



The Journal

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March 3, 2016

Get Employed with Help from FFSC

By MC2 HANK GETTYS
NSAB Public Affairs
staff writer

Everyone needs employment and education.

Whether you are transitioning out of the military, retiring, or a spouse or family member of a service member, finding a job is a part of life. However, it's not always that easy.

That's where the Fleet and Family Support Center (FFSC) comes in.

Today from 10 a.m. to 2 p.m., FFSC Bethesda will be holding an Education and Employment Fair in the Bldg. 17 Fitness Center Gymnasium on Naval Support Activity Bethesda (NSAB).

"It's an employment and education fair for transitioning service members, their spouses and dependents," said RoseLee Atangana, the Soldier for Life – Transition Assistance Program manager at FFSC. "Any veteran who has base access and would like to find employment can come."

The event is not only for military personnel and dependents, however.

"Anyone who has base access, it could be a civilian or contractor, who would like to attend can come to the fair," said Dedra Anderson, FFSC's Family Employment Readiness Program (FERP) coordinator.

The fair will have a wide variety of employment opportunities and educational offerings.

"We are going to be having employers, both federal and nonfederal, and everyone that is participating in this event is military friendly," said Jennifer Padilla, a transition and employment consultant at FFSC. "All the employers at the event currently have job openings for their agency, which is why we are bringing them here, so they

Education & Employment Fair
Open to all with base access.
Explore education and employment opportunities with local participants. Call us or register online at <https://www.eventbrite.com/e/nsab-employment-and-education-fair-tickets-20081033913>.

Thursday, March 3, 2016
10 am-2 pm
NSAB Bldg. 17, Fitness Center Gymnasium

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PH (301) 319-4087

can also get to know our community and ask questions back and forth.

"We are also going to have a combination of educators, schools in the region and military friendly schools, along with veterans service organizations to provide our Wounded Warriors or our community in general [with information] about resources that are out there for veterans."

The fair is one of the many services offered by the FERP at the FFSC.

"The employment program here at [FFSC] offers a gamut of employment resources to learn resume writing, interviewing skills and job search

strategies," said Anderson. "We also have some educational programs that many of the spouses usually are interested in, such as My Career Advancement Account (MyCAA), which is funded by the federal government."

Many service members transitioning out of the military have never written a resume or hunted for a job, and FFSC can help them develop those skills, said Padilla.

"A lot of our younger service members may have joined right after high school and have never written a resume before, and now they're

See FFSC page 12

Representatives at Fair

CONFIRMED EMPLOYERS:

- Leidos
- Department of Defense
- The Bozzutto Group
- Able Forces
- Home Instead Senior Care
- Montgomery County, Md Fire and Rescue Service
- SKC, LLC
- Maryland Department of Public Safety and Correctional Services
- United States Secret Service
- NEXCOM
- NAF, NDW Human Resources, MWR Human Resources
- Hensel Phelps
- Aflac
- First Command Financial Planning
- RDR, Inc.
- WRNMMC Civilian Nurse Recruiter
- American Security Programs
- Department of Veteran Affairs
- Helmets to Hardhats
- The Henry M. Jackson Foundation
- Ricoh USA
- Maxim Healthcare Services
- US Fish and Wildlife Service
- United States Mint
- Prince George's Police Department
- UPS
- US Department of Transportation, Federal Highway Administration
- US Environmental Protection Agency
- US Department

of Education

- Social Security Administration

CONFIRMED LIST OF VETERAN SERVICE ORGANIZATIONS:

- Vocational Rehabilitation (Presented by the VA)
- Md. Dept. of Labor, Licensing and Regulation
- Veterans Curation Program
- United States Veterans Initiative
- First Command
- Department of Housing and Urban Development

CONFIRMED EDUCATORS:

- Devry University
- Washington Adventist University
- The Institute of World Politics
- The George Washington University
- Bellevue University
- Montgomery College
- American Military University
- Southern Illinois University
- Full Sail University
- Liberty University
- UMUC
- Thomas Edison State University
- Brookings Executive Education
- SUNY Empire State College
- University of the Potomac
- Excelsior College
- Central Texas College
- Community College Baltimore City, Maryland
- Berkeley College

Navy Submits FY17 Budget to Congress

The Department of the Navy (DON) submitted our FY17 budget request of \$165 billion to Congress. Here's what it means for the Navy and Marine Corps.

In a challenging fiscal environment, this budget provides the investment required to conduct prompt and sustained combat operations at sea; protect America from attack; and preserve America's strategic influence in key regions of the world.

Focused Investment

The FY17 budget request sustains our ability to be forward deployed and continues the rebalance to the Pacific. The budget funds 58 underway days per quarter when deployed, and 24 underway days when not deployed. Ships deployed to the Pacific will increase from 52 today to 65 in 2020.

Included in this budget is a 1.6 percent pay raise and added billets for base security and officer manning. We invest in Sailor 2025, improving how the Navy matches Sailors with jobs in the fleet, and in key quality of life improvements including extended Child Development Center and base gym hours to ensure the Navy attracts, trains, develops and inspires the very best Sailors.

The FY17 budget submission supports the purchase of seven ships in FY17, including two Arleigh Burke class destroyers, two Virginia-class submarines, two Littoral Combat Ships, and one America-class amphibious assault ship. The budget fully funds the Ohio Class Replacement SSBN and grows the Fleet to 308 ships in FY21.

We buy 94 aircraft in FY17. F-35 FYDP production increases by 13 aircraft from the PB16 acquisition plan, accelerating 5th Generation Fighter transition. In combination with the five additional F-18's in FY16, two in FY17, and 14 in FY18, these investments help to mitigate the strike fighter shortage. The P-8 Poseidon profile reflects our plan to accelerate procurement of one additional P-8 in FY16, and maintains the production

plan to complete the buy in FY19. Additionally, this budget increases Tomahawk and SM-6 production and starts procurement of Joint Air to Ground Missile, Long Range Anti-Ship Missile and Longbow Hellfire for the Littoral Combat Ship surface to surface missile module.

