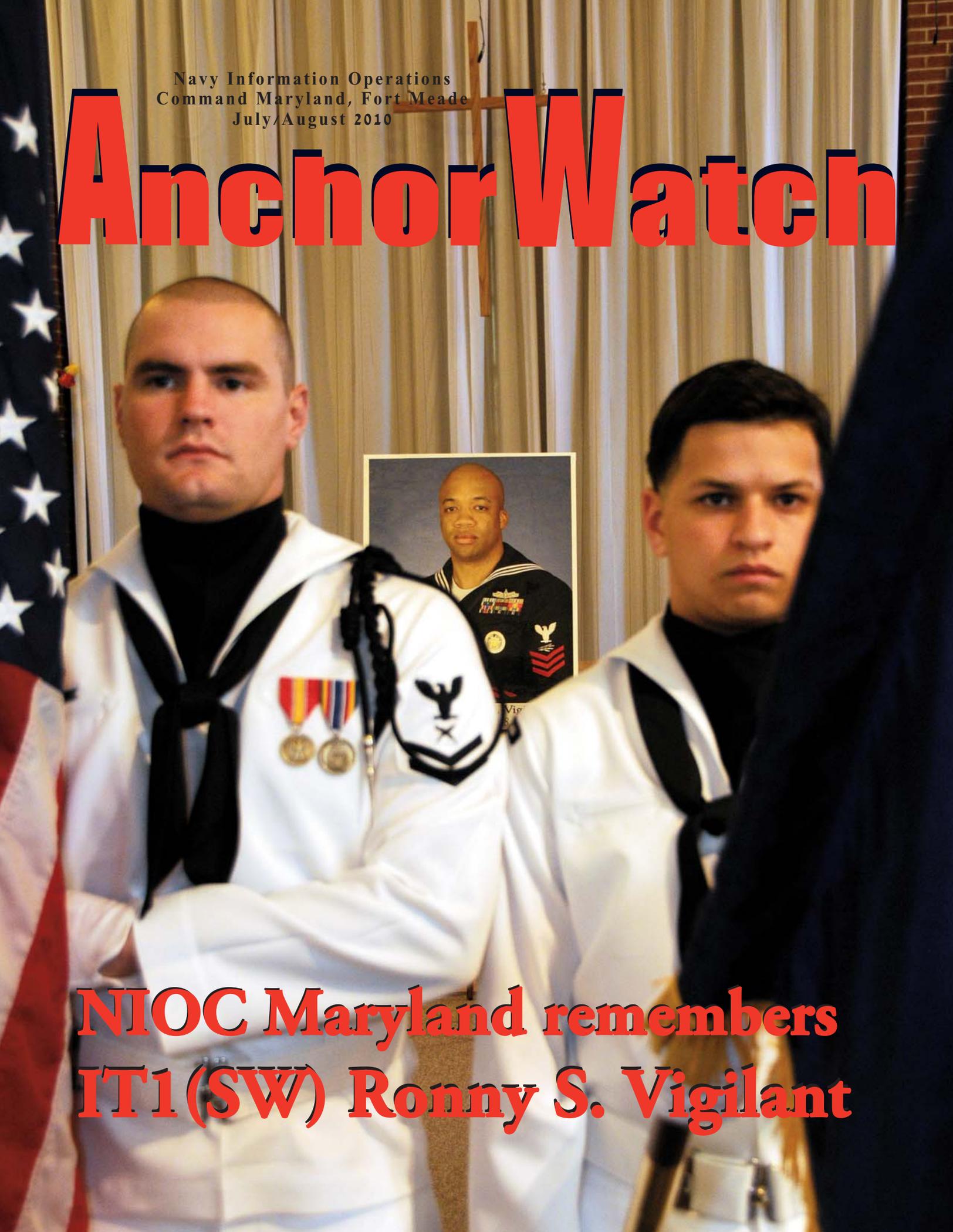


Navy Information Operations  
Command Maryland, Fort Meade  
July/August 2010

# Anchor Watch



**NIOC Maryland remembers  
IT1 (SW) Ronny S. Vigilant**

Cmdr. John Myers, NIOC MD  
Executive Officer, washes a Sailor's  
car during the Navy Marine Corps  
Relief Society fundraiser, May 19.

