

# ANCHOR WATCH



## Inside:

- **Command Master Chief Drenning's final farewell**
- **Holiday Survival Guide**
- **Convert to Thrive: Sailors who crossrate**

## Remembrance: Fallen Shipmates Honored in NIOC Ceremony



Master Chief Petty Officer of the Navy (ret.) Joe Campa was the guest speaker for the Navy Information Operations Command Maryland Hispanic Heritage Month Celebration. National Hispanic Heritage Month celebrates histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.



Staff  
Commanding Officer  
Capt. T.J. White  
Executive Officer  
Cmdr. Rachel Velasco-Lind  
Command Master Chief  
CMDMC(SW/AW) Alicia Barnes  
Public Affairs Officer  
Terrina Weatherspoon  
Managing Editor/Layout and Design  
MC2(SW) Regina Wilken  
Command Photographer  
MC2(SW) Regina Wilken  
MC3 Matthew Jordan

ANCHOR WATCH  
In its 38th year of production  
September/October 2012  
www.niocmd.navy.mil  
The "Anchor Watch" is produced by Navy Information Operations Command Maryland. Opinions are not necessarily those of the Navy Department nor the U.S. Government. We reserve the right to correct, edit and omit material. Photos are official U.S. Navy unless otherwise indicated.  
Story ideas are due the first working day of each month to the Public Affairs Office, Bldg. 9804, Rm. 110, Fort Meade, Md. 20755-5290.  
Phone: 301-677-0860 FAX: 301-677-0399.  
Story ideas are also accepted electronically at regina.wilken@navy.mil

## Veterans honored during Joint Service Make a Difference Day

By MC2 Kiona Miller, Naval District Washington Public Affairs

Military service members gathered at the World War II Memorial in Washington, D.C. to honor veterans during the Joint Service Make a Difference Day volunteer event, Oct. 20.

"Our veterans are a reflection of our service member's future," said Olivia Hunter, Naval District Washington (NDW) Regional Community Service Program coordinator. "I think that the same way that the veterans adore being honored and remembered they too, I'm sure, would like to receive the same type of honor and respect in the future."

Make a Difference Day is a national day of volunteering celebrated annually to promote community service. This year, nearly 200 volunteers greeted World War II veterans from Georgia, Ohio, Florida, New York and Arkansas as part of the Honor Flight Network program.

"Honor Flight is an organization that caters to all veterans and they actually provide transportation throughout the various states to come to D.C. and to tour the WWII memorial," said Hunter. "This is the largest Honor Flight this year and that is one of the reasons we decided to do this Honor Flight for Make a Difference Day."

Volunteers from each branch of service not only welcomed each veteran with cheers, handshakes and personal expressions of gratitude but they also assisted in unloading wheel chairs, escorting veterans throughout the memorial and even listened to war stories told by the veterans themselves.

"It's humbling," said Cryptologic Technician Networks 3rd Class Robert Murphy, assigned to Navy Information Operations Command (NIOC) Maryland. "We are losing more and more [vets] every day and this is one of the only chances I have to get out and meet somebody that has gone before me and has done what I have done. We are following up in their footsteps."

According to WWII veteran Irwin Kuhns, who served on a Landing Ship Tank as a first class petty officer during the war, it was an emotional experience to be

honored by the new generation of military service members.

"It's pretty great; I get a lump in my throat," said Kuhns. "The good part of it is we've done our part the best that we could; now we are turning it over to you young people. It's in your hands now, the whole works."

Approximately 525 veterans were transported by a commercial airliner from their home state to Washington, D.C. then by a chartered bus to the memorial. The Honor Flight program has more than 117 hubs in 40 states and transported more than 81,000 WWII veterans in 2011.

"We decided to come out and show support to our veterans and let them know that we are here to thank them for the work that they did for us back in the day and giving us the country we have today," said Matthew Hogue, a student at the Defense Information School.

For more information on the Honor Flight Program visit [www.honorflight.org](http://www.honorflight.org). To see more photos from the Make a Difference Day event, please visit the Naval District Washington Facebook page at [www.facebook.com/NavDistWash](http://www.facebook.com/NavDistWash).



# We Run Because They Fought

By Terrina Weatherspoon

Amid increasing tornado warnings, 185 for Heroes, an annual seven-day, seven-marathon run to raise money for wounded warriors, culminated Sep. 8 with a crossing-the-line ceremony at Georgetown University in D.C.

Army Spc. Mark Lopez, at IT specialist who has served in Iraq and Afghanistan and who currently works in the White House Communications Agency, ran the 185 mile event in order to give back to the service he loves.

