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Hurricane Season: Are You Prepared?

From Commander, U.S. 2nd Fleet Public Affairs

Sailors, civilians and families are closely watching the development of Hurricane Irene this week as the storm's current track indicates a possible landfall along the Virginia and North Carolina coasts as early as Aug. 27.

As U.S. 2nd Fleet prepares to deal with the changing weather conditions, Navy families must also prepare to handle potential weather related disasters at home.

"Not only do we want our ships to be ready for a hurricane, but family readiness is critical if our Sailors are given the order to get underway," said Vice Adm. Daniel Holloway, commander, U.S. 2nd Fleet. "Sailors need to know that their families are prepared and the resources and support available for whatever challenges the storm may bring."

Understanding the dangers of high winds, lightning and storm tidal surges is a critical component to understanding why it's important to prepare for weather

related emergencies. Hurricanes and other disasters can leave personnel cut off from power, transportation, communication, food and medical supplies for days. Many of the dangers of these situations can be managed or even minimized by planning ahead and taking basic precautionary measures.

Family preparedness should include, at a minimum, having an evacuation plan, access to emergency contact information outside of the region and access to an emergency kit.

Emergency kits should consist of batteries, two-way radios, manual can openers, first-aid supplies, cell phone chargers, a weather band radio, prescription drugs, water and water storage, as well as non-perishable foods. Ideally, the kit should include enough supplies to last three days.

Preparations should also include attention to special needs, adequate gasoline supply for automobiles, chainsaws or generators and supplies for the caring and shelter of family pets.

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(Official U.S. Navy photo)

A GOES-13 infrared satellite image provided by the U.S. Naval Research Laboratory, Monterey, Calif., shows the status of Hurricane Irene at approximately 6 a.m. EST Wednesday, Aug. 24. Irene crossed over the Bahamas with 115-miles-per-hour winds. The storm could strike the U.S. East Coast between Florida and the Carolinas as a Category 3 hurricane.

Subscription Bus Service Provides New Commuting Option for Staff

By Katie Bradley Journal staff writer

Beginning Sept. 1, the Central Maryland Regional Transit (CMRT) program will open its doors to area residents, offering an alternative commuting option for staff members at Naval Support Activity Bethesda (NSAB).

Through this subscription bus service, commuters will have a guaranteed spot on a 55 seat coach bus equipped with Wi-Fi and restrooms.

"[Bus transportation] takes people off the roadway. It's a cheaper way for people to commute," said Jeff Miller, NSAB's transportation manager. "These are comfortable coach buses. People are going to be able to kick back, relax and sleep. All they need to do every day is show up at the Park and Ride lot on time and the bus will be there for them."



Through the Central Maryland Regional Transit (CMRT) program, beginning Sept. 1, Naval Support Activity Bethesda (NSAB) commuters can have a guaranteed spot on a 55 seat coach bus equipped with Wi-Fi and restrooms.

The service, which is open to anyone, will provide bus routes to Bethesda from ar-

eas without Metro access. Pick up locations include Columbia, Burtonsville, An-

napolis, Bowie, Sykesville, Clarksville and Colesville. Routes are determined based

on rider interest and may be subject to change.

The cost to ride ranges from \$350 to \$370 a month. Mass Transit Fringe Benefits may be applied, lowering the cost to \$120 to \$140 for those who are eligible. Riders can enroll in the service on a monthly basis and there is no commitment or obligation to ride each month.

Subscription bus riders are also eligible for the Guaranteed Ride Home (GRH) program, intended to offer a back-up ride home for commuters when unexpected emergencies arise. The GRH program provides a free ride for riders who commute in a carpool, vanpool, take transit, bike or walk to work at least twice a week. Commuters may take advantage of the GRH up to four times per year.

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Magnitude 5.9 Earthquake Rattles Pentagon

By Jim Garamone and Cheryl Pellerin
American Forces Press Service

Operations continued at the Pentagon despite the magnitude 5.9 earthquake centered in Mineral, Va., on Tuesday.

The National Military Command Center in the building "maintained the watch, and there was no loss of communications," said Navy Cmdr. Patrick McNally, a spokesman for the Joint Staff.

