

# The MOSAIC



## Naval Health Clinic Annapolis Newsletter for Diversity & Culture



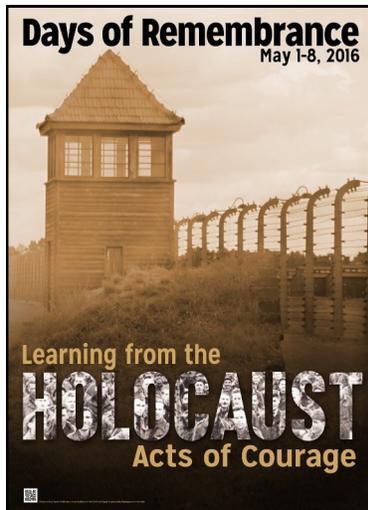
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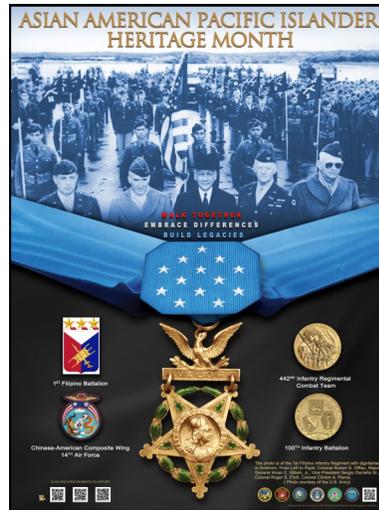
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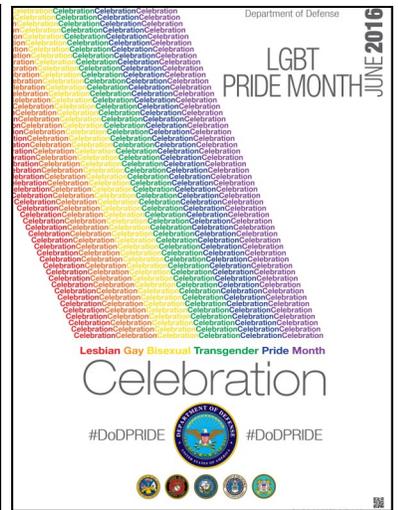
### NHCA Multi-Cultural Committee (MCC) Quarterly Observances & Events:



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## Welcome to the Mosaic

Naval Health Clinic Annapolis is proud to display our diversity and heritage throughout the year. This quarterly newsletter engages our readers and promotes learning and growth, supplying a tool to stay current with what is happening in our Command's Diversity program. It displays articles to help enrich our readers lives, expanding their view of the world and its cultures. It covers the outstanding events that our Multi-Cultural Committee showcases as they host numerous observances to recognize the array of cultures, heritages and important historic occurrences throughout our nation's history. The Mosaic also highlights the Diversity program's outreach initiatives, capturing STEM events used to promote growth and assist in educating students in the subjects of science, technology, engineering and math. These volunteer efforts enrich our Command and community through education and support. The Command utilizes the Mosaic to broadcast and support all of these wonderful efforts. We are proud that our programs help embrace the unique cultures and rich diversity throughout our Command, the Navy, DOD and civilian communities we serve.

We hope you enjoy this issue and gain a glimpse into our diversity and culture here at NHCA and also around the world.

## AUTISM AWARENESS MONTH



The month of April is dedicated to raising awareness about autism. World Autism Awareness Day occurs each year on April 2nd. Autism Spectrum Disorder (ASD) is used to describe the varying degrees on how a person's development is affected. Symptoms range from difficulty with communication and social interactions to repetitive behaviors and obsessive

interests. There is no cure for autism, but treatment in the form of early intervention therapy is common. In the United States alone, there are over 3.5 million people on the spectrum. The prevalence of autism in American children has increased by 119.4 percent from 2000 to 2010. Studies show that boys are five times more likely to be affected by autism than girls.

For more information regarding World Autism Day, visit: <http://www.un.org/en/events/autismday/> or click on the article image above.