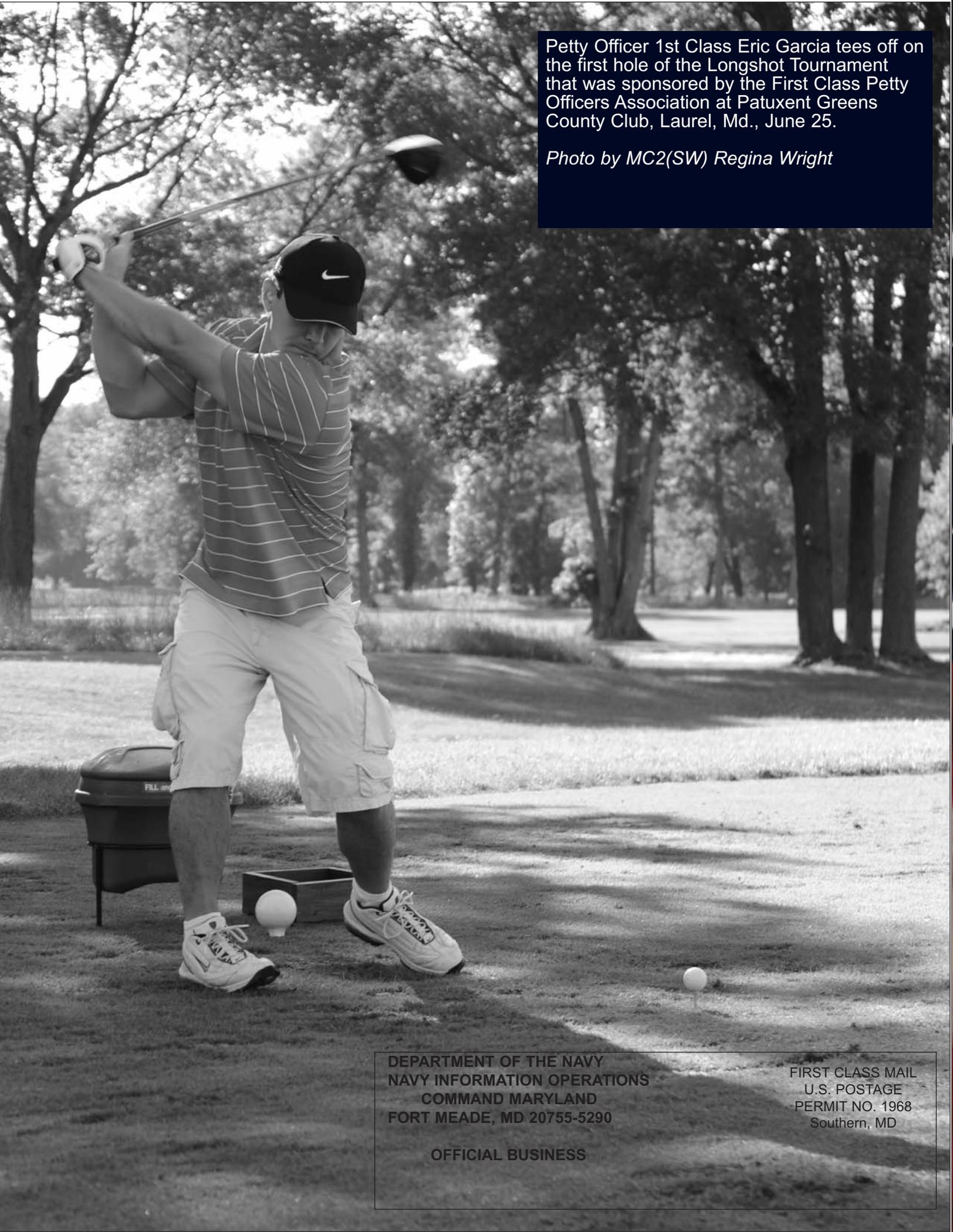
*Photo by MC3 Matthew Jordan*





Petty Officer 1st Class David Starkweather escorts his wife, Pam, through the sideboys at his retirement ceremony, capping a 26-year career, May 21.

*Photo by MC2(SW) Regina Wright*



Petty Officer 1st Class Eric Garcia tees off on the first hole of the Longshot Tournament that was sponsored by the First Class Petty Officers Association at Patuxent Greens County Club, Laurel, Md., June 25.

*Photo by MC2(SW) Regina Wright*

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NAVY INFORMATION OPERATIONS  
COMMAND MARYLAND  
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# Anchor Watch

## ANCHOR WATCH

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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.j.wright@navy.mil](mailto:regina.j.wright@navy.mil).



Capt. Steven Ashworth presents Petty Officer 2nd Class Jennifer Thomas with a Navy and Marine Corps Achievement Medal, July 20.

## 2 Chronicles of a Sailor

Seaman Schmuckatelly does some investigative reporting at NIOC Maryland!

## 7 Get in shape!

Read how NIOC Maryland Sailors are incinerating calories and getting their bodies in tip-top shape.

## 13 Stressed out at work

Learn some tips on how to cope with stress in the workplace.

## Farewell to a Shipmate

NIOC MD Color Guard members, Petty Officers 2nd Class Eric Rogan and Timothy Allmon present the colors during a memorial in honor of IT1(SW) Ronny S. Vigilant at Argonne Hills Chapel, June 22.



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Military Badge of Merit

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# The Sailor Chronicles:

## *The mystery of the black squirrel solved*



From the files of  
Seaman Smuckatelly

While researching stories about famed NIOC MD multi-sportsman Shamus Jenkins, AKA the “Black Shillelagh,” I uncovered several tales of an infamous black squirrel stalking the campus in the area of the Five Hats Dining Facility. Rumors of the black squirrel, who had affectionately become known as *La Ardilla Diablo*, surfaced more than a year ago. I dismissed them as folklore and filed them away in my Area 51 file along with rumors of four-day work weeks, and 100 percent advancement rates for residents of Rhode Island. This time though, the stories were so vivid and interesting, I decided to investigate the matter further.

Not being very familiar with animal stakeouts, I enlisted the help of my trusty dog Scuttlebutt. Enlisting her help was risky because of an incident in Cape Canaveral, Fla. that involved two squirrels, a manatee and acorn; but if I was going to get to the bottom of the rumor behind *La Ardilla Diablo*, I was definitely going to need her keen canine instincts.