Lopez, who is being honorably discharged from the Army in November, wanted to do this final thing to pay back a service that he said has given him so much.

"Every morning I would wake up and read the bio of the wounded service member I was running for that day," said Lopez. It served as a reminder of the great cause I was supporting. It is the only thing that kept me in this. I've never run for competition or even participated in a

single organized run before this. I did this to give back to the Army. I did this for my brothers and sisters in arms."

"This was really incredible," said Jacquie Fitzmorris, wife of Aircrewman 2nd Class, J.P. Fitzmorris, one of the service members honored during the ceremony who died of injuries suffered while deployed. "J.P. passed less than two months ago so when they contacted me about this I was so grateful. It is helpful for me to be in contact with people who really care about my situation. This has been a major part of my healing process."

Other service members honored during the ceremony included Capt. George "Lonnie" Williams, Army; Petty Officer 1st Class Todd Hammond, Navy; Robert Scott, Army; Sgt. Craig Gadd, UK Army; and Spc. Nick Staback, Army.

185 for Heroes, whose Mantra is We Run Because They Fought raised \$10,000 for Operation Second Chance, a local organization for wounded warriors and their families.

In addition to Lopez, each year there are two support bicyclists. This year it was Air Force Tech. Sgt. Jason Stewart and Petty Officer 1st Class Matthew Johnson, who both work with Lopez in the White House Communications Agency. Next year the baton will be passed to Kelly Czaja who has been identified as one of the 2013 runners. Stewart may be adding himself to that team as well, only as a runner this time.

"I am so happy with how the event turned out," said Petty Officer 1st Class Ashley Ackenhausen, cofounder of 185 for Heroes. "There is always such a mixture of emotions. I'm relieved that the event went well and that we have strong runners for next year. However, I'm also very sad that my brother [Clay Anderson, founder of 185 for Heroes and Navy Information Operations Maryland Sailor] couldn't be here today. But I know we've made him extremely proud."

Right: Lopez speaks with guests at the ceremony after finishing Run185.

Far Right: Ackenhausen presents Stewart and Johnson with a medal at the ceremony after finishing Run185.

Below: The 2012 Run185 team running the Chesapeake and Ohio Canal Trail.



The symptoms of a sinus infection are different from a regular cold, but many people confuse the two. Colds are caused by rhinovirus and they will go away in a week or less. Sinus infections are caused by bacteria and they are usually preceded by a cold or allergies. If your symptoms, such as nasal congestion, cough and post-nasal drip last for 10 days or longer, you may have a sinus infection. A key symptom of sinus infections is facial pressure and/or pain, especially over the sinuses and teeth. If you have a sinus infection, see your doctor because you will need an antibiotic and a nasal decongestant. Other remedies, such as saline nasal sprays and humidifiers keep nasal passages moist and loosen up mucus. Drink plenty of fluids and get rest to recover from a sinus infection. If you are getting several sinus infections a year, talk with your doctor about seeing an Ear, Nose and Throat (ENT) specialist who will evaluate if you have a deviated septum or other anatomical abnormalities. If an abnormality is found, the ENT may recommend corrective surgery. For more information, check out this website: <http://www.entnet.org/HealthInformation/Sinusitis.cfm>. Questions? Ask LT Buikema.

## The family that studies together, stays together

By Terrina Weatherspoon

With the Information Dominance Warfare program approaching its third year in existence, a husband and wife team at Navy Information Operations Command Maryland are among the most recent to pin it on.

"We started working on our pins in April of last year," said CTI2 Camille E. Kollar, N3. "We started working on a few sections and then we would take a break and focus on training for

our jobs. After getting in the groove of learning and studying the hardest part was keeping the abbreviations straight."

"The hardest part for me was grasping the bigger concept," said CTI2 Tyler W. Kollar, N3. "It is akin to starting with the corners and edges of a jigsaw puzzle, and then completing the puzzle in sections until everything just starts falling into place."

Once they were familiar with everything they both agreed that things got easier.

"The easiest part came after I was already familiar with everything," said Camille.

"There was less pressure once I was focused on reviewing the nitty gritt instead of trying to wrap my mind around a new concept," said Tyler.

Another thing that helped the couple was studying together.

"We had studied together when we were at the Defense Language Institute, so we were already familiar with the ins and outs of how each other's minds best retains new information," said Camille.

"I'm glad that we could do it together," said Tyler. "I find it more rewarding to reach accomplishments together because it solidifies us as a team."

