



SHORELINES

Serving Ohio, West Virginia and Kentucky

November 2012

NRD Ohio NSO/NSW/AIRR Mentor and Coordinator Training Our Future Sailors from the Beginning



We all know about the continued missions our special forces accomplish and the continued bravery and sacrifice given to their beloved country. To accomplish these missions they undertake years of training which begins at the local recruiting districts with the mentorship they receive from the NSO/NSW/AIR coordinators. Navy Recruiting District Ohio has two of the best in LCDR (Ret.) SEAL Michael Naus and Senior Chief Explosive Ordnance Disposal Kenneth Englehart.

“As Mentors we do not recruit, but provide the knowledge for each program to potential candidates” said Mr. Naus “We conduct swim clinics and workouts for all can-

didates in the program to ensure they improve with each PST and are prepared for the rigors of Boot Camp and the next level of training.”

The mentorship program was installed in 1997 and helps prepare future Sailors preparing to enter the Navy Diver, Special Warfare Combat Crew, SEAL, EOD and AIR Rescue programs by giving them a head start on what is required of them before leaving to Recruit Training Command Great Lakes. The Mentor's work with the local recruiters to verify candidate qualifications, train candidates as needed, administer Physical Screening Tests (PST's) and conduct swim clinics and workouts for all candidates in the program to ensure that they are improving with each PST.

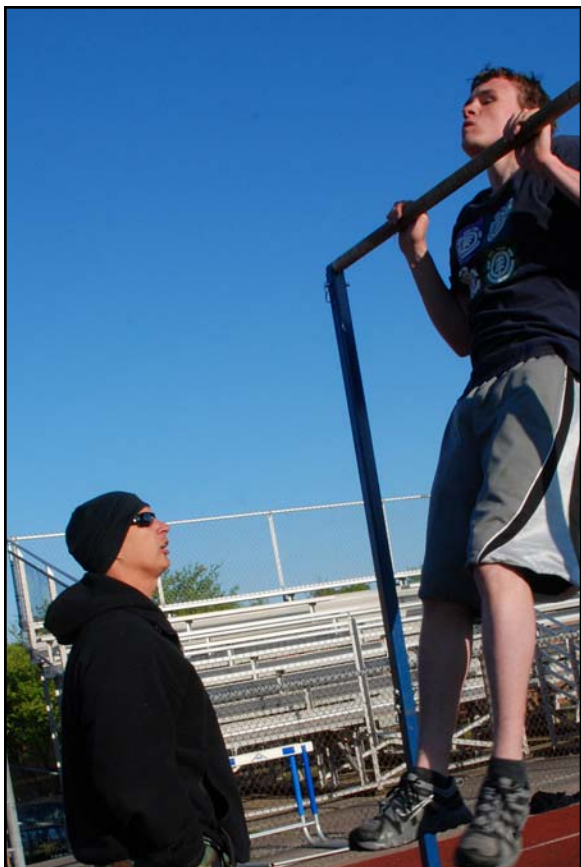
Mr. Naus stated “When a candidate is deemed qualified he attends a PST. If he passes the PST he is submitted into the draft and NRC program specialists select those candidates meeting the requirements for their program. Once selected, the candidate is reclassified into the program he was selected and receives a new ship date. Candidates are required to test monthly and show improvement with each PST. 14 Days prior to shipping candidates receive their final PST and ship to Great Lakes. After Great lakes each program has a Prep course that each candidate must complete before shipping to their A School.”

NRD Ohio has seen continued success with this program. When the Mentor program began the passing rate at Great Lakes was 26% of all candidates taking the screening test. Due to the poor passing rate all programs were under manned by as much as 50%. The Mentor programs success rate at Great Lakes is now 96% and these candidates attend the Prep course prior to shipping to A School. “The pass rate is a direct result of the success of this program.” said Mr. Naus

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“This program helps the NSW/NSO candidates by giving them a source of information and provides them with a rigorous physical training program. Our goal is to ensure they are ready mentally and physically before they head off to boot camp. Senior Chief Englehart, a native of Moundsville, WV said, “We measure our success not by how many of them make it through boot camp, but by how many complete all the training and attain their respective warfare devices.” “When I got into the EOD program, there was no mentorship program, you just showed up and either you were in shape or you weren't, if you weren't, you were sent home.”

