



August 2012

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Galley Team Wins BBQ Competition — Page 13

BUMED FORCM Visits Hampton Roads, NMCP

STORY AND PHOTOS BY MC2 NIKKI SMITH
NMCP Public Affairs

FORCM (SW/SS/FMF) Sherman Boss visited Sailors here Aug. 14 through 16. He spent three days on the Naval Station Norfolk waterfront, Branch Health Clinic Naval Station Norfolk, BHC Adm. Joel T. Boone Clinic, and Naval Medical Center Portsmouth.

During the visit, Boss spent much of his time talking with individual corpsmen to ensure they feel they are getting their needs met and asking what he could do to help them. He also praised the Sailors for the work they do every day.

“All of you Corpsmen in Navy Medicine are doing such a fantastic job,” Boss said. “You are all doing amazing, challenging work. I know that oftentimes you don’t get the recognition you deserve, but please know that your work is not going unnoticed. It’s an honor and a privilege to be among such amazing Sailors.”

His first day was spent at NS Norfolk’s waterfront visiting Sailors on USS Harry S. Truman, USS Kauffman, USS Montpelier and Surface Forces Atlantic.

On day two, Boss visited with Sailors at the Navy’s largest branch clinic, BHC NS Norfolk, and touring Aviation Medicine, the Laboratory and Radiology. Boss chatted with the Sailors he encountered and solicited their opinions before holding an E-6 and Below Call. He then went to lunch with



Boss met with about 50 Sailors during the E-6 and below All Hands call at Branch Health Clinic NS Norfolk Aug. 15. He thanked them for their service and stressed the importance of the care they provide for waterfront Sailors.

the clinic’s chief petty officers at NS Norfolk’s galley.

Next stop was BHC Adm. Joel T. Boone clinic at Joint Expeditionary Base Little Creek – Fort Story. Boss toured the clinic, chatting with Sailors in groups and in the passageway. Another E-6 and Below Call followed, with Northwest Branch

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Navy Spouses Needed for Research Study

Complete questionnaires about family and friends, stress and participation in health promoting or risk-taking behaviors.

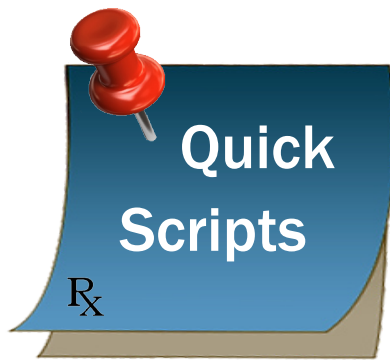


Participants receive \$10 gift card for places such as Target, Dunkin Donuts and iTunes!

Open to active-duty Navy spouses

Access the survey at <https://www.surveymonkey.com/s/navyspouses>

Questions? Contact Dr. Diane Padden at (240) 426-1324 or (301) 295-1004/ diane.padden@usuhs.edu or Cmdr. Greg Nezat 953-5320/greg.nezat@med.navy.mil



Pastoral Care Gives Marriage Enrichment Workshop

Pastoral Care sponsors a monthly one-day PREP Marriage Enrichment Workshop for married or engaged couples. The next workshop is Sept. 12 from 8 a.m. to 3 p.m. in the chapel.

The Prevention and Relationship Enhancement Program teach couples healthy communication skills and ground rules for promoting intimacy and handling conflict. All military and family members of local commands can attend.

To register, contact NMCP Pastoral Services at (757) 953-5550.

DEA Take Back

NMCP and the Drug Enforcement Administration will provide an opportunity for the public to rid their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

On Sept. 29 from 10 a.m. to 2 p.m., bring medications for disposal to NMCP Outpatient Pharmacy in Bldg. 2, 2nd floor. The service is free and anonymous, no questions asked. Contact HM1 (SW) Jennifer Muldrew at 953-7295 or jennifer.muldrew@med.navy.mil with questions.

Navy and Marine Corps EFMP Offices Located at NMCP

There are two Exceptional Family Member Program offices at NMCP – one for NAVY and one for MARINE CORPS personnel and their families. NAVY beneficiaries seeking EFMP assistance should contact Merri Bair, located inside General Pediatrics on the 2nd floor of Bld. 2, and can be reached at (757) 953-2935 or merrilyn.bair@med.navy.mil.

There are also Navy EFMP coordinators at these Branch Health Clinics: Naval Station Norfolk, Boone, Oceana, Yorktown and Northwest.

NAVAL MEDICAL CENTER
PORTSMOUTH IS ON
FACEBOOK AND TWITTER

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[www.facebook.com/
NMCPortsmouth](http://www.facebook.com/NMCPortsmouth)



<http://twitter.com/NMCP1>

MARINE CORPS beneficiaries should contact Kim Carmon-Stanley in Bldg. 3, 4th Floor, Room 4.2-131 next to the Neurosurgery Department. She can be reached at (757) 953-2270 or kimberly.carmon-stanley@med.navy.mil.

Mandatory SAPR-L Training

NMCP will provide mandatory SAPR-L training for all E-7/ GS-6 and above personnel on the following dates in the auditorium: Aug. 29, Aug. 31, Sept. 10, Sept. 11, Sept. 17, Sept. 24 and Sept. 25.

Contact Lt. Cmdr. William Brooks at 953-2519 or William Ragulsky at 953-5623 with questions.

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 Hampton Roads. The club is a charitable organization servicing those who benefit the Hampton Roads naval medical community. We 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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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.

Staff Member Named 2012 Navy Times Sailor of the Year

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

One of Naval Medical Center Portsmouth's own – Hospital Corpsman 1st Class (SW) Maria Decena-Taylor – was selected as the 2012 Navy Times Sailor of the Year.

The award was presented to her by Vice Adm. Scott R. Van Buskirk, Chief of Naval Personnel, in Washington D.C., July 21 with her daughter, husband and father present.

The recognition adds to Decena-Taylor's recent selection as NMCP Senior Sailor of the Year for 2011, and the July 31 announcement that she was selected to be a chief petty officer.

"I think what may have set me apart is that I never 'dropped my pack' and regardless of my wants or needs, I still tried my best to help everyone to the best of my capabilities," said Hospital Corpsman 1st Class (SW) Maria Decena-Taylor. "I just take care of Sailors and do the things I was supposed to do to be a good shipmate. Do what's right and treat people the way you want to be treated."

She was nominated by fellow first class petty officer Hospital Corpsman 1st Class Tiara Williams after Decena-Taylor helped her transition into the first class community.

"I nominated HM1 Decena-Taylor because she does exactly what she says she is going to do," said Williams, who works in the Laboratory Department. "Her words are impactful. She always does the right things by her Sailors and the Navy's policy no matter what the circumstances are. She treats people with dignity and respect at all times. She is simply the epitome of the Navy's core values."

Decena-Taylor is the leading petty officer of the Directorate of Nursing Services and leads more than 450 Sailors who care for more than 15,000 patients per year. Within the command, Decena-Taylor is also a member of Morale, Welfare and Recreation, the Diversity Team, the Career Development Team, and vice president of the First Class Petty Officers Association.

