September 2011

# THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.

USNS Comfort Returns from CP11 — *Page 8*

## Wagner Relieves Stocks During Change of Command

By Rebecca A. Perron and Deborah R. Kallgren
NMCP Public Affairs

Command of Navy Medicine East and Naval Medical Center Portsmouth changed hands Sept. 22 as Rear Adm. Elaine C. Wagner relieved Rear Adm. Alton L. Stocks in ceremony held in front of historic Bldg. 1. Wagner became NMCP's 74th commander; she will continue to be the chief of the Navy Dental Corps.

Vice Adm. Adam Robinson Jr., Surgeon General of the Navy, and Chief, Bureau of Medicine and Surgery, gave the opening remarks, while Adm. John C. Harvey Jr., commander, U. S. Fleet Forces Command, was the guest speaker.

"You are part of a long tradition and part of force health protection," Robinson said. "The fleet does not sail,

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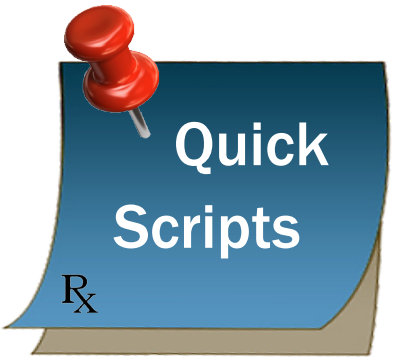
Photo by MC1 (SW/AW) Steven J. Weber

**The colors detail is positioned at the base of the flag pole at the beginning of the change of command ceremony Sept. 22, prepared to haul down Rear Adm. Alton L. Stocks' flag and hoist Rear Adm. Elaine C. Wagner's during the ceremony. Wagner became NMCP's 74th commander. Stocks will assume command of Navy Medicine, National Capital Area and Walter Reed National Military Medical Center.**

## New NMCP Chiefs Pinned During Sept. 16 Ceremony

YNC (EXW/AW) Renee Bass
HMC (SW/AW) Elizabeth Gracie
LSC (SW/AW) Robert Brunell
HMC (SCW) Kendra Green
HMC (SW/AW) April Harrison
HMC (SW/AW) Selinda Simmons
HMC (SW/AW) Melissa Leonard
HMC (EXW) Milagros Torres




## Mission Nutrition Course

This two-day course will be Oct. 27 to 28 from 8 a.m. to 4 p.m. The class is open to active duty, dependants, children over 10, and retirees. Class attendees will learn comprehensive nutrition information, from smart shopping to planning meals, as well as ways to reach their nutritional goals To reserve your slot, or ask any questions call Jennifer Hendrix at 953-7144 or email Jennifer.hendrix@med.navy.mil.

## Donate Items For Harvest Day

The First Class Petty Officer Association will be accepting candy donations for the upcoming Harvest Festival. To donate, personnel can bring donations to the walkway between Bldg. 2 and 3 on any Tuesday or Thursday. You can also give your donations to an FCPOA member. The workspace that donates the most bags of candy, or other donations, will receive a lunch sponsored by the FCPOA.

## Used Magazines, Books

The American Red Cross is asking for books and magazines to be donated for use in waiting areas in wards, clinics, the pharmacy and the emergency room. Donations can be left at the Information Desk on the 1st or 2nd floor of Bldg. 2 or can be brought to the ARC office on the 4th floor of Bldg. 3.

## Winter Uniform Shift

Start getting your winter blues ready. The official shift from summer whites to winter blues is Oct. 17.

## Hispanic Heritage Celebration

The NMCP Diversity Committee is hosting the Hispanic Heritage Celebration Oct. 12 from 10 a.m. – 1 p.m. on the second floor of Bldg. 2 for the Hispanic Heritage Celebration with poster displays, games and a raffle! MWR will be selling carne asada and nachos.

## First Ever Grunt Run Oct. 15

The inaugural Grunt Run is being held Oct. 15 at 8:30 a.m. at NSA Northwest Annex in Chesapeake. Experience obstacles, rough terrain, climbs, swamps and other challenges under the watchful eyes drill instructors.

Marine Corps personnel will be strategically positioned throughout the five-mile, heavily wooded course to help motivate when needed. Online entries are now being accepted through www.raceit.com and team entries are available so sign your command/company up now! Call 421-8263 for more information.

Naval Medical Center Portsmouth is on Facebook and Twitter

www.facebook.com/NMCPortsmouth

http://twitter.com/NMCP1

## Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to medical, dental, nurse, and medical service corps — active and retired — officers and their spouses in the Hampton Roads area. The club is a social and benevolent organization and are always happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com.

## NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. 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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**Capt. Darin K. Via**
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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.

Those who wish 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, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.

# NMCP Conducts Pandemic Influenza Exercise 2011

Story and photos
By MC1 (SW/AW) Steven J. Weber
NMCP Public Affairs

Naval Medical Center Portsmouth has concluded its Pandemic Flu Exercise – PANFLUEX for short – vaccinating more than 35,000 shore-based and soon-to-deploy service members and mission-essential civilians in Hampton Roads in three weeks.

For the second year in a row, NMCP has been a key player in the Chief of Naval Operations-directed exercise, which tests the Navy's ability to vaccinate large numbers of people quickly. NMCP was one of four Military Treatment Facilities tapped for the field training exercise and, once again, the only medical center participating.

The exercise required each MTF to use installation-based Point of Dispensing plans, or PODs, to administer flu vaccine within two working days of receiving it.

"After H1N1 occurred, there were some definite lessons learned that needed to be corrected and, so as far as the military goes, we learned that we needed to hone our skills in our delivery, method and communication to get the vaccine out in a timely and expeditious manner," said Cherylann L. Kraft, NMCP regional immunization program manager.

NMCP formed four Vaccination Strike Teams to deliver the flu vaccine to service members during the exercise. The four teams were made up of about 76 personnel, 10 of whom had not been medically trained prior to the exercise.

**Hospital Corpsman Second Class Martha Madrigal, a Vaccination Strike Team member, gives the flu shot using the Biojector 2000, a needless system that provides an improved dispersion pattern through the use of CO2.**

In an actual pandemic, vaccinating thousands of people quickly would outpace the medical resources available, including the number of doctors, nurses and corpsmen who'd have to be diverted from patient care. More people, including non-medical staff, would be needed to administer flu vaccine.

"Some of the specific exercise objectives were to validate the competency and training process to prepare non-medical individuals to be able to administer vaccinations," said Capt. Andrew P. Spencer, NMCP Public Health Services associate director. "We are also able to export that to other places within the military health system, so we can share those lessons with others."

NMCP was the only site to test using non-medical personnel to give the flu vaccine under direct supervision of medical personnel.

"Unlike many other medical events, where non-medical individuals end up being security or carrying stretchers, they were administering vaccinations and performing in a role side by side with a corpsman or medical individual," Spencer said. "I think that part made our role unique."

