



1st Dental Battalion/Naval Dental Center,  
Camp Pendleton

# Newsletter

1<sup>st</sup> Dental Battalion/Naval Dental Center  
P.O. Box 555221  
Camp Pendleton, CA  
92055-5221  
(760) 725-8224

CAPT P. A. Lindauer, Commanding Officer  
CAPT S. R. Peck, Executive Officer  
DT2 T. A. White, Editor

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## Captain's Corner

CAPT P. A. Lindauer, DC, USN  
Commanding Officer



I would like to thank each member of our staff for all the great things you are doing to make our Sailors and Marines healthy. Captain Peck, DTCS Tayag, and myself were on the road to visit each clinic during the quarter. I can tell you that I am impressed with your positive attitude, professional skill, and willingness to “make it happen”.

Every Marine general officer and unit commanding officer that I have spoken to have great things to say about the dental care you provide. Our patients recognize and appreciate your dedication! Please continue to build upon this level of excellence and take it to even greater heights!

As you know, world events are changing by the minute. We must be ready to provide dental care in garrison, aboard ship or in the field. Please make sure you and your family are prepared should some of you be asked to deploy. Ensign Johnson provided a good

predeployment checklist to you via email. We can resend the web link for those of you who missed it. Make plans now!

I salute your professionalism and am proud to serve you! Keep up the great work!

**XO's Corner**

CAPT S. R. PECK, DC, USN  
Executive Officer



*Marines are about the most peculiar breed of human beings I have ever witnessed. They treat their service as if it was some kind of cult, plastering their emblem on almost everything they own, making themselves up to look like insane fanatics with haircuts to ungentlemanly lengths, worshipping their Commandant almost as if he was a god, and making weird animal noises like a band of savages. They'll fight like rabid dogs at the drop of a hat just for the sake of a little action, and are the cockiest SOB's I have ever known. Most have the foulest mouths and drink well beyond man's normal limits, but their high spirits and sense of brotherhood set them apart and, generally speaking, of the United States Marines I've come in contact with, are the most professional soldiers and the finest men I have had the pleasure to meet.*

***An Anonymous Canadian Citizen***

I'm uncertain as to the date of the above quote but I agree with most of the comments. The Marines are indeed a breed apart and I feel privileged to serve beside them. 10 November 2002, marks the 227<sup>th</sup> birthday of the United States Marine Corps. Formal commemoration of the Marine Corps birthday began on 10 November 1921, until that time the birthday of the Corps had been celebrated on another date.

An unidentified newspaper clipping from 1918 refers to the celebration of the 120th birthday of the Marine Corps on 11 July "as usual with no fuss." It is doubtful that there was any real celebration at all. The July date was commemorated between 1798 and 1921 as the birthday of the Corps. On 11 July 1798, President John Adams approved a bill that recreated the Corps, thereby providing the rationale for this day being commemorated as the birthday of the U.S. Marine Corps.

On 21 October 1921, Major McClellan, officer-in-charge, Historical Section, Headquarters Marine Corps, sent a memorandum to Major General Commandant John A. Lejeune suggesting that the original birthday on 10 November 1775 be declared a Marine Corps holiday to be celebrated throughout the Corps. McClellan further suggested that a dinner be held in Washington to commemorate the event. Guests would include prominent men from the Marine Corps, the Army, the Navy, and descendants of the Revolution.

Accordingly, on 1 November 1921 Lejeune issued a Marine Corps Order that summarized the history, mission, and tradition of the Corps and directed that it be read to every command on 10 November each subsequent year in honor of the birthday of the Marine Corps.

On this 227<sup>th</sup> Birthday of the Marine Corps, let's not forget to honor those Marines with whom we serve and let's never lose sight of what we as Navy Dentists and Dental Technicians are here to do: provide for the oral health and well-being of our Marines so that they are ready to carry out their global mission. Happy Birthday Marines.

## **Chaplains Corner**



### **Preparing for Deployment**

*By: Chaplain Ron Rinaldi, USNR*

In light of recent events at Fort Bragg, NC, many people are questioning the effects of deployment and war fighting in reference to the potential for domestic violence. The recent events at the Army based showed commonality only in the fact that each spouse was planning to leave the relationship. It was not an issue of deployment itself.

However, it is clear that deployment brings its own share of stressors to the families of our military personnel. The purpose of the article is to give our military families an understanding of the emotional cycles of deployment and to present some suggestions as to how our military families can prepare themselves for such an event.

The deployment cycle can generally be broken up into three areas: 1) Pre-deployment; 2) Deployment; 3) Reunion.

In the pre-deployment stage, an expectation of separation sets in about six to eight weeks prior to the actual deployment. During this period, it is not unusual for couples to experience feelings of denial, fear, anger, resentment, and hurt. Spouses need to be aware that there may be a high degree of tension during this time. Trying to cram fix-it projects and other unfinished business can place a tremendous amount of pressure on couples in this stage. Financial planning is also a priority for families at this time.