In addition to procurement, the FY17 budget targets critical investments in shipyard and aviation depots to reduce maintenance backlogs. We will focus on properly maintaining ships and aircraft to reach their expected service lives, and on supporting a sustainable operational tempo.

In the area of Cyber Resiliency and Electromagnetic Maneuver Warfare, the FY17 budget increases funding to continue to overmatch adversaries with targeted investments in both the Consolidated Afloat Network & Enterprise Services program and Surface Electronic Warfare Improvement Program.

Hard Choices

This fiscal environment requires each Service to make hard choices in prioritizing their budget, examining every account to maximize the use of resources. In the FY17 budget, the department is seeking approval from Congress to re-phase the CG modernization plan to extend the service life of these vital Navy assets into the 2040's.

The Department continues to pressurize military construction in order to meet fiscal constraints, limiting projects to the Department's most critical needs, and funds facility sustainment at 70 percent Navy and 74 percent Marine Corps.

Innovation and Reform

We are investing to increase the velocity of learning across the fleet through the Ready Relevant Learning initiative, which creates a new way of training our Sailors through mobile, modularized learning and re-engineered content that includes gaming technology and simulated environments. Broader innovation efforts include the OFRP; this budget builds

on this year's work and the first Carrier and Expeditionary Strike Groups to deploy using OFRP.

In unmanned systems, the Navy is fielding systems in all domains to include restructuring the Unmanned Carrier-Launched Airborne Surveillance and Strike program to bring high demand fixed wing capabilities to the Carrier Air Wing in the mid-20's. This system will provide intelligence, surveillance, reconnaissance; limited strike; and tanking. Additionally the Navy is developing both surface and subsurface unmanned systems in this FYDP.

To maintain a focus on developing technology at a pace that will keep us ahead of our adversaries this budget invests in rapid prototyping. This initiative provides a single, streamlined approach to prototyping emerging technologies and engineering innovations to rapidly respond to Fleet needs and priorities. And in FY17, continued focus on improving accountability and auditability ensures every appropriated dollar is tracked from cradle to grave.

Balance

Overall, this budget provides the investment required for the Navy and Marine Corps to execute the Department's Mission Guidance. In a challenging fiscal context, it reflects the best balance of investments across people, presence, readiness and capability. Across the full scope of the request, we emphasized innovation and reform to sustain advantage, accelerate learning and strengthen our team. In making hard choices and allocating risk, the request fields a larger Fleet, a more sustainable deployed Navy and Marine Corps presence, and improved capability.

For more information on the FY17 DON Presidential Budget submission, see at <http://www.secnav.navy.mil/fmc/fmb/Pages/Fiscal-Year-2017.aspx>.

Rear Adm. William Lescher

Deputy Assistant Secretary of the Navy for Budget

Bethesda Notebook

Change of Responsibility

A change of responsibility ceremony for Army Troop Command will be held March 11 at 11 a.m. in Memorial Auditorium at Walter Reed National Military Medical Center. Command Sgt. Maj. Gary W. Williams will relinquish the command's senior enlisted leader responsibility to Command Sgt. Maj. Michelle L. Jones during the event. All are welcome to attend.

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 March 17 from 1 to 2 p.m., and 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited. Military ID is required for base access. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Army Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Brain Injury Awareness

March is Brain Injury Awareness Month, and in observance, the National Intrepid Center of Excellence (NICoE) at Walter Reed National Military Medical Center will host the following two programs: "The Down and Dirty on Headaches: Emphasis on Post Traumatic Headaches" on March 10 at noon in the NICoE Auditorium (open to staff); and "Traumatic Brain Injury 101" on March 31 at noon in the NICoE Auditorium (open to everyone).

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Words, Songs Highlight Black History Month Celebration

By **BERNARD S. LITTLE**
WRNMMC Public Affairs
staff writer

“In honor of Dr. Martin Luther King Jr., whom we reference so often during this time, ‘keep your dreams and hopes alive,’” said Daniel Strong, guest speaker at Walter Reed National Military Medical Center’s Black History Month celebration Feb. 25.

Strong explained that he speaks of keeping one’s dreams and hopes alive based on personal experience.

Ten years ago, he suffered a tragic car accident, which claimed the lives of his wife and their unborn child. Strong also suffered numerous physical injuries, including the amputation of his right leg.

Prior to the accident, Strong was an amateur bodybuilder, “and always dreamed of becoming a professional.” So much so that prior to the devastating car accident, he had recently opened a gym.

“When the accident occurred, all my dreams and hopes were lost,” Strong said. “I never thought at that time I would be where I am now – a natural professional bodybuilder. I didn’t even know if I would keep the gym I had just opened,” he continued.

He explained that each day after the accident as he regained strength, his dreams and hopes started to resurface. “I held on to those

things, and through faith and encouragement from family and friends, those dreams and hopes started to build and mount.”

Not only did Strong keep his gym, he became a professional bodybuilder, competing and winning against full-body competitors.

“I encourage those of you who are suffering through any type of adversity, please don’t let that kill your dreams and hope,” Strong said. “Allow [your challenges] to be the fuel [to motivate you]. There is so much more waiting for you,” he added.

In addition to Strong, the ensemble FREED (Female RE-Enactors of Distinction) performed at the WRNMMC Black History Month celebration. The group, an auxiliary of the African American Civil War Memorial Museum in Washington, D.C., has a mission of educating the public about the accomplishments of African American Civil War Soldiers and the women who supported their efforts.

