



# The Journal

Vol. 30

No. 4

[www.dcmilitary.com/journal/](http://www.dcmilitary.com/journal/)

February 1, 2018



**NSAB TIGHTENS BELT,  
TAKES 2ND PLACE IN  
“ENERGY BIGGEST LOSER”**

U.S. NAVY ILLUSTRATION BY MC3 JULIO MARTINEZ MARTINEZ



Joint Commission  
On-Site Survey Nears  
- Page 4



Interfaith Center Hosts  
First Baptism  
- Page 5

# NSAB Takes 2nd Place in “Energy Biggest Loser”

By Andrew Damstedt  
The Journal

Naval Support Activity Bethesda finished second in Naval District Washington’s “Energy Biggest Loser” Competition.

“I see it as a victory us coming in second place,” said Lt. Josh Bly, NSAB’s interim energy manager. “It’s definitely a step in the right direction in reducing our energy consumption and raising awareness on base about energy conservation.”

NSAB received \$40,000 for its second place finish. The funds will be used for lighting upgrades on the installation, he said.

During October, which was National Energy Awareness Month, each NDW installation sought to reduce its electrical consumption from the previous month. NSAB’s energy reduction came in second to NSA Annapolis.

“The Energy Biggest Loser competition promoted cultural and behavior change as well as facilitating energy education and communication throughout the fleet,” said NSAB Executive Director Bill Meekins. “Energy conservation is the responsibility of everyone. With the austere budgets we have been facing in the Department of Defense, if we can achieve a marked reduction in energy consumption, more money will be available for other critical needs to ensure the defense and security of our country.”

Bly pointed out that one of the biggest ways to reduce electrical consumption is to be mindful of temperature controls.

“When you need cooled air, if you don’t set it as such a low level, your electricity demand will not be as high; and vice versa for the heating months, don’t set heating points so high because that will also drive up your electrical consumption,” Bly said.

Another way to save energy is to turn off



U.S. NAVY GRAPHIC

*“It’s definitely a step in the right direction in reducing our energy consumption and raising awareness on base about energy conservation,” said Lt. Josh Bly.*

lights when facilities are not in use.

“That’s the biggest immediate impact we can have is monitoring our light usage, especially on the weekends when those office spaces aren’t being occupied,” he added.

In addition to lighting upgrades, Bly said future energy conservation projects include installing low-flow sink faucets and replacing the chillers at the installation’s utility plant.

## Bethesda Notebook

### CMC’s Calls For All Enlisted

A mandatory Command Master Chief’s Calls for enlisted members of all services at Walter Reed National Military Medical Center are scheduled for 7:15 to 8 a.m. in Memorial Auditorium on the following days: Feb. 2 for E-6’s; Feb. 9 for E-5’s; Feb. 16 for E-4’s; and Feb. 23 for E-3’s. For more information, call Hospital Corpsman 2nd Class Jonathan Spears at 301-295-2429.

### Children’s Dental Health

In observance of National Children’s Dental Health Month during February, Walter Reed National Military Medical Center and the Navy Medicine Professional Development Center will perform oral screenings and cavities assessments on all children ages 1 to 12 years with base access (TRICARE eligibility is not required) on Feb. 2 from 8 a.m. to 2 p.m. in the America Building, fourth floor Pediatrics Clinic. The day’s activities will also include face painting, storytelling and games focused on teaching children good oral habits. For more information, contact Hospitalman Rodeja Rogers at 301-295-1364.

### Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Feb. 15 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited. Military ID is required for base access to WRNMMC and Naval Support Activity Bethesda. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Army Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

### Retirement Seminar

A two-day pre-retirement seminar for Walter Reed National Military Medical Center Department of Defense GS employees planning to retire within the next five years will be Feb. 13-14 and March 20-21 from 8 a.m. to 4 p.m. each day. Location will be sent upon registration, which must be done in advance and space is limited. Topics to be discussed during the seminar include eligibility requirements, survivor benefits, health/life insurance benefits, Social Security/Medicare benefits, income tax, Thrift Savings Plan, and more. Registration can be done at [www.wrnmmc.intranet.capmed.mil](http://www.wrnmmc.intranet.capmed.mil).

