

July
August
2004



Sasebo to Host Mammovan

The long-awaited Mammovan will be in Sasebo for set-up and testing in early August. While not here this first time to see patients, CDR Dodge says that it is his goal to have the van "active" before his departure in October. When in Sasebo, the van will be out at Hario, parked right in front of the clinic. Patients will still need to see their Primary Care Physician first to get a referral, as with all specialty services.



Excerpt taken from the article: *Yokosuka Welcomes Mobile Mammography Van*

*By Bill Doughy
U.S. Naval Hospital, Yokosuka Public Affairs*

Breast cancer detection "drives" in Japan will take on new meaning with the arrival of a Mobile Mammography Center or "mammo van." The van is undergoing weeks of extensive testing starting July 6 and will be retested and checked at other bases in Japan before it goes into use.

The long-awaited bus-size Mammography Center will provide breast cancer screening through mammograms for Yokosuka patients and at Navy and Marine Corps bases in southern Japan, at Sasebo and Iwakuni.

"Having mammography services available locally for the branch medical clinics will help to ensure that women are getting their recommended examinations in a routine and timely manner," said Cmdr. Ron Dodge, Officer in Charge of Branch Medical Clinic Sasebo. "It eliminates the need to get TAD (Temporary Assigned Duty) orders, plane tickets, child care for multiple days, and travel 900 miles!"

Before the van can go into operation, however, it must first undergo rigorous testing, calibration, and retesting to meet stringent standards of the Food and Drug Administration.

"This state-of-the-art diagnostic mammography van has both mammography and breast ultrasound in a mobile platform allowing both for screening examinations and one-stop diagnostic imaging for patients with clinical findings or issues," said Cmdr. Stephanie Young, Chief Radiologist at USNH Yokosuka. "No longer will our Sasebo and Iwakuni patients be subject to long travel times and inconvenience to receive a simple screening test."

Cmdr. Dodge is excited about the prospect of offering this service to his beneficiaries in Sasebo.

Kimberly Shelton, Ombudsman ~ Please feel free to contact me at
Home: (0956) 20-8064 or Cell: 090-7388-1854, or via email at kmselton@rodentranch.com.

In case of emergency, please know that you can call 24/7.

~ If you would like to hear about or post something in the newsletter, let me know! ~



Welcome to the first BMC/BDC Newsletter!

This will be the inaugural issue of a combined Medical/Dental Ombudsman newsletter, and it marks the beginning of a new era of Medical and Dental joining together. I would like to thank Ms. Kimberly Shelton for all her hard work and extraordinary effort in publishing this newsletter. Kimberly has been a spokesperson for Medical and Dental at monthly Ombudsman meetings, and I have enjoyed reading her newsletter. I hope her newsletters have been useful to you in bringing you important community and command information. If you have questions, or need help, Kimberly is always ready to give or find answers. If there are any spouses in dental who would like to help her, or eventually take over, Kimberly would definitely welcome your assistance.

In the coming months you will see more evidence of the Medical/Dental integration with Dental eventually becoming a new department of the medical clinic. In Yokosuka, CAPT Lapetoda and CAPT Taylor are working hard to chart the course of our merger. Our integration will be a challenging process with many yet unanswered questions on how it will occur. We are a small clinic, so joining the larger medical clinic has many advantages for us. But we have much to share in sound business practices and data collection systems, and we provide a very valuable service to the overall health care needs of our Sasebo population. Our integration with Medical is not a takeover, but a joining of forces to economize and improve our ability to provide health care services. With the integration, Medical will become an even better world-class health care organization.

After four years at Sasebo, it's time for me to move on. I am both happy and sad to leave. I want to thank all the folks at Medical and Dental for helping to make my tour as the Branch Dental Clinic Sasebo Director so rewarding. We have made great strides in improving the clinic and meeting our mission requirements. We have had problems, but we've been able to work through them. You can be proud of your achievements, and the clinic has a well-earned reputation of service to the community. I ask you to continue giving your support to LCDR Smith and CDR Dodge, as we become one team working towards the common goal of meeting the health care needs of our patients and ensuring the physical and mental readiness of our active duty service members.

I wish everyone in the clinic the best of luck in the future. I have one last Navy tour of duty at Branch Dental Clinic, Whidbey Island. Please look me up if you are in the neighborhood.

