



# The Journal

Vol. 30

No. 16

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

May 17, 2018



## Walter Reed Conducts Mass Casualty Exercise

Photo by MC2 Kevin Cunningham



NSAB Hosts Town Hall

- Page 3



USU Announces 2018 Enlisted-to-Physician Program Selectees

- Page 6



NSAB Hosts the Road to the 2018 DoD Warrior Games

- Page 12

# Invincible Spirit Festival Returns to NSAB



NAVY FILE PHOTO BY MC2 WILLIAM PHILLIPS

During the 2016 Invincible Spirit Festival, celebrity chef Robert Irvine prepares for a chicken wing eating contest with civilians and service members aboard Naval Support Activity Bethesda.

By Andrew Damstedt  
The Journal

Gary Sinise and The Lt. Dan Band, as well as celebrity chef Robert Irvine, are returning to Naval Support Activity Bethesda for the “Invincible Spirit” Festival May 24.

Anyone with base access is invited to attend the festival, which will feature food, music as well as activities for children such as face painting. The festival starts at 11:30 a.m. and will be set up by the flagpole in front of Bldg. 1.

The festival is sponsored by the Gary Sinise Foundation as a way to give thanks not only to the wounded, ill and injured service members, but

to their family members and those who provide care. “Each daylong festival brings a fair-like atmosphere to one of our nation’s military medial hospitals complete with a live Lt. Dan Band concert and a delicious cookout prepared by celebrity chef Robert Irvine,” according to the Gary Sinise Foundation website. “By providing a respite from the rigors of their medical treatment, these festivals offer a reminder of hope and positivity along the road to recovery.”

The last time the Invincible Spirit Festival came to Naval Support Activity Bethesda was in 2016.



## Bethesda Notebook

### Another Chance AA

Another Chance Alcoholics Anonymous meets every Thursday at the NSAB Interfaith Center basement conference room 34 from 11:30 a.m. to 12:30 p.m. For more information, email AnotherChanceAA@yahoo.com or call Dan at 760-628-8895 or call the Interfaith Center at 301-318-5058.

### 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 June 21 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 to attend. Military ID is required for base access to Naval Support Activity Bethesda and WRNMMC. For those without a military ID, call 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.

### Parking changes

In an effort to better serve staff, Naval Support Activity Bethesda has designated a new parking system. Carpool parking is now located in garages 54, 17 and 32. The new rainbow parking plan is in effect allowing cars with any color NSAB parking permit to park in garages 17, 32, 54, 57, 71 and Lot Z. Rainbow parking hours are in effect from 5 a.m. to 2 p.m. Monday through Friday. For more information, email Ryan Emery, NSAB transportation officer, at ryan.d.emery3.civ@mail.mil.

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity 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 the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,



national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. 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 301-848-0175. Publisher’s advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

## Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones

Public Affairs Officer: Jeremy Brooks

Public Affairs Office: 301-295-1803

### Journal Staff

Managing Editor MC3 Julio Martinez Martinez

WRNMMC Editor Bernard Little

Writers MC2 Kevin Cunningham

Andrew Damstedt

Joseph Nieves

Photographers Harvey Duze

NSA Bethesda

Fleet And Family Support Center 301-319-4087

NSAB Emergency Info 301-295-6246

NSAB Ombudsman

NSAB Chaplain’s Office 301-319-4443

301-319-4706

Installation SARC

Keri Wanner 301-400-2411

Troop Command SHARP 301-319-3844

SARC 24/7 301-442-2053

SAPR VA 24/7 Helpline 301-442-8225

# Walter Reed Bethesda Nurses Salute Senior Members

By Bernard S. Little  
WRNMMC Command Communications

Walter Reed National Military Medical Center nurses recognized their senior members during a ceremony May 9 as part of National Nurses' Week activities at WRNMMC.

Navy Capt. Valerie Morrison, WRNMMC's director of nursing services, said the celebration of nurses should probably be longer than a week, "maybe a year, because we do so much as part of our [profession]."

Morrison added that she's been "blessed" to serve as chief nurse at WRNMMC for the last two years. "A day didn't go by that I wasn't astounded by your talents," she said to her WRNMMC nursing team. "This group has such caring and compassionate competence that it makes me flow over with happiness. I know that our patients get the best of the best of care. Thank you for all that you do because you are outstanding, you are excellent, and I appreciate everything that you do every day."

Calling WRNMMC senior nurses "the cornerstone" of the care provided at WRNMMC, Morrison said the medical center "cannot be here without [them]."

See **NURSES**  
Page 7



PHOTO BY BERNARD S. LITTLE

During National Nurses' Week, Air Force Col. Barbara Cain (right), chief nurse of the 11th Medical Group, Joint Base Andrews, Maryland and Navy Capt. Valerie Morrison (second from right), director of nursing services at Walter Reed National Military Medical Center, recognize WRNMMC's senior nurses who in total have practiced the art of nursing for approximately 700 years, during a ceremony May 9 at WRNMMC.

## NSAB Hosts Town Hall

Photos by MC3 Julio Martinez Martinez  
NSAB Public Affairs

Senior leadership from NSA Bethesda and its mission partners answered questions from attendees at a Joint Town Hall held at USO Warrior and Family Center on May 10, 2018. The event was an opportunity for NSAB and its mission partners to answer questions and listen to feedback from people who live on, work on, and visit the installation.





# NSAB Holds Auxiliary Security Forces Academy

Photos by MC3 Julio Martinez Martinez  
NSAB Public Affairs

During Security Reaction Force Basic (SRF-B) training at Naval Support Activity Bethesda May 11, Sailors and Soldiers were sprayed with oleoresin capsicum (OC) spray while completing a obstacle course using all the skills they learn throughout the two-week course.



# ASBP Recognizes Blood Donors and Blood Drive Coordinators

Photos by MC3 Julio Martinez Martinez  
NSAB Public Affairs

Armed Services Blood Program (ASBP) held a blood donor and blood drive coordinator recognition ceremony at the USO Warrior and Family Center, May 4. Col. Jeremy G. Perkins, deputy director for the John P. Murtha Cancer Center at Walter Reed National Military Medical Center, (left photo) was the guest speaker at the ceremony and Navy Capt. Roland L. Fahie, U.S. Department of Defense director of the Armed Services Blood Program at the Defense Health Agency, (top right photo) gave the opening remarks for the ceremony.



