

1st Dental Battalion/Naval Dental Center,
Camp Pendleton



Newsletter

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Our prayers go out to our shipmates deployed for your safe return.



This issue is dedicated to our shipmates forward deployed and their families here at home.

Captain's Corner

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



Message from Kuwait:
To all at Camp Pendleton, I have seen all of our people

except for those at CSSC-133 and CSSC-134 who are at airfields away from our Camps. I can tell you that your loved ones are doing great things to help keep our Marines and Sailors healthy. There are plenty of teeth to fix. Those with the surgical companies are doing training with Medical.

You can be very proud of what our people are doing!!

This area is pretty desolate - sand, sand, and more sand. With the exception of a few weeds here and there, there is no vegetation. It's a classic "Laurence of Arabia" picture. Morning temperatures when we get up can be in the upper 30's to low 40's. During the afternoon the temperature is in the upper 70's. It starts getting dark here about 6 pm and gets light around 6 am. Winds can pick up at any time and blow sand everywhere.

On our way to see the CSSC-151 staff, there were several herds of camels - about 150-200 camels in each herd. It looked like nomads were herding them. They had 4WD SUVs that they were riding in. I saw one snow white camel - the others all had light brown fur. We are living in tents and have our clinics set up in tents as well. It's hard to communicate and we are trying to send out emails to you from your family members. A few outlying camps have email but

most do not . At some point, we expect email to be shut down. Until that happens, we will do our best to pass messages back and forth to you. We all appreciate your support, prayers and thank-you for making the sacrifices at home to keep things going while we are out here.



XO's Corner

CAPT S. R. PECK, DC, USN

The Meaning of Sacrifice

Very early in every military member's career the word "sacrifice" is bantered about. For a Dental Officer, the first time often is in dental school when classmates question why you would want to enter the military rather than start a lucrative civilian practice. For a Dental Technician, leaving the comforts of home to attend boot camp and "A" School are often the first exposure to military sacrifice. Then as you complete your first years of

active duty service and are required to uproot yourself and move to a new duty station you are further educated on the meaning of the sacrifice your military career requires.

We, however, now are learning that what we often define as the sacrifices of being a Navy dentist or Dental Technician - accepting a lower salary in return for a steady and reliable U.S. Navy paycheck and forced moves to new locations - do not truly fit the definition. They are simply the outcomes of the choice we made when we entered the Navy. The definition of sacrifice is to give up something important or valued in exchange for something else that is considered more important or valued.

As I write this today, 74 of our shipmates are spending their days and nights in the Kuwaiti desert in support of the U.S. Marines in Operation Enduring Freedom. When you attempt to define the word sacrifice in military terms look no further. Yet I can also tell you that the vast majority of the officers and enlisted who have deployed to Kuwait volunteered for the assignment.

Sacrifice is not limited to our active duty members; it can also be found among our spouses and family members. You do not have to wear the uniform to serve our country. While

civilian spouses get married and look forward to putting down family roots, military spouses get married and know their roots must be short so they can be transplanted frequently. Civilian spouses get used to saying hello to friends they see all the time. Military spouses get used to saying goodbye to friends they have made during the past two years. Civilian spouses can count on spouse participation in special events such as birthdays, anniversaries, graduation, and even the birth of a child. Military spouses must rely on their support networks when their husbands or wives deploy. Military spouses pay just as high a price for freedom as do their active duty husbands or wives.

I want to say thank you to all our military spouses and family members for the sacrifices they make each day. In particular, I want to thank our Key Volunteers for providing an outstanding support network for the spouses and family members of our deployed personnel. Many of our Key Volunteers are serving triple duty---they are working full or part time, taking care of a household while their spouse is deployed and serving in the important role of a Key Volunteer.

All of us in the military have taken an oath to support and defend the Constitution of the United States, an oath of sacrifice. Many Americans have paid dearly for this oath.

Thanks to all of you for your sacrifices to our country. May we all pray for the safe return of our deployed shipmates and the Marines whom we serve.

Chaplains Corner

By: *LT Rinaldi, USN*

Domestic Violence and Family Advocacy Program

Domestic violence is the leading cause of injury to women in our nation. Many troublesome occurrences of spousal or child abuse also occur in the military. Understanding what domestic violence is and what to do about it are key for the wellness of families.

