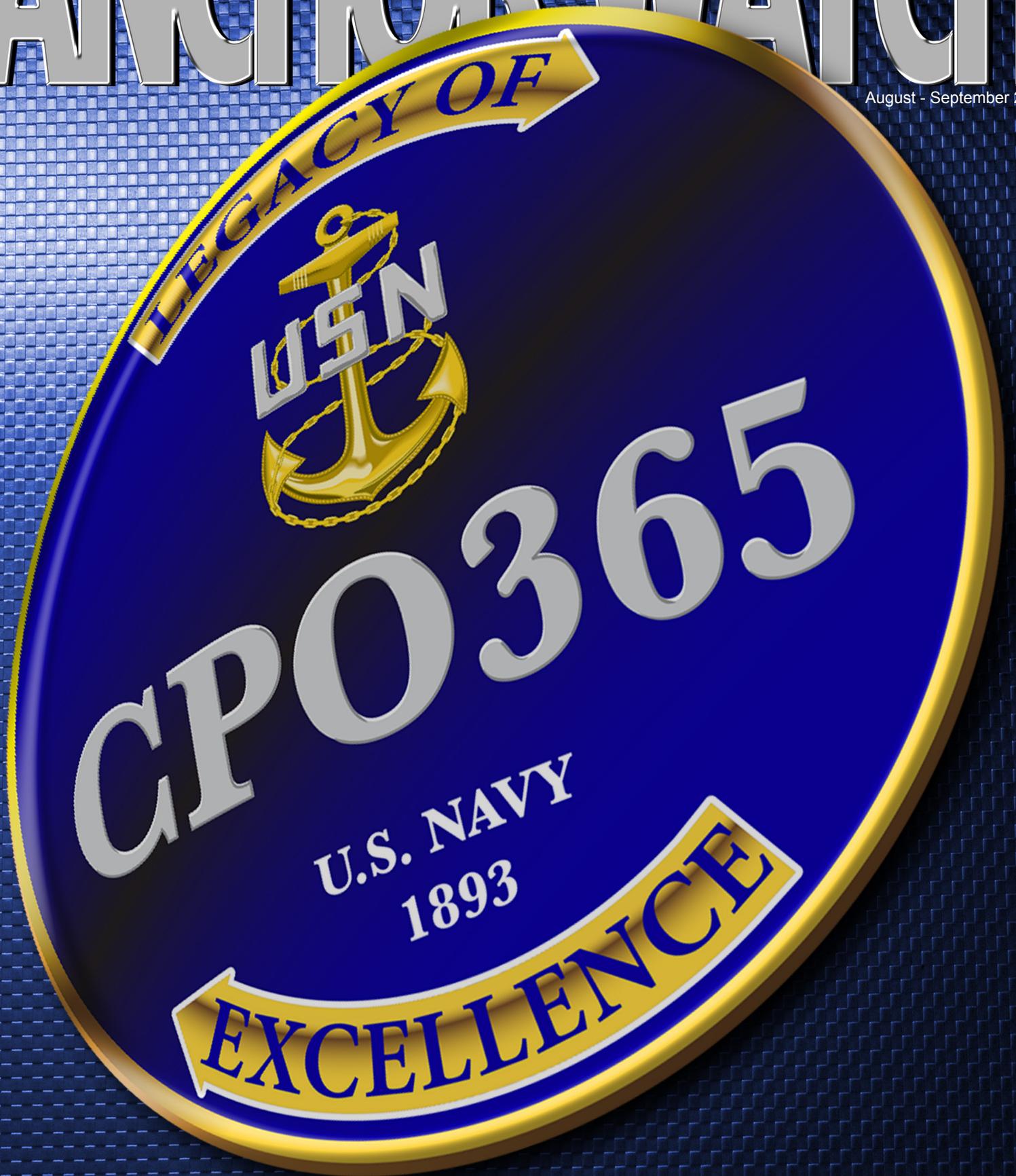


ANCHOR WATCH

August - September 2013



LEGACY OF



CPO 365

U.S. NAVY
1893

EXCELLENCE

“SHIPMATE”

SHIPMATE is a term with inherent connotations of teamwork, camaraderie and belonging:
It embodies duty, honor, courage, commitment and excellence.
‘SHIPMATE’ exclaims the spirited commonality of all Sailors:
One Team! One Fight!
It illustrates hardships shared, victories won.
‘SHIPMATE’ defines common purpose:
ships seas, defense of freedom.
It carries echoes of war, heroes and the fallen.
‘SHIPMATE’ is a fire-harden:
selflessly earned the title that boasts,
“I am a United States Sailor!”