The VSTs used both the mist and the shot. The Flumist is a nasal spray that is relatively simple to give by squirting the vaccine into each nostril. The traditional shot in the arm was administered using a needleless system, which is how non-medical personal were able to give the vaccine.

As flu vaccine arrived at the medical center, the teams – Alpha, Bravo, Charlie and Delta – fanned out to the many naval installations within NMCP's area of responsibility. At each location, individuals lined up to receive their seasonal flu vaccine. Sometimes by the hundreds, sometimes by the thousands.

The VSTs vaccinated 70 percent of NMCP's 6,600 personnel (including overnight staff) in only 48 hours. In addition to the POD locations in Hampton Roads, a team traveled to Navy Recruiting District

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## How a Non-Medical Person Became Part of Your Immunization Team

By MC1 (SW/AW)
Steven J. Weber
NMCP Public Affairs

I work in Public Affairs. I am a photographer and journalist, so I was surprised to be temporarily assigned to the Naval Medical Center Portsmouth Immunization Department to give flu vaccines during the Pandemic Influenza Exercise (PANFLUEX, for short). The reason for the exercise made sense, but not the reason for my participation, because — may I reiterate? — I am not a corpsman.

I spent four years at the Joint Task Force Civil Support learning that a flu pandemic would be a bad thing. I also knew that as a mass communications specialist, I should stick to my area of expertise. I had no idea what I could bring as a member of the vaccination team. But I soon found out.

In the event of an actual pandemic, there won't be enough clinical workers — corpsmen, docs, nurses — to immunize everyone quickly. The Chief of Naval Operations directed the exercise to test

— *See* **FLU TEAM**, *Page 15*

# Autism and the Military Child Conference Held

Story and photos by MC2 Nikki Smith
NMCP Public Affairs

Naval Medical Center Portsmouth hosted the Autism and the Military Child Conference Sept. 13 and 14 at the Renaissance Portsmouth Hotel.

The two-day conference was aimed at providing information and tools to military families with children who are autistic, as well as the medical providers who may treat military children with autism spectrum disorders. Fifteen speakers came to hold sessions for the more than 500 attendees.

"A parent worrying about their child directly impacts their military performance," said Cmdr. Rees L. Lee, NMCP pediatric department head. "We want to give you, the military families, the information you need for your autistic children. We are caring for the children of heroes, and we want to educate and invigorate so our military is ready for the mission, and not worried about what's going on back home."

Dr. Maria Barkmeier, from the Office of Community Support for Military Families with Special Needs, provided the keynote speech to kick off the conference. In her address, she emphasized empowering military families with special needs members, and wanted to raise awareness for the Exceptional Family Member Program.

EFMP can help military members who have family with any special needs, not only families with children who have ASD. Once enrolled in the program, the military family can receive assistance with assignment coordination, identifying community resources to help with their special needs, and assist families during the transition to new locations when relocating.

"There's a great amount of family support available through EFMP," Barkmeier said. "We're dealing with exceptional families' needs and they need and deserve exceptional service. There are more than 200,000 active-duty families coping with special needs family members.

"We want these families to know that there are resources for them; Fleet and Family Support, Military OneSource and EFMP are outlets they can explore to get the help they need," Barkmeier added. "These military members are giving so much, and we need to make sure they are getting what they need so they can be focused on their mission."

During the symposium, breakout sessions were offered so attendees were able to choose the presentations and information they wanted to learn more about. The breakout sessions offered lessons on topics ranging from Applied Behavioral Analysis, sensory issues and the autism spectrum, and navigating Virginia Medicaid waivers. Along with the breakout lessons and full attendee sessions, the conference offered about a dozen exhibits like the Autism Society of Tidewater and TRICARE Multi-Market Office offering informational materials and support to attendees.

Day two of the conference featured a military family experienced in autism in the military setting. The panel of three encouraged the audience to learn from their experiences and ask them questions. The panel's objective was to help everyone gain understanding about the unique issues that affect military families with children diagnosed with autism.

Glenda Lewis-Fleming, Management Analyst and Disability Consultant at NMCP, helped to coordinate the event and moderated many of the sessions. Due to increasing numbers of military families asking for information about autism, Lewis-Fleming and other NMCP employees recognized the need to hold the conference for the first time since 2007. Knowing the need for information was acute, Lewis-Fleming worked for the past year to help organize and plan it.

"As soon as I was able to see all the families who attended – and being able to talk to them about what they need – that made all the hours of planning worth it," Lewis-Fleming said. "Our military families go beyond the call of duty. They make such great sacrifices for our country, and it

— *See* **AUTISM**, *next page*

**Angel Barnhill, resource director for the Autism Society of Tidewater, explains her exhibit to an Air Force major at the Autism and the Military Child symposium Sept. 14 at the Renaissance Portsmouth Hotel.**

# Research Development Course Promotes Research Interest in NMCP Nurses

By MC1 Elizabeth St John
NMCP Public Affairs

The Naval Medical Center Portsmouth Nursing Research Department hosted the Research Development Course at Joint Expeditionary Base Little Creek-Fort Story Sept. 7 to 9, with 13 of NMCP's nurses among the 30 military nurses in attendance.

The course, sponsored by the Tri-Service Nursing Research Program, supports scientific research in the field of military nursing. While the course is usually offered biennially at different locations around the country, Cmdr. Greg Nezat, NMCP Nursing Research Department head, was able to get the additional venue added for this year.

It offers a basic introduction to the research process for military nurses interested in nursing science. While the goal is to provide an incentive for those interested in research, but who may not know how to get started, it was also a great opportunity to support NMCP's Research Pillar, a part of the command's strategic plan that was unveiled in the spring.

"This course directly supports NMCP's Research Pillar in that it exposes novice researchers or those with a budding interest to the research process and challenges everyone to put into practice what is learned by conducting research," said Lt. Cmdr. Teresa Devitt-Lynch, Professional Development and Command Education and Training division officer, who attended the course.

"The participants came with an idea of what the problem is or what the issue is, and we taught them different levels of nursing science," Nezat said. "We tried to take that problem and translate it into some very basic research design."

Three nationally recognized nursing research professors from prominent universities around the country led participants as they learned about what goes into planning a research project. Nezat said the course was all about preparing future researchers, giving them a nudge when they might be hesitant to take that first step.

"It's just that little incentive to get them past that feeling of intimidation or them feeling that they don't know how the process works," Nezat said. "It's just like any other process — you learn how to do it. It's not magic."

"I am always ready to implement improved methods and patient care concepts developed through the research of others, but not so ready to actually conduct the research myself," Devitt-Lynch said. "This course sparked my interest. For anyone who has little or no experience in research, this course is a must!"

Photo courtesy of Cmdr. Greg Nezak

**Conference attendees discuss the latest in nursing research during the three-day Research Development Course held at JEB Little Creek-Fort Story. Thirteen NMCP nurses, two civilian nurses and one Army nurse attended.**

The next course is scheduled for April 29 to May 3 in San Antonio, Texas.