Several days of surveillance only netted a new found love for herb-crustured fish and Jell-o. Scuttlebutt made several attempts to utilize her squirrel contacts

however, the incident in Cape Canaveral was proving too difficult to let bygones be exactly that. So I decided to do some research online to find out a little about our fury black friend.

My in-depth reliable Web research uncovered that black squirrels are a melanistic variety of the eastern grey squirrel and are normally found throughout Ontario, Canada and in several parts of Michigan, Indiana, Wisconsin and Ohio. Black squirrels were introduced to the Washington, D.C. area near the beginning of the 20th century at the Smithsonian National Zoological Park. Since their introduction, the population of black squirrels in Washington has slowly but steadily increased and black squirrels now account for up to 25 percent of some squirrel populations in the area.

Although I trusted the Web and had started to accept the idea that a 30 mile migration from D.C to Fort Meade was in the realm of possibility for a black squirrel, I just couldn’t let the story go that easily and decided to spend a few more days staking out the Five Hats area. As the menu turned to the re-introduction of herb-crustured fish I was just about to give

up when one of Scuttlebutt’s contacts from nearby Severn, MD came through.

Scuttlebutt’s sources informed us that NIOC MD has been designated as a safe haven for animals on the run; kind of a witness protection for the animal kingdom. *La Ardilla Diablo* is really Johnny J. Squirrel, and more importantly grandson of the famous Rocket “Rocky” J. Squirrel of Rocky and Bullwinkle fame. Turns out Rocky was a notorious member of the La Squirrel Nostra prior to his decades long run of providing wholesome family entertainment. Members of La Squirrel Nostra were identified by an acorn tattoo displayed prominently on the forehead, which is why Rocky always wore the aviator’s hat. Because Rocky’s crimes against the other five squirrel families were so heinous in nature, his descendants are constantly in danger, which is why NIOC MD was chosen as a safe place for Johnny to start a new life.

Scuttlebutt and I have yet to meet our furry new friend, but rest assured, his family’s secret is safe with this intrepid reporter.

# June Awards



Photo by MC2(SW) Regina Wright

**Defense Meritorious Service Medal**  
Petty Officer 1st Class Joseph Jones

**Navy and Marine Corps Commendation Medal**  
Chief Warrant Officer Pedro Ramos

**Army Commendation Medal**  
Petty Officer 2nd Class William McKenzie

**Joint Service Achievement Medal**  
Petty Officer 2nd Class Gilberto Castaneda  
Petty Officer 3rd Class Richard Morris

**Navy and Marine Corps Achievement Medal**  
Petty Officer 1st Class Christopher McGowan  
Petty Officer 2nd Class Domonick Richmond  
Petty Officer 2nd Class Roland Seward  
Petty Officer 2nd Class Krista Wilson

**Sailor of the Quarter**  
Petty Officer 2nd Class Bradley Libbey

**Good Conduct Medal**  
Petty Officer 2nd Class Domonick Richmond  
Petty Officer 2nd Class James Lerud  
Petty Officer 3rd Class Justin Mercer

**Civilian of the Quarter**  
Mark Lanni

# July Awards

**Joint Service Commendation Medal**  
Petty Officer 1st Class Melissa Lystad

**Navy and Marine Corps Commendation Medal**  
Petty Officer 1st Class Ronald McKinnon  
Petty Officer 1st Class Sang Phan

**Joint Service Achievement Medal**  
Petty Officer 2nd Class Stephen Bates  
Petty Officer 1st Class Jennifer Thomas

**Navy and Marine Corps Achievement Medal**  
Petty Officer 1st Class Springer Blankenship  
Petty Officer 1st Class Lubomir Kundera  
Petty Officer 2nd Class Rebecca Feather  
Petty Officer 2nd Class Cristobal Jimenez  
Petty Officer 2nd Class Kyle Kane  
Petty Officer 2nd Class Melanie MacConell  
Petty Officer 2nd Class Chad Poniewasz  
Petty Officer 2nd Class Eric Rogan  
Petty Officer 2nd Class Jennifer Thomas



Photo by MC3 Matthew Jordan

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# Spotlight:

## Henry Green, *Civilian Personnel Liaison Officer*



Photo by  
MC3 Matthew Jordan

Q: When did you join the military and what branch?

A: I joined the United States Army in 1970. After enlisting I was selected for the Army Security Agency, which brought me to Fort Meade, Md. in support of the National Security Agency.

Q: Why did you join the military?

A: I was drafted. After completing my BS degree, the Selective Service policy was to draft men that received a four year deferment.

Q: Where you enlisted or officer?

A: Enlisted. I moved up the enlisted ranks and obtained the grade of Master Sergeant/E-8.

Q: How long were you in the military?

*“Thank you again on behalf of a grateful Nation, Navy and Command. We are better off today because of all that you have done and accomplished over the past 17 years. Your legacy will live on in every individual that you have helped along the way and touched in a positive manner. Fair winds and following seas as you pursue your next phase in life.”*

*-Capt. Steven Ashworth*

A: 21 years. I retired from the United States Army, January 1991.

Q: What was your favorite station while in the Army?