At WRNMMC, the FREED re-enactors portrayed: Hallie Quinn Brown (1845-1949), an African-American educator, writer, activist and founder of the Colored Woman’s League of Washington, D.C., which in 1894 merged into the National Association of Colored Women; Charlotte Forten Grimke (1837-1914), an African-American anti-slavery activist, poet and

educator who also served as a volunteer nurse to members of the all-black 54th Massachusetts Regiment during the Civil War; and Rebecca Davis Lee Crumpler (1831-1895), the first African-American woman to become a physician in the United States who practiced primarily in the Boston area, providing care to women and children.

Following the FREED re-enactors, WRNMMC service members performed spoken word and songs at the celebration.

Air Force Tech. Sgt. Pamela Shurn presented her original spoken word piece, “Power.”

“It’s more than just a physical attribute, but it’s also in the choice, taken...Power, I am a nation of people...I am the struggle that was, the beauty that is, the blood that cries from the grave and the voice of the slave. I am power. I am histories past and histories present. I am the untold story and the life that was in it. I am what once was and what now will be; the pride of my people and the song of the free. I am power,” Shurn emphatically stated.

Army Master Sgt. Quincy Martin also performed his original poem, “I Am.”

“I am the dream of Dr. King, he would be so proud of how far we’ve come ... Please do not pity me ... because I am not ashamed to be who I am And, please do not envy me ... because it is not easy



PHOTO BY BERNARD S. LITTLE

Re-enactors from the ensemble Female RE-Enactors of Distinction perform at the Walter Reed National Military Medical Center’s Black History Month celebration Feb. 25.

to be who I am ... I am not arrogant or conceited, but at this time, in this moment, I am convinced That I am everything they told me that I couldn’t be ... I am President ... I am black,” said Martin.

Navy Hospital Corpsman 1st Class Delyn Scott closed out the program performing inspirational hymns she recalls hearing her grandmother sing in church. The Sailor said the songs her grandmother and others sang in church helped inspire people through different eras and movements enriching African-American

history and legacy. Scott performed stirring a cappella renditions of “Just Another Day That the Lord Has Kept Me,” “His Eyes Are On The Sparrow,” and “Take My Hand, Precious Lord.”

Following the program, members of the Multicultural Committee, which sponsored the event, served a lunch including traditional African-American dishes.

For more information about the committee, its programs and activities, contact Hospital Corpsman 2nd Class Travis Silvey, the committee’s president, at 301-295-4263.

National Nutrition Month:

Dietitians Offer Healthy Eating Advice

By **BOB GOLDBERG**
WRNMMC Registered Dietitian

March is National Nutrition Month, an opportune time for you to focus on eating healthier and becoming fit. This is also a good time for you to continue to follow through on your New Year’s resolutions if your goals include eating a well-balanced diet, and to get physically fit.

Registered dietitians (RDs) at Walter Reed National Military Medical Center (WRNMMC) can help you with your goals, and you can help celebrate National Nutrition Month by visiting a nutrition booth March 9 and March 23 in Café 8901, on the lower level of Building 9, from 11

a.m. to 1 p.m. A nutrition booth will also be in the lobby of the America Building March 16 and March 30 from 11 a.m. to 1 p.m. RDs will be at the booths, and the booth in Café 8901 will include free vegetarian-friendly samples for consideration on the dining facility’s spring menu.

The second Wednesday in March is celebrated annually as Registered Dietitian Nutritionist (RDN) Day, to salute RDNs as advocates for advancing the nutritional health of people worldwide. Next Wednesday, the display board at the entrance of Café 8901 will recognize some of the RDNs who work at WRNMMC.

Throughout March, Naval Support Activity Bethesda (NSAB) Fitness



Center staff will also perform body fat measurements and give advice on the “exercises of the week” to interested patrons Monday through Friday from 10 a.m. to 2 p.m.

Eligible WRNMMC beneficiaries can call the Outpatient Clinical Nutrition Services to schedule a one-on-one appointment with a registered dietitian and/or exercise physiologist at 301-295-4065.

March is Red Cross Month – Thank your Volunteers!

The American Red Cross has more than 600 volunteers contributing approximately 6,000 hours monthly in Walter Reed National Military Medical Center (WRNMMC) and across Naval Support Activity Bethesda. Red Cross volunteers range from civilians to active

duty service members; from administrative personnel to medical doctors. The doctors participate to the full extent of their credentials and they support activities across the installation including greeting every wounded, ill and injured service member who arrives via

MEDEVAC, supporting MWR events, managing Red Cross programs and volunteering in more than 75 clinics throughout the hospital. During the summer we added more than 50 youth volunteers serving throughout WRNMMC.

In 2015, Red Cross volunteers

contributed 71,172 hours to support service members, veterans and their families receiving care or working at WRNMMC. This equates to \$1,879,653 in volunteer value.

If you are interested in volunteering, please stop by the office or call (301) 295-1538.

Animal Visitation Program

The Red Cross Pack visits pre-approved areas throughout WRNMMC. The team of 29 dogs and handlers visit patients, families and staff throughout the hospital weekly, bringing a sense of home to those who may be far from it. In 2015, the Red Cross Pack spent 64 days visiting within WRNMMC. To request a visit for a patient, please call (301) 295-7895 or (301) 319-4447.



Coffee Morning Program

Red Cross volunteers host the Coffee Morning Program for service members, veterans and their families four times a week. This allows participants to converse in an informal setting and enjoy coffee, fruit, donuts and bagels prior to appointments.

On Tuesdays, the Coffee Mornings are held in the Military Advanced Training Center and the Surgical Waiting Room at 10:30 a.m.

