

Chief Mass Communications Specialist Sarah R. Langdon
Commander, Navy Reserve Force

Chief Mass Communication Specialist Sarah R. Langdon was born May 6, 1975 in Baltimore, MD. She enlisted in the United States Navy July 11, 1995, attended Basic Recruit Training at Naval Training Center Great Lakes in Chicago, Illinois, and completed the Seaman Apprenticeship School. She reported to her first duty station onboard the USS MOUNT WHITNEY (LCC 20) as an undesignated Seaman.

While on board USS MOUNT WHITNEY she was assigned to Deck Department (3rd Division) and completed three-month surge to the North Atlantic. She spent 18 months on board before striking for the JO rating. She reported to JO "A" School at Defense Information School, Fort Meade, Maryland, in June 1997.

Following completion of training, she reported to USS DWIGHT D. EISENHOWER (CVN 69) in January 1998 where she worked for the Public Affairs Office on the shipboard newspaper, The Five-Star Bulletin and as the anchor for the ship's nightly newscast, IKE Today. She was frocked to Petty Officer Third Class in 1999 and Petty Officer Second Class the following year. During her tour on IKE, she completed two six-month deployments to the Fifth and Sixth Fleets.

MCC Langdon left the IKE in 2001 and was temporarily assigned to the COMNAVAIRLANT Public Affairs Office, and then to the Media Department at NAVAIRES Norfolk. She reported for her first shore duty tour at Naval Medical Center Portsmouth in January 2003 as staff journalist and where she also did layout and design for the command publication, The Courier. She was the enlisted chair for a new fitness program for pregnant service members and coordinated media for multiple Fleet Hospital deployments at the onset of the War in Iraq. She was promoted to Petty Officer First Class in 2004 and completed a B.A. in Psychology in 2005.

In January 2006, MCC Langdon reported to USS ASHLAND (LSD 48) as the public affairs officer for the ship. While on board ASHLAND, she earned her Enlisted Surface Warfare Designation and was LPO for R-Division's DCPO Division during the ship's six-month HOA deployment from November 2006 to June 2007. While assigned to the ship, she completed a six-month IA deployment in Baghdad, Iraq from January-July 2008, where she worked in the MNF-I MOC as Media Monitor, on the press desk and as the night liaison officer between the MOC and STRATOPS. During this deployment, she and another MC1 spearheaded the creation of the Baghdad Petty Officer Association resulting in multiple COMREL events supporting schools and Iraqi citizens in the IZ. She also coordinated a Mother's Day Spa Event for military women in the area and organized CNN coverage of the event. Following deployment, she returned to the ASHLAND to finish out her tour until January 2009.

MCC Langdon's next assignment was to NATO's Allied Command Transformation (ACT). She spent the first 18 months of her tour in PAO writing for the command

website and its multi-national publication, The Transformer. During this time she was primary liaison between ACT and the City of Norfolk-organizers for the 2009 and 2010 NATOFest. In November 2010 she became one of two command photographers responsible for providing all photographic services for international staff and their families as well coverage for all events, conferences and dignitary visits.

In August 2012, she was selected for Chief Petty Officer, and on September 24, 2012 she reported to her present command as LCPO for COMNAVRESFOR Public Affairs Division.

MCC Langdon's personal awards and decorations include the Joint Service Commendation Medal, Joint Service Achievement Medal, three Navy and Marine Corps Achievement Medals, and various campaign and service awards.

She has two daughters and is currently working on a Master's degree in Strategic Public Relations from The George Washington University.