



The Journal

Vol. 23

No. 18

www.bethesda.med.navy.mil

May 5, 2011

Obama Declares 'Justice Has Been Done'

By Jim Garamone
American Forces Press Service

"Justice has been done," said President Barack Obama in announcing the death of Osama bin Laden in a U.S. military operation in Pakistan.

An American counterintelligence and counterterrorism team killed bin Laden Sunday during a firefight near Islamabad, the president said during a short statement from the White House late Sunday night.

"Tonight I can report to the American people and to the world that the United States has conducted an operation that killed Osama bin Laden, the leader of al-Qaeda, and a terrorist who is responsible for the murder of thousands of innocent men, women and children," the president stated May 2.

The attack ends a manhunt of almost 10 years. Bin Laden and his henchmen planned and executed the attacks of Sept. 11, 2001, that killed 3,000 innocent Americans in New York, Washington and Pennsylvania.

Obama thanked "the countless intelligence and counterterrorism professionals who have worked tirelessly to achieve this outcome.

"We give thanks for the men who carried out this operation, for they exemplify the professionalism, patriotism and unparalleled courage of



(official DoD photo)

President Obama addresses the nation May 2 announcing the U.S. has killed Osama bin Laden, the leader of al-Qaeda.

those who serve our country," he said. "They're a part of the generation that has borne the heaviest share of the burden since that September day."

He said Americans also were united to protect the nation and to bring those who committed the attack to justice.

"Over the last 10 years, thanks to the tireless

and heroic work of our military and our counterterrorism professionals, we've made great strides in that effort," the president said. "We've disrupted terrorist attacks and strengthened our homeland defense."

Soon after 9/11, American forces removed the Taliban government that had given bin Laden and al-Qaeda safe haven and support. Around the globe, U.S. personnel worked with allies to capture or kill scores of al-Qaeda terrorists.

"Yet, Osama bin Laden avoided capture and escaped across the Afghan border into Pakistan," Obama said. "Meanwhile, al-Qaeda continued to operate from along that border and operate through its affiliates across the world."

Shortly after taking office in 2009, Obama ordered CIA Director Leon E. Panetta to make the killing or capture of bin Laden the top priority of the U.S. war against al-Qaeda.

"Then last August, after years of painstaking work by our intelligence community, I was briefed on a possible lead to bin Laden," Obama said. "It was far from certain, and it took many months to run this thread to ground."

Obama met with the national security team as more information came in. The al-Qaeda leader was hiding in a compound inside Pakistan, the

See JUSTICE page 5

Charitable Organization Representatives Meet at NNNMC

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

To foster synergy among organizations that support wounded service members and their families, the National Naval Medical Center (NNMC) hosted a summit in the hospital's Memorial Auditorium Monday.

The meeting, led by the Warrior Family Coordination Cell (WFCC), included representatives from 119 non-profit organizations from across the nation present.

"The turnout was much greater than anticipated," said Lt. Tod Hazlett, assistant director of the WFCC.

"You're such a key part of our wounded warrior care, so today we're going to listen to you and talk about the way forward," said Capt. Constance Evans, WFCC director, to the audience, adding that the purpose of the meeting was to create unity during integration.

Rear Adm. Thomas Beeman,

deputy commander of the National Intrepid Center of Excellence (NICoE), said to the representatives, "I want to thank each and every one of you and the organizations you represent and the money and supplies you give to meet the physical and emotional needs of our service members. Your collective efforts have really made a difference, but without the service members who dedicate their gifts and talents, our gifts and talents would be meaningless."

In addition, the meeting offered wounded warrior benevolent organizations the opportunity to address military medical leaders in the region and to voice their integration concerns, such as whether transportation will be available for charities offering activities to the wounded, or whether one spokesperson will represent all branches of service in regards to accepting donations.

"Our goal is to have one single point of contact that [organizations] can reach out to and, after that, we'll do the reaching for you," said Evans. As for transportation, she added, "We

have always offered transportation for command activities and we see no reason why this would stop with integration."

As an added resource, WFCC is building a Web site to help charitable organizations stay informed and connected with one another, said Evans. The site will be a central place where benevolent groups can share ideas and specify what goods and services they are able to offer wounded warriors and their families.

During the meeting, attendees also discussed traffic flow and base access, which Naval Support Activity Bethesda (NSAB) Chief of Staff Capt. John Lambertson said the command is taking steps to address these issues.

"We are working on this and we review these issues daily," he said.