- Chief Aviation Technician (AW) Todd Brown

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ANCHOR WATCH
In its 39th year of production
August - September 2013
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Phone: 301-677-0860 FAX: 301-677-0399.
Story ideas are also accepted electronically at niocmdpao@me.com

COMMANDING OFFICER’S PHILOSOPHY FOR NAVY INFORMATION OPERATIONS COMMAND MARYLAND

26 July 2013



MISSION: To conduct cyber and information operations and provide cryptologic and related capability to fleet, joint and national commanders as well as support to all Department of the Navy members assigned to Fort Meade.

VISION: NIOC Maryland will be the Information Dominance Corps’ Flagship. We will achieve this through EXCELLENCE, COMMUNICATION and TEAMWORK.

EXCELLENCE

- Perform every task to the best of your ability.
- Don’t be satisfied with mediocrity. Always seek to improve yourself, your mission, and your Shipmates.
- Seize the initiative. Be proactive. Take prudent risk where necessary. Have the moral courage to do the right thing, every time.
- Be good stewards of the resources entrusted to you.
- Incorporate Navy Core Values into your lives.

COMMUNICATION

- Use open, honest communication at all levels.
- Communicate expectations clearly up and down the chain. When in doubt, ask. If it doesn’t make sense, ask.
- Be professional in your communications; inside and outside the lifelines of the command.
- Communicate problems early so the appropriate resources can be brought to bear. Likewise, communicate good news in a timely fashion so recognition can be provided.
- The entire chain of command here is accessible to you.

TEAMWORK

- Work together. Effective teams reach greater heights.
- Treat each other with dignity and respect at all times.
- Look after your Shipmates. Intervene when necessary. I say again, intervene when necessary.
- Your family is part of our team. Set aside time for them and yourself so you can always be at your best.
- Be enthusiastic! Enjoy what you do! Maintain a positive attitude!

Captain Elam's Remarks to FY-14 Chief Petty Officers



To the newest Chief Petty Officers in the United States Navy and their families, I offer my sincerest congratulations. I also ask for your forgiveness that I could not be there today; my professional duties required me to be in Millington this week. I am deeply proud of each of you and wish I could be there to celebrate the most significant accomplishment of your careers.

At the beginning of this journey, I told you that you would be challenged in ways you never imagined. I also told you there would be purpose behind every task. Hopefully you see that now, even through all the fatigue. You were first made humble and then you were made strong, two required traits of a Chief Petty Officer.

For each of you, the work has only just begun. As you don the Anchors of a Chief Petty Officer, you will not only

look different, you are different. People will look at you in a totally different way. And I have a totally different set of expectations for you now.

As Chiefs, it is now required that you be the fountain of wisdom, the ambassador of good will, the authority in personal relations as well as in technical applications. I expect you to make a positive difference in this command and in the lives of your Sailors. I expect you to lead these great Sailors each and every day. Don't be satisfied with mediocrity; strive for excellence in all you do. As leaders, I expect you to communicate clearly with your Sailors, your fellow Chiefs, and the Wardroom. I expect you to work with all parts of the command to make an effective team. The backbone of this command, of any command, is the Chiefs' Mess. I expect you to make a positive difference from this day forward.

Well, maybe we can wait for tomorrow for that. For now, enjoy the moment. You will never forget it. Laugh and cry. Reflect and celebrate. And then sleep. It has been a tough journey. You are changed. You are stronger. You are better.

Thank you to the families for your patience and support; I know it has been tough on you. Thank you also to the Chiefs' Mess for spending your blood, sweat and tears alongside these new Chiefs to get them to this day; I know it has been worth it.

Let us now get to the pinning and then to celebration and relaxation.

Congratulations on a job well done!



Chief Petty Officer Anthony Addair Jr.
Chief Petty Officer Michelle Albin
Chief Petty Officer Evaly Banks
Chief Petty Officer Takeecha Calloway
Chief Petty Officer Hector Eduardo Chaidez
Chief Petty Officer Amanda Diaz
Chief Petty Officer Joseph Delbo
Chief Petty Officer Christian Dencklau
Chief Petty Officer Ryan Earle
Chief Petty Officer John Furey
Chief Petty Officer Katrezia Gadson
Chief Petty Officer Eric Garcia
Chief Petty Officer Anthony Gonzales
Chief Petty Officer Lureatha Harvey
Chief Petty Officer Matthew Heller

Chief Petty Officer Lillie Hernandez
Chief Petty Officer Brandi Johnson-Snowden
Chief Petty Officer Adam Justice
Chief Petty Officer Shaun Lee
Chief Petty Officer Roland Leitner
Chief Petty Officer Chassa Lowman
Chief Petty Officer Megan Lucas
Chief Petty Officer Melissa Lystad
Chief Petty Officer CheVaughn Mack
Chief Petty Officer Carissa Magone
Chief Petty Officer Christopher McGowan
Chief Petty Officer Melissa Messina
Chief Petty Officer Niles Nelson
Chief Petty Officer Jason Noble
Chief Petty Officer Justin Perdun

