



# The Journal

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March 8, 2018



## NSAB MWR Hosts Character Brunch

Photo Illustration by MC3 Julio Martinez Martinez

Daylight Saving Time begins at 2 a.m. Sunday, March 11. Remember to set your clocks ahead one hour.



Check and if needed, replace the batteries in your smoke and carbon monoxide (CO) detectors.

# Navy Celebrates Women's History Month

From Navy Office of Information

The Navy joins the nation in celebrating Women's History Month throughout the month of March 2018.

ALNAV 007/18 encourages participation in all the heritage celebrations and special observances throughout the year. This year, Navy commands are encouraged to celebrate and reflect on the theme "Honoring Women Who Fight All Forms of Discrimination."

Women have served in the Navy as nurses dating back to the 1800s, most notably during the Civil War when the Sisters of the Holy Cross served aboard USS Red Rover, the Navy's first hospital ship. In 1948, women gained permanent status in the Navy with the passage of the Women's Armed Services Integration Act.

"Women's History Month is a time to reflect on and express gratitude to the trailblazers who demonstrated unparalleled courage, tenacity and vision, sometimes in the face of systemic headwinds, to chart a course for today's women who proudly and honorably serve in the U.S. Navy," said Vice Adm. Jan Tighe, deputy chief of naval operations for information warfare/director of naval intelligence.

Over the last century, women have served aboard auxiliary ships beginning in 1978 and on combatant ships beginning in 1994. In 2016, the Department of Defense opened all military occupations and positions to women.



OFFICIAL U.S. NAVY FILE PHOTO

Female Sailors and civilians play an integral role in the success of the Navy as part of the One Navy Team. Women serve in every rank from seamen to admiral and hold nearly every job from naval aviator to deep-sea diver. Twenty percent of the Navy's enlisted force is women, including eight percent of all senior and master chiefs. Nineteen percent of the officer force and 10 percent of all admirals are comprised of women.

In the Navy's civilian workforce, 27 percent are women and 26 percent are Senior Executive Service members.

According to the September 2016 "One Navy Team" memo from Chief of Naval Operations Adm. John M. Richardson, actively being inclusive and open to diverse perspectives will produce leaders

and teams who learn and adapt to achieve maximum possible performance, who achieve and maintain high standards, and are ready for decisive operations and combat.

Diversity also influences various thoughts, ideas, skill sets and experiences which ultimately helps increase the effectiveness of the Navy. Integrating Sailors and civilians from diverse backgrounds enables the Navy to recruit and retain the nation's top talent from a wide pool of skilled personnel.

A complete educational presentation, including a downloadable educational poster on Women's History month, can be requested from the Defense Equal Opportunity Management Institute (DEOMI) by email at [deomipa@us.af.mil](mailto:deomipa@us.af.mil).

## Bethesda Notebook

### Daylight Saving Time Begins

Daylight Saving Time begins at 2 a.m. Sunday. Remember to set your clocks ahead one hour. Check, and if needed, replace the batteries in your smoke and carbon monoxide (CO) detectors.

### Colon Cancer Awareness

March is Colon Cancer Awareness Month and an information table will be set up in the Building 9A (Arrowhead) lobby March 14 from 7:30 a.m. to 2 p.m. with information regarding colon cancer awareness and prevention.

### Prostate Cancer

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be March 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 identification is required for base access to 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 Col. Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@mail.mil](mailto:jane.l.hudak.ctr@mail.mil).

### Excavation Blasting

Excavation blasting for the MD 355 Crossing project, managed by Montgomery County, will take place for the next several months. During that period, three to five times per week, there will be a single controlled explosive blast. Alarm horns will sound five minutes before the blast. It is anticipated that a minimal vibration will be felt, and alarm horns will be heard only by people in the immediate vicinity. People with questions can call 301-400-1934.

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# MCPON Hosts All Hands Call at Walter Reed Bethesda

By Bernard S. Little  
WRNMMC Command Communications

The 14th and current Master Chief Petty Officer of the U.S. Navy Steven S. Giordano hosted an All Hands Call at Walter Reed National Military Medical Center Feb. 28. The senior enlisted advisor to the Chief of Naval Operations discussed and answered a number of questions from those in attendance, addressing issues concerning manning, deployability of service members, threats facing the United States, Navy uniforms and advancements for Sailors.