"We appreciate very much your dedication and your willingness to assist these warriors, and being here today to make sure we get it right," said Army Col. Charles Callahan, NNMC chief of staff. "We cannot take care of these Soldiers, Marines, Sailors, Airmen, and Coast

Guardsmen without these organizations."

Likewise, representatives appreciated the opportunity to air their concerns and meet with hospital leadership face-to-face.

"This was a key event," said Army Maj. Gen. Carl McNair, a board member for the Red Cross and Easter Seals, who also serves as Army Aviations Association of America (AAAA) director. "I commend [NNMC Commander Rear] Admiral Nathan and his team for having the foresight to hold this event and capture the great energy and commitment of the American people supporting our wounded warriors."

"Anything that brings people together to really work together is great. It is what we needed and they did a good job," said Mark Robbins, director of the Yellow Ribbon Fund. "I feel like we're in on the ground floor and things are evolving."

The next meeting is scheduled to take place in July.

For more information on the WFCC, call 301-319-5008.

Commanding Officer's Column

I often write about my sons in this space. Jake is 23, Zach is 19, and Luke is 5. On hearing the news Sunday night, I was reminded how different their childhood was from mine. The autumn day that we now know as 9/11 fundamentally changed how we view the world, and how we live our lives. On that date my boys were 12, 8, and not even born respectively. To a large degree this life we lead is all they know. They take as a given the gates and fences on Bethesda, the travel restrictions at airports, seeing those injured in the war in the hospital or at the exchange. Being at war is the background against which they live their lives.

It is a different experience than my father had growing up in the 40's with World War II, or that I had in the 60's with the Vietnam War. And yet there are similarities. WW II started with an attack on American soil; at times the Vietnam War appeared as if it would never end. We tend to focus on the differences that make our lives unique, but it is the similarities that link us together as a family and a nation. Bringing Osama bin Laden to justice will not immediately end our present conflicts, but it should serve to remind us that there are things bigger than any one of us, that there are issues that should unite all of us.

We sometimes forget that what is happening on this campus is



in large measure a result of 9/11. Much of the improvements to the hospital and the campus directly, or indirectly, support our Wounded Warriors. The pace of our lives can be daunting. Trying to finish our endless "to do lists" leaves little time to reflect on why we are here and why what we do is important. Take the time this week to think about those things. It won't help you find a parking spot when you're late for work. It won't make the wait leaving the base any shorter. It won't get you a private office or a shorter commute time, but it will help to remind us that we are in this together, and what we do makes a difference to those who matter.

Commanding Officer
NSA Bethesda sends,
Captain Michael Malanoski
Medical Corps U.S. Navy

Bethesda Notebook

Archbishop Broglio to lead Holy Mass

Archbishop Timothy P. Broglio, head of the Archdiocese for Military Services USA, will lead mass Friday at noon in the Chapel, located in Building 8, room 1329. All are welcome to attend this occasion. For more information, call Pastoral Care at 301-295-1510.

Wounded Warrior Hiring Information Session

All managers, supervisors, hiring officials and those interested in how to bring wounded warriors and disabled veterans into federal employment are invited to attend a Wounded Warrior Hiring Information Session. The forum will be held in the Laurel Clark Memorial Auditorium on May 12 from 10 a.m. until noon. For more information, call Laura Stanek, Wounded Warrior Employment Program Manager at 301-319-4589.

Fleet and Family Offers Networking Events

The Fleet and Family Support Office (FFSO) is offering monthly employment related workshops for transitioning service members, dependents, and other Department of Defense card holders. The following events are scheduled this month:

- To meet the needs of military spouses and those transitioning into the civilian sector, Adecco's Military Spouse Connection will be on site May 12 from 10 a.m. until noon in Building 11, room 148-B. To register for a 60-minute appointment, call 301-319-4087.

- A "Lunch and Learn" resume writing workshop will be held May 24 from 11 a.m. until noon in Building 11, room 158. Bring your resume, VMET, SMART transcript and supporting documents, such as evaluations, along with your lunch for hands-on assistance with the basics of building a strong resume.

- Outreach Resume Writing is also being held, by appointment, in Mercy Hall. To discuss transition needs and ask questions about transition services and benefits, contact Anne Bloesl at 301-319-4088 to make an appointment.