**MILITARY**  
**APPRECIATION**  
**MONTH**

HONOR • SUPPORT • APPRECIATE

In honor of those who are serving or have served, we're celebrating Military Appreciation Month with special offers and bonuses.

- Active Duty Checking®\*
- Auto refinancing
- Credit cards
- Certificates

Learn more at [navyfederal.org/thanks](http://navyfederal.org/thanks).  
You can also visit a branch or call 1-888-842-6328.



ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
COAST GUARD  
VETERANS

Federally insured by NCUA.

\*To be eligible for this account, the member must be Active Duty, retired or reserve military.  
© 2018 Navy Federal NFCU 10521-A (4-18)

# USU Announces 2018 Enlisted-to-Physician Program Selectees

By Sharon Holland  
USU External Affairs

Twenty-three non-commissioned officers from the Army, Navy, Air Force and Marine Corps have been given the opportunity to follow their dreams of becoming physicians thanks to the Uniformed Services University of the Health Sciences' (USU) Enlisted to Medical Degree Preparatory Program, or EMDP2.

Nine Air Force, seven Army, six Navy, and one Marine Corps members were selected from hundreds of applicants for the Department of Defense program, which is entering its fifth year.

The EMDP2 is a 24-month program for promising enlisted service members interested in a career as a military doctor. Candidates attend school full-time at the George Mason University-Prince William (GMU-PW) campus in Manassas, Va., to prepare them to apply to medical school, while remaining on active duty. They must already possess a baccalaureate degree from an accredited academic institution with a minimum of a 3.2 grade point average and meet their respective military Service requirements for commissioning.

The students will report to USU at the end of July to begin the program, which will include full-time medical school preparatory coursework in a traditional classroom setting at GMU-PW, structured pre-health advising, formal Medical College Admission Test (MCAT) preparation, dedicated faculty and peer mentoring at USU, and integrated clinical exposure. Students who complete the program successfully will qualify to apply to most U.S. medical schools.

The new class includes:

- Staff Sgt. Zakary Bailey, 29, Army medic, Fort Bragg, North Carolina
- Staff Sgt. Austin Barton, 29, Marine Corps



U.S. NAVY PHOTO BY MCI JOHN PAUL KOTARA II

**HMI Jon Solomon is one of 23 non-commissioned officers who were selected for the 2018 Uniformed Services University of the Health Sciences' Enlisted to Medical Degree Preparatory Program. In this photo, Vice Adm. Forrest Faison, Navy surgeon general and chief, U.S. Navy Bureau of Medicine and Surgery (BUMED), congratulates Solomon as BUMED's Sailor of the Year for fiscal year 2017.**

intelligence analyst, McDill Air Force Base, Tampa, Fla.

- Staff Sgt. Shane Berger, 31, Air Force intelligence analyst, Davis Monthan Air Base, Tucson, Ariz.
- Hospital Corpsman 2nd Class Danielle Cain, 34, Navy hospital corpsman, Walter Reed National Military Medical Center, Bethesda, Md.
- Sgt. Anthony Caskey, 28, Army combat medic,

Fort Benning, Ga.

- Hospital Corpsman 1st Class Ka Chan, 28, Navy hospital corpsman, Naval Medical Research Center, Silver Spring, Md.
- Sgt. 1st Class Devin Defeo, 39, Army medic, Fort Bragg, North Carolina
- Senior Airman Leslie Gore, 29, Air Force emergency actions controller, Joint Base Andrews, Md.
- Senior Airman Ashley Halverson, 28, Air Force medical technician, Travis Air Force Base, Fairfield, Calif.
- Tech Sgt. Almaz Jamankulov, 32, Air Force linguist, Fort Belvoir, Va.
- Sgt. Santosh Kachhepati, 31, Army combat medic, Joint Base Lewis-McChord, Wash.
- Hospital Corpsman 1st Class Dawid Karapuda, 31, Navy hospital corpsman, Naval Health Clinic New England, Newport, Rhode Island
- Staff Sgt. Judith Mathess, 29, Air Force cryptologic linguist, Goodfellow Air Force Base, Texas
- Hospital Corpsman 1st Class Alejandro Matias, 31, Navy hospital corpsman, Naval Medical Center, Camp Lejeune, North Carolina
- Staff Sgt. Verity Oltjenbruns, 27, Air Force public health technician, Joint Base McGuire-Dix, New Jersey
- Sgt. Sandra Peprah, 26, Army medical laboratory technician, Yongsan, Korea
- Staff Sgt. Amber Powell, 29, Air Force data systems operator, Beale Air Force Base, Calif.
- Tech Sgt. Sean Smith, 32, Air Force special/network systems



**SHILLELAGHS**  
THE TRAVEL CLUB

Providing Travel & Friendship for over 53 Years

---

**Day Trips** .....

**ELLIS & LIBERTY ISLAND, Jul 25** ..... (62+) **\$114pp**  
Take the family and discover what our ancestors went through as they entered New York via Ellis Island. Includes Ferry tickets & pedestal pass for Ms. Liberty. Call for adult and children rates. Lots of Walking.

**GROUNDS FOR SCULPTURE, Sept 26** ..... **\$80**  
Located in NJ the gardens display works by established and emerging American artists and sculptors in a variety of styles and media.

**Regional Overnight Trips** .....

**CAPE COD, MA FOR POPS BY THE SEA, Aug 10 - 13** ..... **\$969pp**  
Includes Motorcoach from Vienna, McLean Metro & Rockville, 3 nights hotel with breakfast, 2 dinners & 1 Lobster dinner, Sightseeing and Boston Pops concert. (Based on Double Occupancy)

**BUCKS COUNTY, PA, Oct 10 - 12** ..... **\$539pp**  
Tour includes Motorcoach, Mercer Museum, Fonthill Castle, Michener Museum, Pennsbury Manor, live show, 3 meals & 2 nights hotel. (Price based on double occupancy)

**Longer Excursions** .....

**YOSEMITE & CALIFORNIA COAST BY RAIL, Jul 14 - 22** ..... **\$3695**  
Features - Air from Dulles, 3 National Parks, Rail Experience, LA city tour, 2 nights stay in Monterey, Carmel, Cannery Row & More! (Price based on double occupancy & subject to availability)

**MEMORIALS OF WORLD WAR II, Apr 3 - 12** ..... **\$4349**  
Featuring the 75th Anniversary of the D-Day Landing. Includes air from Dulles, 8 nights hotel, 12 meals, London & Paris WWII themed city tours, Churchill War Rooms, Eurostar train, Caen, Eiffel Tower dinner, Omaha, Juno & Utah Beach and much more!

