



July 2014

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Meet NMCP's Therapy Dog, Lokey — Page 10

SPRINT Team Members Recognized for Washington Navy Yard Response

STORY AND PHOTOS BY
MCC (SW/AW) LESLIE TOMAINO
NMCP Public Affairs

Naval Medical Center Portsmouth recognized seven members of the Special Psychiatric Rapid Intervention Team on July 24 for their response and efforts following the Sept. 16 shooting at the Washington Navy Yard.

Rear Adm. Terry Moulton, NMCP commander, and CMDCM (SW/AW/FMF) Michael James thanked the SPRINT team members for their delivery of psychological first aid to more than 8,000 members of the Navy family following the incident that took the lives of 12 people.

During the ceremony, Navy and Marine Corps Commendation Medals were given to Cmdr. David Labrie and Cmdr. Duane Lawrence; Navy and Marine Corps Achievement Medals were awarded to Lt. Cmdr. Alan Snyder, RP1 (FMF) Dana Saunders, HM1 (FMF) Randall Kelley and HM3

Woodrow Scott III; and a Letter of Commendation signed by the Secretary of the Navy went to Lt. James Decker.

The SPRINT team has existed at NMCP for several decades. The team mission is to provide short-term counseling to individuals who have experienced a traumatic or intensely stressful event, such as natural disasters, aviation accidents, industrial accidents, acts of violence, or unexpected deaths.

The team's goal is to help these individuals with their initial period of recovery, primarily to lessen the effects of traumatic stress.

Moulton remarked how, during his career, he has seen SPRINT teams in action and has felt the effects first hand, starting with the Beirut bombing in 1983, and later, at the

Pentagon in the aftermath of 9/11.

"(The first time I heard of a SPRINT team), I was the officer of the day and, in the middle of the night, I got a phone call to put the team on alert," Moulton said. "That was the result of the Beirut bombing. Later, I'd see them again in my career many times in action, but most

— See **SPRINT**, Page 7



Seven members of the SPRINT team after the award ceremony where they were recognized for their response to provide counseling after the Oct. 16 shooting at the Washington Navy Yard.



Photo by MM3 Domonique Crisostomo

Feds Feed Families

The chapel staff gathered donations from the first week of NMCP's participation in the annual Feds Feed Families campaign, taking more than 200 pounds of food to the Foodbank of Southeastern Virginia and Eastern Shore.

Consider picking up something non-perishable to donate. Donations can be placed in the big blue barrel outside the main chapel (Bldg. 3, 2nd floor), white barrels outside the pharmacy and ER entrances, or in designated boxes placed throughout the hospitals and clinics. The campaign continues through August.

Save Date

Command Picnic Tickets

MWR Command Picnic tickets will go on sale July 29 in Bldg. 3, 2nd floor near the Navy Exchange. Tickets will be sold every Tuesday and Thursday from 11 a.m. to 1 p.m. Tickets are \$5 for adults and \$2 for children ages 2 – 10. For ticket sales outside these times, contact HM2 Woltman at 953-4936 or HM1 Taylor at 953-2659.

The picnic is Aug. 22 from noon to 4 p.m. at Hospital Point. There will be a kid's corner, games, great music, food, dunk tank, and pie-in-the-face. All proceeds will go toward the holiday party in December.

NMCP Food Drive

NMCP is participating in the 6th annual Feds Feed Families campaign until Aug. 25. Feds Feed Families is a voluntary effort to encourage federal civilian employees and military members to donate non-perishable food items to their local foodbank for distribution. Donations given at NMCP will go to the Foodbank of Southeastern Virginia and Eastern Shore.

For more information, contact RP1 Wilson or RP1 Green in the Pastoral Care Department at 953-5550.

Nurse Advice Line

Have you needed medical advice and didn't know where to turn? Now there's the TRICARE Nurse Advice Line, available 24/7. Call 1-800-TRICARE and press option 1. Beneficiaries will immediately be connected to a registered nurse who can help make the decision whether immediate care is needed or if self-care is the best option.

Beneficiaries who are enrolled to NMCP can make an appointment with their doctor through the nurse. Pediatric nurses are available, too. The Nurse Advice Line is available to all TRICARE beneficiaries.

Building Effective Anger Management Skills

Building Effective Anger Management Skills on Aug. 4 - 8 from 9 - 11:30 a.m. at Fleet and Family Support Center, NMCP's Bldg. 249 next to the Child Care Center. Do you find your anger racing from zero to 60 at work or at home? BEAMS is a multi-session, skill-building program for adults hoping to change their anger patterns. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.

The workshop is open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbage.ctr@navy.mil to register

Couples Workshop

Couples Workshop on Aug. 6 and 13 from 2 - 4:30 p.m. at Fleet and Family Support Center, NMCP's Bldg. 249 next to the Child Care Center. Do you have trouble communicating with your partner? Do you find yourselves arguing a lot? This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem solve, and strengthen your relationship.

The workshop is open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbage.ctr@navy.mil to register.

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 benefiting the Hampton Roads naval medical community. We are happy to welcome new members.

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

THE COURIER

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Submissions should be in Word format, with photos submitted separately from the document and in jpeg or tiff format.