"I never wanted to be the kind of Sailor to wait on my leadership and Sailors to tell me what to do, so I always try to exceed expectations before asked," said Decena-Taylor.

In the local community, Decena-Taylor has assisted in high school health fairs where she educated students about various health problems. She also led volunteers in providing medical coverage in the 2011 Oceana Air Show and participated in a suicide prevention walk.

"HM1 Decena-Taylor is an around-the-clock leader," Williams said. "She is accessible 24 hours a day for her peers, superiors and subordinates. No task is too great. Her impact on my life has been paramount. If I had to mirror anyone's leadership style, it would be hers."

She has served in Yokosuka, Japan; Newport, R.I.; the now-decommissioned frigate Peterson and Expeditionary Medical Facility Kuwait. She is currently pursuing a Bachelor's Degree degree in General Studies.

"I'm very proud of her because she really does deserve it," said her husband, Hospital Corpsman 1st Class Sajata Taylor, an NMCP staff member who works in Staff Education and Training. "She loves Sailors; she is always there to help. The best thing about it was that she was nominated by a peer, a fellow first class. Not only is she helping junior Sailors, but she is also helping her peers."

Many Sailors credit her for their success in the Navy. She has helped junior Sailors gather study material and encouraged them to study for the advancement exam.

"She has a way of motivating her Sailors and making sure they do the right thing," said Hospital Corpsman 2nd Class Robert Payne, one of Decena-Taylor's junior Sailors who just advanced to 2nd class petty officer, making it possible for him to reenlist. "She has the answer to everything and she guides them in the right direction. She helped me a lot. She helped me pick up second and that's how I can be here reenlisting today. I owe it to her."

Much of Decena-Taylor's leadership style came from her father, Eduardo Decena, a retired chief hospital corpsman, who stressed the importance of always doing what is right.



HM1 (SW) Maria Decena-Taylor, who was selected as the 2012 Navy Times Sailor of the Year, holds the award that was presented to her by Vice Adm. Scott R. Van Buskirk, Chief of Naval Personnel, in Washington D.C., on July 21.

"I make Sailors smile and show them by example that as long as you do the right thing people will see you for the person you are," Decena-Taylor added. "At the end of the day, we're all here to support the mission, and we're all here to help one another. I think if we do what's right and pay it forward, then in the end, everything's going to work out the way it's supposed to work out."

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TAOSS Director Gets NCCOSC Peabody Caregivers Award

BY REBECCA A. PERRON
NMCP Public Affairs

Dr. Suzanne Dundon, the director of the Trauma and Operational Stress Services Clinic at Naval Medical Center Portsmouth, received the Peabody Caregivers Award during the Combat and Operational Stress Control conference in San Diego on May 23.

The award, presented by the Naval Center for Combat and Operational Stress, was given to Dundon for her consistent and compassionate care of Marines and Sailors suffering from combat and operational stress.

“Dr. Dundon believes that the best mental health care is patient-centered and individualized, and she has brought that philosophy to the development of the TAOSS Clinic at Naval Medical Center Portsmouth,” wrote Cmdr. James Reeves, former TAOSS division officer, in her nomination letter. “In addition, her dedication to teaching, team building and training has enabled the division to be a force-multiplier in the entire DoD network.”

The award was derived from a 1925 lecture to medical students at Harvard University in which Dr. Francis W. Peabody ended the lecture with the essential healing component in all treatment: “For the secret of the care of the patient is in caring for the patient.”

The honoree exemplifies the spirit of Peabody’s teaching. In addition to demonstrating competent mental health skills, the recipient’s values, attitudes and behavior embody compassionate concern and caring for patients.

Dundon is quick to attribute her success to the support she and the TAOSS Clinic receive from the command.

“I was honored,” Dundon said. “I was grateful to be nominated, I was thrilled and grateful to receive the award, but I am particularly grateful that I can work here at NMCP. We have developed TAOSS to try to meet the needs of patients who were coming in with traumatic stress. When we want to open up the next program or arrange a certain protocol, the directorate and the command have really supported that.”

Dundon and the TAOSS clinic had previously been recognized for the success of their programs when they were awarded the Fall 2010 Vikki Garner Memorial Award for Excellence in Quality Improvement. Since then, Dundon has continued to add new patient care programs.

“Patient-centered care is the most important aspect of any care,” Dundon said. “That’s the heart of what we do as clinicians and physicians. When you’re hurting, our service members and family members deserve that care to be focused around their needs.”

Dundon oversaw the development of the Back-on-Track program, which began in January. The program is for combat veterans struggling with mental traumas, and strives to give them the skills to manage their symptoms, regain control of their lives and return to full duty.

She also expanded the training for NMCP clinicians in all mental health departments, including training them to lead a support group with another facilitator and expand their patient management skills. The training includes performing assessments to determine if a patient is suicidal or homicidal, developing education for mental health patients that is focused on combat and operational stress, and improving patient flow and database management.

Some of the training is specifically focused on psychiatric technicians who work in the TAOSS clinic.



Photo courtesy Dr. Suzanne Dundon

Dr. Suzanne Dundon, the director of the TAOSS Clinic at NMCP, receives the Peabody Caregivers Award from Rear Adm. Elizabeth Niemyer, deputy chief, Wounded, III, & Injured, Bureau of Medicine and Surgery, and the director of the Navy Nurse Corps, during the Combat and Operational Stress Control conference in San Diego on May 23.

“We do level I risk assessment training every day with the corpsmen and civilian psych techs,” Dundon said. “Then as a group, the clinicians, the physicians and the techs, we do level II risk assessment training. For example, if someone indicates they are suicidal or they’d like to hurt somebody, the tech actually sits down with that person that day and they go through the critical

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FFSC Brings Holiday Financial Planning to NMCP

STORY AND PHOTO BY
MC1 (SW/AW) STEVEN J. WEBER
NMCP Public Affairs

Naval Medical Center Portsmouth hosted on July 23 the “How to Survive the Holidays Financially,” a financial planning workshop given by the Fleet and Family Support Center. Facilitated by Vici Hafley, a financial educator for FFSC for almost 11 years, the class teaches participants how to budget for the extra expenses and several key ways to cut holiday spending.

December holidays make up the top non-routine spending time of the year, and the workshop focuses on how to avoid going into debt after the holidays. It imparted tips on how to set aside money throughout the year, budget expenses and spend wisely.

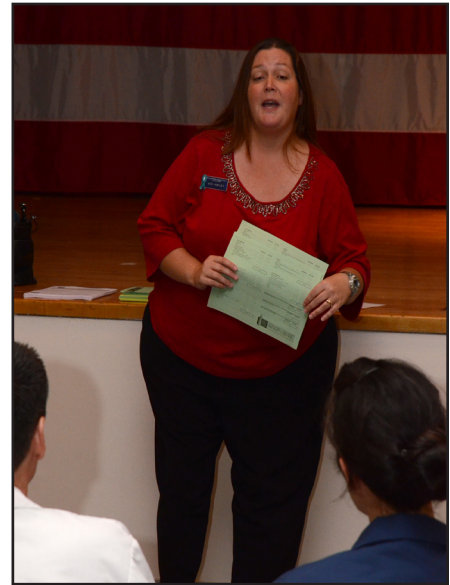
“This is really the time of year to bring this kind of program out to a command, because there is still time for people to get at least some of the money set aside and prioritize their holiday spending,”

Hafley said. “The holidays are a time when a lot of people get into trouble with credit. We like to encourage people to build their holiday spending into a spending plan throughout the year. This means that every month they should put a little aside, so when the time comes for those large expenditures, they are ready to go without going into debt.”