**www.ShillelaghTravelClub.com | 703.242.2204 • 800.556.8646**

All Trips are Group Trips. Visit our website for complete details on these and other trips or contact us for full information packet.





U.S. AIR FORCE PHOTO BY TSGT BRIAN KIMBALL

**U.S. Army Specialist Sandra Peprah is one of 23 non-commissioned officers who were selected for the 2018 Uniformed Services University of the Health Sciences' (USU) Enlisted to Medical Degree Preparatory Program.**

- administrator, Chantilly, Va.
- Hospital Corpsman 2nd Class Jon Solomon, 33, Navy hospital corpsman, Navy Bureau of Medicine and Surgery, Falls Church, Va.
- Machinist Mate (Nuclear) 1st Class Robert Trent, 27, Navy nuclear machinist mate, Navy Power Training Unit, Ballston Spa, New York
- Staff Sgt. Gabriel Vargas, 30, Army medic, Joint Base Lewis-McChord, Wash.
- Staff Sgt. Erinne Vest, 28, Air Force cryptologic language analyst,

Joint Base Elmendorf-Richardson, Alaska  
 More than 22 students have successfully completed the EMDP2 program since its inception and are currently enrolled in medical school. Seventeen are attending USU's Hebert School of Medicine and two are enrolled in medical schools at other universities through the military's Armed Forces Health Professions Scholarship Program. On May 16, 2018, 15 additional EMDP2 students will graduate from the program and begin their medical school studies in the fall.

**NURSES**

From Page 3

profession, WRNMMC is their first assignment. [They] have less than three years of experience and are brand new in their specialty care areas. [Our senior nurses] are the cornerstone bringing that foundation and experience to help train us and prepare us [for when] we have to deploy, and you maintain this organization no matter what happens."

Air Force Col. Barbara A. Cain, chief nurse of the 11th Medical Group, Joint Base Andrews, Maryland, served as guest speaker at the ceremony. She stated that when the Gallup organization released the 2017 results of their poll for the most honest and ethical professions late last year, for the 16th consecutive year nurses topped the list. More than eight out of 10 Americans describe nurse ethics as "very high" or "high."

Throughout the early 21st century, nurses have earned top ranking in the annual Gallup poll on ethics and honesty – with the exception for 2001 when firefighters, following their response to the terror attacks of 9/11, earned that distinction.

"One of the amazing skills that most nurses have is that ability to build that rapport [with patients and their families]. We have that innate ability

to provide compassionate care. We are our patients' advocates. We confront barriers to achieve [theirs and our] goals. We comfort patients [and] talk to them about uncomfortable subjects. We feed and bathe them. We care for all patients. Patients warm to us." She added many nurses' response to the "amazing, incredible, life-saving" things they do daily is, "I was just doing my job."

Cain said the art and practice of nursing comes with a huge responsibility. She encouraged nurses to "practice ethically, stay competent in their practice, integrate evidence-based research in their practice, communicate effectively, demonstrate leadership, provide quality nursing care, and practice with integrity."

Morrison and Cain recognized more than 20 of WRNMMC's senior nurses at the ceremony, who in total have worked approximately 700 years in the nursing profession. Loretta Aiken and Francine Bryant have each practice the art of nursing for nearly 50 years.

Closing the ceremony, Army Chaplain (Maj.) Chul Jeon prayed, "May the Lord's hand be with you as your hands bring comfort and healing to those you touch. May the Lord's face shine upon you as your face is the first face all patients see. May the Lord's feet guide you in your daily walks of life. And may the Lord's heart provide you compassion for all those who need your compassion and care."



**'May the Fourth Be With You' Celebration**

Photos courtesy Jenny Charlson

Around 100 people attended MWR's "May the Fourth Be With You" celebration at Below Deck which included trivia, food and table to make your own light "sword" along with a viewing of the movie, "Star Wars: The Last Jedi."

**"Live Life Your Way"**



**Vinson Hall Retirement Community**  
 Independent Living  
 Assisted Living  
 Nursing Care  
 Memory Support  
 Short-term Rehabilitation

Spacious and modern apartment homes, ranging in size from studios to 3 bedrooms, and the security of knowing assistance is there if and when you need it.

**Call for a tour today!  
 (703) 536 - 4344**



**Vinson Hall Retirement Community**  
 6251 Old Dominion Drive  
 McLean, VA 22101  
 703-536-4344  
[www.vinsonhall.org](http://www.vinsonhall.org)

# Nurses Celebrate Nurses' Week, Navy Nurse Corps Birthday

By Bernard S. Little  
WRNMMC Command Communications

Nurses at Walter Reed National Military Medical Center capped off their National Nurses' Week activities with a cake-cutting ceremony and evening ball May 11.

In addition to National Nurses' Week, the cake-cutting ceremony also celebrated the 110th birthday of the U.S. Navy Nurse Corps. The evening ball in Rockville, Maryland continued the recognition of nurses for the inspiration, innovation and influence they provide patients and others.

"We're very excited to celebrate both the U.S. Navy Nurse Corps' birthday and all of the nurses we have here – active duty, our federal GS, our contract staff, as well as Red Cross volunteers, and nurses we partner with at the Uniformed Services University and Public Health," said Navy Capt. Valerie Morrison, director of nursing at WRNMMC. "We really have the entirety of the Federal Nursing Service Council here at Walter Reed [Bethesda]."

She added a "true testament" of the nursing care and services provided at WRNMMC is that the American Nurses Credentialing Center recently designated WRNMMC as a Pathway to Excellence (P2E) facility. P2E designation recognizes health-care organizations that promote and sustain a safe, positive and healthy working environment for nurses, which leads to better outcomes for patients.

Morrison added that WRNMMC is the first organization in the Military Health System and Department of Defense to earn P2E designation, and the WRNMMC nursing team "really tackles" the components of P2E, which include quality, safety, well-being, leadership, shared governance, and professional development, every day.

"Once again, you guys are first," said Navy Rear Adm. Mary Riggs, director of research and development for the Defense Health Agency, in recognizing the WRNMMC's nursing team's P2E achievement. Riggs served as guest speaker at the cake-cutting ceremony.