The MCPON stressed the importance of service members being and remaining informed about matters regarding their careers, families, military policies and institutions. He explained social media can provide a wealth of information and be overwhelming, so “nothing is more important than leaders standing in front” of their troops and translating pertinent matters to them. “There’s a reason why the Navy still does things like Muster, Instruction and Inspection,” said the MCPON, explaining that this is at the root of the Navy’s heritage, as well as a pillar of deckplate leadership.

He added that if those conversations aren’t taking place, “Start them, and leadership needs to accept those challenges.”

Discussing current threats facing the United States, the MCPON listed a rising China, a resurgent Russia, North Korea increasingly developing nuclear weapon capabilities, challenges with Iran, and extremist groups worldwide.

What does this mean to the Navy and military as a whole?

“We need people to deploy,” said the MCPON. “We need people who are world-wide assignable to do the mission of our services and answer our nation’s call.”

He added there have been ongoing talks regarding “growing the size of the Navy for some time. We’re actually the smallest we’ve been in quite a long time. But in addition to growing the Navy’s size, the MCPON explained decision makers need to also take into consideration the Navy’s capability



PHOTOS BY BERNARD S. LITTLE

**The 14th and current Master Chief Petty Officer of the U.S. Navy Steven S. Giordano holds an All Hands Call at Walter Reed National Military Medical Center Feb. 28.**

to become “more lethal in response to those global threats.”

The MCPON emphasized it’s also service members “out there operating everyday” who make the U.S. Navy and the U.S. military “the most powerful” in the world.

“We have to make sure as we continue to think about the growth and the size of the Navy, that [service members] are part of the equations and [they] don’t become an after-thought,” the MCPON added. He explained the “whole of readiness” not only includes the number of needed service members to accomplish the mission, but also their necessary training and education to be an effective, lethal force, as well as the associated costs to make this happen.

“You’re in the military,” the MCPON continued. “It’s a dangerous business [and] you’re going to find yourself in harm’s way at times.”

He added that for those troops injured in service to their nation, “there is no greater level of health care than what happens within the Military Healthcare System” and at Walter Reed National Military Medical Center. For those troops injured, “We’re going to do a damn good job making sure that you get the care that you need whatever it may be,” the MCPON stressed.

He told the Walter Reed Bethesda staff that “Leadership sees the impact that you’re having every day. They see what you’re doing.

“What I want everyone to think about is why you do what you do [as] you work hard every day to ensure the health of our service members and their families,” the MCPON concluded.



**- NSA BETHESDA -  
EARTH DAY CLEAN UP  
TUESDAY, APRIL 17, 1100  
MEET AT BLDG. 62**

For more information,  
contact Karrie Reckley.  
Email: karrie.reckley@navy.mil  
Ph: 301-295-3713

# Walter Reed Bethesda Observes African American History Month

By Bernard S. Little  
WRNMMC Command Communications

The Multicultural Committee at Walter Reed National Military Medical Center hosted an African-American/Black History Month program Feb. 28 in the America Building at WRNMMC. The ceremony highlighted this year's theme, "African Americans in Times of War," focusing on the contributions of African-American service members to the U.S. military throughout history.

Command Sgt. Maj. Michelle Jones, of the U.S. Army Element-North at WRNMMC, and other speakers during the program emphasized that America's strength comes from its diversity and contributions of all people, which is reflected in today's U.S. military.

Jones explained throughout history, even during times of racial tensions, "African Americans have been a constant and visual presence in the U.S. military. Throughout this distinguished history we have honorably served during war and peace, [and] I challenge each of you to not forget the many sacrifices African American veterans before us have made to ensure doors opened for those of us who followed in their precious footsteps," said the daughter of a Vietnam Army veteran who served more than 20 years in uniform. "It's only fitting we take time to recognize and pay homage to those who paved the way," she added.