**AUTISM** — *Continued from previous page*

is so very satisfying to be able to help and support them through this difficult journey they are traveling with their special needs family members."

Audience reaction was equally positive.

"I've learned a lot during this conference," said Rose Sutton, a military spouse and mother of two children with ASD. "It's been very interesting to learn more about the tools available on the military side for kids with autism. It was really great to hear from people who work in the special needs field, and I was happy that they were able to hear from us as well. I enjoyed being able to talk with people who are going through a similar situation I am, and it was invaluable to get advice on things that I will be encountering with my children in the

# Macklin Symposium Focuses on Humanitarian Assistance

Story and photos by MC2 Nikki Smith
NMCP Public Affairs

Naval Medical Center Portsmouth hosted the 2011 Macklin Symposium at the Portsmouth Renaissance Hotel Sept. 15 and 16, which concentrated on humanitarian assistance.

This year marked the 40th Macklin conference that NMCP has held it since its inception in 1966. Rear Adm. Joseph L. Yon established the Macklin Symposium in 1966 to honor the memory of Rear Adm. Thomas Macklin, who was the commanding officer of Naval Hospital Portsmouth from 1963 to 1964. Yon succeeded him. After Macklin passed away April 23, 1966, Yon established the symposium to honor Macklin and his emphasis on continuing medical education for Medical Corps personnel.

Each year, a different department of the hospital coordinates the event and a different topic is covered. The Pediatrics Department organized the conference this year, with the focus on how to successfully plan and carry out humanitarian assistance missions in the future.

The symposium, moderated by Cmdr. Lori Vanscoy of NMCP Pediatrics, and Capt. Jim Terbush, fleet surgeon for Naval Forces Southern Command, featured a keynote address by Rear Adm. Richard Landolt, international engagement director, and 25 additional speakers.

"Our biggest goal was to provide the attendees information about the complexity of humanitarian assistance missions," Vanscoy said. "We wanted to give people who will be tasked with these missions in the future, the lessons learned by those who have gone before them."

The symposium also presented four panel discussions, each focusing on different aspects of a humanitarian assistance mission. Each panel included humanitarian assistance mission subject matter experts from the fleet. The panels discussed civil-military cooperation, logistics and planning, medical overviews, as well as education and training opportunities.

"If we link these missions and learn something from the wealth of knowledge here, the end result is that we are prepared to respond to disasters," said Terbush, who also moderated the education and training panel discussion. "We have a gap that needs to be filled. We don't have enough individuals who are trained for humanitarian missions. We need more training so that we are all ready to respond to disasters."

While moderating the education and training opportunities panel, Terbush discussed the new training curriculums that are being developed so all personnel can be trained and ready. The National Center for Disaster Medicine and Public Health, American Academy of Disaster Medicine, and the American Red Cross offer disaster training courses to train members, and more organizations are developing response training and humanitarian assistance training courses.

The conference was timely, given the August completion of Continuing Promise 2011, a humanitarian assistance mission in Central and South America. Capt. David Weiss, the medi-

— *See* **MACKLIN**, *next page*

**Six panelists speak about education and training opportunities in relation to the 2011 Macklin Symposium topic of humanitarian assistance Sept 16. The panelists, from left, are retired Capt. Albert Shimkus, course director for policy making and process at the U.S. Navy War College; Lt. Cmdr. Amy Drayton, chair of education and training on board USNS Comfort during Continuing Promise 2011; Cmdr. Carlos Williams, humanitarian assistance liaison to the Surgeon General; Dr. Christina Catlett, associate director of Johns Hopkins Office of Critical Event Preparedness and Response; Dr. Michael Owens, NMCP global emergency preparedness and disaster response fellowship; and Capt. James Terbush, command surgeon, Naval Forces Southern Command.**

# CFC Campaign Gets Underway

## Making a difference in the lives of others

Story and photo
by MC1 Elizabeth St John
NMCP Public Affairs

**Capt. Darin Via, NMCP deputy commander, spoke to the Combined Federal Campaign keypersons during the campaign's kickoff breakfast Aug. 26.**

A Combined Federal Campaign breakfast in the galley Aug. 26 launched Naval Medical Center Portsmouth's annual campaign, which is scheduled to end Dec. 15.

The CFC, established by President Kennedy in 1961, provides an opportunity for federal employees, including civilian, military and postal employees, to donate to local, national and international non-profit organizations.

"We have a great opportunity to help the poor, those who are less fortunate than we are," said Lt. Cmdr. Lorena N. Griffin, CFC coordinator for NMCP. "We can make a difference by donating to CFC; we can make a difference by getting our departments involved."

"Our strategy this year is composed of focusing on individual pledges for the first half of the campaign and then on directorate level fundraisers for the second half of the campaign," Griffin added. "We are also ensuring that 100 percent of civilian personnel are contacted, including our wonderful housekeeping staff."

Pledge card distribution began Sept. 1. Online pledging is also an option this year by visiting www.cfcshr.org. Online pledge receipts should be printed and turned in to departmental CFC representatives.

Pledge cards should be turned in no later than Oct. 14 so the command can focus on fundraising efforts, but will be accepted throughout the drive.

NMCP's goal for this year's CFC drive is $135,000. For more information, contact a departmental representative.

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**MACKLIN** — *Continued from previous page*

cal treatment facility commander on USNS Comfort, provided conference attendees an after-action summary of CP11. Weiss emphasized the lessons he learned while carrying out the mission and how future humanitarian aid operations can be improved upon.

"I am really proud to have been a part of this Continuing Promise, the ability of the crew to rise to the occasion was incredible," Weiss said. "We were able to learn from past missions and put those lessons to good use."

One of the bigger changes CP11 put into practice was having host nations do the initial screenings for patients in need of surgery, instead of the Comfort's crew screening patients. This cut surgical screening time down by 50 percent. Weiss also explained that future missions could be helped by looking for opportunities to use existing medical facilities in host countries, and that longer mission stops would enable more care to be administered and more community relations with host nations.

More than 100 people attended the event. Navy Reserve Capt. Chris Lenor of NMCP's operational health support unit said the information at the conference was invaluable.

"I've been involved in humanitarian and disaster relief missions before," Lenor said. "I see a giant need for training. This conference offered me the bigger picture of the missions. I was never able to be involved in the planning or coordination of a humanitarian mission – a lot of this information would be very necessary in order to plan one. All the speakers did a great job of connecting the dots and laying out exactly what our fleet will need to do in the future."

Lenor also said that she appreciated the panels and question-and-answer sessions so she could offer the speakers some suggestions.

"I wanted to be sure that all of these leaders knew that our junior personnel need to be involved in the training and planning for these missions," Lenor said. "The junior members make up a large part of personnel participating in these missions, and they need to be just as prepared as the line officers."

Vanscoy, who participated in CP09, had personal experience with humanitarian missions, and was excited to organize and moderate the event.