The second characteristic of pre-deployment is the tendency for emotional withdrawal about the week before deployment. Feelings in this area include confusion, ambivalence, anger, and pulling away. At times, it may seem like the couple's marriage is out of control. Intimacy can also be difficult. Yet, some

positive activities to assist couples at this stage include talking, sharing, and reunion planning. It is also not unusual for fights between couples to take place in this period.

In the deployment stage, there is normally an onset of emotional confusion that can last one to six weeks after departure. Feelings of abandonment, loss, emptiness, pain, and disorganization are often apparent. The spouse at home may experience periods of crying, loss of sleep, loss of appetite, and an unusual need to stay busy. If this continues to progress, it can create difficulties for the Active Duty spouse on deployment.

After the spouse overcomes the emotional confusion period, a time of adjustment or recovery and stabilization sets in. New family patterns are established and the spouse or family settles in a new routine. Successful experiences at this time lead to greater self-confidence. There is hope, calmness, less anger, and some loneliness during this time. It becomes a good period of self-growth for the spouse.

Around six to eight weeks prior to the homecoming, an expectation of reunion sets in. Spouses begin to feel apprehension, excitement, high expectations, worry, and fear. There is a concern for how the homecoming spouse will affect the marriage and children. Some activities like planning the homecoming, cleaning, and dieting are frequent at this time.

At the time of reunion, feelings of euphoria and the blur of excitement last until the first argument between the couple. It is generally a time of re-acquaintance, talking, reestablishing intimacy, and readjusting.

Noting readjustment, this process continues for about six to eight weeks following the homecoming. The experiences of discomfort, role confusion, and satisfaction lead to renegotiating relationships, redefining roles, and finally settling in. New routines have been

established for the couple and the sense of family is restored.

Of course there can be variations to this cycle but it is certain that most families can find themselves in this pattern somewhere along the way. Some steps that might help in this process include:

- Make a family deployment plan by developing a chart of family responsibilities and discuss how these will be met during deployment.
- Keep children active. Try to keep them in their routines, including sports, hobbies, scouting, etc.
- Share chores if there are children in a family.
- Make a deployment map and calendar.
- Plan special outings for the children or spouse prior to deployment. A family day or weekend getaway is very fitting here.
- SEEK HELP. Some spouses and children handle deployments better than others. Signs of excessive anger or withdrawal on the part of children or lingering difficulties in one of the deployment stages described previously may indicate that it's time to seek support.

Assistance is readily available through the command's Key Volunteer Network, MCCS Life Skills Management (760) 725-6636, Military Parish Visitors (858) 792-2205, or the Chaplain's Office (760) 763-0191. All of the aforementioned areas of assistance stand by to support 1<sup>st</sup> Dental Battalion families in times of separation.

Deployments can place unusual hardships on families at times.

However, by families taking preparation steps and seeking assistance, the road to adjustment and reunion can be made smoother.

## Command Sports Day

1st Dental Battalion's annual Sports Day event was held 16 Aug 02 at Lake O'Neil. This was the setting that became the benchmark for command athletic competition and celebration. CAPT Altaras from 13 Area Dental Clinic made opening remarks and started the day's festivities.

The sports competition schedule was as carefully coordinated by DT2 Barraza, HQ Admin. The sports events included Basketball, Volleyball, Softball, Three-legged race, Chili Contest, Wheelbarrow races and Tug O' War. Competition was tough throughout the day, when all points were tallied the awards went to Miramar for 1st place, 2nd place went to Camp Pendleton and HQ Admin coming in 3rd.

The food committee was headed by DT1 Emata, 13 Area Dental Clinic, Lab. The committee went to great lengths to deliver a wide variety of ethnic and traditional picnic foods for everyone to enjoy. The food committee received many accolades for what is said to have been the best food selection so far. "The food served was delicious," said Ms. Robin Kirby.

The events were to be enjoyed by all as children had the Astro jump and ponies to keep their attention. DN Wilson, SOI Dental Clinic, volunteered to assist the kids with the pony rides. "I really enjoyed watching the children having fun," said DN Wilson.

The event was a wonderful opportunity for command members to see fellow shipmates from all over and brought the entire command together for friendly competition. "I had fun seeing old friends", DT3 Council, BDC Horno.

**Congratulations Miramar, the challenge is on, who will take next year's prize?**



*"A Senior moment"*



*Kids must have fun too!*



*Headquarters support!*



*Without chefs there wouldn't be any food!*



*CAPT Altaras started the days events.*



*Chicken anyone?*



*What is Jeopardy?*



*Tug of War strength.*



*3-legged teamwork*

### **Camp Pendleton**

*By: DT2 White, USN, LPO, 13 ADC*

4<sup>th</sup> Quarter for 13 Area Dental Clinic had many rewards. There was an increase of greenside enlisted FMF qualification. For 13 Area Dental Clinic, 18 out of 18 are FMF qualified.

LCDR Korsnes was awarded an End of Tour Navy and Marine Corps Achievement Medal (2<sup>nd</sup> Award) for her services performed during her tour.

CAPT King was awarded a Meritorious Service Medal.

DT3 Brown awarded Junior Shore Sailor of the Quarter for 3<sup>rd</sup> quarter and Mrs. Ashe was awarded Civilian of the Semester.

