

Derek Pridemore Video Log

- 00:00 Introduction
- 00:24 Biographical and family information
- 01:52 Life before the service
- 02:33 Decision to join the Navy
- 03:08 Father in the Navy
- 03:48 Basic training
- 09:04 Job in the Navy in weather
- 09:55 Adapting to military life
- 10:33 First duty station in Bahrain
- 14:55 Social life in Bahrain
- 16:02 Auxiliary Security Force
- 17:55 USS Theodore Roosevelt, Norfolk Virginia
- 24:24 Performing duties on board an aircraft carrier
- 31:31 Coming to terms with effects of war
- 33:23 Social life on board an aircraft carrier
- 35:13 Staying in touch with friends and family back home
- 37:45 Finishing out service at Norfolk
- 39:04 Departing the Navy/ Operating a business
- 41:14 Using G.I. Bill and college
- 42:51 Life lessons from the military
- 43:40 Helping veterans
- 46:46 Applying things you learned in the military to civilian life
- 48:42 Impact of military service on war
- 51:03 Message for future generations
- 52:10 Closing statement