For more information on upcoming events, call 301-319-4087 or e-mail FFSC@med.navy.mil

Corpsman Ball Committee Presents Golf Tournament

The first Hospital Corps Birthday Golf Tournament, hosted by the Hospital Corpsman Ball Committee, will be held May 13 at the Fort Belvoir Golf Club on the Woodlawn Golf Course. The tournament, which costs \$90 and will begin at 2 p.m., includes a barbeque chicken meal. For those who are not interested in playing, the price of the meal is \$30.

For more information, call HM1 Yencarelli at 301-295-4571 or HMCS Gonzales at 301-295-8542.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the National Naval Medical Center, Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchas-

er, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, National Naval Medical Center, 8901 Rockville Pike, Bethesda, Md., 20889-5600. News copy should be submitted to the Public Affairs Office, Bldg. 1, Room 8120, by noon one week preceding the desired publication date. News items are welcomed from all NNMC complex sources. Inquiries about news copy will be answered by calling (301) 295-5727. Commercial advertising should be placed with the publisher by telephoning (301) 921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling (301) 670-2505.



Naval Support Activity (NSA) Bethesda

Commanding Officer Capt. Michael Malanoski

Public Affairs Officer Sandy Dean

Journal Staff

Staff Writers	MC1 Ardelle Purcell	(301) 295-5727
	MC2 John Hamilton	(301) 295-5727
	MC3 Alexandra Snow	(301) 295-5727
	MCSN Dion Dawson	(301) 295-5727
	Cat DeBinder	(301) 295-5727
	Katie Bradley	(301) 295-5727
Journal Editor	Sarah Fortney	(301) 295-5727
Fleet And Family Support Center		(301) 319-4087
Family Ombudsman		(443) 854-5167
		(410) 800-3787
		(240) 468-6386

Support for the Military Child

By Sarah Fortney
Journal staff writer

The life of a military child often consists of making new friends, filling in the gap of a deployed parent and keeping a stiff upper lip.

To help gain support from all sectors of society for our military family members, the White House recently launched the initiative, "Joining Forces."

Spearheaded by First Lady Michelle Obama and Dr. Jill Biden, the initiative was announced April 12 to recognize those who serve and their loved ones. The initiative seeks to educate and generate support from citizens, communities, businesses, non-profit organizations and government entities nationwide, to ensure military families receive support.

"We're here today because these Americans in uniform have never served alone. Behind every American in uniform stands a wife or husband; a mother, a father; a son or daughter; a sister or brother. These families - these remarkable families - are the force behind the force," President Obama stated in an April 12 release.

Dr. Ryo Chun, a child psychiatrist at Walter Reed Army Medical Center (WRAMC), said military children go through several stages before their parent deploys. At first, the child may deny the reality of the situation, or become angry about it. Then, they are often resentful until they finally accept

it, though some children may not accept it at all, or will do so in a negative way.

Age also plays a factor in how a child deals with a parent's deployment, Chun added. Older children may experience more anxiety, as they are often aware of the news and global events; meanwhile, younger children may feel stress and have feelings of abandonment, though they may have difficulty expressing it verbally.

"They do experience that level of anxiety from the parents in a non-verbal sense, so they do experience the disruption of the family and their stress level will go up," Chun explained.

When it comes to helping kids cope while a parent is on deployment, it can be helpful if the child can communicate with that parent, she said, either over the phone or through e-mail. It may also depend on pre-existing family coping skills and the condition of the parent caring for the child while the other parent is deployed. Regardless, children need a sense of continuity, security and reassurance that it's not their fault their parent is deployed, she said, as children often blame themselves if anything happens to their parents.

"We want our service members to be able to feel their families are taken care of so they can focus on their mission while they're [deployed]," she said. "We want to

See CHILD page 8

The Patient Navigator

At the National Naval Medical Center (NNMC), we want to do everything we can to make your experience extraordinary, each and every time. Below are the answers to some frequently asked questions that may assist you:

Q: What is Medical Home?

Medical Home is the model in which health care is delivered at NNMC. It's based on the concept that you, the patient, are always at the center of every decision regarding your health care needs. In a Medical Home context, that also means you'll receive personalized care coordinated with an entire team, including psychologists, dietitians, mind-body therapists and tobacco cessation specialists.

Q: What are the benefits of a Medical Home team?

Your Medical Home team will contact you to ensure your health care needs are met before you get sick, and when you do, you will be seen that same day. Your team also helps you obtain specialist appointments directly.

Q: How do I find out what Medical Home team I'm on?

