.

Rogers and Elam were on hand to cut the ribbon along with Army Col. Brain P. Foley, Fort Meade garrison commander, and Joyette Weber, Fort Meade's FFSC director.

"This move gives my staff the office space and classrooms to better serve our Sailors," said Weber. "The open house is about raising awareness for our new location and letting people know we are here for them."

The FFSC offers clinical counseling, deployment services, financial management and a variety of other services for Sailors and their family members in the Fort Meade area.

Weber encourages Sailors and their family members to stop by the new FFSC and explore the available programs.

"Our goal is to maintain mission, Sailor and family readiness," said Weber. "We are here to help build resiliency and keep Sailors and their families ready to deploy."

Rogers acknowledged the FFSC staff members' dedication and reminded everyone of the importance of family.

"In the end, it is the family that powers you," said Rogers. "I am only standing here today, serving after 32 years, because I have been blessed to be part of a great family."

For more news from Commander, U.S. Fleet Cyber Command/U.S. 10th Fleet, visit www.navy.mil/local/FCCC10F/ or www.fcc.navy.mil.



CONGRATULATIONS

First Class

Reesha Alexander
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Shawn McWhirter
Enrique Nusi
Cheyenne Patty
Richard Rickel
Steven Riggs
Herson Rivera
Paul Rusch
Gustavo Sanchez
Matthew Seefeldt
Ryan Thomason
Leann Upton
Christopher Whiskin

Second Class

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Clint Andrews
Brandi Arendes
Christopher Bailey
Kristopher Balfour
India Ballinger
Gary Basham
Charles Batts
Marvin Bonneville
Eric Bosen
Jennifer Bossa
Jergephilippe Bretous
John Burress
Timothy Byrd
Kari Cloud
Zachary Coker
Brian Colitsas
Jacob Cook
Amrik Crow
Vincent Crusan
Nicholas Culver
Yonaira Deliz-Malave
Carleen Drudi
Joseph Foote
Joseph Gates
Joshua Gober
Audrrie Gomez
Brent Gray
April Greenway
Matthew Hammond
Nathan Haney

Second Class

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Joshua Havlik
Yonah Heiland
Priscillamar Hendersonstarr
Michael Himel
Tasha Ivey
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Joseph Jesolva
Jason Johnson
Meredith Johnson
Jessica Jolly-Ricouard
Kevin Jordan
Matthew Kendall
Kathryn Kilpatrick
Kevin Klaff
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Gabriel Martinez
Christopher McMillan
Steven Medel
Mario Medina
Carmen Morris
Richard Morris
William Noble
Alyssa Papaleo
Jeremy Parrish



ONS SHIPMATES!

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Nicholas Pellant
Forrest Perez
Jacob Potelle
Phillip Primmer
Wayne Ricouard
Nathaniel Riggs
Hannah Roberson
Kevin Roberts
Della Robinson
Jose Rosales
Andrew Rowland
Eric Schroyer
Andrew Severini
Loreal Short
Gabriel Stecker
Erika Steele
Timothy Taylor
Dain Thomson
Gerald Tolentino
Matthew Trevathan
Tamesha Turner
Ryan Vaughn
Benjamin Wartenbach
Brittany Washington
Christopher Whempner
Wilson
Matthias Zahn
April Zellmar

Third Class

Brianna Baringer
Adam Bischetsrieder
Krivtyn Bleth
Jordan Buckner
Ivana Campbell
Dashon Foye
Jamielyn Futia
Gregory Harrison
Jesse Humber
Brett Jolly
Taylor Keller
Andrew King
Zachary Martishius
James McDonald
David Mazzone
Aelann Mead
Rachel Minchoff
Richard Morris

Third Class

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Richard Parrott
Steven Peer
Patrick Pitkin
Zackery Redleski
Tyler Robinson
Joseph Salcido
Sean Sanborn
Diamond Sanders
Joseph Schaeffer
Zamar Shaw
Eric Shriver
Shannon Spencer
Scotty Truett
Tyler Walker
Shannon Whitsel



Navy defeats Army in Fort Meade's annual flag football game

By Mass Communication Specialist 2nd Class David R. Finley Jr.

Sailors and Marines, stationed at Fort Meade, took home bragging rights over the Army in the post's 14th annual Army-Navy flag football game Dec. 5 held at Mullins Field.