CAPT Depner was awarded an End of Tour Navy and Marine Corps Commendation Medal (2<sup>nd</sup>) award and DTC Thervil was awarded a Navy and Marine Corps Commendation Medal.

### ***Hail and Farewells***

Hail:  
CAPT King  
DA Wesche

Fair winds and following seas to:  
DTCS Atienza  
DN Pfeiffer  
LCDR Korsnes

Last and certainly not least, thank you for the hardwork and dedication of our RDH and Propthy techs. Through their combined efforts 13 ADC has improved their Dental Health Index from a yucky 27.64% to 35.22%. Way to go, keep charging and thank you.



*LCDR Korsnes awarded Navy and Marine Corps Achievement Medal (2<sup>nd</sup> Award)*



*DTC Thervil awarded Navy and Marine Corps Commendation Medal*



*CAPT Depner was awarded Navy and Marine Corps Commendation Medal (2<sup>nd</sup> award)*



*CAPT King was awarded End of Tour award of Meritorious Service Medal from NDC Southwest.*

The AEGD (Advanced Education for General Dentistry) class of 2002 graduated on Friday, 30 Aug at 13 ADC. CAPT Lindauer, CO, the guest speaker, gave an inspirational speech. He challenged the graduates to provide quality dentistry and challenged the mentors to assist him in retaining junior dentists in the Navy. LT Hughes was selected by the residents to speak on their behalf. She spoke about the value of the program and thanked the staff for their support. The graduation was followed by a reception for the residents, guests and staff. The graduates and their current assignments are as follows:

LT Janeen Hughes, DC, USNR - Chappo Dental Clinic

- LT Brian Hutto, DC, USNR - Chappo Dental Clinic
- LT Robert Miner, DC, USNR - Chappo Dental Clinic
- LT Bao Nguyen, DC, USNR - Las Flores Dental Clinic
- LT Alexander Royzenblat, DC, USNR - Horno Dental Clinic
- LT Gregory Skeens, DC, USNR - 13th MEU
- LT Hien Trinh, DC, USNR - 15th MEU
- LT Norman Urquhart, DC, USNR - Horno Dental Clinic

Congratulations to the class of 2002 and welcome aboard to the class of 2003! The class of 2003 started their program on 4 September.

**Edson Range**

*By: DT3 Torres, USN, LPO Edson Range*

Edson Range has had lots of changes this last quarter starting with a change of Clinic Directors. LCDR Guerra replaced LCDR Agi; LCDR Agi left us for Margarita. Welcome aboard LCDR Guerra!

A special thank you to LCDR Agi for everything, and CONGRATULATIONS on your acceptance into the Orthodontic Program! No one deserves it more.

Congratulations DN Garcia for receiving your FMF Warfare pin!

DN Boston left us early September to check in at Transient Personnel Unit at 32nd Street San Diego. His replacement is DR Arreaga. She comes to us fresh out of "A" school. Welcome aboard DR Arreaga.

**San Onofre Clinic**

*By: DT2 Smith, USN, LPO, SOI Clinic*

Welcome aboard San Onofre Dental Clinic  
to: DN Lee reporting from Del Mar  
LCDR Hatt reporting from  
Bethesda, MD  
CDR Dembinski as **Clinic Director**  
reporting from Las Pulgas



DNWilson and DN Gubser held a fundraiser garage sale Saturday 17 Aug 02 at the Main Exchange.

Award Ceremony- 14 Aug 02  
Good Conduct Award (4<sup>th</sup> award) –  
DT2 Smith  
DT3 (SW) Kraikoom was awarded a Navy and Marine Corps Achievement Medal (3rd award)  
Civilian of the Year – Ms Rivera

Retirement Ceremony for CAPT(Sel)  
Alice Moran was a great success at the San Onofre Beach Club. She retired on Friday, Sept 20, 2002 at 1100.

Farewell and Good Luck to DT3(SW) Kraikoom who is on her way to Guam, she will be stationed aboard the U.S.S. Frank Cable. She will be greatly missed at SOI.

**Miramar Dental Clinic**

The following awards were presented:

Navy and Marine Corps Achievement Medal: DT3 Garcia

Navy and Marine Corps Commendation Medal: CAPT Leary; LCDR Davidson; DT2 Rossi

Meritorious Service Medal:  
CAPT Cherry

Re-enlistments: DT3 Balcazar; DT3 Harris

Hail and Farewells:

Welcome:  
DT3 Aguilar from NDC SW  
DT2 Jackson-Cathey from NDC SW  
LT Zielinski from NDC SW  
CDR Scanlon from USS STENNIS  
LCDR Bloom from USS CORONADO  
DT2 Rossi from NDC Bethesda  
DN Gomez from 3d DenBn  
LT Avillo from USS COMSTOCK  
LT Grunwald from NDC SW  
DT2 Desilva from USS ASHLAND

Farewell:  
DTC Cal transferred to NDC SW  
LCDR Davidson transferred to 2<sup>nd</sup> DenCo  
DT3 Hernandez transferred to NDC Great Lakes  
DT3 Johnson transferred to NDC Camp Pendleton  
And last but certainly not least

LCDR Tran was promoted to CDR.

