

## Navy Medicine



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**LCDR Michael Bohman**  
Public Affairs Officer

**LT Pia Francisco**

**PO2 Michael Romero**  
Assistant Public Affairs  
Officers

# VITAL SIGNS

## NAVAL HEALTH CLINIC ANNAPOLIS

*"Committed to Excellence Since 1845"*

APRIL 2016 TO JUNE 2016

### Message from the CMC

NHCA Family,

It's been 3 awesome years that I have had the privilege serving as your Command Master Chief. We have accomplished many things both as a team and individually. I would like to express my deepest gratitude to all Sailors, civilians and family members



for your support and dedication to our Command.

You are all amazing!

We have created better ways of doing things and evolved them into best practices. Let us not rest on our accomplishments - build on them! We should be tireless in our personal and professional journey to be the best we can be and set new standards. Expect more from yourself than our patients or customer do. We shall continue to exceed expectations in all we do.

We are **COMMITTED TO EXCELLENCE!**

Also, I want to take this opportunity to introduce our new Ombudsman, Mrs. Evonne Romero, spouse of PO2 Michael Romero, Optician. Our



Sailors and I are truly honored to have you as our Ombudsman. Thank you for volunteering.

# Induction Day

On June 30<sup>th</sup>, 2016, the Naval Academy welcomed 1,184 new 4/C midshipmen during Induction Day (I-Day). I-Day is the start of six weeks of “plebe summer,” where the plebes learn about military life and are put through numerous physical tests. The latest class was notable for having the largest number of women, 331, inducted into the Academy in the 40 years since they have been admitted.



For the clinic, I-Day is one of the busiest days of the year. Each department goes through months of preparation to ensure that they are equipped to handle the intense patient load. It is truly an “all-hands-on-deck” evolution, and staff are sometimes pulled from their normal workplaces to help out in stations that require more manning. This year’s I-Day was no different. NHC Annapolis manned several stations to include blood draw and immunizations, medical record review, pharmacy review, and color vision testing. For some departments, I-Day is just an introduction to more in depth exams that last for the entirety of plebe summer.



[photos for this article courtesy of the USNA public affairs team]

I-Day is the first military medicine experience for many of the plebes and NHCA showed the best of it with their efficiency and professionalism. Never content to just be “good enough,” immediately following I-Day the staff was already planning for next year and wondering, “How can we be better?”

**-PO2 Romero**

# Blue Angels Fly at Command Picnic



NHC Annapolis staff and their families gathered at Hospital Point for the annual command picnic on May 24, 2016. “Over 600 of our staff, our families and friends spent special time with one another here at Hospital Point with much food, activities and merriment. It is important to take pauses during the year, come together as a command, celebrate our success and realize how fortunate we are to be a part of NHCA,” said the Commanding Officer, CAPT Michael McGinnis.

The shining sun coupled with the smell of burgers cooking on the grill signaled the start to the picnic held for the staff and their families to enjoy a day building teamwork, morale, and fun festivities with their shipmates and extended military families. “The picnic allows Sailors to speak and mingle with our shipmates. It allows them to feel more at home while away from home”, said SN Martin. Having members meet while not in uniform takes away the intimidation of being around higher ranking staff. PO2 Reginald Smalls also was reenlisted during the picnic.



The event was sponsored by the Command Recreation Committee to help build morale and celebrate the hard work that was put in all year long to get to Commissioning Week and the hard work the staff will continue to do all summer. The mission of the day was to have a good time, incorporating families and friends into the everyday mission of NHCA. As the smell of burning charcoal faded away, the staff and their families exchanged goodbyes and returned to their cars with the mission accomplished. The work done here every day has a tremendous impact in the US Navy and the picnic is motivation to keep working hard and moving forward to continue to do great things.

“We have much to be thankful for as a command,” said CAPT McGinnis. “Just as the Blue Angels flight demonstration team represents the pinnacle of military aviation, you collectively represent the best of the best in Navy Medicine. We truly have a special mission and a special team!”

**-PO3 Cage**



## 2016 Spring Uniform Inspection

Sailors underwent a command dress white inspection this past May. More than 90 Sailors prepared and perfected their uniforms to be inspected by the commanding officer, executive officer, and leading chief petty officers. Some of the major parts of the uniform that were inspected were belts, shoes, hair length and ribbons. It was very evident that the Sailors were motivated and took pride in wearing their uniforms.