Chief Petty Officer Jimmy Powell
Chief Petty Officer Jermaine Profit
Chief Petty Officer Ja'lon Rhinehart
Chief Petty Officer William Richards IV
Chief Petty Officer Benjamin Schroeder
Chief Petty Officer Melvin Scott
Chief Petty Officer Jason Sikora
Chief Petty Officer Steve Snider
Chief Petty Officer Venita Thomas
Chief Petty Officer Matthew Traylor
Chief Petty Officer Keia Walker
Chief Petty Officer Kathleen Wideman
Chief Petty Officer Jonathan Willis
Chief Petty Officer Rishard Winters
Chief Petty Officer Jason Ybarra

The ceremony featured active duty and reserve Chief Selects from U.S. Fleet Cyber Command/ U.S. Tenth Fleet (FCC/C10F), Navy Information Operations Command Maryland (NIOC MD), U.S. Cyber Command, Defense Information Systems Agency, Defense Information School, Defense Courier Service Baltimore, and the Joint Communication Integrations Element.

Son of Navy Lt. Commander Receives Treatment at St. Jude



St. Jude Children's Research Hospital

In August 2012, when Elizabeth emailed her husband, Scott, she needed him to respond quickly. Their young son, Aaron, had just been found to suffer from a brain tumor and he needed to undergo brain surgery immediately. Elizabeth's email to Scott was simple: Call me.

When Scott received Elizabeth's email, he was stationed on the USS Enterprise in the middle of the Persian Gulf. A lieutenant commander 04 in the US Navy, Scott had been in the military for 23 years. Being separated from family was routine. But this situation was not.

Scott contacted his commanding officer immediately, and things happened quickly after that. Within 41 hours of learning Aaron had a brain tumor, Scott was at his bedside

in a Virginia hospital. He hadn't seen Aaron for six months. "He was hooked up to tubes and his face was swollen," Scott recalled. "He couldn't walk, he couldn't talk."

But the moment Scott said his name, Aaron opened his eyes.

A biopsy of the tumor revealed it to be a medulloblastoma, a rare brain tumor. Aaron's family turned to St. Jude Children's Research Hospital® for his treatment and care. St. Jude has the largest pediatric brain tumor research program in the country and the world's best survival rates.

Aaron and his family arrived at St. Jude in September 2012. Aaron's treatment included a second brain surgery, 31 rounds of radiation therapy and four rounds of chemotherapy.

Scott and Elizabeth are grateful for everything St. Jude has done for their son. Families never receive a bill from St. Jude for treatment, travel, housing or food – because all a family should worry about is helping their child live.

"Our doctors and nurses are amazing. There is so much love and care here," Scott said. "You can't put the amount of thanks we have for St. Jude into words. It's the very best of the best."

St. Jude Children's Research Hospital participates in the Combined Federal Campaign (CFC) as a member of the Community Health Charities federation.

Source: St. Jude Children's Research Hospital

What it Takes to ASIST

By Mass Communication Specialist Seaman Ivana C. Campbell

For service members, their mental and emotional health is just as important as their physical condition. September is Suicide Prevention Awareness Month, and Sailors from Navy Information Operations Command (NIOC) Maryland are learning effective methods of detecting and preventing suicide through the command Suicide Prevention Program by using Applied Suicide Intervention Skills Training (ASIST).

"The ASIST program is a means of educating people about the warning signs of suicide and how to intervene if necessary," said Chief Petty Officer Ella Salas. "Most people just need someone to talk to, and the ASIST program teaches them how to do it the right way."

The ASIST program is a two-day training workshop that focuses on the preferred methods of handling and caring for someone who may be at the risk of suicide or accepting a person's own internal struggles with suicide and talking with them one-on-one.

"The main goal of the training is to break down the emotional barriers that people tend to use when they are at risk," said Salas. "It allows them to open up a line of communication and makes them more comfortable to talk about their experiences."

For those who desire to become more involved, there are also volunteer opportunities to become a counselor for the program. To become a counselor, Sailors are required to participate in "safeTALK," training that informs people on how to identify

someone with thoughts of suicide and connect them to first aid resources and psychological first aid training in case of emergencies.

Even though a counselor may be well equipped to speak with a person who seeks out assistance, there are still those who find it difficult to come forward with their problems. The ASIST program uses direct interaction with participants to help discuss what someone should do with people who tend to be more conservative.