Army Chaplain (Maj.) Rickie Wambles, who provided the



PHOTO BY BERNARD S. LITTLE

**Command Sgt. Maj. Michelle Jones, of the U.S. Army Element-North at Walter Reed Bethesda, serves as guest speaker during the African American/Black History Month program at Walter Reed Bethesda Feb. 28.**

program's invocation, agreed that African Americans who have served in uniform, "through their sheer determination and courage, paved the way for others to follow. Their lives of sacrifice and selfless service make a difference in our world [and] changed the course of history for the good of all. Such men and women are our nation's true heroes, and today the tremendous impact of their lives continues to inspire us to greatness,

reminding us of all what we can be as a nation and as a people."

Also during the program, services members gave a living history presentation sharing information about the contributions of noted African American Soldiers, Sailors, Airmen and Marines whose service influenced others.

A Sailor portraying U.S. Navy Adm. Michelle Howard explained that the U.S. Naval Academy graduate was the first African-American woman to command a U.S. Navy ship, the USS Rushmore, the first to achieve two- and three-star rank, as well as the first woman to become a U.S. Navy four-star admiral. Howard was also the first female graduate of the U.S. Naval Academy selected for flag rank. She retired in January after 36 years in uniform.

A Soldier portraying William H. Carney, the first African American to be awarded the Medal of Honor in 1900, stated that Carney earned the military's highest honor for his heroic and gallant service during the Civil War's Battle of Fort Wagner in 1863. Born as a slave, Carney served in the 54th Massachusetts Volunteer Infantry and retrieved the American flag of his unit when his comrade was fatally wounded. Carney continued to march forward with the flag despite suffering multiple serious wounds himself.



PHOTO BY BERNARD S. LITTLE

**Services members give a living history presentation sharing information about the contributions of noted African American Soldiers, Sailors, Airmen and Marines whose service influenced others during a Black History Month program at Walter Reed Bethesda Feb. 28.**

Howard P. Perry, the first African-American U.S. Marine Corps recruit following Executive Order 8802, was also recognized with a portrayal at the Walter Reed Bethesda program. The last branch to accept African Americans into its ranks, the USMC opened its doors to blacks in June 1942 with the acceptance of African Americans as recruits in segregated all-black units. Perry was the first African American to arrive for basic training Aug. 26, 1942 at Montford Point in North Carolina. He later served as a combat cook with the 51st Defense Battalion and is credited with paving the way for other African Americans to serve in the USMC.

An Airman portraying Daniel "Chappie" James explained that James was the first African American to achieve the rank of four-star general in the U.S. Armed Forces, pinning on the rank Sept. 1, 1975. James graduated from Tuskegee University in 1942 and flew combat missions during the Korean and Vietnam Wars. He also received the Defense Distinguished Service Medal, two Air Force Distinguished Service Medals, two Legion of Merits, three Distinguished Flying Crosses, Meritorious Service Medal and 14 Air Medals.



PHOTO BY BERNARD S. LITTLE

**Attendees at Walter Reed Bethesda African American History Month program pause for a moment of prayer during the Feb. 28 observance.**

# AA Group to Start at NSAB

By Andrew Damstedt  
The Journal

For those struggling with alcoholism or other substance abuse, Naval Support Activity Bethesda (NSAB) Interfaith Center is set to start hosting a weekly Alcoholics Anonymous group.

The "Another Chance" AA group came about between talks that NSAB Chaplain Christilene Whalen had with AA member Dan.

"I wanted to start one for the NSAB community," he said. "I approached the chaplain and said 'Hey I'd love to start a meeting here.'"

"We said, 'When?' Whalen recalled. "It was a decision that was easy to make."

Dan said he hopes the meetings will help service members, "Wounded Warriors" or anyone who works at NSAB and has a problem with alcoholism.

"Our primary purpose (in AA) is to stay sober and help other alcoholics achieve sobriety," Dan said.

Whalen said the Interfaith Center's mission rolls neatly into that of AA as

both are designed to help people grow.

"AA is really important to me," she continued. "I have a large amount of alcoholics in my family ... They help not only the person who is going through it, but the family member as well. 'Cause it's difficult to live in a house with an alcoholic."