If you know the name of your primary care manager, the Call Center can tell you what team you're on. If you don't know the name of your primary care manager, call TRICARE to find out. Once you know what team you're on, you can contact them directly. You no longer need to go through the Call Center to speak with your

health care team. You can also call the General Internal Medicine Service at NNMC, 301-295-0196.

Q: What are the hours of operation?

The standard clinic hours for Medical Home teams are Monday-Friday 7:30 a.m. to 4 p.m. For added convenience, some Medical Home teams begin their day with patients even earlier.

Q: How do I get faster access to my primary care manager?

Sign up for NNMC Online, also known as RelayHealth, which is secure electronic messaging that allows you to communicate with your primary care manager directly by e-mail. Now when you have a question about your health, you can e-mail your provider directly and get a response, often the same day.

Our new kiosks also help patients sign in and see providers faster. They work similar to the check-in kiosks used at airline check-in counters. All you need is your military ID card. Scan your card at the kiosk, then answer a few simple questions about which team you're on and the reason for your visit. The information is then displayed on a monitor in your team's office to let them know you've arrived. The goal is for our patients to spend no longer than 10 minutes waiting to see their provider.

For more information, visit our Web site at www.bethesda.mil/navy.mil/medicalhome.

Navy Medicine MPT&E Bids Farewell to Welbourn, Welcomes Cornforth as New CO



(photo by James Royal)

From left to right: Vice Adm. Adam Robinson, surgeon general of the Navy and chief of Bureau of Medicine and Surgery; Rear Adm. Eleanor Valentin, director of the Medical Service Corps and commander of Navy Medicine Support Command; Capt. Lee Cornforth, commanding officer of Navy Medicine Manpower, Personnel, Training and Education command (NM MPT&E); and retired Capt. Barton Welbourn, former commanding officer of NM MPT&E. During a ceremony Friday in the National Naval Medical Center's Memorial Auditorium, the NM MPT&E bid farewell to Welbourn and welcomed Cornforth as its new commanding officer.

By Sarah Fortney
Journal staff writer

During a ceremony Friday, Capt. Lee Cornforth relieved Capt. Barton "Butch" Welbourn as commanding officer of Navy Medicine Manpower, Personnel, Training and Education Command (NM MPT&E).

In 2006, Cornforth first transferred to NM MPT&E, the hub of Navy Medicine's support training education. Serving as head of the Expeditionary Programs before transferring to the Naval Operational Medicine Institute (NOMI) in Pensacola, Fla., he completed a two-year tour as commanding officer. He then returned to NM MPT&E in September 2010 as executive officer.

Now as commanding officer, he said, "I will lead by example and give you my very best effort every day. I completely embrace this role and consider it the highest honor to serve you. You can expect from me servant leadership, guidance, tools and time to carry out your vital execution of our important mission in a safe and secure environment. The training and education we enable shapes the future and directly supports past and present heroes wearing the cloth of our nation."

Cmdr. John Kendrick, now acting as interim executive officer, said Cornforth

brings a wealth of experience.

"He knows the enterprise. He understands the educational training aspect of it. It's important to have somebody with that experience, that background and that knowledge. Having spent [roughly eight] months as [executive officer], he's able to step in and immediately take us forward. This command will not miss a beat," said Kendrick.

Cornforth is stepping up to fill the role previously occupied by Welbourn, who retired Friday after 30 years of service. Welbourn led the command since July 2008. Throughout his career, he received numerous awards, including the Legion of Merit, Meritorious Service Medal, with two gold stars, and the Navy and Marine Corps Commendation Medal, with three gold stars. The key to his success was flexibility, he said, not sweating the small stuff.

As he continued to reflect on his career, Welbourn said he has most enjoyed the people who he had the opportunity to work with, stating, "That's what I'm going to take with me for the rest of my life, the experiences, [and] the people I've met. It was a pleasure to have all these folks to work with."

See CEREMONY page 5

Movers & Shakers

By Cat DeBinder
Journal staff writer

This is an installment in a series of articles spotlighting some of the hardworking and dedicated individuals who are making a huge and positive difference at Naval Support Activity Bethesda (NSAB). There are so many components involved in the smooth operation of an organization this large and many individuals who come together to meet these needs. These "Movers and Shakers" have been working within their communities, many behind the scenes and out of the lime light, ensuring the foundation of our success.

