

NHCP *Newsletter*

Serving those who serve, we care

Vol. 8, Issue 3

Serving the Naval Hospital Camp Pendleton community

Spring 2001

E-APPOINTING AT NAVAL HOSPITAL CAMP PENDLETON

*By Kimberly D. Prato
Public Affairs Office*

Naval Hospital Camp Pendleton (NHCP) now offers appointments via the web and a catchy new Internet address to add to its long list of customer service based offerings.

Scheduling an appointment from your home computer is available now via the website. To book an appointment at NHCP, simply log on to www.eNHCP.com and click on "Online Appointments" to step into a virtual world of convenient appointing

that can be performed on your time schedule.

NHCP has all the information and technology and a new Webmaster to help pull it all together into an exciting, patient friendly web site. Jerome Alona joined the Public Affairs and Management Information team in February and is currently developing an easy to use interactive communication tool for the active duty service member, all TRICARE beneficiaries and general public. "We should have a whole new look right around the end of April," said Alona. "We are reworking our website to be more patient focused and user friendly for our customer."

According to Alona, the site is becoming more patient and customer oriented. The content will be focused on the site as a reference for medical information, healthcare questions and procedures as well as be graphically more pleasing. "I feel the site can have even more customer interaction," said Alona.

Alona joins NHCP from eToys.com and has recently moved to Oceanside from Santa Monica, Ca. He holds a degree in computer science from the University of California at Riverside and has over five years of "hands on" experience with Internet development.

The NHCP website allows patients to book routine appointments at the core hospital over the Internet. If you are new or planning your next



duty station at NHCP, you can look up NHCP's Commanding Officer, Capt. William M. Heroman and read about his background as well as his command philosophy.

The NHCP website will also be adding links to various medical reference sites, TRICARE news, NHCP newsletter and current activities aboard the hospital. Log on to eNHCP.com to view some of these exciting new additions in military medicine. For more information about the NHCP home page, contact the NHCP Public Affairs Office at 725-1271. ✪

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"Mamma Hugs" Always the Best

By JO1 Robert M. Dylewski
Public Affairs Office

Dorothy Foster, Naval Hospital Camp Pendleton's health-care eligibility administrator, received the City of Oceanside's Annual Dr. Martin Luther King Jr. Civic Achievement Award at a ceremony celebrating the birthday of the civil rights leader who was slain nearly 33 years ago. The National Association for the Advancement of Colored People,

(NAACP) and the City of Oceanside sponsored the event Saturday, January 13 in the El Camino High School Theater. The annual event stresses community unity in the pursuit of the ideals King pursued. The city's community relations committee selects the recipient of the King Award, which is the highest civilian honor the city can bestow. Her nomination for the Award states, "She has made herself an integral and giving member of both the base community and overall Oceanside community; and the basic tenets of her beliefs exemplify her commitments to equality, fairness and justice for all individuals regardless of religion or race."

about the Marine recruits, she lets you know how close they are to her heart. "When they first come to the church, they look so pensive. By the time they leave, they ask to sing a solo or a duet. They are my blessings," Foster said. It's obvious that she makes a major impact during the short time she spends with them. Foster won't fly to Texas and spend Christmas with her family until she spends time with her Marine recruits.

"I don't understand how someone can get an award for something they love to do," Foster said.

Foster, who is fondly known here as "Miss Dorothy," is a long time community volunteer who fought for the release of American Prisoners of War during the Persian Gulf War. She also organized a multi-denominational religious group to aid unwed mothers.

She's been an organist at the Edson Range, South Mesa and The Marine Corps Recruit Depot base chapels for over two decades and is known for her famous "mamma hugs" to new Marine recruits who attend services. If you ask Foster

It takes a lot of effort to keep up with Foster who actively participates in such a large variety of volunteer activities. If you ask any individual at the hospital about "Miss Dorothy," you are guaranteed a very warm and loving response. "I, for one, congratulate this wonderful woman who's an inspiration to so many of us in so many ways and who is carrying on Dr. King's dream in such a loving and generous way," said Vicki Miller, secretary in Pastoral Care Department here. Foster finds all the recognition she's receiving as amazing. "I don't understand how someone can get an award for something they love to do," Foster said. ✪

Photograph by HM2 Sean F. Farrell



NHCP NEWSLETTER
www.eNHCP.com

NHCP Newsletter submissions should be sent to rmylewski@cpen.med.navy.mil or Call Public Affairs 725-1271 for more information.

NHCP Newsletter is an authorized publication of the U.S. Naval Hospital Camp Pendleton, California 92055. The views expressed in this publication are not necessarily those of the Department of the Navy. NHCP Newsletter is published quarterly by the Navy Publications and Printing Service Office, San Diego, California with NAVEXOSP-35 with appropriated funds.

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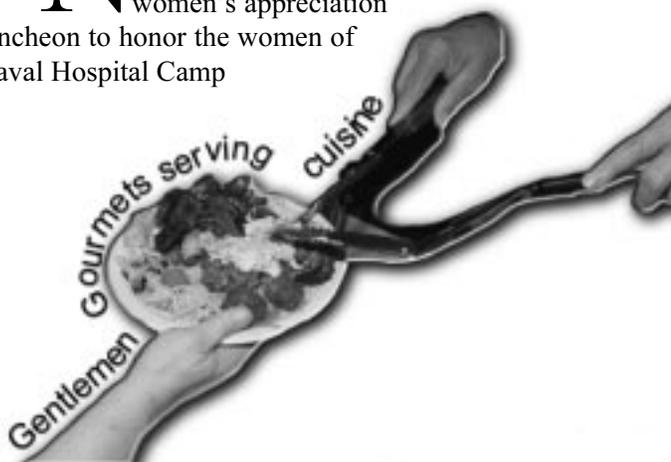
Women's Appreciation Luncheon

Photos and Graphics By JO1 Robert M. Dylewski



*By JO1 Robert M. Dylewski
Public Affairs Office*

Naval Hospital Camp Pendleton's Special Emphasis Programs Committee sponsors a women's appreciation luncheon to honor the women of Naval Hospital Camp



The Annual National Women's History Month offers opportunities to celebrate and recognize the contributions women have made to the Navy and our country. March this year marks the 14th year in a row since the first Observance of Women's History Month. This year's theme is, "Celebrating Women of Courage and Vision."

According to a message from the Chief of Naval Operations, "there are countless examples of women of courage and vision in the Navy. Women have been an integral part of the Navy since the establishment of the Nurse Corps in 1908 and the authorization to enlist women in 1917. Since that time, the role of women within the Navy and the Armed Forces has expanded tremendously due to the efforts of many courageous women. Today there are 54,142 (14.2 percent) women serving on active duty in the Navy.

Throughout this century there have been numerous

Continued on Page 17.

Pendleton (NHCP) and to celebrate women's history month. The ticket proceeds help fund NHCP's annual multicultural event.