A: I had an outstanding professional career in the Army with the most rewarding stateside service assignment being in support of the National Security Agency from 1970 to 1985. My

overseas assignment that stands out is Sinop, Turkey. Sinop was an outstanding mission and professionally rewarding in support of NSA. My follow-on assignment was with the Secretary of Defense for Personnel as a Manpower and Force Development Specialist for Army Intelligence organizations.

Q: How did you handle transition from soldier to civilian when you retired?

A: My transition to Civil Service was not challenging due to most of my military assignments being in a joint civilian organization. With the exception of my overseas assignments, eighteen years of my military career was in a joint civilian organization.

Q: What jobs have you held since retired from the military?

A: I held two full time jobs since my military retirement. My first position after retiring in 1991 was the Director of Security (Acting), Doubletree Hotel, Arlington, Va. In

1993 I accepted a Navy civilian position as a Security Policeman with a follow-on assignment in the same year as a Civilian Personnel Officer.

Q: What did you do here?

A: I was the Civilian Personnel Liaison Officer responsible for managing personnel requirements for Civilians assigned to NIOC MD, NIOC GA and NIOC TX. Primarily responsible for managing the three command's Civilian Payroll and Recruiting.

Q: What are you going to do with all of your free time you will have now that you are retiring?

A: Relax, leisurely enjoy life, and reflect on 41 years of Federal Service; followed by visiting the Veterans Administration Hospital and Walter Reed Army Medical Center to offer my volunteer services.

Q: Is there anything you would like the Sailors here at NIOC MD to know?

A: Serving as the Civilian Personnel Liaison Officer for the past 17 years has been an extremely rewarding experience. To the core civilian personnel that traveled with me from Nebraska Avenue and those that have joined us along the way, you all have given me a special understanding of the term "co-worker." I have derived a sincere appreciation of serving the greatest workforce I have encountered in my 40 years. I salute you all for your special contribution to my professional life which allowed my personal life to be equally satisfying.

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# Married couples retreat to Turf Valley



Story and Photos by  
Michelle Rudden

The NIOC MD Chaplain's Office sponsored a marriage retreat at Turf Valley Resort for the weekend, June 11 to 13.

The Prevention and Relationship Enhancement Program is designed to be a divorce prevention and relationship enhancement program, which was developed at the University of Denver from more than 30 years of marriage research.

This particular workshop had a special emphasis on communication skills to help couples enhance their relationship. Topics included "Speaker/Listener" technique and "Communication Danger Signs." Breakout sessions were included within the retreat in order for couples to practice their new and enhanced communication skills.

The Turf Valley Resort Center provided a perfect venue for NIOC MD members, allowing them free-time activities such as swimming, working out at a state-of-the-

art fitness center and walking and relaxing around the beautiful resort grounds. Delicious meals were served in Alexandra's, the resort's restaurant, with a private dining room on the garden level of the hotel reserved exclusively for our event.

The weekend retreat was made available to all NIOC MD servicemembers and their spouses entirely free of charge due to contributions from the many chapel fellowships on base. The Chaplain's Office has sponsored various NIOC MD events throughout the year in order to serve our members by promoting personal, spiritual and professional development.

For more information about the services provided by the Chaplain's Office, contact Michelle Rudden at 301-677-0306.

# My watch, your watch, our watch ...

## *The Anchor Watch*

Story by  
MC3 Matthew Jordan

The Anchor Watch has been NIOC MD's command magazine for more than 35 years. Looking back to the Anchor Watch's beginning, it has been filled with poetry, questionnaires, cartoons and command information. In order to keep our readers interested, we need the support of each department represented.

What do you want to see in your command magazine? The Public Affairs Office needs your help to provide the best possible coverage of all reaches of the command. We need your ideas, your stories and your opinions.

Each department has a Public Affairs Representative who submits stories to the Anchor Watch every month. However, just because you are not the designated representative does not mean that you cannot submit a story. Contact your representative and speak with them about stories you would like to see in the Anchor Watch.

If you have a talent for writing, submit stories to the Public Affairs Office, and get them published! You could be a stringer for the command magazine.

Do you want to get your department noticed for its hard work, or have an outstanding Sailor you want to get recognized? The Anchor Watch is a great way to get this done. We would like to hear about the great accomplishments your Sailors achieve outside of work as well. Getting stories published in the Anchor Watch benefits your department and highlights the accomplishments of the command.

Thirty-five years from now, when people look through the Anchor Watch archives, what do you want them to see? How will we be preserved in history? Let's all pitch in to record people and events here at NIOC MD, so when future readers look back on the stories in the Anchor Watch archives, they can see what we did.

If you wish to submit stories for publication contact your department Public Affairs representative for more information. The story must be submitted by the second week of the month to get in the next month's issue, and should be between 250 to 800 words, and include photos.



### Opportunity to be published!

Like to watch movies, play video games?

The Anchor Watch would like to print your reviews!

Contact MC2(SW) Wright at [regina.j.wright@navy.mil](mailto:regina.j.wright@navy.mil) or 301-677-0860 for more information about writing reviews for the Anchor Watch.