Some photos were knocked off walls in the building during the mid-afternoon quake, and a water pipe on the building's third floor burst, but plant engineers were able to stop the deluge, Pentagon Force Protection Agency officials said.

Many offices did evacuate the building, but officials gave the all-clear to return after about 15 minutes.

The earthquake occurred at a depth of about 1 kilometer, about 27 miles east of Charlottesville, 34 miles

southwest of Fredericksburg and 39 miles northwest of Richmond, all in Virginia.

The last time a magnitude 5.9 earthquake happened in Virginia was in Giles County, near Blacksburg, in May 1897, according to the U.S. Geological Survey.

Though it's not as well known as the San Andreas seismic zone in California, there is a seismic zone in central Virginia. The nearest tectonic plate boundaries, which tend to generate large and more frequent earthquakes, are in the center of the Atlantic Ocean and in the Caribbean Sea, USGS officials said.

The central Virginia seismic zone has known faults, officials added, but probably has many undetected smaller and deeply buried faults. Because of these faults, people in central Virginia have felt small earthquakes and suffered damage from a few larger ones since at least 1774, according to the U.S. Geological Survey.

In 1875, a magnitude 4.8 earthquake struck in the



(U.S. Navy photo by Mass Communication Specialist 2nd Class Jason Graham)

Civilians and military personnel evacuate the Pentagon after a 5.9 magnitude earthquake struck central Virginia.

central Virginia zone. Every year or two, smaller earthquakes happen in the region.

East Coast earthquakes are less frequent than West Coast temblors, but they tend to be shallower; there-

fore, they can be felt over a larger region, USGS officials said.

East of the Rocky Mountains, an earthquake can be felt over an area as much as 10 times larger than a simi-

lar magnitude earthquake on the West Coast. Tuesday's magnitude 5.9 earthquake could be felt as far away as Georgia, the Carolinas, Tennessee, Ohio, Illinois, New York and Massachusetts.

Resilience Study Can Help DoD Strengthen Programs

By Elaine Sanchez
American Forces Press Service

The military has a plethora of programs aimed at building resilience in service members and their families, but needs a better system in place to measure their success, a study has revealed.

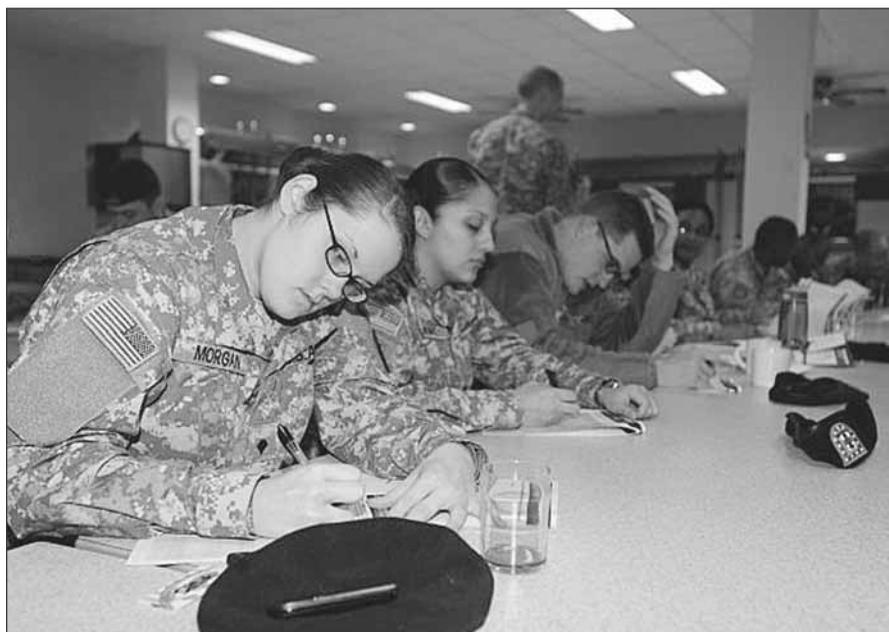
Commissioned by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, the Rand Corp. study examined 23 military and civilian programs that address psychological resilience and offered recommendations on how the military can improve their quality and effectiveness.

