

Navy Medicine



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VITAL SIGNS

NAVAL HEALTH CLINIC ANNAPOLIS

"Committed to Excellence Since 1845"

JULY 2015 TO DECEMBER 2015

Change of Command Ceremony

On Friday, 24 July 2015, Naval Health Clinic Annapolis (NHCA) held its Change of Command Ceremony at Alumni Hall at the United States Naval Academy. CAPT Michael B. McGinnis assumed command as NHCA's 42nd Commanding Officer, relieving CAPT Sheherazad A. Hartzell, now Deputy Commander for Dentistry at the Bureau of Medicine and Surgery. Vice Admiral Matthew L. Nathan, Navy Surgeon General, presided.

CAPT McGinnis comes to NHCA from Naval Hospital Guam, where he served as Executive Officer since April 2013. Board-certified in both Internal Medicine and Aerospace Medicine, CAPT McGinnis holds an undergraduate degree in Electrical and Computer Engineering from Johns Hopkins University, a Master of Public Health degree in Health Policy and Administration from the University of North Carolina, Chapel Hill, and a medical degree from the University of Virginia. His military decorations include the Meritorious Service Medal (two awards), Navy Commendation Medal, Navy Achievement Medal (two awards), the Battle Efficiency Award, and Meritorious Unit Commendation (three awards).

The Change of Command Ceremony is a time-honored tradition supported by military regulation. US Navy Regulations Article 0807 requires that at the time of turning over command, the outgoing CO will "call all hands to muster, read the order of detachment and turn over command to his or her relief, who will read the orders of relief and assume command." According to Naval History and Heritage Command, the change of command ceremony was first mentioned in Navy regulations during the Civil War; there has been little change in the procedures of the change of command since then.

Written by LT Pia Francisco





Captain Michael B. McGinnis
Commanding Officer
Naval Health Clinic Annapolis

Team Naval Health Clinic Annapolis,

It's a true privilege to serve as the Commanding Officer of one of the highest performing commands in Navy Medicine – Team NHCA! The Command has a Navy-wide reputation for excellence in the primary care, occupational health, and university health missions and I feel fortunate to serve these important missions with you.

Coming to Annapolis is special for me and my family as I consider the Baltimore/DC area home. Having gone to college in Baltimore and medical school at Virginia, this is the first time I've had the opportunity to be stationed so close to home. I also have personal ties to the Academy as one of my sisters married a Midshipman in the Naval Academy Chapel and my other sister was born here at the former Naval Hospital Annapolis. My family and I couldn't be more fortunate!

Going forward, we will remain focused on executing our mission of optimizing health and readiness for our Brigade of Midshipmen, our active/reserve forces and all entrusted to our care. We will continue our leadership position in leading Navy Medicine in the strategic goals of readiness, value and jointness. Our strengths in primary care and occupational health translates well to many of the goals of interest for Navy Medicine, and we will continue to lead the way in many measures including HEDIS, Medical Home Port, and secure messaging.

Healthcare is a complex enterprise with the ever present risk of unintended harm. High quality care can only be delivered by a high performing team. Our open communication and coordination with each other is so important, no one can execute this mission alone. I approach command with a TEAM philosophy that prioritizes Teamwork, Exemplary leadership, Active communication, and Mentorship as keys to mission success. I am proud to see that these are commonly held values at our Command!

To address the complexity and potential pitfalls in delivering healthcare, we must strive to become highly reliable in our processes and as an organization so that we provide consistently excellent service and minimize harm. Becoming a high reliability organization doesn't mean that we're perfect, but that negative events happen much less frequently than would be anticipated given the complexity of operations and that when we fail to meet our standards, we pause and look for ways to improve. High reliability organizations have engaged leadership, a culture of safety, and commitment to continuous process improvement. These are NHCA strengths and I believe that we can lead Navy Medicine and the Military Health System (MHS) forward on the journey to high reliability. Your participation in many work groups that extend beyond our command (National Capital Region market, Navy Medicine East, and BUMED) bear witness to our influence.

Your commitment to excellence is greatly appreciated and known far and wide. We are well on our way to realizing our vision of being the premier choice in patient centered care, promoting excellence in health, wellness and readiness! We will realize this vision through each and every one of your contributions. Thank you for all that you do every single day for our patients, our command and Navy Medicine!