## 29 Palms Dental Clinic

For the last few months we've experienced a dramatic transition of personnel, but somehow managed to stay "afloat" and now seem to be headed for calmer waters. CDR Hunt our former Company Commander departed in July for new challenges at Marine Corps Recruit Depot. CDR Camaisa assumed the helm reporting aboard from Camp Pendleton.

Our Sailor's continue to "outshine" the sun. As a company we collectively increased our overall raw advancement test score from last cycle by 5%. DTC Benedict and DT2 Nuno studied hard and earned their FMF Pin's. DT2 Hernandez was selected as MAGTFTC 29 Palms SSOQ. Congratulations to DTC Benedict on her advancement selection to Chief Petty Officer.

The following personnel volunteered to support these OPTEMPO Exercises:

DN Glenn - Mountain Warfare Training  
DN Holcomb - Mountain Warfare Training  
DT3 Conner - Desert Fire Exercise  
DTC Shamp - MAP Training  
DN Centeno - MAP Training  
DN Apodaca - MAP Training  
LT Schnieder - MAP Training

We'd also like to welcome precious new additions to our family:

Christopher Nuno born 1 July 2002  
Alissa Portillo born 11 May 2002  
Isis Taylor born 2 May 2002

Departing Sailors:

CDR Hunt – MCRD  
CDR Gearhardt - Charleston  
CDR Kissinger - Kings Bay

Arriving:

CDR Camaisa - Camp Pendleton  
CDR Luepke - Great Lakes  
LCDR Sumner - O.S. Residency San Antonio  
DT3 Sergent - Norfolk  
LCDR Bosworth - Bethesda  
DT3 Campbell - Parris Island  
LT Stich - NAVHOSP Portsmouth  
LT Schneider - Jacksonville  
DN Godinez - Great Lakes

Supporting "Tip of the Spear", LCDR Christopher and DN Klahn recently returned from MSSG-13.

For those of you who have not visited 29 Palms, come out and enjoy the beauty of our desert. Visit Joshua Tree National Park, one of the most popular rock climbing areas in the world. Concentrated within about 100,000 acres of parkland are more than 4,500 established routes. Each year, more than one million people visit Joshua Tree National Park. They enjoy rock climbing, backpacking, biking, and camping. With its mild winter climate, interesting rock formations, plants, animals and wildlife, Joshua Tree National Park has a lot to offer nature lovers. Take the challenge; see if you have what it takes to enjoy the desert!!!



*Personnel Inspection, 29 Palms*



*CDR Camaisa was awarded a Navy and Marine Corps Commendation Medal*



*DN Freeman was awarded the Apprenticeship Certification*

### **News From MCAS Yuma Dental Clinic**

*By: CAPT Haney, DC, USN, Yuma Dental OIC*

Summer brought some relief to the Yuma Dental Clinic in every sense but the weather: new lieutenants; new scrubs; new carpeting and a new Director (there may be some dispute regarding the term “relief” associated with the latter!). Lieutenants **Brett Mangum** and **Rob Matthews** jumped the mountains in search of warmer weather. Brett came from San Diego and Chappo Clinic’s loss was definitely Yuma’s gain in Rob’s case. **LT Mark Glasgow** is fresh from a GPR at Bethesda. Along with the seasoned crew here and Old Salt of the group, **LT Bobby Carmen**, the constant high energy they exhibit pushes the Clinic Director, **CAPT Haney**, into Flank Speed efforts to stay a step ahead (and more than a few new gray hairs!). Thankfully, **DT1 Neil Schneider’s** superlative leadership skills as

long term acting Leading Chief hold it all together. With an almost full staff (the burritos are great over here!) and plenty of sweat (119 degrees one day last week) we have had previously unsurpassed successes, and a lot of fun as a team.

All hours here at Yuma we hear “The Sound of Freedom” overhead and, as always, our main focus has been the health of our deploying squadrons. One large command received a 45-day notice for a full unit embarkation, so we have literally been working overtime to get them prepared. We are all extremely proud of the fact that their Dental Health Index has gone from 42% to 96% over that period and will be at 100% when they leave. We believe, however, that Marines are never fully combat-ready unless their families are well looked after while they are away. Operating under the principle that, “. . .if it concerns the teeth, it is *our* business,” the entire Yuma Dental staff has participated in every conceivable activity to promote awareness and enrollment in the United Concordia Dental Insurance Plan. Tables at family day picnics, base orientations, newspaper articles and even Wives’ Clubs meeting discussions have yielded a heavy increase in enrollees.

Increased manning yields increased clinic traffic and the one-two punch of **DN Cerrillo** and **DT1 Shover** at our front desk has insured a smooth, seemingly uninterrupted flow of patient traffic through our (newly-carpeted) quarterdeck. DN Cerrillo has been seen adeptly answering the phone (150+ calls per day) while simultaneously pulling up a patient on the computer, writing out an appointment chit, and pulling a chart for someone else! We’re sure that if Mainside Clinic had known of DT1 Shover’s expertise and adeptness at DENCAS data matters, they never would have loaned her to help us out. She often

cheerfully works late into the evening to get the stacks of charts entered and back onto the shelf, only to have to do it again the next day! We'll gratefully accept assistance from any other highly motivated techs who want to have fun!