In this week's column, we spotlight Hospital Corpsman 1st Class (FMF) Tyron Hodges, the leading petty officer (LPO) of the National Naval Medical Center's (NNMC) Emergency Department. Named Senior Sailor of the Year in November 2010, Hodges oversees and supervises all aspects of the clinic regarding patient flow and safety. He also develops policies and procedures, which he reviews annually, to ensure clinical

services are delivered.

Hodges hails from Harrisburg, Penn., where he grew up with a large extended family. Following in the footsteps of his oldest brother, Hodges enlisted in the Navy in 1997, right after high school. After graduating from the Recruit Training Command in Great Lakes, Ill., he went on to the Naval Training Center for Hospital Corpsman "A" School. He then attended Field Medical School and Surgical Technician "C" School and was later assigned to Naval Hospital Camp Lejeune where he excelled in Orthopedics and General Surgery. There, he was appointed LPO for General Surgery and Podiatry and assistant LPO for Orthopedics. In 2002, Hodges decided to re-enlist with a new career focus. He went on to attend Psychiatry Technician "C" School where he graduated with honors and distinction. Through this experience, he said, he gained a more in-depth understanding of people.

Not one to remain stagnant in any chosen field of medicine, and because he felt



it would be a wise career move, Hodges applied and was selected for Surface Force Independent Duty Corpsman School in 2003, a rigorous training at the Naval School of Health Sciences in San Diego. Again, he graduated with honors and distinction. During his first assignment at the Marine Corps Command Development Center in Quantico, he gained firsthand knowledge and insight of the Marine Corps, having the opportunity to help develop Marine Corps officers. During this tour, he also earned his bachelor's degree in Health Care Management from Trident University International (TUI) in June 2008.

Since reporting to NNMC in September 2008, Hodges has served as LPO of Internal Medicine, Medical Home, Endocrinology, Allergy and Infectious Disease clinics. As LPO of the Emergency Department, Hodges informs enlisted and civilian personnel of all policies, ensuring messages passed down from command leadership are understood. He also ensures that all employees under his leadership are making professional progress in their career and supplies are procured and maintained. With a solid reputation for hard work, professionalism and "getting the job done" he had the opportunity to head the 111th Hospital Corpsman Ball.

From September 2009 to May 2010, Hodges was deployed to Afghanistan, serving as an Independent Duty Corpsman in a Shock Trauma Platoon environment. He was also selected to serve as Senior Medical Company Mentor to an Afghanistan National Army Battalion. These achievements while deployed were highlighted in Navy Medicine magazine.

Hodges is always looking out for his junior Sailors and leading by example, said Chief Hospital Corpsman Shawntell Williams, lead chief petty officer for the Emergency Department. "HM1 Hodges displays noteworthy personal and professional development not only for himself, but [is also] an example for the Sailors under his leadership," said Williams.

Working at the Flagship of Navy Medicine has been a dream of Hodges for many years. In high school, he was told by a recruiter that if he became a hospital corpsman, he could work at the president's hospital in Bethesda.

"That's something that I never forgot and NNMC gave me something to aspire to even before I knew what being a corpsman meant," said Hodges.

Though he was honored to be selected as a "Mover and Shaker," Hodges said he couldn't take full credit. "None of this would be possible without the hard work of my junior Sailors and the superior leadership and guidance from the Chief Petty Officers' Mess," he said.

JUSTICE:

From Page 1

president said, and last week he ordered the strike.

"Today, at my direction, the United States launched a targeted operation against that compound in Abbottabad, Pakistan," he said. "A small team of Americans carried out the operation with extraordinary courage and capability. No Americans were harmed. They took care to avoid civilian casualties. After a firefight, they killed Osama bin Laden and took custody of his body."

While his death marks the most significant achievement to date in America's effort to defeat al-Qaeda, it does not mean the end of U.S. efforts.

"There's no doubt that al-Qaeda will continue

to pursue attacks against us," the president said. "We must and we will remain vigilant at home and abroad."

The president stressed again that the United States is not and never will be at war with Islam.

"I've made clear, just as President Bush did shortly after 9/11, that our war is not against Islam, because bin Laden was not a Muslim leader. He was a mass murderer of Muslims," Obama said. "Indeed, al-Qaeda has slaughtered scores of Muslims in many countries, including our own. So his demise should be welcomed by all who believe in peace and human dignity."

Obama thanked Pakistan for its help in the operation. "It's important to note our counterterrorism cooperation with Pakistan helped to lead us to bin Laden and the compound where he was hiding," the president said. "Indeed, bin Laden had declared war against Pakistan as well and ordered attacks against the Pakistani people."