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

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NMCP Sailor Receives Citizenship at White House

By MC1 (SW/EXW/AW) GARY JOHNSON
NMCP Public Affairs

Logistics Specialist Seaman Apprentice Laura Janosky, a Naval Medical Center Portsmouth Sailor, received her United States citizenship at a naturalization ceremony held in the White House July 4.

Janosky was selected to be among 25 personnel with connection to the military to attend this ceremony and receive their citizenship directly from the President of the United States.

“I was told that the President himself read our biographies and paperwork and then personally selected all of us to be there at the ceremony,” said Janosky. “When I filled out my forms to be a citizen, I really took my time and put how I truly felt about being an American and what it meant to me. It was very cool to be selected to represent the Navy at this event.”

Janosky was born in Seoul, South Korea, and lived there until she was eight years old. She and her biological brother were adopted by U.S. Army Chief Warrant Officer 4 John Janosky. After their tour in Seoul, the Janosky family moved back to the United States and to a family full of military officers. When Laura Janosky turned 19, she decided to enlist in the Navy with the goal of becoming a naval officer.

“I wanted to become an officer and continue in the footsteps of my family, but I was not yet an American citizen and logistic specialist was one of the few rates that I could be,” said Janosky. “I finally decided on LS because my father kind of worked in supply for the Army and I really thought he would be a good person to talk to if I needed help.”

Sailors are often afforded the opportunity to finish their citizenship paperwork in basic training, but for her the process took longer than expected and she was off to “A” school before completing the process.

“I really wanted to get my citizenship in boot camp, but for some reason my process was delayed,” said Janosky. “It really



Photo by MC1 (SW/EXW/AW) Gary Johnson

LSSN Laura Janosky was selected by the President to be among those who were naturalized during a July 4 ceremony.

made me nervous but it kind of worked out well after checking in here to NMCP.”

Shortly after her arrival, she was asked to accompany her leading chief petty officer to talk to the deputy commander and she discovered that she had been selected to receive her citizenship in the White House naturalization ceremony.

“At first I was scared and thought I did something wrong and didn’t realize it,” said Janosky. “I was even a little nervous about attending the ceremony and missing work, but my chief assured me that it was a good thing.”

She arrived at the White House on the morning of July 4 and made her way through security to the “Blue Room.” She waited for about 30 minutes before the group of future citizens – service members from all military branches plus a veteran, reservist and several spouses – were greeted by President Obama. After the ceremony, she was invited to attend a barbecue on the lawn of the White House and was able to get a view of the Washington, D.C., Independence Day fireworks.

“It was an incredible experience and I am very proud to have been selected for this honor. The ceremony and the barbecue were great, and I had an amazing time,” said Janosky. “Now that I have my citizenship, I can move forward, put in my Seaman-to-Admiral package, and work toward becoming an officer.”



President Barack Obama joins the 25 naturalization candidates in the Blue Room prior to the July 4 naturalization ceremony at the White House.

NMCP 2014 Intern Class Graduates

STORY AND PHOTOS BY
MC1 (SW/EXW/AW)

GARY JOHNSON
NMCP Public Affairs

Ninety-two medical interns graduated June 27 at Naval Medical Center Portsmouth, completing the yearlong program that now makes them eligible to provide health care at military medical facilities worldwide.

This class marks the 90th year of the Graduate Medical Education program at NMCP, which provides a joint intern program for Navy and Air Force physicians.

"I think that the efforts and the dedication it takes for the internship truly makes Naval Medical Center Portsmouth the 'First and Finest' Navy medical center," said Rear Adm. Terry Moulton, NMCP commander. "The education and experience you gain here really establishes your credibility when you go out to the fleet."

A medical intern is a physician who has completed medical school, but does not have a full license to practice med-



Lt. Andrew Buchholz is presented with the Navy and Marine Corps Achievement Medal by Rear Adm. Terry Moulton, NMCP commander, for being selected as the 2014 Intern of the Year.

icine unsupervised. The NMCP intern program is a 13-month program consisting of one month for orientation and 12 months of rotations in a variety of specialties.

"This is a big day for you and you should be proud, as all of us who have watched you toil and sweat and, yes indeed, sometime struggle, but always grow and learn. We are proud."

— Rear Adm. William Roberts,
Commandant, Medical Education and Training Campus

After completing the first year of post-graduate training, the interns will either be assigned to fleet units as flight surgeons or general medical officers, or they will continue with specialized training.

"Many of you will be thrust into a residency program, and there will be no rest for the weary," said Moulton. "You will continue to be mentored and taught by the finest physicians to ever wear the uniform."

This year's class will have 37 interns transitioning into another training program. Thirty-two of those interns will remain at NMCP for up to three years to specialize in a specific residency program. The remaining class members will be transferred to military commands and treating patients around the world.

"Many of you will go out to operational units after leaving here," Moulton said. "You will learn rather quickly what it means to be your unit's 'Doc' when being charged with the health and welfare of your Sailors and Marines."

The keynote speaker for the grad-

uation, Rear Adm. William Roberts, Medical Education and Training Campus commandant, is a former chief of the Navy Medical Corps. He offered his congratulations on their efforts and achievement.

"We are here to recognize and celebrate a huge milestone in the early careers of nearly 100 young physicians who proudly wear the cloth of our nation and who will devote their professional lives to learning and compassionate patient

care and the relief of pain and suffering," said Roberts. "I am absolutely delighted, humbled and proud to be



Rear Adm. William Roberts, commandant, Medical Education and Training Campus, center, is presented with a gift from the NMCP 2014 Intern Class for being the keynote speaker at their graduation ceremony.

here and share this day with you. This is a big day for you and you should be proud, as all of us who have watched you toil and sweat and, yes indeed, sometime struggle, but always grow and learn. We are proud."