**-PO3 Schaeffer**



## Asian American Heritage Month



On May 12th 2016, the Multi-Cultural Committee held an event to celebrate the proud heritage and history of Asian Americans and Pacific Islanders. The month of May was chosen for this observance in part because of two important dates in the middle of the month: May 7, 1843 the first Japanese immigrants traveled to the

United States, and May 10, 1869 the transcontinental railroad was completed with the majority of workers being Chinese immigrants. According to the social security administration there are 16.6 million AAPIs living in the United States.



The event had a variety of food dishes prepared by the staff, along with personal items that represented where they came from. Along with that, LT Francisco shared her "American Dream" story. Finally, there was a wonderful history lesson on the Māori tribe and a performance of the Haka ritual led by POI weaver and performed by NHCA Sailors. The Multi-Cultural Committee did a great job sharing some of that culture and history during this event and they continue to make an impact at the command.

**-SA Brown**

## Sexual Assault Awareness and Prevention Month

During the month of April, Naval Health Clinic Annapolis was filled with activities promoting Sexual Assault Awareness and Prevention Month (SAAPM). The month kicked off with a joint proclamation of the month by NHCA Commanding Officer, CAPT McGinnis, and Commanding Officers of the Annapolis Area Complex. The event was also an opportunity to recognize many collateral duty SAPR Victim Advocates for their commitment to the Sexual Assault Prevention and Response program.



Although the month was full of events for NHCA, including Information Tables, and a command PT run for SAAPM, the highlight of the month was a three-event Captain's Cup competition among the commands of the Annapolis Area Complex. The tournament included a Dodgeball Tournament, an Empowerment Relay, and an Ultimate Frisbee tournament. NHCA won both the Empowerment Relay and the

Ultimate Frisbee tournament, resulting in a victory in the Captain's Cup!

**-LT Stover**



## Sea Perch Competition



In the 2016 STEM Sea Perch competition, middle and high school students created amphibious robots capable of maneuvering in the water. The staff from NHCA were judges in the event and they measured the speed, maneuverability, and accuracy of the robots.

**-PO3 Schaeffer**

## Seven Oaks Elementary Visit

On May 9th, 16 NHCA active duty staff volunteered to visit Seven Oaks Elementary School as part of a STEM outreach event. They made up more than half of the



presenters for the school's career day, which was attended by 751 students. Each presenter prepared a board with pictures and information about their specialty, and they talked with the students about their jobs in both the medical field and the Navy as a whole.

**-SN Anderson**

## NHCA Corpsman Accepted to USNA

Petty Officer Third Class John Crysler joined the Navy directly out of high school at age 17. From there he attended Recruit Training Command Great Lakes, IL, graduating in September, 2013. After he graduated, he went to Hospital Corpsman “A” School at Fort Sam Houston, San Antonio, Texas, which led to him receiving orders to Naval Health Clinic Annapolis. PO3 Crysler has always wanted to advance in his career, so in 2015, he applied and was accepted to the United States Naval Academy.

He has had high hopes of attending the prestigious academy since he was 12 years old and now he will live that reality. Prior to attending the academy, Crysler will attend the Naval Academy Preparatory School (NAPS), where he will prepare his skills and hone his knowledge. He plans to focus primarily on physics and chemistry while attending both NAPS and the Naval Academy.



During his time at school, he also hopes to join the cross country and scuba teams, as well as continue his passion of cycling by joining the Naval Academy’s cycling team. His long term goal is to make his way through the Academy in the hopes of becoming a Medical Corps officer. It is an honor to be accepted to the Naval Academy and we are very proud of PO3 Crysler’s dedication to the Navy Core Values of Honor, Courage, and Commitment. We look forward to seeing what the future holds for him.

**-SN Anderson**

## Veteran Visit to Naval Academy



Over 60 years ago, Edwin Moore was one of the six doctors attending to the midshipmen at the U.S. Naval Academy. Since being discharged in 1953, Dr. Moore hadn't stepped foot onto the yard. On Thursday, May 26, Moore and his family

toured the Brigade Medical Unit in Bancroft Hall with department head CDR Cynthia Bryant. With him were two of his grandchildren who are currently attending the academy he so fondly remembers.

