



# The JOAG Journal

A newsletter by junior officers for junior officers

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## Letter from the Chair

Fellow junior officers,

The Office of the Assistant Secretary for Health, along with the Office of the Surgeon General and JOAG are promoting *Let's Move!*, (<http://www.letsmove.gov>), a campaign that was launched by First Lady Michelle Obama over a year ago in an effort to galvanize all Americans in the fight to end childhood obesity within a generation.



*Let's Move!* is a comprehensive initiative dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. The Surgeon General has played an integral part in this initiative from its beginning. As an advisory group under the Office of the Surgeon General (OSG), one of JOAG's primary missions is to support the Surgeon General's (SG) initiatives. Given the large number of Commissioned Corps officers expected to attend the 2011 USPHS Scientific and Training Symposium in New Orleans, the leadership of JOAG felt this is the perfect opportunity for officers to participate in a local community-based event in support of *Let's Move!*.

JOAG is in the planning phase of organizing two *Let's Move!* New Orleans events during the 2011 USPHS Scientific and Training Symposium. JOAG has formed the ***Let's Move!* Planning Workgroup** to help coordinate, organize, and promote these events. The first event is planned around the Surgeon General's 5K on Wednesday, June 22, 2011, and will focus on getting the local community involved in the 5K. The second event will take place on Thursday, June 24, 2011 and will be a collaborative effort between the USPHS/JOAG, Chris Paul's CP3 After School Zone, and the Partnership for Youth Development in New Orleans. This event will focus on educating school age youth (5-12 year old) on the importance of physical activity and healthy eating.

JOAG's *Let's Move!* New Orleans events will directly support the First Lady's and the Surgeon General's initiatives to encourage active and healthy lifestyles and the New Orleans community at large. *Let's Move!* New Orleans will serve as JOAG's pilot, and lessons learned will be used to plan and organize similar *Let's Move!* events in the future.

**If interested in participating or volunteering for the *Let's Move!* Campaign, please contact me at [Carlos.Bell@fda.hhs.gov](mailto:Carlos.Bell@fda.hhs.gov).**

With Warm Regards,

LCDR Carlos Bell  
Chair, Junior Officer Advisory Group

## Junior Officer Spotlight

**Officer:** LTJG Patric C. Klotzbuecher

**Category:** Engineer (Biomedical)

**Education:** A.A.S., Aerospace Armament Systems, Community College of the Air Force; B.S., Biomedical Engineering & Biomathematics, Rutgers University MBA, Engineering Management, Drexel University (December 2011)

**Home town:** Atlantic City, New Jersey

**Agency:** FDA

**Current Assignment and Duties:** I am assigned to the FDA's Office of Regulatory Affairs, San Juan District, Investigations Branch as an Investigator/Consumer Safety Officer in Ponce, Puerto Rico. I plan and conduct regulatory inspections of FDA-regulated industries (e.g., medical devices and pharmaceutical drugs), including analyzing investigative data and initiating regulatory actions.

**Previous Assignment:** I was previously assigned to an FDA field office in Falls Church, VA. Given my desire to branch out from Washington, D.C. metropolitan area while I still had the desire for mobility, my focus in the areas of medical devices and pharmaceutical drugs, and the high concentration of large manufacturing facilities for both industries in Puerto Rico, I accepted a transfer to the island in late 2009.

**How did you find out about the PHS?** I was negotiating a start date with the FDA as a civilian employee when a PHS liaison for the FDA contacted me. I was a Staff Sergeant in the United States Air Force (USAF) at the time, and planned on transitioning to the USAF Reserve/National Guard position and work at FDA full-time. Transferring to the PHS afforded me the opportunity to obtain a commission, carry over much of my prior service time, and pursue a career as a uniformed service member as a Biomedical Engineer.

**What are your goals with the PHS?** A sense of leadership beyond the scope of our professional credentials or our individual billets is still evolving in the Corps. As an officer, I aspire to be one of those who leads the way. In true engineering fashion, I hope to bring together many of my interdisciplinary skills to contribute toward the advancement of public health.

**What is your most memorable PHS experience so far?** As the Mobilization Branch Director of the Tier I PHS-2 Rapid Deployment Force ("Second to None"), my most memorable experiences include serving with fellow PHS officers while billeting on concrete floors for weeks during Hurricanes Gustav and Ike and working hand-in-hand with the Assistant Secretary for Preparedness and Response (ASPR) during the 2009 Presidential Inauguration.