When asked why he felt it was important to come back to become a mentor Senior Chief Englehart replied “Before I went EOD back in Jan 1996, I did a recruiting tour at NRD OHIO from 91-95, my wife and I loved Columbus and always said that we would love to come back. Coming back as NSW/NSO AIRR Coordinator gives me an opportunity to shape the future of our NSW/NSO/AIRR communities by selecting the best candidates for the programs.”

CAPTAIN'S CORNER

Hello Team Ohio, Family and Friends,

As this year comes to a close I would like to thank everyone for their continue dedication and hard work, I personally know and understand the sacrifices you make every day in order to support our mission and realize that that what you have given to make this another successful year. I would also like to thank the spouses and family members for your support throughout the year. As we begin a new year we have to remember to hit the ground hard and fast due to the continued goal increase. I know our capability and believe that we will have a very successful FY2013.

As the fall month is at hand we need to remember that winter is right around the corner. Take time to ensure that you are properly prepared for any emergencies that might arrive. The last couple of winters have been calm, but we need to expect that this winter will bring a lot of snow and storms. Take time to make sure you have your furnaces checked and emergency supplies stored (water, candles, food etc...). It's never too early to start getting prepared, remember ORM is everyone's responsibility.

There are several events that are planned for the next couple of months i.e. Khaki Ball, Navy Ball, and the Change of Command. Again thank you for all your hard work, effort and that is put forth everyday to make Team Ohio such a success.



Navy Veterans Inducted Into the Ohio Veterans Hall of Fame



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Gunner's Mate 2nd Class Eric Wagner, assigned to Navy Recruiting Station Huber Heights, poses for a photograph with Ohio Veterans Hall of Fame inductee, retired Navy Capt. Richard P. Hartmann. Wagner is the escort for Hartmann who is being inducted to recognize his post-military achievements and lifetime contributions after completion of his honorable military service. (U.S. Navy photo by Mass Communication Specialist 1st Class Phillip D. James Jr./Released)

By Mass Communication Specialist 1st Class Phillip D. James Jr.

DAYTON, Ohio – Navy veterans: Harold J. Fillmore, Richard P. Hartmann and Sister Marguerite (Mary) C. McHugh were inducted into the Ohio Veterans Hall of Fame on November 8, 2012. Veterans were inducted by Ohio Lieutenant Governor Mary Taylor and the Director of the Ohio Department of Veterans Affairs Thomas N. Moe.

The Ohio Veterans Hall of Fame was created by former Governor George V. Voinovich in 1992 to recognize the post-military achievements and lifetime contributions of outstanding veterans after completion of honorable military service. The ceremony was held at the National Museum of the United States Air Force in Dayton, Ohio.

The inductees are paired up with current military members, normally from the branch in which they served, to escort them through the ceremony procedures. Navy Recruiting District Ohio Sailors fulfilled the role assisting with the event.

Gunnery's Mate 2nd Class Eric Wagner, assigned to Navy Recruiting Station (NRS) Huber Heights, said, "It was a joy to come, being able to mingle with members from a different era is a great experience."

Inductee, Retired Captain Richard P. Hartmann said, "It is an honor to receive the award and I am grateful to Ohio for the support that veterans receive, the outstanding job of hospitality for all the inductees has been conducted with professionalism."

Quartermaster 2nd Class Jeff Welbaum, assigned to NRS Middletown, explained that being an escort helps to show support and respect those that came before us in our service. He said, "This is a beautiful thing that is being done to show our appreciation for them."

After her service Mary C. McHugh joined the Sisters of Notre Dame and took on the name Marguerite. She said, "This is not just an honor for me, it is an honor for all women veterans."

The Ohio Veterans Hall of Fame is not a military hall of fame. Those selected for the honor of induction are veterans who have honorably served their country through military service and who have continued to serve and inspire their fellow man with their deeds and accomplishments throughout their lifetime.

For more information on the Inductees please visit:

http://dvs.ohio.gov/veterans_hall_of_fame/inductees/class_of_2012.aspx

For Navy Opportunities in Ohio, Kentucky and West Virginia Call 1-800-282-1384

November in Naval History

November 1

1841 - "Mosquito Fleet" commanded by LCDR J. T. McLaughlin, USN, carries 750 Sailors and Marines into the Everglades to fight the Seminole Indians.