Frustrated with the seemingly continual flow of sick call injuries resulting from sports and liberty injuries, all hands have thrown themselves into yet another aggressive project: providing custom mouthguards for each and every patient on the air station. We feel this will yield huge dividends as the Marines become more and more involved in the Commandant of the Marine Corps-mandated "Tan Belt" training. Under the tight leadership of the project manager, **DN James Ray**, all DTs are trained to fabricate mouthguards and instruct patients in the benefits of their use. On selected mornings before scheduled clinic, a production line is activated for previously-arranged groups of Marines. All constituent COs have made their use mandatory for the close combat training.

It's just a shame that we didn't have some sort of preventive measure in place when DN Alpaló Miller, our candidate for NBA greatness, blew his playing career (and his ACL) going up for a rebound! His forced exit from our clinic 2-on-2 B-ball tournament allowed DT1 Schneider and DN Ray to steal the championship from **DNs Fernando Abundis** and **Cesar Othon**. Also notable in the heated (it was outside!) competition were the scrambling efforts of **DT3 Francisco Soliz** and **DN Elizabeth Ybarra** ("scrambling" being the operative word!).

Yuma is approaching the point where we can examine a patient and immediately book for prosthodontics, thanks to the efforts of DT1 Rene "Sneaky" Mendoza, the fastest

waxer in the Fleet. Two-day turnaround is now the norm for single crowns. What a novel concept! You can imagine the surprise on the patients' faces who have been moved from base to base, being told they don't have enough time left..... We have missed the services of **DT3 Wilfred Flores** while he has been TDY to Bridgeport this past month. The fact that he called and requested an extension leads us to believe that it must be a mite cooler than here...in fact, come to think of it, DN Othon did *two* voluntary tours up there! Some hardship duty!!

Saving one of the best until last, we have to extol the hard work and rapidly-developing expertise of **Jose Rodriguez**. "Only" a DN, he's undertaken a huge responsibility and is more than ably filling big shoes as the "Keeper of the Card," the Supply PO for YumaDent. Every time Mr. Monarez and his crew offer more money, "Rod" is ready and waiting with a list for signature which has not only kept us in masks & gloves, but moved us into the 21<sup>st</sup> century in our abilities to deliver new and necessary services to our warfighters. BZ, sailor!

Combine all of these efforts together, and you have one very busy clinic. Desiring to have the look of the sharp crew that we are, in addition to the new carpet we have upgraded the look of the Staff, as well. We have donned new SHORT sleeve NAVY BLUE scrubs. It's remarkable that someone finally realized long sleeves and "The Hottest Little Clinic in Arizona," don't go hand in hand. This is YumaDent where, "if you're not having fun, you're doing it wrong!" Out.



" At oh-dark-thirty DN Abundis prepares a mouthguard for a Yuma Marine."

**Camp Pendleton participates in Save the Bay Event**

On September 21, 2002 various members of 1st Den Bn participated in the 2002 San Diego County Beach clean up day. There were many different teams representing organizations throughout San Diego County. Many members walked away with a great sense of satisfaction that they had done something worthwhile for their community. At the end of the morning when all was done, thanks to the effort of our command members and their children, we walked away as one of the top five teams. The following members participated:

- DT3 Valdez – Team Leader
- DT2 Wilson and sons
- DT2 White and daughter
- DT3 Watkins
- DT3 Brown
- DT3 Gadingan
- DT3 K Jackson and daughter
- DT3 Hauser
- DN McLaughlin
- DN Henson
- DN Arindunque and wife
- DN Clark
- DA Wesche
- LCPL Molina

**Fellowship Award**

By: DT2 T. White, USN, 13 ADC LPO



The Academy of General Dentistry (AGD) presented CDR Elsa Bettiina “E.B.” Dembinski, DDS, with the prestigious Fellowship award in a Convocation ceremony held during the Academy’s Annual Meeting on July 6 in Honolulu.

The Fellowship award is a great honor for the members of the Academy of General Dentistry. Fellowship is earned through completion of 500 hours of continuing dental education, a comprehensive written exam and five years of continuous membership in the AGD. The award symbolized excellence in the dental profession and a commitment to providing excellent patient care. To date, 12,600 dentist have been awarded Fellowship honors.

Congratulations CDR Dembinski on your achievement.

**DEPMED IN THE SPOTLIGHT**

**Life in the Navy as a Ships Servicemen (SH)**

By: SH2 Fondevilla, USN

Many times being over at building 2621 and possessing a rate of SH, jobs go unnoticed. I thought I would take this

opportunity to elaborate on the SH rating and my experiences in the Navy.