Resilience is a keystone to a service member's overall fitness, said U.S. Public Health Service Cmdr. George Durgin, the centers' resilience division chief in the resilience and prevention directorate.

"If you have a service member who can adapt and overcome to adverse events and then turn back to a steady plane -- a green zone -- that's what we're looking for," he said.

The question, he added, is "How do we get into a heightened event and then get back to that green zone?"

To start, experts reviewed 270 sci-



(photo by Sgt. Fay Conroy, 21st TSC Public Affairs)

Soldiers from Headquarters and Headquarters Company, 21st Special Troops Battalion, 21st Theater Sustainment Command, fill out a worksheet during a Comprehensive Soldier Fitness resilience training class taught by Master Resilience Trainers from the 21st TSC at Kleber Kaserne.

entific publications on psychological resilience. From the literature, the team identified 20 factors -- including positive thinking and coping, realism and behavioral control -- that were scientifically proven to be the most ef-

fective at building resilience.

The team then gathered information on 23 service-specific resilience programs that are targeted to military members and their families and addressed at least one phase of de-

ployment. Their purpose was to see if the factors they had identified as effective were integrated into these programs and, if so, to what extent.

Experts also looked to see how these programs assessed their success.

According to the study's findings, published in the report "Promoting Psychological Resilience in the U.S. Military," the programs incorporated several of the resilience factors, but need a more standard evaluation system to measure success. The programs employ a wide range of measures to gauge their effectiveness, the report noted, and just five of the 23 programs have conducted formal assessments.

"These programs are popular with leaders and troops, and intuitively we think they are having a positive effect," Durgin said. "But the bottom line is there hasn't been a formal approach to measuring success."

The findings also showed programs have a wide range of definitions for resilience.

The study listed a series of recommendations aimed at improving the quality and delivery of resilience programs. First, Defense Department

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Comfort Returns to Haiti to Conclude Continuing Promise 2011

By Mass Communication Specialist 2nd Class Eric C. Tretter
Continuing Promise 2011
Public Affairs

Military Sealift Command hospital ship *USNS Comfort* (T-AH 20) arrived in Port-au-Prince, Haiti, Aug. 18, for its final stop of Continuing Promise 2011 (CP11).

Comfort and the CP11 mission began in English-speaking Jamaica in April, followed by seven working port visits to the Spanish-speaking nations of Colombia, Costa Rica, Ecuador, El Salvador, Guatemala, Nicaragua and Peru. To date, *Comfort* personnel triaged 63,805 patients and performed 1,029 surgeries. Onboard the hospital ship, there are 33 Sailors from Bethesda.

Haiti's Creole-French language, coupled with the after-effects of an earthquake approximately a year and a half ago, will produce unique challenges for the mission team.

"The challenges that we're looking at right now are still the same principles that we've used in all our other eight countries and that is to screen our patients so that we are able to do a prescribed surgery in the short time frame," said Capt. William Todd, *USNS Comfort* director of surgical services.

"We'll be here over nine operative days [and] to do it safely so that the patients leave the *USNS Comfort* in a better position than when they entered."

According to Todd, some post-earthquake induced ailments that



(U.S. Navy photo by Mass Communication Specialist 2nd Class Eric C. Tretter)

Haitian fishermen look toward the Military Sealift Command hospital ship *USNS Comfort* (T-AH 20) during Continuing Promise 2011. Continuing Promise is a five-month humanitarian assistance mission to the Caribbean, Central and South America.

CP11 staffers may encounter are infected residual limbs, infected wounds, and many mal-unions within bones, which are bones that have healed in unacceptable positions.

"I have mixed feelings as to what we will see. I understand that a lot of donations were made, so I'm hoping there are some improvements and some changes," said Lt. j.g. Djennane Jean-Baptiste, a Haitian-born nurse working in a post-operation ward aboard *Comfort*. She also participated in the earthquake disaster relief efforts in 2010. "I'm a little nervous to see the desperation of

the people, but it is good to see where I came from. Haiti is a very spiritual nation. They're very good people. These are people that have suffered for a very long time. It's a suffering that we have not seen and that a lot of Americans will never experience."