After the keynote speech, the graduating class presented certificates of appreciation to NMCP faculty and staff that helped them along the way. Moulton and Roberts also presented the departmental Intern of the Year

— See **INTERN**, next page

Hampton Roads NMCRS Hosts Fund Drive Recognition Lunch

STORY AND PHOTO
BY MC1 (SW/EXW/AW) GARY JOHNSON
NMCP Public Affairs

The Hampton Roads Area Navy-Marine Corps Relief Society recognized more than 135 active duty members during their Active Duty Fund Drive Luncheon at the Vista Point Catering and Conference Center on Naval Station Norfolk, June 25.

The event recognized those who served as fund drive coordinators at commands within one of the region's nine sub areas for the countless hours of their time they dedicated to supporting NMCRS and this year's fund drive.

"We have got nine sub areas containing hundreds of commands and coordinating the drive within all those areas is no easy task," said Kathy Nelson, NMCRS-Norfolk director. "All their efforts however, culminated in more than

NMCRS Regional Sub Area coordinators gather after receiving a certificate thanking them for their work and dedication this fund drive season.



\$1.62 million dollars in contributions. We are all very grateful for the work the coordinators did during the drive so that NMCRS can continue to support our Sailors and Marines."

The fund drive is coordinated by a different command every year, and the 2014 coordinating command was Naval Medical Center Portsmouth.

Rear Adm. Terry Moulton, NMCP commander, attended the luncheon as the guest speaker and expressed his gratitude for the work and success of this year's fund drive coordinators.

"I have been in the Navy for more than 30 years, and I truly see the value and the care that NMCRS provides," said Moulton. "I am thrilled at the work the coordinators have done with this year's fund drive. It has been a tremendous year, and I look forward to seeing us raise even more money next year."

The ceremony concluded with certificates and plaques being presented to representatives from each of the nine sub areas.



Lt. Christopher Cochran, the 2014 NMCP Intern Class Leader, delivers closing remarks at the class graduation.

INTERN — *Continued from previous page*

awards to interns from each specific department. The entire class was then presented their diplomas followed by a closing speech from Lt. Christopher Cochran, 2014 class senior intern.

"Last year, I got to sit and watch the previous class graduate and, at that time, I was unsure why a graduation was needed. After living through the intern year, however, I now understand the desire to celebrate," said Cochran. "This graduation marks the break-up of our class. Some of us will stay on and continue training, and others will be taking leave to take care of our Sailors, Marines and dependents around the world.

"I know as we each continue to push forward in each of our careers," Cochran added, "we will continue to focus on professional excellence in every aspect of our jobs and be proud to report that we started our medical careers as interns at Naval Medical Center Portsmouth in 2014."

NMCP: One of Two Pediatric Craniofacial Programs in DoD

STORY AND PHOTO
BY REBECCA A. PERRON
NMCP Public Affairs

In recognition of National Cleft and Craniofacial Awareness and Prevention Month, the craniofacial team at Naval Medical Center Portsmouth scheduled an additional monthly craniofacial board on Aug. 1 to meet with its patients, in addition to the regular board on July 11.

Craniofacial anomalies are a diverse group of deformities of the head and facial bones that are present at birth. There are many variations; some are minor and some are severe requiring surgery. Many of NMCP's craniofacial patients are very young children.

During the monthly boards, about a dozen patients are able to see a full range of health care providers involved in their care all in one day, similar to a health care rodeo. Some are new patients, while others are receiving pre-surgical care or annual post-surgical follow ups.

At any given time, about 150 pediatric patients with craniofacial anomalies are cared for at NMCP by this team of highly specialized doctors. The program is fully accredited and the doctors are able to care for all craniofacial conditions. Anomalies range from cleft lip and cleft palate to hemifacial microsomia and craniosynostosis, all genetic conditions.

"We provide and coordinate comprehensive care for patients with craniofacial anomalies through the multi-disciplinary approach," said Cmdr. Maria Norbeck, team coordinator. "Our craniofacial team tailors individualized care plans to fit the needs of each patient and adjusts plans based on each patient's goals and development. We ensure quality of care and follow patients throughout their growth and development."

NMCP, along with Walter Reed National Military Medical Center, are the only two medical facilities in the Military

Health System to be fully accredited to care for such conditions.

"These are flagship hospitals that have the full capability and capacity to care for all levels of complexity for children and adults with facial differences," said Air Force Lt. Col. Kerry Latham, co-director of NMCP's craniofacial board. "We have neurosurgeons who have a lot of training in pediatric neurosurgery who can do the cranial vault surgeries. We also have an excellent pediatric anesthesiologist and Pediatric Intensive Care Unit for post-operative care. We have every subspecialist here required to support the team."

Those subspecialists include a pediatric ear, nose and throat doctor, pediatric developmentalists, child behavioral psychologists and speech pathologists.

Latham is the only plastic surgeon in uniform who has completed additional fellowship training in craniofacial surgery. She is also the director of the board at Walter Reed, and as NMCP co-director, travels to Portsmouth for the monthly boards and to perform surgeries.