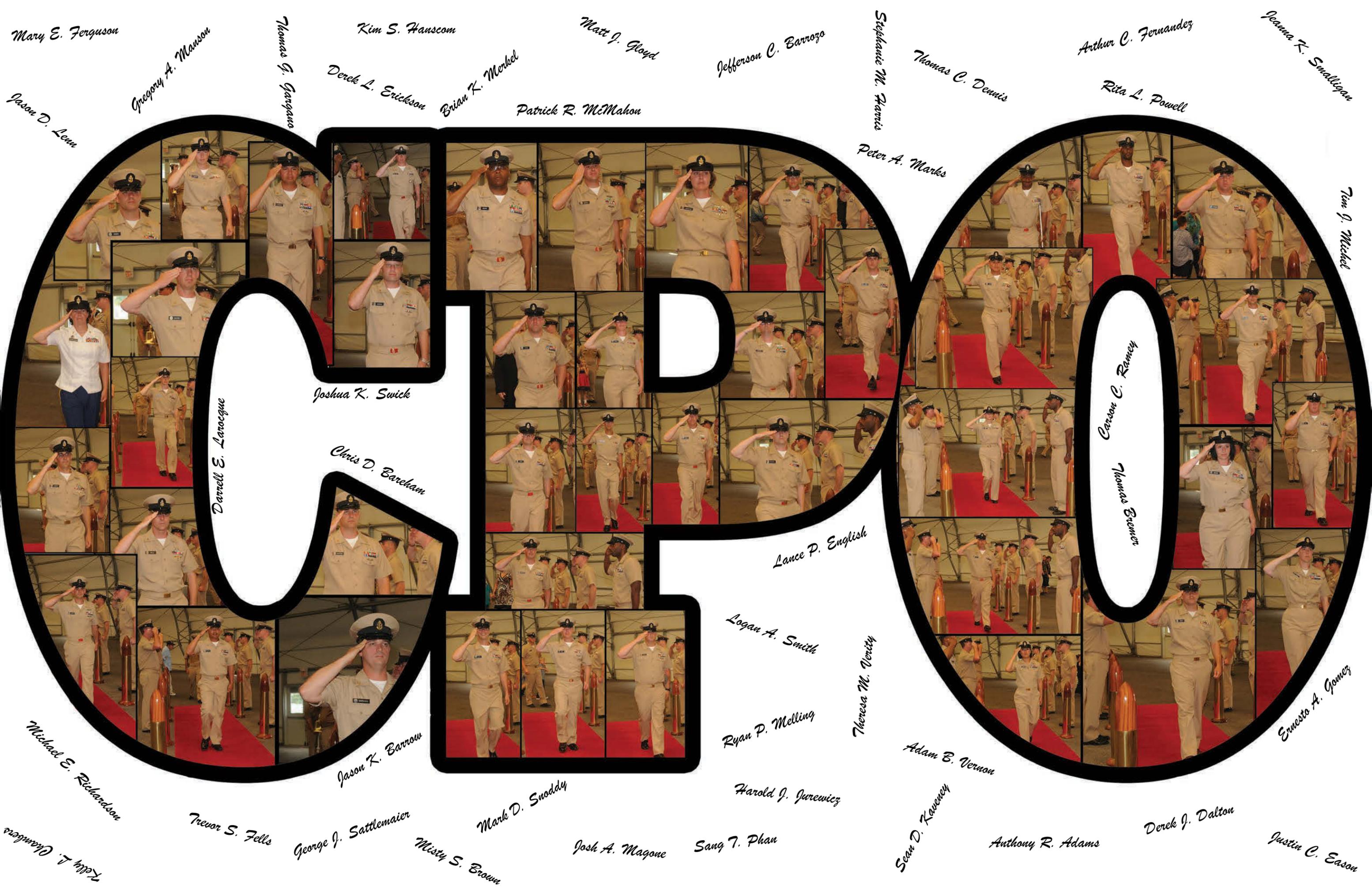
Getting pinned was a special moment for the couple whose careers have mirrored each other for the most part.

"Our career has been a joint effort," said Tyler. "

"Sometimes I was pushing and teaching him what I had learned and he did the same for me," said Camille. "It was a special moment for us because we worked hard as a team to reach this point. Who wouldn't want to share such an accomplishment with their best friend."