HOME NEWS & PUBLICATIONS FEATURES DBP MEMBERS CELEBRATE AUTISM AWARENESS MONTH

### DBP Members Celebrate Autism Awareness Month

Publication Date: April 5, 2016

RELATED TAGS: [April autism awareness month](#), [DBP Member Celebrations](#)

iswest

April is dedicated to raising awareness about autism. The month starts off strong with World Autism Awareness Day on April 2nd. Monuments and landmarks across the globe lit up blue last Friday to visually show support and promote awareness for autism.

Autism Spectrum Disorder (ASD) is used to describe the varying degrees a person's development is affected. Symptoms range from difficulty with communication and social interactions, repetitive behaviors and obsessive interests. There is no cure for autism, but treatment in the form of early intervention therapy is common.

In the United States alone there are over 3.5 million people on the spectrum. The prevalence of autism in American children has increased by 119.4 percent from 2000 (1 in 150) to 2010 (1 in 68). Also boys are five times more likely to be affected by autism than girls. Geneticists explain this through the "female protective model." This model suggests that girls have a higher tolerance for detrimental genetic mutations and therefore require a larger number of them than boys to reach the diagnostic threshold of a developmental disorder.

With this developmental disability on the rise, how is our society responding?

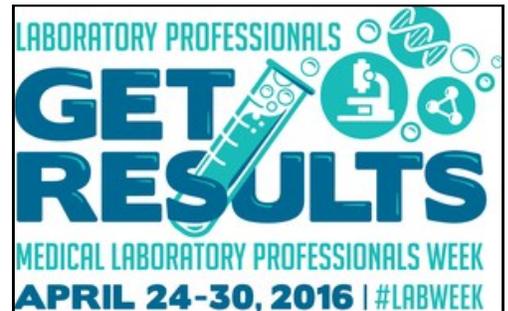
Businesses and technologies are seeking ways to enhance the communication abilities of autistic people. For instance, Apple has released videos showing how the iPad paired with three apps (Proloquo4Text, Assistive Express and Keeble) can help a non-verbal autistic teenager type on his iPad and talk with people around him.

DBP member Freddie Mac has been hiring recent college graduates with autism as paid interns through a partnership with the Autistic Self Advocacy Network since 2011.

Walgreens, another DBP member, employs a high number of individuals with autism and other disabilities at a distribution center in Anderson, South Carolina, which it opened in 2007. This company has also built a mock store in Evanston, Illinois, as part of a workplace training program for individuals with ASD and other disabilities. It established the program in partnership with the Have Dreams Academy.

## MEDICAL LABORATORY PROFESSIONALS WEEK APRIL 24-30 2016

Medical Laboratory Professionals Week (MLPW) provides the profession with a unique opportunity to increase public understanding of and appreciation for clinical laboratory personnel. Medical Laboratory Professionals Week originated in 1975 as National Medical Laboratory Week, or NMLW, under the auspices of the American Society for Medical Technology, now called the American Society for Clinical Laboratory Science (ASCLS). In subsequent years, other organizations have served as cosponsors and campaign supporters. There are approximately 300,000 practitioners of clinical laboratory science in the United States. Since the development of this career group in the 1920s, the clinical laboratory science professional has played an increasingly vital role in the diagnosis and prevention of disease. Today, the clinical laboratorian is a key member of a health care team.



This year, the Naval Health Clinic Annapolis celebrated Medical Laboratory Professionals Week with a cake cutting ceremony following the monthly awards ceremony in Lockwood Heaton Conference Room. This photo shows just a portion of our laboratory team at the Command as they are joined by our Commanding Officer, Acting Executive Officer and Command Master Chief in honor of their service.



Above left to right: CAPT McGinnis, HM2 Martin, LT Gallus, HMC Rodriguez, HM3 Myers, HMCM Lamb and CAPT Bibeau

## USNA REGIONAL SEAPERCH CHALLENGE

130 teams from 38 middle and high schools in Maryland and Virginia traveled to the U.S. Naval Academy to compete in the Maryland Regional Sea Perch Challenge on April 9th 2016.