Every year a cast of male gourmet chefs is assembled from Camp Pendleton's Naval Hospital staff. One Hundred and fifty women attended this year's luncheon and were honored with flowers, a gourmet meal and a surprise serenade from Hospital Corpsman, Chief Romeo C. Aberin, from NHCP's Radiology Department. According to Ted Salas, member of the Special Emphasis Programs Committee, each year's event is planned successfully starting with an after action meeting and regular schedule weekly meetings roughly a few months before the ladies are wined and dined. The luncheon signifies the ideology behind Women's History Month.



HM2 Dale A. Lyons, pictured right, is one of the many NHCP Gentlemen Gourmets.

Department in the Spotlight ... Breast Care Clinic

*By Kimberly D. Prato,
Public Affairs Office*

The Breast Care Clinic at Naval Hospital Camp Pendleton (NHCP) is situated on the second floor of the hospital and is open for information, classes and treatment Monday through Friday.

Lt. Cdr. Eric Kuncir, Breast Health Officer, heads up the program and manages the breast clinic here, at Port Hueneme, Bridgeport and Yuma.

His staff includes six other dedicated general surgeons; a nurse, Shirley Carpenter and secretary, Carmen, who have 36 dedicated appointment slots a week to work with, according to Kuncir. The clinic staff works closely with Radiology department and Health Promotions to achieve their goals. We diagnose and treat breast abnormalities, everything from breast pain to discharge, to an abnormal mammogram, said Kuncir. The surgeons decide if there abnormalities are normal or abnormal, and if so what sort of biopsy needs to be done.

Radiation and chemotherapy are reserved for cancer cases following surgical treatment.

“The newest procedure which was added to Breast care at NHCP is Sentinel Node biopsy which is a nuclear medicine assisted biopsy technique. The procedure is designed to find the first lymph node that a tumor may have spread to thereby limiting the complications typically associated with full auxiliary node dissection, a procedure offered for the treatment of a breast cancer,” said Kuncir.

According to Kuncir, The clinic’s mammogram unit, located in the radiology department, is being expanded to include its own dark room designed to improve the quality of the mammogram films taken at NHCP. We are in the process of hiring another mammogram technician in an effort to expand our services. A new hand held mamotome unit is due to be installed allowing biopsies to done under ultrasound guidance. “We are also upgrading our current mammogram mamotome unit to a state of the art computer driven unit,” he said.

Dr. Kuncir is also in charge of the STAR Clinical Trials here, under the National Cancer Institute, which is a Breast Cancer Prevention Study that proactively treats high-risk patients for potential breast cancer with pill therapy. “The pills lower the chance of breast cancer by 49% for high-risk patients,” said Kuncir.

The Breast Care clinic also

participates and holds many events to heighten the public’s awareness of Breast Cancer with an annual Breast Care Conference, health fairs and fashion shows using breast cancer survivors as models. They also have breast care information available on a walk in basis. The Breast Care Clinic also has mannequins that can help teach women how to correctly perform a breast exam or to aid a significant other to help detect abnormalities as well.

Dr. Kuncir gives a lecture every other week on Wednesday afternoon on the eighth floor here, all interested parties can contact the Breast Clinic for more information. The lectures are open to anyone interested in breast care. It mostly involves women who have currently been identified as high risk. The clinic also sponsors a tumor lecture series and brings it here from locally known Navy doctors to internationally known specialists on the subject.

“Breast cancer not only affects the person with it, it also effects the patients loved ones, and if they are on active duty, it effects their units readiness,” said Kuncir. “One of our ongoing projects designed to improve patient care, is to complete the introduction of a Surgeon Performed Ultrasound Program which has already received command approval. In addition to our ongoing research and provider education programs we are attempting to reach the average marine more to improve their awareness of breast cancer. As one in eight women are affected by this disease, it is likely that their family member or even their spouse may someday be diagnosed, so we would like to encourage not only prevention but means for early detection,” he said.

Women are encouraged to see their primary care manager (PCM) for a referral to the Breast Care Clinic, according to Kuncir. He has also started a Breast Cancer Support Group in which began on Tuesday evenings, which now Shirley Carpenter, R.N., facilitates. “The Breast Cancer Support Group has been changed to the second Wednesday of each month; locations vary,” says Carpenter. You can reach the Breast Care Clinic at (760) 725-1352. You can also access the Breast Care Clinic online by going to the hospital website at www.eNHCP.com and clicking on the Breast Care link. ☼



Lt. Cdr. Eric Kuncir, Breast Health Officer, heads up the program and manages the breast clinic here. Pictured here he is reviewing a set of x-rays.

Photograph by HM2 Sean F. Farrell

News Briefs ...

STAFF EDUCATION AND TRAINING: It is required that staff members complete annual training. If it has been a year since you last received this training or you're not sure when your last training was, please complete it now. Annual training is a JCAHO high priority requirement. To complete this training, you can do any of the following:

(1) Go to Staff Education and Training and read the poster board and answer the questions, (2) log on to open-intranet, select "Annual Training Review" and follow instructions or, (3) pick up a booklet from Staff Education and Training or on the ground floor by the elevators and turn in the answer sheet to Staff Education and Training. Point of contact is HM2 Lyons at 725-1408.

SGLI NOTE: The new maximum coverage for Service Members' Group Life Insurance will increase to \$250,000 effective April 1. The increase will be automatic unless the service member elects a lower amount. To select the lower amount, see PSD between April 1st through 30th. NAVADMIN 065/01 may be referenced at <http://www.bupers.navy.mil/navadmin/nav01/nav01065.txt>. Point of contact is PN2 Plaisance or PN3 Wymer at 725-1362

NAVY LEADERSHIP CONTINUUM NOTE: Per NAVADMIN 201/99, the Navy Leadership Continuum course is

required for all Sailors in pay grades E5-E7 to advance. Personnel who took the September exam prior to completing the Leadership Training Continuum must attend the course in their current pay grade at the earliest opportunity prior to being advanced. For course information, contact Staff Education and Training at 725-1408.

NAVY NURSE CORPS BALL NOTE: The Navy Nurse Corps Ball for Camp Pendleton and NMCS (Balboa) will be held on Saturday, May 19th at the Miramar O'Club. Tickets go on sale Monday, April 16th. Please contact LTJG Cheaney or LCDR Crowell at 725-1509 if you plan to attend this year's event.

"SPRING CLEANING MORNING" AND COMMND PICNIC AFTERNOON NOTE:

In a brief note from the Executive Officer, Capt. Patricia H. Netzer, plan on a top to ground floor spring cleaning. Staff are strongly encouraged to identify and remove everything that is no longer useful such as outdated medical/non-medical equipment, old computers, unused furniture and files. The opportunity exists to do a "one clean sweep." According to Netzer, Material Management is offering a one-time only deal to do all the equipment transfer/turn-in paperwork for the evolution. All hands are being offered the chance to enjoy an afternoon command picnic following the spring cleaning. Set aside your old jeans and tennis shoes for this special occasion and mark your calendars for May 24th. ❁



Salute to Excellence

*By JO1 Robert M. Dylewski
Public Affairs Office*

The Secretary of the Navy has awarded the Meritorious Unit Commendation (MUC) to Naval Hospital Camp Pendleton (NHCP) for their performance in both operational readiness and implementation of the military's TRICARE program August 1, 1996 through July 31, 1999.