"There are role-playing opportunities and small group discussions during the training," said Salas. "People tend to understand more with examples and talking about situations where they can apply what they have learned."

The ASIST program occurs monthly and is open for anyone to attend. So far it is only used for NIOC Maryland, but Chief Salas says she would like to see the program become more widespread and hopes that more Sailors become involved and help each other in times of need.

"If everyone takes the time to understand what the signs are for suicide and how to prevent it, then we can slowly start to move forward towards a military without suicide risk," said Salas.

For more information about ASIST, contact the NIOC Maryland Suicide Prevention Coordinator, Chief Petty Officer Salas at: 240-373-5969 or 706-399-6831.





Paying Tribute to the Heroes of the Past

By Mass Communication Specialist Seaman Ivana C. Campbell

At the crowded gates of Baltimore Washington International Airport, bystanders stare as hundreds of active duty, along with civilians and service dogs, waited by the entryways. A mix of services, enlisted and officers, were lined up side by side on opposite sides of the door, creating a path that extended down the hall. As the doors opened, veterans from World War II and the Korean War were greeted with an uproar of cheers and applause. They were there to honor America's living history.

On September 28th Sailors from Navy Information Operations Command (NIOC) Maryland were joined by service members from around the area to greet and escort the veterans into the airport in an event organized by the Honor Flight Network. The Honor Flight Network is a nonprofit organization that aids in the transportation of disabled and terminally ill veterans to their respective war memorials in Washington D.C.

As the veterans made their way down the line of greeters, there seemed to be a wide range of emotions being expressed from them. Some were bound to wheelchairs while others insisted on walking down the line by themselves, shaking hands and tearing up as they told their stories. For Sailors of NIOC Maryland, it was an equally enjoyable experience.

"It was really great to see the veterans' reactions as they got off the plane," said 3rd Class Petty Officer Shaquan Sullivan. "The gratitude that they showed us was well worth waking up early on a Saturday."

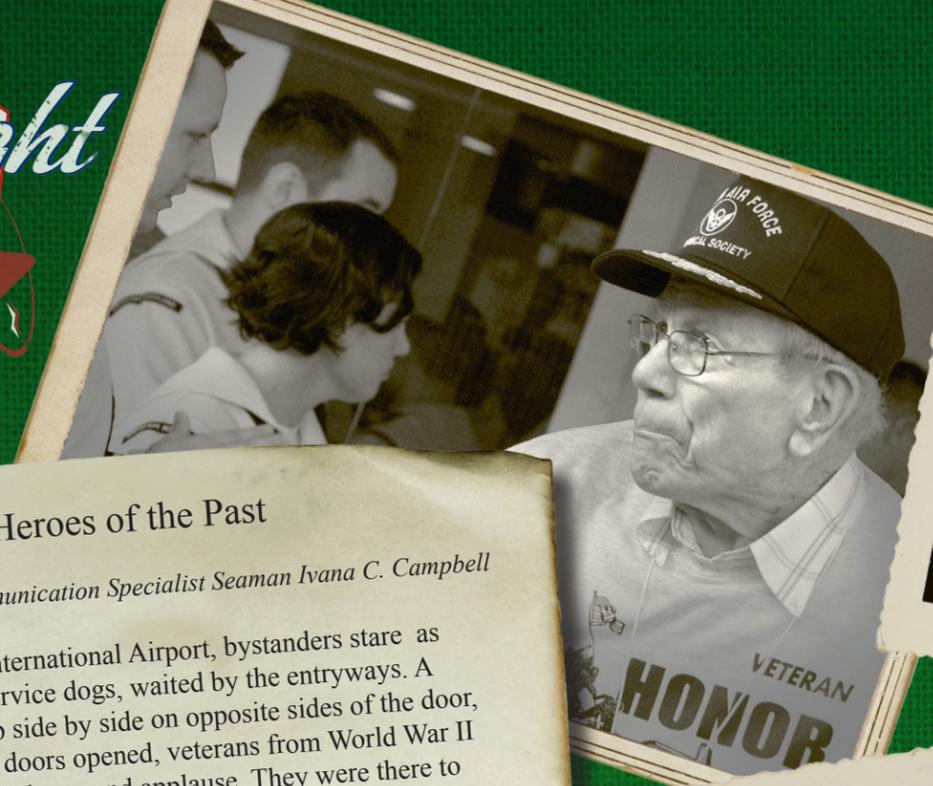
"I'm glad that I got to talk to some of them," said 3rd Class Petty Officer Kelly Bumgarner. "It was really inspirational to hear what they had to say."

After moving down the line, the veterans were escorted out of the airport and onto the buses. The morning concluded with a rendered salute sendoff from the service members to the buses as they departed.

