



April 2010

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



25th Annual Research Competition— Page 16

Exercise Solid Curtain/ Citadel Shield 2010 Tests NMCP Security Responses

By MC2 RIZA CAPARROS
NMCP Public Affairs

The corridors of Building 1 at Naval Medical Center Portsmouth echoed with screams from the “wounded” March 25 when the medical center participated in the primary event of Exercise Solid Curtain/Citadel Shield 2010. NMCP’s anti-terrorism exercise was one of more than 250 individual training events that took place across the country during the annual training exercise from March 22 to 26.

Each drill tested different regional Antiterrorism/Force Protection operations, forming the largest AT/FP exercise in the country. The goal is to enhance the training and readiness of Navy security personnel, increasing their ability to respond to threats to installations and units. Scenarios ranged from recognizing and countering base surveillance operations

to higher-tempo and active simulated emergencies, such as small boat attacks on waterfront bases and cyber attacks on installations.

NMCP’s exercise began with increasing levels of Force Protection conditions, with a simulated attempt by unauthorized personnel to gain access to the base. During the drill, two medical center personnel portrayed gunmen who had infiltrated the base, while other staff members portrayed people injured or killed in the “attack”. Coordinated by NMCP security assets, the drill tested the responses of base security, first responders and fire and rescue teams.

Shannon Marquez, NMCP’s emergency management officer, said the exercise was meant to test the hospi-



Photo by MC2(SW/AW) William Heimbuch

Security teams respond to a multiple shooter scenario March 24 during Exercise Solid Curtain/Citadel Shield, a weeklong force protection exercise held at naval installations across the country from March 22 to 26.

tal’s ability to flex homeland defense capabilities.

“Today’s event shows that we can continue to maintain the security and safety of our staff and patients while helping our folks to understand that this can happen in a hospital, just like at any military base,” Marquez said.

The firefighting/paramedic crew from Norfolk Naval Shipyard in Portsmouth, which is also responsible for responding to medical cen-

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Safe Ride Program

Naval Medical Center Portsmouth Safe Ride Program was introduced to the command last month. This program allows service members who are under the influence of alcohol to receive a cab ride to their residence using a Cab Ride Voucher.

Service members simply call the cab company on the back of the card and present the card and their military ID to the driver. The card will then be mailed to the command DAPA for cab ride reimbursement. This program is in place to ensure NMCP personnel have a safe ride home and an alternative to drinking and driving.

Personnel who use the card to receive a safe ride home will not face any disciplinary action for using the card. To obtain or replace a Cab Ride Voucher, see your chain of command. For more information, contact your supervisor or the command DAPA's office.

NMCRS Drive Extended

The Navy-Marine Corps Relief Society annual fund drive has been extended to April 16. As of April 1, about half of Naval Medical Center Portsmouth's active duty personnel had been contacted. About 13 percent of those contacted have contributed, totaling \$23,844.

During the 2009 drive, 13 percent of the command donated \$44,118.

Save the Date: Oakleaf Club Auction

The Oakleaf Club annual fundraising auction is April 30 at the Sandbar Club. The theme is "Party in Paradise." Mark your calendar, details to come.

Your attendance can help make this event our most successful fundraiser. All proceeds benefit command members, locally and deployed, and provide comfort items that enhance the morale and welfare of military patients, their families and those who care for them.

Building Signage Updates

NMCP will be installing new directional signage in buildings 2 and 3 to better serve our patients and visitors. Existing signs will be removed starting April 12 and replaced beginning the week of April 19.

In most cases, as a sign is removed, the new one will be immediately installed. The entire project is scheduled to take three weeks. If you have any

questions or concerns, contact Susan Swisher at 953-7686.

Right Weigh Program

Spring Right Weigh starts April 28 and is open to all. Sessions focus on strategies for healthy eating, increasing physical activity and adopting healthy lifestyle habits for healthy weight. Sessions are Wednesdays, April 28 to May 19 from 4 to 5 p.m. in the Nutrition Classroom on the 2nd floor of Bldg. 2. Call 953-9247 to register.

ShipShape 8-Week Program

The next ShipShape 8-week Program begins May 13. Open to active duty only. Sessions are Thursdays from 2 to 4 p.m. in the Nutrition Classroom on the 2nd floor of Bldg. 2 until July 1.

For more information, visit the Wellness Web site on the NMCP internet site www.med.navy.mil/SITES/NMCP/Pages/default.aspx. Seats are limited. Call (866) 645-4584 to register.

