



NMCPHC UPDATE

SPECIAL EDITION Volume 10 Issue 8

From the Front Office

By Captain Brian Feldman, Commander, NMCPHC

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Greetings Navy and Marine Corps Public Health Center (NMCPHC)

It is with great pride I joined the Navy and Marine Corps Public Health Center (NMCPHC) team as your Commander this July. Throughout the years I have had the privilege of working with this talented team and have relied on your expertise to keep Sailors, Marines and their families healthy, resilient, and ready.

The work you have performed during this once-in-a-lifetime global pandemic has been critical in support of the Navy's overall response with over 1360 reports and published works.

Your significant contributions ensured the readiness of the Fleet, protected the health, and increased the survivability of our fighting force.

As the epicenter of Navy Medicine's efforts, in the fight against COVID-19, you stood up a collaborative, cross-departmental, Emergency Operations Center (EOC) where innovative tools were developed to aide decision-makers. You lead the way in helping to sustain the Navy mission, throughout the pandemic, as our public health expertise was available globally, around the clock. All the while you sustained our ongoing, day-to-day activities critical to our public health mission.

My charge is to continue to lead and be forward thinking in our collective efforts as we move past the pandemic and implement lessons learned. We will continue to be at the forefront of the Navy public health mission as you all continue to lead the way. Here are just some highlights of the things we have and are accomplishing:

Navy Environmental and Preventive Medicine Units (NEPMU) and Forward Deployable Preventive Medicine Units (FDPMU) have been agile and dynamic



Captain Brian Feldman

in their continuous, and rapid support against COVID-19 outbreak. They have provided world-wide public health emergency consultation, and support to Joint Task Force-Haiti deployed personnel. They also aided in Afghanistan recovery efforts and evacuee operations.

In the month of September, staff from NMCPHC and NEPMU-2 provided critical “behind-the-scenes” public health expertise in support of a highly successful 24th International Seapower Symposium at the U.S. Naval War College in Newport, Rhode Island.

Currently, our Navy Entomology Center of Excellence (NECE) Team is collaborating with the University of Florida to establish a joint-use facility that will specialize in insecticide resistance testing for militarily relevant pests and vectors of disease. The University expressed strong interest and support in the development of a joint venture, and establishment of a training, and collaborative, officer development STEM relationship.

As you can see we are doing great work across the enterprise that will not change as we as we integrate and join forces with the DHA in accordance with the National Defense Authorization Act (NDAA). I’m sure many of you may have questions about how this integration will progress and if services may change in the future of Navy Public Health.

NMCPHC will continue to directly support the Navy Surgeon General and our operational public health mission even as some functional areas of the headquarters command that are shared across all DoD services administratively come under DHA authority. In the past several months, we have built partnerships with our sister services, and are making great progress towards becoming part of the DHA Public Health Directorate.

For our team, we will ensure this administrative realignment is as seamless as possible at the deckplate. In fact other than a subtle change on your LES from DoN Civilian to DoD civilian you will not experience a change in your workplace, your pay, your supervisory chain of command or your mission. But we will join a broader team and have opportunities to collaborate more efficiently, reduce redundancy, and learn from each other to further our mission of public health

In closing, I’d like to welcome aboard some of our new leaders as summer of 2021 was one of unparalleled transition for leadership roles throughout the Navy public health enterprise. First, we welcomed a new Deputy Commander, CAPT Matthew McLean who comes to us with a wealth of experience in healthcare business and most recently operational medicine. His previous assignment was as the Senior Medical Officer (SMO) of the USS Kearsarge (LHD 3).

We also welcomed several Officer’s In Charge (OIC) to include: CAPT Eric Welsh, NEPMU-5; CDR Joseph Stastny, NEPMU-6; CAPT Nimfa Teneza-Mora, Navy Bloodborne Infection Management Center (NBIMC), and CDR Ian Sutherland, NECE. We also welcomed, LCDR Robert Russell, Deputy Commander of the Navy Drug Screening Laboratory-Great Lakes (NDSL-GL). CDR George Vancil was also selected as our new Preventive Medicine Director, here at headquarters.