By MC3 Matthew Jordan



Mary E. Ferguson  
Jason D. Lenn

Gregory A. Manson

Thomas G. Gargano

Kim S. Hanscom

Derek L. Erickson

Brian K. Merkel

Matt J. Gloyd

Patrick R. McMahon

Jefferson C. Barrozo

Stephanie M. Harris

Thomas C. Dennis

Arthur C. Fernandez

Rita L. Powell

Jeanna K. Smalligan

Darrell E. Lanocque

Joshua K. Swick

Chris D. Barcham

Carson C. Ramsey  
Thomas Brewer

Tom J. Mitchell

Michael E. Richardson

Trevor S. Fells

George J. Sattlermaier

Misty S. Brown

Mark D. Snoddy

Josh A. Magone

Sang T. Phan

Ryan P. Melling

Logan A. Smith

Lance P. English

Theresa M. Verity

Adam B. Vernon

Sean D. Kavanagh

Anthony R. Adams

Derek J. Dalton

Justin C. Eason

Ernesto A. Gomez

# You stand relieved

## Sailors cross-rate to stay Navy

By CTR2Tim Wightman

With the winds of change sweeping across the Navy in recent years, many Sailors have had to trade in their initial Navy-learned crafts and familiar daily grinds – for a change of scenery.

For some of them, that scenery has taken on the form of cryptologic technician.

The CT community as a whole has been a popular route for Sailors needing to switch ratings in order to stay Navy as part of Perform to Serve, the Navy's tool for balancing manning levels throughout the rates, and the Navy Information Operations Command Maryland has been a popular duty station. It is fairly common now for a seasoned Sailor to report to NIOC as a new CT and commence starting over.

Cryptologic Technician (collections) 1st Class Tina Moss cross-rated from Yeoman, a rating she served in for seven years. A misunderstanding about the expiration date of her approved PTS resulted in some last minute emergency career management on the part of Moss, her command career counselor and her senior enlisted advisor to ensure that she could remain a Sailor.

Moss said her advisor met with the CTR community manager CTRCM (SW) Steve Cheney, who was impressed with Moss's evals and said he would be glad to add her to his community. According to Cheney, the CTR rating has taken on 453 cross-rates since 2010 in which time the rating was "severely undermanned" at 79 percent.

Moss graduated from CTR "A" school in November 2011. Since her conversion, she

said her life has been all about learning her new trade as quickly but "humbly" as possible in the hopes that she can be the reliable expert she was in her old rating.

"As a Yeoman I was at the top of my career: EP Sailor time and time again, JSOQ, JSOY, constant go-to person for everything," Moss said. "Now, I'm starting over. I have to build back what I worked so hard to accomplish in my seven years as a YN. But I humbly trudge on, learning the ropes and taking it all in, looking forward to yet again being a subject matter expert."

Moss said part of the challenge comes from being assigned to a highly specialized mission, in which not much of her hard-earned skills from "A" school are applicable. She personally feels the school's curriculum should be expanded beyond its heavy emphasis on code-breaking.

"The adjustment is ongoing - there is so much more to this community, as I have learned being here," she said. "But thankfully, the mission managers in my shop are very knowledgeable and have taught me a lot. I strive to be as great a CTR as I was a YN."

Moss says she had to wait months before her division could even tell her exactly what she would be doing, much less begin training her. This afforded her the chance to devote time to studying for advancement to CTR1, which she earned from the first exam she took.

CTR (SW) Michael Russo, who also works in Moss's division, is a cross-rate himself, having converted from Boatswain's Mate midway through his career. He said gaining as much knowledge as possible should be the focus for cross-rates, especially for the more senior Sailors.

"The hardest thing about converting to a new rate is the lack of knowledge," said Russo, who retires in December. "A' school prepares first-term Sailors for the CT community but it does little to nothing to help second and third-tour Sailors for transition to the community, especially those who will be expected to lead.

"When I converted, the CTR world was still HF Morse, special signals and reporting," he continued. "These were the main areas of interest and that was it. Today our community has expanded so much into the cyber realm that the learning curve today for a new cross-rate is huge."

Whereas Moss's conversion process

required her to adjust on the fly, other cross-rates such as Cryptologic Technician (Interpretive) 3rd Class Ioana Popa prepared well in advance for her career change. Popa spent two years as an Aviation Machinist's Mate stationed at Naval Air Station North Island in Coronado, Calif., but she says she rediscovered a love for office work when her squadron assigned her to the administration and supply divisions, respectively, for her last six months there.

Popa, a native of Romania who gained U.S. citizenship in 2009, decided that same year that she wanted to change ratings. She got in contact with a Navy linguist whose description of the job appealed to her.

"He said it was mainly paperwork as well as the language component. I thought, 'that's awesome!'" Popa said. "I love language and I love paperwork."

Popa chose Russian and said she loved learning the language and enjoys speaking it. She's especially fond of the round shapes she said the mouth makes when speaking it and likes "the softness to a lot of the sounds."

"I know what I'm doing, I'm doing it well, and I'm supporting the mission," Popa said. "I hope to keep improving and to keep learning more about the positive aspects of Russia, and in the end I know that I'm doing my part to protect America."