CAPT Jimmy Saiku
Director, BDC Sasebo

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On behalf of the entire BMC Sasebo staff, I'd like to take this opportunity to sincerely thank CAPT Saiku for his outstanding professionalism and teamwork as the Director of Branch Dental Clinic Sasebo. With his cooperation and leadership, he has helped us immensely in making Sasebo a better place. Fair winds and following seas, shipmate. You will be truly missed, and we all wish you, Masami and Daniel the best in your future assignment at Whidbey Island.

Sincerely, CDR Ron Dodge  
OIC, BMC Sasebo

# BMC/BDC Promotions, Reenlistment News, Awards & More!



HM2 Branch reenlists for 3 more years



BMC Sasebo receives  
CFC Silver Award



HM3 Manning - Bluejacket of the Quarter



HM2 Whitney receives Navy  
Achievement Medal for exceptional  
Laboratory work

DT1 Sean Stephens was selected as the Senior Sailor of the Quarter for NDCFE for the second quarter FY04.

End of Tour Awards  
LT Patrick ~ Navy Achievement Medal  
CAPT Saiku ~ Meritorious Service Medal  
DT3 Devera ~ Navy Achievement Medal



HM2 Radford receives  
Good Conduct Award

LT David Stinchfield was selected as Naval Dental Center Far East COACE (Commanding Officer Award for Clinical Excellence) winner for 2004. In competition with dental officers from Atsugi, Guam, Sasebo, and Yokosuka, he was selected as the top clinician for the Command.



HM2 Branch receives  
Good Conduct Award

## Welcome and Good Luck to ....

Please take a moment to welcome all our new faces, and say good-bye to those leaving on their adventure!



LT Lisa Braun reports to BMC Sasebo as the new Family Nurse Practitioner from USNH Guam



HM2 Patricia Hart reports aboard from IDC School



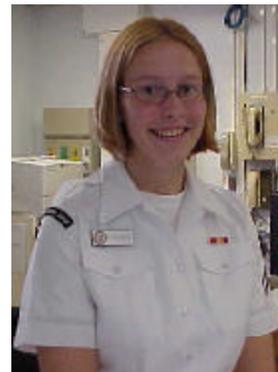
HN Keila Joaquin reports aboard as our newest Pharmacy Tech



LT Jennifer Service (and daughter Mikala) check onboard from Portsmouth, VA



LT Randy Reese reports aboard from NNMC Bethesda as the new Clinical Psychologist



HA Sarah Fugitt reports to BMC Sasebo from HM 'A' School

### Dental Hails and Farewells:

#### Hails:

|                    |         |
|--------------------|---------|
| LCDR Brad Smith    | 21 July |
| LT Trent Veltekemp | 29 July |
| DT2 Maria Futch    | 02 July |
| DN Manuel Estrella | 16 July |
| DN Christopher Lee | 25 July |

#### Farewells:

|                  |           |
|------------------|-----------|
| LT Sean Patrick  | 26 June   |
| CAPT Jimmy Saiku | 23 July   |
| DT3 Lea Devera   | 21 August |



BMC Sasebo nurses say Good Bye to our Outstanding Red Cross volunteer Mrs. Marylou Brandes



HMC Baugh departs for Physician Assistant school and, ultimately, commissioning as an MSC Officer



HM2 Simons departs for Physical Therapy Tech School



LCDR (Select) Rebecca McKnight departs for Naval Hospital, Twenty-nine Palms, CA



Mr. Don Gordon will be returning to civilian Pharmacy life in the Camp Pendleton area



CDR Gordon says farewell at the Asian Pacific Heritage Month Luncheon held at the Clinic. CDR Gordon is on her way to Naval Hospital Camp Pendleton, CA.



BMC Sasebo celebrates Asian Pacific Heritage Month

# BMC/BDC News & Tidbits

## Baby News for our BMC/BDC Family

Edwin Nicholas Swanson, born on Saturday, June 12th (7 lbs 12 oz) is keeping his happy parents quite busy. HMCM and Mrs. (Eden) Swanson are thrilled beyond words!

Proud parents, HM3 Tracy and HM3 Robert Wood, announce the happy arrival of their daughter, Leandra, 5 lbs 11oz on Monday, July 19th.



Congratulations to the both family's.