1941 - President Franklin D. Roosevelt places Coast Guard under jurisdiction of Department of the Navy for duration of national emergency.

November 3

1853 - USS *Constitution* seizes suspected slaver *H. N. Gambrill*.

1931 - Dirigible USS *Los Angeles* makes 10 hour flight out of NAS Lakehurst, NJ, carrying 207 persons, establishing a new record for the number of passengers carried into the air by a single craft.

November 5

1775 - Commodore Esek Hopkins appointed to Commander in Chief of the Continental Navy.

November 8

1861 - CAPT Charles Wilkes seizes two Confederate diplomats from the British steamer *Trent*, causing an international controversy with Great Britain (known as the Trent Affair).

1942 - Operation Torch (Allied landings in French Northwest Africa). American forces land at Casablanca. French naval forces attack U.S. Navy ships and 13 French ships are sunk without a loss to the U.S.

November 10

1775 - Congress votes to raise two battalions of Continental Marines, establishing the Marine Corps.

1941 - U.S. escorted convoy WS 12, carrying 20,000 British troops to Singapore, sails from Halifax.

November 13

1776 - Captain John Paul Jones in *Alfred* with brig *Providence* captures British transport *Mellish*, carrying winter uniforms later used by Washington's troops.

November 16

1776 - First salute to an American flag (Grand Union flag) flying from Continental Navy ship *Andrew Doria*, by Dutch fort at St. Eustatius, West Indies.

1856 - Barrier Forts reduction began at Canton China.

November 17

1917 - USS *Fanning* (DD-37) and USS *Nicholson* (DD-52) sink first enemy submarine, *U-58*, off Milford Haven, Wales.

1924 - USS *Langley*, first aircraft carrier, reports for duty.

November 20

1856 - CDR Andrew H. Foote lands at Canton, China, with 287 Sailors and Marines to stop attacks by Chinese on U.S. military and civilians.

1917 - USS *Kanawha*, *Noma* and *Wakiva* sink German sub off France.

November 27

1941 - Chief of Naval Operations sends "war warning" to commanders of Pacific and Asiatic Fleets.

November 28

1775 - Congress adopts first rules for regulation of the "Navy of the United Colonies."

1941 - USS *Enterprise* (CV-6) sails from Pearl Harbor for Wake Island to ferry Marine aircraft to island.

November 29

1775 - CAPT John Manley in schooner *Lee* captures British ordnance ship *Nancy* with large quantity of munitions.

1890 - First Army-Navy football game (Navy won 24 to 0).

1929 - CDR Richard Byrd makes first flight over South Pole.

November 30

1942 - In Battle of Tassafaronga, last major naval action in Solomons, U.S. force prevents Japanese attempt to re-provision the Japanese troops on Guadalcanal. Six U.S. ships are damaged in the action.

Chief Recruiter



Navy Counselor Master Chief Petty Officer Mark T. Mersereau, a native of Chicago Heights, IL, graduated from Bloom Township High School in 1987. Upon completion of Recruit Training Command Great Lakes, IL, Master Chief Mersereau reported to Service Schools Command, San Diego, in Sep 1987 where he completed Mess Management Specialist "A" school training.

In November 1987, Master Chief Mersereau reported to *USS Dwight D. Eisenhower* (CVN-69) as a Mess Specialist attached to S-2 Division. During that tour he accomplished two Mediterranean cruises. He accepted orders to NAS Millington, TN in August 1990. In September 1992 he reported onboard and was assigned to the Bachelor Officer Quarters. Master Chief Mersereau reported to the *USS Simon Lake* (AS-33) and was assigned to S-2 Division as the Starboard Watch Captain.

In July 1995, Master Chief Mersereau reported to NAS Sigonella Security Department and assumed the duties as Charlie Section Watch Commander. During the tour he qualified Level-5 in Law Enforcement Proficiency and was assigned as the Operations Assistant.

