



The Journal

Vol. 26

No. 33

www.cnic.navy.mil/bethesda/

August 21, 2014

Ribbon Cutting Ceremony Marks Opening of Sanctuary Hall

By Julie Smith
NSAB Public Affairs
staff writer

Senior naval officials from the National Capital Region and Naval Support Activity Bethesda (NSAB) gathered to formally open the base's newest wounded warrior transitional lodging, Sanctuary Hall, with a ribbon cutting ceremony Aug. 18.

The \$66 million project was delivered on time and under budget, said Capt. Tony Edmonds, commanding officer of Naval Facilities Engineering Command (NAVFAC) Washington.

"It was absolutely a privilege and an honor for us to be involved in planning, designing and building this facility for wounded warriors and their families," Edmonds added. "This is the nation's newest facility to accommodate such a precious resource – our wounded warriors."

The 137,000 square-foot residential building includes 125 studio suites and 37 two-bedroom suites. Each suite is compliant with Americans with Disabilities Act (ADA) standards and includes a microwave, small refrigerator and desktop computer hardwired with internet access. The building also has wireless internet capability. There are common kitchenettes and laundry facilities on each floor, and the rooftop boasts an outdoor television lounge, pool and foosball tables and a putting green.

"This building is loaded with features to accommodate and support our wounded warriors and their families and everyone else who may reside here in any capacity," Edmonds said.

The facility is eligible and will be accredited with a Lead-



Photos by Julie Smith

From left, WRNMMC Director Brig. Gen. (Dr.) Jeffrey Clark, Lance Cpl. Brett Seamans, Sgt. Jacob Owens, NSAB Commanding Officer Capt. David Bitonti, Naval District Washington Commandant Rear Adm. Markham Rich, NAVFAC Commander Capt. Tony Edmonds and Tetra Tech representative James Pagenkopf help cut the ribbon to open NSAB's Sanctuary Hall Aug. 18.

ership in Energy and Environmental Design (LEED) silver rating for its sustainability and conservation qualities, he continued.

The addition of Sanctuary Hall augments centralized wounded warrior supportive care at NSAB because of its proximity to the USO Warrior and Family Center, the fitness center and administrative offices (Building 17) and its sister facility, Tranquility Hall (Building 62).

"The mission of Naval Support Activity Bethesda is to create an environment that enables patients to heal, staff

to thrive and guests to feel at home," Capt. David Bitonti, NSAB commanding officer, explained during his remarks prior to the ceremony. "This new facility and its capabilities are the epitome of our mission statement. We are proud to open this beautiful facility and promise to provide the highest quality customer service in that experience. We are grateful to everyone who turned this concept into a reality."

Construction of the building was a joint venture between DCK Worldwide and Tetra

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The rooftop of Sanctuary Hall includes an outdoor television lounge, pool and foosball tables and a putting green.

TEAM PAUL MITCHELL KARATE VISITS NSAB

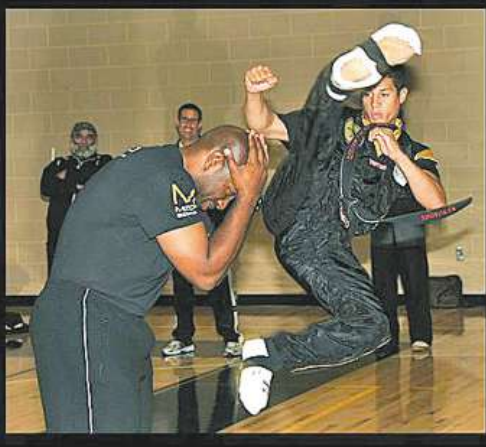


Photo Story by Mass Communications Specialist Brandon Williams-Chruch

Bethesda Notebook

SG, Force Master Chief Call

Navy Surgeon General Vice Adm. Matthew Nathan and Force Master Chief Sherman Boss host a Navy Surgeon General and Force Master Chief Call today at 8:30 a.m. for E-6 and below, and at 10 a.m. for E-7 and above. Both meetings will be in Building 10's Clark Auditorium. All personnel are welcome to attend either meeting. For more information contact HM1 William Davis at 301-295-2429.

JOC Summer Picnic

The Junior Officer Council is sponsoring a summer picnic open to all staff and their families this Saturday from noon to 4 p.m. at the MWR Sports Complex on Naval Support Activity Bethesda (NSAB).

Parking will be available in the multi-purpose garage, Building 32. Participants are encouraged to bring a children's book to donate to a book drive in conjunction with the event.