"What a great time to be in nursing," Riggs added. "Whether it's on the battlefield or off..., nurses have employed their professionalism and left a lasting impact on every life they've touched," she said. "We do this through the evolution of our critical skills as well as our critical thinking in nursing. We serve with purpose every day to save the lives of our warfighters who so selflessly defend our nation."

Riggs said nurses are more than caregivers, as they also serve as "patient advocates, administrators, program managers, educators, researchers and leaders who take on some of the most challenging positions across the military health system."

Nurses' capabilities span a range of specialties, from disease management to behavioral health, to flight and combat medicine, Riggs continued.

"It's always good to pause and remind ourselves of those who have paved the way before us," Riggs furthered. She noted the nearly 100 Army and Navy nurses who served during World War II and were captured and imprisoned by the Japanese. "They became the only group of



PHOTOS BY MC2 KEVIN CUNNINGHAM

From left, Air Force 1st Lt. Ayesha Thompson, Army Spc. Oluwatobi Aku, Navy Capt. Valerie Morrison and Tamara Wilson cut the cake celebrating National Nurses' Week May 11 at Walter Reed National Military Medical Center.

American women captured and imprisoned by the enemy during that war." She described their story as one of "endurance, professionalism and raw determination. That's something that I see with all of our nurses now, particularly those who have served in various deployment settings. We still maintain that core competency within our hearts."

While captured, those World War II Army and Navy nurses helped build and staff hospitals "in the middle of the malaria-infested jungle on the peninsula of Bataan," Riggs said. "They were short of supplies and medicine, worked around the clock in operating rooms and open-air wards, dealing with [a variety of] wounds and gangrenous limbs, and they ministered to the wounded, sick and dying."

Riggs added that the Japanese held the nurses captive in an internment camp for "three-long years marked by loneliness and starvation." She said despite this, the nurses "kept their mission and stuck together, and in the end, it was this loyalty, sense of purpose and honor they had for their corps that both challenged and saved every single one of them."

"For those of us who have been deployed, especially in austere environments, [the World War II nurses] would be very proud of how their example is carried forward today," Riggs said.

"Since the American Revolution, from bedside to battlefields, on water, in the air and on land, nurses have served admirably as an indispensable part of the U.S. fighting force," Riggs added.

She concluded her talk with the following Irish Limerick, which she said reminds her of nurses: "Work for a cause and not the applause. Live life to express, not to impress. Don't strive to make your presence noticed, just make your presence felt."

"I think each and every nurse, no matter where they are, your presence is always felt," Riggs said. "As we move into the next year and the next



Navy Ensign Rilietha Godfrey and Navy Rear Adm. Mary Riggs cut the cake celebrating the U.S. Navy Nurse Corps' 110th birthday during a ceremony May 11 at Walter Reed National Military Medical Center.

chapter of our profession, use your experiences to influence and mentor the young nurses you work with. Be the person who helps that next generation understand the importance of transforming their experiences and lessons learned into life-saving innovations. Have the courage to drive change to meet the medical needs of our warfighters. They are depending on you. They must be the center of everything we do," Riggs said. "You are the selfless, devoted, compassionate and innovative spirit to care for our nation's heroes," she stated.



# NSAB Competes in NDW Admiral's Cup

Photos by MC3 Julio Martinez Martinez  
NSAB Public Affairs

Naval Support Activity Bethesda hosted a volleyball tournament at the MWR Fitness Center as part of the Naval District Washington Admiral's Cup. NSAB played against NDW in co-ed volleyball.



HERNDON, VA  
**JOB FAIR**

Cyber, IT, Tech Professionals, Public Trust clearances welcome!

Hosted by Security University

**Tuesday, May 22, 2PM-6PM**

**Location: Security University, 510 Spring St., 20170**

**SOCIAL NETWORKING CYBER EVENTS.** Qualified candidates are invited! Come enjoy some refreshments (wine and cheese+) while meeting with your targeted companies. Both Cleared and Uncleared candidates with a background in CYBER .... INTELLIGENCE .... IT (all levels) ... SECURITY (all levels) are encouraged to participate. Companies include: AECOM, CIA, ECS Federal, First Command Financial Services, IntelligenceCareers, MWA, Mission Essential, Securitas Security Services, STS International, TSA, US Secret Service, VEC (Vets Rep), Va National Guard Family Assistance, PLUS.

SPRINGFIELD, VA  
**JOB FAIR**

Hosted by American Legion Post 176

**Thursday, May 24**

**10AM-12NOON (Reserved for Veterans/Military/ Family and/or cleared candidates only)**  
**12NOON-2PM (Open to all job seekers)**

**FREE RESUME SEMINAR**

**Location: AMERICAN LEGION POST 176, 6520 Amherst Ave, 22151**

All industries are invited! Companies include: U.S. Secret Service, First Command Financial Services, IntelligenceCareers, VEC (Vets Rep), ABM Facility Support Services, CIA, MWA, Mid Atlantic Professionals DBA/SSI, Mission Essential, New Horizons CLC, PAE, Paragon Systems, Ruston Paving, STS International, Synaptex Corp, The Poole and Kent Corp, TNC Windows, Va National Guard Family Assistance, PLUS.

**Register: [www.JobZoneOnline.com](http://www.JobZoneOnline.com) (Post and link resume)**

For more information:

[Janet.Giles@JobZone Online.com](mailto:Janet.Giles@JobZoneOnline.com)

540-226-1473



PHOTO BY MC2 KEVIN CUNNINGHAM

A simulated mass casualty victim arrives at Walter Reed National Military Medical Center Emergency Department for care during the exercise.



PHOTO BY MC2 KEVIN CUNNINGHAM

A simulated mass casualty victim receives care upon arrival at Walter Reed National Military Medical Center Emergency Department during the exercise.

## Walter Reed Bethesda Conducts Mass Casualty Exercise

By MC2 Kevin Cunningham  
WRNMMC Command Communications

Walter Reed National Military Medical Center conducted a Code Green exercise May 3 to enhance its mass casualty response capabilities.

The exercise consisted in a mix of scenarios testing the hospital's ability to react to a large influx of casualties, explained Chris Gillette, command emergency manager and the exercise director at WRNMMC. Hospital staff managed a temporary triage staging site outside the Emergency Department where they assessed the simulated injuries of those acting as casualties. After the initial intake, those injured were directed to various departments within the medical facility.