Obama said he spoke with Pakistani President Asif Ali Zardari and that his team had spoken with their Pakistani counterparts. All agreed, he added, that this is a good and historic day for both nations. "Going forward, it is essential that Pakistan continue to join us in the fight against al-Qaeda and its affiliates," he said.

"The American people did not choose this fight," the president said. "It came to our shores and started with the senseless slaughter of our citizens. After nearly 10 years of service, struggle and sacrifice, we know well the costs of war. These efforts weigh on me every time I, as commander in chief, have to sign a letter to a family that has lost a loved one, or look into the eyes of a service member who's been gravely wounded."

Americans will not tolerate being threatened, Obama said. "We will be relentless in defense of our citizens and our friends and allies," he said.

"We will be true to the values that make us who we are."

Obama spoke to those who lost loved ones on 9/11, telling them that the country has never wavered in its determination to bring bin Laden to justice.

"Tonight, let us think back to the sense of unity that prevailed on 9/11. I know that it has, at times, frayed," he said. "Yet today's achievement is a testament to the greatness of our country and the determination of the American people."

The war is not over, he said, "but tonight we are once again reminded that America can do whatever we set our mind too. That is the story of our history, whether it's the pursuit of prosperity for our people, or the struggle for equality for all our citizens, our commitment to stand up for our values abroad, and our sacrifices to make the world a safer place.

"Let us remember that we can do these things not just because of wealth or power," he said, "but because of who we are: one nation, under God, indivisible, with liberty and justice for all."



WE'LL PUT MONEY ON OUR UNBEATABLE MORTGAGE RATES!

Our mortgage rates can't be beat. We're so sure of this that if you find a better rate for your purchase or refinance, we'll match it!* And if we can't match it, we'll give you \$250 after closing. But hurry, this offer won't last long!

Save even more with
First-Time Homebuyer Plus!

Visit navyfederal.org and search "rate match,"
or call 1-888-842-6328.

NAVY
FEDERAL
Credit Union



ARMY, MARINE CORPS, NAVY, AIR FORCE, DoD—JOIN US TODAY!

*Limited-time offer effective April 15, 2011, available for purchase and refinance first mortgages. Certain product exclusions may apply. Good Faith Estimate (GFE) from competing lender must be dated and received within three calendar days of locking interest rate at Navy Federal. The terms of the competing loan must be identical to Navy Federal's loan. If the loan does not close within the commitment period, the rate match may be voided. To receive \$250, member must provide a signed, executed copy of the HUD-1 Settlement Statement and a copy of the mortgage note within 30 calendar days of loan closing with another lender. Offer not valid if original loan terms or conditions change prior to closing. Once approved, \$250 will be automatically deposited into member's Navy Federal account within 30 calendar days of receiving the necessary documentation. Federally insured by NCUA. © 2011 Navy Federal NFCU 11717 (4-11)

CEREMONY:

From Page 3

Listing a few of his many duty stations, including Naval Hospital/Naval Dental Center, Yokosuka, Japan, and the *USS Constellation (CV-64)*, Welbourn said, "I've had the opportunity to do it all. Really, it's the people who I worked with on a day-to-day basis that were really what my career was all about. The people I've been working with in the last 30 years, thank you for a great ride."

Guest speaker Vice Adm. Adam Robinson, surgeon general of the Navy and chief, Bureau of Medicine and Surgery, also noted Welbourn's accomplishments.

"He guided profound changes in operational training and this has positively impacted health services support worldwide," he said. He added that the command's technical training is critical to the success of both Navy Medicine and the Navy.

Robinson went on to say that Welbourn not only knew the importance of the mission, but also that the people of the command are just as vital to meeting the mission. By affirming and valuing the men and women in this command, Robinson said, Welbourn assured the command's success.

"He brought thoughtfulness, he brought consideration, and he brought respectfulness as a leader to his people," said Robinson. "As a leader, he understood that he had to strive to develop each individual in this command that he was privileged to have under his command."

Following the change of command presentation, Welbourn was bid fair winds and following seas.

Temporary Gym Attendance High Thanks to Great Programs, Customer Service

Story and photos by
Mass Communication Specialist
Seaman Dion Dawson
Journal staff writer

From spin classes to yoga, personal training sessions to Pilates, the Morale, Welfare and Recreation (MWR) office at Bethesda offers many opportunities to help staff members stay in shape.

