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NSAB Supporting Wounded Warriors in Many Ways

By Sarah Fortney
Journal staff writer

From the moment a wounded warrior and their loved ones arrive at Naval Support Activity Bethesda (NSAB) – throughout their recovery and follow up care – a number of programs, resources and lodging amenities are available to help ease their stay and transition.

“The goal is to ensure we provide the utmost comfort to the wounded warriors while they’re here,” said Capt. Constance Evans, director of the Warrior Family Coordination Cell (WFCC).

Ensuring the needs of wounded warriors and their families are met, the

WFCC oversees all aspects of the wounded warriors stay while at Bethesda.

Later this summer, a new wounded warrior barracks, Building 62, will open, offering housing to wounded warriors in 153 suites. Each two-bedroom suite includes a kitchenette, washer and dryer, and a lounge area, which allows outpatients a place to stay with a non-medical attendant. If needed, each room is ADA (Americans with Disabilities Act) compliant.

The barracks will also contain an “Austin’s Playroom,” a drop-in child activity center that will provide certified childcare providers for not only those staying in the barracks, but to personnel in



(U.S. Navy photo by Mass Communication Specialist 1st Class Jennifer A. Villalovos)

Master Chief Petty Officer of the Navy (MCPON) Rick West talks with U.S. Marine Corps Cpl. Charles Leak and his father, Richard from Buford, Ga., during a visit to the National Naval Medical Center. Leak suffered injuries while deployed to Afghanistan.

need of temporary child care while they’re on medical appointments.

The Austin’s Playroom project is an expansion of

the Mario Lemieux Foundation (MLF), established by former profes-

See **WARRIOR** page 3

Keep Your Eyes on the Road, Don't Drive Distracted

By Mass Communication Specialist 3rd Class Alexandra Snow
Journal staff writer

It can be tempting to multitask while stuck in traffic, but drivers should ask themselves if doing so is worth killing something much more valuable than time?

“Distracted driving is an epidemic with tragic consequences, which is why Naval Support Activity Bethesda (NSAB) is committed to educating our military personnel and civilians about the risks of driving while distracted,” said Ron Kunz, NSAB’s emergency manager.

In 2009, distracted driving reportedly caused more than 5,400 deaths on U.S. roadways and an estimated 448,000 injuries, according to the Department of Transportation (DoT).

“If your focus is on anything other than driving while you’re behind the wheel, whether it is eating, texting or talking to a passenger, you’re distracted,” said Harley Chase, safety manager for the National Capital

Area Region (NCAR).

When distracted, drivers take nearly 30 feet longer to stop their vehicle than someone who’s not driving distracted, added Chase.

“Thirty feet is a long distance, especially in [the Washington D.C. area’s] bumper-to-bumper traffic,” he said.

At NSAB and in Montgomery County, driving without the assistance of a hands-free device is illegal and punishable by a \$40 fine for a first offense and \$100 for each subsequent violation, said Master-at-Arms 1st Class Ricky Calhoun, leading petty officer of Security at NSAB. Additionally, drivers under the age of 18 are prohibited from using cell phones when driving.

When talking on a cell phone and driving, the chance of getting into an accident increases by 300 percent, said Kunz, adding that drivers between the ages of 16 and 28 are most prone to distracted driving.

“That encompasses a disproportionately large percentage of service members,” said Kunz. “Put down that

BlackBerry, cell phone, PDA (Personal Data Assistant) or food. Critique yourself and ask whether eating or finishing that conversation is really worth it.”

Both Kunz and Chase mentioned a television talk show that recently conducted an evaluation of drivers who claimed to drive distracted. One participant visibly crossed the center line into oncoming traffic, corrected herself and then continued texting – all the while with her two young children on the backseat.

If you’re driving and must take a phone call or tend to a child or passenger, Kunz recommends pulling the car off the road, a safe distance away from traffic and completing the task before continuing your trip.

“Stow your BlackBerry, pager, cell phone and other electronics in a briefcase out-of-sight and out-of-reach in the backseat so you’re not tempted to fiddle with them when they ring next to you,” he said.

See **DRIVEN** page 9

Commander's Column

As of today, we are exactly 154 days from the integration of Walter Reed Army Medical Center and the National Naval Medical Center into the new Walter Reed National Military Medical Center Bethesda.

