

Thursday, March 2 Session Panelists

1000-1100 Mental Well-Being in a Post-Pandemic World

Compass II

Moderator: Ian Wallace (Cal Maritime)



Miriam Anthony holds a Chief Mate's license and has been sailing since 2007. Over the years she has taken ships all over the world, including Antarctica. She has worked on tugs, fishing vessels, research vessels, heavy lift ships, container ships, Navy pre-positioned LMSRs, and car-carriers. After witnessing need in the industry, she pursued licensure in Marriage and Family Therapy, and now brings mental health to mariners. Miriam chairs the Mental Health Committee for Masters, Mates and Pilots, and has been researching ways to improve the mental well-being of sailors. She holds a master's degree in Humanitarian and Disaster Management from the Cal Maritime, and a master's degree in Clinical Psychology from Antioch University. Working with sailors facing all kinds of life's challenges- both on the ship and off, she got her start providing therapy to military Veterans for U.S. Vets in Southern California- where she lives with her therapy dog, Hopper.



Ken Bailey is in his twenty-first year at Texas A & M University at Galveston. In his current position, as Director of Career & Ability Services, Ken juggles daily career counseling sessions with students and cadets, while maintaining relationships with an extensive network of employers. Ken has sailed on 3 Summer Sea Terms with the Texas A&M Maritime Academy as a mental health provider for cadets. He is also active in professional development activities having served twice as President for the Houston Area Consortium of Career Centers (HACCC) and president of the Bay Area Counseling Association (BACA) in 2007-2008. Ken has attended many International Propeller Club conferences, Offshore Technology Conferences and Work Boat Shows. Ken is Licensed Professional Counselor- Supervisor (LPC-S) in Texas.

Originally from West Virginia, Ken received his Bachelor of Arts degree in Rehabilitation from West Virginia Wesleyan College, and his Master of Arts in Counseling from Marshall University.



Christine MacMillan is the Director of Career Services at Women Offshore and a Certified Advocate overseeing the SAVE Program. Her role is to provide career services to women+ in the Maritime and Offshore industries and offer support, advice and resources to those who experience any form of Harassment or Assault. From her own experience as a Mariner, Christine offers her perspective to those in the industry to ensure they have the best chance of success. Helping mariners find meaningful work and thrive in their role has led Christine to see the benefits of strong mental health on the overall wellbeing of the industry.



Jennifer Levesque has been the Director of the Counseling Center at Massachusetts Maritime Academy for the past eight years. Her focus has been on individual counseling, student leadership development, and training and consultation for faculty and staff. She has also sailed aboard the Academy's training ship for several Sea Term semesters.

Prior to her current role, Jennifer's professional experience spans work in residential treatment, community mental health, emergency services and independent practice. She additionally spent several years working in public defense, where she engaged in advocacy, mitigation and alternative sentence planning for individual's facing criminal charges.

Jennifer received her Master of Social Work from Rhode Island College where her studies focused on International Social Work, and included experiences in refugee resettlement, as well as research and NGO involvement in Honduras and Ghana.

Jennifer's counseling practice is holistic in nature, with a growing focus on trauma informed approaches.

Outside of work, she enjoys cooking, traveling, yoga, live music and interior design.

Moderator: Jennifer Radics-Johnson (Cal Maritime)



FEATURED PANELIST: Nayéra Tawfik

**Associate open hole/ cased hole field engineer at Halliburton Egypt.
All the way from the land of pyramids, a woman strives to create seats at the table for
other women in a male dominated industry.**



Brannon Massey grew up as a military kid moving 15 times before turning 18. Starting school, she felt uncertain about her career path and flipped a coin to become an engineer. She is an alumna of TAMUG '15. After graduation, she joined the MEBA with three main goals. First, to be paid the same wages as anyone else in the same billet. Second, to have access to the Calhoon School for continuing education. And third, to sail when she wanted, where she wanted, and on a wide variety of platforms.

After eight years of sailing and extensive shipyard experience, she is now working as Port Engineer for Pasha Hawaii. Throughout her career she has been fortunate to sail with strong women and firmly believes that more women in the workplace make a better work environment for all mariners.

