

ANCHOR WATCH

September - October 2015



Captain Jeffrey S. Scheidt

Taking The Helm



FAIR WINDS AND FOLLOWING SEAS, CAPTAIN ELAM

Thank you for 25 Years of dedicated service to the United States Navy

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NIOC Holds Change of Command

Navy Information Operations Command (NIOC) Maryland held a change of command ceremony Sept. 25 on post at McGlachlin Parade Field.

Rear Adm. Gene F. Price, deputy commander, U.S. Fleet Cyber Command/ U.S. 10th Fleet, presided over the ceremony in which Capt. Jeffrey S. Scheidt relieved Capt. Donald E. Elam as commanding officer of NIOC Maryland.



"NIOC Maryland has set an extremely high standard for aggressively accomplishing the mission it has been given," said Price. "Under Capt. Elam's tenure, you have expanded the Navy's collaborative processes and culture. The things you do every day help better serve the nation."

Elam's tenure, you have expanded the Navy's collaborative processes and culture. The things you do every day help better serve the nation."

Following the change of command ceremony, Elam retired after a distinguished naval career of 25 years serving both domestically and overseas, as well as serving aboard various ships, including USS Spruance (DD 963), USS Blue Ridge (LCC 19) and USS John C. Stennis (CVN 74).



"This has been one incredible journey," said Elam. "I have been challenged in this job like nothing I have ever experienced before. Overall, I look back on the last 26 months with a sense of pride and accomplishment."



Scheidt most recently served on the Joint Staff as the chief for the Cyberspace Policy Division where he led development of DoD concepts for cyber warfare, and b worked

closely with the National Security Council and other agency partners to advance national



cyber defenses. He also partnered with regional combatant commands to engage close allies for greater collaboration in cyber defense.

"I am both humbled and energized by the privilege I have received here today," said Scheidt. "Commanding the Navy's preeminent signals intelligence and cyber space warriors is my highest professional honor."

As commanding officer of NIOC Maryland, Scheidt will lead 2,300 Sailors and civilians and serve as the commander of Task Force 1060, responsible for the execution of intelligence collection and cyber operations for the commanders of U.S. 6th and 10th Fleets.

The command's primary mission is to conduct information operations and to provide cryptologic and related intelligence information to the fleet, joint and national commanders as well as administrative and personnel support to Department of the Navy members assigned to the Fort Meade area.





Captain Scheidt Takes Command

As commanding officer of NIOC Maryland, Scheidt will lead 2,300 Sailors and civilians and serve as the commander of Task Force 1060, responsible for the execution of intelligence collection and cyber operations for the commanders of U.S. 6th and 10th Fleets.



Getting to Know Captain Scheidt

Mass Communication Specialist 3rd Class (SW) Taylor M. DiMartino

There is always a hint of anxiety when interviewing a new Commanding Officer for the first time. I considered this as I made my way to the Captain's office. Would this leader be open to a more personal line of questioning, or would he offer instead a pre-prepared 'command message' style of answer? I was about to find out.

As I took a seat opposite CAPT Jeffrey Scheidt and began our interview, I saw a deliberate smile spread across his face. His laughter was forthcoming and honest. I began with my initial question: "Sir, where are you from?" The Captain answered and began painting a narrative of his life, beginning in a modest Midwest town during the mid-'80s.

Known throughout the Captain's hometown of Lansing, Michigan, the Scheidt name belongs to a long line of hardware store owners and operators. It is a humble name built on a foundation of hard work and dedication to service.

"Growing up, my dad was a fire chief, and before that, a gunnery sergeant in the Marine Corps Reserve," said the Captain. "But that is more of a character reference than a resume. Growing up I heard a lot about his service and the importance he felt it had to being a good member of society."

And yet, the service his father spoke of came at great cost, especially in times of war.

"I had a great uncle who was also a Marine," said Scheidt. "He died in the early stages of World War Two."

Hanging on the wall in the Captain's office is a frame with a picture of his uncle and the letter that was sent to his grandmother notifying her of her son's passing and extraordinary heroism. A purple heart also sits encased in the glass.

