

Naval Hospital Lemoore Ombudsman Newsletter

July 2011
Volume 1, Issue 2

Tawna White, Command Ombudsman, 937 Franklin Ave. Lemoore, CA 93245, (559) 260-4263

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A message from your
Commanding Officer.

A message from your
Ombudsman.



Message from the Commanding Officer

Dear Naval Hospital
Lemoore family,

As I write this, I have not yet completed two weeks as Commanding Officer. Let me assure you that even in that short time, it is obvious that Naval Hospital Lemoore is a very special place, with a lot of extremely talented people on staff. My wife, Ellen and I are very excited to be here. We look forward to serving together with you over the next two years.

I really enjoyed meeting many of the staff members and spouses that attended the Hospital Corps Birthday Ball last weekend. I know there are many more families out there that I have not had the opportunity to meet, yet, but there will be several opportunities over the next few months, including our command picnic on August 12th or even at the Exchange or Commissary if we happen to cross paths!

Personal family life will be important to me during my tenure at NHL. I have two

college age daughters myself so I fully realize that personal and family needs play a vital role in the prioritization of the day to day things we do in life. Our Command Ombudsman, Ms. Tawna White, is specifically responsible for serving as a communication link between the families and the command leadership. She is directly appointed to her position as a special assistant to me. As someone with direct access to the Commanding Officer, she ensures that every family has an advocate to the command and that they find the support needed for just about any area of life. She can't be the expert on everything herself but, she has received valuable training and experience on where to go for all kinds of help and assistance if she can't personally provide it or answer your question.

While we certainly strive to make sure that family members of our deployed shipmates get extra special attention, the Ombudsman

program is not just designed to take care of the families of our deployers. For any of you that ever need help of any kind please do not hesitate to contact Tawna. If she doesn't personally know how to help you, she will ensure that assistance is obtained from someone that does. In this newsletter, you will find information on the best ways to contact Tawna, as well as points of contact for a wide variety of services and support options available to you.

One of my highest priority missions as Commanding Officer is to take care of the personal and family wellbeing of the staff and their loved ones. Having an outstanding Ombudsman like Tawna is of great benefit as we work together to make it happen for each of us.

Very respectfully,

CAPT Joe Leonard, DC,
USN

Naval Hospital Lemoore
Ombudsman Contact
Information:

Tawna White

(559) 260-4263

Tawna_White@
hotmail.com

From Your Ombudsman



“Distance does to love, what wind does to fire... extinguishes the weak, and feeds the STRONG.”

- Unknown

The military life is what you make of it. There are pros and cons in every aspect of this journey. However, a positive attitude is the key to being a successful military spouse. Embrace the good and don't focus on the negative, it's counterproductive. Of course, it can be a pain to pack up and move so often. But how many people get to live in as many different places as we do? As a military

spouse, live your life like an adventure story and you're the main character. You will determine the ending whether it is good or bad.

If you have any thoughts or suggestions on what you would like to see included in upcoming issues of this newsletter, please contact me.

Tawna White

Tawna_white@hotmail.com

Cell (559) 260-4263

Protocol and Etiquette-Basics Everyone Should Know

Life in the military world is full of challenges. While many of these challenges are faced by the one who is serving, military spouses also have rules, both spoken and unspoken, that should be followed to reflect well on the military member.

The military service etiquette we abide by today is steeped in several hundred years of U.S. history. Many rules change over time as the military up-dates codes of conduct to reflect new attitudes and etiquette. However, some traditions still exist that may seem a bit antiquated (or even unfair) to you, the spouse.

When reviewing the list below, keep in mind that maintenance of these rules allows service members to project professionalism. These rules apply to your service member anytime they are in uniform, but many also apply to you when you are attending a military function or in public with your uniformed spouse.

When walking with a service member, always walk on their left side. This allows them the ability to easily salute higher ranking members with their

right hand.

Public displays of affection are unacceptable in the military and can result in disciplinary action for the military member. The only time this is generally overlooked is at deployment and homecoming ceremonies. Even then, public displays of affection should be limited.

Military members are prohibited from carrying umbrellas that are not black, carrying packages or pushing a stroller while in uniform. Military spouses should plan ahead for these events and take into consideration what the military member can and cannot do while in uniform.

Military spouses should learn to recognize rank and address other military members as such until told otherwise. If all else fails, address the person as "Sir" or "Ma'am" but never by "Mr." or "Mrs." Refer to your spouse by name and not by rank to others.

Dress appropriately for all

events by following the dress request indicated on the invitation. If dress is not specified, contact the host and ask for clarification. A military event, even if it is a spouses' only event, is not the place for showing a lot of skin. Clothing should be conservative.