"So many of the things I learned here at the conference, I wish that I had known before my Continuing Promise mission," Vanscoy said. "The lessons I'm taking away from the symposium would change how I would have done the mission, and have given me the tools I need in case I am tasked with being part of another humanitarian assistance or disaster relief operation."

# Comfort Returns Following Continuing Promise 2011

Story and photos by MC2 Nikki Smith
NMCP Public Affairs

USNS Comfort stopped in Norfolk on Sept. 2 to disembark crew members after completing a five-month deployment to the U.S. Southern Command Area of Responsibility in support of Continuing Promise 2011. More than 200 staff members from Naval Medical Center Portsmouth, as well as staff from other military treatment facilities across the country, disembarked before the Comfort returns to its homeport of Baltimore, Md.

Continuing Promise is an annual mission that fosters goodwill, and demonstrates the United States' commitment and support to Central America, South America and the Caribbean. Continuing Promise offers training for U.S. military personnel and partner nation forces, while providing valuable services to communities in need.

While deployed, the 800 military and civilian crew members completed nine port stops to provide aide to locals, and participated in subject matter expert exchanges. Comfort visited Colombia, Costa Rica, Ecuador, El Salvador, Guatemala, Haiti, Jamaica, Nicaragua and Peru. While in each port, the crew worked with host nation medical personnel to provide up to 11 days of medical, dental, optometry, engineering, veterinary services, and civil-military operations training to each country's citizens.

**Family members of the USNS Comfort crew await their return to Naval Station Norfolk on Sept. 2.**

"Bravo Zulu to the Comfort team and your successful deployment to South America and the Caribbean," said Rear Adm. Alton L. Stocks, NMCP commander. "I want to thank you for all the outstanding and very important work you did during the five months you were deployed. As you return back from this deployment, be proud of the way you participated in the humanitarian operations throughout very strategic locations to our national interests."

**Tugboats assist USNS Comfort while it comes alongside the pier at Naval Station Norfolk on Sept. 2.**

This is the sixth Continuing Promise mission and the third that Comfort has participated since they began.

On board the ship, 1,000 patient beds and 12 operating rooms were put to good use. In the nine country visits, more than 70,000 patients were triaged throughout the entire mission and more than 1,000 surgeries were performed.

The high volume of patients in need of treatment deemed necessary for the crew to set up temporary medical clinics on shore. The CP11 team partnered with local health care providers and community officials to provide free medical care to communities with limited access to medical treatment. Each country presented their own challenges in health care due to regional illnesses and conditions. Along with the challenges came opportunities for training.

"I have learned so much on this deployment," said Lt. Laura Modafferi, a pharmacist from NMPC who volunteered for the mission. "I learned a lot about the countries we worked in, their different health care systems, the amount of work and planning that goes into a mission like this, and so many different aspects of my job."

"I feel that we made a huge impact, and touched the lives of the many people we were able to treat," she continued. "The amount of people we were able to reach, and the amount of health care we provided in just five months is truly amazing."

NMCP sent the more than 200 staff members to augment the crew of Comfort to ensure the ship was mission-ready. This meant providing security, staffing the pharmacy, wards and all workspaces of the floating treatment facility.

"Of all the deployments I have been on, this by far has been the most challenging," said Hospital Corpsman 2nd (SW/AW) Class Melecia Reid, an X-ray technician from NMCP. "It has been a very humbling experience to help those in need."

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# Award Ceremony Recognizes 47

Photo by MC2 Riza Brigham

**During the Aug. 18 award ceremony, 47 NMCP staff were recognized, including the awarding of two Defense Meritorious Service medals, one Meritorious Service medal, seven Navy and Marine Corps Commendation medals, five Navy and Marine Corps Achievement medals, one Certificate of Commendation, three civilian years of service awards, four Command Pillar awards and 24 Good Conduct medals.**

**COMFORT** — *Continued from previous page*

Embarked Seabees from Naval Mobile Construction Battalion 28 and Marines from 8th Engineer Battalion undertook civic engineering operations. They worked hard to repair local schools and medical clinics throughout the communities. The veterinary team worked to provide immunizations, surgeries, vitamins, and deworming medications to more than 7,758 animals at more than 90 total sites.

The threat of Hurricane Irene forced Comfort to suspend operations in its last port, Port Au Prince, Haiti. The crew spent two days in Haiti before going back to sea Aug. 21. After the hurricane no longer posed a danger, Comfort returned to Haiti Aug. 24 to complete its operations.

As preparations were made to return, the crew on board was busy getting loose ends wrapped up, breaking down and deactivating workspaces. Everything the crew brought onto the ship had to be packed up and hauled off. While final preparations were made, and Comfort pulled into port, parent commands, friends and family were eagerly awaiting the crew's return. While returning to port, some of the crew members thought back on the experience, reflecting on the successes and looking forward to the next mission.

"I would do this again," Modafferi said. "I came on board not knowing what to expect, what our mission would entail or how to start a pharmacy from scratch. I learned so many new things, and having the knowledge that I have now, I would definitely do this again. When you step back and think about what our mission has done for hundreds and thousands of people, it makes me extremely grateful that I had the opportunity to be a part of something so amazing."

**HM1 (SW/AW) Rodney Taylor, an NMCP staff member, greets his baby girl for the first time Sept. 2 after returning to Norfolk with USNS Comfort.**

Photo by MC1 (SW/AW) Steven J. Weber

**Rear Adm. Alton L. Stocks thanks the staff of Navy Medicine East during his remarks.**

Photo by MC2 Nikki Smith

**Vice Adm. Adam Robinson Jr., Surgeon General of the Navy, presents Rear Adm. Alton L. Stocks with a Legion of Merit during the ceremony.**

Photo by MC1 (SW/

**NMCP's Color Guard during command ceremony.**

**CEREMONY** — *Continued from page 1*

and no Marine goes in harm's way, without the people of Navy Medicine East. During the past years, there have been countless successes and challenges. I have every confidence you will meet the challenges ahead."

During his speech, Harvey spoke about the importance of NME and NMCP.

"You think of yourself as Navy Medicine East and Naval Medical Center Portsmouth," Harvey said. "I think of you as Fleet Medicine. You take care of my Sailors. The men and women at this medical center don't get a day off. They don't get a time out. Caring for the wounded and sick is unique in its responsibility.

"The Navy sends only its best to this command," Harvey said. "And everyone here cares deeply about the mission. I am so grateful for that."

Photo by MC2 Nikki Smith

**Rear Adm. Elaine C. Wagner speaks to the audience during the change of command ceremony Sept. 22 after reading her orders and officially assuming command.**

Harvey spoke eloquently of his friend, "Doc" Stocks, recalling he "brought order out of chaos" in the aftermath of the Haiti earthquake. Harvey had asked of Stocks was the USFF fleet surgeon and Harvey assigned him to be the Joint Task Force Surgeon to represent military medicine in the devastated nation.