# Sailors turn-up the intensity with workout

Story by  
Petty Officer 1st Class Benjamin Chester  
Photos by  
MC2(SW) Regina Wright

Over the last few months, dozens of NIOC MD Sailors have been given an opportunity to train in a unique and intense fitness regime. The program has pushed these Sailors to a new level in their physical fitness.

CrossFit offers a deliberately broad and varied workout, which allows for the most general fitness gains available. This in turn, allows the participants to better adapt to the challenges they face in daily life, in sports, or in combat.

CrossFit accomplishes this by molding its participants into equal parts gymnast, weightlifter, and multi-mode sprinter through cardio conditioning. Some of the exercises that a "CrossFitter" may be expected to perform include pull-ups, push-ups, dips, dead-lifts, squats, presses, running, rowing, and cycling - just to name a few.

This is not an elite program reserved only for those who are inherently strong or fast. In fact, it is possible to scale the CrossFit workouts to any committed individual, regardless of their experience level, to help them reach higher fitness goals.

Chief Petty Officer Patrick Wolfrey has been "CrossFitting" for the last four months. During that time he has improved his Physical Fitness Assessment scores from an Excellent Low to an Outstanding Low and has lost 30 pounds. Additionally, he feels stronger, more energetic, and most importantly, more fit.

"The best part about CrossFit for me is that you are competing against yourself; always trying to better your time or amount of weight being lifted, sometimes at the same time," said Wolfrey.

Petty Officer First Class Alex Gallegos, who has been "CrossFitting" for only two months can tell that the program is working.

"I already feel and see a difference," said Gallegos.

Currently the NIOC MD program is being run as a subset of the CrossFit Fort Meade affiliate, which is managed by Master Chief Petty Officer Casey Raiford. Due to an increased level of interest by NIOC MD Sailors, Lt. Nate Grebb and Petty Officer 1st Class Rick Garcia sought

to complete the CrossFit level-one certification during the winter. Among other things, this certification enables Grebb and Garcia to teach, facilitate, and observe daily CrossFit workouts.

The two went straight to work after receiving their certification by holding three indoctrination sessions with about 20 Sailors per session. These sessions are crucial for anyone who wants to do the CrossFit workout safely and effectively.

The indoctrination is conducted by individual request, so if you are interested, contact Grebb or Garcia. Workouts are held daily at 3 p.m. in Building 8606, 6th Armored Cavalry Road.



**Above:** Lt. Nate Grebb jumps fast-rope, as a portion of his CrossFit session, June 11.



**Left:** Petty Officer 1st Class Benjamin Chester performs a "clean" during a CrossFit session, June 11.

**Below:** Petty Officers 3rd Class Patrick Backman and Carlos Figueroa begin running sprints after a second round of push-ups, June 11.



# “Who let the *NIOC MD Sa*

Story and photos by  
MC2(SW) Regina Wright

For 223 NIOC MD Sailors, June 8 was a great day. It was the chance to finally step up on stage, shake Capt. Steven Ashworth's hand and be congratulated for advancement to the next higher pay grade.

NIOC MD advanced 55.26 percent of the Sailors who took the exams, which more than doubles the Navy-wide average of 24 percent advancement.

Even though the E6 advancement percentage is the lowest it has been in a decade at 9.41 percent, NIOC MD advanced 62 Sailors to the rank of first class petty officer.

The average E5 advancement wasn't as harsh as the E6 at 22 percent, but NIOC MD cleaned up advancing 120 Sailors to second class petty officers.

Advancing into the petty officer ranks got a little better for those hard charging E3s, rising 3 percent to make the Navy-wide average of 46 percent advance. NIOC MD helped with those numbers in advancing 41 Sailors to third class petty officers.

Congratulations to all newly advanced Sailors on a job well done.



# crows out?"

## *ilors advance*



# Around NIOOC



Photo by MC2(SW) Regina Wright

Senior Chief Petty Officer Steve Caimano is piped ashore after 23 years of military service at his retirement held at Club Meade, June 4.



Photo by MC2(SW) Regina Wright

Two NIOOC MD Sailors “pie” each other in the face during the NMCRS fundraiser, May 19.



Photo by MC2(SW) Regina Wright

Lt. Lovejoy receives her retirement flag from Lt. Jason Laurion during her retirement ceremony held at the Cryptologic Museum, June 4.



Photo by MC3 Jesse Shuey

Chief Petty Officer Joseph Cantu cooks for the Navy and Marine Corps Relief Society barbeque fundraiser, May 24.



Photo by MC3 Matthew Jordan

Petty Officer 2nd Class Patrick McMahon hands out reading material during the safety fair held at the Fort Meade Pavillion, May 20.



*Photo by MC3 Matthew Jordan*

Petty Officer 1st Class David Starkweather cooks hamburgers for the FCPOA and JSA cookout, May 6.



*Photo by MC3 Matthew Jordan*

John H. Drenning, 87, a World War II veteran, speaks to Sailors about his experiences during the war, on a trip to the WWII Memorial in Washington, D.C., sponsored by the JSA, May 21.



*Photo by MC3 Jesse Shucy*

Petty Officer Stacey D'Alessio answers questions from "Brilliant on the Basics" attendees, Seaman Jesus Rocha and Petty Officer 3rd Class Mark Quijada, during a training session, May 6.