It's official! Nami Mukae and Chihiro Kosugi, our wonderful translators, were moved to permanent status as of 16 July. Congratulations to both of them! We're so lucky us to have such wonderful translators.

A very special welcome to two young ladies who will be working with BMC Sasebo for the summer

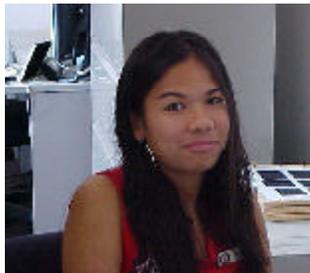
### Reminders:

31 July National Kids Day  
The fun and games will be held out at the Hario ballfield from 4-8p.m. See the *Soundings* for more details.

Sasebo Bon Odori Festival will be held on 23 July at Nimitz Park. Hosted by the JMSDF from 3-5 p.m. This event is open to the entire CFAS Community and is specifically geared towards children.

The Sasebo Hamburger Festival will be held on 1 August from 1000-2000 across from the Sasebo Train Station. Games, contests and more. There is no entrance fee for this event. See Travel and Tours for details.

Remember, the library at Main Base has classes for kids this summer. Get out of the heat and into some fun!



Bianca Cruz



Alexis Brown

In case you missed this great article .....

Stars and Stripes, May 18, 2004

## Medical Service Corps opens career paths

BY GREG TYLER  
Stars and Stripes

SASEBO NAVAL BASE, Japan — The officer running the medical facilities here did not begin his Navy career as an officer.

But Cmdr. Ronald Dodge, officer in charge at Sasebo's Navy Branch Medical Clinic, found his way into the Medical Service Corps In-service Procurement Program in 1984, as a petty officer first class serving in Okinawa.

The program provides an opportunity for eligible active-duty enlisted sailors to obtain a commission as an officer in the Medical Service Corps.

"Some of our challenging and rewarding career fields include health care administration, physician assistant, radiation health, environmental health, industrial hygiene, entomology and pharmacy," Beverly Kemp stated in a Navy news report released last week. Kemp is enlisted commissioning programs manager at the Naval Medical Education Training Command.

"It's one of the best programs available to those interested in pursuing a career in health care," Dodge said Friday, whether as a health care administrator, physician assistant "or any of the other health-care related fields available."

He recommends the program to sailors who want to make "a bigger contribution to our mission accomplishment" and those who aspire to "higher levels of responsibility and scope of practice."

"Everyone in the health-care system fills an important role, from the hospitalmen on the front lines, to the commander of the hospital," Dodge said, "but each has its own responsibilities. Depending on the drive and dedication of the individual, anything is possible."

### How to apply

Medical Service Corps program is seeking interested applicants. The program provides an opportunity for eligible active-duty enlisted sailors to obtain a commission as an officer in the Medical Service Corps.

Those interested should apply now for the fiscal 2005 In-service Procurement Program selection board slated for Oct. 20. Applications must be postmarked by Aug. 27; any additional documents needed to demonstrate eligibility must be postmarked by Sept. 17. College entrance exam scores must be postmarked prior to the board convening, according to the Navy report.

Program applicants interested in earning a commission as a physician assistant must submit official transcripts and a complete list of schools attended to the Naval Medical Education Training Command by June 18, before submitting an application.

Submission criteria is detailed in Navy Instruction 1420.1A ch.2 available online at: [nshs.med.navy.mil/mscipp/mscipp.htm](http://nshs.med.navy.mil/mscipp/mscipp.htm)

For more information, check out the Navy Administrative message 104/04 online at: [www.bupers.navy.mil/navadmain/nav04/nav04104.txt](http://www.bupers.navy.mil/navadmain/nav04/nav04104.txt)

— Greg Tyler

"Those that want to do more need to go for it."

Things have changed, Dodge said, since he entered the program 20 years ago.

"I had to take a Navy-wide exam in order to qualify to submit my commissioning package," he said. "The IPP then was only open to E-6 and above, and only hospitalmen and dental technicians. More than 400 sailors took the test that year and only 120 were 'invited' to submit their packages, with 20 ultimately being selected."

Now, the program is open all Navy ratings with no exam required; it includes other career possibilities, such as physician assistant, radiation health and industrial hygiene.

Dodge said the In-service Procurement Program "gave me the confidence to pursue even higher goals, and to lead, mentor and shape the force of the future."