**What advice would you give to prospective PHS applicants (or**



**Pictured: LTJG Patric Klotzbuecher**

**other Jr. Officers)?** First, get to know the 'ins & outs' of your Agency and PHS. Especially with civilian supervisors, a working knowledge of the system allows you to educate your management and provides you more leverage when dealing with issues. Second, don't accept anything that is not 100% accurate just to "push it through" administrative processes. A simple mistake or miscalculation can result in many hours in correction later. Third, surround yourself with good mentors, whether official or unofficial.

**What were the difficult aspects of your recent inter-service transfer?** As an officer on a Tier I deployment team, balancing the demands of both my Agency and PHS can be challenging. In other uniformed services, Reservists and Guardsmen maintain their civilian careers around the operational requirements of their service. In a way we do the same, but it seems that our Agencies are less sensitive to the dichotomy required of us.

**What are your favorite things about living in Puerto Rico? What are the challenges?"** I am nearly fluent in Spanish, but locals tend to speak very fast. So, when working in the regulatory environment where it is very important to be clear, direct, and fully understood, the language barrier can be a challenge. For example, FDA has a statutory English language requirement for all documentation, including Investigators' regulatory notes. I often find myself interacting in Spanish, mentally translating and documenting items in English, then re-translating into Spanish to carry on a conversation. It takes a great deal of patience and can sometimes become a limiting factor during an investigation.

On the upside, I get to skip winter! I am fortunate to be stationed in a location where many vacation. Puerto Rico is perfect for anyone who enjoys working hard, but also appreciates playing hard.

## Uniform Corner: Proper Wear of Uniform Award Ribbons, Part I

Contributed by LCDR Gene R. Gunn, Jr.

This issue of the Uniform Corner focuses on the proper wear of ribbons. Hopefully we can clear up any misconceptions through an explanation of the regulations found in CC26.3.3 which can be found at the following web address: [http://dcp.psc.gov/eccis/documents/CCPM26\\_3\\_3.pdf](http://dcp.psc.gov/eccis/documents/CCPM26_3_3.pdf)

The arrangement of ribbons shall be worn in order of precedence in rows of three, originating at the top inboard position and ending at the bottom outboard position. A minimum of three ribbons shall be worn by those officers possessing more than three ribbons with the three being those of highest precedence. Clear as mud, right? Let's see if we can clarify using Figure A.



**Figure A. (Top left to bottom right): Commendation Medal, Outstanding Unit Citation, Unit Commendation, Crisis Response Service Award, Officer Basic Course Training Ribbon.**

If awarded ribbons are not in multiples of three the uppermost row shall contain the lesser number of ribbons. The center of the top row shall be centered over the center of the row below it. The figure above shows the proper alignment of the top two ribbons.

Ribbons shall be worn so that they are ¼ inch above the left breast pocket. Rows of ribbons shall be worn so that they are touching and there is no space between them. I have found that laying a regular #2 pencil on top of the pocket and placing the ribbons on top provides the appropriate ¼ inch spacing.

Attachments to ribbons, such as stars, shall be centered on a horizontal line that evenly bisects the ribbon with two points of the star pointing down. In instances where a gold

or bronze star is worn with a Silver Star, the Silver Star shall be placed on the wearer's left.

PHS Honor and Unit Awards are worn in the order of precedence (See the brochure at the following address for more information, [http://dcp.psc.gov/PDF\\_docs/CCPM\\_P67.pdf](http://dcp.psc.gov/PDF_docs/CCPM_P67.pdf)). Service Awards are worn in the order earned. In all cases of relative equivalence, PHS awards take precedence over other Uniform Service awards. Precedence for wear of individual honor ribbons of other Services is as follows: Department of Defense (DOD), Navy, United States Marine Corps (USMC), United States Coast Guard (USCG), National Oceanic and Atmospheric Administration (NOAA), Army, and the Air Force. The Commissioned Officers Association (COA), Association of Military Surgeons of the United States (AMSUS), and Reserve Officers Association (ROA) ribbons are worn in that order and are only to worn while attending meetings and conventions and may only be worn if the officer wears an approved uniform service decoration or service award at the same time. The Regular Corps ribbon is worn after honor and service awards, but before the COA, etc., ribbons.