In 1943, Moore joined the U.S. Army and was discharged two years later. Using the G.I. Bill, he enrolled in Tufts Medical School and spent his medical school residency in Hartford, Connecticut. During the beginning of the Korean War, in 1950, Moore volunteered to be a physician in the Navy, where he was stationed as a lieutenant at the Naval Academy. In those two years, he worked from the medical clinic at Bancroft Hall and Hospital Point, treating midshipmen and academy officials.

During the tour with his grandchildren and CDR Bryant, he was amazed at how much the clinic he knew so long ago had transformed into a modern medicine marvel. Nearing the end of the tour, CDR Bryant showed Moore one of the medical rooms. He remembered these rooms being much smaller and looked at the medical machines that didn't exist in Bancroft Hall decades ago.



Smiling, he turned to Bryant and asked: "Where do I sign up?"

**-SN Anderson**

# Corpsman Ball



On June 17, 2016, Naval Health Clinic Annapolis celebrated the 118<sup>th</sup> birthday of the Hospital Corps at the Crown Plaza in Annapolis. The ceremony's guest speaker was CMDCM (Ret) James Parlier, the former Command Master Chief of the USS Cole (DDG67) from 1999–2001. The United States Ceremonial Guard was also present to perform rifle procedures.

The Hospital Corps was established June 17, 1898 with 25 apothecaries. Since then the medical team serving the Navy and Marine Corps on the battlefield and home front has grown to more than 30,000 corpsmen worldwide. Over its history, the hospital corps has distinguished themselves from the best. Navy Corpsman have received 22 Medal of Honors; there are 20 ships named after corpsman and corpsman have earned 174 navy crosses and 946 silver stars, according to hospital officials.



**-PO3 Cage**

# Retirements

Fair winds and following seas to POI Sara Whipple, CDR Carolyn Marquez, and Mr. Dennis McClain!



## Nurse Corp Birthday



On May 13<sup>th</sup> 2016, Naval Health Clinic Annapolis celebrated the Navy Nurse Corps' 108<sup>th</sup> birthday with a cake cutting ceremony in Lockwood Heaton. From the 6<sup>th</sup>-12<sup>th</sup> NHCA celebrated National Nurses Week with the finale being the cake cutting ceremony.

## Navy Chief Petty Officer Birthday

On April 1, 2016, Navy Chief Petty Officers, which began in 1893, celebrated their 123<sup>rd</sup> birthday. The NHCA Chief Mess celebrated by going to BUMED. This was the first celebration for some of our newest chiefs which include Chief Herbert, Chief Davis, and Chief Rodriguez.

-PO3 Bumpers

# Awards April-June

HMC Bradford Lomba-NAM  
HM2 Pamela Quarterman-NAM  
PS2 Marlon Sequiera-NAM  
HM3 Nadine Kee-NAM  
HM3 Geoffrey Schaffer-NAM/MOVSM  
HN Cianomcgee-LOA  
HN Tyler Page-LOC  
HM3 Engel-LOA  
HM2 Rafael Garganta-NAM  
HM3 Jordan Varney--NAM  
Mr. James Wallace-LOC  
LCDR Jeffrey DuFault-COM  
LCDR Robert Waltz-COM  
Ms. Walsh-LOC  
Ms. Benson-LOC  
Ms. Collert-LOC  
HM3 John Chrysler-FLOC  
HM3 Anthony-NAM  
CAPT Colleen Gallagher- MSM  
CAPT Larry Burton-MSM  
CDR Pamela Krahl-MSM  
HMC Kathy Myers-COM  
HMC John Preku-COM

## Patient Safety Awards

HM1 Jared Aguon-Patient Safety  
HM3 Jason Myers-Patient Safety  
HM3 Zachary Martin-Patient Safety  
Ms. Nicole Franklin-Patient Safety  
Ms. Lee Ann Ritterpusch-Patient Safety  
Mr. Cliff Jarrod-Patient Safety  
Mr. Ralph Clouser-Patient Safety  
Mr. Peter Kurtz-Patient Safety  
Mr. Rick Shaw-Patient Safety

## Awards Legend

**MSM:** Meritorious Service Medal

**COM:** Navy and Marine Corps Commendation Medal

**NAM:** Navy and Marine Corps Achievement Medal

**MOVSM:** Military Outstanding Volunteer Service Medal

**LOC:** Letter of Commendation



Check out our Facebook page for more photos 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 the newsletter, please contact:  
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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