We've had much to contend with this year alone ... the movement of staff to new spaces, getting acclimated to those spaces, learning new faces and a potential furlough and we are only in the second week of April.

I realize it has not been easy. In fact, it has been tough on all of us, but in our ever evolving environment there's been one constant and that is your resilience and tenacity. In the face of uncertainty, many of you have decided to rise to greatness when at times you could have very well fallen to mediocrity. Your incredible dedication and can-do-spirit coupled with your ability to be a team player is beyond measure. Daily your endless contributions have made a significant impact on our progress. The things you do may seem minor to you, but they enable us to continue to make a mark on military medicine.

I also owe a great deal of appreciation to the tolerance and understanding of our patients who have, in spite of our growing pains, remained loyal to the Flagship of Navy Medicine. Please know that we continue to be committed to bringing you the best patient experience in a family centered caring environment.

We have come so far in this extraordinary endeavor, but we still have a ways to go. There will be times, in the



coming weeks and months, when you may feel like I just can't give anymore. When that happens I encourage you to step away from the task at hand to refresh your outlook. Ask your leadership for a moment of their time to just get things off your chest, have lunch away from your desk with a friend and or go for a walk outside where you will now witness the beautiful transformation of the season. Most importantly, if you see a shipmate at their breaking point, go to their aid to lend a hand.

Always know that you are greatly appreciated and the contributions you've made will affect generations to come.

Commander Sends,
Rear Adm. Matthew L. Nathan,
Medical Corps, United States Navy

Bethesda Notebook

'Don't Ask, Don't Tell' Training

To educate and train Department of Defense (DoD) personnel on the spirit and intent of the 'Don't Ask, Don't Tell' (DADT) repeal, all staff will be required to attend DADT training beginning Monday. Training sessions will be held April 18, 21, 25, May 3, 5, 11, 17, 19, 23, 25 and 27, and June 2 in the National Naval Medical Center's (NNMC) Laurel Clark Memorial and Memorial auditoriums. For times and further information, contact Hospital Corpsman Chief Trent Ingram at 301-295-5215 or Rebecca Croyle at 301-319-4602.

Celebrating Earth Day

In celebration of Earth Day, the Environmental Programs Division at NNMC is sponsoring a number of events next week. On Tuesday, April 19, staff are encouraged to participate in an all-hands base clean up at NSAB.

Participants should meet at 9:30 a.m. at the flagpole in front of Building 10. Gloves and trash bags will be provided.

Next week is also "Clean Out Your Files Week." April 18-22, staff members are encouraged to recycle unwanted files and paper and submit used toner cartridges for remanufacturing.

On Wednesday, April 20, volunteers are needed to pass out tree seedlings on Main Street from 9 a.m. until 2 p.m. On Thursday, April 21, bring a reusable mug to the galley to save on tea or coffee.

For more information and to sign up for the base-wide clean up, e-mail NNMCemc@med.navy.mil.

A Family Fun 'Eggstravaganza'

NSAB's Morale, Welfare, and Recreation (MWR) office will host an "Eggstravaganza" April 23 from 11 a.m. to 5 p.m. at the Bowling Center. Children will meet and bowl with the "Eggstravaganza" Bunny and other cartoon characters. Bring your family for a day of games, prizes, food and face paintings. Parking will be available in the I lot.

In support of the Month of the Military Child, MWR will also have an "Ident-a-Kid" station to create IDs for children. For more information, call 301-319-3486 or 301-319-4220.

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From Page 1

sional hockey player Mario Lemieux in 1993. After giving birth to a premature son, Austin, Lemieux and his wife, Nathalie, came up with the idea for the project, which funds hospital playrooms.

NSAB also has plans to begin building an additional lodging facility for wounded warriors and their families later this fall, said Cmdr. Mark Lieb, director of transition for NSAB.

This 200-bed facility, located in a more secluded area on base, will have single and two bedroom suites. "The goal is to provide the flexibility to house warriors and their extended families," said Lieb.

Consisting of ADA compliant bathrooms, each floor of the facility will include a laundry room, day room and a communal kitchen.

The facility will be constructed near Building 141, said Lieb. A new garage, providing roughly 460 spaces, will also be built beside Sanctuary Hall.