NHC Annapolis Health System Team:

Thank you for your wonderful support to the Command and most importantly, to our patients and each other. You are an awesome group of professionals and I leave you with many fond memories from my tour.

As XO, my job was to implement the CO's vision for our mission in concert with the Board of Directors and Executive Steering Council (ESC). I couldn't have asked for better CO mentors, CAPT Hartzell and CAPT McGinnis, to groom me in that role and prepare me for my own CO tour. With the outstanding assistance from the ESC and Chiefs' Mess, initial efforts focused on creating alignment within our "health system" through our annual plan. We did this through the creation of a one-page strategic roadmap, and posting our mission and vision throughout our clinics. Thanks to the talented OPMANIACs, we created a Command Leadership Board on the Annapolis Quarterdeck to remind us that a team of phenomenal leaders (officer, enlisted, and civilian) created the synergistic efforts to allow NHCA "to be the premier choice in patient-centered care, promoting excellence in health, wellness and readiness."



During the last two years, we had just about every inspection, survey or "assist visit" possible. Our focus was to ensure each of you had a "voice" and felt comfortable sharing your story, ultimately highlighting what you do every day. As your XO, I was proud of the consistently positive feedback the leadership team received, as it confirmed what we already knew

...the NHCA team is AMAZING!

I was so impressed with each and every person who showed their "Commitment to Excellence" everyday as we "optimize the health and readiness of the Brigade of Midshipmen, Active and Reserve Forces, and all entrusted to our care."

As a result of our repeated success, we had numerous opportunities to honor our staff. Nothing "filled my bucket" more than being part of the opportunities to recognize our staff especially with awards, advancements, promotions, reenlistments, commissioning and retirements. I was honored to be asked to be part of so many ceremonies...thank you for those memories!

In closing, as a simple boy from Kentucky, I tried to keep my approach simple, consistent, challenging, but fun. I've learned so much during this tour. Thank you again for everything that you do and for making my tour so rewarding and fun. I look forward to seeing you in the new clinic upon my return.

All the best and Vr,
CAPT Fry

VIP Visitors to NHCA

Mrs. Tomohisa Takei, wife of Japan Maritime Self-Defense Force Chief, tours NHCA

On Wednesday, 29 July 2015, NHCA was visited by Mrs. Tomohisa Takei, wife of the Chief of Staff of Japan’s Maritime Self Defense Force (JMSDF).

Tasked with the naval defense of Japan, the JMSDF has a fleet of 124 ships and 373 aircraft, and is comprised of over 50,000 active personnel, making it the world’s fifth largest naval power. As Chief of Staff of the JMSDF, Admiral Takei is Japan’s top naval leader.

Mrs. Takei took special interest in visiting NHCA to learn how we serve and support our Sailors and Family Members, in particular those with any special needs. During her visit, she was briefed on the history of Navy Medicine in Annapolis and given a tour of the Hospital Point facility led by CAPT McGinnis, CAPT Fry, and HMCM Lamb. Accompanying Mrs. Takei during her visit to USNA were Mr. Braun, husband of VADM Braun, Mrs. Malloy, wife of VADM Malloy, and Mrs. Carter, wife of USNA Superintendent, VADM Carter.

Admiral Takei was in the United States for bilateral meetings with Chief of Naval Operations ADM Jonathan Greenert to discuss the ongoing importance of the cooperative maritime relationship between both countries. More information on Admiral and Mrs. Takei’s visit to the United States is available on navy.mil at http://www.navy.mil/submit/display.asp?story_id=90442.

Written by LT Pia Francisco



Deputy Surgeon General visits NHCA

On October 22, 2015, then Deputy Surgeon General RADM C. Forrest Faison, III visited Naval Health Clinic Annapolis, meeting with staff at Bancroft Hall and Hospital Point. Admiral Faison assumed duty as the 38th Surgeon General of the Navy December 15, 2015



JEA Makes Shoes for Ugandan Children

NHC Annapolis' Junior Enlisted Association (JEA) sponsored a volunteer event supporting Sole Hope on Friday, September 4th. Sole Hope is a non-profit organization that strives to effectively put in place preventive methods to combat diseases that enter through the feet and to create a positive physical and spiritual difference in the lives of individuals in impoverished African communities like Uganda. The first ever military advocate for Sole Hope is our very own command ombudsman, Mrs. Nicole Couch.