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NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Command Ombudsman Team is here to help when you are attached to NMCP or any of its outlying clinics and you or a family member are preparing to deploy!

Pre-deployment brief is held at 9:30 a.m. on the 3rd Tuesday of each month in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

NMCPombudsman@med.navy.mil
or
757- 953-1973

THE COURIER

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The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Anyone who wishes to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at deborah.kallgren@med.navy.mil.

Submissions should be in Word format. Photos should be a separate submission from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Building One, Third Deck, Rm. 311.

St. Baldrick's Day Promotes Awareness While Raising Funds for Childhood Cancer

BY MC2(SW/AW) WILLIAM HEIMBUCH
NMCP Public Affairs

Naval Medical Center Portsmouth held its 5th annual St. Baldrick's Day event March 27 to raise money for research to find a cure for childhood cancer. Donations to the St. Baldrick's Foundation fund more money in childhood cancer research grants than any organization except the United States government.

NMCP's event was fittingly in the medical center's Navy Exchange barbershop where participants have their heads shaved in solidarity with cancer patients who have lost their hair during treatment.

More than \$15,000 in donations had been collected ahead of the head-shaving event, and the haircuts pushed the total above \$16,500. This was one of many regional events in March. The main fundraiser took place on March 13, when 181 people shaved their heads and brought in more than \$111,000 at the Waterside Festival Marketplace in downtown Norfolk.

Of note is that NMCP raised its donations "with only 18 shavees, and the civilian event this year at Waterside raised \$111,000, but it took them 181 shavees to do this!" said Cmdr. (Dr.) Timothy Porea, NMCP's Pediatric Residency Program director.

"The children who we have treated have a blast shaving their doctors' heads as well as their fathers,'"



Photo by MC2(SW/AW) William Heimbuch

Britanie Pelletier, 22, a cancer survivor and former NMCP patient, puts the finishing touches on Cmdr. (Dr.) Timothy Porea's new 'do with the help of one of the Navy Exchange barbers.



Photo by MC2(SW/AW) William Heimbuch

Mason Gorney gets his head shaved by a Navy Exchange barber during Naval Medical Center Portsmouth's St. Baldrick's Day fundraiser held March 27. Gorney shaved his head in memory of his brother Walker who passed away two years ago from Ewing's Sarcoma. Gorney raised more than \$2,000.

Porea said. "We even had a 7-year-old patient who has recovered from his chemo-related baldness talk his mom into letting him get shaved and go bald all over again. You also saw the brother and father of a patient who had died at NMCP getting shaved. I think it helps them to remember him and continue to advocate for research so that one day other families will not have to go through what they have had to experience."

Porea, who raised money to get his head shaved for his sixth year, said "I'm used to the look. It would have been nice if the warmer weather had come on Saturday, though!"

"Every time I shave Dr. Porea's head, I try to do a design," said Britanie Pelletier, 22, cancer survivor and former NMCP patient. "The first year I participated I shaved my initials in his head."

Porea was the second largest fundraiser at the time of the shaving. He trailed John Collick, who raised \$2,400 and has participated multiple times because his son, Jimmy, is a cancer survivor.

"My 5-year-old son was diagnosed with Acute Myeloid Leukemia a couple of weeks after his second birthday," Collick said. "After going through only part

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Resource Day

Hematology-Oncology Patients Find Answers

BY MC2 RIZA CAPARROS
NMCP Public Affairs

It is not unusual for patients to have a million questions about their treatment and care. To provide their patients a one-stop opportunity to get the answers they are searching for, the Hematology-Oncology Department at Naval Medical Center Portsmouth held its first ever Resource Day March 30.

Support information was provided through pamphlets and conversations with personnel from the medical center's departments and

ments.

Lt. Cmdr. Wendy Johnson, Hematology-Oncology Department staff physician and event coordinator, said because of medical advancements in research, therapy and supportive care, patients are living longer and better after they've been diagnosis with cancer, so there is an increasing need for this information.

"It is my hope that through this resource day, we will be able to better educate our patients on the wealth of resources available within NMCP and the Hampton Roads

experiences with attendees, providing support and an outreach connection to patients and their families.

While providing information was the main goal, Johnson said, "We want to highlight a model of care that focuses on the individual and their needs – not just the disease."