"You provided outstanding leadership, and were professional where we most needed it," Harvey added.

Robinson then presented Stocks with the Legion of Merit, gold star in lieu of fifth award. Stocks took the stage and spoke emotionally about his tenure at NME and NMCP.

"To the staff of Navy Medicine East, you are simply the most professional and dedicated staff I have ever witnessed, especially your support of the 15 NME commands that provide care to greater than half of all Navy Medicine," Stocks said. "You make the delivery of medical care possible to Sailors and their families, from Texas to Bahrain."

Stocks remarked about the 181 years of history and excellence that has made NMCP the "First and Finest," and how the medical center continues to meet and exceed health care standards.

"NMCP is recognized by the Joint Commission as not only meeting, but bettering, the national benchmark for infectious processes," Stocks said. "All of our graduate medical education programs are fully accredited and half have received maximum accreditation status of five years. Our graduates have an incredible first-time pass rate of 94 percent, and an overall pass rate of 97.5 percent."

He mentioned the impact of the newly incorporated strategic plan and his desire to pass it along to other medical center's organizational goals. He then touted a 75 percent decrease in appointment wait time for Sailors and their families.

"Our operational forces medical liaison has set the standard for delivery of health care to the fleet. No longer do we wait for Sailors and their families to contact us for their health care needs. We proactively reach out to them and their command," Stocks said.

AW) Steven J. Weber

**the change of**

Photo by MC1 (SW/AW) Steven J. Weber

**HMCM (DSW/EXW/SW) James Nobles, deputy command master chief, presents Rear Adm. Alton L. Stocks with a cutlass on behalf of the command's chief petty officer association.**

Photo by MC2 Nikki Smith

**Rear Adm. Alton L. Stocks passes through the side boys with Rear Adm. Elaine C. Wagner in the background.**

Speaking directly to his successor, Stocks congratulated Wagner on her assignment.

"Rear Adm. Wagner, in a few moments, you will be inheriting 181 years of proud tradition. You are exactly the right person and the right time and place to continue NME and NMCP on its true course.

"Seventeen months ago, I commented that I asked the surgeon general for a fast ship to command, and when I took the helm, NME and NMCP were full speed ahead," Stocks said. "And this has been a terrific cruise."

After Stocks read his orders and his flag was hauled down and presented to him, Master Chief Hospital Corpsman (DSW/EXW/SW) James Nobles, deputy command master chief, presented Stocks with a cutlass on behalf of the command's chief petty officer association.

Wagner then read her orders, and after her flag was flown, she addressed the staff, beginning her remarks with a quote from Adm. George Anderson, a Chief of Naval Operations in the 1960s.

"'The Navy has both a tradition and a future – and we look with pride and confidence in both directions,'" Wagner said. "I like that quote because it sums up what a change of command ceremony is all about. It really is about looking back and celebrating the command's achievements thus far, while at the same time, looking to the future with optimism and a sense of hopeful anticipation.

"Adm. Stocks, you have left big shoes for me to fill," Wagner continued. "And to my new Navy family – I am deeply honored to be your new skipper. It's kind of overwhelming to be both a regional commander and the commander of a medical center, particularly this medical center. And my only direction to all of you at this time is to 'maintain present course and speed.' You're all doing a great job."

During Wagner's speech, she asked everyone to take a moment to pray for those medical center staff who are deployed. Toward the end of her remarks, Wagner joked about her newly shortened commute.

"I'm leaving behind a 12-mile, 60-minute daily commute and gaining one that consists of about 100 steps," Wagner said. "That alone is reason enough to be the happiest person on the stage."

The events of the day concluded with a reception held at Hospital Point overlooking the Elizabeth River, which included Stocks and Wagner cutting a ceremonial cake together.

Stocks will assume command of Navy Medicine, National Capital Area and Walter Reed National Military Medical Center.

Wagner most recently served as the director, Medical Resources Plans and Policy Division, Navy Bureau or Medicine and Surgery. She also has experience in Navy Medicine East region, having served previously as commanding officer of Naval Health Care New England, commanding officer of Naval Hospital Beaufort, S.C., and executive officer of Naval Hospital Jacksonville, Fla.

**After Rear Adm. Alton L. Stocks read his orders, the colors detail hauls down his flag during the change of command ceremony. The two-star flag was then presented to Stocks before the one-star flag of Rear. Adm. Elaine C. Wagner was hoisted.**

Photo by MC1 (SW/AW) Steven J. Weber

# 'Humor Tour' Brings Laughs, Cartoons to NMCP

Story and photos by MC2 Nikki Smith
NMCP Public Affairs

The Humor Tour, part of the Navy's Operational Stress Control Program, made a stop at Naval Medical Center Portsmouth on Sept. 7, featuring Dr. Joel Goodman, founder and director of the Humor Project, and four nationally known cartoonists from the National Cartoonist Society.

Goodman's presentation, "Hope, Humor and Healing" was geared toward caregivers and focused on the positive power of humor and creativity, and its effects on healing. The cartoonists met with members of the Wounded Warrior Battalion – East Detachment, drawing cartoons and caricatures for them.

The Humor Tour is part of the OSC program's goal of safeguarding Sailors against the stressors of Navy life by helping them become more psychologically resilient. To do that, the Navy established the OSC Program to help leaders, Sailors and their families become better able to prepare for, recover from and adjust to life in the face of stress, adversity, trauma or tragedy.

One especially effective awareness strategy has been to incorporate humor. The four cartoonists have volunteered their efforts to the program for more than two years. They were recently joined by Goodman, which resulted in this most recent tour.

Goodman started his humor movement in 1977 to show people how to take humor seriously and use it in their daily lives to ease stress. As part of the OSC program, Goodman says humor can be used in various ways to help alleviate tension in difficult situations.

"Stress comes with the territory of your job; humor can give some levity to the stressful situations you encounter," Goodman said to NMCP caregivers during his presentation. "Humor can include so much more than just knock-knock jokes. Humor is an attitude; it provides perspective and a way to get through tough times."

**Lcpl. Joe McGuirk, left, and Lcpl. Jerrome Hanley, both of the NMCP Wounded Warrior Battalion - East Detachment Portsmouth, show of the caricatures drawn for them.**

**Cartoonists Jeff Bacon, Mason Mastroianni and Paul Fell donate their time to draw cartoons and caricatures for the NMCP Wounded Warriors.**

Goodman developed his program after dealing with his father's illness and hospitalization. He and his mother would ride a shuttle from their hotel to the hospital each day. The driver, Alvin, was the first person with whom Goodman saw the positive effects of humor. Alvin made Goodman and his mother laugh during their short rides and this helped them and their whole family get through that difficult time.

Similar to Goodman's experience, military members often deal with anxious and tense situations. Goodman said that applying the practical, positive power of humor and creativity can ease a lot of the stress that comes with being in the military.