The JEA's shoe cutting party consisted of attendees cutting old jeans into pieces for children's shoes. These pieces will then be shipped to Uganda where shoemakers will assemble the pieces together and pass them out to those in need.



Why shoes? Jiggers (not chiggers) are small chigoe fleas that live in the dust, and are found on the dirt floors in schools and the homes of many families in Uganda and other similar climates. The female jiggers burrow into the surface of skin that has been exposed to the flea. Once embedded in the body, the jigger lays eggs and creates up to pea-sized egg sacks and continues to multiply by laying more eggs.

The wounds are painful, and cause difficulties for victims in daily activities such as walking, playing, and attending school. The infection can lead to severe inflammation, ulceration, and fibrosis. It can also cause lymphangitis, gangrene, sepsis, and the loss of toenails, amputation of the digits, and death may also occur.

Over the course of two hours, the JEA cut enough pieces to make 15 pairs of shoes. The simple act of cutting out pieces is giving these children an opportunity to protect their feet and improve their quality of life greatly.

Written by HM2(FMF) Michael Couch

Annapolis Selected for Community Service Program of the Year

Naval Health Clinic Annapolis was nominated and selected for the Naval District Washington Regional Community Service Program of the Year in the medium shore category in the Personal Excellence Partnership Category. Our command has made an outstanding contribution to its community and has made a difference in the lives of those community residents for whom we have provided services. More importantly, our contributions have served as outstanding examples of the Navy's commitment and dedication to community service. As a regional winner we have advanced as a representative for the Naval District Washington Region in the navy-wide competition.

Written by HMI(SW) Kevin Bostick

REACH Program Arrives in Annapolis

When he began his entry into the Reintegrate, Educate and Advance Combatants in Healthcare (REACH) program, Matthew Sather was attached to the Instructor Inspector Staff in Baltimore as the assistant training NCO. He was recovering from multiple injuries sustained from an IED blast in Iraq and had already developed an interest in medicine as a career. In the REACH program he saw an opportunity to continue serving with the military, but in a different capacity.

Sather first joined the Army at 18 years old. After three years serving as infantry, he got out of the military for 6 months before rejoining as a Marine in 2005. He stayed with the infantry as a 0352, anti-tank missileman, and totaled 12 ½ years with the Marines before medically retiring in 2014.



In 2006, Sather was injured in Iraq after an IED blast. He had ruptured his vertebrae and had two fusions in his neck, as well a torn labrum, but neither injury presented itself until years later. “I was just walking around for six or seven years with injuries that I didn’t even know about,” he says. In fact, it wasn’t until August of 2012 that he first had surgery on his neck and then had another surgery for his labrum in September of that year. Throughout the recovery he stayed positive and credits his physical therapists at Walter Reed National Military Medical Center (WRNMMC) with giving him a good quality of life. It was at this time that he began to ask himself how he could give back and help others who were in similar positions as him.

Sather heard about the REACH program while he was doing his therapy. The program is designed for people like Sather—active duty military, pursuing a healthcare career, who are on their way out due to injuries, and still interested in working with the military. The program leads to internship opportunities—to include a paid internship—and a chance at a DoD job after completion of the program. For gaining commands, the program is a win because it is completely funded by BUMED, so the command essentially receives a “free” staff member.

Lyra Hornseth, a REACH coach, visited Sather in Baltimore after he was referred to her by staff at WRNMMC. With his command’s blessing, he began one of the first parts of the program: experiential learning. This is often done through non-paid volunteer work or job shadowing, which Sather completed at both WRNMMC and NHC Annapolis. Eventually this led to his current paid position in Annapolis as a medical assistant in the physical therapy department.

Matthew Sather is currently in school at Hartford Community College and plans to transfer to Towson University in the spring. After completing his bachelor’s, he would like to attend physical therapy school at University of Maryland Baltimore City. The REACH program gives him the chance to get firsthand experience in physical therapy before going to school for it. His experiences make him uniquely qualified for the job as he can relate to the constant battle lingering injuries present. “I still do physical therapy myself and I didn’t want to have to rely on other people for the rest of my life,” he says.

After he graduates from the program he hopes to work in sports medicine within the military. Sather speaks often of giving something back to military members and trying to recreate the positive experiences he had with his medical providers. For the time being, he is working hard to gain as much knowledge as possible from Annapolis’ physical therapist, Dr. Lodhi, as well as the techs in the clinic.