Retired Chief Engineman Kevin Thomas, a prostate cancer survivor and a volunteer with the American Cancer Society, said he was pleased to help.

"I have made myself available to discuss my journey with newly diagnosed people," Thomas said. "This is my way of giving back; to help those afflicted deal with cancer in a proactive way. This is like a ministry to me."

ACS representative Tonya McKinney said the event was a very good way for survivors to meet others like them and gain understanding that life does not end once diagnosed.

"We consider a patient a survivor from the moment they are diagnosed with cancer," she said.

Double cancer survivor Helen Grathwohl agreed with McKinney.

"From my experience, I know that most people diagnosed with cancer are self-conscious about going public about their disease," she said. "I think this a wonderful way for caregivers and survivors to come together with the common goal to provide support to those who need it."

Johnson added, "I am hopeful that this will be the first of many collaborations to inform our patients and elevate the level of comprehensive care offered." She said she hopes the event will be offered bi-annually at the medical center.



Photo by MC2(SW/AW) William Heimbuch

During Naval Medical Center Portsmouth's Hematology-Oncology Department's Resource Day March 29, Tonya McKinney (right) of the American Cancer Society speaks with a patient about ACS services and signing up for the Relay for Life walk in May.

clinics. Topics addressed included nutrition, psycho-social aspects of chemotherapy, planning and staging for treatment, and pastoral services. Representatives from the American Cancer Society were on hand to talk about their services, such as support groups and transportation for chemotherapy treat-

community," Johnson said.

Departments at the event included population health, ambulatory infusion care, nutrition, radiation oncology, pastoral care and psychology, as well as representatives from the inpatient ward and Ambulatory Infusion Center. Cancer survivors shared their stories and

CPO Community Celebrates 117th Birthday

BY MC3 JESSICA POUNDS
NMCP Public Affairs

Members of Naval Medical Center Portsmouth's Chief Mess were honored during a ceremony April 1 to celebrate the 117th birthday since the rank of chief was instituted. Established in 1893, the rank was implemented

by the Navy following the execution of Navy General Order 409. It has since expanded to include the ranks of senior chief and master chief.

A group of more than 40 chiefs, senior chiefs and master chiefs gathered at the Dry Dock Club at the Scott Center Annex in Portsmouth, where they were



Photo by MC2(SW/AW) William Heimbuch

CMDCM(SW/SS) Carl Morgan speaks to the group of more than 40 chiefs gathered at the Dry Dock Club at Scott Center Annex April 1.

able to embrace their camaraderie and reflect upon the time-honored traditions of the chief petty officer community.

“Chief petty officers are the Navy's standard bearer for

guidance, direction and leadership,” said Command Master Chief (SW/SS) Carl Morgan. “One problem solved becomes every chief petty officer's experience.”

During the celebration, a cake cutting ceremony brought together the oldest and youngest chiefs from NMCP's community. Master Chief Hospital Corpsman Jeffery Kirstein represented NMCP's oldest, most experienced chief.

“A chief's job is to see that the mission of their department is accomplished to the best of his or her ability while ensuring their Sailors are as prepared to succeed as they possibly can be,” Kirstein said. “When I was initi-

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Solid Curtain — Continued from page 1

ter emergencies, was among the first to arrive on the scene.

“The event was a good training exercise not only for the Navy, but the local first response teams as well,” said Brian Shaver, the crew's lead medic. “Even though it was a training exercise, we performed as though it was the real deal, evaluating victims using the triage system and transporting from there.”

Shaver said the security forces who met them at the scene worked well with his team, allowing fluid action from both sides.

“This was a very high-energy and manpower-intensive drill situation for the police and fire teams,” said NMCP Police Operations Officer Maj. Thomas McGuiness. “Every member involved did an exceptional job and the evolution was handled cleanly and as a team effort.”

During the exercise, assessors collected information and relayed that data to decision makers to improve Antiterrorism/Force Protection practices and procedures in the future.

“Our mission here today was to increase awareness that terrorism is a real world threat

and make us better prepared for those types of events,” continued Marquez. “If we have a safe exercise, and people learn new techniques, new information and a better way to handle an event of this type, then I think it will have been a success.”



Photo by MC2(SW/AW) William Heimbuch

Firefighter Thomas Ashe of the Navy Region Mid-Atlantic Fire and Rescue squad informs a member of the medical response team about injuries sustained by an actor portraying an injured service member during the force protection exercise.