With up to 5 students per team, there were over 400 students and many teachers, parents and supporters in attendance in the Rickover Hall Hydrodynamics lab. This event was supported by 30 faculty, staff and volunteers along with 35 Midshipmen.



Sea Perch is an underwater remote operated vehicle, built by the students prior to the competition. The National program is sponsored by the Office of Naval Research and Association for Unmanned Vehicle Systems International (AUVSI).



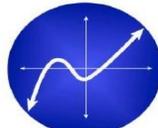
Science



Technology



Engineering



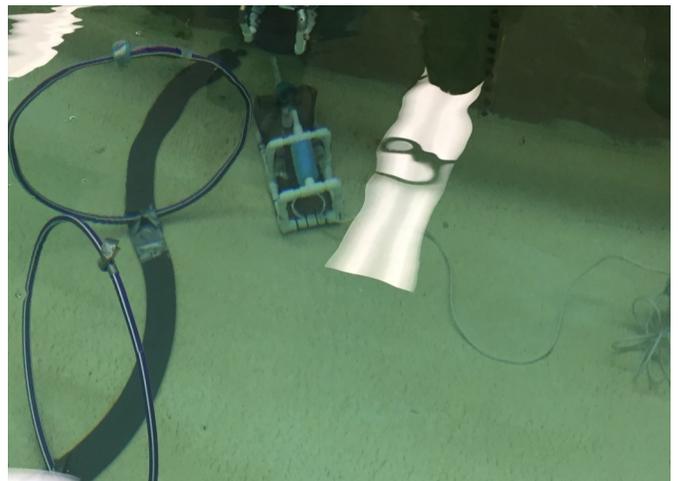
Mathematics

SeaPerch began as one project in a book entitled "How to Build an Underwater Robot," by Harry Bohm and Vickie Jensen. There were many projects in the book, and SeaPerch captured just two pages, with a parts list and instructions on how to assemble the vehicle. Years later, Professor Thomas Consi at MIT developed a curriculum around the SeaPerch as a way to grow the Ocean Engineering Program at MIT. Seeing the possibility of using SeaPerch to train teachers, MIT's Dr. Chryss Chrystostomedes sought funding from the Office of Naval Research (ONR) and the MIT Sea Grant office and began to train teachers in their area and beyond.

Several personnel from Naval Health Clinic Annapolis were in support of the Seaperch challenge by monitoring each student's robot and ensuring that it met all the required criteria for the competition. The criteria included: Maneuverability, Speed, and Buoyancy. Each team had to achieve the reviews within a certain amount of time not to exceed a total time of 20 minutes. All NHCA staff members who volunteered for this evolution enjoyed judging each event and said "I would definitely volunteer again next year".



Above: HM2 King explains challenge requirements



Above: A Seaperch aquatic robot maneuvering underwater built by the middle and high schoolers. **See page 4 for more photos.**

# USNA REGIONAL SEAPERCH CHALLENGE CONT'D



## HOLOCAUST DAYS OF REMEMBRANCE (OBSERVANCE)

Each year, Naval Health Clinic Annapolis joins the nation in commemorating the Holocaust Days of Remembrance during the month of May. It was established by the U.S. Congress to memorialize the six million Jews murdered in the Holocaust, as well as the millions of non-Jewish victims of Nazi persecution. Millions of ordinary people witnessed the crimes of the Holocaust in the countryside and city squares, in stores and schools, in homes, and workplaces.

Between 1940-1944, inhabitants of the small French village of Le Chambon-sur-Lignon and surrounding towns provided shelter for an estimated 5,000 people fleeing German authorities; 3,000-3,500 of whom were Jews. Residents of Le Chambon-sur-Lignon offered refuge in private homes, farms, and schools, and even forged I.D. cards and helped victims cross into Switzerland.



In 2015, Master Sgt. Roddie Edmonds was recognized posthumously by Yad Vashem as Righteous Among the Nations. In 1945, Edmonds selflessly protected Jewish POWs under his command when he stood up to the German Commander in charge of the camp. When the Commander demanded that the Jewish prisoners step forward to be separated and prepared for transport out of the camp, Edmonds replied, "We are all Jews." After being threatened with a gun to his head, the U.S. soldier answered, "If you shoot, you'll have to shoot us all."