When those staying in the new barracks are ready to transition to another housing facility on base, back to their parent command, or home, the WFCC will ensure a smooth transition for the individual, serving as the link between military treatment facilities, installations and services, said Evans.

Outpatients who must remain in very close proximity to the hospital for treatment may be eligible to stay at Mercy Hall, which is equipped with ADA compliant rooms and located directly across from the hospital's main building, said Gunnery Sgt. Susan Anderton, platoon sergeant attached to the Marine Corps Liaison Office (MCLO), assigned to Mercy Hall.

With 98 single bedrooms recently renovated in 2008 to improve quality of life, Mercy Hall includes a Fleet and Family Support Office, a communal laundry room, a lounge area, and an intercom system in the event of a medical emergency.

Service members can stay at the lodging facility until they're medically cleared to go back to their unit, until they receive their physical evaluation board findings or transition into inactive reserves, she said.

Additional services that wounded warriors and family members can take advantage of include Fisher Houses and the Navy Lodge.

A non-profit organization established in 1990, the Fisher House



(photo by Sarah Fortney)

Each suite in the new wounded warrior barracks, Building 62, currently under construction at Naval Support Activity Bethesda, includes a kitchenette, as pictured.

program provides military families a place to stay, at no cost, while their loved one is in treatment. Patients who are medically cleared may also stay at the Fisher Houses. The five Fisher Houses located on NSAB are the most on one base within the Department of Defense will provide 60 handicapped suites, 20 of which are private, but they all include common areas, communal dining, family rooms and play rooms for children, said Becky Woods, a Fisher House manager.

Having family close by and being able to stay on base while undergoing treatment, patients at NSAB can feel safe and comfortable, Woods said.

"They're being looked out for," she said.

Throughout treatment at NNMCM, Cpl. David Chirinos, has enjoyed the comforts of both the Fisher House and the Navy Lodge. Since 2009, Chirinos has been in treatment for colon cancer. Before his first break from treatment, he said he was encouraged to check out the Fisher House.

"It's great because it's [move-in] ready, you can move in anytime from anywhere," he said. "I always say 'I have to go home,' and I think of right here. This place is so comforting and there are other families that are going through, maybe not the same thing, but other struggles. You can relate to people and you know everybody here is military as well, or retired, and that's just another level you can relate to people and socialize."

Though Chirinos misses his family in Miami, he knows that they can also stay at the Navy Lodge when they come to visit.

A self-sustaining business established in 1970, the Navy Lodge operates under the Navy Exchange Service Command. With 106 guest rooms, the lodge is primarily a place to stay for service members,

funded by their service, if they have a medical appointment or are Temporary Additional Duty (TAD), Permanent Change of Station (PCS) or Temporary Duty (TDY).

"We also take care of our wounded warrior families," said Mike Rabideau, Navy Lodge manager.

He noted that the Navy Lodge underwent renovations last summer and is looking to undergo additional improvements later this year, including lobby upgrades and an additional private meeting room for guests.

"We're putting in two new fitness rooms. We're trying to accommodate amenities that the guests want," he said.

To accommodate everyone's needs, the Fisher Houses and the Navy Lodge communicate daily, providing each other with room occupancy and availability.

"We keep track [and] we communicate every day what we have available," said Rabideau.

The two lodging facilities make arrangements so loved ones can be together while their family member is in treatment, said Caroline van Santen, Fisher House assistant manager at NNMCM. If a large, extended family wishes to stay with their ill or injured loved one, family members can stay at both the Navy Lodge and the Fisher Houses. They also allow families to stay as long as needed and there is no set check-out date or reservation required, she added.

"That's another thing they don't have to worry about," said van Santen. "When families stay here, they can concentrate on their loved ones, and relieving the financial burden is a big [relief]."

As patients and their families go through different types of adjustments, it's important to offer a variety of services, said Marlin Ruhl, director of Fleet and Family Readiness for NSAB. The Fleet and Family Support Center (FFSC)

is like the "hub" where service members can walk in, explain what they need, and the center will direct them to the appropriate programs, he said.

The FFSC offers an array of programs for service members and their families, including financial management, relocation assistance, deployed support and emergency preparedness and family wellness, he said. There are counseling sessions for new parents, liaisons for those transitioning to the area looking to place their children in a local school, and the Exceptional Family Member (EFM) program for those who have family members with special needs.