Hafley recommends starting with a list of all expected holiday expenses. She says many people think only of the big items, such as gifts and travel. She passed out a checklist that breaks down that spending even further, adding in greeting cards, postage and freight, pictures, decorations, gift wrapping, entertaining, baking and donations.

Some of the categories could be detailed even more. Travel, for example, also listed gas or bus fare for holiday errands and around town trips, as well as long distance travel, including gas or airfare, meals on the road, lodging, and any other miscellaneous expenses.

Hafley also talked about reviewing



Vici Hafley, a financial educator for FFSC, explains how best to budget for the holidays during the afternoon session of the Christmas in July financial workshop.

holiday traditions to make sure they are worth the expense.

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questions and present it to the most senior clinician available. We get to collaborate very tightly, and it’s a wonderful thing, because we know we can rely on the tech and give our patients the best treatment.”

Dundon developed a two-month rotation for psychiatry residents; instead of one psychiatry resident rotating every other month, two rotate for two months. During the residents’ rotation, each will perform diagnostic evaluations and be engaged with a prolonged exposure therapy case.

She expanded the Post-Doctoral Program as well. They began three-month rotations with the TAOSS clinic in 2012. And the psychology interns are now able to perform extensive diagnostic evaluations of difficult cases, all to help heal the patients.

“We’ve done more with the same resources. We spend more time with the interns, residents and post-doctoral students than we used to,” Dundon said. “It’s because we have these various treatment paths. We can now teach them, provide patients who have a need for that care, provide ongoing peer-to-peer supervision and provide opportunities for them to observe or conduct the treatments. Because it’s already set up, they can fall right into it.”

“They felt the experience was so valuable, that they wanted

a broader experience, so we are able to do more,” Dundon said. “The psychology post-docs are a part of our protocol therapy program. It helps them in terms of diagnostics. Since trauma is the only thing we do, we really hone down on the diagnostics. There’s varying degrees of traumatic injury and conditions that are co-morbid. They leave here knowing how to make the diagnosis, whether it’s PTSD or insomnia, alcoholism or depression.”

By participating in the protocol therapy program, post-doctoral program participants do evidenced-based therapies, which are based on research-proven therapies that have been studied for their effectiveness.

“If they see, or conduct or observe the treatment that is proven, and they see it work, they are learning evidenced-based medicine,” Dundon said. “They then take from that how they can use these methods and do the most with the resources they have.”

By continuing to push forward and spread the best methods of care for trauma and operational stress patients – patient-centered care and evidenced-based therapies – Dundon places the patient and the training of their caretakers first, and thereby has unlocked the secret of patient care that has earned her the recognition of the combat and operational stress control community.

TCCC Course Prepares NMCP Sailors for IA

By MC2 (SW) ANNA ARNDT
 NMCP Public Affairs

Naval Medical Center Portsmouth hosted from July 16 to 20 its monthly Tactical Combat Casualty Care course, five days of training that teaches medical personnel to care for injured service members in combat.

Nearly 30 students learned how to use Combat Application Tourniquets, perform surgical airways, needle decompression and how to properly apply combat gauze.

The class was created as a “just in time” training to be completed 180 days before a staff member deploys as an individual augmentee or to a Health Service Augment Program assignment. But many of those who attended the July class are not yet scheduled to deploy; they were personally motivated to learn lifesaving techniques used on the battlefield.



Photos by Red Cross Volunteer Abbigail Hancock

HN Stephen Woodall learns how to perform surgical airways during the Tactical Combat Casualty Care course at NMCP, while preparing to be an individual augmentee to Guantanamo Bay, Cuba.

“This class is beneficial to people going IA, because they might really see things like this,” said Hospital Corpsman 2nd Class (FMF) Kevin Gooch, one of the instructors. “Studies have been done throughout the years that show these particular skills are the reason we have so few casualties nowadays compared to Vietnam. It’s the skills they teach at TCCC that prevent a high amount of fatalities.”

TCCC is composed of three phases: Care Under Fire, Tactical Field Care and Tactical Evacuation.

“The first phase is Care Under Fire,” said Hospital Corpsman 2nd Class (FMF) Tyler Harris, another instructor. “It prepares you for when you’re getting shot at, how to react and respond to the situation, how to engage the enemy, gain suppressive fire, and move the patient and treat the wounds.”

In this phase, the students practiced carrying patients on stretchers on the grounds of NMCP. The hot weather and gravel walkways simulated the conditions corpsmen might see while deployed. Four students at a time teamed up to practice moving the stretcher carrying another student.

On day two, training moved into the classroom, where an extensive amount of information was presented through a nearly 300-slide PowerPoint lecture. Hospital Corpsman 2nd Class (FMF/SW) Joseph Grabianowski and Hospital Corpsman 1st Class (FMF/AW) Christopher Zunker led the training, which reinforced the skills students learned on the first day of training. The classroom instructions also introduced them to the skills they would master later in the course.

During the Tactical Field Care phase on day three, students practiced applying tourniquets in a darkened room. Strobe lights flashed and gunfire sound effects punctuated the atmosphere to imitate the stress of a combat environment.

“The practical application we performed in the Simulation Lab was designed to put pressure on the participant and simulate a combat environment as closely as possible,” said Hospitalman Stephen Woodall from Dermatology. “Although actual bullets aren’t flying over your head, it still makes the job more difficult with all the noises and instructors yelling. Doing it by yourself outside with no one watching is completely different, and being able to see how you react and perform under a little bit of pressure really gives you a better idea of where you stand and what you need to improve on.”

Day four was spent preparing for the Field Exercise and Friday’s written test to evaluate what they’d learned. Students had one-on-one time with instructors to practice and perfect the skills they studied during the week.

On the final day, students participated in a field exercise – part of the Tactical Evacuation phase – which incorporated the skills they learned throughout the course. To make the exercise as real as possible, the students had to care for the injured while

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being shot at with paintball guns.

“The field exercise addresses all three phases of care,” said Harris. “We have the students run through a course where they encounter patients who have suffered possible life-threatening injuries due to improvised explosive devices, bullet wounds or fragmentation.”

“It teaches confidence to all the students so they can teach others these skills,” Gooch said. “It’s also familiarity, so in cases where they actually have real-life trauma, they’re ready and more apt to treat these incidences, because they’ve seen it and practiced it before.”

Hospitalman Apprentice Dennis Young, who works in the Emergency Department, benefited from the course, even though he won’t be deploying soon.

“I took the class because I will probably be deployed at some point,” Young said. “We learned how to react during different situations, like when we are taking fire. This way, I’ll have an idea of what I’m going into and I’ll know what to expect, so I’ll be prepared to save lives.”