This information really just scratches the surface of the regulations concerning proper ribbon wear. In the next issue we will discuss the proper wear of medals. If you have specific questions about either ribbons or medals please feel free to contact me via the e-mail address below.

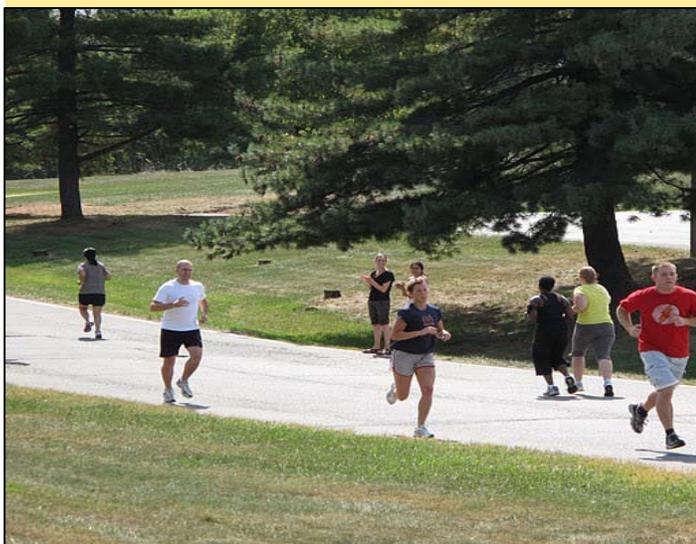
On another note, I wanted to let you know about the new uniform newsletter that the Uniform Sub-Committee will distribute monthly. It is called "With Pride and Distinction" and it will focus on uniform wear as well as provide interesting information on the history of the Commissioned Corps. It will be distributed via the JOAG listserv.

*In addition to being the recurring author of the "Uniform Corner", LCDR Gunn is also JOAG's voting representative on the Uniform Advisory Committee. Please send any ideas for future "Uniform Corner" columns to LCDR Gene Gunn at [gene.gunn@fda.hhs.com](mailto:gene.gunn@fda.hhs.com).*

Visit JOAG at: <http://www.usphs.gov/corpslinks/joag/>

## Fitness Corner

Contributed by Physical Training Subcommittee, on behalf of the Inter-Services Collaboration Committee



Officers running the APFT at OBC, September 2009. From left to right: LT Thompson, LT Beer, and LT Simpson

**Officer:** LT Catherine M. Beer

**Category:** Health Services

**Education:** MS, Medicinal Chemistry, Illinois State University

**Hometown:** Chicago, Illinois

**Current Location:** Albany, New York

**Agency:** US Food and Drug Administration (FDA), Office of Regulatory Affairs (ORA)

### What do you do to stay fit?

I stay fit doing a variety of activities and limiting my television time at night to less than two hours. On my personal time, I run 30 minutes three days a week and incorporate some Pilates three days a week. Aside from running, I enjoy taking my black lab "Gibson" for a walk every day with my husband and working on house projects such as redecorating, yard-work or re-organizing. I often relax doing activities requiring movement such as playing darts, pool or Nintendo Wii! The less I sit still, the healthier I feel! While at work in the office, my colleagues and I started a 'lunch-walk' group back in 2008. Each day, depending on our availability, as many as 6 of us get together at lunch to go for a brisk 20-30 minute walk. It acts as a stress reliever in addition to being a great way to incorporate fitness into the work day. We walk year around, even when the temperature is below 0 and there is a foot of snow on the ground! Now that is dedication! We keep each other motivated.

### What are your fitness accomplishments?

Last year, at OBC I obtained APFT Level 3 and missed Level 4 by three push-ups! This year, I proudly achieved my goal and improved my fitness to APFT Level 4. Having a goal in mind makes doing the APFT test more fun!

This year, I motivated my husband to complete his first 90 days of

P90X (an extreme home exercise system) and now he is on his second tour of the program. Bringing health and wellness to a loved one is also a big fitness accomplishment!

In 2007, I qualified for the Boston Marathon while running the NYC Marathon with a time of approximately 3 hours and 25 minutes, a personal best! I ran the Boston Marathon in 2008. I ran my first marathon, the Chicago Marathon, in 2004. That's three of the five World Major Marathons.