"I encourage everyone to look for the humor in everyday situations," he said, "and that a child-like perspective can be a very mature coping mechanism."

Also part of the project, cartoonists Jeff Bacon, creator of the "Broadside" and "Greenside" cartoons; Mason Mastroianni, "B.C." comic strip artist; Paul Fell, of Paul Fell Cartoons; and Bruce Higdon, "Punderstatements" comic strip artist, spent the morning with the wounded warriors, drawing cartoons and caricatures for them.

"This was a really fun change of pace," said Lance Cpl. Chris Pratt, a Marine from the battalion. "They brought a little humor here, and it was a welcome change. The cartoonists took the time to talk with us and make us laugh. It was a really good time."

The society's visits to troops reach back to World War II, when cartoonists visited troops during the war. Afterward, they realized how much they enjoyed traveling together and giving back to the military. The National Cartoonists Society was formed, and the visits continued during the Korean and Vietnam wars. In 2005, they started visiting troops in Iraq and Afghanistan,

-*See* **HUMOR**, *next page*

# 'Team Mental Health' Shows Support for Suicide Awareness

Story and photos by MC2 Nikki Smith
NMCP Public Affairs

Naval Medical Center Portsmouth staff participated in the 6th Annual Hampton Roads Out of the Darkness Walk, a suicide awareness and prevention event at Mount Trashmore in Virginia Beach on Sept. 10.

The American Foundation for Suicide Prevention and the Hampton Roads Survivors of Suicide sponsored the event. It kicked off with a program of awareness, remembrance and celebration featuring guest speaker Tom Schaad, WAVY-TV 10 news anchor, and speakers who shared their personal stories about suicide.

Eight hospital staff members joined NMCP's team — Team Mental Health — and came out to show their support for the event. Lt. Jennifer Shippy, a psychiatry resident in NMCP's Outpatient Psychiatry Clinic, organized the hospital's team. This is Shippy's third year participating in the walk and first time organizing the NMCP walkers. She said the walk is always uplifting and is excited each year to participate.

"This was such a great experience and a good cause," Shippy said. "Many of us have had personal experience with suicide. The walk is a great way to make such a difficult topic so approachable. It's also a way for those of us who have lost loved ones to suicide to remember them and celebrate their lives."

During the walk, counselors were on hand to provide support, answer questions and hand out information. A craft table provided activities for children, including Frisbees to decorate and instructions on how to make origami cranes, which are the symbol of suicide awareness. There was also a memory wall that provided attendees the opportunity to write names of people they had lost to suicide.

Shippy thinks the event is very important in shedding light on suicide and depression, and was very happy to see the support of military members at the walk.

"This is what our clinic does every day," Shippy said. "We aim to help people who are struggling. For us to come out here and walk, I think it really shows our support for our patients and their families."

The overall goal of the event was to promote good mental health, while raising awareness about depression and suicide. The hope is that by providing awareness, others can be spared the pain of suicide.

**Dr. Joel Goodman, founder and director of the Humor Project, speaks on the importance of humor.**

**HUMOR** — *Continued from previous page*

continuing the tradition of supporting military troops during war times.

"As a retired soldier, I've been the recipient of USO visits from celebrities while I was deployed in faraway places," Higdon said. "To this day, I remember those visits and the time people took to come see us and spend a few minutes to lift our spirits.

"I've become involved in visiting today's troops," Higdon continued, "because I want to make them feel like they are important and appreciated. I've been in their shoes, and when you're down and out and someone comes to tell you that they appreciate you — it's priceless."

OSC Program and Humor Tour information can be found at www.NavyNavStress. To learn more about the artists of the National Cartoonists Society, go to www.reuben.com.

# Psychology Intern Program Graduates Two

Story and Photo
By MC2 Riza Brigham
NMCP Public Affairs

Naval Medical Center Portsmouth's Psychology Department graduated two interns Aug. 23 after their completion of the renewed Psychology Intern Program. Cmdr. Ken Sausen and Lt. Cynthia Rose received certificates of completion and high praise from their supervisors, trainers and colleagues during a ceremony honoring them and their accomplishments.

"It was a challenging program," Sausen said. "There were four clinical rotations which demanded our best efforts: inpatient psychiatry, outpatient psychology, the Substance Abuse Rehabilitation Program and psycho-diagnostic assessments."

The program is more difficult than most, said Dr. Thomas Kupke, Psychology training director.

"Through our program, interns are presented a realistic view of what's required from Navy psychologists," he said. "We exposed them to work with Navy psychologists and patients and showed them what's required in various operational capacities."

Rose said she learned a lot while in the program, both personally and professionally.

"I think this experience has helped me mature and push beyond my known limits," said Rose. "This year has given me good framework to go to my next assignment prepared and unafraid of the unknown."

**"This year has given me good framework to go to my next assignment prepared and unafraid of the unknown."**
***-Lt. Cynthia Rose***

NMCP's Psychology Department was created and Congressionally mandated in 1990, specifically to train interns. The internship program was discontinued in 2005 for several reasons, but was restarted in 2010 because of a growing need for active-duty mental health providers.

"Because this is the first year that it's starting back up, I feel I've gotten a lot of attention from supervisors," Rose continued. "They put me through as many experiences as possible, so I feel fully competent to do what I was trained to do."

"The program allowed me to develop ways of doing things and techniques which will serve my clinician style best," Sausen said, who also praised the program and the training he received. "This was an important component to help me form approaches to assessment in therapy."

Photo by MC2 Riza Brigham

**Lt. Cynthia Rose and Cmdr. Ken Sausen, NMCP psychology intern program 2011 graduates, received their program diplomas on Aug. 23 from Dr. Thomas Kupke, NMCP psychology training director.**

The interns were expected to give a lot. At the end of each rotation, they had to present recorded diagnostic interviews, recorded therapy sessions and printed copies of reports. They also had to write short papers illustrating their abilities to use outcome measures, note administrative processes and provide recommended solutions. They presented cases at the end of the each rotation, undergoing scrutiny from their colleagues, supervisors and trainers.

"All these activities are rated and allow us to grade the developmental level of the trainees," said Capt. Kevin Kennedy, director of Mental Health. "There have been no trainees who have been scrutinized as closely for their skills as those coming through our program. What that means is that Sausen and Rose leave NMCP fully prepared and fully competent for their next mission."

And what is that next mission? They will both serve as staff psychologists: Sausen at Naval Hospital Bremerton, Wash., and Rose at Branch Health Clinic Parris Island, S.C.

The NMCP internship program is one of three such programs run by the Navy. The other two are in San Diego and Bethesda. The training is required training for a clinical psychologist so that the Navy can add to the ranks of mental health providers in the Navy and make these services more widely available.

"I see today as an important waypoint of a long journey in my professional life," Sausen said. "I'm very glad to have met this point, and I am excited to move forward on this journey."

The second class of four interns will begin its yearlong training program in September.