“I think it really prepares us for the types of situations that we will be facing ahead in our Navy careers,” Young added. “It’s



Members of the Tactical Combat Casualty Care course practice transporting patients during the Care Under Fire phase of their training on July 16.

a good course and should be taught to everyone coming into the command.”

The course was developed initially for special operation communities in 1996 and developed over the years to incorporate all branches and enlisted medical personnel. For the Navy, it was initially only for field medics and recently it changed to have all corpsman go through. It has also been added as a requirement for carrier corpsman as well. For NMCP, it was developed and started here in 2005. There have been more than 1,500 corpsman who have gone through the course.



HM1 (AW/FMF/SW) Andrew Cosgrove learns how to effectively utilize Combat Application Tourniquets to stop life threatening hemorrhage during the Tactical Combat Casualty Care course at NMCP. Sound and strobe light effects are used during this phase of the course to simulate confusion during battlefield scenarios.

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“Take a look at what you do,” she said, “and decide if you need to keep doing it.” She pointed out some of the traditions that she cut herself. She was used to do a lot of baking, but when her children were not as interested as they grew older, she pared it down to what everyone liked.

Another idea is that gifts do not have to cost money.

“Give the gift of your time. If you’re good with fixing things around the house, give your time for projects around a friend’s home or watch their kids. Gifts like that can often mean more than anything,” said Hafley, who has given coupon

books to a friend for a trip to the grocery store without the kids.

Hafley suggested using a Super Saver account or an account designed for holiday savings through a bank to help set money aside. These accounts can come with benefits such as higher interest rates, and often have penalties if the money is withdrawn before the holiday season.

Most of the participants were junior Sailors, who said they’d pass the information to those in their department as well as applying the advice at home.

“I have a family of six,” said Lt. Angela Spruill, Post-Anesthesia Care Unit. “The holidays are really expensive, so I wanted

any extra tips. The class has broadened the scope of my thinking. It is not just the expense of the gifts, but the travel and postage. I am not even thinking about postage.”

Spruill was joined by her PACU colleague, Lt. Christopher Steadman, who said, “I want to make sure my junior Sailors get this information from FFSC. I like the idea that not everything has to cost money. Time offered to a family or Sailor in need is a very appropriate gift.”

Hafley stressed that the key to staying out of debt for the holidays is making a spending plan and sticking to it. Nobody wants to be in debt to start the new year.

PHS Officers Bring Care to Sioux Tribe in South Dakota

BY MC2 NIKKI SMITH
NMCP Public Affairs

Three of Naval Medical Center Portsmouth's Public Health Service officers had a unique opportunity July 1 – 10 when they joined nine other PHS officers from around the country at the Rosebud Reservation of the Sioux Tribe in South Dakota. NMCP's officers sat down Aug. 30 to reflect on their experiences on the reservation.

Cmdr. Ingrid Pauli, Psychology Department program director; Lt. Cmdr. David Hess, assistant department head of Psychology; and Lt. Cmdr. Darrell Harris, Department of Mental Health assistant operations officer, spent 10 days with the Sioux Tribe, first building relationships with tribe members in order to deliver to them public service announcements,

officers in the mental health field who are on call on a rotat-

ing schedule, and will respond to natural disasters and emergency situations to provide medical care. In order for the officers to be fully prepared for all tasks their duty may call them to do, they are sent on training missions.

These missions generally take place in a medically under-served community, and many times at Indian Reservations, which may have trouble attracting health care specialists because of the remote location. While the officers are gaining knowledge in other fields of medicine, they are also providing medical care to these communities.

"This was an incredibly rewarding experience," Pauli said. "It was amazing to be there and care for people who were so gracious and grateful for what we could provide for them."

each working on separate missions on the days leading up to the two-and-a-half day clinic.

Harris and the Pain Management team spent the days preceding the RAM working with the tribe's hospital staff to identify their areas of need and assisted with providing a module for their primary health and behavioral clinics on different ways for them to assist patients who are in pain, overweight or addicted to substances.

While on the Psychological First Aid Team, Hess and Pauli focused much of their time on community outreach and public service announcements. They spent time at the local radio station, speaking with one of the reservation's elders and talking about different ways for tribe members to deal with stress. They also put together a 20-minute suicide first aid video, which will be aired for the tribe public to view.

During the days leading up to the RAM event, they went around the reservation, talking with tribe members and focusing on relationship and trust building within the community. Cultivating trust and relationships was an important step when coming into a tight-knit community to provide resources.

"We had the chance to really interact with the people on the tribe," Harris said. "We wanted to make sure that they knew that we were there to help them, and show good will towards a severely under-served population. We could see and feel how important it was for us to be there, and they were all truly appreciative for the work we were doing there."

The medical clinic they held was set up in the reservation's middle school, with all of the clinic's supplies being brought in on an 18-wheeler truck. Everyone spent time unloading and setting up each of the areas. After the event was over, they all came together again to pack the truck back up for it to head on to its next location.

During the RAM, NMCP's three officers worked outside of their normal



The 12 Navy public health service officers with the six members of the SAT-5 team during the Remote Area Medical event at the Rosebud Reservation.

community outreach and distribute local resource guides. The visit culminated in a two-and-a-half day Remote Area Medical event, which provided medical and dental care to as many the Rosebud residents as possible.

Pauli, Hess and Harris are part of PHS Mental Health Team 5, a group of PHS

The 12 officers were split into eight teams, some on more than one team. Each team had specific tasks and missions to carry out. Pauli and Hess were together on the Psychological First Aid Team, and Harris was partnered with officers from other commands on the Pain Management Team. The teams were

— See **ROSEBUD**, next page

ROSEBUD — *Continued from previous page*

mental health field. Hess spent most of his time with dental; Harris worked on the administration side, getting long lines of people checked in; while Pauli was able to work with the optometrists.

“We were very hands-on during the RAM,” Pauli said. “Everything from emptying spit buckets in the dental area to pricking fingers for diabetes tests, and getting patients registered. It was very interesting to be there as a mental health officer, but working in a medical aspect. In my field, I never get to see results as quickly as I did when I was providing care for the Sioux Tribe. It was amazing.”

The tribe’s people traveled for hours and waited in long lines for the free-of-charge care for themselves and their family members. During the RAM, the officers and providers who volunteered their services saw close to 1,000 members.

Pauli recounted one of the most memorable experiences during her visit.

“Since I was working in the optometry area, I was helping to fit people for their glasses. Their was one young man who had such a hard time seeing, he was holding each of the frames right up close to his face to see what they looked like. You could see that as soon as he put the glasses on, there was a look in his eyes like he was seeing the world for the first time. It was just amazing.”

Harris’ experience was equally satisfying.

“This was my second experience with a RAM event, and both have been just as rewarding,” Harris said. “These types of missions are life changing. It really helps you appreciate all that you have. This was good for the team, and good for the people we

were able to help.”

During the time there, the reservation members were open and inviting, doing their best to make the officers feel comfortable and welcome. This included inviting them to participate in a sweat lodge and to watch a Pow-Wow.

One particularly moving experience for Harris involved a tribe member and a very popular Indian symbol.