"[These services] help reduce their level of stress as they are going through a big time of change," said Ruhl.

As an added resources for wounded warriors and their families, construction is underway for a new, two-story, 150,000 square foot Navy Exchange (NEX), more than three times the size of the previous 40,000 square foot store. With a food court with various dining options on the second floor, the new exchange will also include a pharmacy, a satellite Navy Federal Credit Union office, barber and beauty shop, an optical department and a flower shop.

Additionally, there is no shortage of resources for those transitioning out of the military and into the civilian workforce. The FFSC partners with community organizations, such as the USO and the Department of Labor, as well as the National Naval Medical Center's (NNMCM) Wounded Warrior Program, to help walk them through every step of the way.

NNMCM's Wounded Warrior Program also assists wounded warriors and their families by coordinating lodging and employment, said Billy Hargrove, transition coordinator for NNMCM's Wounded Warrior Program.

Hargrove added that the program stresses the value of internships and education, especially amongst those in transition.

"Internships provide you an opportunity to meet and greet, network, get to know people, and possibly get your foot in the door," he said. "Some of our Marines have been offered permanent jobs right after their internships."

The Human Resource Office-Washington (HRO-W) Wounded Warrior Employment Program also lends a hand in this capacity.

"We provide outreach and assistance to wounded warriors with resumes, job hunting and, hopefully, permanent federal employment. If they're not in a place where

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they're ready for that, we try to connect them with internships that are meaningful," said Laura Stanek, human resources advisor and wounded warrior program manager.

The program is unique in that it works to establish partnerships not just within the Navy, but as many other federal agencies as possible, including International Criminal Police Organization (INTERPOL), the Federal Bureau of Investigation (FBI), she said.

"We understand that to be of the best service to our wounded, ill and injured men and women, we've been doing outreach with other federal agencies to make sure that we have a partnership estab-



(photo by Sarah Fortney)

Each suite in the new wounded warrior barracks, Building 62, currently under construction at Naval Support Activity Bethesda, includes a lounge area, as pictured, between two bedrooms.

lished across agency lines," she said. "We're also working within our own organization to make sure our managers are aware of this talent pool and they know how to hire them ... These individuals bring with them the knowledge of what the mission is of the organization, they know about protecting American lives and they bring dedication. They're disci-

plined, they want to contribute [and] they want to stay within the organization if they can."

For more information about FFSC services, call 301-319-4087. For information about transition assistance, contact Billy Hargrove at 301-319-2486, Laura Stanek at 301-319-4589 or Wendy Blankenship at wendy.blankenship@navy.mil.

Intramural Sports Fosters Teambuilding and Fun Times

By Mass Communication Specialist Seaman Dion Dawson
Journal staff writer

Are you looking for something fun to do in your spare time to stay active? As warm weather approaches, staff members can participate in a number of intramural outdoor sports offered at Naval Support Activity Bethesda (NSAB).

"Whatever sports are necessary or wanted here, we try our best to provide," said Dwight Jackson, sports manager at NSAB. "While construction for the new sports facility is underway, we offer as many sports as we can."

In the spring and fall, Jackson said, flag football and softball are offered, along with basketball at an intramural and varsity level. When the new gym is available, dodge ball and volleyball will also be offered and Jackson hopes to start up a kickball team as well.

Basketball and flag football are currently played at Walter Reed Army Medical Center (WRAMC), and intramural softball is slated to begin April 26, said Jackson.

"Flag football is played on Tuesdays and Thursdays at 6 p.m., 7 p.m. and 8 p.m. Games will take place [at] 5:30 p.m., 6:30 p.m., 7:30 p.m. and 8:30 p.m. In conjunction with Walter Reed, we are also having a racquetball tournament the week of the April 25. Walter Reed and Bethesda military, DoD civilians and dependents are authorized to play in our programs," he said.

Jackson continued that the success of the program is dependent on its participants.

"When it's all said and done, we are here to provide a service," he said. "The programs can only be as strong as the individuals who participate. We can add Frisbee and bowling, but it's up to the members of the program to spread the word. Word of mouth is a powerful thing ... Everyone is responsible for the program. What you put in is what you get out."