Recycling Center Off to a Great Start in 2010

STORY AND PHOTO BY MC3 JESSICA POUNDS
NMCP Public Affairs

Since January 2010, Naval Medical Center Portsmouth's recycling center has generated more than 135 tons of recycled material including paper, aluminum cans, cardboard, wooden pallets and empty printer cartridges.

Within three months, NMCP has already recycled more than half of the total that was recycled for fiscal year 2009. If the current rate holds, the command's Recycling Center is expected to turn out more than 550 tons of materials to be recycled in 2010.

"Recycling is good for the environment because it reduces the amount of waste going into our landfills," said Christopher Ollice, NMCP's environmental protection specialist. "It also reduces the amount of raw materials needed to produce new products."

Staff members at NMCP can dispose of their used paper into one of many 96-gallon recycling containers located around the medical facility. The wheeled blue bins are transported to the Recycling Center where the paper is shredded and compressed into big blocks. Then the blocks are sold to companies that create new products from NMCP's waste paper – usually paper towels, tissue and toilet paper.

The Web site www.greenlivingtips.com says a typical office generates about one pound of paper waste per employee every day. Approximately 77 percent of that is recyclable. At NMCP, the "Self-



Aviation Boatswain's Mate (Handling) Airman Omar Perez and Master-at-Arms Petty Officer 3rd Class Justin Raab feed used paper through a shredder. Since January, NMCP has recycled more than 135 tons of paper, which is more than half of what was recycled in 2009.

RECYCLING PICK-UP POINTS

Paper is collected in 96-gal. collection containers. Smaller 14-qt. recycling baskets for offices can be obtained by calling the Recycling Center.

Cardboard is collected in large green trailers staged at various locations throughout the base. Cardboard collection trailers are located by the Bldg. 2 loading dock (linen/galley area), Bldg. 3 loading dock, the breezeway between buildings 2 and 3, Bldg. 256 (NEX) and Bldg. 250 (Supply).

Aluminum can receptacles are located throughout the facility, usually near vending machines that dispense cans.

Pallets are also collected, usually at locations close to loading docks or any location where supplies may be received.

Empty printer cartridges are collected at Bldg. 249 to the right of the TRICARE office. If the collection center is closed, leave the cartridges at the door.

To request emptying of collection bins, pallet collection or to obtain new recycling baskets, call the Recycling Center at 953-5625 or 953-5404 or MMC Rush at 953-9562. For more information or to ask questions, call Chris Ollice at 953-6145 or Bob Wall at 953-6992.

Help Group" is doing its part to maximize recycling.

They are the labor behind the command's recycling efforts. Working at the Recycling Center gives the service members a sense of gratification and professionalism.

"I have felt very prideful working at the Recycling Center, knowing that I am making a difference in helping the environment and the command," said Machinist Mate 3rd Class Justin Raab. "My favorite part of this job is being able to see the results in the recoupment of monetary funds through the work that I and my fellow shipmates accomplish on a daily basis."

"Recycling raises at least \$15,000 per year," said Chief Machinist Mate James Rush, leading chief petty officer for NMCP's Recycling Center. "This becomes a win-win situation for the command, the Navy and the environment."

— See **Recycling** on the next page

Operation Smile Final Mile - Kids Run for the Gold



HM2 Tiffany Thompson of Naval Medical Center Portsmouth's Substance Abuse Rehabilitation Center hands out medals to elementary school students who competed in the 38th Annual Yuengling Shamrock Marathon's Operation Smile Final Mile Run March 20 at the Virginia Beach Oceanfront. Thompson, also the Junior Enlisted Association president, said she enjoyed participating in an event that raises money for various charities. The final mile run began as a way to get kids interested in healthier lifestyles.

PHOTO BY
MC2(SW/AW) WILLIAM HEIMBUCH

Oakleaf Club Goes Green for St. Patrick's Day Bake Sale

Naval Medical Center Portsmouth's Oakleaf Club hosted a green bake sale March 17 inspired by St. Patrick's Day. The club raised \$695, which will be donated to provide the medical facility with items such as DVDs for waiting rooms, informational pamphlets and luncheons for returning deployers. From left to right are Geraldine Kiser, JoAnn Moran, Angela Nezat, Margaret Bonnema, Wendy DelVecchio and Aya Spiritu with Mia.

PHOTO BY
MC3 JESSICA POUNDS



Recycling — Continued from previous page

The focus is not how much money is generated, but how and what it is used for.