Navy defeated Army 33-8 as Army failed to keep pace with Navy's high powered offense in Fort Meade's version of the historic college football rivalry between the two military academies.

"It was an awesome game," said Capt. Donald E. Elam, commanding officer of Navy Information Operations Command Maryland. "I am very proud of the way the Navy team played tonight."

Navy's victory snaps Army's four-game win streak at Fort Meade.

"We played with a lot intensity out there," said Chief Warrant Officer 2 J.T. Palilla, Navy coach. "Ultimately, I feel teamwork was the key to our victory."

Palilla went on to say, "Joining forces with the Marine Corps, we proved service members can come together and complete any mission."

The friendly rivalry coincides with Saturday's Army vs. Navy college football game held in Philadelphia.

"No matter what is going on in the military, this game always gives us something to look forward to each year," said Palilla.



Chief Warrant Officer 2 J.T. Palilla, Navy coach, and his team celebrate during the Navy's 33-8 victory over Army in the post's 14th annual Army-Navy flag football game. The game serves as Fort Meade's version of the historic college football rivalry between the two military academies. (U.S. Navy photo by Mass Communication Specialist 2nd Class David R. Finley Jr./Released)





NIOC Maryland Annual



Holiday Party



Photos By Mass Communication Specialist 3rd Class Matthew Jordan



Santa Claus Visits Fort Meade Early



By Petty Officer 2nd Class Joseph Scarberry

Children of Sailors stationed at Navy Operations Intelligence Command (NIOC) Maryland met with St. Nick in mid-December this year for photographs and gifts. The First Class Petty Officer's Association (FCPOA), in conjunction with the local Fleet and Family Service Center (FFSC) and ombudsmen pulled together resources to bring Santa Claus to Fort Meade early.

Petty Officer First Class Heather Burns coordinated the multi-organizational efforts, starting in early November.

"I really enjoyed working on the party last year, and the opportunity to be involved with this year's party came up again, so I stepped up," Burns said.

Burns brought together efforts between the FFSC, Command Choir, ombudsmen, and five volunteers from the FCPOA.

"There was a lot of command involvement in preparation for the event," Burns said. "Everyone pitched in and thanks to them, the children had a great time at the party."

The party took approximately 45 days to plan and up to 60 children were expected to attend, although nearly 80 children. Despite this, the Planning Committee was prepared.

"The gifts were donated by the FFSC and the FCPOA raised money throughout the year," Burns said. "We used the funds for arts and crafts, food, and snacks for the party."

St. Nick was the main attraction to the party, but families present were able to snack on pizza, cookies, and cupcakes. Children, with their parents, were able to design Christmas ornaments and decorate candy canes.

"We were able to bring Sailors together with their friends and families," Burns said. "I really enjoyed seeing everyone working together to make this party a huge success."



LANCASTER PENNSYLVANIA

I had been to Lancaster, PA before. My wife and three kids stayed in a quiet bed and breakfast and primarily toured the Amish country, the distinct country-style restaurants, and we mixed in a trip to the Dutch Wonderland amusement park. It was great.

When my wife caught wind of a holiday shopping trip to Lancaster that was sponsored by the command Chaplain's office, I was intrigued. My impression was that the trip would be centered around holiday shopping. While I did have some shopping to do for my wife, she made it clear that clothes were out, since she was eight months pregnant. That made outlet mall-shopping a difficult proposition. Still, I signed us up. My wife told me that last year's event sold out in less than a day, so there were probably some details about this trip that I was missing. It turned out there were.

We met up on the morning of Dec. 20 at Club Meade, filling the bus and leaving shortly thereafter. It was a pretty quick ride. I was pleasantly surprised by the snow on the ground. We arrived at the first mall at around lunchtime and were given about an hour-and-a-half to shop and eat lunch. Most people got on the bus with bags in hand and we set course for our next mall about five minutes away. Both outlet malls were pretty basic. The highlight of the second mall was the mini-donut stand, which my family revisited moments after finishing our first round.

A Christmas play was next on the agenda. The bus brought us to a place called the "Sight and Sound Theater." On the outside, it certainly looked first rate. We all gathered up for a group photo before going inside. The place was decked out in beautiful Christmas decorations and it smelled of roasted pecans, which not too many of our group were able to resist. The Sight and Sound Theater specializes in putting on bible story performances, and this one was to be about the Nativity.