NHCP increased TRICARE Prime enrollment by 275 percent which brought enrollment from approximately 9,000 to 35,000 and an additional 2,000 Medicare-eligible beneficiaries were added. The increased enrollment recaptured \$28 million dollars from the civilian sector while still continuing to increase patient satisfaction. The Naval Hospital was able to meet increased medical demands from the Marine Corps Crucible event and recruit training through a re-engineering of health care from the ground up. Meeting a historically high incidence of musculoskeletal injuries in the School of Infantry recruit population, the hospital established a sports medicine and reconditioning therapy clinic, which reduced Marine attrition by 34 percent, saving \$1.26 million annually.

Maj. Gen. Edward Hanlon Jr., Commanding general Marine Corp Base Camp Pendleton said after presenting the award, "I'm blessed by having one of the finest Navy hospitals right here on base ... and we thank you." ❁

Career Counselor Corner

By HMC (SW/FMF) Gary P. Henkel, CCC

I am HMC(SW/FMF) Gary Henkel, reporting from Staff Education and Training. I have assumed the very challenging and rewarding task of being the Command Career Counselor. I would like to say a few words about where to find the current information on Officer Programs and C-schools.

OFFICER PACKAGES

All Instructions for Navy Officer Commissioning Packages have been condensed into one new convenient instruction: the OPNAV 1420.1

To view this Instruction and all details on the requirements and procedures for submitting packages can be viewed online at the following address.

<http://ned.s.navy.mil/1420.htm>
C-SCHOOLS

HM1 Hernandez and Mrs. Mary Koziol are the C-School Detailers for the HM Rating. They have put together an excellent website with all C-Schools listed. It also has a brief summary of the Course description and requirements/prerequisites of each. The new SRB levels and "Hot Schools" (C-Schools in need of seats filled fast that usually have more incentives such as SRB's or STAR program) can be found here.

<http://www.persnet.navy.mil/pers407/CK1.HTM>

To submit for a C-School the following is needed:

- Special Request Chit
- Have complete Minimum Activity Tour (1st term sailors=12 Mths
All Others = 18 Mths on board)
- Interview Sheet
- 2 Letters of Recommendation
- Last 3 Evals
- Last 2 PRT's
- Page 4
- Page 5
- Physical Exam (Current)
- *Correspondence Course/

Security Clearance if required

- A 1306 will be generated @ CCC when Package is complete

ACCEPTING BOARD SELECTED



**HMC (SW/FMF) Gary P. Henkel
Command Career Counselor**

SCHOOL PACKAGES FOR FISCAL
YEAR 2002, FROM 1 DEC 00
THROUGH

20 APR 01. THE CURRENT
BOARD SCHOOLS ARE:

- HM 8408: Cardiovascular Technician
- HM 8416: Nuclear Medicine Technician
- HM 8434: Hemodialysis Technician
- HM 8454: Electroneurodiagnostic Technician
- HM 8466: Physical Therapy Technician
- HM 8467: Occupational Therapy Assistant

CCC Continued on Page 7.

The Chaplain's Corner

By LCDR Christopher Buck,
Chaplain

Finding Motives in an Unmotivated Life

I remember well the day. It was February 28, 1974. My wife, children and I were boarding a plane from Honolulu, Hawaii to Portland, Oregon, taking the first step of fulfilling a dream after serving three years in Pearl Harbor Submarine Base, Hawaii as a Navy cook. We never knew then that this dream realized would end up taking us all over the world, allow for countless years of education, and the opportunity to come along side thousands of people in the midst of their personal dreams, their horrific pains and their devastating struggles. Had we known, perhaps the option of an unmotivated life would have

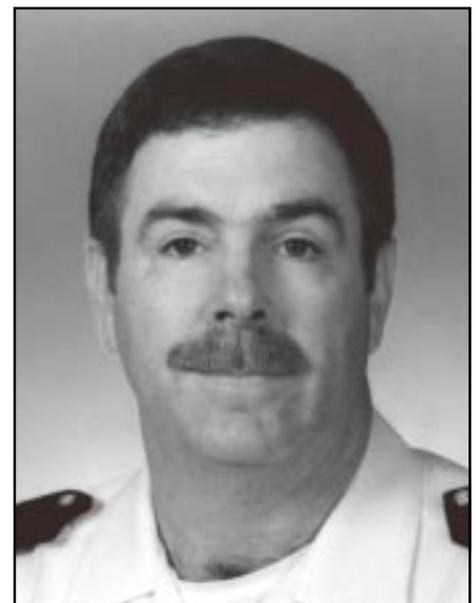
been considered? Yet then, the blessings of lives touched would not have been ours.

That day, a decision was made to make life an adventure, to burrow out our canoe and head upstream, and to look for whatever God may bring our way. I wish I could tell you that God had communicated clearly with me, like God had with Jacob, and had spelled out the dream we were to follow. God didn't. But God did direct. By opening doors, bringing significant people into our lives, and laying before us the impossible tasks of education, and all of this with our completed family.

We decided that day that to gain motivation for an unmotivated life, it was going to take a conscious effort of the soul, the sustained strength of a loving God and a daily deep look into one another's eyes recognizing the family commitment. I suppose about now you are wondering why the chaplain is sharing this part of his life with me the reader. I am convinced that many young men and women in uniform make the choice of the unmotivated and end up wondering how they got nowhere. I am convinced that, no matter our history, no matter our dysfunction, no matter our cultural restrictions and family tree that there is nothing we cannot do!

I remember reading a small book years ago entitled *Motivation to Last a Lifetime* by Ted W. Engstrom that radically changed my way of thinking. In this book he shares a short piece taken from

Continued on Page 7.



Official U.S. Navy Photos

**LCDR Christopher Buck,
Pastoral Care Department**

MPMD Corner

Overseas Screening

Duty overseas is probably one of the most exciting and rewarding experiences that can happen to our naval career. Accordingly, a comprehensive screening process was devised to ensure the timely and successful completion of the requirements for an overseas assignment.

Members being assigned overseas with their family when applicable, must be screened within fifteen days after receipt of the transfer directive. Overseas screening is a necessary tool to determine whether the service member or family members possess any disciplinary, financial, psychological, medical or physical attributes that could preclude them from conducting themselves as worthy representatives of the United States.

The screening process includes a full medical examination, health record review, and a face-to-face interview with the Commanding Officer of the transferring command. While it is paramount to adhere to the overseas screening requirements, waivers may be granted on a case-to-case basis as condition warrants.

Please take note that the above mentioned is only a summary of the features of the overseas screening process. Its entirety is promulgated in Chapter 4 of the Enlisted Transfer Manual. If you are slated or considering to go overseas, please contact Military Personnel Management Department (MPMD) for further details and assistance. POC is HM2 (FMF) Doolittle at 725-1342.

TAD Policy and Procedures

Mandated by NAVHOSPCAMPENINST 1320.1F, Temporary Assigned Duty (TAD) requests must be submitted fifteen

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days prior to travel. The lead time is necessary to ensure expedient processing of TAD orders. Make sure that you provide all the required data and its accurately entered in the system.