Days of Remembrance provides the opportunity to reflect and raise awareness on all whose lives were lost or forever altered by the Holocaust. This gives us a reminder of the moral obligations for all to remain vigilant and come together to ensure these actions never occur again. To learn more visit the United States Holocaust Memorial Museum website at: <https://www.ushmm.org/learn>.

## Diversity Outreach STEM Event Seven Oaks Elementary School's Annual Career Day



14 Sailors from Naval Health Clinic Annapolis of various ratings volunteered to support the Seven Oaks Elementary School's annual career fair on 9 May 2016. Diverse specialties such as Dental, Nursing, Laboratory, Optometry, Independent Duty Corpsman, Cryptology/Mental Health, Medical Administration, Physician Assistant Studies, Radiology, Surgical Technology, Physical Therapy, and General Duty Corpsman.

The presentations that were conducted allowed for elementary students to see the diverse professions that the United States Navy and Navy Medicine have to offer and maybe spark interest in a profession with the United States Navy.



## SEVEN OAKS CAREER DAY CONT'D



HM3 Cianomcgee (Physical Therapy)



HM2 Lantern (Laboratory)



HN Johns (General Duty Hospital Corpsman)



HN Anderson (Optometry)



## SEVEN OAKS ELEMENTARY



CTMC Cruz (Cryptology)



LT Green & LT Chung (Healthcare Administration)  
LT Johnson (Nursing)



LT Reyes (Physician Assistant)



HM1 Bemis (Surgical Technician)

## JOINT BASE MCGUIRE-DIX AIRSHOW



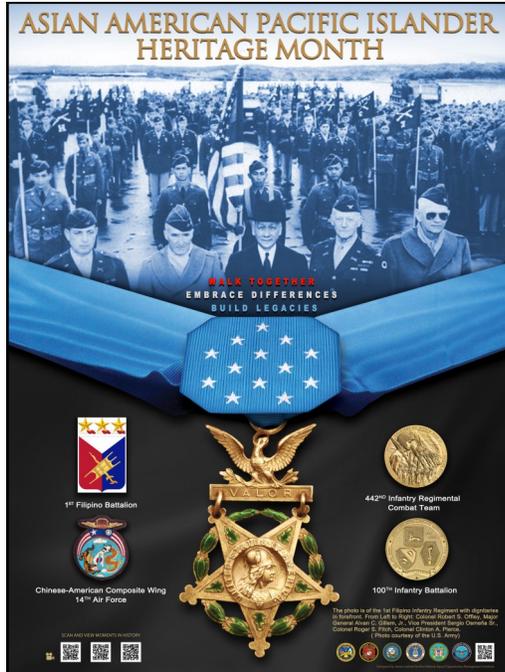
Several Sailors from Lakehurst, NJ volunteered during the McGuire-Dix Airshow supporting the New Jersey Navy Ball Committee. HM1 Ribot, HM1 Grant, HM2 Hargrove, LCDR Provencher, HM3 Eid and HMC Windham were all in attendance.

## OCEAN & MONMOUTH COUNTY FOODBANK



Every time a person volunteers with the foodbanks across the United States, you leave knowing that you have helped put food on the table of our neighbors in need. For individuals and families-the young, elderly, and people of all ages; unemployed, working, homeless and struggling middle class families-your contribution is making a difference. Bravo Zulu to our shipmates from our Northern Clinics in contributing to the cause of ending hunger.

## ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH



May is Asian/Pacific American Heritage Month, a celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

Like most commemorative months, Asian/Pacific American Heritage Month originated with Congress. In 1977, Rep. Frank Horton of New York introduced House Joint Resolution 540 to proclaim the first ten days in May as Pacific/Asian American Heritage Week. In the same year, Senator Daniel Inouye introduced a similar resolution, Senate Joint Resolution 72. Neither of these resolutions passed, so in June 1978, Rep. Horton introduced House Joint Resolution 1007. This resolution proposed that the President should “proclaim a week, which is to include the seventh and tenth of the month, during the first ten days in May of 1979 as ‘Asian/Pacific American Heritage Week.’” This joint resolution was passed by the House and then the Senate and was signed by

President Jimmy Carter on October 5, 1978 to become Public Law 95-419. This law amended the original language of the bill and directed the President to issue a proclamation for the “7 day period beginning on May 4, 1979 as ‘Asian/Pacific American Heritage Week.’” During the next decade, presidents passed annual proclamations for Asian/Pacific American Heritage Week until 1990 when Congress passed Public Law 101-283 which expanded the observance to a month for 1990. Then in 1992, Congress passed Public Law 102-450 which annually designated May as Asian/Pacific American Heritage Month.

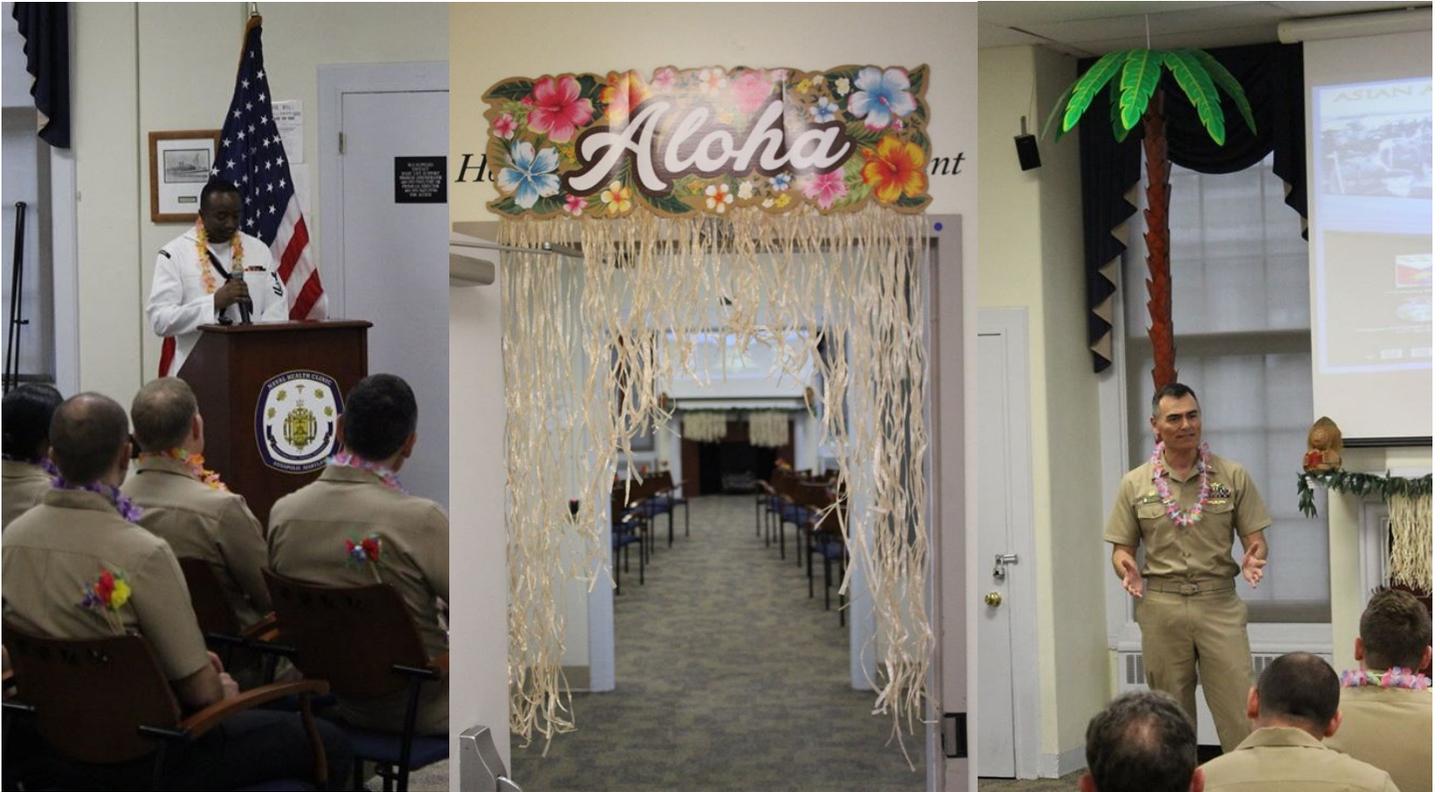
The month of May was chosen to commemorate the Immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