Jackson, also a military veteran, said playing sports helped keep him occupied while in the service. He cautioned, "If you are sitting in your

See **SPORTS** page 5



(photo by Mass Communication Specialist Seaman Dion Dawson)

Service members from the National Naval Medical Center (NNMC) and Walter Reed Army Medical Center (WRAMC) hit the field Tuesday at WRAMC's Forest Glen Annex for a game of intramural flag football.

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room saying, 'I don't have time for this and that' then you are only hurting the program. For off-duty time, especially residents of the barracks, this gives them a chance to build camaraderie, meet new people and blow off some steam. If a person is having a bad day or is feeling down, let them get out there and play some sports. With a little togetherness, everything always works out."

Staff may also get involved in coaching the command's intramural sports teams year round. "Whether it's to coach, play, or cheer on your

friends, I encourage everyone to get up and get involved," said Hospital Corpsman 2nd Class John Prass, work center supervisor of National Naval Medical Center (NNMC) Magnetic Resonance Imaging (MRI) department. "The advantages of coaching a team here is the network created throughout different parts of the command."

Prass and his team, the Navy Boyz, recently finished basketball's regular season with a winning record and are headed to the playoffs, which include the top eight teams with the best records from NNMC and WRAMC. The playoffs are slated to begin in the coming weeks.

"This league has helped my confidence, networking skills and even my customer service at work," said Prass. "I love having the ability to put different services and different ranks together to create a good product. My senior chief plays for me, as well as other enlisted, officers, DoD civilians and dependents."

Many players have said they've noticed how their involvement in sports has strengthened their interpersonal skills.

"In order for the team to work, you have to be able to work with people," said Hospitalman Zaheer Burns, who works in the Internal Medicine clinic at NNMC. "My playing football and basketball has helped me hone my teamwork skills. As the season progresses, you become this little family and you begin to notice your thought process is maturing and you are learning from teammates and coaches."

Burns said it's a relief knowing he can get off work and still have fun and enjoy himself in a positive way. He's able to stay active and healthy, while meeting other people.

"It's a great because you stay busy," Burns stated. "You focus your energy towards team-building and bettering yourself, while staying out of trouble. A lot of the sports we play are great outlets for stress."

Whether you're throwing a football, spiking volleyballs, or shooting a basketball, it's all about having a good time. For more information about playing or coaching, contact the Morale, Welfare and Recreation (MWR) Comfort Zone Complex at 301-295-2450.

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(official U.S. Navy photo)

While deployed onboard *USNS Comfort (T-AH 20)*, Hospitalman Christopher R. Brossard prepares to give a Haitian patient a shot to prevent blood clotting.



(official U.S. Navy photo)

Sailors and Marines onboard the multipurpose amphibious assault ship *USS Bataan (LHD 5)* prepare to man the rails. The *Bataan Amphibious Ready Group* and the *22nd Marine Expeditionary Unit (22nd MEU)* supports U.S. and international efforts off the coast of Libya in the Mediterranean Sea with an early deployment to the region supporting U.S. 6th Fleet area of responsibility.



Lt. Albert Cruz hands a sack of school supplies to a woman on the road in Managua, Nicaragua while deployed on *USNS Comfort (T-AH 20)*.



(official U.S. Navy photo)

Navy Lt. Cmdr. Lori Vanscoy, a crew member from the hospital ship *USNS Comfort (T-AH 20)*, treats a child in July 2009 at the *Centro de Salud* medical site as part of *Continuing Promise 2009*, a four-month humanitarian and civic assistance mission through Latin America and the Caribbean.





(official U.S. Navy photo)

ool supplies to a Nicaraguan child on the side
while deployed onboard USNS Comfort (T-

As Sailors Deploy World Wide, Immunization is Key to Readiness

By Cat DeBinder
Journal staff writer

Immunizations against certain diseases are important for everyone, especially military members who must remain ever-ready for unexpected deployments in defense of our country.

“Vaccinations are one of the best ways to put an end to [the] spread of infectious diseases,” Surgeon General of the Navy Vice Adm. Adam Robinson stated in a recent Navy Office of Information publication. “The health and well-being of the Navy’s Total Force and our beneficiaries is one of our top priorities.”