Life in the Navy started out for me on the Delayed Entry Program where I entered in 1995. In July of 1996 I attended boot camp in Great Lakes, IL, where I was lucky enough to be put in the 900 division and also to attend during the less brutal months of the year, avoiding the dreaded winter. 900 division was considered a Staff division where we participated as one of the Honor Guards, performing four times during the duration of boot camp for graduating divisions pass and review ceremonies.

Upon graduation from boot camp, the Navy sent me to Meridian, Mississippi for “A” school, where as a new Sailor everything was foreign to me. “A” school was 4 weeks long where we learned the basic needs for our rating such as: how to operate laundry machines, presses, ship’s store, vending machines, storerooms, and how to keep and fill out all records and forms. We were also taught the fine details of merchandise inventory for accountability of command equipment. I graduated with a 99.6% average in the top 3<sup>rd</sup> of my class.

My first duty station took me to the USS SULLIVAN, DDG 68, in Bath, Maine November 1996. The ship was still in the building process so I reported as part of the Pre-Commissioning Unit (PCU) crew. It was a great experience being one of very a few sailors to commission the first ship built to accommodate women Sailors. The USS SULLIVAN is an Arleigh Burke class destroyer with about 320 personnel on board. It was named after the five Sullivan brothers that were stationed aboard the USS JUNEAU when it sank during “The Battle of Guadalcanal”. The Sullivan brothers died protecting our freedom.

The USS SULLIVAN was commissioned by Mayor Guilliani on 19 April 1997 in New York beside a pier named after the Sullivan brothers. The ship welcomed approximately

35,000 visitors that day and then moved homeports to Mayport, Florida.

As an SH, I started as a Seaman Recruit, doing laundry and the bulk storeroom. This included all the jobs no one else wanted to do. When I made Third Class Petty Officer, I was moved to the ships store, vending machines and the soda storeroom, but still doing all those jobs no one else wanted to do. I was frocked to Second Class Petty Officer in December 1999. After being in the service for only 2 years and 5 months and being a SH2, I was considered by my seniors as being an asset to the Navy. I was then moved on the ship once again to be the ship’s Barber, Cash Collection Agent and the Division Supervisor.

My tour onboard the USS SULLIVAN was great. I accomplished many goals such as being the supply Sailor of the Quarter 3 times, completing all my ratings Personnel Qualifications Standards (PQS), becoming Hands on Qualified for advanced shipboard fire fighting and damage control, and I became the second scene leader of three in charge of the fire fighters on board, both in port and underway (a job usually assigned to a Damage Control Specialist, DC, or a Hull Technician, HT). During General Quarters, I was one of four investigators for the repair 5, which deals with the main engine room’s casualties. I also received qualifications for Flight Quarters, Messenger of the Watch (MOOW), Engineering Watch (in port), Petty Officer of the Watch (POOW), Officer of the deck (OOD), Duty Supply Officer, Duty Master at Arms, and Urinalysis Coordinator. I also received qualifications for the 9MM, 12 Gauge shot gun, M 60, M 14, and the Visit Boarding Search and Seizure (VBSS) team. I also received my enlisted Surface Warfare Specialist (ESWS) pin. The ship was underway for approx. 8 months in a year. During our time in port, I was fortunate enough to participate in the ships community and Adopt-a-School

program. I did this for 3 of my 5 years on board USS SULLIVAN.

As a sailor in the US Navy I have also had the opportunity to do what every sailor usually does, travel. I have been to many places within the US along with visits to Puerto Rico, Bahamas, Bahrain, Kuwait, Spain, Greece, Italy, Israel, and South Africa. This was an enlightening experience, however it did have its down side. The largest was the fear of being a target for terrorists. Our sister ship was the USS COLE, DDG 67. My ship was found to be the first intended target but failed. When living aboard a ship we are working around the clock with many other people. The mental and physical stress, along with the personal problems of many shipmates can sometimes take a toll.

Today I am stationed with Naval Dental Center's Supply Department. I am the command Equipment Manager. Once again doing the jobs that no one else wants to do, hoping to make First Class Petty Officer.

**29 Palms Key Volunteers**

*By Judi Luepke*

29 Palms welcomes two new Key Volunteers, Rhiza Camaisa and Judi Luepke. They will join Claire Holcomb in assisting the commander with a variety of family readiness objectives. All three spouses have attended an eight hour Key Volunteer basic course to better help the families of the 23<sup>rd</sup> Dental Company. They can assist as a communications link between the command and the families or provide information and referral services. These ladies volunteer their time to build a community atmosphere within the unit. Plans are underway for a 23<sup>rd</sup> Dental Company Family Newsletter as well as clinic family gatherings. Please feel free to contact them if needed: Rhiza Camaisa,

760-362-4446; Claire Holcomb, 760-368-2058; Judi Luepke, 760-361-8818.

**Key Volunteer Corner**

*By LCDR Jenkins*

The command would like to welcome the Miramar Key Volunteers to the command: Mrs. Mistele Bloom, Miramar's Key Volunteer Coordinator; and, Mrs. Marcella Rodriguez, Miramar's Key Volunteer. On 25 September, the Commanding Officer, CAPT Lindauer, recognized our 29 Palms' Key Volunteers with a luncheon at the 29 Palms O'club. In attendance were Mrs. Rhiza Camaisa; Mrs. Claire Holcomb; Mrs. Luepke; the Battalion Family Readiness officer and Executive Officer, CAPT Peck; the 29 Palms Family Readiness Officer, CDR Camaisa; and, the Command Senior Chief, DTCS Tayag.