Last minute command directed TAD orders will be processed accordingly. All TAD claims must be liquidated within five working days upon return of travel. Due to the consolidated processing of travel claims, as of August 1, 1997, the process now takes approximately 10-15 working days. For further information or question, please call MPMD TAD section at 725-1482.

Please plan ahead so we may serve you better. ❁



Official U.S. Navy Photo

HMCS (FMF) Willie L. Seraspe Military Personnel Management Department

CCC Continued from Page 6.

- HM 8472: Biomedical Photography Technician
- HM 8503: Histopathology Technician
- HM 8505: Cytology Technician
- HM 8541: Respiratory Technician

I am committed to my goal of trying to accommodate each sailor's desire and their professional development, while still meeting the requirements of the Navy. ❁



Chaplain's Corner Continued from Page 6.

Newsweek entitled "Advice to a (Bored) Young Man". This is good, really good!

Died, age 20; buried, age 60. The sad epitaph of too many Americans. Mummification sets in on too many young men (and women) at an age when they should be ripping the world wide open. For example: Many people reading this page are doing so with the aid of bifocals. Inventor? Benjamin Franklin, age 79.

The presses that printed this page were powered by electricity. One of the first harnessers? B. Franklin, age 40.

Some are reading this on the campus of one the Ivy League Universities. Founder? B. Franklin, age 45.

Others, in a library. Who founded the first library in America? B. Franklin, age 25.

Some got their copy through the U.S. Mail. It's father? B. Franklin, age 31.

Now think fire. Who started the first fire department, invented the lightning rod, and designed a heating stove still in use today? B. Franklin, ages 31, 43, 36.

Wit. Conversationalist. Economist. Philosopher. Diplomat. Printer. Publisher. Linguist (spoke and wrote five languages). Advocate of paratroopers (from balloons) a century before the airplane was invented. All this until age 84.

He had exactly two years of formal schooling. It's a good bet that you already have more sheer knowledge than Franklin ever had when he was your age.

Perhaps you think there's no use trying to think of anything new, that everything's been done. Wrong. The simple, agrarian America of Franklin's day didn't begin to need the answers we need today.

Go do something about it!

I remember well that day my wife and I stepped off the plane in Portland, Oregon with six full bags, a wonderful 16-month-old daughter in our arms, and the future before us. I remember well that day. Nothing held us back, and now some 25 years later, I still am on that ramp to the future, looking, expecting, dreaming and hoping. What's holding you back? ❁

ACCOLADES

Navy and Marine Corps Achievement Medal (Nov.)

HM2 Chapman , Amy
HM3 San Lucas, Anthony



Certificate of Commendation (Nov.)

ENS McGuire, Ronald
ENS Hilton, Jennifer
ENS Miranda, Imelda
MS2 Arevalo, Robert
HM3 Hamlin, Jeffrey
HM3 Ratts, Marcus
HM3 Tofte, Daquiri
HM3 Bodaczewski, Robert

Certificate of Appreciation (Nov.)

HM1 Sazon, Nazarene
SK2 Spencer, Tracy
Willbarger, Staci



Civilian Service Award (Nov.)

Dozier, Abigail 10 - Year Service
Williams, Tanya 10 - Year Service



ACCOLADES



Navy Commendation (Dec.)

CDR Reeves, Dennis

Navy and Marine Corps Achievement Medal (Dec.)

HMC Aberin, Romeo
SK2 Sarmiento, Eduardo
HM2 Fox, Brian
HM3 Brown, Jafari

Good Conduct Medal (Dec.)

HM3 Vargasperez, Jose
HM3 Nelson, Jason
HN Pelino, Joseph

Certificate of Commendation (Dec.)

MS2 Arevalo, Robert

Civilian Service Award (Dec.)

McKenzie, John - 20 Year Service
Loa, Saagato - 20 Year Service
Galagher, Joseph - 20 Year Service
Pawelski, Dorothy - 20 Year Service
Cabrera, Jeanette - 20 Year Service
Prinic, John - 20 Year Service



Meritorious Service Medal (Jan.)

CDR Monroe, John

Navy Commendation (Jan.)

CDR Reeves, Dennis
RP1 Simokat, John



ACCOLADES

Navy and Marine Corps Achievement Medal (Jan.)

HM2 Arroyo, Rachel
HM2 Fox, Brian
HM3 Brown, Jafari
HM3 Castro, Jose

Good Conduct Medal (Dec.)

HM3 Nelson, Jason

Certificate of Commendation (Jan.)

MS2 Arevalo, Robert

Civilian Service Award (Jan.)

Alfred Johnson - 30 Year Service
George Sarnnecky - 30 Year Service
Arthur Lucas - 35 Year Service
Jacquelen Ruiz - 35 Year Service

Meritorious Service Medal (Feb.)

LCDR Bellon , Susan

Navy Commendation (Feb.)

LT Broadway, Thomas
RP1 Simokat, John

Navy and Marine Corps Achievement Medal (Feb.)

LT Wallinger, Jennifer
HM3 Castro, Jose



ACCOLADES

HM1 Span, Stevie
HM3 Hill, James

Certificate of Commendation (Feb.)

HM1 Cavallo, Jeff
HM3 Jacka, William
Crumidy, Julia
MS2 Antoine, Winston
HM3 Vargasperez, Jose
Miller, Vicky



Martin Luther King Jr. Award (March)

Mrs. Foster, Dorothy

Navy and Marine Corps Achievement Medal (March)

ENS Chorsevic, Philip

Certificate of Commendation (Feb.)

ENS Dumas, George
HM3 Lozada, Shanna
HM3 Ruffin, Tabitha
HM3 Torres, Jennifer
Mr. Hopkins, Curtis
Mrs. Grizzle, Virginia
Ms. Napier, Shanna
DK1 Blankers, Michael
HM3 Suaer, Gregory
HM3 Cook, James
HN Delapena, Harvyzon
HM3 Molnar, Kelly



* Pictured on the left NHCP
Volley-ball team coaches are
presented the Commanding
General's CUP.