Physical Readiness Training

Time is approaching for the Navy Physical Fitness Assessment (PFA) at Walter Reed Bethesda. Medical waivers for Navy personnel are due to Internal Medicine by Sept. 19. Command weigh-ins/body composition assessments for Sailors will be conducted between Oct. 6 and Oct. 17 from 7:30 a.m. to 3 p.m. in Building 9, first floor mezzanine. PFA testing will be scheduled by directorate and conducted from Oct. 20

to Nov. 14. All Sailors must complete their weigh-in prior to scheduling their test. The semi-annual Army Physical Fitness Test (APFT) will be Oct. 6 through Oct. 31. For more information, call the Walter Reed Bethesda Physical Readiness Training office at 301-295-5502.

Staff Talent Show

Resiliency and Psychological Health Service will present a staff talent show Wednesday, Aug. 27, at 11:30 a.m. in the America Building lobby. Staff members interested in participating in the show can contact Vivian Murga at 301-295-6516 or Donna O'Neill at 301-380-0584. Lunch will be provided at the event.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the Walter Reed National Military Medical Center, Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage



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News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

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A Daughter, a Nurse, a DAISY Hospitalman Earns July's 'Extraordinary' Nursing Award

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

July DAISY Award Winner Navy Hospitalman Davonne Martinez-Gandarilla discovered her calling during the birth of her daughter Ashley, born in 2006 with pulmonary hypertension.

"When she was born, they found that her left ventricle was not closing. She turned blue when she drank her bottle," the Sailor explained. "That triggered my maternal instincts — that I wanted to do everything I could to make sure she was healthy and cared for."

The Sailor spent nearly four months in the hospital caring for her daughter alongside nurses she called "Amazing. Just working with them, and my daughter's pulmonary hypertension, they intrigued me," she said.

"And from there, the nurses kind of let me know that I would be good for nursing," she smiled. "Here I am today, thanks to my daughter."

Aug. 14, Army Col. Ray C. Antoine, director of nursing at Walter Reed National Military Medical Center (WRNMMC) recognized the corpsman, who works side-by-side with Emergency Department (ED) nurses, with the DAISY Award.

Martinez-Gandarilla was selected from 66 Walter Reed Bethesda nominations for the award which recognizes nursing staff members for their compassion and outstanding clinical care.

"We do this every month," Antoine explained. "DAISY is actually an acronym for Diseases Attacking the Immune System," he told those gathered to recognize Martinez-Gandarilla in her work area.

"It's a foundation that was started in 1999 by the Barnes family," Antoine added about the DAISY award. "Patrick Barnes was a young man, 33 years old, who woke up one morning...went to the hospital and they diagnosed him with (Idiopathic Thrombocytopenic Purpura). From that point, he would only survive for about eight weeks. Now this young man and his wife had just become parents. They had a baby girl named Riley, about six weeks prior, and he had survived Hodgkin's Lymphoma twice before that."

Antoine explained that while Patrick was hospitalized for those six weeks in a facility in Seattle, the Barnes family noticed the way they were cared for by the nursing staff.

"They expected to get excellent clinical care...what they didn't expect was the way the staff treated them — the way they provided them with compassion; the way they talked to (Patrick), even when he was intubated (and) sedated — how they took time to explain to him what



Photo by Sharon Renee Taylor

Hospitalman Davonne Martinez-Gandarilla recently earned the July DAISY Award for Extraordinary Nursing at Walter Reed Bethesda. "Honestly, I feel like it's just something I know I need to do," she said. "It's a great feeling to know that [patients] do notice. This is my everyday thing I do, regardless of who is watching or not. I love it."

they were going to do and how they were there for the family," Antoine said.

He explained that Patrick's parents memorialized their son with the DAISY Foundation and award as a legacy for him to show how much nursing does for patients each and every day. Individuals can be nominated for the award by patients, family members or staff.

The patient who nominated Martinez-Gandarilla was a Walter Reed Bethesda nurse who found herself in the ED after sustaining an injury at work one evening. The hospitalman performed the necessary procedures, but after receiving discharge papers, the nurse experienced an acute asthma attack.

"Again, I felt safe and in excellent care," the nominator wrote. "They all made me feel like they really cared about me. I cannot say enough good things about my experience that afternoon in the ER. All that they did may seem small to someone else, but it was huge to me," the nurse wrote.

As the DAISY award recipient, Martinez-Gandarilla received a hand-made healing statue "to show the bond of the relationship nurses have with their patients — representing the sacred trust that nurses (share) with patients and their families," Antoine explained. The hospitalman and fellow nominees received a DAISY pin, and the ED cel-