We are full speed ahead and will soon welcome a new year. It isn’t lost on me that there are many changes happening from how we conduct our business, to process changes, leadership turnover, and organizational shifting. All of these changes are essential to the work we do, yet they won’t be successful without your understanding of why they are taking place. As things develop, I will continue to do my best to keep you informed. We will be most successful though our combined efforts, clear communication, and most importantly our mutual commitment to listening to each other.

Command Master Chief's Corner

By Master Chief Hospital Corpsman Joseph Dennis, NMCPHC



***Master Chief Hospital Corpsman
Joseph Dennis***

Greetings Shipmates!

For the Fall season of 2021, there are many reasons to be thankful and optimistic. We are thankful for good health and good times, and we look forward to a safe, healthy, and prosperous 2022. We continue to gain understanding of the pandemic and how we can stay in the fight. The work done at NMCPHC and its Field Activities keeps ships at sea and keeps warfighters focused on warfighting.

The COVID 19 pandemic continues to take center stage, and NMCPHC professionals continue to rise to the challenge. Pandemic-specific tasking, published works, and accomplishments have been very robust, and the team continues to answer the call every time. In addition, those mission and functions of NMCPHC that are not COVID related are continuing at steady state.

The list of individual and team accomplishments continues to grow. Our civilian shipmates have been recognized for outstanding performance

such as Civilian Employee of the Quarter and Year. 10 Sailors advanced in the E4-E6 paygrades, 8 Sailors were promoted to Chief Petty Officer (E7), and 2 were promoted to Senior Chief Petty Officer (E8). In addition, several Officers were selected for promotion to Lieutenant Commander, Commander, and Captain. This is a testimonial to the hard work and dedication shown by all team members at NMCPHC. Naval leadership at every level has noticed and recognized the hard work completed by the NMCPHC team.

Vaccination mandates, COVID reporting, PCS waiver policies, advancement exams, HPCON levels, and installation gating criteria are just a few examples of things that remain in a constant state of change. It is important to remain flexible and informed. Stay connected to Navy Personnel Command on social media [MyNavy HR (Facebook), @USNPeople (Instagram) @MyNAVYHR (Twitter)] message traffic, or the web for the latest on PCS travel waivers and Restriction of Movement (ROM) requirements. Local installation social media streams explain the availability of on-base services, gate closures, and the like. Continue to utilize local resources in Commander's update emails, all hands calls, and local news and health department recommendations for individual areas.

We've begun to resume many of the activities that were paused by the pandemic. In preparation for the resumption of the semi-annual Physical Fitness Assessment, the Command has completed 2 cycles of the "Plank Challenge." The Quality of Life committee is back in action with new leadership and has sponsored a pancake breakfast for staff appreciation and a burger burn, with many other activities are in the planning stage. Thanks to Ms Tiffany Dixon and her team for their efforts. If you are interested in being a member of the QOL team, please reach out to Ms Dixon.

As always, we must continue to look out for each other and recognize the warning signs for suicide and other destructive behaviors. If you or someone you know needs help, speak up and get help! Resources are readily available to help with mental health, suicidal behaviors, addictions, or any other struggles that can lead down a bad path.

Have a great day on purpose!

Navy Public Health Experts Provide a Safe Environment for International Seapower Symposium

Story by Hugh Cox, Navy and Marine Corps Public Health Center

Staff from the Navy and Marine Corps Public Health Center (NMCPHC) and Navy Environmental and Preventive Medicine Unit Two (NEPMU-2) provided critical “behind the scenes” public health expertise in support of the 24th International Seapower Symposium (ISS) held last month at the U.S. Naval War College in Newport, Rhode Island.

Two weeks prior to the event, a comprehensive public health site survey was conducted by Lt. Jessica Jeter, Environmental Health Officer (EHO), and Hospital Corpsman 2nd Class Jacqueline Holman, Preventive Medicine Technician (PMT), both assigned to NEPMU-2, to help ensure the safety of ISS attendees.