The Defense Task Force on Domestic Violence (DTFDV) recently recommended a new definition for domestic violence. This definition is rather broad and took two years to formulate because domestic violence is a very complicated phenomenon. The DTFDV definition is given below:

Domestic Violence (DV) is:

- The use, attempted use, or threatened use of physical force, violence, a deadly weapon, sexual assault, or the intentional destruction of property; or
- Behavior that has the intent or impact of placing a victim in fear of physical injury, or

- A pattern of behavior resulting in emotional/psychological abuse, economic control, and/or interference with personal liberty that is directed toward the following:

1. A current or former spouse, or
2. A person with whom the abuser shares a child in common, or
- 3. A current or former intimate partner**

From this working definition, it is clear that DV extends beyond the realm of physical violence and married partners. Among other behaviors that are recognized as spousal or in some cases even child abuse include:

- Sexual attacks such as pressured sex and legally defined sexual assault.
- Psychological attacks. These acts are used against a partner for the purpose of control, intimidation, and humiliation. The behaviors here are isolating in nature.
- Physical attacks such as hitting, blocking escape, grabbing, pushing, throwing things, kicking, threat/use of weapons, etc.

Also, military personnel need to be aware that if there is a child shared in common or an established pattern of

relationship between current or former partners, charges of DV could likely apply in a true domestic disturbance. The broad umbrella of DV shows that if you have a partner, married or not, past or present, military personnel are accountable for the way they conduct their intimate relationships.

The tactics used by perpetrators of DV are many - certainly beyond the space available for this article. However, among them are:

- The use of coercion and threats
- Use of male privilege
- Use of intimidation
- Use of isolation
- Use of emotional abuse
- Use of economics
- Use of children
- Minimizing, denying, blaming

Power and control are at the core of an abusive relationship as one partner attempts to use the various tactics to dominate the other. A typical pattern of DV is intermittent physical abuse along with ongoing psychological abuse. DV is often repeated because it is effective in gaining control through fear and intimidation. It is also a learned behavior that is reinforced through observation in the family and society.

Domestic violence is not accepted in the Navy and Marine

Corps and is contrary to the core values for which they stand. At the same time, there are programs in place aboard Camp Pendleton geared toward the prevention of DV. Among them are classes, workshops, and seminars provided by the Marine Corps Community Services (MCCS) that include marriage skills course, parenting course, parenting for teens, stress management, anger management, financial management, woman's support groups, confidence building, and conflict resolution.

Contact MCCS Life Skills Management at 760-725-6636 for further information. Also, the 1st FSSG Group Chaplains Office provides the Prevention and Relationship Enhancement Program (PREP) course at the South Mesa Social Hall monthly. This course is for both married couples and those who intend to marry. Inquiries can be made to the Group Chaplains Office at 760-725-5501 or Chaplain Rinaldi at 760-763-0191.

Camp Pendleton's Intervention and Treatment Branch (ITB) offers a host of services in marital or couples counseling. Also, ITB may be contacted for inquiries about abusive situations at 760-725-9051.

The goal of the Marine Corps Family Advocacy Program is to see to the wellness of personnel and their families. It is not intended to slow or end careers. Those in need of

assistance or have questions about domestic violence are encouraged to call ITB at the number given above or 1st Medical Bn's Family Advocacy Officer LCDR Hancock at 760-763-2397.

2/21/03 - DTC Shamp
Greetings from Kuwait,

Hope your all doing well. We've almost settled in to a daily routine consisting of visiting our folks, troubleshooting problems and maintaining lines of communication back to family and friends for our Sailors. As you can imagine, supplies are a main concern. We've been told by MEDLOG that from order point to receipt/issue is about a 30 day window. I'll believe it when I see it, but am hoping for the best. I guess it was an oversight on our parts, but believe it or not each ADAL only comes with one Triflow syringe tip. Sterilizer tape is another concern, but we'll get by.

I was fortunate to get a temporary loan of a HUMVEE until ours arrives, but have no method of tracking the vehicle "ear marked" for DENBN by CAPT Iseman (Med BN's S4 OIC). Is there any way to have Chief Viray see if he could back track the vehicle for us? Specifically I need a SKU# for it so we can try to track it down here in theater. It was supposedly shipped FOE.

The size of this is amazing. It's like a giant military reunion. Almost daily I run in to someone from my past.

3/3/03 - DTC Shamp

Another tax free day for your extended family. The days are starting to melt together. Without weekend reprieves it's getting hard to remember what day of the week it is for an old man like me. This is a harsh environment as I'm sure most of you have all ready heard. I learned during my time at 29 Palms that the word desert refers to extreme harsh climate changes and barren land (not always just hot and dry). We've been experiencing high winds and cold temperatures lately. With the wind comes the dust.

I was fortunate yesterday to swoop our entire dental group from Charlie Company (HSB) for a day of travel and health and comfort purchases. Captain Lindauer graciously stayed behind and tended the fort so that we could go. If you think its hard taking your kids somewhere for a day, try coordinating/escorting 18 dental folks with full gear on 2 HUMVEES for a day of shopping and site seeing. Trust me when I tell you that being a tour guide is not all its cracked up to be. What an experience!!! This was the first time since they'd arrived most of the folks had traveled on an asphalt road. Every stop was a major

evolution. Trying to keep them any type of time schedule was next to impossible, but I'm sure you'll hear that they all had a good time.