Profits from recyclables first cover the costs to run the program. The funds are also used for environmental projects, such as shoreline restoration and stabilization by planting marsh grasses. Any money that is left over is donated to NMCP's Morale, Welfare and Recreation program. So far this year, \$13,500 in revenue has been generated

from the program.

"Naval Medical Center Portsmouth is very proud of the Recycling Center team and all staff members who recycle," said Capt. Matthew Pommer, NMCP's deputy commander. "It is just the right thing to do, and it takes very little effort. Every year we have recycled more trash and raised more money than the previous year, and we can look forward to a new record high this year."

JEA, Oakleaf Club Host Annual Command Egg Hunt



hamburgers and hotdogs, cotton candy, two moon bounces and an extra special visit with the “white and scary” Easter Bunny as described by one of the children.

During the hunt, kids from each age group searched for more than 4,000 candy-filled plastic eggs that had been filled by members of the JEA and Oakleaf Club

the week prior.

On March 27, the Junior Enlisted Associated and the Oakleaf Club hosted the annual Command Egg Hunt for the children of Naval Medical Center Portsmouth’s staff members.

The fun-filled event featured face painting and balloon animals from “BeeBop” the clown, games,

the week prior.

Egg hunters looked extra hard for a particular shiny egg that would earn them a first or second place prize. The Oakleaf Club donated Easter baskets filled with goodies for the winners to take home.







Corpsman Detailer Visits NMCP

Chief Hospital Corpsman (FMF) Brandie Collins, the senior hospital corpsman detailer, meets with Hospital Corpsman Gary Uhlik April 6 to discuss his options for his next duty station. Collins introduced herself to and visited with Sailors at Naval Medical Center Portsmouth during the week of April 5.

PHOTO BY MC2(SW/AW)
WILLIAM HEIMBUCH

Baldrick — *Continued from page 3*

of the recommended treatment, he got very sick spending nearly two months in the Pediatric Intensive Care Unit. He had a cardiac arrest, and we did not expect him to survive.

“After a lengthy stay in the PICU, with significant complications from chemotherapy treatment, my wife and I were very reluctant to continue chemotherapy,” Collick continued. “His doctor consulted with other oncologists and determined that chemotherapy should be discontinued, and Jimmy has been in remission ever since.”

Collick’s story and passion for this cause is representative of thousands across the country; more than 33,000 people volunteered to raise money and shave their heads this year.



Photo by MC2(SW/AW) William Heimbuch

John Collick’s daughter, Ann, begins to shave his head during the St. Baldrick’s Day event at NMCP. Collick raised \$2,400 for the St. Baldrick’s Fund, which will be used to fund childhood cancer research.

“The reason St. Baldrick’s is important to me is that if my son was to relapse, I hope that a less invasive treatment would be available vice the same chemotherapy treatment that nearly killed him,” Collick added.

Collick said he would only shave if he met his goal, because being bald means he was successful again in reaching his goal.

“Besides raising money, the day allows thousands of people around the country to show their support for the children and families who are going through or have gone through the challenges of cancer treatment,” Porea said. “All of our shavers will be asked multiple times in the coming weeks where their hair went, and they’ll be able to use this as an introduction to help educate those who haven’t been touched by this disease.

“Most of the 12,000 children diagnosed with cancer this year in the U.S. will survive their disease – it’s very important for people to be aware of that,” Porea added. “In memory of those who do not survive, we need to keep looking for better ways to treat their diseases so we can continue to improve outcomes for everyone.”

“Worldwide, an estimated 160,000 children are diagnosed with cancer each year,” said Chris Brogan, NMCP’s child life specialist and organizer of the event. “That is one child diagnosed with cancer every three and a half minutes.”

Since 2005, St. Baldrick’s Day has contributed more than \$41 million to 200 different research grants to fund childhood cancer research and educate a new generation of pediatric oncologists.

Though the haircuts are over, donations will continue to be accepted for NMCP’s St. Baldrick’s Day event for two more weeks at www.stbaldricks.org.

For information about participating in next year’s fund drive, contact Brogan at 953-4487.

CPO — *Continued from page 5*

ated as chief in 1992, the ‘mission’ and your ability to accomplish it was the primary goal. More recently, that emphasis has evolved into a more even balance. Today’s chief is given enormous resources to provide the guidance and mentoring our Sailors need to be successful in the 21st century. It has been my honor to be a part of it.”