Gillette explained WRNMMC, with Naval Support Activity Bethesda's Police Department and Naval District of Washington's Fire and Rescue Department, exercised their emergency response plans during the staged event on NSAB.

"This annual event prepares for the unexpected," Gillette said. "We always have to be ready to receive casualties and these exercises test the medical center's surge capabilities while continuing to offer patient care to those not involved in the exercise," he continued.

Throughout the four-hour event, dozens of casualties were processed through the various staging areas designed to assess then treat various types of injuries.

Upon arrival to the ED patients were color-coded based on the level of severity of their injuries. Once divided, patients are funneled to the hospital where they would receive care in case of an actual event.

Code Green exercises are conducted annually to test the medical center's response capabilities to mass casualty situations that could take place in the National Capital Region.



PHOTO BY MC2 KEVIN CUNNINGHAM

A simulated mass casualty victim is loaded onto a stretcher to be transported in Walter Reed National Military Medical Center Emergency Department the exercise.



PHOTO BY PO3 JARED LENAHAN

Walter Reed Bethesda staff members await simulated mass casualties during an exercise.



PHOTO BY PO3 JARED LENAHAN

**Dr. Edward Lucci simulates care of a simulated mass casualty victim during the exercise.**



PHOTO BY PO3 JARED LENAHAN

**Simulated mass casualty victims are triaged during the exercise.**

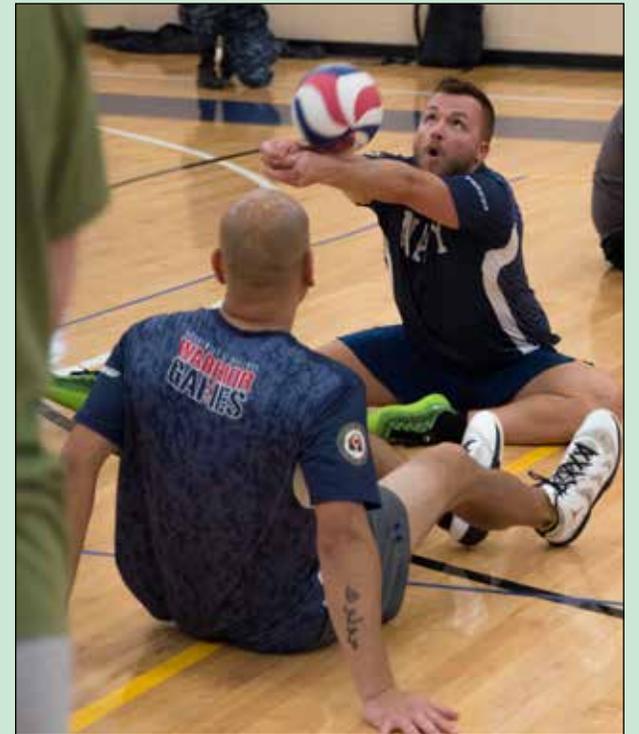
**Emergency Department staff simulates assessing the injuries of a simulated mass casualty victim during the exercise.**

PHOTO BY PO3 JARED LENAHAN



PHOTO BY PO3 JARED LENAHAN

**A chaplain from the Department of Pastoral Care (left) is on hand to provide comfort to simulated mass casualty victims during the exercise.**

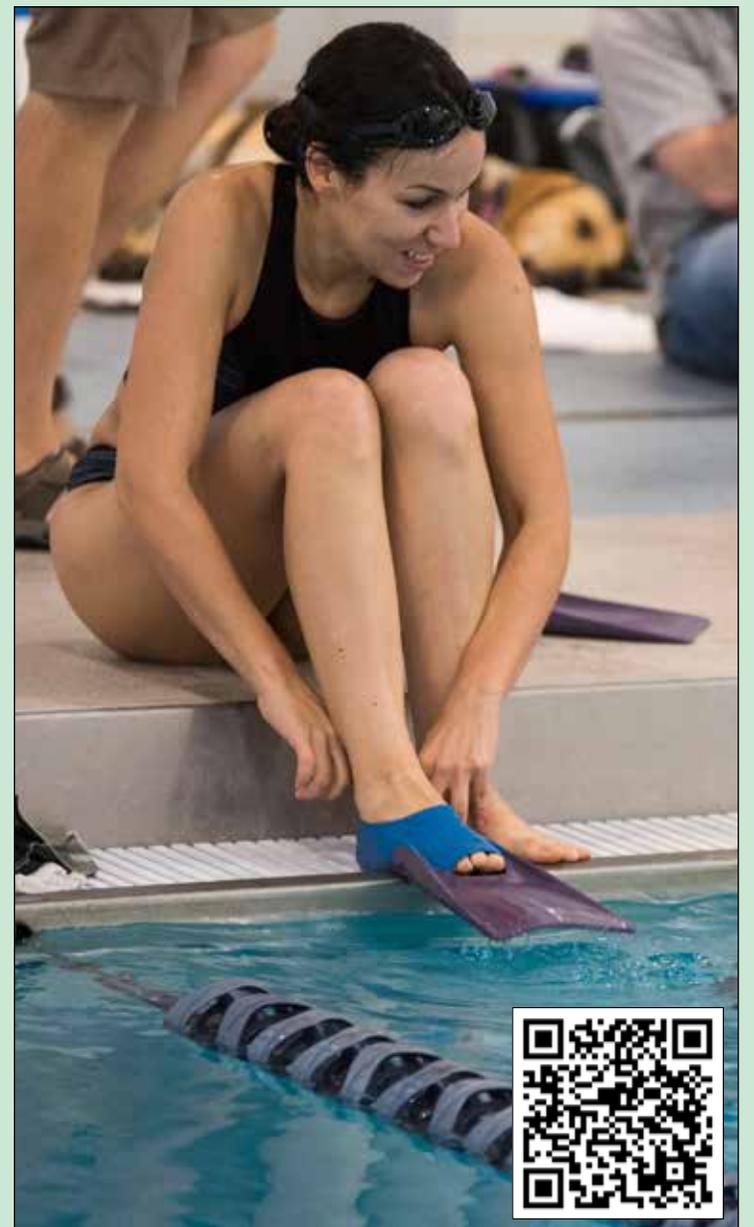


# NSAB Hosts Road to the 2018 DoD Warrior Games

Photos by MC3 Julio Martinez Martinez  
NSAB Public Affairs

Naval Support Activity Bethesda hosted the Road to the 2018 DoD Warrior Games, May 5. Wounded warriors practiced volleyball and trained in the Fitness Center swimming pool before they head to the Air Force Academy in Colorado Springs, Colorado, where the games are set to be held.