"It's a classic reference to that era and what it was like to be a service member," Scheidt said. "By the time I made the choice to serve, I understood what that choice meant, and that's because I was brought up exposed to that kind of ethic."

CAPT Scheidt would put that theme of personal



sacrifice to practice at an early age when he chose to give back to the community in his own way.

"One of my first jobs was as a counselor at a Boy Scout camp," Scheidt said. "It didn't pay very well, so for five weeks of work I made less

than 250 dollars. But it wasn't about the money at the time, and I learned the concept of putting on and appreciating a uniform."

Uniformed service ran in CAPT Scheidt's family and surely had an impact on his decision to participate in the Reserve Officers' Training Corps (ROTC) program; but truth be told, CAPT Scheidt's motivation to become an officer was derived from the high cost of higher education with which young adults often contend.

"When I was a junior in high school, my dad asked me if I'd like to go to college," said Scheidt. "When I told him I'd like to attend college, his next question was 'how are you going to pay for that?' There was a light bulb that turned on in my head. ROTC was my way of taking charge."

Driving his dark blue 1984 Chevrolet Chevette an hour from Lansing, CAPT Scheidt would attend the University of Michigan in Ann Arbor where he earned degrees in Naval Architecture and Marine Engineering. When not in class or training for ROTC, CAPT Scheidt took the time to appreciate other aspects of college life, even gaining a healthy interest in his school's athletic programs.

"I grew up rooting for Michigan State's football team," Scheidt said. "They were local, and I didn't really become a University of Michigan fan until I attended the school. I quickly learned that it's

easy to like Michigan football. There's a great legacy not only in sports excellence but also in character and academic excellence."

CAPT Scheidt has never been afraid of a challenge. A longtime fan of sailing, he has braved heavy seas in boats smaller than 30 feet long with even smaller crews.

"The Great Lakes offer great sailing opportunities because the weather is very different than on the coast and can become very volatile," said Scheidt. "Fresh water behaves differently than the ocean, especially on small boats, which adds to the challenge."

Fast forward 25 years and you'll find the same values rooted in a Captain who has taken on the role of Commanding Officer, Navy Information Operations Command (NIOC) Maryland. CAPT Scheidt's inclination toward service and duty extend even now through his example to the more than 2,500 Sailors he commands.

"Being in the Navy, we should be focused on fleet operations and what the Navy needs from us," said Scheidt. "Clearly what we're doing here at NIOC involves doing things for the nation, but we have to remember that while we're involved in those national activities, we must gain an understanding of our field and in turn bring those skill sets back to the Navy."

Mission success is at the forefront of CAPT Scheidt's objectives as he takes command, yet he doesn't feel it should come at the cost of his Sailors' wellbeing.

"I'm certainly not interested in burning our Sailors out," Scheidt said. "The way we will survive heavy workloads as a command is to really understand where the priorities are. Sometimes saying 'no' requires a lot of courage. When no is said it needs to be backed up by good data and decision-making. Part of my command philosophy is about respecting each other and creating an environment where everyone thrives. Keeping simple lines of communication open can lead to a greater success."

"I don't have any pre-programmed changes that I think are required as I take command, but that's not to say that change won't be needed," said Scheidt. "That's the challenge ahead, especially with the increasing size of our command. The crew needs to know that while I'm not spring-loaded with a secret recipe for how the new NIOC Maryland and Task Force 1060 needs to look, changes will come on their own, and we'll be ready to meet them."

NIOC Sailors can rest assured; CAPT Scheidt is at the helm. The Captain is a man who is self-assured, while also being humble and forthcoming. He is quick with a smile and a laugh yet resolute in his ideas. Picture him sailing the troubled grey waters of a stormy Lake Huron or Lake Erie with the same confidence he exudes as he takes command of NIOC.





NIOC Welcomes 31 New Chiefs To The Mess

Mass Communication Specialist Seaman Apprentice Julia A. Gruber

Thirty-one Sailors from various commands at Fort George G. Meade, Maryland donned khaki uniforms and combination covers for the first time during a chief petty officer pinning ceremony Sept. 16.