**FLU TEAM** — *Continued from page 3*

Navy Medicine's ability to vaccinate large numbers of people quickly around the globe. NMCP went further by being the only medical facility to exercise training non-clinical staff to participate in pandemic immunization teams.

I was one of six non-medical staff to be part of one of these immunization teams. The process began in August and included several days of online training, which taught me more than I ever wanted to know about how my immune system worked.

Next was training on vaccine administration. We would administer two vaccines: the mist and the shot. The Flumist is a nasal spray that is relatively simple to give — basically just hold the center of one nostril, then rapidly push the plunger on the syringe while the recipient inhales. Then repeat in the other nostril.

The second vaccine — the shot — worried me. I had had some medical training before enlisting, but I had never given a shot. Plus, I'm not a huge fan of needles. I was surprised that we would use a needleless system. Think Star Trek; this is how non-medical personnel are able to give this type of vaccine.

The Biojector 2000 is a "gun" with a disposable needle-free syringe and a can of carbon dioxide. The system is easy to set up and take apart. Even though it's needleless, several people said it hurt. But by the time they could say, "Ow," the pain was gone.

The more I learned about giving the vaccines, the more I realized how much of an asset non-medical staff would be during a pandemic.

The first Shot Exercise or "Shotex" I took part in was held at Naval Air Station Oceana's Dam Neck Annex. When we arrived, there was already a long line of people waiting for their shots. We started administering the vaccines at 8 a.m. and continued all day until packing up around 3 p.m. to drive back to NMCP. We then spent more than four hours that evening coding, entering each patient's immunization information in the computer database.

I participated in other Shotexes, including at Naval Support Activity Northwest Annex, where more than 200 were vaccinated. With a light number that day, some of our team went back early to code, while others headed to a second location, the brig at Naval Station Norfolk.

My final Shotex was at Naval Station Norfolk. We arrived at a hangar to set up, and another long line was waiting. We had gotten really good, and were running people through before I knew it.

So many people in line thought the vaccine would make them sick. Many sounded resigned to contracting the flu. Not so: The vaccine makes your body build immunity to this year's strains. They knew the mist was a live virus, and many tried to get the shot instead. But only those over 50, Air Crew personnel and pregnant women could be excused from the Flumist.

And, boy, were there excuses. More than 2,000 personnel were vaccinated that day, and we heard every excuse in the book. The best was, "I cannot have the mist because I am pregnant," to which the reply was, "No sir, you are not."

Being part of the vaccination team meant a lot of 16-hour days, and the experience taught me a gigantic lesson: I really appreciate the time and sacrifice the medical personnel give to keeping our military and our family members healthy. If a pandemic occurs, we can get thousands of people immunized quickly. Now that's readiness.

**Members of a Vaccination Strike Team screen and direct those receiving vaccines at Naval Station Norfolk.**

**PANFLUEX** — *Continued from page 3*

Richmond to vaccinate service members there.

"They performed exceptionally well," Kraft said. "With proper training and using the delivery tools we have that do not require specific technique, we were able to optimize and prove that it is a viable option to deliver safe and effective care in a pandemic event."

Two of the vaccination teams exceeded Centers for Disease Control projections in a one-day shot exercise with 2,506 vaccines given and a 90-minute exercise with 900 vaccines given. As well as getting more people vaccinated in a shorter amount of time, one VST was the first to do a mass pandemic exercise in a brig, vaccinating not only brig staff, but also inmates, including those in maximum security.

VSTs would spend entire days vaccinating people at the PODs, and then return to NMCP for additional hours of work. The database had to be updated to show who had received their flu vaccine that day.

"We would not have had success without the extraordinary effort, intelligence and hard work of numerous leaders from base emergency managers, our partners at Fleet Forces Command and Navy Region Mid-Atlantic," Spencer said. "Also our team leaders, leading petty officers and the individuals who showed extraordinary creativity and hard work to meet the needs of their customers – they are truly the reason we had success."

The VSTs were also faced with some unexpected challenges during the exercise. A rare magnitude 5.8 earthquake on Aug. 23 followed by Hurricane Irene on Aug. 27 provided a double dose of nature's fury to Hampton Roads. The teams were ready; they secured all regional vaccines for safe storage and began vaccinating again after the clean up.

# Command Picnic: Last Blast of Summer

## Sun, fun, good food and good company make for a great time at Hospital Point

Photos by MC1 Elizabeth St John

**It may have been hot and humid, but that didn't stop the NMCP family from coming out to enjoy the command picnic Sept. 2. There was great food, including pork barbeque, hot dogs, hamburgers, cookies and cake. There were games for old and young alike. The FCPOA and JEA sponsored a Kids' Korner featuring games, clowns, balloon animals and a bounce house. It was a great way to kick off the Labor Day weekend.**

# NICU Graduates Celebrate Life at Annual Picnic

By MC1 Elizabeth St John
NMCP Public Affairs

The Neonatal Intensive Care Unit at Naval Medical Center Portsmouth held a reunion picnic Sept. 10 in the base gym for about 200 NICU graduates, family members and NICU staff.

The annual event began 14 years ago as a way to reunite families with NICU staff members that meant so much to them when their child was in the unit. It is also a way to keep the ties strong within this community.

Lt. j.g. Jamie Lamborn, NICU assistant division officer, took over the planning for this year's reunion picnic in June.

"The NICU could potentially be a very stressful job for the physicians and nurses," Lamborn said. "It does a lot of good for the physicians and nurses who care for infants daily to see that what they are doing has done some good."

NICU graduates each receive individual invitations to the event every year, either by email or regular mail. The NICU has records going back about 14 years and they ensure they reach out to everyone and remind them the picnic is coming up.

"My daughter spent 4 1/2 months in the NICU," said retired Chief Fire Controlman Les Hunter. "She was born one pound, three ounces and these people did a fantastic job of taking care of her. I love to bring her back so they can see how much she's grown."

The reunion picnic featured a bounce house with giant slide, face painting, arts and crafts, balloon animals and, of course, lots of good stuff to eat! Elmo was even spotted entertaining the kids.

"For families, a lot of times while their infant was in the NICU being cared for, they bond with other parents, so it becomes a support community," Lamborn said. "It's an opportunity to bring that community together and just relax and have fun for a couple of hours."

With the large number who came out to enjoy the festivities this year, Lamborn added, "It was a big success."

Photos by MC1 (SW/AW) Steven Weber

**This year's picnic drew 200 family and friends and Neonatal Intensive Care Unity graduates (kids admitted to the NICU at birth) to age 16. The families enjoyed reuniting with the NICU staff and expressing their gratitude for the wonderful care their preemies received while at NMCP.**

**The picnic featured food and games, a visit from Elmo, a giant slide, rubber ducky fishing, face painting, music and lots of treats.**

Photos by MC2Nikki Smith

## Civilian in the Spotlight

**Nina Lee DeTore**

**Hometown:** Eustis, Fla.

**Years of Naval Service:** 35 years (25 at NMCP)

**Job:** Executive Secretary

**What do you like most about your job?** In the front office, I have direct contact with the directors and see how a large hospital is managed — it's a learning experience. I see staff come and go and watch them progress into leadership roles. The front office staff works as one component and the respect rendered by all the hospital staff is amazing. RDML Wagner will be my 10th admiral since I started working at NMCP.