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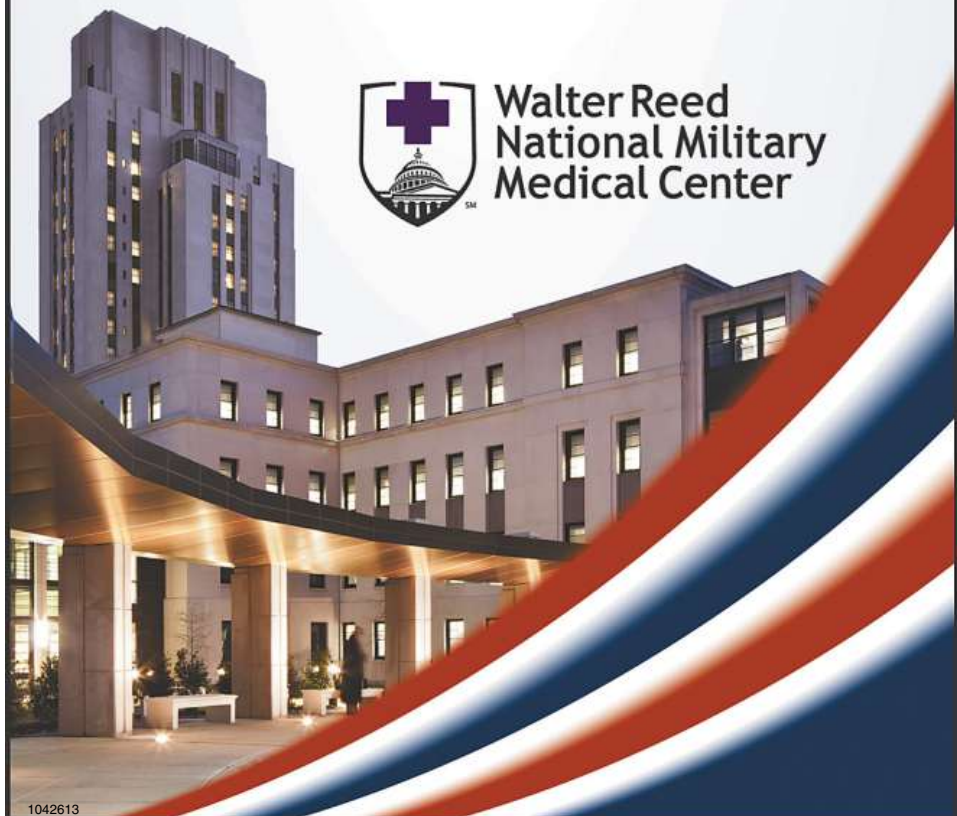
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See DAISY page 8

NSA Bethesda NEX Stages CPO Selectee Fashion Show

By Julie Smith
NSAB Public Affairs
staff writer

The Navy Exchange (NEX) at Naval Support Activity Bethesda (NSAB) rolled out the red carpet Aug. 11 for a chief petty officer (CPO) selectee fashion show featuring Navy uniforms and examples of appropriate business casual outfits.

The event marked the first time a public fashion show was held for the CPO selectees. In the past, the selectees gathered for an evening reception at Walter Reed National Military Medical Center's (WRNMMC) Uniform Center, where they would purchase their new uniforms. That still happens, but the addition of the daytime fashion show just makes the process a bit more fun, said NEX Store Manager Robin Dale.

"It's something different, definitely," Dale added. "It helps (the CPOs) know how to wear the uniform correctly, and shows them what kind of attire they should wear when they're not in uniform."

NSAB and National Capital Region senior enlisted Navy personnel modeled civilian clothes before showing the male and female versions of all Navy CPO uniforms, including service khakis, summer whites, ceremonial full



Chief Hospital Corpsman Gerry Delacruz models civilian fall fashions during the CPO Fashion Show Aug. 11.

Photos by Julie Smith

dress blues and full dress whites and dinner dress uniforms. Commentary provided highly technical details about each uniform's features and characteristics. NSAB CPO selectees were in attendance, along with their family members and other distinguished guests.

"I think the most important aspect of the uniform show is to let the junior selectees wear their uniform in pride and understand every article of the uniform and how it's supposed to be worn so when they step out in it, they're proud and everyone is proud of them," said Senior Chief Petty Officer Jay-

mie Brinkmeier, course director for the Navy Medicine Professional Development Center's Executive Medical Department enlisted course and organizer of the fashion show.

To be promoted to CPO, candidates must obtain a commander's recommendation and pass a peer review



Chief Hospital Corpsman Sylvia McBee displays the proper way to wear Navy ceremonial full dress blues to the CPO Fashion Show audience.

and specialty exams. They are also required to have a certain amount of time in service and high evaluation scores.

"This is a significant milestone in the career progression of an enlisted sailor," said NSAB Commanding Officer Capt. David Bitonti. "That step or jump from Petty Officer 1st Class to Chief Petty Officer is a very marked change based upon the level of responsibility and authority that they have."

The fashion show also served as a reminder for current senior enlisted Navy personnel about the correct way to wear the uniforms, Brinkmeier explained.

Bitonti stated the CPO selectees will be officially promoted during a ceremony at NSAB Sept. 16.

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NSAB Recognizes Sailors and Civilians for Outstanding Performance

**By Mass Communication Specialist (SW/AW/IDW) Ashanté Hammons
NSAB Public Affairs staff writer**

Service members and civilians assigned to Naval Support Activity Bethesda (NSAB) came together to celebrate achievements and support one another through career transitions during an award ceremony at the USO Warrior and Family Center Aug. 13.