Vaccines are also one of the most successful and cost-effective public health interventions, said CherylAnn Kraft, regional immunization program manager for Bureau of Medicine and Surgery (BUMED).

“They are considered the cornerstone of public health and are an essential and required component before someone is ready to deploy,” said Kraft. “Missions may bring members to regions lacking modern infrastructure and sanitation and increasing exposure to people and animals carrying infectious agents. Sending a warrior to battle without the enhanced immunity provided by vaccines is like sending him or her without Kevlar.”

Immunizations, or vaccinations, have been around for hundreds of years. It may be hard to imagine in today’s society, but ailments such as small pox, diphtheria and whooping cough were not only once common, but deadly before vaccines were devised to prevent them.

“There are some young providers who have not even seen many of the diseases that used to be common because of the effectiveness of immunizations – they’ve only read about them in textbooks,” said Grace Aaron, head of

National Naval Medical Center’s (NNMC) Immunization Clinic.

Ensuring service members are ready to deploy at any given moment, NNMC follows Department of Defense (DoD) and BUMED’s readiness policies.

Immunizations are one of the six critical elements of Individual Medical Readiness (IMR), established by DoD, said Capt. Virginia Torsch, BUMED’s Individual Medical Readiness (IMR) program manager.

Service members must also have a number of required immunizations at all times, or the appropriate medical and/or administrative exemption documented in their health record, said Torsch. According to DoD Instruction 6025.19, service members must be up-to-date on their Hepatitis A and B vaccines; Inactivated Polio Vaccine (IPV); tetanus/diphtheria/pertussis (Tdap); Measles, Mumps, and Rubella (MMR); and annual influenza shot.

Based on their geographic, occupational or command specific requirements, some military members may also require additional immunizations.

“A service member being deployed as an Independent Augmentee (IA) – ‘boots on the ground’ – may also need additional immunizations, anthrax for example or yellow fever, depending on where he/she is being deployed,” Torsch added.

When it comes to contracting diseases, military members are considered a high risk population by virtue of their geographical assignment and the mission that increase the risk of rapidly spreading infections, said Kraft.

“If they’re not protected, they’re not ready,” said Aaron.

For more information on vaccine requirements, call the Immunization Clinic at 301-295-5798.



Technology Insertion Secures Navy's Perimeters, Enhances ATFP

By Tracey Gold Bennett Naval District Washington Public Affairs

Like a vintage Porsche souped-up with the latest features, historic buildings and structures throughout Naval District Washington (NDW) boast some of the most cutting-edge technology key to NDW's Anti-Terrorism Force Protection (ATFP) Program.

The Virtual Perimeter Monitoring System (VPMS) is amongst those technologies. A wireless network of sensors and cameras deployed around installations, the system allows remote monitoring of activity around the fence line.

"In the EOC (Emergency Operations Center) and in the ROC (Regional Operations Center), we have this private network that's only accessible to that network," said Jeffrey Johnson, command information officer for NDW, who drives the VPMS. "We restrict access to the people that are operators of the system and administrators."

Cameras on the VPMS act as sensors (via video analytics) and are monitored from the installation command centers around the clock, said Johnson.

"We can create trip wires and loiter areas using video analytics," he said. "The camera sees if someone crosses an area or has been sitting there for too long and detects it. In the command center [when someone trips the wire or loiters] it comes up as a pop up audio-visual alert."

The Riverwalk is perhaps the most recent and visible use of VPMS at the Washington Navy Yard (WNY). Based at the perimeter gates, the wireless security system manages who can gain access to the installation.

"Many folks will be able to use Riverwalk because of the wireless self registry process," said

Michael Reid, Operations Antiterrorism Headquarters program director for NDW.

Systems such as the Navy Physical Access Control System (NPACS), an automated security feature, also help the Navy save money in labor costs, Reid added.

"Before NPACS, we couldn't have opened those gates [at the Riverwalk] without spending an exorbitant amount of money," said Reid.

Now, wireless security protected turnstiles mean common access card (CAC) holders can use secured perimeter gates by swiping their cards.

"We were the first Navy base to test the technology for the NPACS and we're the first deployment site," said Johnson.

The successful execution of exercises like Solid Curtain/Citadel Shield and preparation for Citadel Gale/HURREX also depend on the use of technological advances.