Along the way Matthew Sather has been helped by many people. Since the REACH program began in 2011, Ms. Carmen Walker assisted in the hiring of every student, including Sather. As an expert in the Navy’s hiring process, she aided not only Sather and other students, but the gaining commands as well. Without her contributions, none of this would have been possible. She recently passed away and while her loss will be felt in the program, the work she did helped to establish the program and give future students a firm foundation to go forward on in the program. In addition to Ms. Walker, Sather benefited from a chain of command in Baltimore that supported his transition into the program. It also cannot be overstated that throughout his medical care, Sather’s providers not only gave him the care their jobs demand, but they inspired him to take the steps he’s taking today to help others.



Written by HM2 Michael Romero

Training for a Marathon

What pushes someone with no passion or natural talent in running to run 26.2 miles? I had a roommate in college who decided one day that he was going to start running regularly. I ended up joining him and soon enough we were talking about training for a marathon. This running obsession lasted for about a month before I realized that I may have actually hated running. I stopped and never gave much thought to running a marathon again—until I signed up for one. It's a strange thing that happens when you force yourself to do something you don't want to do for five days a week though.

Training for a marathon is hard. It's a lot harder than you'd actually think. My longest run before the race is 22 miles, but running 22 miles isn't the hard part. The hard part is getting home from work and convincing myself to go run five to ten miles when all I want to do is relax and watch Netflix. The hard part is waking up on Saturday for my long run when I would rather sleep in. It's fitting runs into duty days, going to directorate PT and then running on my own immediately after, and running while I'm on vacation. Some days I just don't feel like a runner and even a simple 3 mile run requires a lot of effort. However, some days I really feel like a runner.

I ran the Navy-Air Force Half Marathon a few weeks ago and I entered the race with a goal of 2:00. During one of my training runs I had hit 2:01, so I really wanted to beat that time. Nonetheless, since this wasn't the actual race I was training for, I had no intentions of pushing myself too hard. I cruised through the race at an easy pace, never really putting forth too much effort and I felt good. When I hit the 11th mile marker I looked down at my watch and I realized that I could conceivably finish in under two hours and adrenaline kicked in. I ran my 12th mile at 8:30, almost a minute faster than the pace I was averaging. When I finished that, I went even faster. My 13th mile was my fastest in the entire race at 7:31 and I completed 13.1 miles in 1:57. I walked around as nonchalantly as I could muster, but inside I felt excited and I felt like a real runner. More than that, I felt ready for my marathon.

This kind of "runner's high" has been an uncommon occurrence for me. The first race I ever ran was the Bay Breeze 5k in San Leandro, California in 2011. It was rainy and cold and I was absolutely miserable for all 3.1 miles of the race. Misery and pain have been the constant in most of my races since then, yet I have inexplicably continued to run them. I've never particularly enjoyed exercise just for the sake of exercise, and without any clear goals or drive, each run was a boring and unenjoyable experience. Thus it came as a bit of a shock when I entered myself into the lottery for the 40th Marine Corps Marathon. At the time I was working on my Master's thesis and had begun to run on my own without any prodding from my wife as a means of distracting myself from school. When I got selected in the lottery, writing my thesis suddenly didn't seem that bad.

I can't say I always enjoy my runs—some I just flat out hate. With a clear goal in mind though, each run has become important. I don't want to miss any of my runs and I find myself planning my days around running. I've become so focused on the end goal of my runs that I haven't even given any thought to what my feelings are on the act of running itself. I'm not suffering through a run anymore; I'm not dreading the act of lacing up my running shoes. Could I possibly be enjoying running? Maybe.

So why run a marathon? They're expensive, the training puts you at great risk of injury, and it's a huge time commitment—not to mention that running for four hours can be incredibly boring at times. I look back at where I was in my running in April though and I can't help but swell with pride as I go out for a run. For most runners, running is a sport against yourself rather than other people. Each time I go for a run that's longer than anything I've run before it's like I've won. When I shave seconds off a previous personal record it's another victory. It's these little victories that give me motivation and it's the reason I obsessively track my runs. I look at a marathon as another victory to attain. It's a distance I never thought I could run, but it's now well within reach.