On Wednesdays, the Coffee Mornings are held in Building 10, 4th Floor Family Room and in the lobby of Outpatient Occupational Therapy in the America Building at 2 p.m.

In 2015, volunteers hosted 208 Coffee Mornings supporting patients and families.





Sewing Program

Every Thursday from 9 a.m. to 12 p.m., Red Cross volunteers set up the Sewing Program in the lobby of Outpatient Occupational Therapy in the America Building. These volunteers support hospitalized service members, veterans and their families with modifications, alterations, adaptations or repairs for clothing/uniforms to support independent living, as well as wheelchair bags and service dog vests. Individuals needing this service can drop off items on Thursdays and pick up the finished product in the Red Cross Office.



Creative Arts Program

Red Cross volunteers host Creative Arts with patients and families. Every Tuesday, volunteers visit the Inpatient Behavioral Health and Traumatic Brain Injury Units and every Thursday, volunteers visit Inpatient Pediatrics. This is one of many programs that offers the patients an outlet to express themselves. In 2015, volunteers hosted 126 Creative Arts gatherings.



Comfort Cart Program

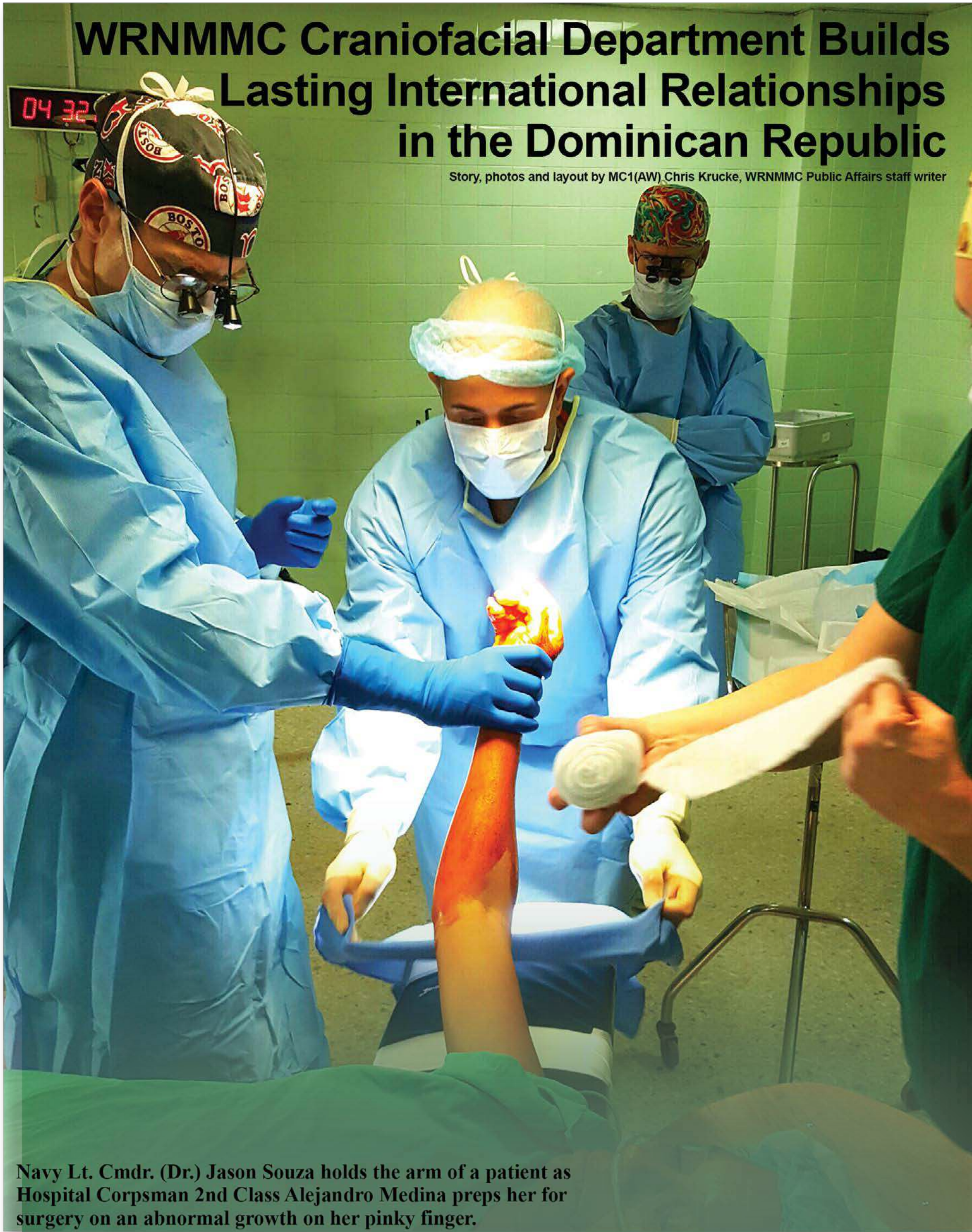
As a part of the Comfort Cart Program, volunteers visit inpatient areas daily with basic-needs items such as toiletries, adaptive clothing, blankets, DVDs, video games and snacks. During the week, the Comfort Cart goes to the Surgical Waiting Room, ICU/PICU, Building 10 3rd, 4th and 5th floors at 9:30 a.m. and on the weekend at 2:00 p.m.. We have a number of children's books, games and toys for patients or families.

In 2015, Red Cross volunteers provided patients and families with more than 36,000 items to make their stay at WRNMMC more comfortable.

If you need toiletries, clothing or entertainment items, you can stop by or call the Red Cross Office 8:00 a.m. to 4:00 p.m., Monday-Friday at (301) 295-1538.