During Solid Curtain/Citadel Shield, earlier this year, service members and civilians comprised a Battle Watch Team, which manned the ROC, a high-tech war-room-like training center where Crisis Action Teams monitored events, responded to emergencies (or mock scenarios) and dispatched first responders.

"The Regional Operations Center at WNY and Emergency Operation Centers at each base are linked together with the NMCI Network and with the Public Safety Network," said Johnson. "The Public Safety Network is a secure network, which hosts the C4I (command, control, communications, computers and intelligence) suite which we use for communication and interoperability between the commands, bases, the region and CNIC (Commander, Navy Installations Command)."

The web-based secure portal is used for com-



(photo by Tracey Gold Bennett)

Naval District Washington (NDW) is also implementing several technologies such as this panel designed to reduce energy consumption. The panel was displayed during a recent meeting of engineers in the Regional Operations Center at the Washington Navy Yard.

munication and situational awareness of regional events, allowing users to post information about force protection conditions, post files, weather alerts and status of the bases, and also to chat in a secure environment. Additionally, NDW uses classified and unclassified versions of C4I.

Battle Watch and Crisis Action Team members

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inside the ROC used C4I to keep abreast of exercise events during Solid Curtain/Citadel Shield.

NDW is also using innovative mechanisms to keep those working and living on bases informed of emergencies and even things as simple as weather and traffic conditions.

During Solid Curtain/Citadel Shield, many people on Navy bases across the region, including Naval Support Activity Bethesda (NSAB), became familiar with the alert "Exercise, Exercise, Exercise" heard on loudspeakers via "Giant Voice," part of the Wide Area Alert Network (WAAN) mass notification system.

In addition, the Ad Hoc software application on NMCI computers notified users of key operational events or emergencies. Alerts were sent directly to desktops (as a brightly colored pop-up graphic box with information) or as a text message on registered cell phones.

In the future, technological advances could lead to a shorter wait time at installation entry points, said Reid.

"We're getting an increased capability in two phases – the avoidance of manpower costs and the vetting of the individual's credentials against an authoritative database," said Reid. "Eventually you're going to be able to use your CAC, military or retiree identification card to get automated unimpeded access to those installations that you have entitlements to use."

For more information on signing up for WAAN phone, email and text alerts, visit <http://www.cnmc.navy.mil/NDW/About/WAAN/index.htm>.

Chaplain's Corner

In Judaism, spring is a time for questioning. During the Festival of Passover, Jews sit around Seder (a ritual service and meal) and ask questions, questions about the meaning of Passover and its connection to the ancient holiday of the Exodus. The discussion centers on slavery, tyranny and oppression, liberty and independence.

As we read our newspapers, go online and watch TV, the message of freedom is in the forefront of the news.

The Talmud, a sacred Jewish text, tells us "Precious is the human being who was created in the image of God. In addition, an even greater sign of this preciousness is that people were informed that they were created in God's image ... All human beings have the ability to



make meaningful and substantive choices which have a direct impact on their lives, as well as on the lives of others." God created us with free will. Part of this free will is choice. As people created in the image of God, we want to determine how we live, to include our spiritual and religious lives, whom we vote for as well as have the

ability to work in the profession we choose.

Passover teaches us that with freedom comes responsibility, managing our free will and the choices we make. It also teaches us that people are human and we need to live with each other, accepting others for who they are. At this season of renewal, we hope and pray people will make the right choices and take responsibility for their actions.

-- Rabbi Saul Koss

DRIVEN:

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"Too many people have tried to squeeze in one last text message while driving, and it turned out to be their last one ever," said Kunz. "No conversation is worth that."

When walking, pedestrians

should also be aware of their surroundings and drivers.

"Pedestrians have to follow the law as well," said Kunz. "If you're walking, don't use earphones unless you're on a sidewalk away from traffic. Only cross roadways using the crosswalk and make eye contact with drivers before crossing to guarantee you can cross safely."

The most dangerous time

to be a pedestrian is in the morning and evening, when visibility is low due to lack of light, said Kunz, adding that drivers and those walking should be especially vigilant during those hours.

To report unsafe driving on NSAB, call Security at 301-295-1246. For more information on distracted driving, visit www.distracted.gov.