At Camp Commando they were treated to hamburgers, fries, soda and ice cream. Hard to believe grown adults could get so excited over an ice cream bar. From there we traveled to an Army Exchange in Doha for "Health and Comfort" purchases. I stayed behind and watched the vehicles/weapons, but was just amazed by the purchases some of our folks made, including televisions, games and lots & lots of junk food. We ended the day with a stop at the Army's galley for some awesome food and then had a safe return trip.

Hopefully, if your wife or husband is part of Charlie Company you got a phone call because I know that was top priority for most of them. And hopefully the opportunity will become available again so I can do the same for our other folks. In all honestly though, the group that was taken currently has the harshest living conditions.

Here's a picture of the group visiting our dental clinic at the MEF. I don't know everyone's name yet, but the front row includes CDR Quader, CDR Luepke, DN Portillo, DN Centeno, Chief Thervil, DT3 Valdez back row includes: LTJG Bagnall, PO Nuno, PO Watford,

CDR Hatt, DN Lopez, Doctor Stitch, and CDR Camaisa. {LT Lynn was absent from the picture}.



Here's part of our Group at aboard Camp Tarrawa



Very respectfully,

Chief Shamp

(On another note Skipper has a fondness for peanut butter and Mr Goodbar/Nestle Crunch type chocolate if you'd like to send him a treat).

2/23/03 – CDR Camaisa

Forwarded is a picture of CSSC-151's Dental Clinic. Since our

camp is situated on the crossroads of Kuwait we receive a steady flow of patients. We have settled into a daily routine of treating patients with infections, fractured and carious teeth.



13 Area Dental Clinic

By: DT2 White, USN, LPO

Many thanks to the teamwork demonstrated by 13 Area Dental Clinic during the recent quarter. Many pulled together to ensure the clinic continued smooth operations during times when the manning of Telaga

dental, for the processing of reservists recalled to active duty, pulled numerous docs and techs. The unit camaraderie and teamwork contributed to high morale during times where morale may be drained. Thank you very much to all.

The quarter brought the transfer of two of our very dedicated and hardworking shipmates whose departure will be greatly missed:
DT2 Leah Vasquez - NDC Camp Lejuene
DT3 Renee Brown - Pensacola, FL Dental Hygiene School
Fair winds and following seas shipmates. Keep in touch.

Good luck to all who participated in the Navy's Advancement exam. High hopes for all to advance off this exam, good luck.

Welcome the newest addition to the 13 ADC team, DN Arinduque and HM3 Arinduque's birth of their little girl, Jewel, born the week before DN Arinduque deployed to Kuwait. Congratulations.

DT in the Spotlight

By: DT2 Castleberry, USN, TAD
Coordinator



While growing up with six siblings, there was never a dull moment nor was there any time for your self! I was born in Superior, WI and when I was a year old my family moved to Cottage Grove, MN, and then at the age of fourteen, we moved back to Superior. I graduated from Superior Senior High School in 1983 and from Wisconsin Indianhead Technical Institute with an AA in Fashion Merchandising in 1987. While going to college, I worked at Montgomery Ward in the Paint/Hardware and the Lawn/Garden Department for five years, and Lerner's Clothing Store for two years.

My family is well acquainted with the military. A couple of my uncles, my aunt and my father were all in the military. My father, Eugene Cole during WW II was a "Baker"

(yes, that was a rating back then) in the Navy. He also took on positions as the Postal Clerk and the Barber. He was the "go-to-man" at that time. Four of my siblings were in the Navy; Kathy and Julie were Dental Technicians, Tom a Boiler Technician and my younger brother Stephen was an Aviation Structural Mechanic, who served onboard the USS America during Desert Storm. For a few years, Julie, Stephen and I were all in the Navy at the same time, yet in different parts of the world!

I always knew I would join the military; I just put it off a little longer than my brothers and sisters who had joined immediately after high school. I was 23 years old when I signed up for the Delayed Entry Program in April 1988. Eleven months passed when my detailer told me it was time to go. On 01 March 1989 I flew from St Paul, MN to Orlando, Fl. where I began my "Boot Camp" training. I graduated Boot Camp on 05 May 1989 (my 24th birthday).

Upon completion of Boot Camp, I attended DT "A-School" in San Diego, CA. My first duty station was NAS Whiting Field, Milton, FL. This is where I advanced to DT3 and met my husband, DT1 Jimie Castleberry. As you can see, the DT rating is quite popular among my family members!