WRNMMC Craniofacial Department Builds Lasting International Relationships in the Dominican Republic

Story, photos and layout by MC1(AW) Chris Krucke, WRNMMC Public Affairs staff writer



Navy Lt. Cmdr. (Dr.) Jason Souza holds the arm of a patient as Hospital Corpsman 2nd Class Alejandro Medina preps her for surgery on an abnormal growth on her pinky finger.

In early February a team of Walter Reed National Military Medical Center (WRNMMC) health care providers participated in a two-week Medical Readiness Training Exercise (MEDRETE) to the Dominican Republic (DR).

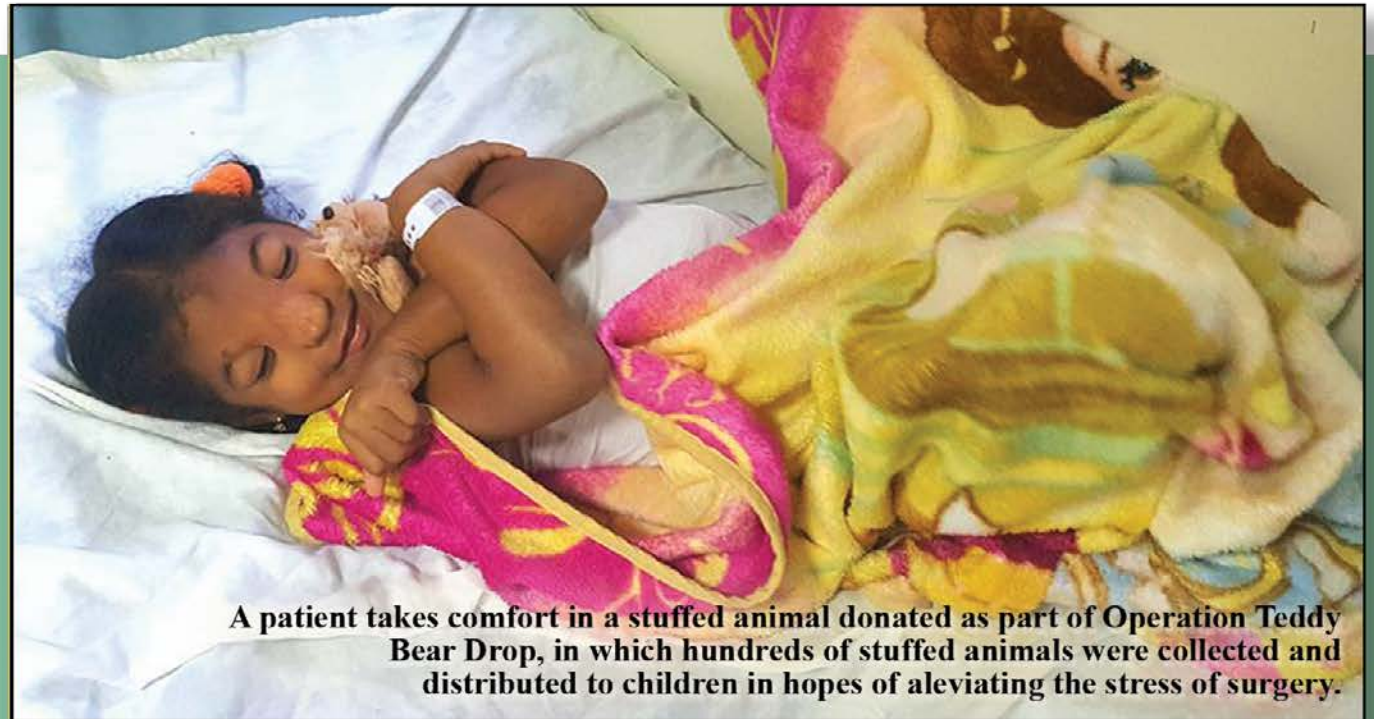
The plastic surgery mission, that constantly adapts to local patient needs and modifies to collaborate with host nation providers, was honored to complete the 12th consecutive MEDRETE to the DR. This year's focus was pediatric hand surgery and congenital craniofacial differences.

Over the last four years, the team led by Air Force Lt. Col. (Dr.) Kerry Latham, officer-in-charge, and Army Sgt. 1st Class Guillermo Lugobeltre, a noncommissioned officer-in-charge have utilized joint force capabilities. This year was no different with a team consisting of 15 active duty National Capital Region tri-service members and one civilian from Joint Task Force Bravo. The team was supported by the Department of Surgery and the Dental Command to complete this successful mission.

"During the MEDRETE, WRNMMC gets to showcase its people, which is one of its greatest assets," Latham explained. "WRNMMC has the capability and capacity to do almost anything."

Latham's team partnered with Hospital Central de Fuerza Armada, Santo Domingo DR, to perform 72 procedures for children and adults at no cost. Latham is the director of the craniofacial team at WRNMMC and Naval Medical Center Portsmouth, and she focused on treating children with craniofacial differences during the exercise. Navy Lt. Cmdr. (Dr.) Jason Souza performed the majority of the hand surgeries.

Teams from both countries expressed the belief that the most valuable aspects of this year's mission was working and training alongside each other as one team of surgeons, nurses and doctors.



A patient takes comfort in a stuffed animal donated as part of Operation Teddy Bear Drop, in which hundreds of stuffed animals were collected and distributed to children in hopes of alleviating the stress of surgery.

Dr. Guillermo Saenz, liaison physician, Joint Task Force B of Southern Command, who has been working with MEDRETE for the past 20 years stated, "I can see from the WRNMMC staff that they really like to work with the host nation, the kids and their families. We are all friends and I have seen the camaraderie build over the last decade."