The Fort Meade Chiefs Mess welcomed the new chiefs to the ranks of thousands of other chiefs that have existed since the creation of the chief petty officer pay grade in 1893.

“You are now the backbones of the Navy,” said Capt. Don E. Elam, former commanding officer, NIOC MD. “You now

carry the best and worst with you. You are carrying a sense of pride and hundreds of years of traditions that came before you.”

The new Chiefs were pinned on stage by their families, who had pushed them through the past six weeks of induction.

“Families, we present to you two smoothly polished anchors, and you will have an opportunity to pin them to their collars,” said Command Master Chief Jon Taylor, command master chief of U.S. Fleet Cyber Command/U.S. 10th Fleet. “At the end of today, you will see some chief petty

officers in front of you. Like these anchors, they started rough and we polished them up.”

Taylor also thanked the families for the sacrifices they have made to allow their new Chiefs to reach this point in their careers.

“Spouses, we know the sacrifices you make to ensure that we can do what we need to do,” said Taylor. “Thank you for your patience and understanding. This morning, you too will join the ranks and with that some days will be as difficult as you have experienced in the last six weeks.”

The new Chiefs also reflected on the mentorship that prior Chiefs have provided them.

“What we’ve worked toward for years has finally come to fruition,” said new Chief Petty Officer Tim Kenney. “This experience helped me realize that none of this has been just because of me.” The newly promoted Chiefs will serve across our Navy for years to come in deployable missions, staff positions, and other operational roles.

NIOC MD Sailors Raise Suicide Prevention Awareness



Mass Communication Specialist 3rd Class (SW) Taylor M. DiMartino

As of October 5, there have been a reported 44 suicide deaths throughout the Navy in 2015. Data collected by standard Department of the Navy reporting suggests that by the end of the year the total number of suicides throughout the Navy may exceed 50.

September was Suicide Prevention Awareness Month and Sailors from the Suicide Prevention Program at Navy Information Operations Command (NIOC) Maryland made it their mission to bring awareness to the command and celebrate open communication and positive thinking. Laurie Hanley, the command's suicide prevention program manager, was one of the few who built the initiative from the ground up at NIOC Maryland.

"We have been building this program since 2010," Hanley said. "It began with just the chaplain's office and a single suicide prevention coordinator and a local instruction governing the program. Now we have more than 30 advocates involved and we've built the program to meet and exceed the policies laid out in the Navy-wide instruction."

Hanley said one of the original goals of the program was connecting Sailors contemplating suicide with individuals willing to be a stable presence through some of the most difficult parts of getting help.

"Rather than having Sailors admit themselves to the hospital for treatment, we now have trained advocates ready to accompany them in non-judgmental supporting roles providing only positive encouragement," said Hanley. "An advocate becomes a supportive presence in the life of someone who has had thoughts of suicide. Once a person has sought treatment, the advocate's role isn't finished. He or she will remain a positive connection on which a recovering person can depend."

Kicking off September with a ceremony, NIOC Maryland personnel gathered to recognize the continued efforts of those who make it their mission to care for their fellow Sailors in times of dire need. Hanley spoke to the dedication and service NIOC Maryland's suicide prevention advocates demonstrate when volunteering their time.

"Our advocates have done incredible work," said Hanley. "Some come off 12-hour shifts and respond to someone in need of help. Sometimes they have to respond at early morning hours or late at night. Our advocates have been known to drop everything and go to the ER to offer their help for up to 36 hours. I can't say enough about how passionate and invested our advocates are. They're not working tirelessly to help their fellow Sailors because they want a good mark on their evaluations; they do it because they truly care."

In addition to the kick-off ceremony, NIOC Maryland's Suicide Prevention Program members held a suicide prevention fair on September 23. With stations set up outdoors to highlight key concepts attributed to promoting positive lifestyle choices (ie: 'Challenge Negative Thinking' and 'Do Things that Make You Feel Good'), Sailors enjoyed playing with specially trained comfort dogs, taking an outdoor yoga lesson and had the chance to get a quick massage. The day culminated in a chili cook-off, where homemade recipes were judged by participants on taste and overall name

creativity.