Farewell

HM3 Robert Prince
DN Jennifer Shanko
HR Oscar Morales
DR Jovel Hamilton
HR Michael Erwin
HM2 Gabriel Baguyos
HA Arlo Bolinger
HA Jessie Myers
HR Joshua Beard
HN Delle Brown
HR Amanda Mower
HA Phoung Tang
HA Michael Pless
HN Brian Compuesto
DA Sergio Lopez
HR Michael Tovar
HR Quinton Harris
HA Paul Mason
HA Timothy Moss
HA Michael Brannan
HR Moises Garcia III
HM2 Gary Brown
HM3 Kellie Covey
HMC Stefan Erickson
HN Seth Mathews
HM2 Alan Prentiss
HMC Ellis Smith
SH2 Allen Stevens
HM2 Keith Way
HM3 Edwin Lagunzad
DR Tambaalpha-Kperenama
HA Michael Alvarado
HR David Bennett
HA Randy Bojorquez
HR Topol Hotasangkas
HN Travis Jones
HR Peter Kaman
DT2 Rene Kunkle
HN Michael Lewondowski
HR Guilloux Mesidor
HN Thomas Pazienza
HR Daniel Ramirez
HR Antonio Urbina
HA Abelardo Valdez
HM2 Roy Bwrede
LT Redentor Sese
RP2 Jay Aylor
HN Eduardo Gallegos
GS04 Gary Wilson
GS04 George Gulyas III
GS05 Rebecca Oneson
GS04 Hallie Bradly
GS07 Moriah Boyd
GS04 Donna Molina

GS04 Jonathan Fulton
GS04 Linda Moore
GS12 Mari Pohlhaus
GS04 Carol Staub
GS11 Rosemary Tuten
GS11 James Beesing
GS07 Catherine Pugh
GS06 Marion Dell
GS06 Zenaida Macapagal
GS05 Staci Willbarger
HM3 Alexander Carrillo
SH2 Pablo Terrell
HM2 Todd Hlavac
HM1 Christopher Blakeslee
HM1 George Mosier
HN Jamie Buckley
HM3 Cindy Neiman
HN Laura Yanz
MS3 William Aruda, jr.
HM3 Bryan Jester
HM2 Frederick Mejos
HN Joshua Scoby
HN Saralinda Kopelwitz
HN Nathan Shotwell
HM3 Hilary Sweat
HM3 Trinidad Degastonguay
HM2 Jose Perez
HM2 Ariel Dizon
HM3 Jermaine Sinette
HM1 Eric Roscoe
PC1 Jon Hall
HM2 Bethany Feldman
HMC Ugoc Anosike
HM1 Daniel Victorio
HM3 Angela Remmert
HM3 Erik Throneburg
HM1 Kathleen Bitner
HM3 Petra Frey
MS2 Anthony Jaremczuk
HN Dexter Alfonso
HM1 Frank Byrne
HM3 Kelly Yepes
MACM
Jacquelyn Rochelle
HM1 Dennis Hernandez
HM3 Estanislao Suerte
HM2 Gilbert Frate
HM1 Christine Threlkeld
SK2 Sergio Daley
HM3 Gina Goodman
HM2 Tony Landers
HM3 Leslie Leal
DCC Mabula Nyamenda
MS3 Angel Rodriguez
HN Nora Fuqua

HM3 Michael Collins
HM2 Karen Tauiliili
HMC Santy Shirley
HM1 Gilbert Vega
HN Joselito Jaylo
HM2 Dawn Aguero
HM1 Angelito Dionisio
HM2 Scott Seeden
HN Kareena Robles
HM3 Marlin Whitener
SK2 Joshua Madison
HM3 Renee Amial
HN Jeffery Deslaurier
HMCS George Bittle
HM3 Tonie Triplett
MS2 Robert Arevalo
HM3 Gregory Smith
MS2 Alfie Cervantes
MS3 Keith Contrera
LCDR Terrance Hack
LCDR David Ebbitt
LCDR Mir Ali
LCDR Gregory Kunz
CDR John Sexton
LCDR Peter Kadile
CDR Monte Harris
CDR Peggy Shaffer
LCDR Scott Marder
CDR Mary Owens
CAPT Barbara Roberts
LT Kaishawn Mcduffie
LT Holly Hill
LT Richard Hubbard
ENS Shawn Crawford
RS Shelly Jones
RS Yolanda Guintizano
CON Kim Lewis
CON Laschelle Williams
RS Bridget Moran
CON Juliann Lane
CON Yuri Bronstein
CON Melinda Garabedian
CON Misty Spence
CON Veronica Jones
CON Hubert Mast
CON Martin Schlesinger
CON Henry Brenner
CON Candance Curlee
CON Mary Kjartanson
CON Susan Fox
CON Raymund Johnson
CON Vada Culpepper
CON David Frost
CON Carmen Castro
CON Allen Cunningham

CON Linda Sadenwasser
CON Irma Aguilar
CON Ann Alvarez
CON Michelle Bautista
CON Maria Deleon
CON Clavel Limpiado
CON Theresa Sheridan
CON Virginia Sierra
CON Ranel Vanderaa
CON Patrick Aherne

Welcome

Aboard

LT Suzann Pia
HR Benjamin Wilson
DR Eric Gooden
HN Delle Brown
DA Fernando Abundis
DR Elixabeth Ybarra
DR Joseph Noble
HN Brent Rowley
HM3 Albert Huerta
HA Richard Dilay
HN Edwin Samson
HA Siree Allsop
HM3 Michael Reid
HN Nicholas MCGowan
HN Jennifer Bradley
HN Andrew Tyler
HN Thomas Martin
HN Gabriel Mendoza
HA Michael Peterson
HN Dennis Holmes, jr.
HA Jose Irula
HR Robert Grizzle
HA Chris Brown
HA David Cambray
HN Brian Jimenez
HA Ryan Cason
HA Diogenes Bermundo
HA Frank Gonzalez
HR Brian Kelly
HA Mathew Gustafson
HR Wilmer Rodriguez
DR Eric Mirador
DN Hector Centenosoto
HR TERRY BONO
HA Aaron Sheldrick
HA George Johnson
HR Mathew Colton
GS05 Tanya Williams
GS01 Edythe Neyman