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# U.S. Army Element-North Inducts NCOs into Time-Honored Corps

By Bernard S. Little  
WRNMMC Command Communications

Passing through a ceremonial arch and a pair of raised swords crossed at the tips to form the likeness of the chevrons that they now don, 21 Soldiers assumed greater responsibility and induction into the Army's Noncommissioned Officer Corps during a ceremony rich in tradition Jan. 19 at Walter Reed Bethesda.

Army Command Sgt. Maj. Michelle Jones challenged the inductees to "practice CPR [that of the Basic Leader Course]," in their new roles as leaders of junior service members.

"I need you to be 'C,' caring, compassionate and committed. I need you to be 'P,' a professional, and stay 'R,' relevant," said Jones, CSM for U.S. Army Element-North, host for the ceremony.

"You are the face of the NCO Corps, and everything that you learned you need to give it back to someone," Jones added. "Continue to teach, coach and mentor," she said.

Army Command Sgt. Maj. Abdel F. Guzman, CSM for USAE-South, agreed. He served as the ceremony's guest speaker and also issued similar challenges to the new inductees.

"We have to deliver health care, but we also have to take the time to honor and uphold our traditions," Guzman said. He added officers put "great responsibility" in their NCOs, and that "throughout the ages," NCOs, known as "the backbone of the Army," have always met those challenges and missions.

Guzman also stressed to the inductees the importance of their missions at WRB. "You're here for a reason — to take care of our great beneficiaries. This is your home game, and the Army also prepares us to do away games [as an expeditionary force]. We should always do away games, but while you're here [at] this incredible enterprise, what you do is amazing [because] there are so many champions amongst you.

"A winner, [whether] by luck, chance, [or] the grace of God, one day gets it right and wins; champions win consistently. You are champions," Guzman added.

He encouraged the sergeants to continue to honor their profession by establishing good reputations through individual effort, performance and results. In addition, he stressed that trust, communication and humility are important to building strong and committed teams.



PHOTOS BY BERNARD S. LITTLE

**Sgt. Winrose Karunde passes through a ceremonial archway and raised swords as part of her induction into the Noncommissioned Officer Corps during a ceremony Jan. 19 at Walter Reed Bethesda.**



**Sgt. Joo Shin passes through raised swords as part of her induction into the Noncommissioned Officer Corps during a ceremony Jan. 19 at Walter Reed Bethesda.**

"Commit to the team and focus on assignments, and more importantly, focus on your Soldiers," Guzman continued. "Value the individuals [on your team], and they will value the team. It's tough to be tough, and you must be tough, [but] know the difference between being tough and being toxic. Tough builds. Toxic will break your reputation, and reputation matters."

Guzman also praised the WRB



**Walter Reed National Military Medical Center Sgt. Maj. Ana Alvarenga (left) smiles as Sgt. Jamie Williamson is inducted into the Noncommissioned Officer Corps during a ceremony Jan. 19 at Walter Reed Bethesda.**



**U.S. Army Command Sgt. Maj. Michelle L. Jones of the U.S. Army Element-North (left) inducts Soldiers into the Noncommissioned Officer Corps during a ceremony Jan. 19 at Walter Reed Bethesda.**

induction ceremony, designed to enhance the esprit de corps of all NCOs in the USAE-North.

The tradition of commemorating the passing of a Soldier to a NCO can be traced to the Army of Frederick the Great during the 18th century, and since 1775 the U.S. Army has set NCOs apart from other enlisted Soldiers by distinctive insignia of grade.

Soldiers are recommended for promotion to sergeant by a series of leaders starting with their first line supervisors, noncommissioned officer-

in-charge, senior enlisted leader, first sergeant, company commander and Troop Command in USAE-North. Recommendations are based on the Soldier's skills and abilities, demonstrated potential for greater service, and desire and ability to lead as an NCO at a level demanded by the NCO Corps.

Potential inductees into the corps must go before a board of senior NCOs

See **INDUCTION**

Page 6

# WRNMMC's Joint Commission On-Site Survey Nears

By Bernard S. Little  
WRNMMC Command Communications

Surveyors from the Joint Commission, a partner of Walter Reed National Military Medical Center in ensuring safe, high-quality health care is provided at the medical center, will evaluate WRNMMC's care, services and administrative procedures during a multi-day on-site visit.