Another Chance is a registered group of Alcoholics Anonymous, so people who have court requirements to attend can come and have their court cards signed. Whalen said service members can be referred to the meeting through the Drug and Alcohol Prevention Advocate.

"Sometimes those 'voluntold' things help people keep their jobs, keep their families and keep their lives intact," Whalen added.

Dan said anyone is welcome to attend the group and "the only requirement for membership is a desire to stop drinking."

The first Alcoholics Anonymous group is March 15 at 11:30 a.m. in the Interfaith Center basement, conference room 34, Bldg. 11. For more information, call the Interfaith Center at 301-319-5058.

## ANOTHER CHANCE



### Alcoholics Anonymous Meeting

Every Thursday

1130-1230

Beginning

March 15, 2018

**NSAB Interfaith Center – BLDG. 11**

**Basement – Conference Room 34**

Contact: Dan - (760) 628-8895

AnotherChanceAA@yahoo.com

**NSAB Interfaith Center**

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# NSAB MWR Hosts Character Brunch

Photos by MC3 Julio Martinez Martinez  
NSAB Public Affairs

Naval Support Activity Bethesda's Morale, Welfare and Recreation held its 2nd Annual Character Brunch in the Warrior Café for families of base personnel March 3. Around 250 people attended the event that allowed children to meet their favorite characters.





# Brain Injury Awareness Month Observed

By WRNMMC Command Communications

The National Intrepid Center of Excellence at Walter Reed Bethesda kicked off Brain Injury Awareness Month with a resource fair March 1 in the America Building at the medical center. In addition to NICoE, the fair included other agencies and organizations focused on traumatic brain injury care and research, including the Defense and Veterans Brain Injury Center and the Center for Neuroscience and Regenerative Medicine.

NICoE, as well as the Centers for Disease Control and Prevention, define TBI as a disruption in the normal function of the brain that can be caused by a bump, blow, or jolt to the head, or penetrating head injury. Everyone is at risk for a TBI, and information at the resource fair included advice people can use to help prevent injury including wearing seat belts when driving, as well as using proper head protection when performing certain jobs, motorcycling, and participating in various recreational and sports activities.

According to the CDC, approximately 2 million people sustain a TBI annually, and of that number, more than 50,000 die, nearly 300,000 are hospitalized, and about 1.3 million are treated in emergency rooms and released.

Other NICoE events planned at WRB for the month in observance of brain injury awareness include: a program March 19 from noon to 1:30 p.m. in Building 10's Clark Auditorium focused



PHOTO BY MARK OSWELL

The National Intrepid Center of Excellence at Walter Reed Bethesda kicked off Brain Injury Awareness Month with a resource fair March 1.

on "The Roles of the Metacognitive and Emotional Regulation In Cognitive Rehabilitation after TBI," and the DVVIC's Annual Deborah Ward Lectureship on March 27 from noon to 1 p.m. in

the NICoE Auditorium in Building 51.

For more information, contact U.S. Public Health Service Lt. Sherray Holland at sherray.l.holland.mil@mail.mil.



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# Fuel Your Performance, Go Further with Food

By Army 2nd Lt. Sara Crews  
WRNMMC Dietetic Intern

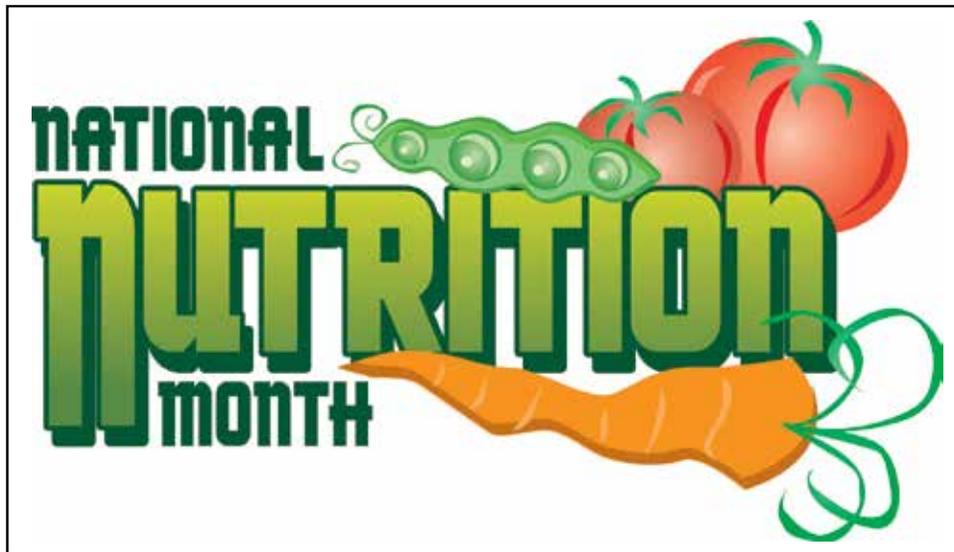
Whether you're a distance runner, functional fitness guru, strength athlete or a weekend warrior, your performance can benefit from a solid pre-workout choice, and I'm not talking about a candy-flavored, overpriced, powdered concoction at your local supplement shop. I'm talking about food.