"To have joined the Navy right out of high school in 1973 as a hospitalman recruit, to now being a commander and the officer in charge of a forward-deployed medical clinic with a staff of 75 responsible for more than 7,000 beneficiaries in Sasebo — what a ride," he said.

"The IPP was the vehicle that made my dream a reality. It's open today to virtually every sailor who wants to reach for it; it's the best."

E-mail Greg Tyler at: [tylerg@perkins.eod.mil](mailto:tylerg@perkins.eod.mil)

## More BMC/BDC News & Tidbits!

### New Officer in Charge at BMC Iwakuni



CDR Albia says Farewell at BMC Iwakuni's Change of Charge



CDR Rachel Haltner assumes Charge of BMC Iwakuni

#### Just a note . . .

MWR says that they are still having some problems with the theater equipment, mainly at Hario. Some delays at both theaters are possible as they work the machinery manually. The parts are on order. They thank you for your patience.



Bert  
July 26<sup>th</sup>  
(Sesame Street)

### July Is . . .

Anti-Boredom Month  
National Baked Bean Month  
National Blueberries Month



### Fun July Birthdays:



John Glenn  
July 18<sup>th</sup>



Annie Oakley

### August Is . . .

Family Eye Care Month  
1st Sunday ... American Family Day  
3<sup>rd</sup> Week of August:  
National Hot Lava Week



### Fun August Birthdays:



August  
13<sup>th</sup>

Snuffleupagus  
August 19<sup>th</sup>  
(Sesame Street)

### Blueberry-Stuffed Mini Muffins

*The ricotta cheese is the trick to keeping these muffins low in fat but moist and tender*

#### Ingredients

|                           |                                  |
|---------------------------|----------------------------------|
| 2 ½ cup all-purpose flour | 1/3 cup part-skim ricotta cheese |
| ¾ cup sugar               | 1 Tbsp vanilla extract           |
| 1 Tbsp baking powder      | 1 tsp almond extract             |
| 1 tsp baking soda         | 1 medium egg white               |
| 1 tsp table salt          | 1 large egg                      |
| ¾ cup buttermilk          | 2 Tbsp vegetable oil             |
| ½ cup 1% low-fat milk     | 6 Tbsp preserves, blueberry      |

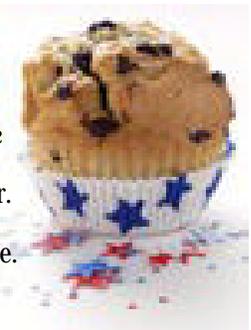
Preheat oven to 400°F

1. Combine flour, sugar, baking powder, baking soda and salt in a large bowl. In a separate bowl, combine buttermilk, milk, ricotta, vanilla extract, almond extract, eggs and oil.

2. Add wet ingredients to dry ingredients. Stir gently until just combined. Mixture will be slightly lumpy.

3. Spray 3 mini muffin tins (36 muffin cups total) with cooking spray. Fill each cup 1/3 full with muffin mixture. Add ½ teaspoon blueberry preserves to each muffin cup, and top with remaining batter.

4. Bake for 10 to 12 minutes or until done. Let stand for 5 minutes. Remove muffins to a wire rack to cool.



## Sasebo News & Tidbits

### **Summer Wrestling Camp ~ 23-28 August**

Open to all ages, students and adults ~ This is a great way to try wrestling to see if it's a sport that you would enjoy. Coach Mark Schwab from U of MN will be running the great camp. Cost of camp is under \$50, scholarships are available. Contact Coach Macri at 252-2801 or c400@srfsas.navy.mil.



**PSD** – Please check the expiration dates on your ID Cards and Passports. The first available on-line appointment for ID Cards is the 27<sup>th</sup> of July. Walk-in appointments are still offered, but plan on a long wait. New Passports take up to four weeks, please plan ahead

### **Navy Marine Corps Relief Society Baby's First Sea Bag**

Jessica Grant at the NMCRS is the contact for program. The sea bag is filled with various baby articles (i.e.: receiving blanket, onsies, etc.) and a hand made baby blanket. All you need to do is have a child under the age of one year and sign up for a budget class. Call her for more details or an appointment at 252-3366.