### What are your fitness goals for the future?

My personal goals include running the remaining two World Major Marathons, Berlin and London. I also want to remain committed to fitness throughout my life and encourage the same behavior in my loved ones.

My goal as a PHS officer is to increase the importance of physical fitness within the Corps and to align USPHS fitness expectations to those of our sister services. I think it is important as officers serving the Public Health to emulate the message that we convey. Visible examples send a strong message to those around us.

Finally, our office plans to keep our 'lunch-walk' group going strong. We feel it is a great way to promote physical fitness by leading by example, and we hope sharing our story will motivate other officers to do the same.

### STRETCHING TIPS

Stretching can increase your flexibility, improve your exercise ability, improve your balance, and help prevent injuries. Here are a few tips on stretching, brought to you by The Mayo Clinic: <http://www.mayoclinic.com/health/fitness/MY00396/DSECTION=stretching-and-flexibility>

- Perform stretches only after a proper warm-up (5-10 minutes of light activity) or preferably after exercise. Performing static stretches on cool muscles can actually increase your risk of injury
- Incorporate dynamic stretches (such as swinging your leg from side-to-side in front of you) into your stretching routine
- When in a static stretch, do not bounce or hold your breath. Do not stretch a muscle so far that you feel pain
- Optimally, hold stretches for at least 30 seconds
- When stretching, try to target specific muscle groups you'll be using in your workout or activity
- Stretching major muscle groups at least three times per week can improve your flexibility over time

## My First AMSUS Conference

Contributed by LCDR LT Ana Pereira on behalf of  
the JOAG Professional Development Committee



Pictured from left to right: LTJG Ana Pereira, VADM Regina Benjamin, RADM James Galloway, and LTJG Cody Thornton

How lucky could I be? After just one year as a brand new clinician in the Public Health Service (PHS), graduating from Physical Therapy School, and leaving my prior U.S. Air Force Reserve enlisted life, I suddenly find myself having the wonderful opportunity to attend the Association of Military Surgeons of the United States (AMSUS) conference. From what I understood after having attended the Officer Basic Training (OBC) earlier that year, after the COF USPHS Scientific and Training Symposium, AMSUS was the biggest conference for USPHS officers. Now I had a chance to come together with these officers—see and feel like part of a bigger picture! Not only that, this conference meant that other Uniformed Services would be exposed to the USPHS Commissioned Corps, which is really important considering the normal struggles in trying to explain what it means to be a USPHS officer to our sister services and civilians.

Being a new call to active duty can be challenging at times. There are a lot of things you don't know, even with prior service experience. The challenges range from the wear of the uniform, to learning a new set of behaviors among fellow officers, and in my case, attempting to fit into the "officer world" especially being the prior service enlisted member that I am. Suddenly, I found myself mingling with national and international authority and public figures, such as Army and Air force Generals, Navy Admirals, and National and international Surgeon Generals such as our own Vice-Admiral Regina Benjamin. It was a true gift to be present in the same hall as some of these previously mentioned officers. These officers gave informative, educational, and inspirational speeches from their own experiences. Hearing their personal experiences made the conference worth attending.

As a new LT, I was granted the opportunity of working as an

Aide-de-camp, or a personal assistant, to RADM James Galloway, the Assistant Surgeon General and Regional Health Administrator of Region V. Those who do know him, can attest to my saying that this is one of the most humble and knowledgeable people holding such a position. It was truly a pleasure assisting RADM Galloway during the conference and learning from the wealth of knowledge that he has, especially considering his background in the Indian Health Service, which is where I presently serve. A message to junior officers - If given the opportunity to serve as an Aide-de-Camp, please do not hesitate. It is truly an amazing experience, where not only does mentorship occur, but it serves as a wonderful integration into the essence of the Commissioned Corps. This opportunity provides for true exposure to our current leaders such as the Assistant Surgeon Generals, Deputy Surgeon General and the Surgeon General herself. It really gives a different and heightened perspective to an officer to a junior officer to come in contact with its leadership on such a personal level. It was truly something special.