“This is really a great opportunity,” Capt. David A. Bitonti, NSAB’s commanding officer, remarked during the ceremony. “I thank you all for being here, not only the awardees for their performance that they did in order to receive an award, but (also) those of you in their chain of command or friends and everyone else for being here to support them. This is really important.”

Fire Protection Specialist Daniel Hunt was recognized as NSAB civilian of the quarter for the second quarter of 2014. Hunt, who did not expect to be selected for this award, was completely surprised. He

accepted his award and captured the moment in a photo with his wife.

“I am very happy to receive this award,” Hunt said. “I believe that you should always have the mindset of helping others. Customer service is (the) key (to success).”

Courtney Silvestre, Morale, Welfare and Recreation (MWR) director, was also surprised to receive civilian supervisor of the quarter. Silvestre gave credit to her MWR team for helping her be recognized.

“This is an MWR award. Everyone has helped make this possible. Even though my name is on it, this award is for all of us,” Silvestre said.

Petty Officer 1st Class George Sangriu and Petty Officer 2nd Class Steven Lane exemplified teamwork while training 3,100 officers at Uniformed Services University of the Health Services (USU) for three weeks in February.

“I’m glad the hard work and dedication was recognized by the command,” said Lane.

Bitonti shook hands and posed for photos with all hon-



Photo by Mass Communications Specialist 2nd Class Ashante Hammons

NSAB awardees take a picture with Capt. David A. Bitonti (left), NSAB’s commanding officer, after the command’s award ceremony Aug. 13.

orees as they received their award. The following Sailors were recognized as NSAB’s Sailors of the Quarter (SOQ) for Fiscal Year 2014: Petty Officer 1st Class Troy Felton was awarded Senior SOQ; Petty Officer 2nd Class Brandon Williams-Church was awarded SOQ; Petty Officer 3rd Class Cesar Rebolledo-Valencia was awarded Junior SOQ; and Sea-

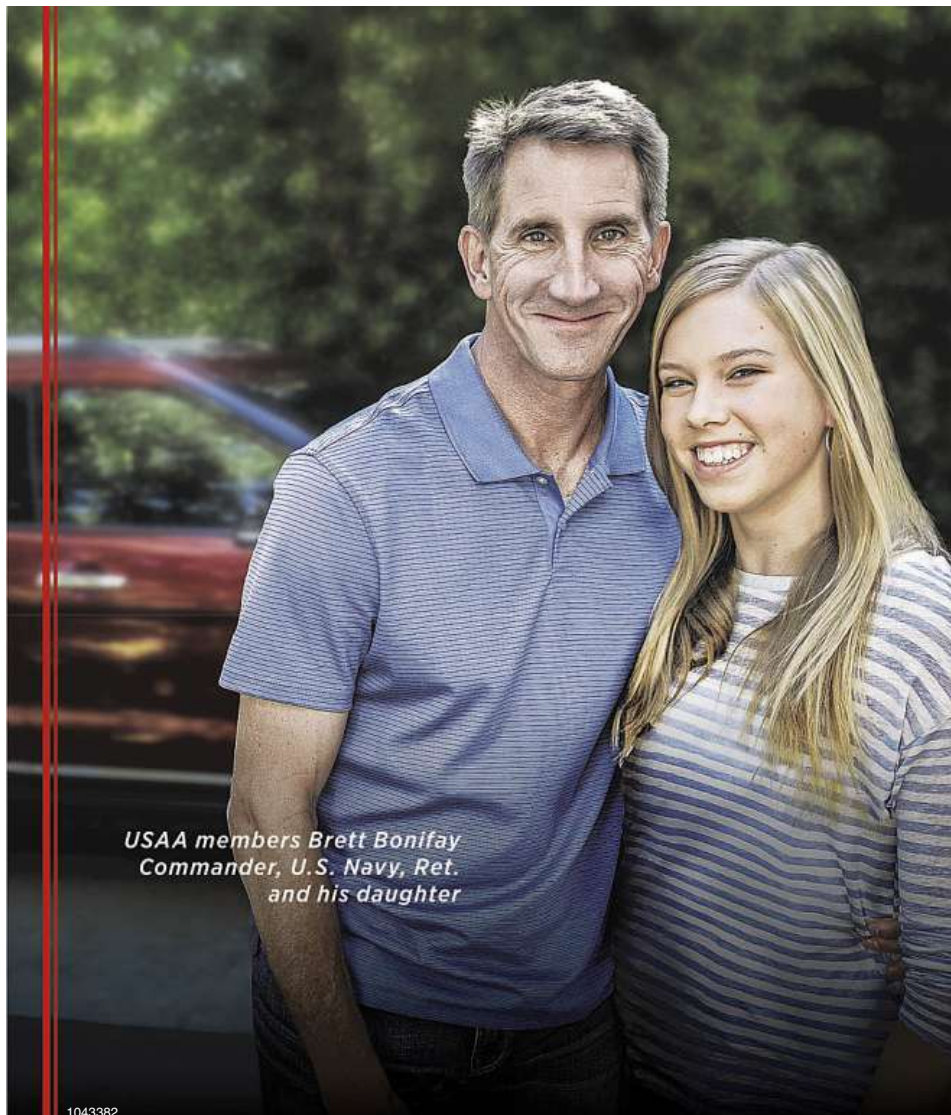
man Jasmin Castro-Roach was awarded Blue Jacket of the Quarter.