*Photo by Joyce Brayboy*

Chief Petty Officer Nathan Mitchell chats up WWII veteran, Bud Milliron, while waiting on the Honor Flight bus at Baltimore Washington International-Thurgood Marshall Airport, June 5.



*Photo by MC2(SW) Regina Wright*

Chief Petty Officer Keith Rulison takes his turn putting during the FCPOA sponsored Longshot Golf Tournament at the Patuxent Greens Country Club, Laurel, Md., June 25.

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# NIOC Maryland remembers IT1(SW) Vigilant



**Chief Petty Officer David Hurley remembers his Department LPO, Petty Officer 1st Class Ronny S. Vigilant, June 22.**

Story by Gideon S. Rogers  
Photos by MC3 Matthew Jordan

Navy Information Operations Command Maryland paid tribute to one of its brightest young stars June 22 at Fort Meade's Argonne Hills Chapel.

Thirty-year-old Petty Officer 1st Class Ronny S. Vigilant died suddenly June 8 at his residence in Columbia.

"Ronny epitomized the term 'Shipmate' and was a beloved and respected Sailor," said Capt. Steven J. Ashworth, commanding officer, Navy Information Operations Command Maryland. "We are honored to have known him and have had him in our command."

Petty Officer 1st Class Vigilant reported to NIOC Maryland in 2008. As Leading Petty Officer of N24 division, he led a division of 24 Sailors through the implementation of two messaging systems, and the stand up of a 24/7 watch. He trained and qualified four supervisors and ensured all watches had qualified operators to maintain 24/7 operations.

He supervised the correction and dissemination of information messages to 23 commands worldwide. He ensured the prompt and efficient cross-domain transfer of e-mails between networks of differing classifications with zero deficiencies, maintaining timely delivery and accuracy. His role as Department Career Counselor and partic-

ipation in the Command Retention Team, directly contributed to the career development of 38 Sailors.

His outstanding leadership and extensive knowledge led to his being selected as N2 Department Leading Petty Officer, where he led the department to consecutive 100 percent PFA pass rating, advanced 9 Sailors, and 85 percent retention. He was selected as the command's Senior Sailor of the Quarter for fourth quarter calendar year 2009 for his efforts.

Vigilant's Department Chief, Chief Petty Officer David S. Hurley, described his Leading Petty Officer as a leader with drive, professionalism and integrity beyond reproach. "Ronny was simply one of the best Sailors I have had the privilege to have known during my career," Hurley said. "As my direct liaison to the junior Sailors, I tasked him with various things to accomplish and his response to me was always, 'Chief, I got it.' That was it. He never required follow up from me and his work always produced outstanding results."

Petty Officer 2nd Class James Henson first met Vigilant standing quarterdeck watch. Henson said that his first impression of Vigilant was that he was a squared away Sailor. "I thought to myself where does he get his uniforms tailored because I have never seen a uniform fit anybody like that!" Henson said.

Petty Officer 2nd Class William Daggins said that he misses Monday morning con-



**IT1(SW) Ronny S. Vigilant**

versations with Vigilant the most -- it was the time Vigilant would give him advice. "The Navy is my second family and IT1 Vigilant was definitely like my big brother," said Daggins. "I wanted his approval before I did anything -- evals, brag sheets, even the latest locations to check out on the weekends."

Vigilant's personal decorations include the Joint Service Commendation Medal, Navy Commendation Medal, the Navy Achievement Medal (2 awards), and various campaign and unit decorations.

He is survived by his parents, Lawrence and Ann; son Donte; fiancée Kishia; and his brothers Richard and Craig.

A final interment service for IT1(SW) Vigilant will be held at Arlington National Cemetery Aug. 5 at 10 a.m.



**Family, friends and shipmates of IT1(SW) Ronny S. Vigilant gather in the garden of Fort Meade's Argonne Hills Chapel after his memorial service there June 22.**

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# Stress overload:

## *It can affect your health and work*

SafetySmart

Everyone has it and it isn't all bad. But when we suffer from stress overload, it can affect our health, and even our ability to work safely.

A reasonable amount of stress can motivate us to work better and faster, but excessive stress can cause many problems such as health difficulties. It can also keep us from concentrating on working safely.

### **Here are some symptoms of too much stress:**

- Sleeping difficulties
- Feelings of anxiety and of being overwhelmed
- Being short-tempered and uptight
- Physical sensations such as tense muscles, headache or upset stomach
- Abuse of substances such as food, cigarettes, alcohol or drugs

### **These suggestions might give you some ideas of how to cope with stress:**

- Maintain general good health. Eat nutritious meals regularly each day. Your diet should consist largely of healthy foods such as whole grains, fresh fruits and vegetables. Foods which are high in fat, salt and sugar should be kept to a minimum. It is important to get adequate sleep and rest. Exercising daily or at least several times a week will also help you to stay strong enough to cope.
  - Avoid drugs. When we are under stress, it is tempting to turn to this kind of relief. However, the abuse of drugs such as alcohol, caffeine, nicotine, prescription drugs, over-the-counter remedies and street drugs will eventually just add to your problems.
  - Special relaxation techniques might prove helpful. You can obtain more information about these methods from books and tapes which are widely available, as well as community programs, self-help groups and some therapists. One of the most simple of these techniques is taking a number of deep, slow breaths and exhaling completely. Another

involves deliberate progressive relaxation of different muscle groups.