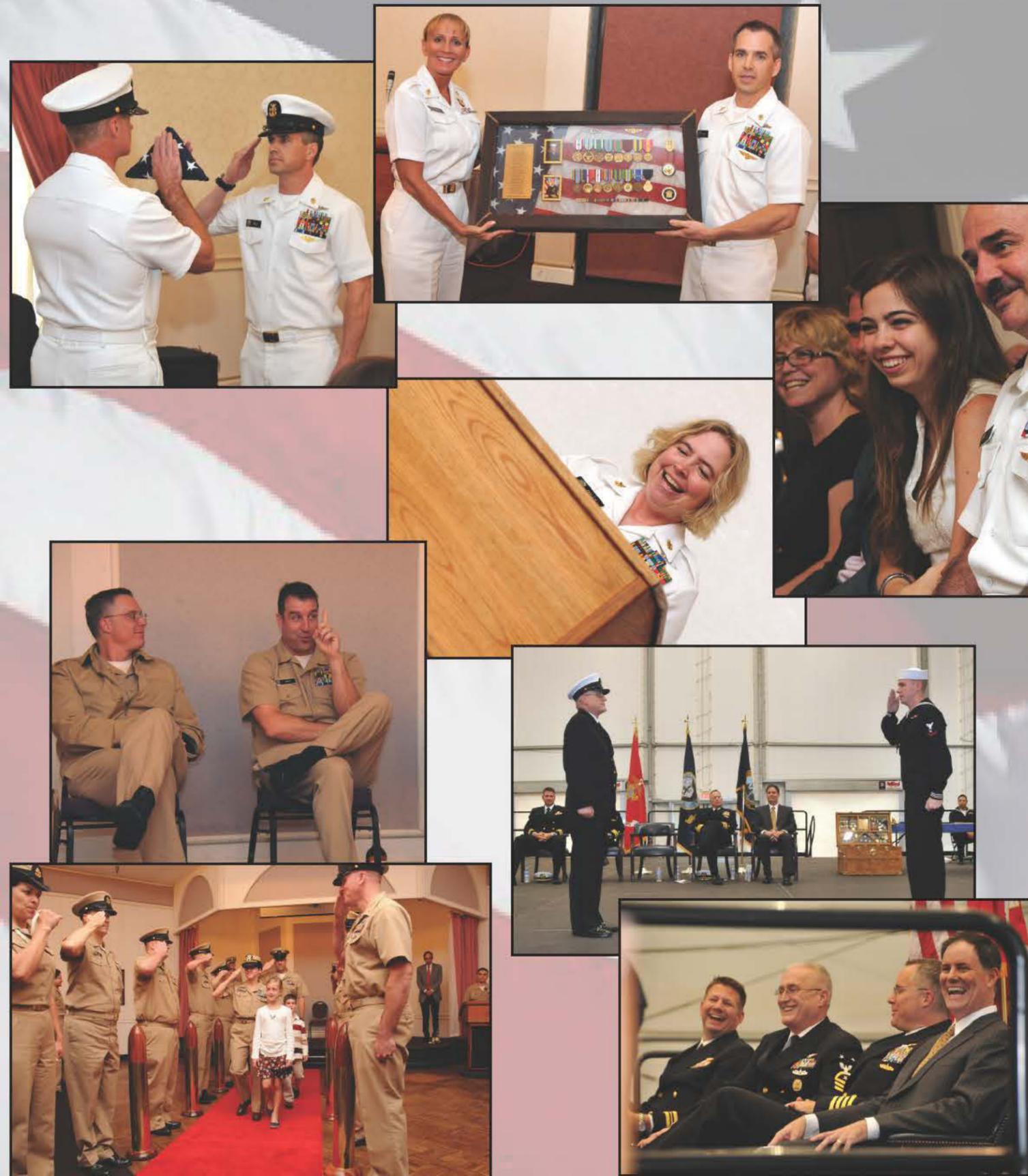
For her way forward, Moss said she is comfortable blending her leadership skills with her willingness to learn from anybody.

"The mindset that I feel I need to have to continue to be successful is a humble and open one," Moss said. "I am still new to this rate and I am sure that there are junior personnel that really know their stuff and could teach me a lot.