The duo arrived with experience and diagnostic testing equipment from NEPMU-2 to ensure that the symposium had a reasonable testing capacity if needed. According to Cmdr. Rebecca Welch, a preventive medicine physician attached to NMCPHC, the site survey and other public health mitigation efforts were part of a larger coordinated effort that included support from other Navy Medicine commands.

“It was awe-inspiring to witness medical and public health support personnel from numerous active duty and reserve units across the country uniting to provide world-class, event-specific COVID-19 risk mitigation in such a logistically complex environment,” said Welch. “As a team, we enabled delegates to the ISS to focus on their primary mission, which was to achieve strength in unity through group and one-on-one sessions during the week-long event.”

According to Welch, Jeter’s expertise as an EHO, and Holman’s aptitude as a PMT were invaluable to the success of the 24th annual International Seapower Symposium. “Truly, the event could not have taken place safely without their skill sets and tireless dedication and attention to detail,” added Welch.

For this particular event, the site survey included providing direct support throughout a 3-day site visit assessment of the U.S. Naval War College, Navy Gateway Inns and Suites and two off-site locations. The team provided critical COVID-19 mitigations for more than 250 international and American naval officers from 103 countries, including the Chief of Naval Operations, and many senior leaders of the US Navy (81), the US Coast Guard (16). Additional attendees included the Secretary of the Navy, the

current and seven previous War College Presidents, as well as other senior U.S. officials.

“Job one for the team was ensuring that processes and procedures were in place to create a COVID-free environment so that the delegates could safely conduct diplomatic interactions without fear or threat of infection,” added Jeter.

NEPMU-2’s recommendations affected over 500 ISS attendees including U.S. and foreign military delegates, their spouses as well as executive staffs. Holman inspected over 50 spaces and followed up with recommendations for mitigation against COVID-19 transmission.

“It was quite a unique experience and I could not be more proud of the efforts by Petty Officer Holman. Our combined expertise and perspective was invaluable and resulted in the safe execution of an instrumental symposium to maintain global maritime diplomacy and freedom of navigation,” said Jeter. “She played a vital role in carrying out the strategy and providing Naval War College and OPNAV N3/N5 with actionable courses of action to reduce risk during the event.”

“I learned a lot. While there were numerous factors that contributed to the risk level of this event, I was able to lean back on my training as a Preventive Medicine Technician and provide critical risk mitigation recommendations in order to protect the health of senior leaders and their staff,” said Holman.

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FDPMU Answers the Call in Haiti

Story by Hugh Cox, Navy and Marine Corps Public Health Center

A Forward Deployable Preventive Medicine Unit (FDPMU), from Navy Environmental and Preventive Medicine Unit TWO (NEPMU-2), deployed in late August in support of Joint Task Force (JTF) Haiti, delivering humanitarian aid in Haiti following the 7.2 magnitude earthquake on August 14th.

The FDPMU is a Navy expeditionary platform designed to provide technical expertise and advanced testing capabilities in the field, ensuring force health protection of service members. It's also a rapid and flexible team, capable of supporting the high mobility missions of the Navy and the Marine Corps as well as the established long term missions of the Air Force and Army.

The FDPMU that deployed on this mission consisted of a Preventive Medicine Physician (PMO), an Entomologist, an Environmental Health Officer, and three enlisted Preventive Medicine Technicians (PMT's). The team was staged at Guantanamo Bay providing public health support to the service members supporting the mission, while also delivering public health expertise to individuals directly impacted by the earthquake.

"In times of environmental crisis, early preventive medicine strategies plays a key role in health protection. In disease vector mitigation, timing is extremely important," says Lt. Eleanor Moen, the JTF's Entomologist assigned to the FDPMU. "Exposure to disease risk is much higher during fast paced missions and therefore it is important to keep pest management in mind when responding to a disaster," added Moen, regarding the importance of preventive medicine in humanitarian assistance and disaster relief (HA/DR) missions.

Lt. Moen played a critical role in identifying and controlling disease transmitting pests, like mosquitos, that were a threat to the HA/DR mission in Haiti. She and the PMT's applied pesticides multiple times, in key areas of Guantanamo Bay and Haiti to control mosquitos known to carry malaria, dengue and other diseases, protecting over 400 service members supporting JTF-Haiti. Pest control efforts also included filth fly control and rodent/stray animal surveillance.