Along with having the wonderful opportunity to be part of such a conference, the ability to connect with members from the other services in attendance as well as with international delegates was very rewarding. AMSUS allows exposure to most branches of the US Military such as the Air Force, Army, Navy, and of course our very own Public Health service which is heavily in attendance. This is of great importance, because as PHS officers, it is our duty to educate these other services about the USPHS and to endorse our mission to promote the health and safety of the nation, which may be unfamiliar to our sister services. At the conference, I reunited with some of my prior service colleagues from McGuire Air Force Base. Not only was I able to reminisce about my foundational years spent in the Air Force, but I was also able to discuss with them my current Public Health Service and give them my new perspective as a PHS officer.

Finally, among all the amazing things AMSUS had to offer, meeting fellow Commissioned Corps officers was the best part of attending AMSUS. PHS is a tight knit community where networking is key. Finding out where your peer comes from, their background and interests is the way to connect and assist each other in future endeavors. I am very thankful to the officers that made it possible for me to attend The AMSUS National Conference of 2010, and will continue to strive to promote the PHS mission within and outside of our USPHS Commissioned Corps.

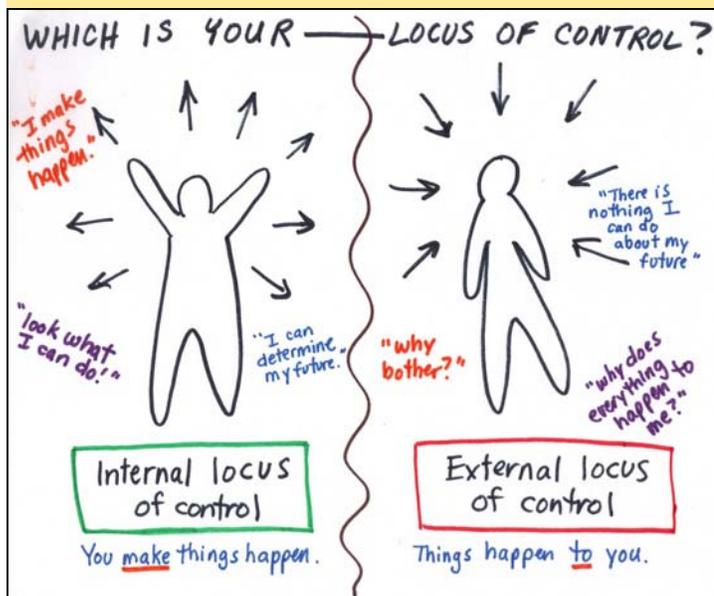
**The 2011 AMSUS Conference will be in San Antonio, TX at the River Walk November 6-10, 2011.**

For additional AMSUS information, please see: <http://www.amsus.org>/or e-mail [David.lau@dhs.gov](mailto:David.lau@dhs.gov), USPHS AMSUS Committee Co-Chair and USPHS AMSUS MSC (Medical Service Corps) Chair

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## Internal Locus of Control

Contributed by LCDR Charlene Majersky, Ph.D.



the core of your being, exposing your fears, vulnerabilities, and hopes, for example.

My sense is that Mindfulness work plays a pivotal role here. To me, Mindfulness is welcoming and fully embracing the ebb and flow of life, come as it may. Mindfulness can be defined as careful, openhearted, and present moment awareness. It is cultivated by our paying attention at each moment to what we are experiencing, without judgment to whatever arises in the present moment. Furthermore, it is recognizing and accepting the present reality without fighting it, moving onward to the next moment of consciousness, and then discerning what direction to take.

By examining our own experience and behavior, and the manner in which we interact with others, we can live more fully, being more present and grounded in our important role as a leader. The practice of Mindfulness can strengthen our ability to remain fully open to our experience and can strengthen our ability as human beings to empathize with others. The beauty of Mindfulness practice is that it can bring tranquility and liberating understanding into your life.

The ability to lead skillfully and successfully in today's complex and fluid health care arena requires a leader with a solid internal locus of control. What is internal locus of control, you might ask?

From my perspective, internal locus of control is the core of your being or sense of self. For example, if a leader has a solid internal locus of control, s/he is usually able to face challenges with poise, grace and dignity instead of with self-centeredness and vindictiveness. A leader with a solid internal locus of control is astutely aware of his or her strengths as well as limitations and, as a result, is able to exercise good judgment and skillfully (versus unskillfully) handle complex issues in the workplace.