- Find someone to which to talk. Problems become more manageable when you discuss them with a friend, a member of your family, a clergy person or a counselor. Your company might have an employee assistance officer who can point you in the right direction.
- Give some thought to your priorities. You can't do everything and you can't be responsible for everything. Decide what is really important in your life and focus on that.
- Other problems can perhaps be ignored. Many of the things we worry about are beyond our control or never actually affect us.
- Learn to relax on your time off from work and other responsibilities, even if it is very short. Every day do something you enjoy.
- Learn to set realistic goals. If you're working toward specific goals, day to day difficulties are easier to handle.

- Learn to manage yourself to make the most of the time which you have each day. You might find it useful to get up a little earlier each day for work.

Excessive stress is a common problem in today's hectic world. Learn to manage stress to maintain your health and your safety.

**“Adopting the right attitude can convert a negative stress into a positive one.”**

**-Hans Selye**  
*(a noted endocrinologist)*



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# Naval Heritage

## *Women admitted into USNA*

Story by

Petty Officer 1st Class David Hu

Women were first admitted into the United States Naval Academy on July 6, 1976. This event had a profound impact in overturning military traditions and loosening gender role barriers in society.

Though faced with numerous hurdles, the first class of female midshipmen helped initiate a fundamental shift in today's thinking where women in the Navy can now perform increased responsibilities in both leadership and combat duty positions.

The USNA was founded in 1845 and for 131 years, women were forbidden to enter its ranks. The other military academies abided by these restrictions as well. Though women were commissioned as naval officers since 1942 through the WAVES (Women Accepted for Volunteer Emergency Service) program, they were restricted to non-combat duty positions in the yeoman, aviation, legal, medical, intelligence, science, and technology fields.

Prior to 1976, there was much debate and opposition on admitting women into service academies. In 1944 and 1955, Congress attempted to pass bills to establish Women Service academies, both of which failed to pass. Opponents of admitting women into existing academies warned that such action would prove detrimental to the academies' overall mission, standards of performance, and student morale.

Some felt that women would diminish the high standards of performance embedded upon male midshipmen. For example, they would point to a later incident where the USNA superintendent decided to grant a medical waiver to a female midshipman who, because of a diagnosed fear of heights, could not complete the requirement of jumping off a 34-foot-high diving board into a swimming pool.

On the other side of the debate, advocates supporting women's entrance into service academies noted the changes in the nature of combat duty. As historian, Linda Grant De Pauw, pointed out, "the introduction of increasingly sophisticated weapons systems made technological skill more important in recruits than their muscle mass."

Proponents for women also challenged the notion that academies were solely

intended to produce combat leaders. In May 1975, Congressman Samuel S. Stratton attached an amendment to open the academies to women to the Defense Authorization Bill of 1976.

Perhaps the deciding factor to this debate was the formation in 1969 of the Women's Rights Movement, which rekindled the fire to ratify the Equal Rights Amendment.

May 20, 1975, the House of Representatives voted 303 to 96 to approve the amendment proposed by Stratton to the Defense Authorization Bill of 1976 which admitted women into the service academies. On 6 June, the Senate followed suit with an approving voice. President Gerald Ford signed Public Law 94-106 "Defense Appropriation Authorization Act" Oct. 8, 1975 requiring the service academies to admit women by 1976.

By the Fall of 1976, women entered the Army, Air Force, Coast Guard and Naval Academies. Of the 81 women in the class of 1980 at the Naval Academy; 55 of them graduated, including Elizabeth Belzer, the first woman graduate and Janie L. Miles,



**The first black female to graduate USNA, Janie L. Miles.**



**The first female to graduate from USNA, Elizabeth Belzer, receives her diploma.**

the first black female graduate.

The women of the 1980 class did not have an easy time at the USNA. In addition to the universal physical and mental hardships and hazing endured by all incoming plebes, the women faced unique obstacles during their tenure.

Being the first class of women, they had the distinction of becoming the "guinea pigs" of a predominantly male institution.

Despite the obstacles each of the women in the class of 1980 endured, each came away with some positive experiences and by the end of their term, women had statistically fewer demerits and higher conduct grades than the men.

At the graduation ceremony, USNA Superintendent Lawrence concluded "the integration of women has been completely successful."

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# Naval Heritage

## Badge of Military Merit

Story by

Petty Officer 1st Class David Hu

The Badge of Military Merit was created Aug. 7, 1782. Though no longer in service, the medal served as an official predecessor to today's Purple Heart.

The Badge of Military Merit originated from the American War of Independence. Appointed as Commander in Chief of the newly assembled Continental Army, General George Washington assessed the state of his men.

His first impression was not a good one. Washington had served as a colonel in the British Army during the French and Indian War, had led men and seen combat. Now, as the 17,000 men of his new command assembled before him, Washington had a deep sense of foreboding; this was no army! He would be hard pressed to even describe it as a militia. It was a rag-tag band of farmers, merchants, and adventurers-not a professional soldier among them.

Understanding the urgency to improve army morale, Washington maintained a degree of personal involvement with his men. His method of rewarding soldiers was through field promotions, advancing the soldier in both rank and pay. However, by the end of the war, war funds were depleted to the point where Congress could not even pay soldiers for their war time service. They urged Washington to cease his practice of rewarding, but Washington persisted in maintaining the effectiveness and high morale of his troops even in peace time conditions. Thus, an alternative was needed.