“I am honored to be selected as BJOQ,” said Roach. “Honestly, this achievement motivates me to learn more about my rate, to develop more leadership skills and to mature in my career in the Navy.”

After giving out the last award, Bitonti concluded the

ceremony by thanking everyone for coming together and encouraged everyone to take the time to “re-energize before the new school year starts in a few weeks.”

“We’re going to take care of ourselves as a family and we’re going to go on and be even more successful at our mission,” said Bitonti.



USAA members Brett Bonifay, Commander, U.S. Navy, Ret. and his daughter

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Parents Prepare for the New School

By Mass Communication Specialist 2nd Class (SW/AW/IDW/) Ashanté Hammons

That time of year has come once again where early mornings and late nights of homework will be a normal routine. In the coming weeks, summer will be officially over and children will be lining up at bus stops for their first day in a new classroom. A variety of emotions are felt by both students and parents.

Fortunately, Naval Support Activity Bethesda's (NSAB) Fleet and Family Support Center (FFSC) offers educational tools to help families prepare for a new school year. FFSC held a Back-2-School Fair Aug. 12 in NSAB's Building 17 to give parents a chance to check out the different programs and gather school supplies for their children's school year.

Horace Franklin, NSAB school liaison officer, described the fair as "Christmas for parents," who were able to tour a variety of stations at the fair featuring resources offered on and off base. These included Morale, Welfare and Recreation, Tricare, American Red Cross, the Exceptional Family Member Program, Vaccine Healthcare Center Network, Defense and Veterans Brain Injury Center, Operation Brave Family and Resiliency and Psychological Health Services.

According to Franklin, parents not only received valuable information about different resources provided at NSAB, but they were provided basic school supplies and backpacks for their children by the USO, Operation HomeFront, Operation Second Chance and Navy Federal Credit Union.

"The fair hosted different providers from NSAB as well as some non-profits in the area, such as Operation Second Chance, Operation C.H.A.M.P.S., and Operation HomeFront," said Franklin. "I wanted to make sure that parents had the opportunity to visit the different tables to learn about the services from FFSC, Navy Federal, USO and Resiliency and Psychological Health Services at NSAB and what they have to offer them, whether they are staff, dependents or active duty."

Operation Second Chance offers a variety of services for wounded warriors and their family members. According to Stephanie Albrecht, who handed out school supplies at the Operation Second Chance table, the organization provides wounded warriors and family members financial support and assistance, planned retreats and counseling.

"We also host day trips and nights out for the wounded warrior," said Albrecht. "We visit recovering wounded warriors in the hospital and bring them games, movies and favorite foods from local restaurants to pass the time."

Another resource at the Back-2-School Fair included Operation Child Heroes Attached to Military Personnel (Operation C.H.A.M.P.S.). This organization offers parents an opportunity to relax for an evening while their children are taken care of by well-trained babysitters who want to give back to military families. Operation C.H.A.M.P.S. is free babysitting for military families in the D.C. metropolitan area, including wounded warriors and service members deployed from or returning home to the DC Metropolitan area.

"The babysitters, also called 'champsitters,' are college students and high school juniors and seniors. They go through seven hours of training to become CPR and first aid certified," said Jenner Fink, founder and CEO of Operation C.H.A.M.P.S. "They are also trained in military 101, military cultural competence and babysitting best practices."

As the fair continued through the afternoon, many parents were very appreciative of the valuable resources on and off base, and grateful to have the opportunity to get basic school supplies for their children.



NSAB Exceptional Family Member Program (EFMP) Liaison Bonnie Hayes-Johnson (left) talks with a parent at the Fleet and Family Support Center (FFSC) table during the Back-2-School Fair Aug. 12.

"The fair was awesome," said Petty Officer 2nd Class Steven Lane. "I have two kids in school; one in elementary and the other is in middle school. So, it helps me by providing the basic school supplies that they will need for the school year."

Petty Officer 2nd Class Marquita Watson agreed. "My kids have a long list of school supplies for this coming year," said Watson. "I'm glad the fair provided the basic supplies. Also, I was able to see the workshops that FFSC will provide for next month and other resources like Operation C.H.A.M.P.S."