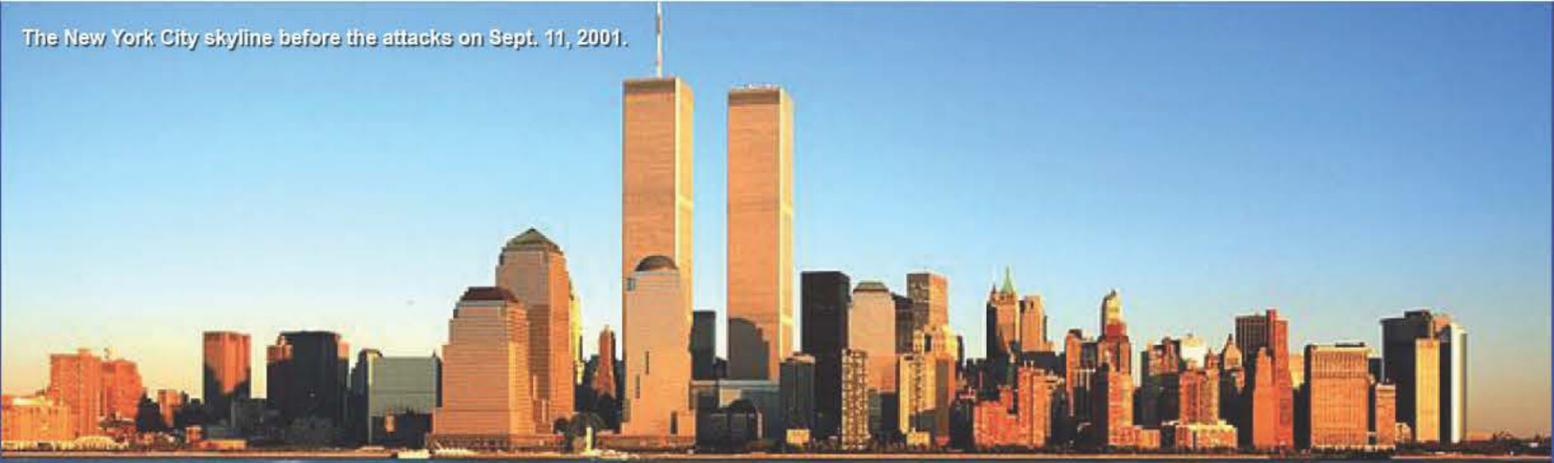
"I possess the leadership skills necessary to be an E-6 due to my eight years of experience and having been an LPO, but at this point I do not have the job skills that a CTR1 should possess. Therefore, I humbly accept any training I can get to assist me in gaining these skills," she added.

That mindset falls right in line with Russo's advice to cross-rates.

"My best advice to any cross-rate is to print your rating exam bib and study, study, study and study some more," Russo said. "Get into as many (National Cryptologic School) classes as you can so that you can begin to narrow the knowledge gap that exists between you and your peers."



Popa sits holding her old rating patch for Aviation Machinist's Mate.



The New York City skyline before the attacks on Sept. 11, 2001.

# Remembering September 11, 2001



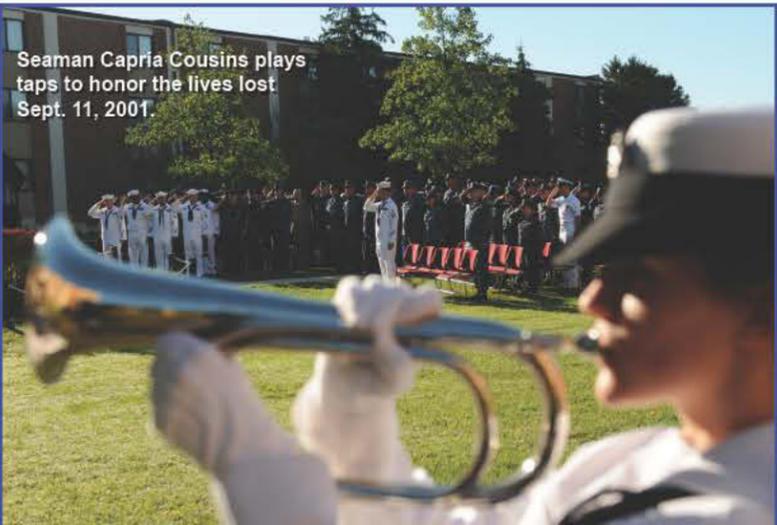
Navy Information Operations Command Maryland Commanding Officer Timothy White speaks during the memorial held at Starr Park.



Chief Petty Officer (Selectee) Ernesto Gomez rings a bell for the lives lost during the attacks on Sept. 11, 2001.



Chief Petty Officer (Selectee) Ryan Melling shares his experiences of volunteering for a search and rescue party in New York after the attacks Sept. 11, 2001.



Seaman Capria Cousins plays taps to honor the lives lost Sept. 11, 2001.