Cleft lip and cleft palate are the most common conditions treated. Sometimes, these and other craniofacial conditions are detected by ultrasound during pregnancy and the expectant mother begins the process with the boards before her baby is born.

"We offer prenatal counseling to these patients and give them information so they feel comfortable as they move forward," Latham said. "We can answer their questions even before their baby comes. It's rewarding how we can intervene and

sort of meet the children before they are even here."

For Amanda Altobelli, she learned in May 2013, when her baby was two days old, that baby Mia had a soft cleft palate.

"Mia wouldn't latch when she was breast feeding," Altobelli said. "She wasn't able to form a suction. It's completely overwhelming at first, words can't even describe. So at two months, we started coming to the craniofacial board, doing some pre-op appointments to get ready for surgery. By



Cmdr. Mark Boone, pediatric dentist and orthodontist, prepares to examine Mia during her visit to NMCP on July 11 during a monthly craniofacial board. The examination by Boone was her last stop of the day after seeing several craniofacial team physicians.

meeting with the board as soon as possible, it puts a lot of questions behind you.

"Then the surgery was fantastic," Altobelli added. "We were extremely pleased with the team."

Surgery was performed on Mia in January when she was eight months old. Now 14 months, Mia receives weekly speech and feeding therapy.

"We were so blessed that this team has been placed with us," said Chief Electronics Technician (SW/EXW) Daniel Altobelli, Afloat Training Group Norfolk. "Trust in the doctors here at Portsmouth, because they are fantastic. You are a patient, not a number. They really take it case by case."

Mia will come to the board each summer for follow-up care, ensuring the muscles and tissue are developing correctly and that there are no complications. Cleft lip and cleft palate patients are fol-

— See **BOARD**, next page

SPRINT — *Continued from page 1*

significantly in 2001 at the Pentagon following the plane crash.

“One of the things I’ve learned is that we all have traumatic events in our lives that never go away, and you really have to learn to deal with it,” Moulton said. “It’s ok to have an emotional reaction. The SPRINT team helps people process that time and say it’s ok to feel what they are feeling.”

Each SPRINT mission is staffed specifically for each situation. The team could be as small as one officer and one enlisted member or as large as dozens of members. Teams can consist of psychologists, psychiatrists, psychiatric nurse practitioners, social workers, psychiatric technicians, chaplains, religious program specialists and substance abuse counselors.

“I’m really proud of the work our people did, and I think this is what individuals get out of being on the team,” said Labrie, one of the team leaders. “It’s when we, as mental health professionals, hear of trauma, there’s a level of safety (we provide) that we (might not) realize until we speak with someone who’s just been through it. There is a difference talking with people when trauma is fresh then talking with them days later. (By being on the team), it makes (us) better providers.”

Labrie recounted some details about the speed and size of the response.

“The part not in these citations is that these people were traveling to D.C. by 6 in the evening when a lot of people were still on lockdown there, and then spent three weeks up there,” Labrie said. “The rapid part of SPRINT was about as rapid as it could be with this mission. We left with 13 personnel, later augmented with another eight from NMCP, as well as from Walter Reed National Military Medical Center, who provided support.”

WRNMMC augmented with 20 mental health specialists and the Navy Yard chapel provided about a dozen chaplains.

The value and effectiveness of the SPRINT team is highly regarded throughout the fleet, as evidenced by the increased demand for their services.



NMCP commander Rear Adm. Terry Moulton places the Navy and Marine Corps Achievement Medal on former HM3 Woodrow Scott III for serving as a primary mission leader with the SPRINT team. Scott, although no longer in the Navy, is now a contracted psychological technician at Virginia Beach TRICARE Prime Clinic, and will be in the Selected Reserves as an HM3 and a psych tech.

Throughout the three weeks, they completed more than 300 missions. Missions included group debriefings – about 200 group sessions – and deckplating, which is going to each building, walking around and finding people who want to talk. At the beginning of each day, they started with a blank base map. By each evening, every building was marked off.

“Anyone who participated with us on the team says they’re really glad they went,” Labrie said. “It’s even better now (almost a year) later, knowing you really made a difference. This mission was the same as many others, but on a much larger scale.”

BOARD — *Continued from previous page*

lowed until age 18.

“We won’t know how their smile looks until they have their permanent dentition as a teenager,” Latham said. “We watch them grow and see what their needs are – emotionally, functionally, physically – to see what services we can provide along the way.”

Patients with hemifacial microsomia are also followed into their teens. This condition is essentially an asymmetric growth of the face. There can be jaw, facial-bone and soft-tissue asymmetry, as well as nerve weakness of one half of the face and failure for an ear to develop.

“Sometimes these children benefit from surgery at different times in their life, depending on their growth and development and their functional needs,” Latham said. “It’s a pretty common

condition that we treat. We also see patients with craniosynostosis, which is a premature fusion of the skull bone. There are growth plates in an infant’s skull to accommodate rapid brain development. If the plates close early, it can lead to an abnormal head shape. We follow these patients until age 10, and if there have been no issues, we can graduate them from the board.”

Despite the level of complexity of conditions of the 150 patients at NMCP and the 150 patients at Walter Reed, Latham said they all have something in common – resiliency.