Back To School Tips for a Successful Year

The fair proved to be a success as people steadily came by to see the different resources. Since school will start Aug. 25 in Montgomery County, parents and children will be prepared to start the school year off right. To ensure good habits start early, Franklin offered back to school tips for parents. He said, parents should establish a routine a few weeks before school begins.

"Start getting kids on a schedule. During the school year, kids may have a 9 o'clock bedtime but they were

able to stay up until midnight over the summer," Franklin said. He suggested parents start backing up their bedtime an hour a week. "Say, 'Okay, I want you to start going to bed at 11 o'clock this week. Next week, your bedtime will be 10 o'clock.' Then, when school starts, they'll have that time schedule back in their system (of having a bedtime at 9 o'clock)," he added.

Before the first day of school, it would be a good idea to contact the school to make sure you know the start times. "If your child is new to a school, for example, he or she is transitioning from fifth to sixth grade or eighth to ninth grade, you should make sure that they've been to the school and walked around," suggested Franklin.

"Sometimes, schools are open and you can go talk to the secretary about touring the school. You may get to see the classrooms. It may not be finished but at least you'll have an idea of what it looks like and where it is located."

The first day of school for kindergarten students will be a challenge for the child as well as the parents, Franklin continued. "For my kindergarten parents, I tell them to prepare themselves. When you leave (your child) that first day, (preparing yourself will ensure)

ool Year at the Back-2-School Fair



Petty Officer 2nd Class Steven Lane signs up at the Operation Homefront table as Laura Roler stamps his "passport" at the FFSC Back-2-School Fair.

Photos by Mass Communication Specialist 2nd Class Ashante Hammons
s with a staff member at the Fleet and Family



Jennifer Fink, founder and CEO of Operation C.H.A.M.P.S. explains the organization's purpose to Soldiers at the FFSC Back-2-School Fair.

you're not adding to the child's stress by tearing up or being visibly upset," Franklin explained. "Be a cheerleader for that first day of school and talk to them about what's going to happen."

Franklin encouraged parents to have a set routine for children when they come home from school. Instead of playing games or getting on social media right away, the first thing they should do is their homework.

"As the parent, you can start checking their homework and folders to make sure everything has been completed," said Franklin.

Whether your child is starting kindergarten or high school, being involved in your child's education is very important, according to Franklin. "One of the first things you can do is attend the back to school nights. Most schools have their annual back to school night within the first two weeks of school," he explained. "Go meet your child's teacher. Let the teacher know that you're going to be a supporter with the education of your child. Give the teacher an avenue for them to get in contact with you."

According to Franklin, Montgomery County Public Schools have an online grade-tracking system.

"When children get to high school, the parents

tend to pull back," Franklin continued. "I like to remind parents that this is the one time you want to stay involved because you're looking at graduation requirements. You don't want (your child) to get to their senior year and realize credits are missing in order to graduate.
A reminder to all parents and all commuters in the

area is the change in traffic patterns starting next week, Franklin emphasized. He advised that everyone allow extra time because the buses will be back on the streets.

For more information about Montgomery County Public Schools, visit <http://www.montgomeryschoolsmd.org/schools/bchs/academics/edline.aspx> or contact Franklin at 301-295-7849

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SANCTUARY

Continued from pg. 1

Tech, two private sector construction firms which subcontracted 70 percent of the project to local service-disabled, veteran-owned small businesses, Edmonds said.

Bitonti added that residents have already moved into the facility from Building 50, which will return to permanent party housing for E-4 and below personnel.

One of those residents, Army Sgt. Jacob Owens, has lived on NSAB for almost three years after coming to Walter Reed National Military Medical Center (WRNMMC) for treatment of combat

injuries he received in 2011 from an improvised explosive device. The 31-year-old Chicago, Ill., native was impressed with the new building's features, but was most excited about the queen-sized beds in Sanctuary Hall, as opposed to the twin mattress he was used to sleeping on in Building 50.

"That's the best thing," Owens said with a smile.

Creating a warm, home-like environment was the goal for Navy Lt. Michelle Caponigro, Sanctuary Hall's lead construction manager.

"I think it's a beautiful facility that will really serve our wounded warriors and their families," she continued. "It's meant to be comforting and not so institutional. We want everyone to feel welcome here."

DAISY

Continued from pg. 3

celebrated with cinnamon buns, a tradition for the award winner and their colleagues. A special banner will hang in the ED for the next month.

"This is her first of many awards," an ED colleague said.

"Congratulations, well-deserved!" yelled another.

Joan Loepker-Duncan, a WRNMMC nurse who serves as DAISY committee co-chair, reminded Martinez-Gandarilla that a nurse complimented her on the

care she gave. "It's twice as special," Loepker-Duncan added.

"Honestly, I feel like it's just something I know I need to do," Martinez-Gandarilla said. "It's a great feeling to know that (patients) do notice. This is my everyday thing I do, regardless of who is watching or not. I love it," the hospitalman explained.