Monitoring disease threats and providing preventive medicine information to the force, to include COVID-19 mitigation and water quality monitoring, were other areas of focus for the FDPMU. The team also

analyzed a variety of communicable disease threats to the force such as Cholera as well as recommended COVID-19 mitigation measures to JTF-Haiti leadership. Additionally, water quality and sanitation were concerns for public health and the morale of deployed forces. The EHO and the PMT's validated municipal water sources for hand washing and showering purposes, while treating 3,200 gallons of water multiple times a day ensuring water use safety.

The team also provided augmented public health expertise for the appropriate implementation of hygiene measures in the operational environment faced by U.S. personnel, including other U.S. Armed Forces, following this natural disaster.

"Working in a joint environment alongside all DoD branches and the Coast Guard was a great opportunity to exchange knowledge and experience in both the medical environment and how that interacts with the operational logistics of an HA/DR mission," said Hospital Corpsman 2nd Class Kaitlyn Boyle, who was one of the three PMT's on the task force, "I am very grateful to have made an impact."

For more news from Navy Environmental and Preventive Medicine Unit TWO, visit <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Field-Activities/Navy-Environmental-Preventive-Medicine-Unit-2/> or follow NEPMU-2 on Facebook at www.facebook.com/nepmu2.

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NMCPHC Sailor Leads Warrior Hike in Virginia Beach

Courtesy Story, Navy and Marine Corps Public Health Center

In the early hours of September 17th, Hospital Corpsman 1st Class Mari Williams stood at a registration table in a parking lot across from the Virginia Beach Aquarium, greeting active duty service members and veterans participating in a day-long hike up and down the ocean front. The group she's representing is Irreverent Warriors (IW), a nation-wide organization with a mission and vision: Bringing veterans together using humor and camaraderie to improve mental health and prevent veteran suicide.

Williams is assigned to the Navy and Marine Corps Public Health Center (NMCPHC) in Portsmouth, Va., and by the end of the day she will have led a hike for 160 veterans and service members over 7.6 miles. Along the way they were met with applause and salutes from beach-goers and others who were visiting the ocean front area.

"It's such a rewarding experience for me to come together with these folks and be seen in the community," she says, "each time we get together we laugh, talk and build or strengthen our bonds."

This particular event also took place during the month of Suicide Awareness and Prevention, and it did not surprise Chief Hospital Corpsman Delita Shields, Williams's direct supervisor at NMCPHC, that she led the IW efforts that day.

"I have always observed her to be an outgoing Sailor who invests her personal time for helping others and being a part of something bigger," says Shields, "and I know that even when she's leaves the Navy she'll continue giving her energy to things that affect people who were in our community." Shields also said that Williams represents the Navy and the Public Health Center with integrity and professionalism to the local community.

Throughout day, hikers handed out small business cards with information about Irreverent Warriors and their mission to folks passing by. The engagement also allowed for impromptu conversations with people who may not have been as aware of the unfortunate facts affecting service members and veterans prior to the event.

"Our mission is that the heart of everything we do as IW, and the events created, pick up where clinical connections don't reach, and build support where it's okay not to be okay," says Williams. "When we come together sharing humor and camaraderie, we regain a sense of worthiness and belonging which is critical for many."

At the mid-point of the hike, participants stopped at a location where there was public exercise equipment

available. They began challenging each other in rope climbing, pull-ups and completed the break with 22 push-ups as a group, representing the average of those lost each day to suicide.

The group returned to the starting point in the early evening where they concluded the day by welcoming newcomers experiencing the Irreverent Warrior hike for the first time, and putting out information for the next event.

"So long as we have veterans and service members who are suffering, we'll continue to march forward as a group and be there for each other," says Williams, "because sometimes that's our biggest strength, each other."