“It’s so amazing to work with these families,” Latham said. “To be able to support them and see how resilient the military families are, and how resilient these kids are, and what great things they go on to do is really just amazing. Our team really enjoys taking care of these families. These two teams of providers are also really amazing.”

Christmas Comes Early for NMCP Peds Patients

STORY AND PHOTOS BY
MCC (SW/AW) LESLIE TOMAINO
NMCP Public Affairs

Christmas came early to Naval Medical Center Portsmouth as Santa and more than 100 of his motorcycle-riding elves arrived on July 13 to deliver presents to pediatric patients during the 12th annual Christmas in July event.

The motorcycle clubs included Rolling Thunder Chapter 5, Sons of Poseidon Motorcycle Group, multiple American Legion posts – Post 284 Colonial Heights, 146 Hopewell, Post 120 and Post 2 – and the Combat Veterans Motorcycle Association. These groups come to NMCP in July and December to bring cheer to children being treated at NMCP.

Rear Adm. Terry Moulton, NMCP commander, welcomed the riders and thanked them for participating in yet another successful event. Prerana Korpe, station manager for NMCP's Red Cross Office, presented all the groups and military organizations with certificates of appreciation.

"These donors are very special individuals – most have previously served as members of the Armed Forces, or have served in other capacities, such as members of military families," said Korpe. "They continue to serve our community, bringing hope to our patients and their families, and a sense

of comfort to us all – demonstrating the large network of support we are fortunate to have. This event provides our staff an opportunity to take a moment from busy schedules to really observe how much people care."

Toys were handed out by Santa and first-time volunteers in the Emergency Room, Pediatrics Ward, Neonatal Intensive Care Unit and Pediatric Intensive Care Unit. The clubs brought more than 500 toys, and the leftovers presents will be handed out by Red Cross volunteers and recovering Wounded Warriors over the next several months.

Volunteers like seven-year-old Brooklyn, a daughter of a Rolling Thunder member, gave out toys to other children and spread joy. Even at her age, she knew the value and importance of events like this. She agreed to accompany her mom "to see sick kids and to make them feel better."

"A little girl brought me a present," said six-year-old pediatric patient Mya, beaming as she held a new Frozen Barbie doll Ana. "This is the doll I've always wanted, and it makes me feel better."

After handing presents, the riders were



Michelle, an 18-year-old patient, shows you're never too old for Santa as she embraces him between treatments. Michelle lit up when presented with a stuffed animal from a volunteer from Rolling Thunder Chapter 5.

treated to lunch in the galley, served by members of NMCP's Chief Petty Officer Association, First Class Petty Officer Association, Second Class Petty Officers Association, Junior Enlisted Association, and the Committee of Sailors Against Destructive Decisions.

"The Red Cross is grateful for the support of our staff associations which help to ensure the success of this event," said Korpe. "Thanks to the fantastic teamwork of all involved and the generosity of our donors, we are able to brighten a child's day not only in July, but throughout the entire year."





Mya, 6, and her mother, Keneisha, after Santa gave Mya a new Frozen Ana doll she had been wanting.



UT1 Robert Brooke holds his wide-eyed daughter, Kodi, as Santa gives her a present to lift her spirits.



PR2 Anthony Irgang, wife Dominique and five-week-old Jackson with Santa during his visit to their room.

Right: MM2 Sam Vaughan and his wife, Christa, got a surprise when Santa stopped by to visit their one-month-old son, Titus, for his first Santa visit. The couple are proud parents of twin boys – Titus and Gunner.



Right: Cameron, 3, shakes hands with Santa as he and his grandmother are greeted by Santa and a member of the Junior Enlisted Association who has a gift for Cameron.

Left: Rear Adm. Terry Moulton, NMCP commander, Santa and more than 100 motorcycle riders and volunteers gather in front of Bldg. 2 before passing out presents during "Christmas in July."





Lokey sits with his primary handler Lt. Cmdr. Misty Scheel, center, and two of his secondary handlers, HM3 Mary Sigler, left, and Don Hayes on the steps of Bldg. 1.

Therapy Dog Checks in to NMCP – Meet Lokey

STORY AND PHOTOS BY
MC1 (SW/EXW/AW) GARY JOHNSON
NMCP Public Affairs

Naval Medical Center Portsmouth received its first four-legged staff member June 10, and in his first month on duty, has been acclimating well.

Lokey is a newly trained therapy dog. He was delivered to his official military sponsor, Lt. Cmdr. Misty Scheel, the NMCP Wellness and Command Fitness Department head, with a goal of boosting the morale of staff and patients.

“It is still early, but Lokey has definitely been a positive way to raise the spirits of almost everyone he has met so far,” Scheel said. “Staff members are really showing that they enjoy having him around and getting to take a little break to spend some time with him.”

Lokey was originally training with Southeastern Guide Dogs, an organization that specializes in service dogs for people with post-traumatic stress disorder, until it was discovered that he had a slight vision problem that disqualified him from being a guide dog. But his calm friendly demeanor made him eligible to be a therapy dog. After a year of puppy training and four months of advanced training, he was delivered to his new human – Scheel.

“The imperfection in his eye doesn’t really mean there is anything majorly wrong with him. It just means that his vision is just slightly worse than the vision required to be an actual guide dog,” said Scheel. “Lokey definitely fits the requirements for a

therapy dog. He has a really kind heart and social attitude that makes him fit in well here.”