# Patient-, Family-Centered Care Work Highlights Florentino Awards

By Bernard S. Little  
WRNMMC Command Communications

Projects focused on putting patients and families at the heart of medicine highlighted the Dr. Paul Florentino Patient- and Family-Centered Care (PFCC) Excellence Awards program May 3 at Walter Reed National Military Medical Center.

Navy Capt. (Dr.) Mark Kobelja, WRNMMC director, commended the work that staff, both active duty and civilian, as well as medical residents, presented at the program. "It's extraordinary," he said. He also described the projects as "amazing" and indicative of WRNMMC's efforts in keeping patients and their families at the core of the medical center's mission.

Work presented at the program explored Opioids Impact on Benefit from Spinal Cord Stimulator; Development of a Wellness Platform for Oncology Patients with Cognitive Complaints; Sexual Health and Intimacy Services at Walter Reed Bethesda; Implementation of a Family-Centered and Multidisciplinary Cardiogenetics Clinic; Automation of the I-PASS Tool to Improve Transitions of Care; Multi-Disciplinary Rounds on the Internal Medicine Wards; and Psychiatry Behavioral Health High Risk Management for Children and Adolescents.

U.S. Public Health Service Capt. Moira McGuire earned the first-place ribbon for her team's project examining sexual health and intimacy for wounded, ill and injured service members and their spouses/partners. McGuire's team concluded, "Exceptional efforts of a multidisciplinary team have led to improved specialized care and continuity in the area of sexual health and intimacy, enhanced care for wounded, ill and injured service members and their spouses/partners, improved quality of life, and all consistent with patient- and family-

centered care tenets of collaboration, active participation, dignity and respect, and open and honest information sharing."

Genetics counselor Lydia Hellwig earned second-place honors for her research involving implementation of a family-centered and multidisciplinary Cardiogenetics Clinic. "Before the Cardiogenetics Clinic was created, patients and providers alike were inundated with the challenges of inter-departmental coordination of multiple specialty visits in order to ensure proper care. With the Cardiogenetics Clinic in place, we have increased the quality of care provided while decreasing the number of specialty appointments required for these military families by 72 percent."

Psychologist Laura Wandner, Army Capt. Sarah Ordway and Navy Lt. Thomas Mellor shared third-place recognition. Wandner researched opioids impact on benefit from spinal cord stimulator, and Ordway and Mellor researched multi-disciplinary rounds on the Internal Medicine Wards.

Dr. Lina Kubli, of the Paul Florentino PFCC committee, explained the benefits of patient- and family-centered care include an increase in the quality of care; greater trust between providers, patients and their families; and improved confidence in the overall health-care system resulting in better outcomes. The tenets of PFCC include mutual dignity and respect, unbiased information sharing, active participation from patients and families in their care, and open collaboration among practitioners and providers.

The PFCC committee along with the Department of Research Programs at WRNMMC conduct the PFCC excellence awards and program in honor of Florentino, whose career took him from work as an Air Force flight surgeon to deputy commander of medical services at the former National Naval Medical Center, a predecessor of WRNMMC.



PHOTO BY BERNARD S. LITTLE

**Psychologist Laura Wandner presents her project "Spinal cord Stimulator Cohort: Opioids Impact on Benefit from SCS" during the Patient- and Family-Centered Care Excellence Awards In Honor of Dr. Paul Florentino program May 3 in Building 9 at Walter Reed National Military Medical Center.**

Florentino helped guide the integration of NNMC and the former Walter Reed Army Medical Center to form WRNMMC, and he was a major contributor in shifting the paradigm of care from being primarily physician driven to physician, patient- and family-centered, acknowledging the pivotal involvement of the patient and the patient's family in health care. He died in 2011 and is buried in Arlington National Cemetery. To continue his legacy, the PFCC excellence awards program is open to any WRNMMC department or team that initiates research, innovation, or process improvement to benefit patient- and family-centered care.

Francesca Bjorklund served as guest speaker at this year's Florentino PFCC excellence awards program. The mother of twin girls with a health condition affecting their nervous systems and speech, Bjorklund advocates for PFCC. She explained that the successful health care of children starts at home as well as creating a partnership with medical, therapeutic and educational teams. She stated that with a team approach, children with challenges are better able to leap their hurdles and succeed in all facets of life.

Bjorklund credits WRNMMC Chief Experience Officer, Army Col. (Dr.) Catherine Kimball-Ayres, a pediatrician, along with other health professionals at the medical center with teaming with her in the care of her children, who now participate in the Special Olympics sporting events. "It is really the open communication that is built around respect and trust that has allowed this progress," she said.



## A DIFFERENT KIND OF HERO

AS THE SON AND GRANDSON OF VETERANS, I KNOW THOSE WHO SERVE ARE HEROES.

Military caregivers, who care for our wounded veterans at home, are heroes too.

If you are a military caregiver, access helpful resources and connect with other caregivers at:

HiddenHeroes.org

The Elizabeth Dole Foundation's Hidden Heroes initiative increases support for America's 5.5 million military caregivers.



# Memorial Service Salutes Support Canines

Photos by Harvey Duze  
WRNMMC Command Communications

During a memorial service May 11 in front of the Tower, the Walter Reed Bethesda family celebrated the lives and contributions of its therapy and support canines Navy Vice Adm. Laura Lee and Marine Corps Gunnery Sgt. Archie, who both died in March. Archie and Laura Lee were among the first canines in the dog therapy and support program at Walter Reed National Military Medical Center. The current team of canines carry on the legacies and dedication of Archie and Laura Lee, playing important roles enhancing the treatment, esprit de corps and morale of beneficiaries, family members and staff at WRNMMC and Naval Support Activity Bethesda.





**American Home Contractors**

**Book Today at:**  
**301-284-3422**

or visit our website at [myhometuneup.com](http://myhometuneup.com) to see all great products we have available!

**2017**  
Angie's list  
SUPER SERVICE  
AWARD

MHIC #31337-03

**PREMIUM ROOF TUNE UP**

**Only \$149!**

\*Value at \$800!