Navy Lt. Cmdr. (Dr.) Jason Souza, staff surgeon and assistant professor at the Uniformed Services University of the Health Sciences, said, "when they see us in uniform and we see them in uniform I think there is an instant connection, which makes things more familiar."

He added, "An advantage of working here is we have been here before, so we are a known entity. There have clearly been relationships that have been built over the years." He also explained that it is always good to build on those relationships; the nurses, doctors and technicians see their role as not only facilitating a mission but also providing opportunities to learn.

The team also provided lectures to 40 medical students and residents at Hospital Central and was invited to lecture 30 residents and faculty at the Hospital Contreras—the busiest trauma center in the country, stated Latham.

The MEDRETE also provided an opportunity to launch a telehealth program that allowed Laura Cord, a speech-language pathologist for WRNMMC, to participate in 23 patient encounters of which three directly impacted surgical decision-making. This was the first time telehealth was applied in this way for MEDRETE support.

Dr. Luis Merette, one of the DR's first year residents, shared his experience working with the WRNMMC staff on the removal of his coworkers scar.

"I was a little nervous at the beginning, but the doctor said 'let me give you some tips' and I thought, 'Oh no... I have been doing this wrong my entire life!' But once I got through it, I thought it was great. I know how to suture!" said Merette.

Merette noted the difference in techniques used in surgery is huge and said, "I am trying to use what I learned here in this hospital to see how it works for us."

"I think it is great that you guys come here and work with us," Merette continued. "Not only can we see how things work when you have the proper materials for the surgery, but we also get to see how you work when you come here and work with a deficiency of materials like water, sheets, electricity or something basic like that. You have to improvise, it's like war surgery."

"Many patients have returned for years to continue to follow up with our team and look forward to our presence in country," said Latham.

Navy Lt. Daniel Hammer watches over a child being screened as a potential patient for surgery. The team used social media to connect to a specialist at WRNMMC.



A technician documents the surgery through photography to use for later research and discussion on similar procedures.

A staff member from WRNMMC guides a first year resident from the DR on how to properly prepare the fingers of a child for surgery to separate his webbed fingers.



A staff member from WRNMMC comforts a small girl as the anesthesia takes hold before surgery.

In a thank you letter sent from one of the patients to surgeons from the WRNMMC, the patient stated the following:

"Like many children with Apert's syndrome, I was born with mitten-like hands. Last year a team of surgeons, a bunch of elves with special powers, came from another country to help children with disabilities. Wearing green gowns and smiles they liberated the fingers of my right hand, turning it into a more functional tool. With that hand I was able to play a guitar, a drum, paint, hold various objects, call my mom using a touch phone, use a [tablet], put together puzzles and even scratch my ears.

I would like to thank you for helping me to expand my opportunities to thrive in the future. Your generosity has made an incalculable difference in my life. Many thanks!"

NGIS Celebrates First Year on NSAB

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

In its first year of operation, 33,243 guests have stayed at Naval Support Activity Bethesda's (NSAB) Navy Gateway Inns and Suites (NGIS) – which celebrated its one-year anniversary Tuesday.

NSAB Executive Director Bill Meekins said when he first proposed the idea people didn't think a NGIS facility would be profitable on NSAB. At the one-year celebration he shared some statistics proving that theory wrong: 15,659 room nights sold, an average 76-percent occupancy rate and \$1.2 million in program revenue.

"Now that NGIS Bethesda is up and running, the rest of the world better watch out, because I know that Bethesda is going to win a lot of awards as we move forward," Meekins told the NGIS employees. "That's a tribute to all of you."

NSAB's NGIS opened March 1, 2015 and Lynn Lawrence, NGIS-Bethesda general manager, said they have been busy with a higher-than-normal average occupancy rate for a first-year hotel.

The busiest months were in the summer when there was an 87 percent occupancy rate in the hotel, she said.

Even with the high occupancy rate, Lawrence said it took a while to get the word out about the new lodgings available on base. The lodgings are primarily for those who are classified as official duty travelers, but can also be used by those who are on vacation or retired military who want to stay over after a hospital visit.

The hotel also reached capacity during the recent blizzard with employees who needed to stay on base or others who couldn't get home for whatever reason, Lawrence said.

"The entire snow crew stayed here," she said. "We were full." NGIS-Bethesda has a staff of 29 people who work at the hotel and Lawrence said she often gets positive feedback about her employees.

"We have a really good customer-service-oriented team here," she said. "So we get lots of really good comments, especially the people at the front desk who recognize people who return frequently. They really feel like they're at home here."

The hotel has 111 rooms, which can either be a standard queen room or a deluxe suite. Each room comes with a flat-screen television, coffeemaker, mini refrigerator and microwave. The deluxe suites share a living room.



PHOTO BY ANDREW DAMSTEDT

Employees of Naval Support Activity Bethesda's Navy Gateway Inns and Suites who have worked at the hotel since it first opened pose for a photo with NSAB Executive Director Bill Meekins, left, and NSAB Senior Enlisted Leader Senior Chief Jason Rakowski, right, during the one-year celebration Tuesday.

"The idea behind Navy Gateway Inns and Suites is to save travel dollars," Lawrence said.

For more information, go to www.dodlodging.net or call 1-877-NAVY-BED (628-9233).

Class 15-004 Graduates From Practical Nurse Course

By **BERNARD S. LITTLE**
WRNMMC Public Affairs staff writer

Proudly walking across the Memorial Auditorium stage to receive their awards and diplomas, 50 Soldiers graduated from the year-long U.S. Army Practical Nurse Course (PNC) Feb. 26 at Walter Reed National Military Medical Center (WRNMMC).

The mission of the PNC is to provide "responsive training, mentoring and evidenced-based nursing education for enlisted service members through a focused, joint-training facility, preparing student Soldiers to function as competent practical nurses [within] the full spectrum of health-care operations during peacetime and mobilization," according to the course coordinators.