While the crew understands that the Haiti mission stop will be a complex one, they are looking forward to finishing Continuing Promise with the same enthusiasm that they have carried throughout the mission.

"We all feel that this is probably going to be one of the most challeng-

ing stops and we want to finish very, very strong here," added Todd. "This is going to be a fantastic opportunity to really help some people that have been through some very desperate times."

Comfort is deployed in support of CP11, a five-month humanitarian assistance mission to the Caribbean, Central and South America. This is the sixth humanitarian-focused naval deployment to the region since 2007, designed to promote partnerships and goodwill.

U.S. Naval Forces Southern Command and U.S. 4th Fleet (COMUSNAVSO/C4F) supports U.S. Southern Command joint and combined full-spectrum military operations by providing principally sea-based, forward presence to ensure freedom of maneuver in the maritime domain, to foster and sustain cooperative relationships with international partners and to fully exploit the sea as maneuver space in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central, and South American regions.

For more information, please contact COMUSNAVSO/C4F Public Affairs by email at comusnavso-c4f_mypt_pao@navy.mil, visit www.public.navy.mil/comusnavso-c4f, on Facebook at www.facebook.com/NAVSOUS4THFLT, or on Twitter at www.twitter.com/NAVSOUS4THFLT.

For more news from U.S. Naval Forces Southern Command & U.S. 4th Fleet, visit www.navy.mil/loc al/cusns.

Chaplain's Corner

By Capt. Roosevelt H. Brown
CHC, USN, Command Chaplain

While many of us are excited about the integration between Walter Reed and Bethesda, it's understandable that some individuals may be experiencing some apprehension. Change is rarely easy! But I would suggest there are gifts we can draw upon that will help during this time. These include our spiritual resources and interpersonal skills.

What's happening now at Walter Reed Bethesda reminds me of the Old Testament story when Moses led the children of Israel from Egypt to the Promised Land. The children of Israel wanted to leave Egypt and move towards a new, hopeful beginning, but while Moses was leading them towards this Promised Land, they were mostly afraid of the unknown. They wanted to leave their old lifestyle, but felt apprehensive about dealing with some of the obstacles during the journey to a new and



Capt. Roosevelt H. Brown

better future.

When the people of Israel were finally preparing to enter the

RESILIENCE

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leaders and policy makers should create a department-wide definition of resilience, the report suggested. This will help to focus programs, it explained, and provide guidance for measuring outcomes.

DoD also needs to strengthen existing programs, the report said, through an evaluation of existing programs' strengths and weaknesses. Programs that show the

most potential can be combined, the report suggested, citing the Army's Comprehensive Soldier Fitness program as a possible candidate.

Officials also should standardize resilience measures to allow for program comparison.

To help wade through the vast number of programs, the report said, DoD should develop a resource guide that compares and contrasts programs for service members and their families.

The Defense Centers of Excellence is developing a database of

service-specific programs, Durgin noted. This will help people find programs quickly and also help to direct future programs. If an effective program already is in place, he said, "Why reinvent the wheel?"

The report also cited a need to ensure that scientifically proven resilience factors -- such as positive thinking, coping and behavioral control -- are incorporated into programs.

Finally, DoD should engage senior military leaders and ensure rigorous program evaluation is in place.

Studies such as this one, along with research by the Defense Centers of Excellence, can help the military focus and strengthen its resilience programs, Durgin noted.

The overall goal, he added, is to ensure service members and their families remain resilient. It's normal to move out of a steady state when confronted with combat and other wartime challenges, Durgin said, "but the key part for us is that they can always get back. And if they can't, that's when we have to step in to help them."

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www.DCMilitary.com

Where Military connect in the Washington, DC, Maryland and Virginia region

Wounded Warriors Move into New Barracks at Bethesda

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

Wounded warriors from Walter Reed Army Medical Center (WRAMC) moved into Tranquility Hall on board Naval Support Activity Bethesda (NSAB) Aug. 20.