Scheel met Lokey on the day he arrived. During the process of applying to receive a therapy dog, Scheel had met another dog to see how a dog would fit into her work and home life. She then waited four months until there was dog available. Enter Lokey.

“I was really excited meet him and was a little surprised at how big he was,” said Scheel “The trainer had told me that he was coming with a weight problem so I was a little nervous about getting an overweight dog.”

Lokey was put on a regular diet of low-calorie food with regular exercise and he has even been to command physical fitness a few times. Since checking in, he has been able to shed his excess pounds and has developed a taste for green beans and carrots for his favorite treat.

Lokey’s daily schedule fluctuates as he settles in to the command, but he has already begun walking the halls to visit clinics and offices. He’s visited support groups like the NMCP Life After Combat Support Group. He has a number of secondary handlers who have been designated to walk him around and keep up with his schedule.

“Lokey’s separation anxiety from me is getting better and he has kind of started growing a relationship with a few people here already,” said Scheel. “If this keeps up, we are looking to start actively scheduling people or clinics that would like him to

— See **DOG**, next page

Salty Dawgs Make Annual Donation to Fisher House



Members of the Salty Dawgs Motorcycle Club visited the Fisher House for their 8th annual donation to the Fisher House July 18. This year's check was for \$12,765, which the club raised through a Poker Run and charity auction.

The check was presented to Fisher House staff, its guests, Capt. Bradford Smith, NMCP deputy commander, and Mr. Kenneth Pugh, Naval Support Activity Hampton Roads Portsmouth site director. Many of the "dawgs" are service members, veterans and retirees.

Pat Holden, Salty Dawgs Motorcycle Club president, signs a check displaying the amount of money they donated to the Fisher House.



Members of the Salty Dawgs Motorcycle Club present a check to Capt. Bradford Smith, NMCP deputy commander; Jill Thompson, Fisher House manager; and Kenneth Pugh, Naval Support Activity Hampton Roads Portsmouth site director.

Photos by MC1 (SW/EXW/AW) Gary Johnson



DOG — *Continued from previous page stop by after the Aug. 1 timeframe.*

Lokey will have almost two years to help staff and patients of NMCP before he transfers due to his program's restrictions.

"Since Lokey is technically attached to me and not NMCP, he will rotate with me at my rotation date," said Scheel. "We will have just about two years here, and I am sure that Lokey will be a great influence on the people at this command."

Lokey takes a quick rest between activities as he gets used to his new schedule at the medical center.

Oakleaf Club Makes Annual Donation

The Oakleaf Club donated nearly \$6,000 worth of items to Naval Medical Center Portsmouth on July 11, distributing the items to representatives from 21 departments, clinics and branch health clinics.

Every year, the club uses funds raised at bake sales during the past year and at the annual spring auction to buy items that cannot be purchased with government funds, but are needed to improve the morale of patients and staff.

They include toys for the Pediatrics Ward, Immunization Clinic and BHC Boone pediatrics waiting room, and comfort items like blankets and snacks for cancer patients in the Hematology Clinic.

Some items are for patient education, like medication CDs to teach patients in the Pain Management Clinic techniques to manage pain at home.

Staff from nearly two dozen clinics, departments and branch health clinics pick up donated items on July 11.



Karen Oudekerk, Oakleaf Club member, and Lt. j.g. Eric Lewis, executive aide to NMCP's deputy commander, watch staff as they pick up their items.



July 4th Cookout

Thank you to the galley and the culinary specialists who treated Naval Medical Center Portsmouth staff and patients to a July 4th cookout a day early – on July 3 – during lunch for all to enjoy.

They served up typical barbeque fare, including including hamburgers with all the toppings, grilled chicken, corn on the cob, baked beans, macaroni and cheese, potato salad, pasta salas and watermelon. For dessert: cookies, pies, ice cream sundae and birthday cake.

Lt. Lamont Simmons, left, and Lt. John Curran add toppings to their burgers during the lunchtime cookout on July 3.



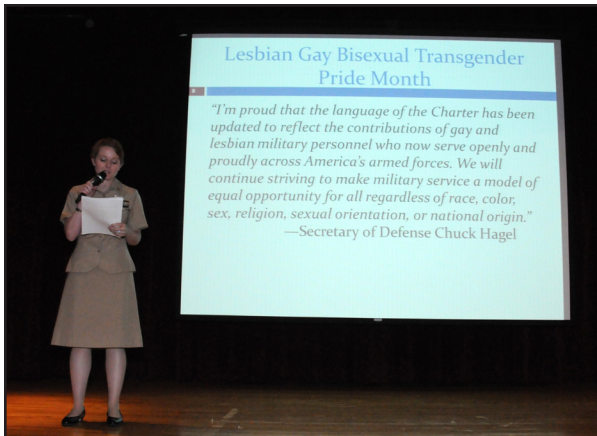
Photo by Rebecca A. Perron

Pride Celebration Reflects on Progress

STORY AND PHOTOS BY
MCC (SW/AW) LESLIE TOMAINO
NMCP Public Affairs

Naval Medical Center Portsmouth's Diversity Committee and the Portsmouth Chapter of Gay, Lesbian and Supporting Service Members hosted a Lesbian, Gay, Bisexual and Transgender Pride Month celebration June 30 in NMCP's auditorium, featuring as guest speaker an Air Force veteran who is active in advancing equal opportunities for all service members and their families.