They add, the course vision is "to graduate compassionate nurses with the knowledge and skill-set to provide high quality health care, [and who] can successfully pass the National Council Licensure Examination-Practical Nurse (NCLEX-PN).

Students began Phase I of the 68C course at the Academy of Health Sciences, Army Medical Department Center and School, Fort Sam Houston, Texas, where they spent 11 weeks learning anatomy and physiology of the human body, pharmacology math, basic chemistry and basic medical terminology and concepts, explained Sgt. 1st Class Darius Purnell, a course instructor.

After completing Phase I coursework, 10 exams and passing a final, the students were assigned to WRNMMC to complete Phase II, consisting of an additional 44 weeks of nursing school including skill labs, case studies, and clinical hours on various wards and clinics while studying to pass the NCLEX-PN, Purnell continued. At WRNMMC, the students had to pass 18 exams and maintain a score above 76 percent while demonstrating their nursing proficiency with 22 practical exercises and skills labs, he added.

"Not only is it nursing school, but it's nursing school while in a military training environment," said Class 15-004 Dean's List graduate, Pfc. Michael Brianne Coats. "The most rewarding part of the course was being able to feel like you made a difference in the lives of your patients, even if you were still learning.



COURTESY PHOTO

Fifty Soldiers pose for a class photo after graduating from the year-long U.S. Army Practical Nurse Course Feb. 26 at Walter Reed National Military Medical Center.

I enjoy making a difference in others' lives."

Another Dean's List graduate, Pfc. Shane Davis, agreed the most rewarding part of the course was working with patients. "Definitely working on the wards and specialty units with patients, I was able to help a variety of different individuals and I really felt at times, that what I was doing was helping them get better," he said.

Pfc. Jeremy Kane, another graduate of the class, thanked the course cadre for the "long hours and effort" they committed in assisting the students. He said course instructors at WRNMMC taught them about "passion and how to take care of every [patient] as if they were their own, making sure they have the best hospital stay possible."

In addition, Kane said WRNMMC course instructors taught the students about "[maintaining their] energy, a can-do and positive attitude, as well as respect, good study habits, time management skills and fitness."

Lt. Col. Christine Ludwig, 68C PNC director, said the graduates "endured a rigorous schedule" over the course of 13 months in order to meet the Texas Board of Vocational Nurse Examiners licensing requirements. She added the class achieves a 98 percent NCLEX pass rate, which is 17 percent above the national average.

Master Sgt. Quincy Martin, senior enlisted leader for Education, Training and Research at WRNMMC, was guest speaker at the graduation. He saluted the graduates

for their accomplishments, adding that when they began Phase II of the course, there were 71 students. "Now when you look to your right and left, only 50 of you will graduate.

"Today...you start the next chapter of your lives," Martin continued. "You have already taken the initial steps to building a promising future, but now it's time to prioritize and make [more] decisions. Embrace the fact that you can become anything you put your mind to; humble yourself to understand that some failure in your life is inevitable... but don't let that be an excuse for not trying. Take risks and set goals."

The 68C PNC graduates will care for patients at various military treatment facilities throughout the world, Purnell added.

The history of the licensed practical nurse dates back to the late 1800s, explained Sgt. 1st Class Charles Stanley, senior enlisted leader for WRNMMC's Surgical Nursing Department. "A Young Women's Christian Association in New York City gave the first official training for practical nurses that was three months long. [Students] were taught to care for the sick and perform homemaking skills. After 1900, the education and licensing of LPNs became more formalized with standardization developed in 1917 by the National League of Nursing Education, [now] known as The National League of Nursing," he added.

WRNMMC to Distribute New Emergency Cards

By SARAH MARSHALL
WRNMMC Public
Affairs staff writer

Do you know what to do in a “Code Blue?” What happens if there’s a “Code Yellow” in your work space?

To continue ensuring all Walter Reed National Military Medical Center (WRNMMC) staff members know how to respond in an emergency at the medical center, its Emergency Management team will issue updated emergency code cards next week, March 7-11. All staff members should have a card and wear it at all times along with their ID badge, said Melissa Knapp, program manager in Emergency Management at the medical center.

“It is an excellent, quick reference tool, so if [staff members] hear an emergency code announced in the hospital, or if they see a [pop-up emergency message] on their computer, they can look to their card to see what action they need to take immediately,” Knapp said.

The small laminated cards list up-to-date emergency codes – code

red, orange, black, blue, etc. – as well as each code’s purpose, and what action to take in response. Additionally, the cards list what number to call, from a landline, in an emergency – 777. In Buildings 9A, 10, 100, and in the Medical Evaluation and Treatment Unit suite that number is 666. The cards will list this information, as well as the number to call from your cell phone, in case of an emergency – 301-295-0999. Knapp encourages staff members to store that number in their cell phone.

In an emergency, when it’s safe to do so, staff should also call the emergency line at Command Duty Officer (CDO) desk, 301-295-0102, Knapp added. That number is also listed on the updated code cards.

When staff call the emergency line at the CDO desk, it helps notify the hospital subject matter experts, who can be better prepared to respond in an emergency, said Chris Gillette, command emergency manager for WRNMMC.

The cards will be distributed next week by senior enlisted leaders and noncommissioned offi-



COURTESY PHOTO

cers-in-charge to all hospital staff, Gillette said. It’s important all staff members have and wear their emergency code cards, so they know what each code means, and what they should do, he explained.

“It’s a good command initiative ... We have a lot of people in this hospital, and it’s important to ensure their safety,” Gillette added.