Tranquility Hall, one of several barracks outpatient wounded warriors will live in while continuing to heal aboard NSAB will service outpatient military members from both the Walter Reed Army Medical Center and National Naval Medical Center (NNMC).

"It was great to see staff from all the involved commands, along with our volunteers work as one team to welcome wounded warriors and their families from WRAMC to NSA Bethesda," said Capt. Michael Malanoski, Commanding Officer, NSAB. "It was a great start to what will be one of our most important missions here on NSAB; the support of our wounded warriors and their families in the journey from hospital to home. While hopefully their time here will be short, we want them to feel like they are part of our family, regardless of uniform or Service affiliation."

NNMC Commander Rear Adm. Matthew Nathan noted

that the planning and hard work involved in the move paid off.

"It exceeded our expectations. The warriors who have come over have been flexible and adaptable, and their attitude has been great. They recognize when you move into a brand new facility, especially a lot of people at once, there's going to be some growing pains, there's going to be some wrinkles. I've talked to a majority of the warriors and their families that have come through here and I've heard good buzz, I think they're excited about the new spaces, I think they feel this campus allows them greater mobility, it's spread out, it's laid out, it's designed to let people walk or roll around long distances, so far I'm very happy. It's very nice, I think the place shows it's built with the respect and admiration that is worthy of the folks who will be occupying it."

Vice Adm. John Mateczun, Joint Task Force commander, echoed that sentiment, stating that the goal is to provide for the wounded warriors as they undergo their rehabilitation.

"It was really gratifying to see the reactions of the wounded warriors that came over, [and] the non-medical attendants that came with them," he said.

The new 306-bed facility fea-

tures 153 two-bedroom, two-bath suites equipped with common kitchens and seating areas, washer and dryer units, flat screen televisions and computers with printers.

"These suites are mini-apartments, specifically tailored to the needs of wounded service members," said Marlin Ruhl, NSAB's director of Fleet and Family Readiness. "They feature walk-in closets and wheelchair accessible showers in each bedroom and bath."

Tranquility Hall provides a home-like environment for patients and because of the additional bedroom, multiple caregivers, such as parents and spouses, are now able to stay and assist their loved ones as well.

"Being able to be in the same room as my mother and fiancé every day is such a blessing," said Marine Sgt. Liam Dwyer, who moved into the barracks Aug. 18.

Dwyer, who was injured by an improvised explosive device (IED) in Afghanistan May 22, said that his recovery would have been impossible without the help of those two.

"The fact that my mother is here is the biggest help in the world to me," he said. "Just the simple things that people take for granted, like bending down to pick up things or get dressed, I can't do those things

and my mother helps me. My fiancé is the one who pushes me to do things for myself and having them here in the same room with me is going to help me exponentially in my recovery. These barracks are a blessing."

"It's awesome being here in these barracks with Liam," added Laurie Parmbentier, Dwyer's mother. "Getting Liam out of the hospital and in an environment where he can be more independent is also doing amazing things for him emotionally. There were times I spent the night in the hospital with him, so I am looking forward to being able to sleep in the comfort of my own bed and still be able to be there to assist him."

In its quest to meet all the potential needs of its residents, Tranquility Hall also boasts the Warrior Café, run by Morale, Welfare and Recreation (MWR) on the building's first floor. The 206-seat restaurant allows residents and staff at NSAB to purchase healthy lunch, dinner and snack options seven days a week.

Located on the first floor is Tranquility's new patient childcare facility, Austin's Playroom, which offers respite care for children ages six weeks to 12 years, for up to 25 hours a week.

With space for 27 children,

Austin's Playroom will give priority to the children of wounded warriors, but will also accept other children by appointment. The facility is open 6 a.m. to 6 p.m., Monday through Friday. Parents must attend a 10-minute orientation and bring in their child's shot record prior to using the facility.

Above all, said Ruhl, every aspect of Tranquility Hall was designed to relieve the worries of wounded warriors and their families.

"This building allows families to live together and heal together," he said. "It's in very close proximity to our top notch medical facility and offers all injured service members the peace of mind of knowing they're in capable hands 24/7."