“One of the ladies we treated brought me a dream catcher,” Harris said. “That was the best reward I could have gotten. She took the time and made it for me. That kind of thing makes it all worthwhile, knowing that you are having a real impact on people’s lives.”

Rosebud reservation is located in south central South Dakota and has a population of more than 20,000.

“These are really good people,” Hess said. “The whole experience gave me a perspective I didn’t have before. You really don’t fully appreciate the things you have until you’ve walked in someone else’s shoes. We had to be very open-minded about their situation; they do things differently than we do. One way isn’t better than the other, but they can come together to compliment each other, and that’s what we were trying to do.”

Neither Pauli, Harris or Hess know when they will have a chance to participate in a mission like this again, but given the chance each of them said that they would get involved with a similar tasking just as soon as they could.

“I would absolutely do a mission like this again,” Pauli said. “This was one of the most satisfying 10 days of work that I’ve ever done. It was such an amazing experience, and it was so great to feel like we could make a difference in just 10 days.”

TAYLOR — *Continued from page 3*

“This is a great honor for a job extremely well done,” said Rear Adm. Elaine Wagner, NMCP Commander. “Each year, Military Times honors five “Everyday Heroes” – service members who demonstrate pride, dedication and courage beyond what is expected. These service members show concern for their fellow service members, their community and the country they serve. Winners are recognized online, in the Military Times newspapers and at a ceremony in Washington, D.C. The award was established in 2001 by Army Times Publishing Company (renamed in 2010, Gannett Government Media). The initial program highlighted exemplary achievement by a service member beyond the call of duty, but has since been expanded to include high level of professionalism, concern for fellow service members, and commitment to community service. HM1 Decena-Taylor’s win is a testament to her commitment to service.”

Decena-Taylor’s biggest goal was realized when she was selected as a chief petty officer.

“Being selected to be a Navy CPO was a goal that I have finally accomplished,” said Decena-Taylor. “My next goals are to continue inspiring Sailors, to impact more Sailors, and to do things that make my heart feel happy. I do feel a heightened

sense of responsibility, because I don’t want to let anyone down. I know a lot of people have put faith in me, and if I don’t represent them in a positive light, that would let them down.”

Directorate Donor Challenge!!

Now is the time to help your directorate climb into first place in the donor challenge! All blood types are needed. At the end of September, trophies will be presented to the winning directorate with the most whole blood and platelet donations. Military personnel will receive four hours special liberty and GS civilians may be excused from their work center for up to four hours to donate blood.

DSS and DPMS are tied for whole blood collections. Each had five percent of their respective total directorate population donate. DCSS is leading for platelet donations with 20 units collected (three percent of their population).

To participate, call 953-1717 or 1730 to schedule either your whole blood or platelet donation.





BUMED FORCM (SS/SW/FMF) Sherman Boss talks with a Sailor standing watch in the Wounded Warrior Patriots' Inn at NMCP Aug. 16. Boss was able to talk with wounded warriors and tour one of the Patriots' Inn rooms during his visit to NMCP.

FORCM — *Continued from page 4*

Health Clinic in Chesapeake joining in by video teleconference.

Day three was at NMCP, Boss' old stomping grounds, where he previously served as the command master chief. He toured the Pediatric clinic, General Surgery, Emergency Room and the Pharmacy. While at Peds, Boss sat in on a staff training meeting and talked with the Sailors. The Pharmacy staff shared the plans for their upcoming renovations, and Pharmacy department head Capt. Eugene Delara awarded him a Pharmacy coin. Boss toured the Wounded Warrior Patriots' Inn, and spent time with Sailors and Marines in the Wounded Warrior Battalion. Following his tour of



After touring Branch Health Clinic NS Norfolk, FORCM (SS/SW/FMF) Sherman Boss has lunch with the clinic's chief petty officers at the Naval Station Norfolk galley before heading to Adm. Joel T. Boone Branch Health Clinic Boone at Joint Expeditionary Base-Little Creek.

actively engaged in patient care. He also spent time with the command's chief selects and lunched with the chiefs at the Goat House.

"Being back here feels like coming home," Boss said. "I had an amazing tour as Command Master Chief of Naval Medical Center Portsmouth and it is so great to be back. Everything looks better than I remember, and it's great to see how the Sailors here have met their day-to-day challenges head on."

NMCP's current CMC (SW/AW/FMF) Michael James was pleased with Boss' visit.

"It was invaluable for NMCP Sailors to have the FORCM come out for a site visit and interact with them," James said. "I think the Sailors enjoyed his visit and appreciated being able to ask questions and talk to the person who has real answers for them. He's a Sailor's Sailor, and he truly cares about the well being of his Sailors and is the biggest advocate for them. It was an honor to have him here."

Boss also awarded his FORCM coin to command-chosen Sailors during each E-6 and Below Call.

Hospitalman Rebecca Diem, from NMCP's Mental Health Directorate, was one of seven from NMCP who received a coin from Boss. The recognition

meant a lot to her.

"It's not every day that you get recognized for outstanding performance by the Force Master Chief himself," Diem said. "After meeting him, you can tell that he is the right man for the job. I admire him for taking the time out of his busy schedule to come to NMCP to meet us personally and to see how we run things here at the hospital. It also gave us a unique opportunity to voice any questions or concerns we had."

Hospital Corpsman 2nd Class Jason Bebo, from the Surgical Services Directorate, was excited to receive a coin from Boss as well as to hear him speak and ask questions.

"His visit was very informative," Bebo said. "As a Sailor, it is good to know that we have someone working for us who really seems to have our best interests in mind."

Boss was delighted with every aspect of his time here, and characterized the trip as a big success.

BUMED FORCM Boss introduces himself to the NMCP Chief Petty Officer Selectees during his visit to the hospital. Boss met with the eight selectees for about an hour.





FORCM (SS/SW/FMF) Sherman Boss speaks with a member of the Laboratory staff during his tour of Branch Health Clinic NS Norfolk Aug. 15.

“The visit was fantastic and I had so much fun,” Boss said. “The Sailors here are absolutely focused and motivated.

“Upon my return, my report to my chain of command will be that the Sailors here are the first and finest,” Boss continued. “I could not be more proud to work for all of you, and it’s my honor and privilege to put this uniform on and work for you every day. I sleep better at night knowing that you all have the watch.”

During the E-6 and Below Call at NMCP, Boss was already thinking about his next visit, possibly before Christmas. He would like to go to the clinics he missed, and provide answers to the questions he was unable to respond to. In the meantime, Boss encouraged all Sailors to stop by his office any time to share sea stories or ask questions over a cup of coffee or a cold soda.

HN Matt Tyson of the Radiology Department speaks with FORCM (SS/SW/FMF) Sherman Boss during his visit to Branch Health Clinic NS Norfolk Aug. 15 as other staff from Radiology wait for the chance to meet Boss.



FORCM (SS/SW/FMF) Sherman Boss jokes with HM2 Marcos Ridgewell about not selling the coin before presenting him with the force master chief command coin at the end of the All Hands call at BHC Boone Aug. 15.



Right: FORCM (SS/SW/FMF) Sherman Boss, BUMED force master chief, meets with Aviation Medicine staff while visiting Branch Health Clinic NS Norfolk. Boss took a moment to ask the Sailors where they were from and how they liked their job.