"It was nice to see such a huge turnout," said NIOC Maryland Honor Flight Coordinator, Petty Officer First Class Matthew Maki. "Times like these make me proud to be a part of this program."

As more war veterans are disappearing every day, they leave behind a legacy and message for the future: Protect what's important. Now it's up to the next generation of military veterans to answer the call to arms and continue to protect the freedom that came with the sacrifices of their predecessors.

For more information on the Honor Flight Network, visit www.honorflight.org



Service Dogs Aid with Comfort at Washington Navy Yard

Story Number: NNS130926-06Release Date: 9/26/2013 10:56:00 AM
By Patrick Gordon, Naval District Washington Public Affairs

In the aftermath of the Washington Navy Yard (WNY) shootings Sept. 16, many organizations have stepped up to give comfort and support to personnel.

The Red Cross, Emergency Family Assistance Center and chaplains have all provided their assistance to counsel and help those who need it. Help is also being provided by a cadre of four-legged emergency workers, as well.

Since Sept. 18, volunteers and their dogs from the Hope Animal-Assisted Crisis Response (HOPE AACR) have been offering WNY personnel the opportunity to meet, pet and play with friendly dogs.

HOPE AACR is an all-volunteer, national nonprofit organization that provides comfort and encouragement through animal-assisted support to individuals affected by crisis and disaster. Teams consist of a handler and their dog, both trained to respond to intense emotional and environmental situations.

"HOPE comfort dogs provide a specialized skill set during recovery that is unique and very simple to explain - they provide an unqualified and appropriate opportunity to smile," said Amy Rideout, a member of HOPE AACR's board of directors. "So much of what we do and say during the recovery process is about significant loss and the serious business of getting the organization back to mission-ready status. The presence of a comfort dog provides an opportunity to unplug from all that and take a deep breath. These simple interactions show the survivors and emergency response personnel that they have support and that someone cares - this enables us to build hope and resilience."

The comfort dogs that perform these services train for predictable situations that the dogs may encounter, such as therapy visits at hospitals and nursing homes, as well as more unpredictable situations, such as evacuation centers and disaster sites where sounds, smells, and actions may provide a more hectic and stressful surrounding.

"The thing that makes us different is that we train above and beyond for certain situations," said Janet Velenovsky, HOPE AACR Eastern U.S. regional director. "Our dogs are required to go through about a year's worth of work at the local level. Then, if they meet certain requirements regarding aptitude and personality, they go through a three-day certification workshop where they receive comprehensive training in animal-assisted crisis response."

The animal-assisted crisis response training is for both the dog and its owner, and includes crisis communication skills, stress management, crisis response protocols, canine behavior and welfare, and field training with emergency responders. In addition, crisis response teams desensitize their dogs to common stimuli they may encounter at an emergency scene. This ensures the dogs will stay calm and attentive during high-stress situations.

"In our certification process, we work with mental health professionals as well as dog training and management professionals," said Ned Polan, HOPE AACR volunteer.

"In addition, the people skills that we learn in the certification course are very crisis-specific. We learn what to say and what not to say, and how to interact with people who are going through a crisis situation. Most of the time, it's just listening."

Polan explained that he and his golden retriever, Brinkley, went through an active fire station as part of their certification process as well as an airport.

"At the fire department they made all kinds of noises, they had saws that they ran, the firefighters were wearing all of their gear with all the smokey smells, they were banging hammers, running sirens - all the things you could expect during an emergency," said Polan. "We also went to Bradley Airport in Connecticut and went through the screening process and got on a plane to get used to all of that."

Shortly after the WNY shootings, HOPE AACR volunteers from around the country began wondering how they could help. Rideout immediately contacted support services in Naval District Washington (NDW) to see how and where they could do the most good.

"HOPE was able to support the WNY response because Robert Klebahn, NDW regional Fleet and Family Support Center (FFSC) manager, was able to recognize the value that HOPE Teams can provide and the professionalism with which we serve," said Rideout. "I contacted him as soon as I understood the scale of what had happened at the Navy Yard. He quickly put me in contact with someone on the SPRINT [Special Psychiatric Rapid Intervention Team], and I was on deck in two hours to support their efforts."

Since their arrival, the dogs have been a welcome sight for many around WNY and have left a lasting impact on those they've met.

"I think they're wonderful; I can say personally that dog I pet put a smile on my face," said Lori Knell, program analyst with Commander, Navy Installations Command housing. "It's such a great thing that they do, and such a morale booster. I wish they were here all the time."

As a reminder, the Emergency Family Assistance Center (EFAC) continues to provide services to those affected by the shooting - military, civilians, contractors, and their families - at Joint Base Anacostia-Bolling (JBAB) and the Washington Navy Yard (WNY). Call 1-855-677-1755 for more information.