"We are reaching out to multiple programs and departments because we want people to know we offer a lot of options for physical fitness and wellbeing and we encourage staff to take advantage of them," said Wendy Tompkins, MWR recreation director.

The temporary gym, located near the satellite pharmacy, is usually busy and filled with patrons.

"We see anywhere from 800 to 1,000 people per day," said Tompkins.

Military staff members are allotted time during the work day to exercise and can take advantage of the many programs the temporary gym has to offer.

"Being in the military, it is part of my duty to stay in shape. With all the temporary gym

offers, it helps us stay in shape and mission ready. I can work out in a relaxed environment with nice music, a great staff and respectful co-workers. Good health affects numerous areas of my life and I can thank the temporary gym for that," said Hospitalman Stephanie Allen, who works in the National Naval Medical Center's Internal Medicine department.

Allen, who enjoys lifting weights, said, "The temporary gym has really helped me stay in shape. I've seen a lot of gyms and this one ranks high on my list of my [favorites]."

The gym offers a wide variety of classes for individuals regardless of their fitness capabilities, said Tompkins, adding, "We have it set up so that everyone on any active level can participate."

She credits the gym's success to its staff members.

"Customer service is our number one priority. I would also give credit to the amenities we have. We have a lot going on, but those two things are our priority and keep us going."

Cory Beard, a personal trainer at the gym, added, "I believe the success of this gym is measured by the happiness of the people that utilize this gym. If I can help five people and

those five people leave satisfied, then I believe I truly did my job."

Beard is not only a personal trainer, but also lends a hand at the front desk.

"I love everything about this gym. It gives me the opportunity to challenge myself. We offer more than 11 spin and aerobics classes. A person can lift weights, run on the treadmill, [or] do aerobics. With as many people as we [see] every day, we have to continue to excel with our customer service and programs offered," he said.

This summer, a new gym is scheduled to open, featuring a 50-meter pool, racquetball and basketball courts, a spinning room, indoor track and weight room, among many other upgraded amenities.

"We are really excited because in the coming months we will be transferring to our new facility and we want even more people to come out and utilize everything we offer," said Tompkins.

For more information on the temporary fitness center, contact the front desk at 301-295-2450.





Hurricane Drill Focuses on Readiness, Preparation

By Mass Communication Specialist Seaman Dion Dawson
Journal staff writer

Imagine winds over 100 mph, knocking down poles and uprooting trees, severe flooding and flying debris - these are just a few of the dangerous conditions brought on by a hurricane.

As hurricane season approaches - June through November - Naval Support Activity Bethesda (NSAB) and the National Naval Medical Center on April 29 participated in the Navy's Hurricane Exercise (HURREX)/Citadel Gale 2011.

Acting as though an actual hurricane was tracking towards Bethesda, emergency officials activated the Emergency Operations Center (EOC) from which they released multiple reports of damage and coordinated necessary assistance, said Ronald Kunz, installation emergency manager for NSAB. During an emergency, command leaders gather in the EOC to assess the destruction, seeking to minimize casualties and further damage. As a supervisor during last week's drill, Kunz said he answered questions and offered guidance to other drill participants.

"We sent out briefing sheets [to exercise participants in advance] explaining what their job entails. They all did their homework and [were] ready to go," he said.



(photo by Mass Communication Specialist Seaman Dion Dawson)

Staff members and military personnel from Naval Support Activity Bethesda (NSAB) participate in a debrief after the Navy's Hurricane Exercise (HURREX)/Citadel Gale 2011 on April 29.

The main goal was for everyone to learn their responsibilities and work together as a team, said Navy Master-At-Arms Chief Robert Hebron, deputy security officer for NSAB.

"Our main focus is to accommodate patients, staff and visitors and help them through any event that takes place," said Hebron. "I am very confident that the staff within the security department, as well as on the installation is very well suited to handle any type of severe weather, natural or man-made disaster that takes place on the installation. I was very pleased with how well we all interacted. We were able to actually take in the scenario, damage and all, and respond as if the situation was happening."

During an emergency, it's important to remember the safety of patients and staff members are a priority, said Robert Hill, a fire inspector for NSAB's Fire and Emergency Services.

"As a firefighter, we are called [on] for a lot of [situations] and deal with a lot of front line information, so my concern was the reaction. To be able to facilitate the problem with little error and minor additional issues is great," he said, adding, "We don't want the tenants of the facility affected in a negative manner [in an emergency]. It's very important that we do this [exercise] now so when inclement weather approaches, the response and readiness will already be established."