NMCP Sailors Show Their Skills at Tides Navy Night

More than 10,000 baseball fans came out to Norfolk Tides' Navy Night game Aug. 3 at Harbor Park. NMCP Sailors showed their Navy and corpsman pride by setting up a medical simulation mannequin with different field injuries and the supplies needed to treat each injury.

Tides fans were able to help treat the mannequin's injuries such as battle wounds, broken limbs and burns. The corpsmen also chatted with attendees about the different aspects of their job in Navy Medicine.



Photos by MC2 Nikki Smith

HN Traciemarie Sanjuan, right, from NMCP's OBGYN clinic, shows Amelia Dillman how she would put oxygen on a combat injured service member. Sanjuan volunteered for the demonstration at the Norfolk Tides Navy Night game to show people what corpsmen do outside of a hospital setting.



Left: NMCP corpsmen talk to game attendees about the different aspects of their jobs and how they handle being in a combat setting. Six NMCP corpsmen set up a combat injured mannequin outside the stadium for a hands-on demonstration of how they would treat someone who was injured in combat.



Zachary Breitbell learns how a corpsman would treat a service member who was injured in combat from HN Patricia Saenz, from the NMCP Women's Health clinic.

Left: Rylie Dillman, left, learns how to dress a laceration from HN Mario Zavala of NMCP Cardiology. Dillman came to the game with her sister and parents and stopped at the NMCP demonstration because she wants to be a nurse when she grows up. She said that she had a lot of fun helping the corpsmen take care of the simulation mannequin.

Preparation Pays Off for Backyard Boys at First Responders BBQ

BY MC1 (SW/AW) STEVEN J. WEBER
NMCP Public Affairs

Naval Medical Center Portsmouth's Backyard Boys competed in the third annual First Responders BBQ & Slaw Throwdown Aug. 2 at Portsmouth's North Landing. The event was part of a four-day celebration honoring the relationship between the city and the Coast Guard, in conjunction with the 222nd birthday of the United State Coast Guard.

The 'Boys, members of NMCP's galley, competed against the Portsmouth Police Department, Portsmouth Fire & Rescue, U.S. Coast Guard Base Support Unit Portsmouth, STILL Worldly Eclectic Tapas, Roger Browns and the George Washington Tavern. They won the award for Best Display and the coveted People's Choice Award.



Photo by Valentina Lee

Backyard Boys CS3 Daniel Hammerstone, IS2 Alisa Freshney, CS2 (SW) Timothy Ames and CS1 (SW/AW) Micah Lee show off their awards from the Third Annual First Responders BBQ & Slaw Throwdown.

"We were invited and wanted to show what Navy CSs are made of and to make a name for the hospital," said Culinary Specialist 1st Class (SW/AW) Micah Lee, cargo supervisor for NMCP's galley. "The team was put together with volunteers. I was the team leader and offered the opportunity to volunteer."

The team, consisting of Lee, Culinary Specialist 2nd Class (SW) Timothy Ames, Culinary Specialist 3rd Class Daniel Hammerstone and Information Specialist 2nd Class Alisa Freshney, spent three days before the event preparing, time well spent in their effort to offer some great food and win some awards.

They started their preparations for the Hawaiian-style shred-

ded BBQ by brining 60 pounds of pork butt for two days in a mixture of water, salt, black pepper and bay leaves, and then slow roasting for eight hours. This BBQ was served as a sandwich, topped off with a pineapple relish. The relish

consisted of pineapple, red onions, cilantro, salt and pepper and a little bit of vinegar.

The team also prepared shrimp ceviche coleslaw. Ceviche is a method of cooking seafood using the acid in lemon and lime juice. The recipe was added some jalapeño peppers, cilantro and avocado.

Caribbean jerk chicken was made with a secret recipe – the 40 pounds of chicken marinated for a day before, so all the flavors would seep into the meat and blend together. It was then grilled over an open fire until it had a nice char to it, Lee explained.

The hardest part of the whole process, according to Lee, was putting everything together the day of the event.

"We did not sit down, have a break or lunch, or anything until about 7 p.m.," Lee said. "My favorite part of being there was

the people and the camaraderie – the people were really cool. People of all ages were there to have a good time, make friends and try all the BBQ. Food and drink always brings people together so well.

"The least favorite part was the rain," Lee added. "It rained for about 45 minutes, and our tent leaked."

Lee gave credit to Freshney for the Best Display award, since she showed up two hours before the rest of the team to start the decorating.

"It was a lot of work and a lot of fun," Freshney said. "I was the first one there to decorate. I think the Hawaiian theme pulled it all together. Everyone seemed to love our design."

For decorations, the table was covered with a palm print table cloth and wrapped in a grass skirt. The serving dishes were flanked by pineapples, and bell peppers and a carved coconut man were the centerpiece. An inflatable palm tree and a pair of tiki torches were set up beside the table.

After the set up was complete, the crowd began to arrive and the team jumped into service mode. The team made sure that everyone who got a plate also received a Hawaiian lei.

"The customer service to me was the best part — putting on an act for people to come and try our food," said Ames. "It was awesome to see that they liked the food considering that it was different and unique."

"We showed up, the only Navy personnel competing, and we took home the gold for NMCP," Lee said. "We have plans for our next event, a chili cook-off in October that is part of Fleet Week Hampton Roads, which takes place in conjunction with the Navy Birthday."

NMCP Forward Deployers at the Tip of the Spear

Shipmates Send Postcards from the Front



Capt. Craig Shepps, NMCP general surgeon, stands at the front of Bravo Surgical Company as they form a VT – Shepps is a big Virginia Tech fan. He has been deployed to Chief of Professional Services, Bravo Surgical Company, 1st Marine Logistics Group, U.S. Marine Corps at Forward Operating Base Edinburgh, Helmand Province, Afghanistan since February.

They have seen 200 trauma patients including 60 operative cases in 4 1/2 months, at a Role II medical facility. They treat Coalition and Afghan forces, as well as civilians (including enemy forces), nearly all of whom have penetrating traumatic injuries from gun shot wounds and improvised explosive devices.

Below: Cmdr. Stuart Shippey, center, urogynecologist in the Women's Health Department at NMCP since July 2009, is currently serving in Kandahar, Afghanistan, as senior medical officer at the NATO Role 3 Multinational Medical Unit, with orders to serve through July 2013.



Lt. Louis Washington Jr. of Director for Nursing Services is deployed to Kabul, Afghanistan, and the Office of The Surgeon General. Washington is the budget officer and mentor for the Afghanistan National Police Hospital.



HM3 (EXW) Eric Todd is deployed to Forward Operating Base Tarin Kowt at Camp Holland, Afghanistan, with Forward/Trauma Surgical Team U.S. Medical Role 2. Todd assists with surgeries that would save life, limb or eyesight.



Civilian in the Spotlight

Tamara J. Edwards

Hometown: Wichita, Kansas

Years of Service: 22 years, all at NMCP

Job: Supervisory industrial hygienist, Branch Health Clinic, NNSY

What do you like most about your job? I like the team work between Safety, Facilities and Industrial Hygiene. We work together to identify the problems and fix them. It's not always an easy or quick fix but that is part of the challenge.