# 40th Anniversary Commemoration Ceremony for the Sailors Of Flight RG-407

Story by MC3 Tristan Miller, DMA Navy  
Photos by MC3 Matthew Jordan



Navy Information Operations Command Maryland hosted the 40th anniversary commemoration ceremony Aug. 30 for the Sailors of flight RG-407 that crashed during the Vietnam War. The ceremony honored 10 Sailors and their families with a 21-gun salute and flags presented to the attending families. "I think it's just a wonderful day to bring all of us together the other families also because it wasn't just my husband," said Betty Dickerson Tomaino. "But all the rest who were here to share in this time that part was good because I always wondered who the other people were." The crash happened 40 years ago, but for some, their sacrifice still resonates with today's Sailors. "Because to me it's a reminder of the idea of service," said Commander U.S. Fleet Cyber Command Commander/U.S. 10th Fleet Vice Adm. Michael Rogers. "And the fact that the men and women of today, do so on the shoulders of the men and women who went before us." After 40 years, the reasons behind flight RG-407's crash are still unanswered, but the sacrifice and memory of those 10 Sailors will live on in their families and the memorial wall that was constructed in their honor.



Above: NIOC Maryland's Honor Guard stands by during the ceremony to present flags to each of the families of the Sailors from flight RG-407.



Top Left: Rogers speaks to the families and guests about remembering the Sailors from flight RG-407.

Left: Family members stand for a group photo in the dayroom of the NIOC Maryland Bachelor Enlisted Quarters.

# For the Love of the Game

Her love of the game started in her hometown of Mayette, N.J. While attending Southern Regional High School in Manahawkin, N.J., she played softball every season. She was a fast-pitch player all through grade school and into college. When she joined the Navy in 2004, realizing that college life just wasn't for her, she took her love of the sport with her.

When Petty Officer 1st Class Michelle Doucette, an instructor and signals analyst by trade, transferred to Navy Information Operations Command Maryland something incredible happened. She became aware of the All Navy Softball Team and decided she was going to try to become a part of it.

"I was working in the PT office, and through Navy Fitness and the guys that play on the Fort Meade, NIOC MD Intramural team, I heard about the opportunity," said Doucette. "I put in an application and it was accepted, and before I knew it I was on my way to tryouts in Pensacola, Fla."

Once Doucette arrived in Florida the fear set in. "The hardest part was having the confidence in myself to go out there and tryout," said Doucette. "I was also meeting a whole group of new people. I didn't know anyone there and I had to get over the insecurity of walking into a situation of complete newness."

As it turns out, Doucette had nothing to be afraid of. Her tryouts went smoothly and she was told she made the team.

"It was an incredible experience," said Doucette. "I made new lifelong friends and experienced something that few will ever have the opportunity to experience."

The Navy's Women's team ended up with a 3-6 record putting them in 3rd place.

"I will definitely apply to go back," said Doucette. "The continuity of the team and program is important and I wouldn't miss an opportunity to represent my service and my country, especially when I get to do something I love to do."

She added, "I am very thankful to the command for allowing me the chance to represent them in this way. I am forever grateful."



# Explore D.C. with the Public Affairs Team!

Photos by MC3 Matthew Jordan

If you have thought about going into DC to explore some of the museums and take advantage of the site seeing but aren't sure how the metro works, don't know the best routes to take and ultimately, don't even know where to start, then read on.

We took a trip into DC to explore the Spy Museum. Follow these instructions and you could be on your way as well.

First off you will need to get to the metro station:

Exit the base onto Hwy 32E. From there you will get on to the 97 toward Annapolis. From the 97, take 50W to Washington, D.C. Take Exit 7B (I-95N/I495N/Garden City Dr./New Carrollton Metro.)

On the exit ramp, take the far right

lane to New Carrollton Metro. Go several blocks down Garden City Dr., and the parking garage is on the right. The parking garage is the best bet for those new to the Metro.

When you enter the Metro you will see pay stations. When purchasing a SmartCard (a fare card) select the Archives Metro Exit on the Green and Yellow Lines. The travel time is 30 minutes. The cost for off-peak hours is \$2.75 and peak hours price is \$4.10.

The Archives Metro Exit will take you to the Navy Memorial.

After you have purchased your card, get on the Orange line to the L'Enfante exit. When you exit the train at L'Enfante, you will have to take the stairs to the upper level to reach the Green line. Once you reach the upper level, you will need to take the bridge over the tracks to reach the correct platform.

When the Green line arrives, you will ride that to the Archives Metro Exit. Go up the escalator and you will be at the Navy Memorial/Lone Sailor Memorial. Start

walking in the opposite way of the memorial to the corner of 7th and Indiana. Take a left to follow the road. You do not have to cross.