The production was jaw-droppingly good! The set design was panoramic and featured Broadway-caliber special effects and included horses,

llamas, camels and parrots. The singers too were top notch. My wife and I looked over at each, across our kids, with eyes wide open with looks of disbelief on our faces.

PO2 (IDW) Ioana Popa, the only person I recognized from N3 department, must have noticed the sheer wonder in my eye, because she came over to me afterward and told me the Christmas show was nothing compared to the theater's Jonah show.

Since she was by herself for the trip, Popa took on a leadership role of sorts, announcing the details for the next activity, periodically taking roll call, and switching out the Tim Allen Santa Claus movies on the bus.

"I did it last year and I just had such a blast," Popa said of the trip. "I like the feeling of community and helping out, and just making sure that everybody has a good time. Even in my old command – I was in the MWR. I just love doing that kind of stuff."

The fun wasn't over after the show. We got back on the bus and headed over to possibly the only country style restaurant that my family and I missed on our first Lancaster trip: Plain and Fancy Farm. We had about six long tables reserved for our group, and they just started bring out food: fried chicken, roast beef, chicken pot pie, butter noodles, sausage, vegetables, pie, cake, and ice cream. We definitely got our fill. We were even able to take home some raisin bread with icing. By this time my wife was requesting that we move to Lancaster.

Lt. Cmdr. Phillip Ridley, Command Chaplain, shared his thoughts on the day with me shortly after dinner. "It was a great day," Ridley said. "(The show) was a nice message, a Christmas message. But I just think the camaraderie of the whole day: getting to shop, meet new people, the fellowshiping with the dinner, it was just a great day. And it does make me feel good that we can do stuff like this that is not Navy-related, no hidden agendas, just a good, fun time."

LANCASTER: A FAMILY'S EXPERIENCE

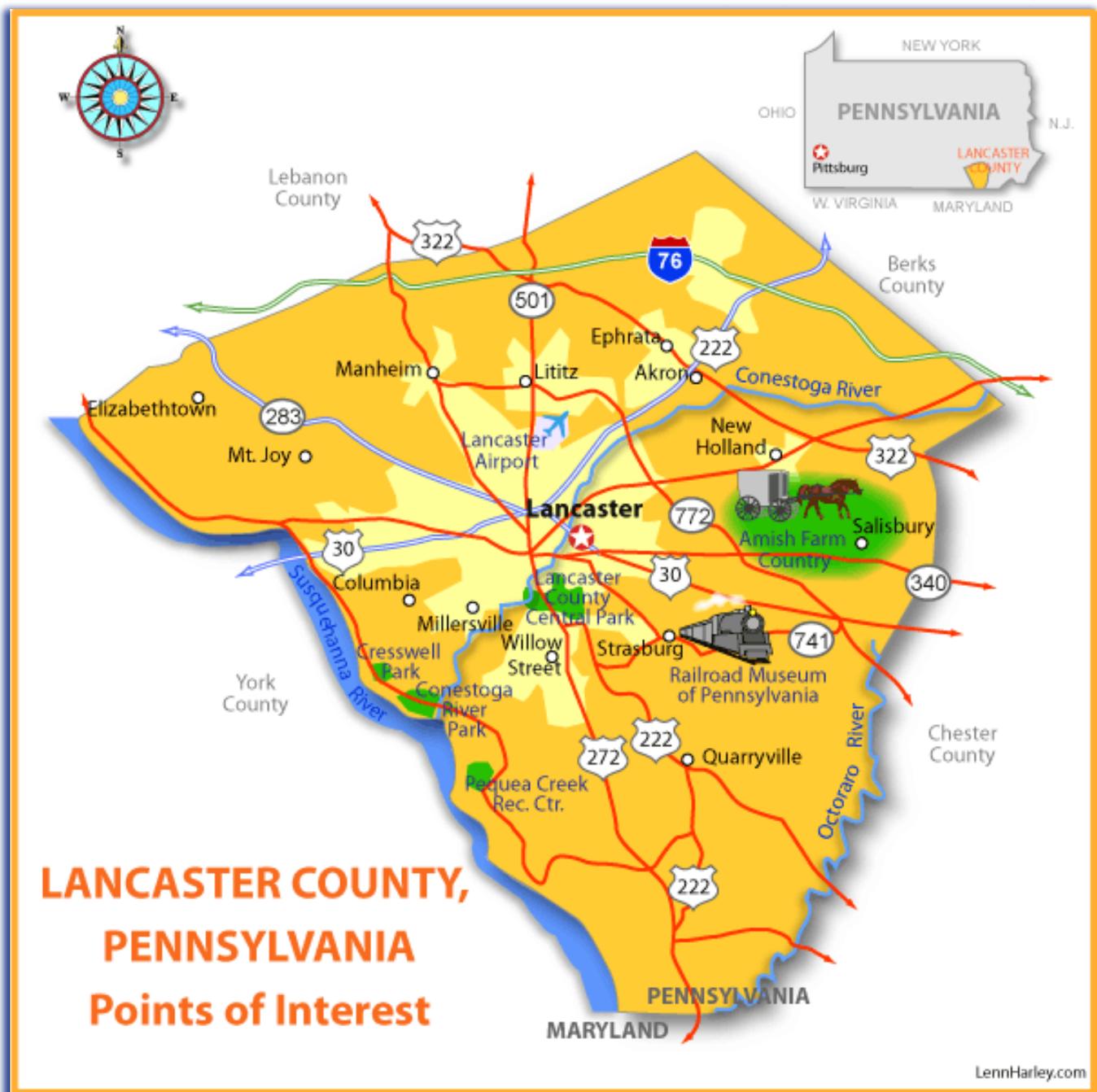
The camaraderie hit home with Popa too.