What do you do in your off duty time/hobbies? I like to read, cook and travel.

Favorite movie: Slumdog Millionaire

Favorite food: Sushi

Why is she member nominated as Civilian in the Spotlight? "As the mold expert within Industrial Hygiene, Ms. Edwards' expeditious analysis of mold samples enables affected commands in the region to rapidly remediate mold contamination issues and prevent unnecessary exposures to personnel in affected

areas," said Chris Jones. "She makes recommendations for corrective actions and provides honest assessments regarding the degree of contamination. Her clear and effective assessment of these situations alleviates fears and concerns, allowing them to fully concentrate on the mission. She masterfully performs these "collateral" duties while efficiently directing an industrial hygiene division responsible for nearly 10,000 military and civil service personnel."

Sailor in the Spotlight

HN Perris Wanzo

Hometown: Zachary, La.

Years of Naval Service: 1 year and 11 months (1 year at NMCP)

Job: Weight Management Assistant Coordinator

What do you like most about your job? I love being part of a program that puts me in a position where I can encourage my fellow shipmates who struggle with weight management to push themselves to their max and to always give a 110 percent. Helping my shipmates always motivates me as well because I can not expect them to give their best if I am not putting for the effort myself. Just being a hospital corpsman in general is a great honor, and I take pride in it.

What do you do in your off duty time/hobbies? I enjoy writing and recording music. I also enjoy dancing and teaching others with similar interests in performing arts. I am currently teaching the choreography for the "Thriller" performance that the NMCP Thesians Committee is doing for the Trick or Treat night at the hospital.

Favorite movie: The Avengers – the greatest action movie this year.

Favorite food: Lemon pepper chicken wings

Why was he nominated as Sailor in the Spotlight? "HN Wanzo is an exceptional Sailor who excels in every endeavor," said Senior Chief Hospital Corpsman LaShawn Hawkins. "He is highly involved in the command and committed to his shipmates. He is a member of CSADD and the JEA. He has a positive attitude and always does his job to the utmost perfection. HN Wanzo is a valued member of NMCP's Health and Wellness Department. HN Wanzo has a positive attitude and always does his job to the utmost perfection. Most remarkable about HN Wanzo is his ability to get along with and motivate all people – juniors, seniors, as well as patients. His pride and professionalism is contagious and makes him a sought after professional and peer."



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

Civilian of the Quarter



Lorraine Kimball Category I Clinical

As dental readiness coordinator, Lorraine Kimball tracks dental readiness and serves as the main liaison between the Boone Dental Clinic and 88 tenant commands from JEB Little Creek-Fort Story. Demonstrating outstanding leadership, she assisted with scheduling patients for 16 providers in support of 8,000 beneficiaries. Her efforts and subject matter expertise in mission-critical front desk operations were crucial to the clinic achieving a 97 percent departmental dental readiness, two percent over the Navy goal. Kimball's productivity, enthusiasm and friendly demeanor have contributed to the overall mission of the department and the command.



Photos by Red Cross Volunteer Abigail Hancock

Carla Lehan Category II Clinical

As supervisor for three pharmacies in the Oceana Triad, Carla Lehan managed increased workload demands while dealing with significant staffing shortages. She directed staff training and enhanced space utilization to decrease wait times in the pharmacy from as much as two hours down to 30 minutes. Under her supervision, Oceana Triad pharmacies prevented an increase in prescription fills by civilian pharmacies. Lehan works with her staff to ensure the highest level of customer care and service. Her "can do" attitude brings out the best in those who work around her and shows her genuine concern for staff and beneficiaries. In a department that fills more than 35,000 prescriptions a month, Lehan maintains a high level of accuracy. Her error levels remain well below the Navy standard.

Renee Femiano Category I Administrative

In her role as a medical coder, Renee Femiano assisted the department head in streamlining the process for documenting and coding overseas/sea duty screenings, which unified all clinics under NMCP. This new coding standardized a universal process of documentation and coding across NMCP and the DoD. As an innovative leader, Femiano creates Power Point presentations for the staff to use as teaching tools and guidelines to document and code their encounters accurately. In January 2012, she brought in a team of coders to Flight Medicine and Overseas Screening to assist in capturing lost workload encounters. Femiano conducts training and provides hand outs in Primary Care. A problem solver and team player, with a mountain of issues, she seemingly single-handedly reduces these obstacles. She truly sets the standard and has raised the bar for all medical coders in the region and is the essence of customer service.

Futrell Marks 25 Years at NMCP Barbershop

STORY AND PHOTO
BY MC1 ELIZABETH ST JOHN
NMCP Public Affairs

Jasper Futrell, a barber at the Navy Exchange Barber Shop, celebrated a milestone in his career Aug. 17: 25 years of providing great hair care to customers as a Navy Exchange barber. To mark the occasion, his co-workers treated him to cake and balloons.

Futrell, a Portsmouth native, is a master barber cosmetologist and a Virginia state board examiner, which means he is able to preside over cosmetology exams. He has seen the leadership change and the location of the barbershop change a few times over the years. What hasn't changed is his loyalty to his customers.

"I could never leave the exchange, because I have that sense of loyalty," he said. "I guess I'll be here another 25 years."

Over the last quarter century years, his clientele has also changed, but some have stayed the same. He likes the sense of family that comes along with the job.

"I get to see the kids grow up from

babies on up to adulthood," Futrell said. "Next thing you know they get married

and they have kids and their children come here. It's like a family tradition; everyone brings their families here."

Futrell started his service to the military in 1980 with six years in the Navy as a Ship's Serviceman. He said he feels like this past 25 years have actually been a bonus. Futrell was staying at the Marine barracks in Beirut on Oct. 22, 1983 and was supposed to stay that night also. The commanding officer of his ship, USS Harlan County, ordered everyone back that night because they were going to make a port visit to Turkey. If not for going back to the ship, he would have been there the next morning when the truck full of explosives drove into the barracks, killing 241 Marines, Sailors and Soldiers.

While his ship was in port at Little Creek, Futrell began cutting hair at the Little Creek barber shop part time before he separated, which led to being hired full time and thus beginning the 25



Jasper Futrell, celebrated 25 years of cutting hair at the NMCP barber shop on Aug. 17.

years.

Throughout the many changes in hair-styles over the years, Futrell said he has been able to keep up with the times.

"I can do just about anything," he said.

What keeps him going? Futrell said he feels "compelled" to cut hair; he just loves doing it. And it all comes back to that sense of family.

"I know everyone like family; I know some of them even better than my own family," he added.

Marie Dillard Category II Administrative

As team leader for the research coordinators, research nurse coordinators and research assistants assigned to the Clinical Research Department at NMCP, Marie Dillard supervises the research staff and reviews their protocol folders and regulatory binders for completion and compliance with clinical practice guidelines and regulations. She became the team leader because she continues to accept added responsibilities without complaint and she continues to meet every challenge that comes her way. Dillard interacts with researchers, labs, pharmacy and ancillary support staff daily and is the point of contact for pharmaceutical companies interested in starting clinical studies at NMCP. She is responsible for assigning the appropriate staff members to assist the principal investigators of research studies. She also trains her associates and provides newcomer orientation. Dillard looks for solutions to problems that sometimes seem impossible.