GS09 Alvira Batacanbolo	HM2 Warren Cabanlit	HN Chester Peralta	OTH Tom Slatten
GS06 Sergio Daley	HM2 Vanessa Thominson	HA Sarith San	CON Christine Ashley
WG02 Karen Nostrand	HM1 Lamont Butler	HM3 Camile Cornish	CON Terese Dudarewicz
GS04 Annette Samuels-Davis	HM3 Joshua Hood	HM1 Joseph Johnson	CON Sarah Dyroff
GS05 Naoko Balangne	SK1 Darlinton Mgbeke	RP3 Delaina Bennett	CON Amy Gumataotao
WG07 James Lewis	DT3 Rosie Jones	HM3 John Robbins	CON Salud Macalma
GS05 Gail Arndt	HM3 Tania Cook	HM2 Matthew Sutton	CON Anella Skalky
GS04 Lili Carter	HM3 Ferdinand Ajel	HN Micaiah Barajas	CON Anthony Carr
GS11 Lou Jean Fausner	HR Alexandor Slinkard	HM2 Eduardo Achay	CON Jennifer Horne
GS05 Mark Moran	HM3 Alfredo Alonso	HM2 Donald Kleinfelder	CON Aldo Olivera
GS04 Grace Ortega	ETSN Milena Adolf	HM3 Troy Luce	CON Lauri Perez
GS04 Cheryl King	HN Arlo Bollinger	HM3 Luis Fernandez	CON Kathleen Randall
GS11 William Spinks	DR Tszshing Kong	HM2 Cynthia Marcum	CON Coral Rider
MACS David Richardson	HA Michael Conaway	HN Dominic Topete	CON Judy Shores
HR David Corporan	HN Travis Casados	HM2 Reese Ritter	CON Carmen Carlisle
HA Albert Vega	HN Kem Dang	CDR Dennis Reeves	
HN Derick Wilson	HM2 Gabriel Baguyos	LCDR Laura Rubison	
HM2 Mathew Burnett	HM3 William Morton	LCDR Kami Anderson	
HM1 Jorge Rodriguez	HA Douglas Benning	LCDR Bharat Patel	
HM3 Vincent Ramos	HA Quinton Harris	ENS Heather Rens	
HA Raymond Windle	HN Benhur Jacob	CDR Lori Carlson	
HM3 Clint Doolittle	HA Amanda Mower	ENS Tinsika Riggs	
SK3 Will Jones	HN Richard Salas	CDR Daniel Knoerl	
HM3 Bobby Espina	HA Michael Tovar	CDR Amy Mortensen	
HM2 Allen Pate	HR Terry Thompson	LTJG Damian Smith	
HM3 Hai Phi	HR Terry Wagner	CDR Randell Mapes	
HN Aaron Ocampo	HA Joshua Kenny	ENS Vilma Linsteadt	
HM3 Edward Mcdonald	HM3 Jason Douglas	ENS Michael Bergman	
HA Lafawn Robison	HN Rachel Deffendall	LTJG Nathan Hicks	
HR Moises Garcia Iii	HR Daniel Courtney	LCDR Jeffrey Dyer	
HM2 Gary Brown	MS3 Rodolfo Mangaya	LT Janine Allen	
HM3 Kellie Covey	SKCS Romeo Fulinara	LCDR Lauren Bales	
HMC Stefan Ericksen	HN Alejandro Lopez	OTH Sebrina Honora	
HN Seth Matthews	HM3 Donald Sanchez	OTH Laine Setran	
HM2 Keith Way	MS2 David Frieze	OTH Yolanda Guintivano	
HN Joshua Haeefe	HN Karen Stewart	OTH Hillary Lanza	
HR Roderick Panagiton	HM3 Allen Espiritu	O7 Carol Benson	
HM3 Felicia Balka	HN Antonio Oliveira	OTH Karen Brewerhayes	
SK2 Michael Pifer	HM3 Matthew Duncan	OTH Marie Bright	
HM2 Catherine Nykiel	HM3 Charles Chambers	OTH Judy Crowe	
HM3 John Preku	ITSR Precious Loundemon	OTH Linda Daily	
HM3 William Burkland	HM3 David Elliott	OTH Tricia Doughty	
HM3 Lori Manners	HN Jeremy Naftzger	OTH Elizabeth Espinosa	
HM2 John Baker	HA Anthony Murray	OTH Erika Lundquist	
MSC Florante Soliman	HM3 Sandra Ridgeway	OTH Beth Mccarty	
HM2 Heriberto Soto	HA Brian Weil	OTH Jennifer Morton	
HM3 Edward Zahnle	HM3 Tamera Ybarra	OTH Eunice Pina-murillo	
HM3 Jerry Ocampo	HM3 Maria Castaneda	OTH Ursula Bauer	
HN Apolinario Enguillado	HM3 Dindo Deguzman	OTH Mary Butz	
HR Christopher Epps	HM3 Antonio Carranza	OTH Diana Clayton	
HMC Richard Robson	HM3 Heath Brodersen	OTH Casi Kessler	
HN Miguel Aleman	MS3 Ferdinand Cruz	OTH Deanna Williams	
HN Abdal Harris	DT2 Fred Suggs	OTH Wanda York	
HM2 Ressurreccion Macaspac	HM2 Jodi Rabideau	OTH Mildred Cossel	
HM3 Aimee Grace Fernandez	HM3 Katie Lea	OTH Laschelle Williams	

**Hail
&
Farewell**



The Perioperative Nurse Training Program, Naval Hospital Camp Pendleton, is sponsored by the Naval School of Health Sciences (NSHS). This program provides the Nurse Corps Officer with the basic skills and knowledge base to safely direct the perioperative nursing activities during a wide variety of elective surgical procedures. Upon successful completion of this course the perioperative nurse will acquire 415 contact hours of continuing education and the subspecialty code of 1 950V. Each course is 12 weeks in duration, and offers a mix of didactic and clinical “hands-on” experiences, combined with informative tours, and guest speakers. The didactic portion of the course is given in the fifth floor classroom, and the clinical portion of the program is completed in the Main Operating Room. Classes are held three times a year, and the class size ranges from three to five students. Jacksonville Naval Hospital in Florida hosts the other Perioperative Nurse Training course. ❁

Promotions

November 2000

- LT Deborah K. Hutchens
- LT Brandy M. Rizzo
- LT Megan H. Urffer

December 2000

- LTJG Hilda S. Tanner
- LTJG Erika M. Mcquaid
- LTJG Marybeth A. O’sullivan
- LT Cary B. Endozo

January 2000

- LTJG Karen R. Andersen
- LT Sonya M. Gonnella
- LT Bridget A. Hodges
- LT Lorelei J. Lichay
- LT Nicole G. Ingram
- LCDR Laura M. Taller

February 2000

- LTJG Nicholas D. Schnauffer
- LCDR Jason P. Myers
- CAPT Michael T. Thompson

March 2000

- LTJG Michael B. Overton
- LTJG Michael S. Bergman
- LCDR Lori J. Martinelli
- LCDR Alain Nmn Delgado

Naval Hospital Camp Pendleton Sailor Of Quarter

Fourth Quarter Calender Year 2000

- Junior Sailor of the Quarter** - HM3 Andrea L. Stodtmeister-52 ABMC
- Senior Sailor of the Year** - HM1(FMF) Jeffrey M. Cavallo-13 ABMC

Command Sailor of Quarter

Fourth Quarter Calender Year 2000

- Junior Sailor of the Quarter** -HM3 William G. Jacka-BMC Port Hueneme
- Senior Sailor of the Quarter** -HM1(FMF) Jeffrey M. Cavallo-13 ABMC
- Civilian of the Quarter** - Ms. Julia L. Crumidy-Maternal Infant Service Line

Naval Hospital Camp Pendleton Sailor of the Year

- Junior Sailor of the Year** -HM3 Andrea Stodtmeister
- Senior Sailor of the Year** -DK1(SW) Michael W. Blankers-MPMD

Command Sailor of the Year

- Junior Sailor of the Year** -HM3 (FMF) James R. Hill - Port Hueneme
- Senior Sailor of the Year** -YN1 (SCW) Stevie E. Span - Port Hueneme



TRICARE Prime Co-Pays Are Eliminated For Family Members



By *TRICARE Marketing*
Department of Health Net Federal
Services

Effective April 1, 2001, copayments are waived for Active Duty Family Members enrolled in TRICARE Prime. Copayments for hospital admissions, outpatient care, emergency care, mental healthcare and all other covered TRICARE services are waived, except for prescriptions at civilian pharmacies and Point-of-Service care.

Copayments and other fees will remain for Active Duty Family Members not enrolled in TRICARE Prime, retirees and their family members.