Chief Hospital Corpsman Ernest Valine represented the youngest and newest chief to roam the halls of NMCP.

Master Chief Petty Officer of the Navy (SS/SW)

Blood Drive Benefits Haiti Relief Efforts



Photo by MC3 Jessica Pounds

Aviation Boatswain’s Mate (Handling) Ann Jones from the Transient Personnel Unit at Naval Station Norfolk watches a movie while donating blood March 23 in Naval Medical Center Portsmouth’s traveling blood bank. Jones was among 16 people who volunteered to donate a pint of blood in an effort to support the relief mission in Haiti.

Rick West commemorated the members of the Chief’s mess for their hard work and accomplishments during the past 117 years.

“Our Navy is the best it has ever been; we have advanced equipment and technology, but we are only as good as our people,” West said. “Since 1893, chiefs have been charged with the duties and responsibilities of ensuring our Sailors are the best trained, ready to carry out our Navy’s missions. The strong legacy of deckplate leadership that our mess was founded on is more relevant today in order to continually meet the demands of our expanded Navy environment and increased mission requirements. Thank you, Chiefs!”

For many, being promoted to the rank of chief signifies a shift for enlisted persons to a culture and tradition in what is considered a brotherhood.

An excerpt from the Chief Petty Officer’s Creed further explains this transition.

“In the United States Navy - and only in the United States Navy - the rank of E7 carries with it unique responsibilities and privileges you are now bound to observe and expected to fulfill. Your entire way of life is now changed. More will be expected of you; more will be demanded of you.

“Not because you are an E7, but because you are now a Chief Petty Officer. You have not merely been promoted one pay grade, you have joined an exclusive fellowship and, as in all fellowships, you have a special responsibility to your comrades, even as they have a special responsibility to you.

“This is why we in the United States Navy may maintain with pride our feelings of accomplishment once we have attained the position of Chief Petty Officer.”

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SENIOR NURSE CORPS OFFICER OF THE YEAR

LT. CARMELO AYALA

Assistant Department Head, Operational Medicine, Branch Health Clinic Oceana



Photos by MC2(SW/AW) William Heimbuch

Ayala is the assistant department head for the Operational Medicine Department at Branch Health Clinic Oceana, which oversees five divisions, including Occupational Medicine, Preventive Medicine, Aviation Medicine, Overseas/Sea Duty Screening and Audiology. He is also the clinical manager for Aviation Medi-

cine, which supports 6,000 active duty personnel assigned to 23 individual operational commands.

His leadership and clinical management resulted in establishing a common vision for flight medicine personnel and Branch Health Clinic Oceana. He mentored junior personnel, demonstrating knowledge of Nurse Corps programs, which led to the highest advancement rate in the clinic.

“It is a great honor for me to be selected as Senior Nurse of the Year 2009 for NMCP,” Ayala said. “I have served on numerous ships, FMF units, hospitals and clinics. This award is my greatest achievement thus far. I could not have attained such recognition without the support of my family, staff, senior leadership, peers and friends. I would personally like to thank all my past and present mentors, and anyone who has helped me.”

He has been in the Navy for more than 20 years, starting as an undesignated deck seaman, then becoming a corpsman. In 1998, Ayala was selected for the Medical Enlisted Commissioning Program.

JUNIOR NURSE CORPS OFFICER OF THE YEAR

LT. J.G. BYRON J. PETERSON

Anesthesiologist, Post Anesthesia Care Unit

Peterson is responsible for the safe wakeup and initial recovery for post-surgical patients. This includes those with general anesthesia, as well as moderated sedation. The Post Anesthesia Care unit at NMCP recovers between 35 and 50 patients per day.

In addition to his duties as an anesthesiologist, Peterson was recognized for his management of the schedule of 25 personnel, optimizing resources during critical staffing shortages. A dynamic instructor and subject expert, he coordinated four post-anesthesia care courses for 60 staff members and ensured the successful orientation of 45 active duty, reserve, student and civilian nursing staff.

“I am very humbled,” Peterson said. “There are many others I work with who could just as easily have earned this recognition, and without their help, there is no way that I could function at my job.”

Peterson became an officer four years ago and has been stationed at NMCP for four years. He spent the first 10 years of his career in the Navy as an enlisted machinist mate (nuclear).



