

Sailor of the Week

Aerographers Mate 3rd Class McArthur Albert

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RECOGNITION

NAVAL AIR FACILITY ATSUGI, Japan - Each week Naval Air Facility (NAF) Atsugi takes the time to recognize a Sailor who has shown exceptional work ethic, skill and knowledge of their craft. The Sailor, nominated by their command, is granted the title Sailor of the Week and is given a letter of recognition by the Commanding Officer of NAF Atsugi and guest host on the weekly Captains Call program.

This week's Sailor of the Week is Quarter Master 2nd Class Heather Veit. Viet is the assistant leading petty officer and operations duty officer for the Air Operations (Air Ops) department of NAF Atsugi. She leads a personnel team of ten Sailors who ensure the airfield integrity and morale is met and the upkeep of the air field is satisfactory on a daily basis. As the operations duty officer, she has manifested over 11,050 cargo loads and ensured the safe transition and passage of approximately 57 aircraft.

Viet came to the Navy from the small city of Meta in Osage County Missouri. She joined the Navy in 2003 as an undesignated seaman with aspirations to travel the world

while earning money for her college degree. She was first assigned to the USS Kearsarge where she spent two and a half years before serving time on the USS Eisenhower in 2006.

In May of 2003, Veit received her Quarter Master (QM) rate and has since excelled receiving both Surface and Air Warfare pins as well as two Navy Achievement Medals and a Combat Action Medal throughout her career.

Her job as a QM for the Air Ops terminal includes creating and maintaining a manifest of all passengers and distinguished visitors on incoming and outgoing flights from the NAF Atsugi air terminal. Her position requires her to be aware of all aircraft types along with the scheduled flights using the airfield.

In addition to her work in the field, she also contributes personal volunteer time on a number of occasions including assisting and coordinating a community service project and obtaining volunteers from her department in efforts to clean up and embellish Japan.

On her free time, Veit enjoys reading, shopping, traveling to different countries and staying active with her 5 year old son, Ariel Kabba. She enjoys playing sports with Ariel as a means of keeping him healthy and incorporating exercise in his lifestyle at an early age.

Veit says she always dreamed of having a gym or fitness club dedicated to promoting healthy living to children. She is saddened by the increasing number of growing obesity problems in the U.S. and would like to see more programs dedicated to teaching children how to live healthy lifestyles while they are young. She figures if more

steps are taken during their early stages of development, the patterns of living healthy would be instilled in children and carried on throughout their lives.

Veit has traveled quite exclusively over her past 9 years in the Navy and always looks forward to going to Dubai. “I love Dubai, I’ve been there 5 times and there’s so much to do,” says Veit. “The food is great, the shopping is great, and it’s just overall beautiful.”

QM2 Veit says has learned a lot from her commitment to enlist in the Navy. Looking back, the hardest part of her job is being away from her son during times when she has to deploy. She says that the reason she continues to give her best efforts is so she can create a better life for her son, and being that he has already seen more of the world than she did at his age, she feels that his future is off to a bright start.