Written by HM2 Michael Romero



HM2 Romero after completing the Navy—Air Force Half Marathon

Accredited



Due to the incredible efforts by everyone in the command, Naval Health Clinic Annapolis and Branch Clinics in Mechanicsburg, Earle, Lakehurst, and Philadelphia proved well deserving of continued accreditation by The Joint Commission. During a week of in-depth scrutiny, two teams from The Joint Commission and the Medical Inspector General reviewed clinical practices, standards, and operations throughout the facilities.

Adding credibility to the slogan *Committed to Excellence Since 1845*, no deficiencies could be found regarding delivery of patient care. And while there is always room for improvement, and some suggestions were made by the inspectors, the command was thrilled to showcase the capability of the staff and the quality of work performed on a daily basis.

Command Uniform Inspection



Members of the command displayed their military bearing in the fall uniform inspection.



PROMOTIONS/RETIREMENTS



Well deserved recognition for our Sailors' hard work throughout their careers. Newly promoted LCDR Shanda Avent had her lieutenant shoulder boards replaced with those of a lieutenant commander by her two children. Following tradition, she presented her old boards to a junior officer, LTJG Pia Francisco. At the retirement ceremonies of CAPT John Mumford and HMCS Louis Gonzalez family, friends, and co-workers came together to recognize these great leaders for their achievements and many years of dedicated service to the Navy.

Medical Service Corps and Dental Corps Birthdays

August 4th marked the 68th birthday of the Medical Service Corps (MSC). Established in 1947 by an act of Congress, the MSC is comprised of 31 sub-specialties, organized under three major categories: Healthcare Administrators, Clinicians, and Scientists. Today, approximately 2,400 active duty MSC officers and 344 reserve MSC officers serve in more than 250 naval and medical commands throughout the world.

A few weeks later on August 22nd, we celebrated the 103rd birthday of the Navy Dental Corps. Although the Dental Corps was officially established in 1912, the history of the Corps dates back to before World War I. At that time, 30 dental surgeon assistants deployed overseas with Marines. Since then, the Corps has grown significantly and today plays an important role across the spectrum of Navy Medicine's efforts in operational readiness, humanitarian assistance and disaster relief missions.



Haunted Hospital

Every Halloween, a change comes over the staff and grounds at Hospital Point. During the day top quality patient care proceeds without a hitch, but at night visitors are greeted by scenes from scary movies, nightmares, and campfire stories.

In the fourth annual Haunted Hospital event at Naval Health Clinic Annapolis, 50 volunteers planned, decorated, and participated each night for this year's popular tour through the clinic pulling inspiration from the classic scary movies of Hollywood. Around 450 visitors took the tour helping to raise \$4000 toward the Command Holiday Party.



Multi-Cultural Committee

The Naval Health Clinic Annapolis Multi-Cultural Committee has had a great year despite major changes. HMI Weaver turned over leadership of the program to HM2 Phillipsoden. He will be taking on the Assistant Diversity Officer position of the Diversity Committee for HMI Lopez who PCS'ed recently. HM2 Phillipsoden will be an extraordinary asset and we are confident that the Multi-Cultural Committee will continue to thrive just as it has under the leadership of HMI Weaver.



On August 28, 2015, Women's Equality Day was celebrated and was a large event with just over 100 in attendance. The Master of Ceremonies was HM3 Smalls who read excerpts on the significance of this day and the history of why it began. One of the best parts of the presentation consisted of the historic timeline presented by ten female members of our staff (HM2 Phillipsoden, HM2 Thrasher, HM3 Grant, HM3 Carreon, HN Cain, HA Davidson, Ms. Lola Ford, Ms. Melanie Jones, Ms. Mandy Utz, and Ms. Kimberly David). Each participant stood up and read several significant facts pertaining to eight decades of women's equality struggles and successes in the United States. Two dramatic skits were performed to highlight important military women who have shattered equality ceilings during their lifetime. The skits were led by HM3 Faller and performed by: HN Cain, HN Kowaleski, HN Frias, HA Kong, HA Davidson, and HR Lopez. HN Langley also read the Navy Message while BHC Lakehurst and Earle participated via video teleconference.



In September, Hispanic American Heritage Month was celebrated. The Multi-Cultural committee had maximum participation for the event as it is a month everyone looks forward to. This culture is known for its music, dance and wonderful food delicacies. The Master of Ceremonies for this event was HM3 Steward and he walked the audience through a great presentation. The main event for this event were dance performances conducted by Kasandra's Cultural Center, who performed several dances highlighting the countries of Columbia, Puerto Rico and Mexico.