For more information on events in Naval District Washington, visit www.facebook.com/NavDistWash and www.navy.mil/local/ndw/.

Care Continues for Navy Yard Victims

Story Number: NNS131001-06Release Date: 10/1/2013 9:02:00 PM
By Commander, Naval Installations Command

Sea Systems Command] has been incredible in letting their employees know it is okay to seek help."

The Emergency Family Assistance Center (EFAC) at Joint Base Anacostia-Bolling and the Washington Navy Yard will continue assisting victims, workers and families with issues related to the shooting and can be reached for 24/7 care at 1-855-677-1755.

"The EAP (Employee Assistance Program) never goes away. We can provide individual or group counseling," explained Kathleen Berman, senior operations manager for FOHEAP Crisis Team. "We provide sustained and continued support whenever and wherever the need."

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.>
For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.

The Federal Occupations Health and Employee Assistance Program (FOHEAP) will continue to provide support to personnel affected by the shooting at the Washington Navy Yard (WNY) as the Special Psychiatric Rapid Intervention Teams (SPRINT) return to Portsmouth, Va. Oct. 3, 2013.

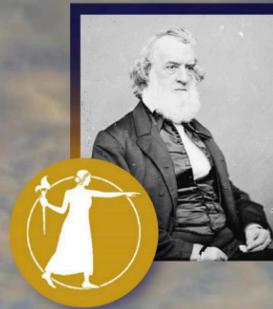
The SPRINT teams, made up of psychologists, chaplains, corpsmen and religious program specialists, comprise an immediate crisis response team who has had more than 9,000 interactions with uniformed and civilian employees from the WNY since the shooting incident Sept. 16. Interactions ranged from phone calls to group counseling for Navy Yard employees and families seeking support.

"Grief, displaced anger, these are all pretty normal responses to this situation," explained SPRINT team member U.S. Public Health Services, Cmdr. Ingrid Pauli. "The leadership at NAVSEA [Naval

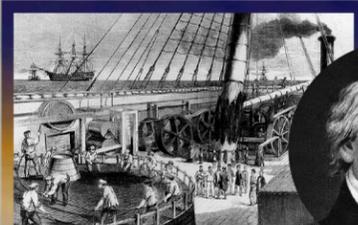




October 29, 1814
The first American steam powered warship, the catamaran steam frigate, was launched at New York City. The ship, designed by Robert Fulton, made successful trial runs in the summer of 1815 and she was delivered to the Navy in June 1816 and placed in ordinary at the Brooklyn Navy Yard.



February 1863
The Navy Department formed an advisory agency for the testing of new weapons, Secretary of the Navy Gideon Welles established the Permanent Commission, made up of Joseph Henry, Superintendent of the Coastal Survey Alexander Bache, and Rear Admiral Charles Henry Davis. On 3 March 1863, Abraham Lincoln signed a similar bill that that created the National Academy of Sciences.



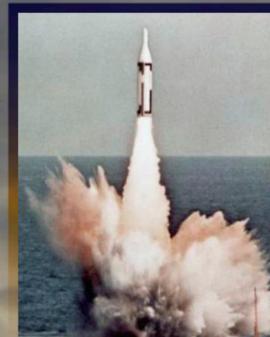
August 16, 1858
Queen Victoria sent a message to President James Buchanan using a transatlantic telegraph cable that had been spliced together in the middle of the Atlantic Ocean and carried to Newfoundland and Ireland by the Navy steam frigate Niagara and HMS Agamemnon, respectively. The cable failed after three weeks, but improvements made possible a successful transatlantic cable in 1866.



October 12, 1900
The Navy commissioned Holland, the first submarine having the power to run submerged for any considerable distance. Privately built by John Phillip Holland, the Navy purchased the boat after rigorous testing and ordered six more of her type.



November 14, 1910
Civilian exhibition stunt pilot Eugene B. Ely made the first take off from a ship when he flew from a wooden platform built onto the bow of the cruiser Birmingham (Cruiser No. 2) as she lay anchored off Old Comfort Point, Hampton Roads, VA. As he left the platform the plane settled slowly and hit the water, but rose again and landed about two and a half miles away on Willoughby Spit.



July 20, 1960
The Polaris missile served as the Navy's first Submarine Launched Ballistic Missile (SLBM) into the 1970's. On this date, George Washington (SSBN 598) successfully launched the first Polaris missile from a submerged submarine.