**PREMIUM GUTTER TUNE UP**

**ONLY \$125!**



- ★ Caulking & Sealing of vents, Flashing & Nail Holes
- ★ Tightening of Loose Shingles
- ★ Replacement of up to Ten Shingle Tabs
- ★ Repair of Exposed Nail Heads (Nail Pops)
- ★ Replacement of up to One Pipe Boot Gasket
- ★ Full Attic, Roof, Gutter & Exterior Inspection - with Photos!
- ★ **\$250 Gift Certificate** Towards Future Projects!

- ★ Cleaning of up to 100 Linear Feet of Gutters
- ★ Sealing & Caulking of Gutters (Miter Joints, Outlets & End Caps)
- ★ Tightening of Gutters & Downspouts (Using Existing Fasteners)
- ★ Testing of Gutter Slope for Proper Water Flow
- ★ Visual Inspection of Run-Off & Ground Drainage
- ★ Full Attic, Roof, Gutter & Exterior Inspection - with photos!
- ★ **\$250 Gift Certificate** Towards Future Projects!



# UMUC Salutes Our Military Heroes

**VERNON GREEN JR.**  
Master of Science, Cybersecurity Technology  
U.S. Army Veteran

Vernon Green Jr. brings the values he learned in the military to his service in the community.

When you talk to military people about heroism, they'll often tell you about something greater they've been a part of.

During his time in the U.S. Army, Vernon Green put his cybersecurity training to work as part of a team managing a large tactical information network.

Today, Vernon puts the values he learned in the military to work in his community as founder of a nonprofit organization mentoring young men and women to build strong character, relationships, and careers.

UMUC salutes the members of our military who inspire us in their daily service. **Who inspires you?**

Share your story about a servicemember who made a positive impact on people's lives at [umuc.edu/militaryheroes](http://umuc.edu/militaryheroes) or share your hero's story using **#militaryheroes**.



AT YOUR SERVICE SINCE 1947

© 2018 University of Maryland University College

# DARCARS<sup>®</sup> AUTOMOTIVE GROUP



DARCARS Chrysler Jeep Dodge Ram of Rockville

**APPRECIATION TO OUR MEN AND WOMEN IN UNIFORM,  
\*\$500 MILITARY BONUS CASH ON ALL VEHICLES**



Located on Rockville Pike just minutes from Naval Support Activity Bethesda

**755 Rockville Pike • Rockville, MD 20852 • 301-424-1700**

\*Present this ad at the time of sale. Proper Military identification is required. Immediate family qualifies. Expires 5/31/18

**DARCARS.com**



# MILITARY SPOUSE HIRING RECEPTION

BETHESDA, MD | MAY 31, 2018 | 7 P.M. - 9 P.M.



USO BETHESDA | 4565 TAYLOR RD #83 BETHESDA, MD 20815

Join Hiring Our Heroes and Military Corps Career Connect (C3) to network with vetted employers, community leaders, senior military spouses, and other job seekers. Gain valuable insight on career planning and how to stand out as a candidate. Bring your resume and get ready to put your best foot forward with employers who want to hire you.

## EVENT FEATURES

### CORPORATE FELLOWSHIP PROGRAM INFORMATION SESSION

Learn about HOH Corporate Fellowship Program opportunities in Maryland for military spouses of active duty service members and instantly connect with employers with open fellowship opportunities. Learn more at [HiringOurHeroes.org/Fellowships](http://HiringOurHeroes.org/Fellowships).

*This program is funded by a US Department of Labor National Dislocated Worker Grant in partnership with Military Corps Career Connect (C3).*

### MILITARY CORPS CAREER CONNECT (C3) CAREER TRANSITION ASSISTANCE

Representatives from C3 will be on hand to discuss free classes and trainings for in-demand industry credentials, certifications, and licenses.

### PROFESSIONAL HEADSHOTS

Does your LinkedIn profile picture need an update? Take a FREE professional headshot with our on-site photographer.

EMPLOYERS & MILITARY SPOUSE JOB SEEKERS REGISTER AT  
[HIRINGOURHEROES.ORG/EVENTS](http://HIRINGOURHEROES.ORG/EVENTS)

# HELP GIVE OUR MILITARY FAMILIES A HELPING HAND.

Wounded Warriors Family Support (WWFS) is an independent nonprofit organization whose mission is to improve the quality of life for our combat wounded.

Earning Charity Navigator's highest four-star rating and listed among Consumer Reports "Top Rated Veteran Charities," WWFS serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

**CFC# 81534**  
**wwfs.org**



Visit us online at [dcmilitary.com/journal](http://dcmilitary.com/journal)

In the Heart of Bethesda's business and cultural district

## Be Our Guest



- Excellent Location
- Complimentary Shuttle - 1 Mile Radius
- Complimentary Hot Breakfast
- Restaurant on Premises
- Outdoor Seasonal Pool

- Government Rates
- Complimentary WiFi
- Business Center
- Meeting Facilities
- Fitness Center

**8130 Wisconsin Avenue Bethesda, MD 20814 • [www.american-inn.com](http://www.american-inn.com) • 301-656-9300**

Book on [American-Inn.com](http://American-Inn.com) Corporate Code:WALTER or  
Call 301-656-9300 and ask for the special Walter Reed Rate

# SOCIAL MEDIA

## NSA BETHESDA



/mwrbethesda



@navymwrbethesda



@mwrbethesda



www.navymwrbethesda.com

### DOWNLOAD OUR MOBILE APPS



Navy Life



NavyMWR NDW



NFAAS



Navy Fitness



## Morale Welfare & Recreation (MWR)

- 5/17 11 am-1 pm BBQ on the Patio-Warrior Café Bldg. 62 Patio
- 5/18 11 am-2 pm Asian & Pacific Islander Heritage Lunch- Warrior Café, Bldg. 62
- 5/19 10 am-3 pm National Kayak Football, MWR Pool Call 301-295-0031. FREE
- 5/20 1- 4:30 pm Foot Golf Trip Northwest Golf Course Register online. \$25\*
- 5/23 11:30 am-6pm Blue Angels at Commissioning Week Register online. \$10\*
- 5/25 8:30-11 pm Outdoor Movie Below Deck, NGIS Bldg. 64. FREE
- 6/8-8/31 12-2 pm Kids Summer Program MWR Fitness Center, Bldg. 17 FREE. Register online\*. Open to all Eligible Fitness Center patrons and their children of all ages.
- 6/16 5-8 pm Daddy Daughter Dance MWR Fitness Center, Bldg. 17 Register online. \$12 Child, \$17 Adult Free ticket option is available that does not include food.