Tony Smith spoke of his experiences while serving in the Air Force as an intelligence analyst, as well as being a member and former chapter president of the National Capital Chapter of American Veterans for Equal Rights and the veterans outreach coordinator for Military Partners and Families Coalition.



As mistress of ceremonies, HMC Charlena Beebe begins the Pride Month celebration by reading remarks from Secretary of Defense Chuck Hagel.

"The world that we live in and the dangers that we face are diverse, so we need a diverse force," Smith said. "The mission should be to serve our country the best we can and we no longer are cutting our number one resource – our people – because they are part of the LGBT community."

Smith said that he left the service while Don't Ask, Don't Tell was still the policy, because he felt conflicted about the honesty and integrity the mil-

itary teaches and demands, while having to hide that he was gay and being worried about the consequences to his career if someone founding out.

"You had to have two lives, contrary to what the military taught us about honesty and integrity," he said. "And like so many other service members, I felt this inner turmoil from having to be deceptive."

Smith said service members should be able focus on how they fit into their organization and their potential, rather than what could be holding them back.

"People need to be able to see themselves in an organization and see that there's opportunity for them there," Smith continued. "They need to see that leadership position and a community that supports them, and to know that within that organization, they too can grow and become strong leaders as well."

After Smith spoke, a video was shown about the progress made during the 45 years since the riots at the Stonewall Inn in New York City in 1969, which is often referred to as the birthplace of the modern Gay Rights movement. At the conclusion of the celebration, there was a cake cutting and a reception.

GLASS Portsmouth Chapter president, Hospital Corpsman 2nd Class Daniel Ianniello, helped coordinate the event.



Guest speaker Tony Smith talks about his personal experiences with policy and the Gay and Lesbian movement.

"These celebrations are critical in supporting diversity and creating a culture of inclusion for LGBT service members," Ianniello said. "Even today, in 2014, those who identify as LGBT still face adversity, whether intentional or not. The government and the military have made outstanding strides in advancing equal rights for LGBT personnel, however, there is work to be done for equality for all. This is the modern day Civil Rights Movement, and it is one that will only be accomplished with a culture shift. We must act as a unifying force for change. The changing face of America demands a changing face in the military."



Cmdr. Maria Norbeck, Diversity Committee co-chair; Capt. Bradford Smith, NMCP deputy commander; and Tony Smith, Pride Month celebration guest speaker; cut the cake during the celebration on June 30.



Photos by MC1 (SW/EXW/AW) Gary Johnson

Civilian in the Spotlight

Kari Jackson

Hometown: Waterloo, Iowa

Years of service: 7 years as a civilian (7 years at NMCP, 24 years active service, retiring as an HMC)

Job: Management Analyst

What do you like most about your job? Interaction with staff

What do you do in your off-duty time/hobbies? Play with my grandson

Favorite food: Lasagna

“Kari Jackson is a valued member of the Command Suite Executive staff,” said LTJG Eric Lewis, aide to the deputy commander. “She is currently the executive administrator for the Command Executive Board. This includes scheduling executive briefs, generating minutes and coordinating actionable taskers for 16 directors. Ms. Jackson reviews and tracks every award, 780 annually, for a command of more than 7,000 personnel. As the Primary Enterprise Knowledge Management (eKM) manager, she is responsible for accepting receipt of 380 annual taskers sent to the command from BUMED and tracking its distribution and execution. She has contributed to the review of more than 10,000 forms and documents routed to the Command Suite in

the past year. In short, the Command Suite would not be able to function without the dedication, hard work, and experience of Ms. Jackson. She is most deserving of this recognition.”

Sailor in the Spotlight

HM3 Logan Eastburn

Hometown: East Bethel, Minn.

Years of naval service: 2.5 years (1.5 years at NMCP)

Job: Patient Guest Relations customer service representative

What do you like most about your job? Problem solving and being diplomatic.

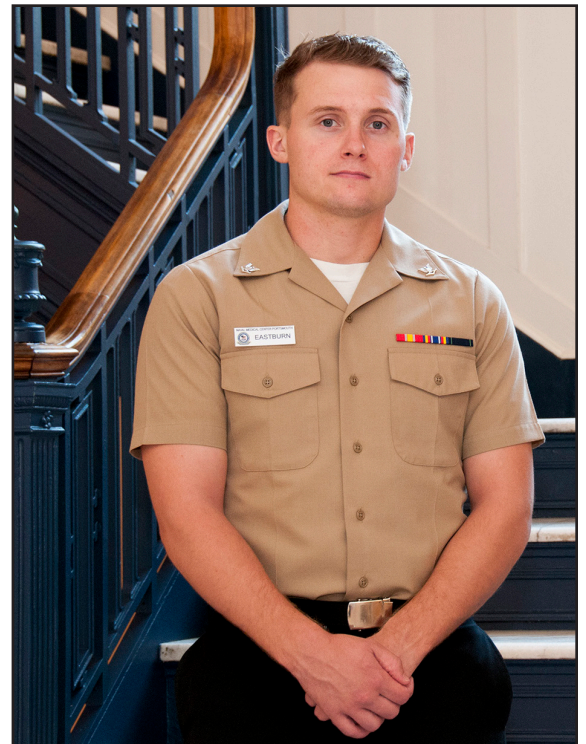
What do you do in your off-duty time/hobbies? Spend time with wife when she is in town.