"We anticipate survey by the JC no later than the last week of February. We typically receive a 10-day notice prior to our survey," explained Gene Monroe, chief of Joint Commission Readiness in the Quality Directorate at WRNMMC.

This will be WRNMMC's third JC survey since the integration of its predecessors, Walter Reed Army Medical Center and National Naval Medical Center, in November 2011. WRNMMC successfully completed its first survey in March 2012, as well as earning full JC accreditation in March 2015, following its second JC survey.

Joint Commission surveyors visit accredited health-care organizations a minimum of once every 39 months to evaluate standards compliance by the treatment facilities.

According to JC officials, individual tracers follow the experience of care for beneficiaries through the entire health care process. "System tracers evaluate the integration of related processes and the coordination and communication among disciplines and departments in those processes," they added.

In addition, the survey agenda includes: a competence assessment process; review of medical staff members' credentialing and privileging; evaluation of the environment of care, which includes a building tour; and an exit conference, during which the survey team presents a summary of their findings.

During a recent town hall meeting with WRNMMC staff, Navy Capt. (Dr.) Mark

Kobelja, the medical center's director, said, "We do not get ready for Joint Commission [because] we [continuously] provide high-quality, safe health care in a complex environment. That's always our focus, [and] we partner with the Joint Commission to help us do that," he continued.

Kobelja added the JC survey gives the WRNMMC team the opportunity to "pick up its game so we can continue to do what the country has asked us to do: deliver high-quality health care."

Monroe agreed, having stated before WRNMMC's successful 2012 survey: "We should always be ready to provide safe and high-quality care for our patients and their families. The JC standards help us to accomplish that. Each time our staff demonstrates how they safely provide high-quality care, and how they partner with the patient and the patient's family in the planning of their care consistently, then we've gone a long way to staying continuously survey ready. We should always understand the needs of our patients and customers. We're not doing this for the next survey; we're doing it for our next patient, our next customer," he said.

Following WRNMMC's full accreditation 2015 JC survey, Monroe explained how surveyors were impressed with the confidence and manner in which members of the Walter Reed Bethesda team conveyed and exhibited the medical center's mission, vision, goals and values, specifically, keeping patients at the center of everything taking place at WRB while delivery exceptional care. In addition, surveyors also had positive comments about how the WRB staff received, engaged, communicated and coordinated with one another for best practices. "They were amazed at the high level of sophistication, quality and safety of the care we provide here," he said.

Recently, Monroe has been using



"Joint Commission Tip of Day" emails to communicate with WRB staff about the survey. He said the emails serve as an additional way of communicating and informing staff on the expectations of the JC.

In addition, Monroe explained information is available to assist everyone in ensuring their areas are always ready for JC survey on the WRNMMC Intranet Site at: [go.usa.gov/xn7KB](http://go.usa.gov/xn7KB).

The medical center has also used tracer teams to look for areas for improvements throughout the medical center and within its systems and processes, along with conducting periodic mock surveys to remain engaged in a robust, continuous cycle of assessment and improvement at all

levels within the organization.

"It's a [continuous] process: assess and then improve, then reassess and refine or sustain. That's basically it," Monroe stated.

The JC, an independent not-for-profit organization, surveys approximately 21,000 health-care organizations and programs in the United States to continuously improve safe health care for the public. JC accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting certain performance standards.

For more information concerning WRNMMC's JC survey, contact Gene Monroe at 301-319-4618 or [eugene.c.monroe2.civ@mail.mil](mailto:eugene.c.monroe2.civ@mail.mil).

## Sewer Repair Work Planned for Base

By Andrew Damstedt  
The Journal

Washington Suburban Sanitary Commission (WSSC) crews are set to come on Naval Support Activity Bethesda (NSAB) this year as part of a project to repair sewer pipes in Montgomery County.

NSAB Environmental Program Director Susan Paul said the work is required by the Environmental Protection Agency to upgrade the sewer pipes.