Military spouses should always stand and place their hand over their heart when the flag is raised, lowered or paraded in front of them. Males should remove any headgear and all should remain silent. The same is true during the playing of the National Anthem except that everyone is encouraged to sing the lyrics.

During Reveille and Retreat, songs are played over a loud speaker on the military post. Military spouses along with their families and guest should remain still during the song and face the flag if it is visible. If driving in the car at the time the song begins, the car should be safely pulled to the side of the road and stopped until the end of the song.

Local Resource Guide

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- Base Security: 998-4749
- Naval Hospital Urgent Care Clinic: 998-4435
- Fleet & Family Service Center: 998-4042
- MWR (Base) Theater: 998-4641
- Gym & Fitness: 998-4883
- Navy Marine Corps Relief Society: 998-4045
- Hanford Police Dept: 585-2540
- Lemoore Police Dept: 924-9574
- Lemoore Taxi Cab: 924-4440
- KART (Bus): (800)872-7245

Navy-Marine Corps Relief Society

The Navy-Marine Corp Relief Society (NMCRS) is a private non-profit charitable organization that was founded in 1904. It currently operates approximately 250 offices ashore and afloat at Navy and Marine Corps bases throughout the world.

The NMCRS services include:

- ◆ Scholarships and interest-free loans for education
- ◆ Financial counseling
- ◆ Budget for Baby Workshops
- ◆ Thrift Shops
- ◆ Visiting Nurse Services

- ◆ Interest-free loans and grants to assist with emergency needs such as:
 - Emergency Transportation
 - Funeral Expenses
 - Medical/Dental Bills
 - Disaster Relief Assistance
 - Child Care Expenses
 - Essential Vehicle Repairs
 - Unforeseen Family Emergencies

To contact the NAS Lemoore NMCRS, call 559-998-4045 or visit the website at www.nmcrs.org for a list of complete services, qualifications, and locations.

From recent personal experience, I can confirm that the Navy-Marine Corps Relief Society is an excellent resource, so I decided to include their information in this newsletter as well.



Currently Deployed Sailors

Please remember them and their families!

- | | |
|---------------------------------|-----------------------|
| 1- LCDR Kelly Bricko | 13- HN Gregory Gant |
| 2- HM2 Carlos Rocha | 14- HN Michael Maples |
| 3- HM3 Brian Sutton | 15- HN Brian Bryant |
| 4- HM3 Matthew Quintana | |
| 5- LCDR Robert McMahon | |
| 6- HM2 Youssef Avalos | |
| 7- HM2 Jose Jimenez | |
| 8- LT Albert "Eric" White | |
| 9- LT Virginia "Jenny" Sullivan | |
| 10- HM2 Anthony Foster | |
| 11- LT Sheldon Knight | |
| 12- HM3 Matthew Cabelin | |

Be sure to Welcome Home our Sailors Returning from Deployment

- | | |
|------------------------------|--------------------------|
| 1- HM2 Christopher MacMillan | 9- HM2 Allan Sabino |
| 2- HM2 Edgardo Ferrer | 10- ENS Manuel Brenes |
| 3- HM3 Jeremy Maddox | 11- LCDR Kathy Williams |
| 4- HM2 Robert Dickerson | 12- HM2 Christian Tilley |
| 5- HM2 Tommy Fejarang | 13- HM1 Randolph Bazile |
| 6- CDR Wes Cho | |
| 7- HM2 Jonathan Ashmore | |
| 8- HM2 Jason Cahill | |



News from the CO

Upcoming Command Events SAVE THE DATE:

****Staff and FAMILY Appreciation Day will be held on 12 August at the Village Pool and Water Slide from 1200-1600. ****

May was Military Appreciation Month:

There was Military Spouse Appreciation Day, Armed Forces Day, and Memorial Day. The month was filled with a lot of activities. Here are the highlights:

Armed Forces Day and Memorial Day 2011:

We observed those days by praying for you and all our servicemen and women and their families. We also remembered our fallen comrades who paid the ultimate sacrifice for our freedoms, and for whom now, we faithfully carry on in their footsteps.

2011 Hospital Corps Birthday Ball Update:

The ball will take place on Saturday, 18 June 2011, at The Tachi Palace Hotel & Casino.

Mandatory BUMED Diversity Training:

We held mandatory Diversity Training for all military personnel at the base theater, which was brought to us by the BUMED training team.

Spring PFA Completed:

Our spring 2011 PFA Cycle was completed with a higher passing rate than last time. We had 30 outstandings, twice the number last cycle, and 13 failures, which was half the failures from last time.