When not traveling for repair periods, Brannon resides in Northeast Washington in a cabin she built with her husband. She spends the summers gardening, arranging flowers, and biking to the lake for a swim. Winters are spent sliding on snow and recovering with coffee by the wood stove.



Jennifer Narvasa is Port Captain for the ice class tanker Stena Polaris, which is operated by Crowley Government Services. She graduated from the United States Merchant Marine Academy in 2007. Upon graduation, she sailed for eight years as a Mate for MEBA, on various vessels in the commercial sector (cruise, ro-ro, military, and bulk). She moved shoreside with Crowley Fuels Western Alaska Fleet as Assistant Port Captain. She managed and sailed on tug and barges delivering fuel to the remote villages in Western Alaska and the Artic Slope. In 2018, she was promoted as Port Captain for Crowley's Articulated Tug Barges and Tankers operating in the Gulf and East Coast of the United States. Her focus and commitment extend outside her work life where she volunteers for the BASL Youth Soccer League. She enjoys traveling with her husband, daughter, and son.



After growing up on the water and attending Maine Maritime Academy, **Captain Bendixen** sailed from Third Mate to Captain on RORO, heavy lift and container ships supporting Operation Iraqi Freedom bringing US Military Cargo from the United States to the Middle East on large cargo ships. At the age of 29, Captain Bendixen was given her first command. Captain Bendixen sailed as the Master of the largest heavy lift ship in the U.S. Fleet. As Captain, Captain Bendixen delivered cargo to Antarctica and Thule, Greenland, navigating ice fields, fog and docking at floating ice piers. Captain Bendixen was the youngest and first female Captain to command a ship going so far North and South.

Captain Bendixen had one more step to reach the pinnacle of her Maritime Career, she wanted to become a maritime Pilot. In September 2018 at 36 years old, after a rigorous training program and drawing every chart of Puget Sound from memory, Captain Bendixen became the first female Puget Sound Pilot and in Washington State History. Captain Bendixen is one of approximately 53 pilots in Washington state. Captain Bendixen spends her days piloting ships and working as a Washington State Pilot Commissioner. There are approximately 1,100 harbor pilots in the United States and less than 3% of the pilots in the United States are female. In her free time, she enjoys time out on the water with her husband Mike, also a Captain, and 2.5-year-old daughter Sammy.

1000-1100 Work-Life Balance

Compass II

Moderator: Laurie Beth Sargent (Military Sealift Command)



Laurie Beth Sargent is the Human Resources Officer directing civilian human resources operations at the Military Sealift Command. In this capacity, she is the senior technical advisor on civilian human resources matters impacting the command and its subordinates. She provides strategic vision and leadership in development and execution of quality, customer-focused, human resources services to support MSC's complex mission and its employees through a staff of technical specialists and supporting personnel. This is her second tour with MSC.

Laurie Beth initially served MSC, from March 2014 to November 2017, as a staffing specialist and she became the staffing branch head over staffing and CIVMAR processing.

She also served Navy Reserve Forces Command for a short time, performing advisory services in staffing, placement, compensation, position classification, Alternative Dispute Resolution, and DFWP.

Laurie Beth started her federal career in 2006 as a Contracts Specialist and transitioned into the HR community in 2007 as an intern with HRO Norfolk, providing HR support to NAVFAC Mid-Atlantic until 2013.

Laurie Beth graduated summa cum laude from Virginia Wesleyan College in 2003 with a bachelor's degree in communications.



Erin Bertram - After graduating from the Texas A&M Maritime Academy in 1991 with a B.S. Marine Engineer and USCG 3AE license, Erin kept engine room operations running smoothly for years aboard Steam, Gas Turbine and Motor vessels, upgrading her licenses as she sailed. In January 2000, she began assisting the Marine Engineers' Beneficial Association (M.E.B.A.), the nation's oldest and finest maritime labor union, established in 1875, as Dispatcher/Representative in the Houston Hall through 2013. Her organization, integrity and know-how were embraced by members who elected her as

Houston Branch Agent for three years beginning in 2014 and again as M.E.B.A.'s Gulf Coast Vice President for four years beginning in 2017, representing a large and diverse mix of engineers and deck officers, experienced and skilled in all aspects of the maritime workforce. She represented the Union on various recruiting missions, high-profile industry conferences and meetings, as well as on the Officers' Union of International Seamen and served as part of the District Executive Committee -- the M.E.B.A.'s five-person governing body -- and served on the Board of Trustees for the M.E.B.A. Benefit Plans as well as the American Maritime Congress. After a long and successful career, Erin retired from M.E.B.A. in 2021 after her term and a smooth transition with her successor.