Petty Officer 1st Class Tonia Clendenen, a suicide prevention advocate, put more than 14 hours into her chilli (aptly named 'Diva-licious') for the cause.

"This is an awesome experience, and I'm glad to be out here with my shipmates to promote suicide awareness in a fun way with a friendly competition to raise awareness for the cause and promote techniques to keep Sailors happy and healthy," Clendenen said. "All of this was put together to benefit everybody and it really is a great cause."

"Virtually anybody can be impacted by suicide," said Ensign Matthew Baxter, another suicide prevention advocate. "Maybe it's a friend or family member that has demonstrated suicidal tendencies. Many people know others who have gone through tough situations. It's important that we support one another and promote positive thinking and positive lifestyle choices. Not just in September, but year round."

NIOC CELEBRATES HISPANIC HERITAGE MONTH

Mass Communication Specialist 2nd class (SW) James Turner

Navy Information Operations

Command (NIOC)
Maryland Sailors and their families from the Fort Meade area observed Hispanic Heritage Month on Fort Meade Oct. 14.



Hispanic Heritage Month celebrates the culture and traditions of Hispanics and Latin Americans who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean. This year's theme is Hispanics: "Energizing Our Nation's Diversity." the present of action, and the future of success.

More than 80 people attended the 2-hour event that transformed McGill Training Center into a Latin festival of colorful displays, catered traditional Hispanic cuisine, and live Latin music, which had audience members swaying to the rhythms of the music.

The featured entertainment was provided by the Puerto Rican band 'Los Hijo E Plena'. The four members of the band interacted with the audience by teaching the history and tradition of Hispanic music.



"People are and will always be our greatest asset," said Chief Omaira Morales "As we celebrate diversity let's not forget that our abilities and contributions are an important key to the success of our command and the Navy. The success of the event was obvious. The Sailors seemed to enjoy themselves and for that I would like to thank the diversity committee for all their hard work and efforts in preparing for the event. They worked very hard to provide cultural displays, music and great food from different countries in Latin America."



President Lyndon B. Johnson started the observance in 1968. Two decades later, President Ronald Reagan expanded it to a 30-day period. The observance begins on Sept. 15, in celebration of the anniversary of the independence of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua, and continues through Oct. 15. For more information on Hispanic Heritage month visit: hispanicheritagemoth.gov



Hispanic Americans have served in our Navy throughout our nation's history. They have fought at sea in every American war. They have served as ordinary seamen, 4-star admirals, boatswains, corpsmen, fighter pilots, physicians, nuclear engineers, and policymakers. They have stood not on the fringes of the service, but at its center, as makers of American naval history.



Born on the island of Minorca, Jorge Anthony Magin Farragut joined the U.S. Navy during the War of 1812 and was the first American Naval hero of Hispanic descent.

Commander (later Captain) Marion Frederick Ramirez de Arellano was the first Hispanic skipper of a submarine. For his actions against the Imperial Japanese Navy during World War II, he received two Silver Stars, the Legion of Merit, and the Bronze Star.



In 1975, Lieutenant Al Cisneros became the first Latino pilot to serve with the Blue Angels, the Navy's flight demonstration squadron.

In July 2006, Joe Campa became the first Hispanic Master Chief Petty Officer of the Navy





NAVY DAY BALL 2015

On October 17, 2015 NIOC Celebrated the Navy's 240th birthday with a night of good food, great music and incredible company. Thank you all for your attendance.

READY THEN. READY NOW.