The Badge of Military Merit was officially announced by Washington at his headquarters in Newburgh, N.Y. and issued on Aug. 7, 1782.

Designed by Washington in the form of a purple heart, it was intended as a military order for soldiers who exhibited, "not only instances of unusual gallantry in battle, but also extraordinary fidelity and essential service in any way."

The award was a radical departure from the European practice which only honored high ranking officers instead of the common soldier. Washington remarked "the road to glory in a patriot army and a free country is thus open to all."

Most historians indicate that the first three

recipients of the Badge of Military Merit were all noncommissioned officers. Sergeant William Brown of the 5th Connecticut Regiment and Sergeant Elijah Churchill of the 2nd Continental Light Dragoons received the award on May 3, 1783. Sergeant Daniel Bissell of the 2nd Connecticut Regiment was awarded on June 10, 1783. The award fell quickly into disuse after the War of Independence. However, the Badge of Military Merit was never officially abolished and surprisingly, a movement to revive the medal would emerge almost 200 years later.

After World War I, a consensus was made to commemorate the 200th anniversary of George Washington's birthday. Charles Pelot Summerall, Army Chief of Staff, spearheaded the effort by attempting to revive the Badge of Military Merit. This first bill was directed to Congress on Oct. 10, 1927 but was ultimately withdrawn. On January 7, 1931, the torch was passed to Summerall's successor, Douglas MacArthur, who confidentially reopened work on a new design for the proposed medal. By Executive Order of the President, the Purple Heart was revived on the 200th Anniversary of George Washington's birth, on Feb. 22, 1932.

The Purple Heart was originally created to award any member of an armed force or civilian national of the United States, who while serving under competent authority in any capacity with one of the military branches after April 5, 1917, has been wounded or killed, or who has died or may hereafter die after being wounded. What distinguishes the Purple Heart from other medals is that it is

based on objective sacrifice.

Towards the end of World War II, 500,000 Purple Heart medals were manufactured in anticipation of the estimated casualties resulting from the planned invasion of Japan. Fortunately, the combined recipients from that point of World War II, Korea, and Vietnam have not exceeded that number. There are so many medals in surplus, that combat units in Iraq and Afghanistan are able to keep Purple Hearts on hand for immediate award.

Members of the cryptologic community have been awarded the Purple Heart as well for their sacrifice in the Afghanistan and Iraq theaters. A special remembrance goes out to Petty Officer 3rd Class Matt O'Bryant, a valued member of NIOC MD who was killed on Sept. 20, 2008 in a terrorist bombing in Islamabad, Pakistan.

As spoken in Rear Admiral Leigher's eulogy for O'Bryant:

*"Our deepest sympathies and debt of unbounded gratitude go out to this patriot's family. This Sailor now 'rests his oars'. He has given this great Navy and our country the gift of his unselfish service. We are forever in your debt Shipmate. Rest easy, your NIOC Maryland Shipmates have the watch."*

Aug. 7 is designated as "Purple Heart Day." Let us use this day to honor those who were wounded, or who have fallen, paying the ultimate sacrifice in service to our nation.



**The Badge of Military Merit and the Purple Heart**

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# Alice Springs

## 2010 Joint Military Ball

Story and Photos by  
Petty Officer 2nd Class Matt Kilby

The NAVIODET Alice Springs, Australia organized the 2010 Joint Military Ball, which turned out to be a wonderful evening for everyone involved.

The night began with a cocktail hour, giving the guests a chance to mingle, and get to know one another. During the cocktail hour, guests were able to have their photos taken by a professional photographer.

NAVIODET Officer-in-Charge Lt. Cmdr. Scott Cone led the official party which included Army Maj. Gen. Nathan Martin, Air Force Maj. Gen. Jeremy Hutchins, NIOC MD's Command Master Chief, J. Scott Drenning, and NIOC MD's Chaplain, Lt. Timothy Springer. The colors were then posted and both National Anthems from the U.S. and Australia were played.

Springer stood and gave a speech before the Prisoner of War and Missing in Action ceremony began.

After the toasts were conducted, the dining began. Everyone appreciated the music and excellent service that was provided.

After dinner, Cone initiated the passing of the Military Ball gauntlet to the Air Force, and then introduced Drenning.

Drenning delivered a speech that was immediately followed by a massive cheer from the guests.

Petty Officer 1st Class Joshua Moyer, his assistant Petty Officer 2nd Class Matthew Kilby, and all attendees were recognized by Cone for their hard work and dedication in making the 2010 Military Ball a success.

Door-prize drawings, music and dancing continued throughout the night, and were a great finale to a fun-filled evening.

The 2010 Joint Military Ball was an overwhelming success thanks to each military member, spouse and business that assisted in the event. It was an amazing opportunity for our services to unite and strengthen the bonds between them.



Lt. Springer, Senior Chief Petty Officer Lauren Lynn, NIOC MD Command Master Chief J. Scott Drenning and Lt. Cmdr. Scott Cone during the Joint Military Ball.



American and Australian servicemembers parade the colors to kick off the evening.