Jesse Pullin - I am a San Francisco Bar Pilot. I grew up in Sebastopol, CA for the school years and spent my summers in Ketchikan, AK. I graduated from CMA in 2004 and went to sea on product tankers and ROROs. In 2008 I came back to the bay and worked on harbor tugs until I made it into the SF Bar pilots in 2017. I currently live in Petaluma, CA with my wife and two young children.

Heather Spring joined The Pasha in 2021, bringing with her more maritime clients on all aspects of began her career representing practice in Washington, D.C. with Blackwell. Briefly after Sher & international law firm Cozen in-house practice as General LLC where she managed a team of claims and risk management specialists. After ten years with CMA CGM, Heather headed west to join The Pasha Group, where she enjoys working with the company's diverse business lines, including trucking, terminal operations, and ocean transportation and logistics. The Pasha Group's enterprising nature means there is always something new to learn and unique problems to solve. Having started her career as a regulatory attorney in Washington, D.C., regulatory and compliance work remain near and dear to her heart, but she also loves working with business teams to minimize risk through smart contract drafting and efficient claims and litigation management. When Heather isn't working, she enjoys hiking in her new home of Marin County with her husband and teenage son.



Group as Assistant General Counsel than 25 years of experience advising U.S. law and regulation. Heather shipping lines while in private the boutique law firm Sher & Blackwell's merger with O'Connor, Heather made the leap to Counsel for CMA CGM (America) lawyers, contract analysts, and



Chief Mate Gina M. Robles was raised in Southern California and currently resides in the Pacific Northwest. She is a 2009 graduate of California Maritime Academy where she earned Bachelor of Science in Marine Transportation and was licensed by the United States Coast Guard as a Deck Officer in the United States Merchant Marine.

Robles first sailed with Military Sealift Command as a Deck Cadet in 2007 aboard USNS Comfort (AH-20) and USNS Yukon (T-AO 202) in 2008. Her desire to join the MSC fleet came to fruition in 2010 when she joined as a full time Third Officer aboard USNS Kanawha (T-AO 196). Follow-on assignments throughout her career include USNS Bridge (T-AOE 10), USNS Rainier (T-AOE 7), USNS Rappahannock (T-AO 203), USNS Lewis and Clark (T-AKE 1), USNS John Ericsson (T-AO 194), USNS Arctic (T-AOE 8), USNS Matthew Perry (T-AKE 9), USNS Amelia Earhart (T-AKE 6), and USNS Joshua Humphreys (T-AO 188).

In 2019 she joined the Naval Sea Systems Command Underwater Division Keyport, WA and served as a First Officer aboard USNS Battle Point (YTT-10) & USNS Discovery Bay (YTT-11). Following that assignment, she served as a Second Mate with the US Army Corps of Engineers aboard Hopper Dredge Yaquina.

In 2021 Robles returned to Military Sealift Command as a Chief Mate sailing aboard USNS Kanawha (T-AO 106) and USNS John Ericsson (T-AO 194). Robles is currently the Chief Mate aboard the first-in-class fleet replenishment oiler, USNS John Lewis (T-AO 205).

Robles deployed in support of Partnership of the Americas, Operation Iraqi Freedom, Operation Enduring Freedom, Operation New Dawn, Operation Tomodachi and various Theater Security Cooperation missions. Robles is currently actively involved in the Post Delivery Test and Trials for the T-AO 205 Fleet Replenishment Oiler Program.

Chief Mate Robles' awards and decorations include the United States Merchant Marine Medal for Outstanding Achievement.