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U.S. Coast Guard Command Master Chief Sean Edwards, holds a megaphone for U.S. Navy Hospital Corpsman 1st Class Mari Williams, assigned to the Navy and Marine Corps Public Health Center, as she provides instruction to a group of hikers in Virginia Beach. (U.S. Navy Photo by Abraham Essenmacher/Released)

U.S. Navy Entomologists Train with Cabo Verde to Assess Mosquito-borne Disease Risk

Courtesy Story, Navy and Marine Corps Public Health Center

Entomologists from U.S. Navy Environmental and Preventive Medicine Unit SEVEN (NEPMU-7) and Navy Entomology Center of Excellence (NECE) partnered with the Cabo Verde National Institute of Public Health and the Cabo Verdean Armed Forces to search for disease-causing pathogens in mosquito populations. The goal of the collaboration is to expand and exercise NECE's Project Sea Raven capabilities to better inform force health protection requirements.

Entomologists from U.S. Navy Environmental and Preventive Medicine Unit SEVEN (NEPMU-7) and Navy Entomology Center of Excellence (NECE) partnered with the Cabo Verde National Institute of Public Health and the Cabo Verdean Armed Forces to search for disease-causing pathogens in mosquito populations. The goal of the collaboration is to expand and exercise NECE's Project Sea Raven capabilities to better inform force health protection requirements.

Project Sea Raven is a cutting-edge pathogen surveillance and warfighter protection kit supported by the Armed Forces Health Surveillance Division through the Global Emerging Infections Surveillance (GEIS) branch. The kit provides a highly mobile laboratory capability that can be used anywhere in the world our Sailors and Marines may deploy. The capability is considerably important in maritime and resource-restricted environments where laboratory and public health infrastructure is lacking.

"The Biomeme is a portable, practical, and easy to use piece of equipment that will allow the detection of infectious agents like Zika, dengue, malaria, and many other infectious agents in vectors in less than one hour. Cape Verde is an archipelago where molecular diagnostic services are not yet available on all islands. The Biomeme will be an enormous asset to support screening in field investigations, thus supporting the early diagnosis and monitoring of infectious agents and contributing to the prevention and control of diseases." said Dr. Silvanía Veiga Leal, Director of Entomology Cabo Verde National Institute of Public Health.

This was the first of two collection trips the team has scheduled for the year. Despite this trip being in the dry season, the team was able to collect over four hundred mosquitoes from twelve unique sites and demonstrate Sea Raven's capability to the Cabo Verdean partners. The next two collections will occur during the rainy season when mosquito-borne disease risk will be at its highest.



CABO VERDE, Portugal (June 25, 2021) Lt. Tal-Beth Cohen (center left) and Lt. Adam Salyer (center right) demonstrate components of the Navy Entomology Center of Excellence Sea Raven capability to public health professionals from the Cape Verde Armed Forces and National Institute of Public Health. The goal of the collaboration is to expand and exercise NECE's Project Sea Raven capabilities to better inform force health protection requirements. (U.S. Navy Photo by Lt. Cmdr. Jeff Hertz/Released)

“The opportunity to collaborate with Cabo Verde’s Institute of Public Health and Armed Forces is of critical importance in accomplishing our mission. Their astute experience led us to mosquito population hot spots where we assisted with ongoing efforts of pathogen surveillance. This partnership will foster improved AFRICOM disease mitigation efforts and may reveal new insights into Cabo Verde vector presence and management. We appreciate their welcoming support.” Lt. Adam Salyer, Director of Science, NECE.

Ultimately, the team is seeking opportunity to further integrate knowledge, resources, and shared experiences to enhance their respective abilities to respond and prevent public health and force protection crises.

For more information about NEPMU-7 and NECE, visit <https://www.med.navy.mil/sites/nmcphc/nepmu-7/Pages/default.aspx> and <http://www.med.navy.mil/sites/nmcphc/nece/Pages/default.aspx>. For more news from Navy and Marine Corps Public Health Center, visit <https://www.dvidshub.net/unit/NMCPH>.