**OPERATION ENDURING FREEDOM  
For Family Members  
by the Marine Expeditionary Force  
(MEF) Public Affairs Officer (PAO)**

The following paragraph has been approved by the MEF Public Affairs Office and MEF Chief of Staff for release to families:

**In the coming months, I MEF will deploy select forces to the US Central Command area of operations in support of Operation ENDURING FREEDOM and the Global War on Terrorism. As many are already aware, we make routine deployments to this region often and remain trained and equipped for this assignment. We cannot, unfortunately, discuss the specific location or dates of this deployment until the Department of Defense has made the information public. The deployment will continue until we are ordered to return home. If this**

deployment should become prolonged, a rotation of personnel will certainly be considered. If anyone from the media contacts you, please refer them to the Camp Pendleton Public Affairs Office at (760) 725-5043/5044. Thank you.

### Basketball Dreams

1<sup>st</sup> DenBn put together a basketball team for the CG tournament.

Team members:

Manager: DT2 Barraza  
Coach: DTC Leano  
Asst. Coaches: DT2 Blanche  
LT Miner  
LT Strelman

- #3 DT2 Blanche
- #5 DT3 Watts
- #6 LT Miner
- #7 SH3 Johnson
- #8 DT3 Catacutan
- #9 DN Baylon
- #11 DN Curry
- #12 DT2 Angevine
- #13 DN Boston
- #20 DT2 Barrameda
- #22 SK2 Patton
- #33 DN Pfeiffer
- #34 LT Strelman
- #42 DN Collins (NHCP)

### Deployed on the MEU



*LT Skeens, DT2 Graham and DT3 Calzada*



*LT Trinh, DT3 Johnson and DT3 Arteaga*



*LT Nguyen, DT2 Horne and DN Tablang*



*LT Nguyen and DN Tablang hard at work!*

## FMF Warfare Pin Qualifiers



### Jul – Sep 2002 Qualifiers

DN(FMF) McLaughlin	1 <sup>st</sup> DenCo
DN(FMF) Noack	1 <sup>st</sup> DenCo
DN(FMF) Arindunque	1 <sup>st</sup> DenCo
DN(FMF) Lopez	1 <sup>st</sup> DenCo
DT2(FMF) Hollaway	1 <sup>st</sup> DenCo
DT3(FMF) Hauser	1 <sup>st</sup> DenCo
DT3(FMF) Huynh	1 <sup>st</sup> DenCo
DT3(FMF) Delos Santos	1 <sup>st</sup> DenCo
DT3(FMF) Arteaga	1 <sup>st</sup> DenCo
DT3(FMF) Ellison	1 <sup>st</sup> DenCo
DN (FMF) Pannighetti	1 <sup>st</sup> DenCo
DN(FMF) Sagun	1 <sup>st</sup> DenCo
DN(FMF) Miller	1 <sup>st</sup> DenCo
DT2(FMF) Angevine	1 <sup>st</sup> DenCo
DT2(FMF) Jenkins	1 <sup>st</sup> DenCo
DT2(FMF) May	1 <sup>st</sup> DenCo
DT2(FMF) Smith	1 <sup>st</sup> DenCo
DT3(FMF) Watford	23 <sup>rd</sup> DenCo
DTC(FMF) Shamp	23 <sup>rd</sup> DenCo

## **Bravo Zulus!**

**Congratulations to:**

**DTC C. Cain  
DTC D. Benedict  
LNC J. Carrasco**



**on their selection to Chief!**



*DT2(FMF) David R. Cousins, USN, was selected by the Marine Corps Association and awarded the Thomas A. Christensen Jr. Dentalman, United States Navy Memorial award in recognition of superior contribution to the Fleet Marine Force on 13 September 2002.*