December will mark two years in the Navy for the corpsman, who said she hopes to earn her bachelor's degree in nursing. Her daughter Ashley, now 8, is without respiratory or cardiac problems. The small hole in her heart closed up. "She plays soccer, she runs," Martinez-Gandarilla said.



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Soldiers Complete Practical Nurse Course, Continue Serving

By MC2 (AW) Chris Krucke
WRNMMC Public Affairs
staff writer

Twenty-nine new Army nurses crossed the Memorial Auditorium stage at Walter Reed Bethesda (WRB), receiving their certificates of achievement during the 68 Charlie Practical Nurse Course (PNC) graduation July 31.

The student Soldiers completed a two-phase, 54-week training program that began at Brooke Army Medical Center, Fort Sam Houston, Texas. The classroom curriculum included anatomy and physiology, pathophysiology and microbiology. The graduates spent

1,400 clinical hours in specialty areas such as the medical-surgical unit, medical and surgical intensive care units, and the pediatric intensive care unit.

Graduates of the PNC at WRB used their knowledge of practical nurse competencies to successfully pass the National Council Licensure Examination-Practical Nurse (NCLEX-PN), according to Sgt. 1st Class Steven Brown, a course instructor for Phase II.

Students completing the course now possess the skills to provide first line trauma care on the battle field, perform as members on forward surgical teams and function in a standard support roll in combat hospitals and fixed

medical facilities, Brown added.

"It's amazing. It's actually fantastic to be able to learn the things that I learned throughout this course," new graduate Army Sgt. Lisa Coplen said.

Coplen added what stood out in her mind about the course was what they learned in the classrooms and that she looks forward to "putting into action the things we were taught how to do on the floor."

She stated the course was a "great adventure and great transition" from medic to nurse, and she enjoyed learning the skills needed "to help those people heal. That's why our motto is 'Skills to Heal.'"

The year-long course "builds cama-

raderie with the nurses inside your clinicals, with the instructors and with the other students," Coplen continued.

"Just being a nurse and learning what we did, was just an amazing thing," Coplen emphasized.

Graduates of the course will be transferred to combat support hospitals or military medical centers. Others will return home to their reserve units and some will practice in the civilian sector. Many expressed interest in continuing their education in pursuit of nursing or physician's assistant degrees.

Editor's note: Sharon Renee Taylor contributed to this article.



Area military families are invited to join the DCMilitary Family Life staff in honoring our World War II veterans on **Saturday, September 13.**

There are 2 separate groups arriving into Reagan National Airport on September 13, and there are several ways you can participate throughout the day:

Group 1:

- Welcome 90 veterans at the US Airways, Terminal A at 10:02am to salute and cheer their arrival.
- Salute these veterans as they visit the World War II Memorial on the National Mall from 2:30pm – 3:45pm.
- At the end of the day, you can help bid farewell after their full day of touring as they return to Reagan National Airport at 6:30pm.

Group 2:

- Welcome 25 veterans at the AirTran Airways, Terminal C at 11:05am to salute and cheer their arrival.
- Salute these veterans as they visit the World War II Memorial on the National Mall from 12:30pm – 1:30pm.
- At the end of the day, you can help bid farewell after their full day of touring as they return to Reagan National Airport at 6:30pm.

Look for a special pullout banner in the August 15th issue of DCMilitary Family Life, or visit DCMilitary.com/honorflight to download a special welcome banner to customize and hold as you greet our veterans. Our photographers will be on hand to snap a photo of your family with your personal banner for future publication.

Help DC Military Family Life and Comprint honor our veterans and meet other military families while you are volunteering. It will be the perfect way to spend a Saturday in D.C.

For more information on volunteering for the local Honor Flight program, visit [facebook.com/honorflightdca](https://www.facebook.com/honorflightdca) or honorflightcr.org



Women's Equality Day is Aug. 26

Women In, Out of Uniform Making an Impact

By MC2 (AW) Chris Krucke and Sarah Marshall
WRNMMC Public Affairs
staff writers

Next week, the nation will recognize Women's Equality Day on Tuesday. At Walter Reed National Military Medical Center (WRNMMC), the Bethesda Multicultural Committee will host a musical performance by the Army's Downrange Band on Aug. 28 from 11 a.m. to 1 p.m. in the America Building.

Downrange performs globally, entertaining crowds and fostering support of the armed forces with a variety of patriotic music, as well as rock, pop, country and R&B songs, according to the band's website.

In 1971, Rep. Bella Abzug (D-NY) requested Congress designate Aug. 26 as Women's Equality Day. The date was chosen to commemorate the passage of the 19th Amendment to the Constitution in 1920, which granted women the right to vote. According to the National Women's History Project (NWHHP), this

was a culmination of a civil rights movement by women which had its formal beginnings in 1848. Over the last several decades, changes in society continue to allow women to make a difference, NWHHP officials add.