CABO VERDE, Portugal (June 22, 2021) Lt. Tal-Beth Cohen uses the Prokopack Aspirator to collect mosquitoes for virus screening using the Sea Raven capability. The goal of the collaboration is to expand and exercise NECE’s Project Sea Raven capabilities to better inform force health protection requirements. (U.S. Navy Photo by Lt. Adam Salyer/Released)

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TO STAY ON TOP OF THE LATEST TRENDS IN NAVY PUBLIC HEALTH AND COVID-19



An Immunized Force is a Battle Ready Force

Courtesy Story by Navy and Marine Corps Public Health Center, Public Affairs

On the timeline of history, we are collectively more aware now of the role viruses play and the importance that immunizations have for us. For many in the military health organization, immunizations are a battleground for ensuring that our nation's' service members are ready to deploy anywhere at any time.

The month of August is National Immunization Awareness Month, which is a great time to reflect on the fight against diseases and illnesses that are preventable with a simple rolling up of the sleeve and a poke. Prior to COVID-19, the Centers for Disease Control (CDC) and the Federal Drug Administration recommended 17 routine vaccines for individuals from across the age spectrum to protect against serious illnesses such as measles, meningitis, polio and more.

In 2012, the World Health Organization estimated that vaccination prevents 2.5 million deaths each year. Approximately 42,000 adults and 300 children in the United States die each year from vaccine-preventable diseases; all of these are preventable through timely vaccinations.

There may be additional immunization requirements for members of the Armed Forces based on their risks of exposure to diseases like rabies, Japanese encephalitis, anthrax, or adenovirus among others. When a Marine or Sailor becomes ill in the field, the unit would do everything to get them to the best care possible. Emergency evacuation could endanger other teammates and disrupt the missions, not to mention being very costly, which is why immunization is an important initiative to keep our Marines and Sailors safe.

"Sometimes our Sailors or Marines may be concerned about being a 'pin-cushion,'" says Captain Ilin Chuang, a vaccine researcher and preventive medicine & infectious disease physician from Navy & Marine Corps Public Health Center. "I have received many of these additional vaccines for my deployments and being stationed in Southeast Asia for years and would much rather receive these vaccines when I am healthy as extra armors of protection."

Immunization of pregnant Marines and Sailors helps to keep them and their babies healthy. Pregnancy is challenging enough, immunization reduces further stress of vaccine-preventable illnesses. A CDC study in 2018 showed getting a flu shot reduced pregnant women's risk of being hospitalized with flu by around 40%. Another CDC evaluation in 2017 found Tdap (tetanus, diphtheria, and whooping cough) vaccination during the third trimester of pregnancy prevents more than three in four cases of



Busan, Republic of Korea (April 19, 2018) Hospital Corpsman 1st Class Richard Santos, assigned to Commander, U.S. Naval Forces Korea (CNFK), gives Lt. j.g. Derrick Majors, the N6 division officer assigned to CNFK, a routine vaccination during an immunization clinic held at CNFK headquarters. CNFK is the U.S. Navy's representative in the Republic of Korea, providing leadership and expertise in naval matters to improve institutional and operational effectiveness between the two navies and to strengthen collective security efforts in Korea and the region. (U.S. Navy Photo by Mass Communication Specialist 1st Class Chad M. Butler)

whooping cough in babies younger than two months old.

Receiving an immunization is not always a complete wall against viral or bacterial infections; however, it can reduce the severity and lessen the chance of spreading. Receiving the influenza shot each season has proven to reduce hospitalization and improve rapid recovery. Just like medications, each vaccine has side effects, but these side effects are usually mild, and the benefits of vaccination far outweigh the risks.

Military Medicine has invested a great deal with a long history of developing safe and effective immunizations for viruses such as Hepatitis A, Japanese Encephalitis, and Adenovirus, as well as conducting clinical trials for malaria and dengue fever.