"I've been through this [type of

training] before, and I just want everyone to remember this is a learning experience. The great thing is the command staff here communicates at a great level. Communication flowed back and forth, almost flawlessly," said Hill.

"I was extremely pleased with how well everybody worked," said Kunz. "The communication was excellent. Communication is usually the biggest problem, but the team today worked very well. When problems presented themselves, the EOC quickly addressed them, routed them throughout the teams and they were able to come up with good solutions. The teams were able to maintain excellent logs, which then made the team members aware of everything that was happening. The whole group was informed and that only makes it easier moving forward."

"This is one of many drills we're going to have moving forward," Kunz added. "This is a start. As the years go on, we are going to involve the entire base and installation. With the added success brings the anticipation for bigger and better things in the future."

For information on emergency protocol, contact Kunz at 301-295-2213 or Ronald.Kunz@med.navy.mil, or visit www.fema.gov/hazard/hurricane/index.shtm.

CHILD:

From Page 3

take care of not only service members, but the families who are assisting the big picture, the big mission."

Robyn Reed knows first-hand what it's like to have a child crying for his father who is currently serving overseas. She and her 3-year-old son, Christopher, recently stayed at the Fisher Houses at Naval Support Activity Bethesda (NSAB) while Christopher was in treatment for a kidney disease at the National Naval Medical Center (NNMC).

"It's challenging. There are a lot of moments where he says, 'I really miss my daddy,' and I say, 'Daddy has to work. He has to do his job,'" she said. "[However], his anxiety level is not that high because he doesn't really understand his daddy's in harm's way."

Since her husband's deployment last summer, Christopher has had some behavioral issues. To help him cope, she strives to provide consistency for him. It also helps that he can often communicate with his dad through e-mail.

Reed said she has been grateful for the Fisher House Foundation, allowing her a place to stay, at no cost, for two months while her son was in treatment at NNMC. In addition, during her stay at the Fisher Houses, the Yellow Ribbon Foundation provided her with a car to drive off base. She has also been fortunate to have support from other military families.

Families of deployed service members should recognize what their child is going through, said Chun, especially as children tend to hold back their feelings because they don't want to burden

their parent who is not on deployment. She encourages parents to ask their children how they are coping, and listen to what they have to say. It's also important to note when a deployed parent returns, the parent's anxiety may go away, but the child's might not, Chun added.

"Just because the deployment ends, doesn't mean the child's stress level ends," she said. To help with such circumstances for families at both WRAMC and NNMC, an outreach program is in the works - Operation Building Resilience and Valuing Empowered (BRAVE) Families.

"We have met individuals and groups across this country who are supporting our troops and their families and showing all Americans that there are countless ways to help - some large and many small, but all important. I can tell you from personal experience, all appreciated. That is why we are here today - and why Michelle and I are trying to rally American communities to join us," Dr. Biden stated in an April 12 release.

There are many resources available to help military families, such as the National Military Family Association, offering support groups for families of deployed service members, and the Military Child Coalition, which focuses on educational opportunities for military children affected by family separation and transition, said Chun. Additionally, Military OneSource connects service members and their families with various resources, such as parenting support, financial services and relocation assistance.

The Uniformed Services University of the Health Sciences (USU) has also been working to provide resources for family members and providers. The Center for Traumatic Stress, part of the school's Department of Psychiatry, has developed fact sheets on various topics, such as reintegration and managing relationship chal-



(photo by Mass Communication Specialist 3rd Class Alexandra Snow)

Senior Chief Robert Williams, Chief Shawntell Williams and their son Liam Williams enjoy a barbecue April 29 at Naval Support Activity Bethesda's Child Development Center in celebration of the Month of the Military Child.

lenges in conjunction with a larger military campaign, "Courage to Care, Courage to Talk." The campaign, launched in March 2010, provides resources for military health treatment centers and organizations to facilitate communication surrounding combat injury and its impact on their families.

Among many services for families and children at NSAB, the Child Development Center (CDC) provides certified child care year round for both active duty and civilian personnel, caring for children ages 6 weeks to 5 years old.

For more information on Military OneSource, call 1-800-342-9647 or visit www.militaryonesource.com. For information on the National Military Family Association, visit www.militaryfamily.org/get-info/deployment, and for information on the Military Child Education Coalition, visit www.militarychild.org.