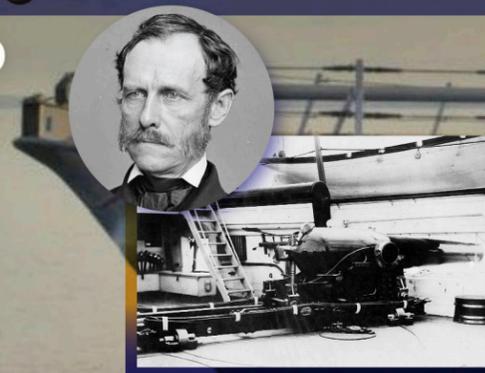


July 31, 1964
Nuclear Task Force 1 consisting of aircraft carrier Enterprise (CVAN-65), guided missile cruiser Long Beach (CGN-9), and guided missile frigate Bainbridge (DLGN-25) began Operation Sea Orbit—a global circumnavigation by the world's first task force composed entirely of nuclear-powered ships. The operation tested the ability of these vessels to maintain high speeds for a long voyage in all types of weather and seas without refueling or replenishing and Enterprise completed the 30,216 nautical mile global voyage without taking on fuel or provisions for 65 days.

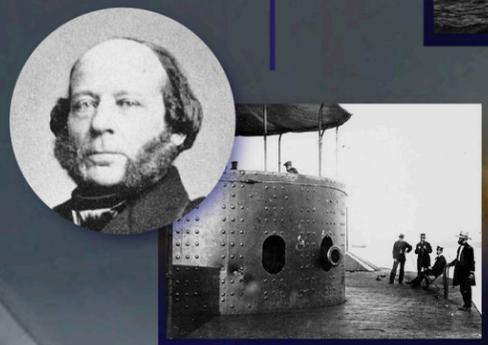


May 8, 1911
Captain Washington I. Chambers prepared requisitions for two Curtiss biplanes that became the Navy's first airplane, Curtiss hydroaeroplane A-1 (AH-1). These requisitions indicated Chambers' decision as to which airplanes the Navy should purchase, so the Navy considers May 8 the official birthday of Naval Aviation.

1800



November 13, 1849
As Lieutenant (later Rear Admiral) John A. Dahlgren test fired a 32-pounder, the gun exploded without warning, nearly killing him. The event inspired him to invent 9-inch and 11-inch guns for shipboard service and, in the process, to institutionalize the Navy's first organization for ordnance research and development, resulting in safer, more reliable weapons.



February 25, 1862
The Monitor became the first ironclad warship commissioned in the U.S. Navy. Swedish engineer John Ericsson's unusual design proved to be well-suited to the Civil War's inshore fighting during her duel with CSS Virginia.

1900



February 22, 1909
The battleships known as the "Great White Fleet" sent by President Theodore Roosevelt on a fourteen-month round-the-world display of America sea power completed their voyage upon reaching Hampton Roads, Virginia. The voyage demonstrated the technological and productive capabilities of the USA and prefaced a more prominent role for the nation in foreign affairs.



September 1953
A prototype of the Sidewinder, the AIM-9A, was first fired successfully as a result of the work of Dr. William Burdette McLean who conceived and developed the heat-seeking Sidewinder air-to-air missile while working as a physicist for the Navy. The initial production version, designated AIM-9B, entered operational use in 1956 and has been improved upon steadily since then, but the Sidewinder AIM-9 remains one of the oldest, least expensive and most successful missiles in the U.S. weapons inventory.



September 30, 1954
The world's first nuclear-powered ship, Nautilus (SSN-571), commissioned at Groton, CT. On 17 January 1955, the submarine reported that she was "underway on nuclear power" and she became the first vessel to reach the geographic North Pole on August 3, 1958.

2000



April 12, 1981
The first space shuttle mission STS-1, orbiter Columbia, launched from John F. Kennedy Space Center, FL. with a Navy crew that consisted of naval aviators Captains John W. Young, USN (Ret), and Robert L. Crippen. Following 36 orbits, Columbia touched down on 14 April at Edwards AFB Calif. On 19 May, President Ronald W. Reagan presented medals to Young and Crippen at the White House.



January 12, 1953
The Navy performed test landings on the attack aircraft carrier Antietam (CVA 36) after she became the United States Navy's first carrier fitted with an angled flight deck in December 1952 to address the problems inherent in landing jet aircraft on carriers. After the innovation proved a success, Forrestal (CV-59) became the first U.S. Navy carrier built with an angled flight deck.



Technological Innovations

www.navy.mil/warfighting



#Warfighting

NIOC Maryland held its Annual Command Picnic at Burba Lake Park on Fort Meade, August 7. Command members enjoyed lunch, dunking FY14 Chief Petty Officer Selectees in the dunkttank, flag football and a dance show put on by the CPO Selectees.

By Mass Communication Specialist Seaman Ivana C. Campbell





SAILOR IN THE SPOTLIGHT

Yeoman Seaman Recruit Samantha M. O'Mara

By Mass Communication Specialist Seaman Ivana C. Campbell

Why did you join the military?