On May 13, 2016, the Naval Health Clinic Annapolis Multicultural Committee held their annual Asian-Pacific Islander celebration in Lockwood Heaton for an audience of 100 staff and guests. The event consisted of several interesting and exciting performances and speeches that displayed the diversity and heritage of this unique culture. The Mistress of Ceremonies, HN Hendley, opened the event by welcoming guests and leadership while HM2 Kimani and HM2 Smalls later read the Navy Message and Presidential Proclamation. Guest speaker, LT Pia Francisco, gave an inspiring personal story of family triumph in the face of adversity as she described the journey of her family from the Philippines to the United States. Her amazing story was followed by a presentation by HM1 Michael Weaver on the history of New Zealand and the Maori culture. The event finale was a traditional Haka war dance performed by 18 members of the Command dressed in black with traditional Maori war tattoos known as Tā moko painted on their faces.

You can view the final Haka performance online at: <https://youtu.be/sEAgwi9fPEU>



# ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH CONT'D



## Naval Health Clinic Annapolis 118th Hospital Corpsman Ball



On the 17th of June was the Naval Health Clinic Annapolis 118th Hospital Corpsman Ball. This was a great event put in place by our own Corpsman Ball committee, and without the hard work and dedication of our volunteers, the ball would not have been possible. The Corpsman Ball was

held to honor those that have gone before us and have paid the ultimate sacrifice during war and conflict ensuring their Marines and Sailors may live. The Master of Ceremonies was HM2 Joshua Cranford, and he was honored in introducing our Sailor of the Year HM2 Stephen Wescott and the Washington Naval District Honor Guard. They did an outstanding job with their performance. Master Chief Parlier was the Command Master Chief on the USS Cole and was the Guest of Honor that evening. Master Chief Parlier shared his story of what happened that tragic day on October 12, 2000. Following Master Chief Parlier's speech, the oldest and youngest Sailors present performed the Cake Cutting Ceremony. The oldest Sailor was Master Chief Parlier and the youngest Sailor was HR Tormis. Also participating in the ceremony was our Commanding Officer, Captain McGinnis, and our Command Master Chief, HMCM Lamb.



## USNA SUMMER HEROES YOUTH PROGRAM (SHYP)

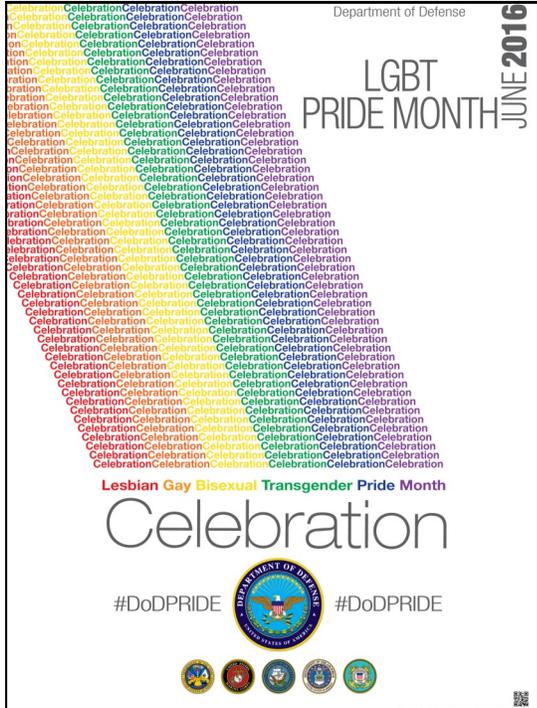
In June 2016, the U.S. Naval Academy (USNA) Office of Diversity and STEM Center and Naval Health Clinic Annapolis (NHCA) STEM program presented the Summer Heroes Youth Program (SHYP), a pilot program held on the USNA Annapolis campus for 45 rising 7<sup>th</sup> and 8<sup>th</sup> grade students from Baltimore City. Three middle schools participated in the two week program: Afya Public Charter School, Baltimore IT Academy, and Booker T. Washington Middle School.