Today, women are piloting fighter jets, commanding missions in foreign countries and overseeing medical procedures, including those performed at WRNMMC, the Nation's Medical Center.

Among some of the many achievements by women in uniform, Marine Lt. Col. Sarah Deal Burrow was commissioned as a second lieutenant in the Marine Corps in 1992, shortly after earning a Bachelor of Science degree in aerospace flight technology from Kent State University. In 1993, the U.S. military changed its policy to allow women to fly combat aircraft. Subsequently, Burrow, who had earned her pilot's license prior to joining the Marines, was selected for training as an aviator and earned her aviator's wings on April 21, 1995. She was then assigned to Marine

Heavy Helicopter Squadron 466 as a CH-53E pilot, becoming the first female pilot in the U.S. Marines Corps.

In 2007, Air Force Maj. Gen. Margaret Woodward took command of the 89th Airlift Wing, which included responsibility for Air Force One. In 2011, she commanded the entire U.S. air campaign and organized the U.S. airstrike in Libya during Operation Odyssey Dawn, before the operation was transferred to NATO. Woodward was named Director of the Air Force Sexual Assault Prevention and Response Office, Office of the Vice Chief of Staff, in 2013, and remains in that position.

In 2011, Lt. Gen. Patricia Horoho was named the 43rd Surgeon General of the U.S. Army, becoming the first female and first Nurse Corps officer to hold this position as the Army's top uniformed medical health care leader.

On July 1, 2014, not only was Michelle J. Howard the first female to be promoted to Navy admiral, she became the first female Vice Chief of Naval Operations that same day.

On July 31, 2014, in a ceremony at the Smithsonian Institution Museum of Natural History in Washington D.C., the White House recognized the achievement of former Army Capt. Maria Urso, for her research on musculoskeletal injury and repair. Urso received the Presidential Early Career Award for Scientists and Engineers (PECASE), the highest honor granted by the U.S. government to science and engineering professionals.

At Walter Reed Bethesda, women in uniform, such as Army Staff Sgt. Danielle Sharrock, recognize women's equality has greatly evolved over the years.

"We have stepped up for what we believe was a given, not because we are women, but because we are human," said Sharrock, who is the non-commissioned officer in charge (NCOIC) in Walter Reed Bethesda's Allergy/Immunology/Immunizations clinic.

The Soldier said she has enjoyed many achievements throughout her life and her career, including her first internship at age 14 at a Superior Courthouse where she was later offered a full-time position.

"This is little insight into my background to show that women's history and what was once prohibited was instilled in me at a young age," Sharrock said. "It's important to recognize women's equality because it shows the growth pattern of where we were, what we're doing now, and what is to come."

Sharrock added she has been inspired by the women in her family, and has learned no matter what, to keep moving forward, and "give it your all; never settle for anything less than what you deserve."

Air Force Lt. Col. Kerry Latham, a

craniofacial surgeon at Walter Reed Bethesda, expressed she has had the freedom to choose a career without seeing gender as a factor.

"I have felt fortunate that I have not considered my gender, or anyone else's, to have negatively impacted or significantly influenced choices I have made or opportunities I have had," Latham said. "I have my dream job, in my favorite city, at the best MTF (military treatment facility), taking care of the greatest patients. I am a pediatric craniofacial surgeon and that is what I wanted to be."

Latham added she enjoys serving in uniform and taking care of those who serve with her, as well as those who have served, and their families. She appreciates having great mentors and friends helping her along the way, and is grateful for her patients and the trust they have in her, she said.

"I am also grateful for my colleagues and co-workers who work as a team to make great things happen for patients," Latham continued. "My greatest achievement happens every time a patient tells me they are happy with the result of their surgery. I like to make people happier and healthier."

She encourages junior enlisted members to seek out mentorships and not be afraid to ask for help in making their career dreams come true.

Navy Capt. Carolyn R. McGee, assistant director for nursing at Walter Reed Bethesda, said she hopes opportunities continue to grow for women in uniform, such as the submarine community recently opening to women, and more command at sea opportunities becoming available.

"In health care, the number of female physicians has increased in recent decades," McGee added. "The number of female physicians has certainly increased since I started nursing over 20 years ago."

Throughout McGee's career, she said she had many mentors, mostly senior Nurse Corps officers who assisted her at various times. When she joined the Navy Nurse Corps, she recalls having an opportunity to meet the Nurse Corps Director, Rear Adm. Mariann Stratton. She described the admiral as "polished and articulate," and she was very impressed by her.

McGee recommends not only to junior enlisted, but all service members: "Know what you want to achieve, set short- and long-term goals and identify mentors. Take care of the people who work for you, and take care of your health."

As for the future of women's equality, McGee said, "I am eagerly awaiting the election of the first female president of the United States."

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