### **Flea Market at the Morning Market (New!)**

Sunday, 25 July 0400-0830  
Morning Market (across the water from the Navy Lodge)  
Since it's getting hot, the flea market starts before dawn.  
The early bird catches the worm! It's a walk-able distance.  
Check it out! Call Eriko at the FFSC for more details 252-3604.

Reminder: All SOFA Sponsored (military and civilians) MUST wear a helmet when on a bike, skateboard, scooter or roller blades!

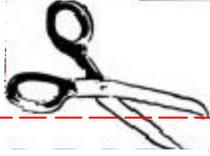
Not sure about something you have read here? Want to take advantage of a service and just too uncomfortable to go alone? You friendly neighborhood Ombudsman is just the person to call! I can refer you to any number of services here on base, and even go with you that first time if you would like. Call me, during the day or if it's an emergency at ANY time. Kimberly: 956-20-8065 or 090-7388-1854.

**Fleet and Family Support Center (FFSC)** – Due to budget constraints, the FFSC has to discontinue the practice of providing free childcare services to class attendees and counseling clients. This includes ICR classes, volunteering, etc. If the budgetary climate improves at any time in the future to the point that this service may be resumed, the FFSC will announce a resumption of this provision. FFSC will continue to assist new arrivals by calling and making necessary reservations for their childcare needs.



~ Shirahama Beach ~  
Weekdays: 0900-1700 Weekends: 0900-1800  
Y400 (over 13 years old), Y250 (7-12 years old)  
~ No Barbecues, Showers Available ~





## Refrigerator Klip-n-Keep Page

### Fingertip Telephone Numbers:

- Family Advocacy 252-3604
- FMAT 252-3623 (after hours) 090-5927-2329
- Hario Housing Trouble Desk 252-8080
- Main Base Housing Trouble Desk 252-3535
- NMCRS - Jessica Grant 252-3366
- BMC/BDC Ombudsman Kimberly Shelton
  - Hm: 956-20-8064/Cell: 090-7388-1854
  - Mon-Fri 9-5 – Emergency 24/7

**\*\*Emergency\*\***

On-Base: 911

Off-Base: 23-9911

Poison Center Hotline  
1-800-222-1222



### DIRECT INWARD DIALING

As of 1200, June 16, the new Sasebo Direct Inward Dialing (DID) is operational.

For dialing in to the base:

**From off base within the Sasebo (0956) area:** dial 50-XXXX

**From off base out of the Sasebo (0956) area or from a cellular:** 0956-50-XXXX

**From out of Japan:** 81-956-50-XXXX

**Base Operator: 50-6111 or 0956-50-6111 from out of the Sasebo area or 81-956-50-6111 from out of Japan**

XXXX = Last 4 digits of your base telephone number.

0956-24-7600 (Second dial tone - dial the base number desired) will remain operational until 1 October to allow personnel time to change business cards and inform callers of the new DID number.

The primary advantages of the new DID are no charges if the final destination number is busy (as with the 24-7600), cellular or home instruments with memory/speed dialing features can be set up for the new DID dialing and off base personnel desiring to send a FAX to a base FAX number can send direct vice dealing with the timing delay created by the 24-7600 second dial tone. Commands with dedicated NTT lines to support FAX receipt from off base can now save money by eliminating these commercial FAX lines.



0956-24-6111 (Sasebo Base Operator) will remain operational until further notice.

# 2004 Hospital Corps Ball



Last minute instructions



Captain and Mrs. Saiku



Captain James and Commander Dodge



Chatting and enjoying the evening



## 2004 Hospital Corps Ball



Commander Ron Dodge introduces Colonel Donald E. Ballard, our wonderful guest speaker for the Hospital Corps' 106th Birthday Ball.



Dancing the night away!

~ ~ **BMC Sasebo Community Service Project - 30 JUN 04** ~ ~

BMC Sasebo pays a visit to Chojuen Nursing Home in Sasebo.  
While there, they also did some yard work and window  
washing for the facility. (Thanks to HM2 Duke for the photos)



Staff poses with honorary residents



LT Megen Miller plays the piano for  
the residents



LTJG Monica Delano sings to the residents

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Mrs. KIMBERLY M. SHELTON  
BRMED/DEN CLINIC Sasebo Ombudsman  
PSC 476 B<sub>O</sub>X 25  
FPO, AP 96322-0025

MPS