SAILOR OF THE QUARTER

While assigned as divisional leading petty officer of Radiation Oncology Clinic and Radiology Department, Hospital Corpsman 1st Class (SW) James Frymire demonstrated consistent leadership qualities while supervising four general duty corpsman overseeing daily assignments that included 410 patient encounters, 87 venipunctures, 62 acupuncture and 44 head and neck exams. His overall contributions led to the Radiation Oncology Clinic receiving full accreditation with the American College of Radiation Oncology. Frymire was instrumental in reviving the command's mentorship program, promoting career development, skill enhancement, educational support and retention for 85 junior Sailors.



Photos by Red Cross Volunteer Abigail Hancock

JUNIOR SAILOR OF THE QUARTER

As senior corpsman in the Inpatient Psychiatric Ward, Hospital Corpsman 2nd Class Joy Chipimarquez provided extraordinary care to patients with psychotic disorders and substance dependence. She utilized her intrapersonal talent, exceptional abilities and experience to provide mentorship to 45 junior Sailors in the midst of an increasingly demanding environment. She demonstrated tenacious dedication to Sailors' development by implementing a directorate advancement training program that resulted in a 20 percent increase in test scores and advancement of three Sailors. As secretary and public affairs officer for the command Morale, Welfare and Recreation committee, she demonstrated exceptional commitment to the command by planning 15 fundraising events that raised \$30,000.



BLUE JACKET OF THE QUARTER

As team one assistant shift supervisor in the Emergency Medical Department, HN Bruce W. Bins consistently performed his duties with the highest degree of pride and professionalism. He assisted in leading day-to-day operations of the Emergency Medicine Department that treated more than 18,000 patients and maintained a 90 percent customer satisfaction rate. As departmental assistant command fitness leader, he recorded physical readiness test scores for 150 personnel for the spring 2012 Physical Fitness Assessment with a 99 percent pass rate. He also led weekly Fitness Enhancement Program sessions to assist in improving physical fitness for 2,934 active duty personnel in the command.



AUGUST AWARDS

MERITORIOUS SERVICE MEDAL

Capt. Lisa Inouye
 Capt. Andrew Johnson
 Capt. Alan Lim
 HMC (SW/FMF/NAC) Michael Wallace

NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. Michael Mazzilli
 Capt. Kevin McCormick
 Cmdr. Mary Barczak
 Cmdr. Jerry Burton
 Cmdr. Douglas Clarke
 Cmdr. Jeremy Davidson
 Cmdr. Paul Durand
 Cmdr. Michael Favata
 Cmdr. Amy Hubert
 Cmdr. Scott McClellan
 Cmdr. Anton Petrich
 Cmdr. Michael Picio
 Cmdr. Eric Sturgill
 Cmdr. Rhonda Wallace
 Lt. Cmdr. Rachel Baudek
 Lt. Cmdr. Brian Cameron
 Lt. Cmdr. Mark Clarke
 Lt. Cmdr. Justin DeGrado
 Lt. Cmdr. Ian Fowler
 Lt. Cmdr. Sandra Myers
 Lt. Cmdr. Sharon Reinertsen
 Lt. Cmdr. Charlotte Ross
 Lt. Renardis Banks
 Lt. Kristin Conley
 Lt. Michael Foust
 Lt. Trista Konya
 Lt. Matthew Moore
 Lt. j.g. Cory Nacko
 HMC (SW/AW) Melissa Leonard
 HMC (FMF) Kathryn Nuzum
 HMC (SW/FMF) Shanta Premmer
 HM1 (SW/FMF/AW) Melissa Andre
 HM1 (SW) Alexander Misiunas

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Derrick Colmenar
 Lt. Cmdr. Dustin Roberts
 Lt. David Donahue
 Lt. Jerad Divine
 Lt. Aidith Flores-Carrera
 Lt. George Hnath
 Lt. Aaron Quitmeyer
 Lt. Ann Shafer
 Lt. Jennifer Shippy

Lt. Jodie Skrzat
 Lt. Devin Thomas
 Lt. Lillian White
 Lt. j.g. Kara Harper
 Lt. j.g. Cylyne James
 Lt. j.g. Krista Roberts
 Lt. j.g. Stephen Wiltshire
 Lt. j.g. Gisselle Zelsdorf
 CS1(SW) Joseph Boychuck
 HM1 Michelle Laxton
 CS1(SW) Abdiel Rivera
 GM2(SW) Tiffany Addario
 LS2(SW) Thuy Belmar
 HM2 Jazmin Brandt
 HM2(FMF) Justin Inman
 HM2(SW/FMF) Salvador Peralta Jr.
 HM2 Lilybelle Rexrode
 PS2(SW/AW) Joanmarie Sanchez-Williams
 HM2(FMF) Brian Schumacher
 HM2 Nikira Simmons
 HM2 Joyce Sweeney
 HM2(SW) Arthur Thomas
 HM3 Wajih Boulabiar
 HM3 Roberto Calderon
 HM3(SW) Jerel David
 ET3 Brian Dougan
 HM3 Paul Hammer
 HM3(FMF) Joseph Henry
 HM3 Angel Herndon
 HM3 Sarah Lauritsen
 HM3 Cari Lytle
 HM3 Erica Palmer
 HM3 Christopher Ryals
 HM3 Marvinna Saballos
 SH3(SW/AW) Frederick Sanders
 HM3 Andy Sanderson
 HN Jan Carrasquillo



Photo by MC2 (SW) Anna Arndt

Rear Adm. Elaine C. Wagner, NMCP commander, recognized 28 staff members were recognized at the award ceremony in front of Bldg. 1 on Aug. 2.

SHIPMATE OF THE MONTH



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

HN ZONTAYVIA JILES, DQM
HM3 COLTON ANDERSON, DPHS
AOAN MORGAN CROCKETT, DPC
HN DYLAN GRISWOLD, DNS
HN WAVEL NORMAN, DPE

HN TRACIEMARIE SANJUAN, DSS
HM2 RICARDO NAVEDO, DCSS
HM3 SHARA WASHINGTON, DMH
HN CHRISTY DELACRUZ, DMS
LSSN BRALON PRICE, DFA

OFFICER OF THE QUARTER

NMCP's Officers of the Quarter were recognized June 20 by Rear Adm. Elaine C. Wagner, NMCP commander, during a ceremony in Bldg. 1.

They are back, from left: Lt. Christopher Steadman, Senior Nurse Corps Officer of the Quarter; Lt. Samuel Weber, Junior Medical Service Corps; Lt. Christopher Parks, Junior Dental Corps. Front, from left: Lt. j.g. Jonathan Phillips, Junior Nurse Corps; Lt. Cmdr. Hazelann Teamer, Senior Medical Service Corps; and Lt. Col. Molinda Chartrand, Senior Medical Corps. Not pictured: Cmdr. Richard Adcook, Senior Dental Corps and Lt. Cmdr. Justin Degrado, Junior Medical Corps.



Photo by Red Cross Volunteer Abigail Hancock