Key presenters for this event were HM2 Garganta, reading the President's Proclamation, HN Long reading the Navy Message and HM3 Resendez narrating the history and meaning of the dances being performed.



In November, National American Indian Heritage Month was celebrated with the Multicultural Committee featured two presentations. HN Nez shared the story of the Navajo and Ms. Brenda Walsh shared food and stories from the Chickahominy. All events concluded with everyone's favorite part donated by staff and committee members of the NHCA and MCC/Diversity Committees: the food!



Do You Know Your Chiefs?



HMC (SW) Nevin Davis enlisted in the Navy on August 1, 2001, leaving her home in Memphis, TN. After completing “boot camp” and Hospital Corpsman “A” school in Great Lakes, IL, she reported to her first clinic, Naval Hospital Great Lakes, where she worked in the otolaryngology clinic. In 2005 she completed pharmacy technician “C” school in Portsmouth, VA. At her second command, Sewell’s Point Branch Medical Clinic, she was awarded the 2008 Sailor of the Year and Senior Sailor of the Quarter in 2010. She would later serve as the Leading Petty Officer (LPO) aboard the USS Oscar Austin (DDG 79), as well as a pharmacy technician and LPO for the medical and dental department aboard the USS Arlington (LPD 24).

Her awards include Enlisted Surface Warfare Specialist, Navy and Marine Corps Achievement Medal (5), and the Good Conduct Medal (3). She and her husband, Christopher, have two children: Aniyah (9) and Lance. In her free time she enjoys reading and spending quality time with her family.

HMC (FMF) Edwin Rodriguez enlisted on June 12, 2001 upon graduating high school in San Antonio. He attended medical laboratory technician “C” school in San Diego, CA upon completion of “A” school. He then continued with follow-on training at

Field Medical Service School in Camp Pendleton, CA. In June 2003 he checked into his first duty station, Naval Hospital Corpus Christi, TX. He deployed in support of Operation Iraqi Freedom with Bravo Surgical Company, 1st Medical Battalion, 1st Force Service Support Group from February 2004–October 2004. During this time he earned the Enlisted Marine Force Warfare designator and provided medical support to over 6,000 Marines during the Battle of Fallujah. In December 2007 he went on to 2D Medical Battalion in Camp Lejeune, NC, where he deployed in support of the North Atlantic Treaty Organization led International Security Afghanistan Forces from March 2009–November 2009. Before coming to Annapolis, he served as an instructor at lab technician “C” school, earning the Master Training Specialist designation.



His awards include the Navy Commendation Medal, Navy and Marine Corps Achievement Medal (3), and Good Conduct Medal (4). He earned his Associates of Science from the George Washington University in 2011; Bachelors of Health Science from Trident University in 2006; and Masters in Healthcare Administration at the University of the Incarnate Word in 2015. He and his wife, Jessica, have three children: Sophia (8), Owen (6), and Gavin (4).



Chief Herbert was born in Alexandria, Virginia on July 13th, 1986 to Douglas and Gloria Herbert. He enlisted in the Navy on December 12, 2007 and attended Recruit Training, Hospital Corpsman “A” School, and Hospital Corpsman Dental Technician “C” School in Great Lakes, Illinois. Upon completion he transferred to Field Medical Training Battalion West, where he received the 8404 NEC.

His first tour took him to 1st Dental Battalion/ Naval Dental Center Camp Pendleton, California. While assigned to the Camp Horno Dental Clinic, Petty Officer Herbert was promoted to Petty Officer Third Class in 2009 and volunteered to deploy in support of Operation Enduring Freedom to Expeditionary Medical Facility Kuwait. In 2010, as part of the Juliet detachment in Camp Buehring he was promoted to Petty Officer Second Class. Upon returning he terminated his shore duty six months early and took orders to the USS Dwight D. Eisenhower (CVN-69). His tour on the IKE consisted of qualifying as an Enlisted Surface Warfare Specialist and Enlisted Aviation Warfare Specialist. In 2012 he was promoted to Petty Officer First Class and transitioned to the medical department, where he ultimately became the Leading Petty Officer. While attached to the command, he completed one back-to-back deployment to the Persian Gulf, was selected as Junior Sailor of the Year FY-2012, and led the Command ESWS program. He detached IKE in 2015 to report to Naval Health Clinic Annapolis to assume duties as the Command Career Counselor.