I was torn between going to college and enlisting. I had just graduated from high school and I wasn't sure what I wanted to do, so I had asked all of my friends and family for advice before making my decision. I made the decision to enlist about a week before I was supposed to go to college.

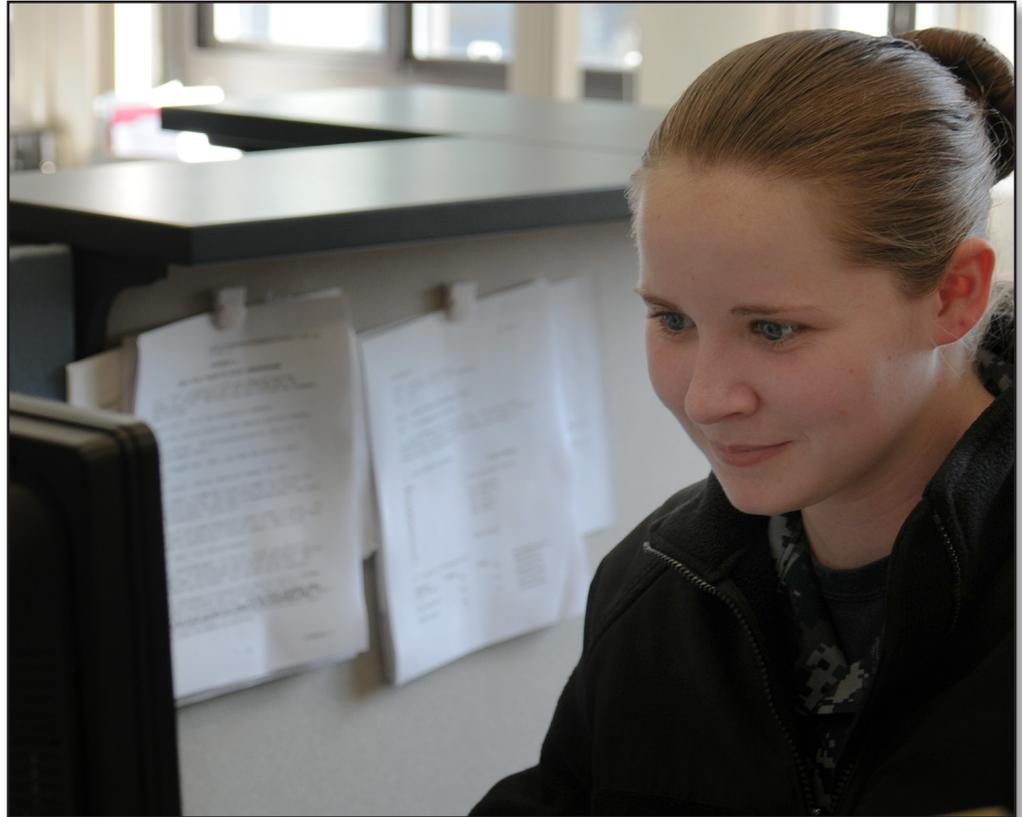
How did your family and friends respond to your decision?

My friends thought I was joking and were surprised when they found out that I had joined the military. My dad was very supportive, but I think my mom was just shocked at the sudden change of heart. My sister was also really happy for me, so it made me feel good to know that I had their support.

Why did you choose the Yeoman rate?

You learn a lot of professionalism and accountability. Our job requires us to know about various Navy regulations and how they need to be filed and applied to a Sailor's record. Things like dependency listings, housing, making sure everyone's pay isn't messed up or checking people in and out of the command is just some of the stuff that we handle.

How do you find answers to the questions people ask that you may not know the answer to?



I usually pull up the instruction or ask one of my co-workers for help, especially YN3 Gomez! (laughs)

What do you enjoy the most about your job?

I like the idea of being someone that people can go to for help when they have a problem or questions. I take pride in the fact that I can have a positive effect on someone else's life. I love the people I work with too. Things like that make me happy to come to work every day.

So, what do you do if you make a mistake on the job?

I try to fix it right away. I like to handle things as professionally as possible, so I never hesitate to try to find the answer by myself or ask someone else for help when I need it.

When you aren't at work, what do you do?

I like to hang out with friends, travel around and work out. I also really like to read. I'm not really into watching T.V.

When you feel homesick, how do you keep in touch with your family and friends?

Groupchat! My friends are able to keep in touch through that or just a phone call every time I get the chance. I usually just call my parents.

What are some of your future goals for the Navy?

I am currently studying to get my Information Dominance Warfare pin for the near future. I am also interested in becoming an officer through the STA-21 program.