"Especially for me, being single, it gives you an opportunity to feel happy and part of something. It's awesome," she said.

My wife suggested that we not sign up for the event next year so that other people might have a chance to participate. I told her I would think about it...

A relatively small city of 7 square miles and 60,000 residents, Lancaster City is located within driving distance of Washington DC, Baltimore, Philadelphia, New York, Delaware beaches and the Jersey shore.

By Petty Officer 1st Class Tim Wightman





SAILOR IN THE SPOTLIGHT

Seaman Nina Modelski

By Petty Officer 2nd Class Joseph Scarberry



What do you do in your spare time?

My favorite past time is coming up with new past times. Recently, I started rock climbing, but I'm quitting that so I have time to join the Society of Creative Anachronism. I also grew up in the Fort Meade area, so I enjoy showing others the areas that I like hiking in. I also like to draw and paint, and I enjoy reading fantasy, science fiction, and historical books.

Why did you join the Navy?

I went to school for a while and I ran out of money. I worked a lot of full time jobs and I didn't like the cutthroat atmosphere of the corporate sector. After floating around from job-to-job for a few years after I graduated high school, I decided to join the Navy because my dad was prior service and he always wanted either me or my twin brother to enlist, so I stepped up. I joined the Navy because I wanted a greater sense of camaraderie. I spent a year in the DEP program, but it was well worth the wait.

How did your family react to your decision?

My dad was ecstatic, because he had previously served in the Army. He told me that I now have 5 more "cool points" than my brother. My mom was terrified, but I told her I was going to be a linguist and that seemed to help assure her that I was going to be ok.

Why did you want to be a linguist?

I loved learning French in high school, and I spent time learning Japanese on and off over several years during and after high school by watching movies. I was considering the Army's Psychological Warfare program, but I ultimately chose Navy Linguist because I lost interest in the Army's program.

What language did you train for through the Navy?

Over the last year, I learned Russian in Monterey, Calif. I like that it is a beautifully written language and I really enjoy reading it. I picked Russian because I knew I would ultimately end up back in Fort Meade where I grew up.

What are your future goals for the Navy?

I really want to learn more about my job and to excel at it. I am working towards my EIDWS pin, an Associate's Degree in the Russian Language. After my AA degree, I want to earn a Bachelor's Degree in Psychology. I am also interested in finding a way to spend some time at sea on a ship.

Now that I am the assistant volunteer coordinator for N5, I look forward to networking our service members with some of my favorite places to volunteer in the Fort Meade area.

After a year and a half of schooling, I am finally glad I am at my first permanent duty station so I can start paying back the Navy for all of the training I've received.