Research has demonstrated that eating healthy before a workout can improve your exercise performance and can keep you going longer by sustaining your energy during your workout.

### Tip #1: General Performance Nutrition

While there is not one ideal pre-workout meal for everyone, there are general guidelines you can follow to find the best pre-workout meal for you. If you are eating within one hour of exercise, focus on choosing something higher in carbohydrates, moderate in protein and lower in fiber and fat.

Carbohydrates are our bodies preferred energy source and are a



quick fuel source during physical activity. Choosing something moderate in protein, while lower in fat and fiber will digest faster and not leave food sloshing around in your stomach while you're training. Examples include yogurt, whole fruit, an English muffin, applesauce, snack bar or a granola bar. A personal favorite is a rice cake sandwich with banana slices and peanut butter.

If you don't tolerate food well before exercise, aim to get a balanced meal of protein, carbohydrates and fat at least two to three hours before activity instead.

### Tip #2: You Can Still Lose Weight if You Eat Before Exercise

For anyone who has ever tried to keep up their current exercise routine or intensified their activity while cutting calories, you may have noticed it took a toll on your workouts. If you save a few hundred calories for a pre-training meal or snack, this can help to give you a quick boost of energy. Fat loss is not hindered by eating before your workout (fasted cardio-ers, I'm talking

to you). However, your exercise performance more than likely will decline if you have no fuel in the tank. Overall, weight loss results from the amount of calories you consume during the day, not timing of meals.

### Tip #3: Focus on Food before Supplements

Keep in mind that dietary supplements are just as they are named: a supplement to the diet. For the greatest benefits to performance, an athlete should always have a "food-first" approach. Appropriate nutrient timing and food choices can help achieve the same desired results that supplements claim to do in addition to being cheaper and safer.

Keep your performance nutrition simple. Time your meal right. Keep it familiar, and do what works for you.

You can call 301-295-4065 at Walter Reed Bethesda to make an appointment with a registered dietitian, who is a licensed nutrition professional, to discuss individualized nutrition plans to help you go further with food.

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# Walter Reed Bethesda 'United for Patient Safety'

By WRNMMC Command Communications



In an effort to raise awareness and encourage the engagement of patients, families, health care providers, and the public, Walter Reed National Military Medical Center is again participating in Patient Safety Awareness Week, this year March 11-17.

Events planned at WRNMMC for the observance include:

- A cake cutting at 8:30 a.m. March 12 in the Arrowhead Building near the Pulmonary Clinic
- A daily table display beginning March 12 from 8:30 a.m. to 2 p.m., and continuing March 13-16 from 11 a.m. to 1 p.m. in the Arrowhead Building near the Pulmonary Clinic
- A webcast concerning "Engaging Patients and Providers: Speaking Up for Patient Safety" from the Institute for Healthcare Improvement to be broadcast March 12 from 1 to 2 p.m. (For more information about the webcast, visit: [http://www.ihc.org/education/WebTraining/Webinars/Engaging\\_Patients\\_and\\_Providers\\_Speaking\\_Up\\_for\\_Patient\\_Safety/Pages/default.aspx](http://www.ihc.org/education/WebTraining/Webinars/Engaging_Patients_and_Providers_Speaking_Up_for_Patient_Safety/Pages/default.aspx))
- A code cart review and navigation contest in the Arrowhead Building near the Pulmonary Clinic
- A poster contest for staff and patients

focused on "What Does Patient Safety Mean to You?"