Walk until you reach F Street. If you cross F Street and take a left, you will find all day bike rentals for \$7. These are perfect for getting around the city.

If you do not want to rent a bike, do not cross F Street, instead take a left at F Street. Walk down to the end of the second block and the museum will be on the corner of 9th and F Street.

No photography is allowed in the museum.

Note: At the beginning of the tour you will assume a secret identity. At the end of your tour you will be asked questions based on that identity. It is interesting to see how much you are able to remember about your identity.



# A Holiday Survival Guide

By Laurie J. Hanley, LCSW-C, Counseling & Advocacy Supervisor FFSC

## Managing Expectations:

For many, the holidays are a time to share in the joy of family traditions. But for some, these expectations can make holidays stressful, especially for those that feel disconnected from family or friends, those that feel alone. Regardless of your situation, some degree of stress and tension around the holidays should be expected. Consider some of these suggestions to help prepare you for this busy time of year and make the holidays a special time in your own way.

## Create Your Own Traditions:

The holidays are often about family traditions. When you can't spend the holidays with your family, or those traditions are connected to painful or troubling memories, it's time to create new, healthy traditions of your own. Search for new events you can participate in on your own or invite new people to join you in an old tradition. Make a point to keep your new traditions alive each year and they will start to add happy memories to your holiday spirit.

## Be a Participant:

Sometimes what you need are good friends around you. Look for opportunities to get involved in holiday activities that get you out having fun with friends and family. Attend parties, invite friends to local activities, or even take a trip to some regional event. A little holiday spirit can go a long way.

## Keep Your Life in Focus:

It can be easy to focus on what you don't have, and not what you do have, during the holidays. Make a point to celebrate the good things in your life. Contact your friends and remind them of how much you value their friendship and support. Another great way to remind yourself of how fortunate you are is to volunteer at a local charity or food kitchen to help others and give back to your community.

## Ask for Others to Chip In:

Just because you are hosting the holiday event does not mean everyone else gets to sit back and do nothing. Remember, the true meaning of holidays often comes down to sharing the holiday experience with the ones you love and feeling thankful and blessed. Welcome everyone to share his or her favorite recipe or bring a game that helps unite everyone. Getting together on a holiday because of tradition is one thing, but joining families and creating new memories and traditions will bring you closer and make the time you spend together more meaningful.

## Be Willing to Get Help:

The holiday blues can be difficult to manage for anyone, but for some, they can be especially limiting and inhibit your ability to function regularly. If you need help, talk to someone - a friend, a loved one, or a trained counselor. Talking about how you're feeling and what triggers those feelings can teach you new ways to cope and can help keep your holiday blues at bay.



# Fair Winds and Following Seas, Shipmates

*As I sat in my office, ready to turn over the Command Master Chief duties with CMDCM Barnes, it really began to hit home that my retirement, after 28 years on active duty, is just around the corner. After helicopter and Hawkeye squadrons, four aircraft carriers, one cruiser, two overseas assignments, and shore duty in Great Lakes, IL; Corpus Christi, TX; and Washington, DC it is time to pack my seabag one more time and head to our retirement home in Jacksonville, FL.*

*It has been a pleasure to serve alongside each and every one of you during my 3 1/2 years here at NIOC MD. My assignment as your CMC, for the 4,000 plus Sailors that have come and gone during my tenure, has been most rewarding. It was, without a doubt, the highlight of my naval career.*

*The Sailors of NIOC Maryland have touched every corner of the earth; whether that was "boots on ground" or through Cyberspace. And as I have said*

*all along, I have served with some of the finest Sailors in the fleet but I will stack up the Sailors at NIOC Maryland against any the Navy has to offer. The duty you perform in silence, the standards you maintain, the leadership and mentorship of your fellow Sailors, and the love of country are unequaled by the rest of our Navy but not unnoticed by me. After 17 years in "khakis," I've had the opportunity to observe Sailors in all aspects of their life. You, NIOC Maryland Shipmates, are simply the best.*

*God bless each and every one of you and thank you for your selfless sacrifice and the service that you have performed for our great nation. I look forward to watching all of you, very shortly from afar; rise through the ranks and achieve your dreams. A wise man once said, "The final test of a leader is that he leaves behind him in other men the conviction and will to carry on." Carry on, my brothers and sisters.*

*Fair winds and following seas.*

*With The Upmost Respect,*

*J. Scott Drenning,*  
*Shipmate*



Left: Drenning as a PS3 during his tour with the Sea Griffins of HS-9.

Below: Drenning with his last set of newly pinned CPOs, Sept. 14.





# *October Awardees*