Also, to help ensure staff members know what to do in an emergency, the emergency procedures book

stored in each department/clinic are being updated this month, Knapp said. These orange-colored binders detail each area’s particular role in various types of emergencies. New inserts will be distributed from 8 a.m. until noon on March 8-11, in Building 9, and March 10-11, in Building 19.

For more information about emergency code cards and updating your area’s procedures books, please call 301-295-3115.

Navy Federal Celebrates 35 Years On Base



PHOTO BY MC2 HANK GETTYS

Representatives from Naval Support Activity Bethesda and Navy Federal Credit Union commemorated the credit union’s 35th year on base with a cake cutting March 1.

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NDW Switches to Alternate Fuel Vehicles, Reduces Petroleum Consumption

By **LT. CMDR. JAMES SHEFCHIK,**
**NAVAL DISTRICT WASHINGTON NAVAL
FACILITIES ENGINEERING COMMAND**

Naval District Washington (NDW) is taking the steps to follow the mandate from Secretary of the Navy (SECNAV) Ray Mabus for use of alternative fuel vehicles and reduce petroleum consumption.

According to executive order 13423, all U.S. government agencies, including the Navy, are required to implement policies to meet goals of energy consumption reduction and increasing the use of alternative fuels.

"Reducing our dependence on petroleum is crucial to the Navy's energy security and independence," said NDW Transportation Program Director Frank Nguyenduc. "The 20 percent reduction in petroleum use will be achieved by investing in alternative fuel vehicles and in more efficient vehicles. Our experience has shown us that there are many more opportunities for reduction, while meeting all mission requirements."

Alternative fuel vehicles include plug-in hybrid, electric, hydrogen, biodiesel, compressed natural gas, liquefied natural gas, and dual-fuel vehicles. When a vehicle should be changed out, the Navy invested in alternative fuel vehicles by replacing the older petroleum-reliant vehicles with alternative fuel vehicles.

"Commander Navy Installations Command (CNIC), in partnership with Naval Facilities Engineering Command (NAVFAC), is implementing mandates to increase use by all Navy personnel of alternative fuels and alternative fuel vehicles," said Nguyenduc. "Presently, within the Naval District Washington area, there are 999 E85 fuel-capable vehicles."

To increase alternative fuel use and reduce petroleum consumption, CNIC and NAVFAC policies require E85 vehicles on Navy shore activities within a reasonable distance (5 miles or 15 minutes) of an E85 fueling station to fill up using E85 fuel.

Throughout 2015, NWD avoided the use of approximately 5,000 gallons of gasoline each month with vehicles capable of using E85, a blend containing 85



percent plant-based ethanol, comparable to gasoline. With the fleet we have now, by exclusively using E85 in E85 vehicles, NDW will immediately reduce gasoline use by another 20,000 gallons monthly.

Nguyenduc explained in addition to the E85 fuel vehicles, NAVFAC currently has four Chevy Volt plug-in hybrid vehicles throughout the Washington, D.C. area; two on the Washington Navy Yard and two on Naval Support Activity (NSA) South Potomac.

While these vehicles are capable of running on gasoline, the majority of operations are performed within the 70 mile operating range of the onboard electric battery.

"To maximize the impact of these vehicles, operators should ensure that the vehicles are plugged in at every opportunity," said Nguyenduc. "Of course to allow this, drivers of non-electric vehicles should take care to avoid parking in spots with charging stations. In addition to dedicated spots for each of the four Chevy Volts, there are eight charging stations at Joint Base Anacostia-Bolling and one at Naval Air Station Patuxent River that are ready to support plug-in hybrid vehicles as they become available. NSA Annapolis has 10 electric slow-moving vehicles intended for on-base use only."

To find alternative fueling stations to support the use of alternative fuel vehicles visit the Department of Energy's website at <http://www.afdc.energy.gov/locator/stations/>.

For more news from Naval District Washington, visit www.navy.mil/local/ndw/.



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FFSC

Continued from pg. 1

getting ready to transition so we want to make sure we prepare them,” said Padilla. “Most of them at this point should have gone through the [Transition GPS] five-day workshop where they get a whole three-day resume writing building course, but we also offer additional support, and can help give them an idea of what to expect when they get out.”

These services aren’t only useful for young military personnel getting out.

“I also think, in terms of the tools that we provide, that it’s valuable for our higher enlisted and also higher ranking officers,” said Atangana. “Many of them also, depending on the field they are in, may not have written resumes in 30 years.”

FERP is not just for the military members themselves, spouses and dependents are just as welcome.

“I think a lot of young spouses who PCS to this area with their military spouse, they lack the skills to look at a resume and to present it to employers and agencies out here,” said Anderson. “A lot of them are young spouses and don’t have the training, so I think it is really important that FFSC offers this program to military spouses.”

Some of those that help lead the FERP now are prior beneficiaries of the program.

“[Ezhan Bush, transition and employment consultant at FFSC] and myself are military spouses,” said Padilla. “We ended up here because we came to FFSC first and got resume writing help and started to volunteer in the program here and eventually applied and got a job here.

“So it is effective, you’ve just got to commit yourself.”

Even if you have not gone through the programs yet, or you still don’t feel prepared, you should still check out the fair, said Gabriella Kubinyi, a transition and employment consultant at FFSC.

“Job fairs can be very helpful,” said Kubinyi. “There are a lot of services that people don’t necessarily know about, and coming and walking around, even if you aren’t going to bring your resume, even if you aren’t ready for that, can be beneficial.

“Just getting in the space and seeing what it is can break down those barriers that people may have about how scary it is. Even just coming out and walking around, even without being prepared, can be helpful because next time you will know what to expect and next time you will be prepared.”

For more information on the programs offered with FERP and the FFSC, visit their offices on the 1st floor of Bldg. 11 or call 319-4087.

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