Medical Officers of the 4th Quar- ter 2009 Named

Lt. Cmdr. Michele Overton, Junior Officer of the Quarter, assistant senior medical officer, Branch Health Clinic Sewells Point; Cmdr. Robert Englert, Senior Officer of the Quarter, director, Neonatal Intensive Care Unit; Lt. Cmdr. Gallagher, Officer-in-Training of the Quarter, junior resident, Otolaryngology Department; Ens. Eric Dunbar, Junior Nurse Corps Officer of the Quarter, Oncology Department; Lt. Cmdr. Miguel Argumosa, Junior Dental Corps Officer of the Quarter, NMCP Dental Clinic; Cmdr. Trent Outhouse, Senior Dentist of the Quarter, Naval Base Branch Dental Clinic



Photos by MC2(SW/AW) William Heimbuch

Norfolk; Lt. Craig Tyson, Senior Nurse Corps Officer of the Quarter, Ambulatory Procedure Unit; and Lt. Brian Long, Medical Support Corps Officer of the Quarter, head, Preventive Medicine Unit.

APRIL AWARDS

MERITORIOUS SERVICE MEDAL

Capt. Matthew Pommer Jr.
Capt. Howard Anderson
Cmdr. Peter Roberts

NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. Mary Sutherland
Cmdr. Michael Cassady
Cmdr. Debbie Jenkins
Cmdr. Trent Outhouse
Lt. Cmdr. Kevin Buss
Lt. Cmdr. Matthew Graser
Lt. Cmdr. Christina Jamieson
Lt. Cmdr. Nam Ly
Lt. Cmdr. Johnny Rodgers
Lt. Cmdr. Amy Wagar
Lt. Jose Estrada
Lt. Kenneth Folsom
Lt. Joseph Fromknecht
Lt. Stacy Washington
Lt. j.g. Lucrecha Calleance
Lt. j.g. Michael Collins
HMC(SW/AW) James Forester
HMC(FMF) Jason Patterson
CSCS(SW) Colin Small
HM1 Jennifer Miller
HM1(SW) Lucrecia Parker
CS2(SW) Gaylord Brown Jr.
HM3(SW/AW) Shantyka Crutchfield

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt Carmelo Ayala
Lt. Colleen Fisher
Lt. j.g. Byron Peterson
Lt. j.g. Lucrecha Calleance
Lt. j.g. Mary Clements
Lt. j.g. James White
HMC(SW) Marsell Brown
HM1 Teresa L. Bailey-Jones
CS2 Ileene Ashcraft
SH2(SW) Benjamin Bessant
HM2(SW) Claudette Bryan
MA2 James Cloud
PS2(SW/AW) Nikita Maher
HM3(AW) Benjamin Foy

NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Glenda Lewis-Fleming
Deborah Stephens

CERTIFICATE OF COMMENDATION

HM2 David Couto

MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

Lt. j.g. Byron Peterson

Women of NMCP Celebrated during Women's History Month

Naval Medical Center Portsmouth's American Heritage Observance Committee presented a slide show March 24 in the galley in honor of Women's History Month. The commemoration highlighted significant contributions women have made as members of the military, as well as to the nation.

This year, the AHOC decided to not only show pictures of historical women, but also included pictures of women currently stationed at NMCP. Committee member Hospital Corpsman 1st Class (SW) Linda Agustin thought this would be a great way to commemorate women of today because they are making



history right now.

"Women of NMCP are not just ordinary women; they are also in the frontline, in the middle of dangerous situations, among our male counterparts," Agustin said. "We are in Iraq, in Liberia, in Africa. We are invincible, and there is no limit as to what we can do."



Top: Staff members enjoy the slide presentation showcasing women in history and women working at NMCP during lunchtime in the galley March 24.

Above left:
HM2 Katherine Makuchowski
Blood Bank

Above:
Lt. j.g. Stacey Trimner
Director for Administration

Left:
Lt. Christina Lumba
Director for Nursing



**Above: HM3 Danielle Pearson
Immunizations Department**



**Above right: Lt. j.g. April Ehrhardt
Neonatal Intensive Care Unit**



**Right: HM3 Ayana Hall
Patient and Guest Relations**

**Bottom Left: HM2 Jenny Landaeta
Operating Room**

**Bottom Right: HM1 Crystal L. Edmonds
Command Career Counselor's Office**

PHOTOS BY
MC2(SW/AW)
WILLIAM
HEIMBUCH



Poster Session 25th Annual Research Competition Held at NMCP

Naval Medical Center Portsmouth held the 25th Annual Academic Research Competition Poster Session March 26. Eighty-five staff and trainees participated in three categories of research

The posters were displayed around the hospital, showcasing the academic efforts made by NMCP medical staff members.