To continue meeting the needs of the wounded warriors and their families, in the near future, the Warrior Family Coordination Cell (WFCC) will host a benevolent organization summit to foster synergy amongst those involved in warrior care.

The collaboration amongst the YOUR group, a collaboration between the Yellow Ribbon Fund, Operation Homefront, USO and Red Cross, has also helped further support the needs of the wounded, ill and injured. For more information about the WFCC, call 301-319-5008.



(photo by Mass Communication Specialist 3rd Class Shannon Burns)
The Tranquility Hall barracks at Naval Support Activity Bethesda (NSAB) officially opened Aug. 20.



(photo by Mass Communication Specialist 3rd Class Shannon Burns)
Pictured above, a group of Marines stand by to assist during the opening of the Tranquility Hall barracks on Aug. 20.



(photo by Mass Communication Specialist 3rd Class Shannon Burns)
A wounded warrior moves into Tranquility Hall Aug. 20.



(photo by Mass Communication Specialist 3rd Class Shannon Burns)
A wounded warrior arrives at Tranquility Hall on Aug. 20.



(photo by Mass Communication Specialist 3rd Class Shannon Burns)
National Naval Medical Center (NNMC) Commander Rear Adm. Matthew Nathan welcomes a wounded warrior to the Tranquility Hall barracks on Aug. 20.



(photo by Mass Communication Specialist 3rd Class Shannon Burns)
Marine Cpl. Tyler Southern watches his wife look through welcome packages in his room at the Tranquility Hall barracks at NSAB on Aug. 20.



(photo by Sarah Fortney)
Following the completion of the outpatient move, NSAB Commanding Officer Capt. Michael Malanoski, right, and Joint Task Force Commander Vice Adm. John Mateczun discuss the success of the move, while standing in Tranquility Hall's Warrior Cafe.

HURRICANE

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Disaster preparations include knowing what information resources are available before a crisis occurs. A variety of information is available online in support of family readiness including:

- Navy Family Accountability and Assessment System, <http://go.usa.gov/kQ4>, which provides a standardized method for the Navy to account, manage and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event.

- State of Virginia Emergency Management, www.vaemergency.gov/readyvirginia, which has many resources for planning and preparing emergency kits, developing evacuation plans and addressing specific special needs for children, the elderly and others.

- Virginia Department of Transportation Hurricane Evacuation Guide, www.virginiadot.org/travel/hurricane_defauLT.asp, which provides more detailed information for preparing for a hurricane, hurricane evacuation and public shelters in Virginia.

- Red Cross Hurricane Preparedness Guide, www.preparehr.org/documents/RedCrossReady-HurricaneGuide2pg.pdf, which provides general overview of tips and guidelines for hurricane preparedness.

- Prepare Hampton Roads website, www.preparehr.org, which provides valuable tips for preparing for high winds and evacuation.

"In a world with hurricanes, tornadoes, tsunamis and earthquakes, it's extremely important for us as maritime operators to train like we fight and create a battle rhythm for events that not only impact our operational readiness, but our personal readiness with our families," said Holloway.

For more news from Commander, U.S. 2nd Fleet, visit www.navy.mil/local/c2f.

CHAPLAIN

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Promised Land, they were encouraged to "be strong and courageous because the Lord your God is with you." As we prepare to begin this wonderful new chapter, let's be strong and courageous like the people of Israel. This is the perfect time for us to be kind to new neighbors. This is the perfect time to offer words of hope, encouragement, and support to those who might be struggling with the difficulties of adjusting to the changes taking place in their lives as the new Walter Reed National Military Medical Center Bethesda comes into being. This is the perfect time to see a future filled with promise!

BUS

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When signing up for the subscription bus service, staff can register and pay online. NSAB staff members can also pick up their passes on base or have it mailed to their home, said Emery.

For more information on commuter options, contact Ryan Emery at ryan.emery@med.navy.mil. For more information on the CMRT subscription bus service, call 1-800-270-9553, email my.ride@cmrtransit.org or visit www.cmrtransit.org. To apply for the GRH program, visit www.commuterconnections.org.