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JACKSONVILLE, Florida (February 26, 2019) Hospital Corpsman 3rd Class Kahdeja Hendley, a laboratory technician at Naval Branch Health Clinic Mayport, draws up a vaccine for a patient. Hendley, a native of Savannah, Georgia, says, "Immunizations is about keeping active duty in the fight whilst ensuring families are taken care of on the home front, and continuing to take exceptional care of the retirees who served before us. Immunizations also includes patient education on vaccine safety." (U.S. Navy Photo by Petty Officer 1st Class Jacob Sippel/Released)



BUSAN, Republic of Korea (April 19, 2018) Hospital Corpsman 2nd Class James Wall, assigned to Branch Health Clinic Chinhae, prepares a routine vaccination during an immunization clinic held at Commander, U.S. Naval Forces Korea (CNFK) headquarters. CNFK is the U.S. Navy's representative in the Republic of Korea, providing leadership and expertise in naval matters to improve institutional and operational effectiveness between the two navies and to strengthen collective security efforts in Korea and the region. (U.S. Navy Photo by Mass Communication Specialist 1st Class Chad M. Butler)

Looking For COVID19 Information?

**Visit the NMCPHC COVID19 Resource and Update Page
On Our Public Facing Website**

**[https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Preventive-Medicine/
Program-and-Policy-Support/COVID-19/](https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Preventive-Medicine/Program-and-Policy-Support/COVID-19/)**

Please note that some of these resources and tools are CAC-enabled.

NEPMU-2 Donate Goods During Nine Mile Turkey Trot

Courtesy story, Navy and Marine Corps Public Health Center

Sailors from the Navy Environmental and Preventive Medicine Unit 2 (NEPMU-2), gathered for a nine mile “Operation Turkey Trot” on November 24th. The event was a ruck march themed food drive, where each participant filled their backpacks with non-perishable foods to donate much needed items going into the holidays.

The trot took place at First Landing State Park in Virginia Beach, VA., and while the day started off with a bit brisk wind chill of 48 degrees, things warmed up quickly as participants enjoyed the beautiful fall scenery and took advantage of the opportunity to build comradery throughout the ranks.

“I hope my donation will be a reminder to those receiving it that no matter what they are going through, there is always someone thinking of and praying for them,” said Lt. j.g. Furaha Rwatambuga, who is an Environmental Health Officer assigned to NEPMU-2. “I believe that it makes the journey of hardship a little bit lighter when a person knows that someone is at least thinking of their challenges.”

In all, there were 19 trotters and family members who participated. The half-way point of the event served as the donation area for all the goods they brought to be collected. From there, the donations will be delivered by select staff in time for those to receive them when they may most need it. In all they rucked with a total 162 pounds of food that was donated to a local foodbank.

“It’s always a good time when you can share your blessings and hike for 9.5 miles with your buddies at the same time.” said Lt. Russell Ongkeko, an Environmental Health Officer assigned to NEPMU-2.

Team spirit was felt across the ruck as the occasion was not considered complete until the last service member crossed the finished line. Following the event, Lt. Cmdr. Michael Fisher, an Etymologist assigned to NEPMU-2, who organized the ruck, addressed the turkey trotters before they all broke away for the Thanksgiving holiday.

“The event was fun and it’s always a pleasure to



do something for others,” says Lt. Jessica Jeter, an Environmental Health Officer attached to NEPMU-2. “Building esprit de corps and learning about your coworkers outside the office has many benefits as well,” Jeter added.

For more news from Navy Environmental and Preventive Medicine Unit TWO, visit <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Field-Activities/Navy-Environmental-Preventive-Medicine-Unit-2/> or follow NEPMU-2 on Facebook at www.facebook.com/nepmu2.

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<https://www.dvidshub.net/news/410523/nepmu-2-donate-goods-during-nine-mile-turkey-trot>