\*www.NavyMWRBethesda.eventbrite.com

## LIBERTY Center Bldg.11 PH 301-319-8431

LIBERTY patrons include Single Service members E1-E6, WII, NMA & Geo-Bachelors E1-E9

5/16 Ping Pong Tournament 6 p.m.

5/19 Pentagon City Mall Excursion 10 a.m. \$10\*

5/20 Nationals vs Dodgers 11 a.m. \$36

5/22 Bowling Night 6 p.m. \$5\*

5/26 Kings Dominion 8 a.m. FREE\*

6/3 Orienteering Class 9:30 am-3 pm \$25\*

6/5 NBA Finals Watch Party 6 pm Bowling Center

\*REGISTER online:  
Navymwrbethesda.eventbrite.com

LIBERTY Trips include transportation and depart from lobby of bldg. 62.



# Classifieds

Call 301-645-0900

### Apartments Unfurnished

#### Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



To place an ad  
Call 301-645-0900

### Help Wanted Full Time

#### The Washington Post

#### Industrial Mechanic Position

The Washington Post Springfield Production Facility is a fast paced, 24-hour, 7 day a week operation. We are looking for people skilled in the mechanical trades and familiar with industrial equipment. Some of the areas we are involved in are: pneumatics, hydraulics, pumps, conveyors, gear boxes, drive chains, bearings, seals, problem solving, troubleshooting, and continuous improvement. Our time is spent on both reactive and preventive maintenance, trouble shooting and repairing industrial equipment, and improving reliability.

We offer a competitive salary and benefits package. Applicants must be available to work any of the three shifts. For consideration, please apply online at [careers.washingtonpost.com](http://careers.washingtonpost.com). We are committed to diversity in the workplace and promote a drug-free work environment.

BUY SELL RENT HIRE

TRADE SHOP SWAP FIND

SOUTHERN

MARYLAND CLASSIFIED

TO PLACE YOUR AD

CALL 1-301-645-0900

# WOLF TRAP SUMMER 2018

## TICKETS ON SALE NOW!



**LIVE FROM HERE**  
WITH CHRIS THILE  
SPECIAL GUEST KACEY MUSGRAVES  
WITH COMIC SHENG WANG  
AND DUET PARTNER SARAH JAROSZ  
MAY 26



**JOHN FOGERTY | ZZ TOP:**  
**BLUES AND BAYOUS TOUR**  
RYAN KINDER  
MAY 29 + 30



**JAKE OWEN**  
WITH CHRIS JANSON  
JORDAN DAVIS  
JUN 3



**FITZ AND THE TANTRUMS**  
**X AMBASSADORS**  
MIKKY EKKO  
JUN 7



**ROGER DALTREY**  
**PERFORMS**  
**THE WHO'S TOMMY**  
JUN 10 + 12



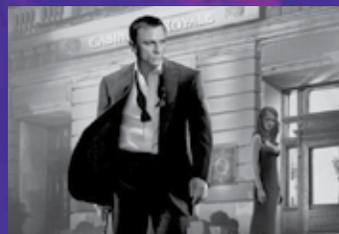
**STEVEN TYLER AND**  
**THE LOVING MARY BAND**  
THE SISTERHOOD BAND  
JUN 21



**CHARLIE WILSON**  
SHEILA E.  
JUN 24



**WHEELS OF SOUL 2018 TOUR**  
**TEDESCHI TRUCKS BAND**  
DRIVE-BY TRUCKERS  
THE MARCUS KING BAND  
JUN 11



**CASINO ROYALE**  
**IN CONCERT**  
NATIONAL SYMPHONY ORCHESTRA  
JUL 22



**ALAN JACKSON**  
LEE ANN WOMACK  
AUG 16

**THE WASHINGTON**  
**BALLET**  
**GISELLE**  
WOLF TRAP ORCHESTRA  
MAY 25

**JOHN PRINE**  
**MARGO PRICE**  
THE TREE OF FORGIVENESS TOUR  
JUN 1

**CLASSIC ALBUMS**  
**LIVE PRESENTS:**  
**THE BEATLES -**  
**WHITE ALBUM**  
JUN 2

**NILE RODGERS & CHIC**  
**CHAKA KHAN**  
JUN 5

**BARRY MANILOW**  
**MICHAEL LINGTON**  
JUN 8 + 9

**HARRY CONNICK JR.**  
A NEW ORLEANS TRICENTENNIAL  
CELEBRATION  
JUN 14

**TONY BENNETT**  
JUN 23

**BRUCE HORNSBY &**  
**THE NOISEMAKERS**  
**THE WOOD BROTHERS**  
JUN 29

**REBA McENTIRE**  
JUN 1

**BARENAKED LADIES**  
LAST SUMMER ON EARTH TOUR  
**BETTER THAN EZRA**  
KT TUNSTALL  
JUL 2

**HARRY POTTER**  
**AND THE PRISONER OF**  
**AZKABAN™ -**  
**IN CONCERT**  
NATIONAL SYMPHONY  
ORCHESTRA  
JUL 6 + 7

**JUANES**  
JUL 13

**HALSEY**  
**JESSIE REYEZ**  
HOPELESS FOUNTAIN KINGDOM  
JUL 15

**STRAIGHT NO CHASER**  
JUL 17

**QUEEN LATIFAH**  
**COMMON**  
JUL 20

**JASON ISBELL AND**  
**THE 400 UNIT**  
**HISS GOLDEN MESSENGER**  
JUL 24

**THE BEST OF**  
**WAGNER'S RING**  
NATIONAL SYMPHONY  
ORCHESTRA  
JUL 28

**BRYAN ADAMS**  
AUG 5

**MARY CHAPIN**  
**CARPENTER**  
**RHIANNON GIDDENS**  
WITH FRANCESCO TURRISI  
AUG 11

**TROMBONE SHORTY,**  
**GALACTIC,**  
**PRESERVATION HALL,**  
**AND MORE!**  
AUG 17

**FRANKIE VALLI &**  
**THE FOUR SEASONS**  
AUG 24

**KIDZ BOP LIVE 2018**  
AUG 25

**GAVIN DeGRAW**  
**PHILLIP PHILLIPS**  
AUG 31

**ZIGGY MARLEY**  
**STEEL PULSE**  
**TRIBAL SEEDS**  
SEP 1

*and many more!*

 **BOEING**  
VETERANS MAKE US BETTER

WOLFTRAP.ORG