Developing one's internal locus of control is no easy task nor is it accomplished overnight. Instead, it is a lifelong journey that requires hard work, self-motivation, and perseverance. Oftentimes the work can be discouraging because just when you think you are making progress and taking a step forward, you might then take two steps backwards. However, if you keep working at it, the time and energy of your efforts can reap unlimited rewards.

A critical and necessary first step to developing a solid internal locus of control is engaging in self-awareness work. This requires your openness and willingness to look completely and honestly at yourself; including your values, beliefs, attitudes, and life experiences. It is peeling back the layers of

The highly practical nature of Mindfulness can definitely influence our day-to-day activities in the workplace and our interactions with others. This practice of ongoing Mindfulness coupled with a tranquil state of mind that is able to notice how we and others are feeling, can be used as a starting point to explore further what we then bring up for consideration and discussion with others whom we are interacting with.

In respecting our human interconnectedness with others and our ability to nurture each other in this profound way, the process of transformation of mind or shifting our states of mind makes use of our understanding, appreciating, and sympathizing with one another. In this realm of human interconnectedness, when we experience deep compassion, understanding, and full acceptance for who and what we are, we can then begin to come to calm, clarity, wisdom, and happiness.

The value of human interconnectedness that is respectful, gentle, compassionate, understanding, supportive, nurturing, and accepting is priceless. Moreover, an interpersonal relationship of this magnitude enriches our life and encourages us as leaders in our efforts to build and maintain our internal locus of control.

## BCOAG Social for Atlanta-Area Officers

Contributed by LT Malaika Pepper Washington,  
LT Zanethia Eubanks, and LCDR Pilgrim Spikes

February 17<sup>th</sup> 2011 marked the 1<sup>st</sup> Black Commission Officers Advisory Group (BCOAG) Social for Atlanta area PHS officers. The event was held at the Ruth's Chris Steakhouse - Embassy Suites Buckhead, with 35 officers in attendance, including the esteemed RADM Clara Cobb and CAPT Doris Ravenell-Brown. The occasion served as a collaborative event sponsored by the Social and Health Disparities Committees, led by Chairs LT Zanethia Eubanks (BCOAG Social Committee Chair) and LCDR Pilgrim Spikes (BCOAG Health Disparities Committee Chair), to bring officers in the Department of Health and Human Services (DHHS) Region IV Offices together for shared camaraderie and networking. Both committee chairs invited officers in the Atlanta area to become active members of BCOAG.

RADM Cobb commended the Social and Health Disparities committees for taking the initiative to organize the social. She encouraged both junior and senior officers to meet regularly so that there would be opportunities for mentorship and professional networking to Atlanta-based Commission Corps Officers. CAPT Ravenell-Brown also spoke of her passion for mentorship and charged officers to work within the Atlanta community to promote the USPHS Commission Corps to local high school and college students. During the informal discussion period of the social, senior officers stepped up to encourage junior officers to seek career development opportunities and assistance.

CAPT Wanda Barfield, Director of CDC's Division of Reproductive Health, personally reached out to several Junior Officers to emphasize her interest in mentoring and collaborating on future outreach missions within the Atlanta University Center. The Atlanta University Center consists of the following educational institutions: Morris Brown College, Morehouse College, Spelman College, Clark Atlanta University, and Morehouse School of Medicine.

BCOAG social events serve as venues for Junior Officers to network with local officers. The impact is the development of lasting relationships through informal mentorship; career development and progression by category and/or agency; information sharing for deployment roles and opportunities to join deployment teams; and collaboration surrounding mutual interest such as outreach and volunteerism. Additionally, officers are encouraged to discuss the various USPHS Commissioned Corp (CC) organizations and activities in which they are active and support participation by others; solicit membership opportunities to Junior and Senior Officers; and provide support for one another as BCOAG embarks upon strengthening visibility in community based-collaborations/partnerships. The achievements of local officers that have made significant contributions to public health are also highlighted during these gatherings with a charge to other officers to continue to serve with excellence.



Pictured from left to right: LT Jacinta Smith, LT Jemekia Thornton, LT Malaika Pepper Washington, LT Zewde Demissie; LT Latasha Allen, CAPT Wanda Barfield, LT Erika Odom

The BCOAG Social Committee also works closely with other BCOAG committees, such as, the Health Disparities Committee in which the current agenda of RADM Dr. Regina Benjamin is of critical importance to the health and safety of our nation. To support the U.S. Surgeon General's agenda, a primary goal for the Health Disparities Committee is to increase the awareness of the importance of healthy eating and physical activity for prevention of chronic disease. The Social Committee plans to support this goal in upcoming events by holding socials at locations with nutritious meal options, and encouraging officers to partake in fun physical activity with family and friends through BCOAG family events.