Winners in categories 1 and 2 will advance to the Oral Competition to be held April 23 at Naval Medical Center San Diego. Oral presenta-

tion winners will advance to the Navywide competition on May 14 at NMCSA.

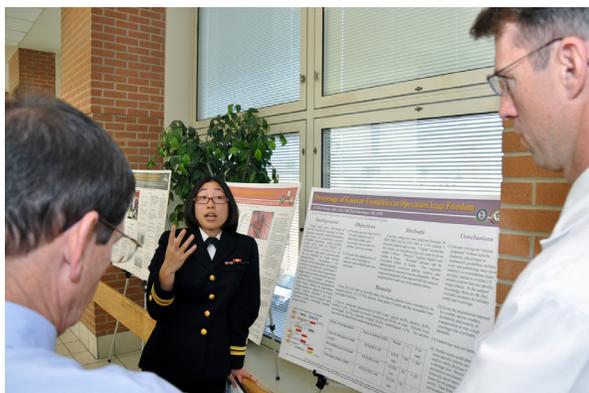
Posters were judged in the following categories:

Category 1 – Approved Clinical Investigation Program research conducted at NMCP’s Clinical Investigation and Research Department.

Category 2 – Research conduct-

ed under the jurisdiction of another institution.

Category 3 – Interesting case reports. This category has poster presentations only.



Lt. Ellie Mentler presents her poster, “Overtriage of Casevac Casualties in Operation Iraqi Freedom,” to the judges.

Category 1 – Staff

1st Place

LT. (DR.) MONICA A. LUTGENDORF, AF CAPT. (DR.) ANDREW THAGARD, CAPT. (DR.) PAUL D. ROCKSWOLD, DR. JEANNE M. BUSCH AND CAPT. (DR.) EVERETT F. MAGANN

2nd Place

CAPT. (DR.) MARLENE DE MAIO, J. OÑATE, D. SWAIN D, S. MORRISON AND S. RINGLEB

3rd Place

LT. CMDR. BRIAN ATCHISON, LT. DORIS CHEN, LT. TIMOTHY HALL, CMDR. (DR.) GREGORY G. NEZAT AND RETIRED CAPT. (DR.) JOSEPH E. PELLEGRINI

Category 1 – Trainee

1st Place

LT. (DR.) JONATHAN M. ROTH, LT. (DR.) JAROD GOODRICH, RETIRED LT. CMDR. JAMES A. BLANKS, ARMY LT. COL. (DR.) LEN MURRAY, CMDR. (DR.) CHRISTOPHER HOGAN AND CAPT. (DR.) ROBERT RULAND

2nd Place

CMDR. (DR.) TIMOTHY CLENNEY, AND RETIRED CAPT. (DR.) JEFFERY J. KUHN

3rd Place

LT. (DR.) JAMES HAMMOND, CAPT. (DR.) ROBERT RULAND, CMDR. (DR.) CHRISTOPHER HOGAN, DR. DAVID ROSE AND DR. STEPHEN BELKOFF

Category 2 – Staff

DR. ALEXANDER M. HOLSTON, DR. JASON D. HIGGINSON, DR. THEOPHIL A. STOKES, DR. YOUNG S. CHOI, DR. JERRI CURTIS, DR. CARA H. OLSEN AND DR. CARL E. HUNT

Category 2 – Trainee

LT. (DR.) JACK BRANDAU, RETIRED CAPT. (DR.) NORMAN E. MCSWAIN JR. AND CMDR. (DR.) ZSOLT T. STOCKINGER

Category 3

1st Place

LT. (DR.) MICHAEL S. WAGNER AND CAPT. (DR.) MICHAEL R. WAGNER

2nd Place

LT. (DR.) JENNIFER CUNNINGHAM AND CMDR. (DR.) JASON D. MAGUIRE

3rd Place

LT. (DR.) JOSEPH MICKELSON

Wellness

LT. (DR.) KARL NADOLSKY AND LT. CMDR. (DR.) CATHERINE TSAI



Judges listen to a presentation given during the 25th Annual Research Competition Poster Session held March 26 at NMCP.

PHOTOS BY
MC2(SW/AW) WILLIAM HEIMBUCH