The 2001 National Defense Authorization Act (NDAA), signed into law last October, provides new enhancements to the TRICARE program. One of the most significant changes is the removal of copayments for Active Duty Family Members enrolled in TRICARE Prime. Previously, copayments for Active Duty Family Members were based on the rank of their sponsor.

This is a brand new change and as fast as the word is getting out, your doctor may not be aware of it. If your doctor has questions, have him or her call the Provider Inquiry Line at 800-977-1255, and press option 5.

Please note that if you are a TRICARE Prime Active Duty Family Member, you are still responsible for pharmacy copayments made to either retail pharmacies or the National Mail Order Pharmacy. Copayments at network pharmacies and the National Mail Order Pharmacy have been simplified and in most cases lowered. In addition, if you are enrolled in TRICARE Prime and seek civilian care without the authorization from your Primary Care Manager, you will be subject to the Point-Of-Service deductible (\$300/member or \$600/family) and cost-share (50% of the TRICARE allowable charge).

The elimination of copayments for TRICARE Prime Active Duty Family Members makes TRICARE Prime an excellent choice for you and your family. For additional information on TRICARE Prime, visit our Web site at www.healthnetfederalservices.com or call (800) 242-6788. ✪

A-76 Studies Announced For NHCP

By *Kimberly D. Prato*
Public Affairs Office

The Navy announced its initiation of detailed studies to determine the feasibility and economy of converting various support functions to contractor performance at local area Food Services, Material and Custodial functions at Naval Hospital Camp Pendleton. The study is under the cognizance of the Commander, Naval Hospital Camp Pendleton. Currently, there are approximately 85 civilian personnel affected by the study. Decisions to convert functions to contract will be made only if the studies indicate that significant savings of tax dollars can be achieved. If such decisions are made, Congress and the public will be notified of the study. Any employees affected will receive assistance from the Federal placement programs including relocations, in obtaining transfer rights to other positions in the Department of Defense or to other Federal agencies, at government expense, if necessary. ✪

Car Safety Should Take A Back Seat

By Lt.j.g. Robyn Bent
U.S. Naval Hospital Yokosuka,
Japan

Motor Vehicle crashes remain the leading cause of accidental deaths in children under the age of 14.

Yet proper use of a car seat can reduce the risk of death for

in-
fants
by 71
percent
and for
toddlers by 54

percent. Unfortunately it is estimated that 85 percent of children in car seats and booster seats are improperly restrained.

To do its job properly a car seat must be installed securely against the vehicle's backseat. If the car seat slides around on the seat, or if your child slides around in the car seat, the child may not be adequately protected.

To check for a tight fit push

and pull on the safety seat. If it moves more than one inch, you need to tighten it. The seat should feel as though it is part of the car. If the seat does not securely fit in the car because the lap belt extends or retracts, use the locking clip supplied with safety seat.

Infants should ride in a rear-facing safety seat until they are one-year-old and at least 20 pounds. Studies show that what really protects the child in a crash are their bones and it takes about a year for the bones to harden enough to make the child safe in a forward-facing seat.

The car seat should be positioned in the center of the rear seat of the car,

facing the back of the car. The chest clip should be positioned at

mid- chest, armpit level. The shoulder straps should be at the lowest slots for the newborn. The angle of the seat should be about 45 degrees or about halfway back in a semi-reclined position.

Forward-facing car seats should be used for children who weigh 20-40 pounds. The seat should be placed in the full upright position. The reclined position used for the rear-facing seat does not

adequately protect a forward-facing child.

Booster seat are use for children who have outgrown their car seats are not yet ready for using grown-up seatbelts. If children are between 40-80 pounds they need a booster seat. Parents that use a regular seatbelt for their children at this weight run the risk of causing severe internal injuries in the event of a crash or even an abrupt stop. This happens when the seatbelt falls across the neck and shoulders of the child causing neck injuries. The booster seat literally boosts the child up and positions the seatbelt so that the seatbelt fits properly.

Parents should stop using car seats when the child's legs are able to hang over the edge of the seat touching the floor, and so that the shoulder belt falls across the shoulders, not the neck. The child should also be at least 8 years old so that the hip bones are strong enough to absorb the impact of a crash.

To find out more about car seat safety visit the Safe Kids Coalition's web site at www.safekids.org. To find out if your car seat has been recalled please check out www.nhtsa.dot.gov.





HMC Romeo C. Aberin from the Radiology Department sings to Maria S. Mendoza a secretary from the Laboratory Department Here.

women who have embodied the Navy's core values of Honor , Courage, and Commitment. Today women serve in nearly every facet of the Navy from yeoman to special operations and across all ranks from seaman recruit to admiral."

The Chairmen of the Joint Chiefs of Staff, Henry H. Shelton issued words of praise in a message sent to all military activities, "The Joint Chiefs of Staff and I join every American in extending our deep appreciation to the outstanding women for all that they have done and continue to do for our Nation. Their



hard work continues to make a difference for America and the world. We respect their sacrifices and celebrate their contributions to making our country strong and free."

For more information regarding Women in the military and Women in the Navy, visit www.chinfo.navy.mil/navpalib/people/women/wintop.html.

CDR Andrew C. Breiterman Head of Radiology Department is pictured above serving desserts. On the right HM2 Rachel S. Arroyo from Physical Therapy Department is enjoying the appreciation. Below Capt. William M. Heroman Commanding Officer appreciates Executive Officer Capt. Patricia H. Netzer.



Vicki K. Miller a secretary from the Pastoral Care Department gets served by HM3 Cedrick D. Brown from Patient Administration Department.



Teamwork is Still Key Three Decades Later

By JO1 Robert M. Dylewski
Public Affairs Office

Former Navy Corpsman and medal honor recipient, Robert. R. Ingram was honored at the dedication of Camp Margarita's new naval branch medical/dental clinic February 2. What makes the event even better is that fact that Ingram was present to see his deeds memorialized.

According to Ingram's Medal of Honor citation, he received four wounds while attempting to give aid to his fellow Ma-

rines and Navy corpsman under "an intense hail of automatic rifle fire from approximately 100 North Vietnamese regulars." Another amazing fact is that Ingram's deeds

conclusion of the ceremony. He talked about his efforts to impress upon Sailors and Marines the importance of teamwork. "It's what I was left here for," Ingram said. ❁

"Everything that I've ever learned and everything that I've ever done was regarding teamwork," Ingram said.

from over 30 years ago went without reward. He didn't receive his medal of honor until 33 years later in 1998. When Ingram's shipmates from the Charlie 1/7 found out that he had went unrewarded for his actions, they where quick to react. Three years of effort went by when the citation for Ingram was brought before congress. Congress ultimately approved the award taking into consideration the special circumstances surrounding the event.

Over three decades and the spirit of the Navy and Marine Corps team is alive and well. Ingram's shipmates are testament of the teamwork Sailors and Marines perform. Despite Ingram's heroic events March 28, 1966, he is the first to tell you that the spirit of teamwork is, more than anything, what motivated him. "Everything that I've ever learned and everything that I've ever done was regarding teamwork," Ingram said. "I was taught that by the men of Charlie1/7."