In June 1992, Jimie and I received spouse co-location orders to NDC, Pearl Harbor, HI. We spent three wonderful years in Paradise!! Our daughter, Brittney Nicole was born on 05 July 1993 at Tripler Army Medical Center, Honolulu, HI. My third tour was here at NDC, Camp Pendleton, CA. Jimie and I transferred in July 1995. He had "green" orders, and I had "Blue". During our four years here, I advanced to DT2. I served four years at this command in the following duties; I was the Assistant Leading Petty Officer at the Las Pulgas Dental Clinic, Leading Petty Officer of the newly formed AEGD Program (Advanced Education in General Dentistry), Front Desk Leading Petty Officer and Leading Petty Officer of 13 ADC for my last year. In 1997 I was nominated and selected as NDC, Camp Pendleton Junior Sailor Of the Year and in 1998, nominated and selected Senior Sailor Of the Year.

Brittney, Jimie and I transferred to Bethesda, MD in the summer of 1999. I was assigned to the National Naval Medical Center, Oral and Maxillofacial Surgery Department, and Jimie to NDC, Repair Department. Our tour in Bethesda was terminated 6 months early when Jimie accepted Instructor Duty orders at NSHS, San Diego, CA Repair "C" School. I am currently attached to NDC, Camp Pendleton, CA as the command

TAD Coordinator located in Bldg 2621.

MCAS YUMA

By: DT1 Baez, USN, LPO

The dental clinic at MCAS Yuma has remained busy. Although a majority of our staff has deployed and PCS'd, we haven't deployed a majority of our patients and we are still working hard to do our part in Operation Enduring Freedom. We have sent over half of our clinic to support the troops abroad. LT Bobby Carmen, LT Robert Matthews, DT1 Rene Mendoza, and DN Fernando Abundis are deployed with CSSC 133. DT3 Joseph Cerrillo and DN Elizabeth Ybarra are deployed with CSSC 134 and Surgical Company A, respectively. We said good-bye to DT1 Nora Shover, a long term hard-hitter for Yuma (3 tours!) who will retire in May and DN James Ray who will be assuming his post at BDC Port Hueneme. We are extremely pleased to welcome aboard Chief Alphonso Gowdy, YumaDent's new SEL, who comes to us from Naval Support Activity, Millington, Tennessee...our thoughts may change if we hear him sing country, though! DN Shane Hudson and DN Joy Clever come to us from 3rd Dental Battalion, Okinawa, Japan. Bravo Zulu's are due to DN Cesar Othon and DN Alpalo Miller, who received good conduct metals and DN Joy Clever was presented a

certificate of commendation from 3rd FSSG.

In the midst of the cyclone of long hours and deployments, BDC Yuma managed to participate in Children's Dental Health month. LT Brett Mangum and DN Clever had a great time entertaining and educating children at the base's day care, preschool, and after school program. In addition, we have been actively participating in the Red Cross Volunteer program as we train and use the services of 7 new volunteers. Bravo Zulu to LT Mark Glasgow for heading up this especially valuable program.

The massive departure of Sailors and Marines is not the only exodus here in this desert paradise. An early heat wave of over 90-degree temperatures has instigated a long line of RV's and trailers as Yuma's 90-thousand Winter Visitors head north. Although we're happy to reclaim "our town," it portends a long hot summer...so, what else is new?

Heat & sand lovers - come join us! Yuma, out.

Twenty-nine Palms

By: DTC Shamp, USN, SEL

Congratulations to DT3 A. Watford (29 Palms) and DT3 K. Watford (forward deployed) on the birth of Nathaniel Austin Watford at 0741 on 4 Mar 03 (7lbs 11oz / 20.1").

Children's Dental Health Month

By: LT Shafie, DC, USN, Margarita



Children's dental health kick-off

National Children's Dental Health Month 2003 was a great success! This year 1st Dental Battalion was able to reach over 8100 children and parents to promote dental health in a campaign entitled "Don't Let Your Smile Become Extinct!". MajGen Bowdon, Commanding General Marine Corps Base, kicked off the campaign by signing a Proclamation for National Children's Dental Health Month, which was witnessed by a couple of kids from our command. The campaign consisted of dental presentations at the various elementary schools, child development centers, ad YMCA centers at Camp Pendleton, Miramar, 29 Palms. Toothbrushes, stickers, coloring books, pamphlets, and other items were distributed. The children, parents, and staff members at these facilities were very enthusiastic, supportive, and appreciative. The smiles on their faces is a memory that we will never forgot. There was also base newspaper along with

a CDHM contest sponsored by United Concordia. The valuable time and unselfish efforts put into this year's campaign by the many volunteers from our command contributed to the phenomenal success of National Children's Dental Health Month 2003. The enthusiasm and efforts displayed represent both our command and our profession in a very positive way. A big BRAVO ZULU to all of our awesome volunteers!



More photos from the forward deployed!