Highlighting this year's theme United for Patient Safety, Patient Safety Awareness Week is intended to spark dialogue, promote action to improve the safety of the health care system for patients and the workforce, and instill the message that "every day is patient safety day."

"While there have been improvements in patient safety over the past 20 years, there is still much work to be done," said Dr. Tejal K. Gandhi, chief clinical and safety officer at IHI, a leader in the observance of Patient Safety Awareness Week nationally.

Walter Reed Bethesda encourages patients, families and other beneficiaries to take part in the campaign by pledging to be active members of their health care teams and participating in care decisions and asking questions.

Navy Capt. (Dr.) Mark A. Kobelja, director of WRNMMC, has expressed

pride in the work of Team WRNMMC to make the medical center a safe, leading health care provider. WRNMMC successfully completed its third Joint Commission survey Feb. 16 following a week-long review by JC surveyors who assessed the medical center's quality and safety of care, as well as its administrative procedures. In addition, WRNMMC's recently renewed its laboratory and blood bank accreditations with best in history inspections, the director stated.

"We have seen a precipitous drop in hospital acquired infections because of systematic team-based communication and strategy," Kobelja continued. "Our patient census is up across the board because our patients choose to get their care with you, [and] I ask for your continued unrelenting focus on improving outcomes for our patients," he continued.

Kobelja emphasized that modern medicine and its delivery is complex

and more dangerous than ever. "Safety for the patient and our staff hinges on our collective awareness of what can go wrong. Use the safety huddles. Check and cross-check. Ask yourself and your team 'What can go wrong?' Take action. In particular, pay attention to small deviations and bad habits. Small errors accumulate to create disasters."

He also encouraged staff to "recruit the patient and their family into our sensor net. They are here 24/7 and see and hear everything. Renew your commitment to hear them. Ask them if there is anything we could have done better. When they tell you, address it if you can, report it via the chain of command or as a Patient Safety Report. Listening to the 'customer' is the key and applies to all of us, not just leaders or clinicians.

"Improve yourself and the hospital processes in your area," Kobelja added. "If it's safe and you believe it will improve the quality of the health care we provide, take action. Participate in innovation and quality forums. Make suggestions in your work center. Join work groups. Participate. The most effective and most durable changes have come from the front lines. We are listening," Kobelja added.

For more information about Patient Safety Awareness Week at WRNMMC, contact Deborah McDonough, chief of Patient Safety at WRNMMC, at [deborah.a.mcdonough4.civ@mail.mil](mailto:deborah.a.mcdonough4.civ@mail.mil).

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## Morale Welfare & Recreation (MWR)

- 3/9 11 am-2 pm Warrior Café International Lunch: MOROCCO
- 3/11 10 am-3 pm National Museum of African American History and Culture\* Open to all. \$10 for transportation.
- 3/15 12-5 pm MARCH MAYHEM VIEWING PARTY Warrior Café, Bldg. 62. Open to all. FREE.
- 3/16 11 am-2 pm St. Patrick's Day Lunch at the Warrior Café
- 3/16 2 pm 5K Check in at Below Deck  
3 pm St. Patrick's 5K-Pub glasses to the 1<sup>st</sup> 75\* to register.\*
- 3/16 4-6 pm St. Patrick's Day Social at Below Deck, NGIS Bldg. 64
- 3/21 5-7 pm DIY with MWR: Felt Flower Wreath\* Below Deck Pub, NGIS Bldg. 64 Open to all. \$15 to make a wreath.

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- 3/15 5 pm March Madness Viewing Party in the Liberty Center
- 3/17 7 pm DC Improv: Brad Williams\* \$20
- 3/20 5 pm Intro to Yoga
- 3/24 9 am Cherry Blossom Festival \$10

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## HISTORY

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Closing the ceremony, WRNMMC Command Master Chief Sean Brown said, “Diversity is the strength of America. We can utilize our differences as strengths, and celebrate knowing that what makes us different is what truly makes us stronger.”