"Right now, most of the pipes are either clay or cast iron," Paul explained. "One of the biggest issues we have is infiltration. Roots will actually grow through the clay and weaken it to the point where

the pipes will break more easily."

The work on NSAB includes pipe lining for the WSSC lines on base. The work is scheduled to be done in sections and notifications are set to be sent out via NSAB alerts and social media of expected impacts.

WSSC workers will install temporary above-ground bypasses to pump the sewage around the lines because the lines "need to be clear and empty while the work is ongoing," Paul said. Those bypasses mean there is no expected interruption to service, but they will be operating 24/7. They're expected to generate noise and there may be an odor, she continued.

Some work will be done along Perimeter Road.

It will only be done at night and on weekends, but road access will still be reduced to one lane of traffic, Paul said.

A playground near the Fisher House parking will be removed during a portion of the work and some of the work will take place in a Child Development Center parking lot.

Paul clarified no trees are expected to be removed during the project, but "whatever (WSSC) disturbs has to be replaced in kind."

She added WSSC could start work Feb. 1, but a definitive date has not been announced.

For more information on the WSSC sewer project, visit [www.wsscwater.com/srm](http://www.wsscwater.com/srm) or call the WSSC Sewer Rehabilitation Unit at 301-206-8477.



# NSAB Interfaith Center Holds Its First Baptism

Photos by MC3 Julio Martinez Martinez  
NSAB Public Affairs

Master-at-Arms Sheldon Limehouse and his wife participate in the baptism of his children Jan 24. The baptism was the first in the Naval Support Activity Bethesda (NSAB) Interfaith Center. The Interfaith Center allows base personnel a space to meditate, pray, worship and seek counseling at NSAB.



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## INDUCTION

From  
Page 3

and attend BLC. New NCOs then tasked with not only accomplishing the mission, but also ensuring the well-being of their Soldiers.

Paying tribute to Army tradition during the NCO induction ceremony at WRB, Soldiers recited the Soldiers' Request and NCO Response, The Boots of the NCO, The Watch, as well as held a moment of silence for their fallen comrades. Company first sergeants then lit three candles — red, white and blue — symbolizing an important part of the NCO Corps in military history. The red candle represented valor, blood, sweat and tears of NCOs from the past to the present. The white candle represented purity and innocence, as well as the camaraderie among NCOs. The blue candle represented perseverance, justice and the strength and mettle of the corps and its members' refusal to compromise on its standards.

Sgt. China Stephens, one of the newly-inducted NCOs, said she felt honored and privileged to join the NCO Corps' ranks. "Being a junior enlisted you see how hard your NCOs work. You see how much everyone relies upon them. They truly are the backbone of the Army."

As a new NCO, Stephens said she feels that she "definitely needs to be

on top of her game. I'll have eyes on me looking for guidance, so I feel I will not only have to know the standard but also be the standard and enforce the standard," furthered the paralegal who works in the Legal Assistance Office at WRB.

Sgt. Kirill Myshin agreed that with induction into the NCO Corps comes increased responsibility. He explained his mentors began preparing him to mentor and supervise his junior Soldiers when he was a specialist. He added the induction ceremony served as a formal recognition of his transition from being a junior Soldier to a NCO, "understanding that, yes, it's an [increase] in pay and you can now live off post, but more importantly, you are in charge of people's lives, enforcing policies and subject to punitive punishment if you don't uphold those policies and regulations. You are forming the junior Soldiers, and you are ultimately creating what the Army will be and how it will be perceived," he added.

Other inductees at the ceremony included: Sgts. Ella Muravska, Joo Shin, Jamie Williamson, Gerald Hinton, Dylan Thiel, Staff Sgt. Saul Martinez, Sgts. Michelle Baker, Soulvannaly Keel, Rebecca Owusu, Staff Sgt. Isaam Muhammad, Sgts. Winrose Karunde, Kyle Avery, Dayton Workman, Biancacamille Culata, Russell Beeman, Enock Tetteh, Jose Munoz, Brittany Sepulveda and Bekim Shaqiri.

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\*REGISTER ONLINE at [www.navymwrbethesda.eventbrite.com](http://www.navymwrbethesda.eventbrite.com).

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