*DT2 Jenkins re-enlisted  
2 Aug 02*



*DT3 Guerrero re-enlisted  
19 Jul 02*



*DT3(FMF) Balcazar re-enlisted  
2 Aug 02*



*DT3 Harris re-enlisted  
9 Aug 02*

# Happy Birthday!

## July Birthdays

LCDR CHRISTOPHER	2 <sup>nd</sup>
DN STEVENS	2 <sup>nd</sup>
LCDR JENKINS	2 <sup>nd</sup>
DTC WALTERS	3 <sup>rd</sup>
DN CUEVAS	3 <sup>rd</sup>
DN GREEK	3 <sup>rd</sup>
LT DEMARK	5 <sup>th</sup>
LT ADCOOK	6 <sup>th</sup>
LT CHAO	6 <sup>th</sup>
DT1 EMATA	9 <sup>th</sup>
ENS JOHNSON	9 <sup>th</sup>
DN TABLADA	10 <sup>th</sup>
LTJG KUSH	12 <sup>th</sup>
DT3 CAMPBELL	14 <sup>th</sup>
DT3 MALOLES	14 <sup>th</sup>
DN LOPEZ	14 <sup>th</sup>
DT3 MCKINNIE	15 <sup>th</sup>
DT3 WATFORD	16 <sup>th</sup>
CDR HICKEY	22 <sup>nd</sup>
LCDR WILLIAMS	18 <sup>th</sup>
LT WAGNER	19 <sup>th</sup>
DT2 GRAHAM	20 <sup>th</sup>
DT3 VILLAREAL	21 <sup>st</sup>
DT2 LITTLE	22 <sup>nd</sup>
DN PATTERSON	22 <sup>nd</sup>
DT1 SLATON	25 <sup>th</sup>
LT MINER	27 <sup>th</sup>
DN HOLCOMB	28 <sup>th</sup>
DT3 TORRES	28 <sup>th</sup>
DT1 HORNE	30 <sup>th</sup>
DN BRESSLER	30 <sup>th</sup>
DN MCLAUGHLIN	15 <sup>th</sup>
DN STIRLING	18 <sup>th</sup>
CAPT ARROW	29 <sup>th</sup>
MS. EWER	30 <sup>th</sup>

## Aug Birthdays

DT2 WHITE	1 <sup>st</sup>
DN NOACK	1 <sup>st</sup>
LT HUTTO	1 <sup>st</sup>
DTCS TAYAG	1 <sup>st</sup>
MRS. SANDS	1 <sup>st</sup>
DA MILLER	1 <sup>st</sup>
DT2 MASON	2 <sup>nd</sup>
DN CURRY	2 <sup>nd</sup>
DN CARTER	2 <sup>nd</sup>

CAPT DUGGER 3<sup>rd</sup>  
CAPT PECK 3<sup>rd</sup>  
DT3 THACH 4<sup>th</sup>  
DT3 BROWN 7<sup>th</sup>  
DT3 CLARK 8<sup>th</sup>  
DT3 MCCOY 8<sup>th</sup>  
LT BAUM 8<sup>th</sup>  
DN GANDY 9<sup>th</sup>  
CAPT JOHNSON 11<sup>th</sup>  
CAPT ALTARAS 14<sup>th</sup>  
DTC LEANO 15<sup>th</sup>  
DT1 SHOVER 17<sup>th</sup>  
DN WILSON 18<sup>th</sup>  
DTC AMANSEC 18<sup>th</sup>  
CAPT INNES 21<sup>st</sup>  
MRS. GENET 23<sup>rd</sup>  
CDR DEMBINSKI 27<sup>th</sup>  
DT3 TAYLOR 19<sup>th</sup>  
LT HUGHES 21<sup>st</sup>  
DT3 RUIZ 23<sup>rd</sup>  
DT2 WYATT 25<sup>th</sup>  
DN MILLER 26<sup>th</sup>  
DT2 ANGEVINE 29<sup>th</sup>  
DN CARREL 30<sup>th</sup>  
DN ZUNI 31<sup>st</sup>  
CAPT LINDAUER 31<sup>st</sup>

**Sep Birthdays**

DT2 JENKINS 2<sup>nd</sup>  
MS WIELMHOLT 3<sup>rd</sup>  
DT3 MANN 3<sup>rd</sup>  
DT3 JACKSON 7<sup>th</sup>  
DT3 DAVIS 8<sup>TH</sup>  
DN TABLANG 8<sup>TH</sup>  
DN SMITH 9<sup>th</sup>  
DT3 WATKINS 12<sup>th</sup>  
LT OLSEN 12<sup>th</sup>  
LT SKEENS 13<sup>th</sup>  
DT3 GUZMAN 14<sup>th</sup>  
DT1 RAMIREZ 15<sup>th</sup>  
DT3 GARCIA 19<sup>th</sup>  
DT1 MENDOZA 20<sup>th</sup>  
DT3 HERNANDEZ 20<sup>th</sup>  
MS COSME 22<sup>nd</sup>  
DT2 KELLY 23<sup>rd</sup>  
DN LOPEZ 24<sup>th</sup>  
DN MERCADO 24<sup>th</sup>  
DT3 PRINGLE 26<sup>th</sup>  
DT3 MANCIA 27<sup>th</sup>

DT3 FLORES 27<sup>th</sup>  
DTC VIRAY 27<sup>th</sup>  
CDR TRAN 28<sup>th</sup>  
DT2 GRAHAM 29<sup>th</sup>  
LT SHAFIE 30<sup>th</sup>  
LT RASMUSSEN 30<sup>th</sup>  
DT3 WILHELMY 30<sup>th</sup>  
DN GOODEN 30<sup>th</sup>

**Special Deliveries**

Congratulations to the following births during the quarter:

*Ian born to the Shafie family on 18 Sep 02.*

*Cale born to Cuenca family on 7 Sep 02, 7lbs 10 oz.*

*Drake born to DT1 and DT2 Horne on 1 Sep 02, 7lbs 3 oz.*

*Miles born to Yvonne Brown on 17 Sep 02, 7 lbs 3 oz.*

*Tyler born to Shell family on 18 Jul 02*