HMC Herbert immediately took over the career development program at the command, resulting in two Retention Excellence Awards and in September 2015, Chief Herbert assumed the title of Chief Petty Officer. He currently serves as the Brigade Activities Officer at Bancroft Hall as well as the Command Career Counselor and the Command Drug and Alcohol Program Advisor.

Chief Herbert is qualified as an Enlisted Surface Warfare Specialist (ESWS) and Enlisted Aviation Warfare Specialist (EAWS). His personal awards include Navy Achievement Medal 2 Gold Stars, Good Conduct Medal with 1 Bronze Star, and various service and campaign awards.

Children’s Holiday Party

The 2015 holidays have come and gone, but great memories last forever. Families were treated to face painting, crafts, wonderful food and treats at this year’s Children’s Holiday Party at Hospital Point. Coming on the heels of the Command Holiday Party the night before, the volunteers and participants showed their dedication to all the little people that matter most, the children.



To top it off, Santa, Mrs. Claus, and elves from the North Pole arrived via fire truck spreading holiday cheer to the excited crowd. After a reading of *A Visit from St. Nicholas* (also known as *'Twas the Night Before Christmas*), Santa presented early Christmas gifts to the children, all of whom were clearly on this year’s “nice” list.



Awards July-September

Awards

LT Judith Silva, MSM
 HM1 Isaac Kimble, NCM
 LT Arthur Robert, NAM
 HM2 Griffin Kimani, NAM
 HM2 Keara King, NAM
 HM2 Denice Moore, NAM
 HM2 William Tinsley, NAM
 HM3 Elliot Burke, NAM
 HM3 Abraham Cortez, NAM
 HM3 Jalesa Lantern, NAM
 HM3 Bryant Rivaspallo, NAM
 HM3 Michael Smith, NAM
 HN Charles Claxton, NAM
 HM2 Denice Moore, MOVSM
 HN Brittany Booth, LOC

Quarterly Awards

HM1 Michael Weaver, Senior Sailor of the Quarter
 HM2 Stephen Westcott, Junior Sailor of the Quarter
 HM3 Zachary Martin, Bluejacket of the Quarter
 Dr. Jitendrakumar Modi, Senior Civilian of the Quarter
 Mrs. Melanie Jones, Junior Civilian of the Quarter
 Lynne Hewitt, Contractor of the Quarter

Awards Legend

MSM: Meritorious Service Medal
NCM: Navy and Marine Corps Commendation Medal
NAM: Navy and Marine Corps Achievement Medal
MOVSM: Military Outstanding Volunteer Service Medal
LOC: Letter of Commendation

Awards October-December

Quarterly Awards

HM1 Jared Aguon, Senior Sailor of the Quarter
 HM2 James Bond Jr., Junior Sailor of the Quarter
 HN Joshuafrancis Pinzon, Bluejacket of the Quarter
 Jason Peterson, Senior Civilian of the Quarter
 Jacqueline Trout, Junior Civilian of the Quarter
 Denise Garvin, Contractor of the Quarter

Yearly Awards

HM1 Jose Palacios, Senior Sailor of the Year
 HM2 Stephen Wescott, Junior Sailor of the Year
 HN John Crysler, Bluejacket of the Year

In Case You Missed It...

Mustaches Take Center Stage

Every November throughout the Yard and our clinic, facial hair seems to be everywhere. As a way of raising awareness for men’s health, men use this month—often referred to as Movember—to grow out their mustaches. This year our staff took before and after shots to show off their mustaches.



Check out our Facebook page for more photos from the command and updates on what’s happening at the command.
<https://www.facebook.com/NavalHealthClinicAnnapolis>

If you would like to contribute an article or announcement to this newsletter, please email HM2 Michael Romero at Michael.C.Romero11.mil@mail.mil or call him at 410-293-3617 or ext. 1790

VISION

To be the premier choice in patient-centered care, promoting excellence in health, wellness and readiness.

MISSION

To optimize the health and readiness of the Brigade of Midshipmen, Active and Reserve Forces, and all others entrusted to our care.

GUIDING PRINCIPLES

Honor, Courage, Commitment and Diversity