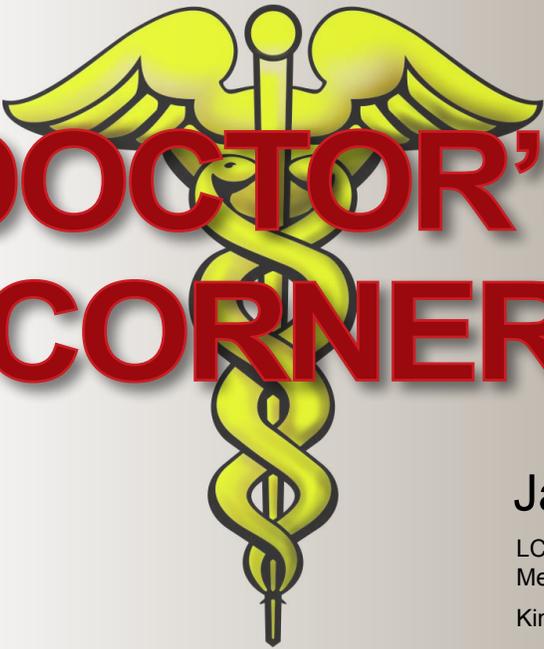
READY ALWAYS

CELEBRATING 240 YEARS OF NAVAL EXCELLENCE,

HAPPY BIRTHDAY NAVY!

OCTOBER 13, 2015





DOCTOR'S CORNER

A MESSAGE FROM:

Jaime L. Longobardi

LCDR MC USN
Medical Officer, NIOC Maryland
Kimbrough Ambulatory Care Center



Cold and Flu season is in full swing. So many myths and fallacies about illness this time of year exist, that I thought it would be a great time to cover a few.

“You’ll catch a cold!” We have often heard our family and friends tell us that going outside without a coat, a hat or gloves would cause us to get sick. This is just not true! While in theory your immune system is weaker when you spend time outdoors in the cold, this is due to stress on the body and not cold. The cold virus is more likely spread while being crammed indoors with other people. During warmer months, you go outside much more and are exposed to fewer illness causing viruses and bacteria. During the cold months, we stay massed together in large groups. A single virus travels like wildfire in these conditions, and everyone gets sick.

“I have the FLU!” If you have been vaccinated, the chance of getting the flu is almost zero. Influenza’s first symptoms are body aches and fever. It’s not usually diagnosed by sinus congestion, cough, sore throat, or runny nose. The key is the fever. If you have a fever that does not go away without Tylenol, and if you were not vaccinated, a doctor may entertain the diagnosis of influenza. Otherwise, what you have is an upper respiratory infection and antibiotics will not help you.

“Antibiotics will get rid of my Sinus Infection!” First off, Bacterial Sinusitis or sinus infections are actually rare. Pain and pressure in your sinuses is a well-known symptom of the common cold, known in medicine as an upper respiratory infection. You can have a cold for 3 weeks before medical science tells us that antibiotics may be useful. There are many medications and treatments that will alleviate the majority of your symptoms, but most of them are over-the-counter. Don’t be surprised if you are prescribed them. They work in the correct combination.

“I have the Stomach Flu!” Again, this implies that you have influenza and as stated previously you have been vaccinated. What is commonly referred to as “Stomach Flu” is really just viral gastroenteritis. This is a common illness and usually

comes and goes within a 48 hour period. It starts suddenly with nausea and vomiting and finishes off with diarrhea in less than 48 hours. Sometimes, in very specific cases the cause is bacteria and may last longer than the standard 48 hours, so in this case antibiotics are useful. But usually the treatment is sip on a bottle of Gatorade and stay near the toilet! Once recovered it can take up to a week to fully rehydrate, so continue to drink Gatorade.

There are other medications often used to treat the symptoms associated with the above-mentioned illnesses. These are: Imodium (anti-diarrhea pill) and Zofran or Phenergan (anti-nausea pills) but these medications are usually not needed as the offending symptoms are gone so quickly.

To avoid these illnesses over the next few months, I recommend several actions:

1. Wash your hands. Viruses live on your hands and you pick them up everywhere.
2. Avoid touching your eyes, nose and mouth, this transfers viruses from your hands to your body and you get sick.
3. Copious use of Purell products, see above!
4. Clean your phone, computer keyboard and mouse with alcohol wipes or anti-bacterial wipes.
5. Cough into your elbow, not your hands.
6. Use tissue paper to blow your nose and throw it away immediately. Never reuse tissue paper.

If you need to come to medical, contact your primary care manager and schedule an appointment. Calling the clinic directly and avoiding the appointment line can lead to decreased use of urgent care facilities and increased use of the nurses and providers in your regular clinic.