In July 1998, Master Chief Mersereau reported to Navy Orientation Recruiting Unit (NORU) for training. Upon completion of training, he reported to Navy Recruiting District (NRD) Chicago in September 1998 and was assigned to Navy Recruiting Station Chicago Heights, IL. In June 1999, he assumed the duties as Recruiter-in-Charge of NRS Chicago Heights. In June 2000 he converted to Navy Counselor Career Recruiting Force and completed the Career Recruiting Force Academy (CRFA). He returned to NRD Chicago and was assigned as Recruiter-in-Charge of NRS Joliet, IL and in September 2001 he qualified and assumed the duties as Zone 5 Supervisor. During his tenure as the Zone 5 Supervisor he led his team to exceed all assigned goals and earned the coveted "Zone and Zone Supervisor of the Year" Awards.

In January 2004, Master Chief Mersereau reported to NRD Montgomery and was assigned as a Command PSS Sales Coach. He later assumed the duties as the Zone 6 Supervisor and then Senior Command Trainer.

In July 2006, Master Chief Mersereau reported to NRD Michigan and was assigned as the Zone 2 Supervisor. During his tenure as the Zone 2 Supervisor he led his team to exceed all assigned goals and earned the coveted "Zone and Zone Supervisor of the Year" Awards. In October 2008 he assumed the duties as the Senior Command Trainer. In August 2009 he was slated and "fleeted" up to serve as Assistant Chief Recruiter for Navy Recruiting District Michigan.

In February 2010, Master Chief Mersereau reported to NRD Atlanta as the Assistant Chief Recruiter for Enlisted programs. In February 2012 he became the first ACR in the nation to assume both Officer and Enlisted programs. He is responsible for the attainment of both the Enlisted "E" and Officer "O" under his watch. In September 2012 he received orders to NRD Ohio to serve as the Chief Recruiter.

Master Chief Mark T. Mersereau is currently assigned as the Chief Recruiter at Navy Recruiting District Ohio.

Finding Help for Depression

Life has its ups and downs. We all go through times when we may feel a little overwhelmed or stressed because of deployments, relocations, or just because of the everyday demands of life. But clinical depression is another issue altogether. Depression can be very serious, but it is treatable if you get the support and resources you need. The following tips will help you recognize depression and find ways to get help.

Symptoms of depression:

- **Persistent sadness or anxiety** - this includes feelings of irritability, panic, or restlessness and episodes of crying or tearfulness.
- **Feelings of hopelessness, pessimism, or helplessness** - this includes feelings of worthlessness or inappropriate guilt.
- **Not wanting to leave the house** - when you are experiencing depression, you may start to withdraw from friends and family.
- **Loss of interest or pleasure in life** - this can include a loss of interest in sex or other activities that were once pleasurable.
- **Changes in sleep or eating patterns** - depression can lead to difficulty falling asleep or staying asleep, or sleeping too much. It can also cause sudden weight loss or gain.
- **Decreased energy** - when depression hits, you may have a lack of energy or motivation.
- **Difficulty concentrating** - this includes memory loss and difficulty making decisions.
- **Persistent physical symptoms** - physical symptoms can include headaches, digestive disorders, or back pain.
- **Alcohol or substance abuse** - this may include a significant increase in the amount of alcohol you are consuming on a regular basis.

Thoughts of death or suicide - Contact a health care professional immediately if there are thoughts or talk of suicide. You can also contact the [Military Crisis Line](tel:1-800-273-8255) at 1-800-273-8255.

Preparing for Winter

Prepare Your Home for Winter

Although periods of extreme cold cannot always be predicted far in advance, weather forecasts can sometimes provide you with several days' notice. Listen to weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold is predicted.

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector, or find one in the yellow pages of your telephone directory under "chimney cleaning."

Also, if you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice a year.

Your ability to feel a change in temperature decreases with age, and older people are more susceptible to health problems caused by cold. If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently, and check the temperature of your home often during the winter months.

Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weather-stripping, insulation, insulated doors and storm windows, or thermal-pane windows.

If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure that they have access to unfrozen water.



Prepare Your Car for Winter

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall:

- Have the radiator system serviced, or check the antifreeze level yourself with an antifreeze tester. Add antifreeze, as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, and check the air pressure in the tires.
- During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.

Keep your car fueled and in good working order. Be sure to check the following:

- Antifreeze
- Windshield wiper fluid (wintertime mixture)
- Heater
- Brakes
- Ignition
- Emergency flashers
- Exhaust
- Tires (air pressure and wear)
- Fuel
- Oil
- Brake fluid
- Defroster
- Battery
- Radiator



Chain Of Command



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