Ingram was in tears by the

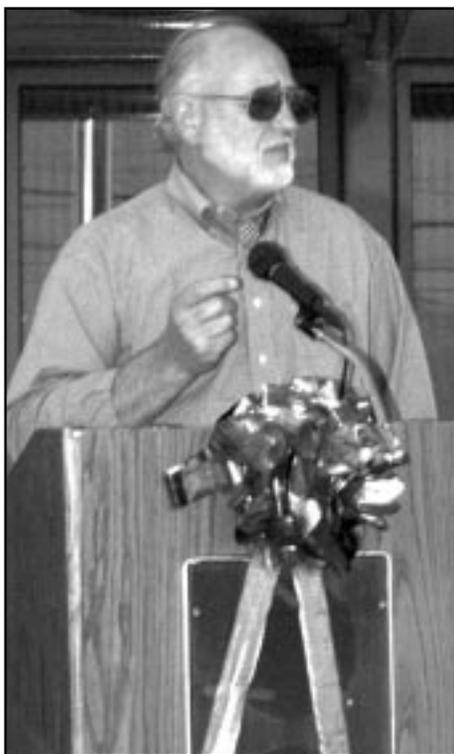
Medal Of Honor Awardee still Remembered

By JO1 Robert M. Dylewski
Public Affairs Office

It's not uncommon to see buildings dedicated to service members who have taken unusual risks for their country and the dedication of the new branch medical/dental clinic in the 62 area is no different. The new facility was dedicated to the memory of Francis C. Hammond during an inauguration ceremony March 14.

Hammond was a Hospital Corpsman who put his life on the line March 26, 1953 during the Korean War. Hammond's Medal of honor citation reads: "When the unit was ordered to with-

Photograph by HMS Hidalia McCree



Former Navy Corpsman Robert R. Ingram speaks of the events surrounding his actions March 28, 1966 during the inauguration ceremony.



A new sign Welcomes patients to the clinic.

draw, he skillfully directed the evacuation of casualties and remained in the fire-swept area to assist the corpsmen of the relieving unit until he was struck by a round of enemy mortar fire and fell, mortally wounded.”

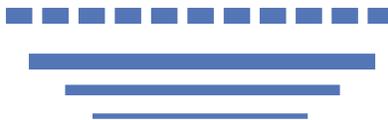
Guest speaker, 1st Sgt. William Janzen, USMC retired, spoke of his memories of Hammond. According to Janzen, a group of non-commissioned-officers got together with their platoon leader to request Hammond be replaced because, he was too noisy. The platoon leader took the request into consideration. Janzen recalled how Hammond saved the life of a Marine on patrol a few nights later. “He saved that Marines life through extraordinary effort. The next day those who had complained about how noisy Doc was let it be known that Doc Hammond could make all the noise he wanted to on patrol, they’d cover for him. He’d won his spurs!”

Phyllis A. Smith, the widow



Guest speaker 1st Sgt. William Janzen USMC Retired speaking about Navy Corpsman Francis C. Hammond during the inauguration ceremony.

of Hospital Corpsman Francis C. Hammond cut the ribbon opening the base’s newest and most technically advanced medical clinic. ❁



NHCP Always Dedicated Crew Delivers

*By JO1 Robert M. Dylewski
Public Affairs Office*

Naval Hospital Camp Pendleton’s Dedicated Emergency Medical Technician (EMT) crew responded with teamwork and dedication to help a family member give the gift of life. Around one p.m. on Saturday, January 6 one of the Emergency Medicine Service Crews delivered a baby boy just one minute from arriving at San Clemente Hospital.

The dedicated crew of HM3 Kyle R. Yates and HM3 Marcus P.

“ I was honored to be able to help deliver. I have three kids of my own. I was asked to sign the birth certificate as a provider which is what the health care provider, a doctor, normally does,” HM3 Kyle R. Yates said.

Ratts were responding to a routine call at a local residence. A pregnant family member was having contractions. When the team was enroute Yates noted that the contractions were one to two minutes apart and the team was three minutes away from the hospital. The nearest medical facility was San Clemente Hospital. A fire

Photographs by JO1 Robert M. Dylewski



Phyllis A. Smith cutting the ribbon for the medical/dental clinic that is dedicated to her husband, Francis C. Hammond, who put his life on the line March 26, 1953 during the Korean War.

fighter from station eight drove as Yates and Ratts assisted the patient. According to Yates, “I noticed that the baby was sitting low and the contractions were increasing.” Yates said he knew just before arriving at their final destination that the baby was arriving. Yates didn’t have time to think about the situation when his six weeks of EMT training kicked in. “It was like clock work,” said Yates. Like a well orchestrated plan of action Yates and Ratts worked together. “It was like he could read my mind,” Yates said of fellow crewmember Ratts.

Normally women deliver their baby in the emergency room upon arrival or in the labor and delivery department. Yates felt humbled after delivering the baby. “I was honored to be able to help deliver. I have three kids of my own. I was asked to sign the birth certificate as a provider which is what the health care provider, a doctor, normally does,” he said. ✿



Corpsman Up!

**By JO1 Robert M. Dylewski
Public Affairs Office**

Normally when the words “Corpsman Up” are said it’s when a Marine is hurt and in need of medical attention. On February 22 the words “Corpsman Up” rang loud throughout the galley when a patient nearly choked at lunchtime and a Navy Corpsman saved her life.

“What I saw was a Marine standing by some woman and I didn’t realize she was choking,” said HM1 (FMF) Theodore E. Woodward – Partridge, Leading Petty Officer for Surgical Services Department here. “I remember hearing someone say, Corpsman Up!”

The individual yelling corpsman up was Vicki K. Miller whose a secretary for the Pastoral Care Department here. “I was standing in line at the galley and I saw this lady over at one of the tables



Official U.S. Navy Photo

HM1 (FMF) Theodore E. Woodward - Partridge, Leading Petty Officer for Surgical Services Department.

and she was kind of like leaning over. There was this guy next to her patting her on the back and saying we need medical help. Everyone was just sitting at the table. I yelled Corpsman Up!” Miller said. “Next thing I know is “WP” almost knocked me over as he bolted over there,” Miller reflected.

“I didn’t think twice about it. I didn’t think once about. I just did it. I did what I was trained to do. I just stepped in and did what was needed to be done,” said Woodward – Partridge. He approached her and his first thought was to see if she could breathe. “After I could see she couldn’t breathe, I gave her the Heimlich maneuver and a piece of pork chop came up,” he said. The galley dining room filled with applause after he saved her life. Once Woodward – Partridge saw that the she was okay he quickly left.

Later the patient dropped by to see him. “She thanked and told me how I literally saved her life. She gave me a hug and walked away. It’s nice to be appreciated and I told her that. I’m just doing my job. I said understand your feelings but, It’s my job and that’s what I’m trained to do,” Woodward-Partridge said. ✿

Photograph by HM2 Sean F. Farrell



Two members of NHCP’s Dedicated Emergency Medical Technician Crew HM3 Kyle R. Yates on the left and HM3 Marcus P. Ratts in their assigned ambulance.