Navy Hospital Corpsman 1st Class Tavarae Lewis, a member of the Multicultural Committee at Walter Reed Bethesda, said “While we come from different walks of life and experiences, it is the belief in this tenant that unites us as one America. However, it is important to take time to reflect on the many contributions various communities have made to this great nation. In the words of our current Director of Walter Reed National Military Medical Center, Navy Capt.

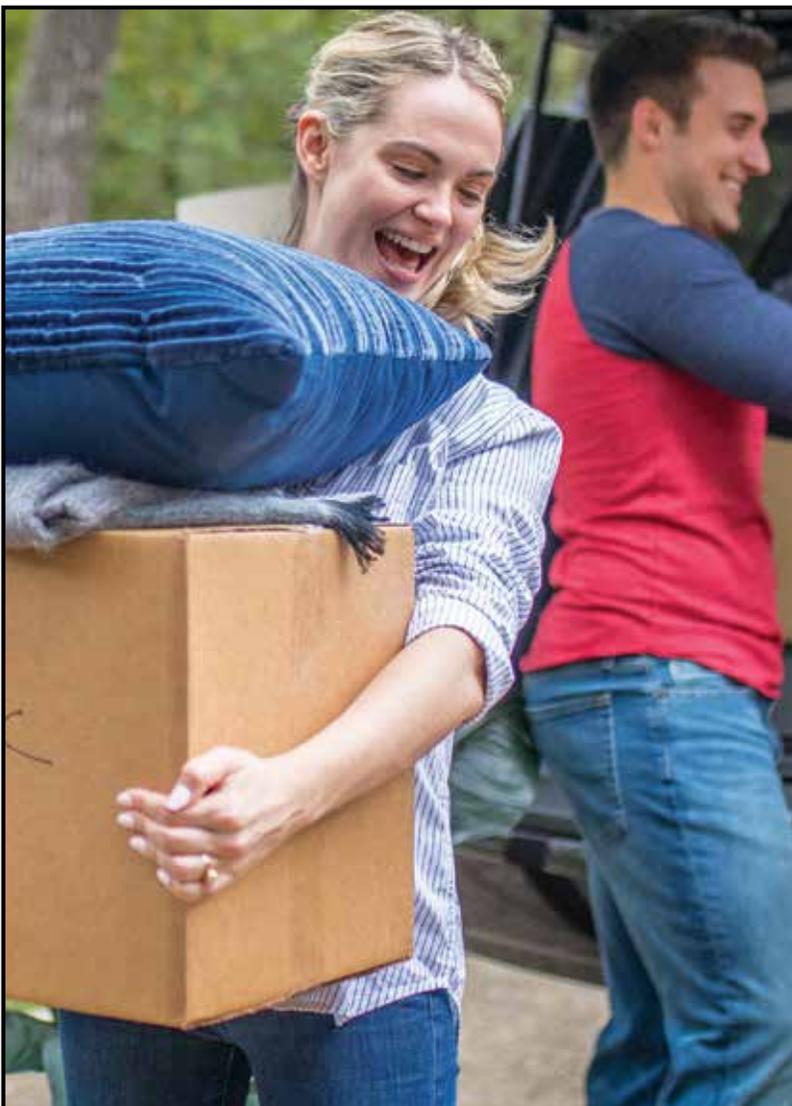


PHOTO BY BERNARD S. LITTLE

**From left, Walter Reed National Military Medical Center Director Navy Capt. (Dr.) Mark Kobelja, U.S. Army Element-North Command Sgt. Maj. Michelle Jones and WRNMMC Command Master Chief Sean Brown pray during the invocation at the African American History Month program Feb. 28 at WRNMMC.**

(Dr.) Mark Kobelja: “The U.S. military does not practice diversity, we are diversity. Hence, that is what makes us the most capable force of good on the globe,” Lewis added. Navy HM3 Jared Reiber, also a member of the WRB Multicultural

Committee, added, “The importance of Black History Month is much more than just the famous people we see on the screen. I think about it as more of everyone who is a part of it. To me, it means the heritage of America.”



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