**What do you do in your off duty time/hobbies?** I play tennis, ping pong, swim, do a lot of gardening, enjoy my three grandchildren, help my husband with home improvements and maintenance; collect beer cans from all over the world (about 3,000 cans) and anything associated with Elvis Presley; love to detail our cars, and volunteer at church functions and breast cancer events.

**Favorite movie:** Somewhere in Time **Favorite food:** Pasta

**Anything else interesting about yourself?** I was most athletic in high school and college. I was the Canal Zone Carnival Queen in 1966. I met my husband there — he was my escort. My pet rabbit, Rusty, was featured in The Virginian-Pilot for he loved to swim in our pool. All all our rabbits were swimmers. Pete liked Oreo cookies — he ate the filling first and then the cookie just like a kid.

**Why was she nominated as Civilian in the Spotlight?** Mrs. Detore has been the bedrock of the commander's office for over 16 years," said Senior Chief Yeoman (SW) Jim Keith, Command Suite leading chief petty officer. "She will work for her 10th commander this month."

## Sailor in the Spotlight

**HN Aaron Hamblin**

**Hometown:** Raised in Arvada, Colo., but claims Minnesota now

**Years of Naval Service:** 2 years (1 year at NMCP)

**Work Center:** Command Career Counselor Office

**Job:** Administrative Assistant

**What do you like most about your job?** I meet lots of people from different rates and gain a lot of knowledge for own career.

**What do you do in your off duty time/hobbies?** Play with family, volunteer as a Scout leader, participate in races (either running in them or being a volunteer), camping, hiking, play at the beach, volleyball. I also love to bake and cook.

**Favorite movie:** Pirates of the Caribbean series

**Favorite food:** Beef wellington or a really good loaded burger

**Why was he nominated as Sailor in the Spotlight?** "HN Hamblin is a model Sailor, said Senior Chief Yeoman (SW) Jim Keith, Command Suite leading chief petty officer. "He volunteers with the Boy Scouts and at his church during Sunday school. He hopes to attend medical school in the near future. He has already earned his bachelor's degree and continues to excel in his duties as admin assistant in the Career Counselor Office."

# September Awards

### LEGION OF MERIT
Capt. Joseph Iannone

### DEFENSE MERITORIOUS SERVICE MEDAL
Cmdr. Susan Pennebecker

### MERITORIOUS SERVICE MEDAL
Capt. David Castellano
Capt. John Cherry
Capt. Karen Direnzo
Capt. Walter Melvin
Capt. Dale Watkins
Cmdr. Jeffrey McGuire

### NAVY & MARINE CORPS COMMENDATION MEDAL
Cmdr. Spiros Apostolakis
Cmdr. Samuel Critides
Cmdr. Clare Feigl
Cmdr. Sharron Lewis
Cmdr. Michael Picio
Cmdr. Carl Ruoff
Cmdr. Susan Union
Lt. Cmdr. Carmen Brosinski
Lt. Cmdr. Diane Cassin
Lt. Cmdr. David Epstein
Lt. Cmdr. Tonie Gaskin
Lt. Cmdr. Marsha Hanly
Lt. Cmdr. Sharon House
Lt. Cmdr. Michael Johnston
Lt. Cmdr. Jeanne Lewandowski
Lt. Cmdr. Rachel Perry
Lt. Cmdr. John Sinclair
Lt. Cmdr. Peter Vellis
Lt. Louis Pastore III
Lt. Mathew Rariden
Lt. Ashleigh Schuller
HMCS (SS/SW/AW) Larry Flint
CSC (SW) Carmen Goode
HMC Jonathan Greene
HM1 Yolande T. Crisp
HM1 (SW) Jimmy Rockett
HM1 David Rowley
HM1 (SW/AW) Julie Wilcox

### NAVY & MARINE CORPS ACHIEVEMENT MEDAL
Lt. Cmdr. Miguel Gutierrez
Lt. Jennea Correia
Lt. Sheila Phillips
Lt. Glennetta Pryce
Lt. Kara Wanchick
Lt. Matthew Wilson
Lt. j.g. Kelli Bunnel
Lt. j.g. Lanae Hickman-El
Lt. j.g. Leeyanna Gerbich
Lt. j.g. Leeanne Lafleur
Lt. j.g. Travis Storey
HMC (SW/AW/FMF) Kanem Sims
RP1 (FMF/PJ) Raul Cardona
HM1 Stephani Crosby
HM1 Yusupha Kah
HM1 (FMF) Michael Laurenson
HM1 (SW) Katie Lutterbie
HM1 Martina Scarlett
HM1 (SW/AW) Clinton Yager
HM2 (AW) Rinda Arias
HM2 Robert Bump
HM2 (FMF) Jeffrey Cha
HM2 Adriane Dowden
MA2 Krystal Kirksey
FC2 (SW) Trevor Lewis
HM2 Mindi Mulcahey
HM2 (FMF) Marco Weygan
HM3 Chad Cash
HM3 Sarah Duran-Campos
HM3 Joi Everhart
HM3 Sandy Jackson
HM3 Rafeal Ramirez

### NAVY MERITORIOUS CIVILIAN SERVICE AWARD
Mercedes Ong
Jennifer Williams
Gavin Wente

## WE WANT YOU — TO DONATE BLOOD!

Due to current world events, there is a higher demand for all blood products. NMCP is looking for as many donors as possible to help meet this increased need for our shipmates.

You can call the Blood Bank at 953-1717 or 1730 to schedule an appointment to donate.

# Shipmate of the Month

Photo by MC1 Elizabeth St John

HN Eleonora Blackmon, DMS
HM3 Matthew Powell, Command Suite
HN Charles Simmons, DPC
HM3 Tyler Harris, DPE
HN Joshua McCormack, DSS
HN Tyson Beasley, DNS
HM3 Kaitlyn Stone, DMH
HM3 Terron Lasalle, DPHS
HN Antavis Moses, DDS
HN William Wiegmann, DCSS
MA3 Kelli Pope, DFA

Photos by MC1 (SW/AW) Steven Weber

## Olympic Swimmer Coaches Marines during Swim Clinic

During a swim clinic held at Naval Medical Center Portsmouth's pool from Sept. 10 to 12, Wounded Warrior Battalion-East Detachment Marines were introduced to a new skill set to use swimming for reconditioning by Olympic gold medalist and swim coach Sheila Taormina. They learned how to work swimming muscles and, for some, overcome their fear of swimming. Taormina won gold in swimming in the 1996 Olympics and has competed at four Summer Olympiads in three sports.