The aim of the program was to promote positive attributes of leadership, self-esteem, confidence and teambuilding through various academic and athletic activities. Curriculum was STEM-based using a sports theme to make science, math, engineering, literature, and life skills learning dynamic and engaging to the students.

The Naval Health Clinic Annapolis Diversity Council's STEM program along with nine Command medical volunteers assisted in the two week pilot camp. Their actions consisted of expert facilitation of 15 medically focused courses for the 45 Baltimore area Middle School students. They displayed exceptional skill and acumen while educating the students utilizing unique STEM principles and techniques showcasing hands-on learning stations for medical based sports topics. These topics ranged from the importance of electrolytes, hydration in heat stress, and pulse monitoring during and after sporting events to the use of proper body mechanics during running and physical activity, dental lab production of mouth guards, and the physics of Radiology, Electrocardiograms and the treatment for basic bone fractures. In addition, the NHCA Medical STEM team provided logistical and administrative support to the USNA STEM program and 32 midshipmen coordinators during 80 STEM based activity stations conducted for students during the camp. The camp was a huge success and continued the education and outreach initiative for children in our community through STEM.



# CELEBRATING LGBT PRIDE MONTH



June is unofficially recognized as Pride Month by the LGBT community, and many Pride events still occur on the last Sunday in June to commemorate the anniversary of Stonewall. In some places Pride events stretch out over a weekend or an entire week, while in other areas, Pride events occur at different times of the year altogether (particularly in parts of the country where June is especially hot).

Over time, the smaller marches and gatherings organized by community members evolved into a highly organized slate of events attracting a broad range of LGBT community members and straight allies. The increasing popularity and visibility of Pride events can partially be attributed to greater levels of acceptance towards the community. While Pride events play a key role in raising the profile of the community and commemorating the history of the LGBT social movement, Pride also marks an opportunity for the community to come together, take stock and recognize the advances and setbacks made in the past year. It is also a chance for the community to come together and celebrate in a festive, affirming atmosphere.

As the month of June ends and LGBT Pride month comes to a close, the Navy and all military branches shift to a major change in the laws of whether or not transgender service

members would be allowed to actively serve in the military. Navy Live, the official blog of the United States Navy, released this about the changes, “Following this announcement, the Navy is moving forward to implement the Department of Defense’s new policy that allows transgender service. The Navy has begun the process of implementing this decision in consultation with the Department of Defense and other services. We will develop a plan that provides training to our Sailors as well as updating our policies and procedures so that this change will proceed smoothly across the Navy in the coming months and years. We are committed to removing barriers that prevent service members from serving in any capacity based on their abilities and qualifications and want men and women in the Navy who are the right fit for the right job regardless of race, gender, sexual orientation or creed.”

“We welcome today’s announcement that the Department of Defense will lift the restrictions preventing transgender individuals from serving their nation,” said Secretary of the Navy Ray Mabus. “The Department of the Navy remains committed to ensuring that all who wish to serve have the opportunity to do so, and the Navy and Marine Corps, making implementation of this new policy a priority, will work to expedite the process to the maximum extent possible. Our diversity is one of our force’s greatest advantages and today’s announcement will only make us stronger.”

Moving forward there will be changes and adaptations to overcome, but today this was a big win for the LGBT community.

*The Mosaic Newsletter* is always looking for articles.

If you are interested in providing an article please contact:

NHCA Diversity PAO: HM2 Smalls: [reginald.e.smalls.mil@mail.mil](mailto:reginald.e.smalls.mil@mail.mil)

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