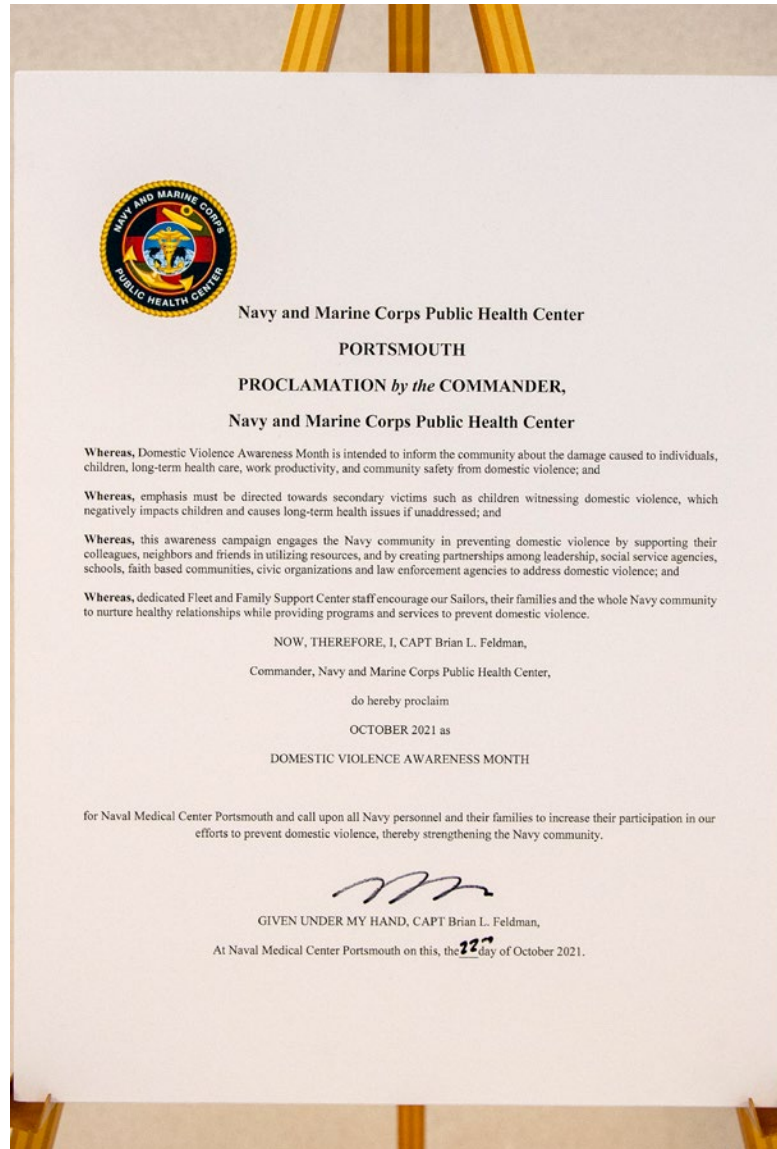
NMCPHC Notable Events

Story by Navy and Marine Corps Public Health Center, Public Affairs



Happy Birthday U.S. Navy! Capt. Brian Feldman, Commander, Navy and Marine Corps Public Health Center, along with other leaders and staff, provided a few words to the team earlier today to help honor and celebrate this 246 years young organization! #NMCPHC #NavyMedicine #USNavyBday

NMCPHC Notable Events Continued



Capt. Brian Feldman, Commander, Navy and Marine Corps Public Health Center, signed and a proclamation declaring command support of personnel and programs to help end domestic violence and assist those who have been affected. The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year. #NMCPHC #NavyMedicine #WeAreResilient #DVAM2021

NMCPHC Team!

Please join us in congratulating the following officers for their selection to Lieutenant Commander:

- LT Alister Bryson, NMCPHC HQ
- LT Richelle Magalhaes NMCPHC Det Naples
- LT Jed Lynn NDSL Jacksonville
- LT Dawn Whiting NEPMU 5

Congratulations to you and your families on this amazing achievement.

NMCPHC Trainings and Conferences



Tobacco Cessation

<https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Health-Promotion-and-Wellness/Training/>

ShipShape Facilitator Training

<https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Health-Promotion-and-Wellness/ShipShape-Program-Facilitator-Training/>

Occupational and Environmental Medicine (OEM) Fundamentals Course

<https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Environmental-Health/Occupational-and-Environmental-Medicine/Occupational-and-Environmental-Medicine-Division/>

Spirometry Training

<https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Environmental-Health/Occupational-and-Environmental-Medicine/Occupational-and-Environmental-Medicine-Division/Spirometry/>

DOEHRS-IH Training

https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Preventive-Medicine/Program-and-Policy-Support/DOEHRS_IH_EH/

Disease Reporting System internet (DRSi)

<https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Preventive-Medicine/Program-and-Policy-Support/DRSi/Monthly-Disease-Surveillance-Training/>

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