Tremendous job by all!

Nurse Corps Birthday and

Nurses Week 2011:

We celebrated the 103rd birthday of the Navy Nurse Corps on Friday, May 13, 2011.

Staff Appreciation Day:

We had a Staff Appreciation picnic outside the West End of the Hospital (by the galley patio) on Friday, May 20, 2011. The event was sponsored by: MWR, CPO Mess, FCPOA, Wardroom, JEA, and Civilian Club. It was a fun filled event with a money making "Pie in the Face" contest as part of the activity. The winners were:

- Guaranteed Pie in the Face:
1. DFA x2
 2. MACS Walker x2
 3. LCDR Gilmore
 4. LTJG Watling

Top Pie in the Face Winners:

1. LCDR Gilmore
2. MACS Walker
3. DFA

Summer Whites Uniform Inspection:

The following individuals received an outstanding during our Summer Whites inspection and subsequently received a 72 hour liberty. It pays to shine!

A Company
HM1 Canoy
HM3 Bono
HN Basuel
HN Elliottseres
HA Flamate

B Company
HM1 Melo
HN Jorgenson
HN Morales
HA Macabugao

C Company
HM2 Wells
HM3 Suzuki
HA Vandertuin

D Company
LCDR White
LTJG Niven
ENS Brenes
ENS Gomez-Rivera
HMC Delacruz
LSC Alvarado

180 Days and Counting!

We hit 180 days (6 months) without an alcohol related incident (ARI) on 26 May. Great job and all uniformed staff get a day off at their Department Head's discretion. Next day off comes if we go the next 90 days without an incident, as I promised at Quarters. Remember our MOTTO: "I don't want to be the one!" (Who ruins the day off for everyone else!)

ADVANCEMENTS:

PLEASE join me in congratulating our Sailors who were selected for advancement from the March 2011 Exam cycle. This is a huge list for NH Lemoore this time around!

SELECTED TO FIRST CLASS

HM2 KC Geisler (Fallon)
HM2 Steven Kellystahlnecker (Fallon)

SELECTED TO SECOND CLASS

HM3 Victor Manuel Aguilar,
HM3 Sarah Baxter
HM3 Maria Casillas
CS3 Hermila Elliott
CS3 Jarryd Jackson
HM3 Richard Moreno
HM3 Jacqueline Suzuki
HM3 David Wilder

SELECTED TO THIRD CLASS

HN Sergey Alkorn
HN Juan Arce
HN Brian J. Benitez
HN Jacob Broach
HN Chriscel Jorgenson
HN Eric King
HN Craig Loetz
HN Christian Lopez
HN Mark Macabugao
HN Nemrick Morales
HN Forrest Paullin
HN Alexander Redmond
HN Andrey Rublyov
HN Douglas Stewart
HN Matthew Tamayoreynolds
HN Cody Zimmerman

Congrats on your well deserved promotions and welcome to the next level of leadership in your careers.

Here are the rest of our personnel who were recognized for various achievements and awards this



"Leadership is an opportunity to serve. It is not a trumpet call to self-importance."

Donald Walters

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Navy and Marine Corps

Commendation Medal:

CAPT Michael F. Milos,
LCDR Robert A. Liotta
LCDR Lewis A. Diulus III
ENS Manuel A. Brenes
HMC Christina Wood
HM2 Alejandro Arias

Navy and Marine Corps

Achievement Medal:

HM2 Lorenzo W. Cruz II
HM3 Marie K. Avendano
HM3 Larry C. Cabaong Jr

Frocking from the rank of Petty Officer Second Class to Petty Officer First Class:

HM2 John G. Garcia
HM2 Christopher D. Macmillan

Military Outstanding Volunteer Service Medal:

HM1 Eddie Q. Delapena

Reenlistments:

HM1 Lopez
HM2 Camacho

Personnel Transferred:

LCDR Hanson
CAPT Milos
HN Balles
HM3 Cabaong
HN Arceneaux
LCDR Robert A. Liotta

Personnel Separated/Retired:

HM3 Desuyo
HM3 Tayag
HM2 Knapp
LT Schwallenberg
LT Steward
LCDR Lewis A. Diulus III

New Personnel Reported to Command:

CSSN Yu-Jin Kang
LCDR Kimberly A. Musa
HN Thomas B. Schramm

Promotions:

LCDR Domingo
LTJG Lanane

Welcome Home Our IAs:

HM2 Jason Cahill,
HM2 Allen Sabino
HM2 Christian Tilley
HM1 Randolph Bazile



"You don't have to hold a position in order to be a leader."

Anthony D 'Angelo