Favorite movie: End of Watch

Favorite food: Pizza

Anything else interesting about yourself that you would like to tell us? Currently attending the Police Academy and pursuing a degree in Criminal Justice.

Why was he nominated as Sailor in the Spotlight? “HM3 Eastburn is the epitome of the Navy’s Core Values,” said Senior Chief Yeoman (SW/AW) Tanesha Y. Wheeler, Command Suite senior enlisted leader. “His maturity is commendable. Not only does HN Eastburn provide unparalleled expertise in exceptional customer service, he personalizes his interactions with customers by networking and fostering creative and constructive solutions. He is often sought out by all levels of the chain of command to resolve technical and personnel issues. He is most deserving of the recognition as NMCP Sailor in the Spotlight.”



AWARDS

LEGION OF MERIT

Capt. James Hancock

MERITORIOUS SERVICE MEDAL

Capt. Zachary Berry
 Capt. Gregory Waskewicz
 Cmdr. Frank DosSantos
 Cmdr. Andrew Gentry
 Cmdr. Danielle Wooten
 Lt. Cmdr. Elizabeth Raphael
 AOSC (AW/SW) Andrea McCormick

NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. Jeffrey McGuire
 Cmdr. John Bennett
 Cmdr. Daniel D'Aurora
 Cmdr. Walter Steigleman
 Cmdr. Nicki Tarant
 Lt. Cmdr. Jeffrey Domark
 Maj. Jessie Glasser
 Lt. Cmdr. Brian Krause
 Lt. Cmdr. Eileen Scott
 Lt. Cmdr. Frank Tratchel
 Lt. Jillian M. Dorsam
 Lt. Kamisha Francis
 Lt. Sandeep Kumar
 Lt Shawn Morris
 Lt. Jennifer Morrison
 Lt. Jennifer Nestor
 Lt. Jonathan Rebutillo
 HMC (SCW) Kendra Green
 HMC (FMF) Kevin Husband

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Michelle Lawrence
 Lt. Cmdr. Christopher Phillips

Lt. Cmdr. Kevin Pinkos
 Lt. Cmdr. Christopher Oswald
 Lt. Andrew Buchholz
 Lt. Daniel Dustin
 Lt. Philip Gaudreau
 Lt. Jada Leahy
 Lt. Michael Prokop
 Lt. Jillian M. Scuch
 Lt. Matthew Stepanovich
 Lt. Kimberly Stevens
 Lt. j.g. Kayla Hennen
 Lt. j.g. Amanda Kennovin
 Lt. j.g. Vincent Vasquez
 CSC (SW) Douglas Grimley
 ATC (AW) Randy Bennett
 HM1 (FMF) Latorya Gulley
 LS1 (EXW) Dennis Moruri
 HM1 (SW) Maria Otero
 HM1 Kenneth Taylor
 HM2 (SW) Kathryn Lauinger
 HM2 (EXW) Kendra Lichtle
 HM2 (FMF) Jeremy McCullum
 HM2 James Roe
 FC2 Brock Schwend
 HM2 Aisha Thomas
 HM3 John Hodges
 HM3 Erwin Manuel
 HN Jose Torres
 HN Brandon Wydra

NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Bettis Bailey
 Lisa Roberts

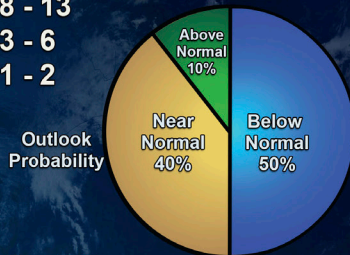
MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

HMCS Torrie Rogers



2014 Atlantic Hurricane Outlook

Named Storms: 8 - 13
 Hurricanes: 3 - 6
 Major Hurricanes: 1 - 2



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Hurricane Season
 Begins June 1

- Get a Kit
- Make a Plan
- Be Informed
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SHIPMATE OF THE MONTH



Photo by MC1 (SW/EXW/AW) Gary Johnson

HN ANGELA CHANEY, DMH
HM3 MITCHELL CHANEY, DPC
HN JABIEL CRUZ, DPHS
HN LUIS ECHEVARRIA, DNS
RP3 JUSTIN FOX, DQM

ET3 KATHRYN JONES, DFA
HM3 HAJA KABBA, DPE
HN DAVID MRAK, DSS
HN KEVIN SELLERS, DMS
HN SHELBY SPARKS, DCSS

Health Promotions Promotes Fruit, Vegetables

It's fruit and veggie season, and the Naval Medical Center Portsmouth Health Promotions Department set up a table focusing on a healthful diet outside the food court July 8 to remind staff and patients to eat healthy. There were informational flyers, displays showing proper portion sizes and conversations about how to get the most out of fruits and vegetables as well as how much someone should eat daily.

"We are trying to help inform people about eating fruits and vegetables and show them just how much their body should actually have," said Hospital Corpsman 3rd Class Mary Sigler, from Health Promotions. "A lot of people don't really grasp the idea of just how much they should be consuming and what the servings actually look like, so this is a very important topic."



Information about fruits and vegetables is displayed in Bldg. 3 near the food court.



HM3 Mary Sigler, right, discusses proper serving sizes with HMC Lisa Ceron.

Photos by MC1 (SW/EXW/AW) Gary Johnson