Overall, the event was a great success. The Social Committee is planning to coordinate more activities for all BCOAG members in the future. All PHS officers are encouraged to participate. If BCOAG members in other cities are interested in hosting social events, please contact LT Eubanks ([ZEubanks@cdc.gov](mailto:ZEubanks@cdc.gov)) for further guidance.

*The Black Commissioned Officers Advisory Group (BCOAG) provides advice and consultation to the Surgeon General on issues related to PHS officers and civil servants of African-American descent.*

Visit JOAG at: <http://www.usphs.gov/corpslinks/joag/>

## You Are Not Alone: The Challenge of Being the Only PHS Officer at a Duty Station

Contributed by LCDR Ericka Murray, MPH



Pictured: LCDR Ericka Murray

On October 6, 2008, I proudly reported to duty at Dallas County Health and Human Services wearing my newly pressed USPHS uniform for the very first time. I remember feeling overwhelmed with pride and excitement, as I was officially serving my country in a special way. Before I could even make it in the front door, one of my civilian colleagues stopped in his tracks, stared at me, and blatantly asked, “What’s with the khaki, Ericka?”

I am the only Officer at Dallas County Health and Human Services. Every single day I report for duty, I entertain questions from the general public about my khaki uniform and USPHS devices. “When did the Navy make it to Dallas?”, “Do you have to wear a uniform every day?”, and the most common question: “What is USPHS anyways?” Most civilians ask these types of questions with all due respect; however, it brought home the point, I am really all alone at this duty station.

I decided it was time to connect with other fellow Officers in Dallas. My first goal was to find a mentor. I was very fortunate to find a senior officer mentor. As

a junior officer, it is so important to connect with a Senior Officer who can offer guidance as you move along your career path. My mentor encourages me to get involved in local USPHS activities and to network with officers outside my agency.

Over the course of almost three years in the Commissioned Corps, I have been respected as ‘the woman in uniform’ at my duty station. Being on active duty, I have developed a keen “can do” work ethic. I embraced my ability to be versatile, to complete other tasks than just at the laboratory bench, and respond to the call of duty during special events such as the H1N1 Influenza Outbreak of 2009, the NBA All-Star Game in 2010, and the 2011 NFL SuperBowl XLV.

Although several days may go by before I see another PHS Officer, I realize I am not alone. If you find yourself in my situation, make it a point to show officership every minute of the day, answer those tough questions from the general public with pride, and find the support to become a well-rounded PHS Officer. It works very well for me.

**JOAG’s mission is to provide advice and consultation to the Surgeon General, Chief Professional Officers, Professional Advisory Committees, & other Commissioned Corps groups on issues relating to professional practice and personnel activities affecting Junior Officers in the USPHS Commissioned Corps.**

## Recruitment and Retention Matters: John Hopkins School of Public Health

Contributed by LCDR Scott Steffan on behalf of the  
JOAG Recruitment and Retention Committee

I am passionate about meeting new people and discussing all kinds of topics. This made the decision of joining the Junior Officers Advisory Group (JOAG) Recruitment and Retention (R&R) Committee an easy one because of the fulfilling opportunities that are offered to inform people about the Commissioned Corps and how they as officers could make a huge impact on Public Health. Hence, I decided to give back by looking to my Alma mater, Johns Hopkins Bloomberg School of Public Health (JHSPH), to see if I could talk with students about the Corps. After contacting the school, Career Services recommended that I participate in their 27<sup>th</sup> Annual 2011 Public Health Career Fair on March 4th. Participation of Commissioned Corps officers in the Johns Hopkins Career Fair was coordinated by two fellow officers and myself, who are current students. For me, this was not just a recruitment event, but a chance to come back to a place I spent nearly six years, see some old friends, and share my experiences in the USPHS.

JHSPH is an outstanding institute to seek well-qualified USPHS candidates. It is the oldest and largest school of public health in the world, which was founded in 1916 by William H. Welch and John D. Rockefeller. It is routinely rated as the top ranked public health school by U.S. News & World Report.<sup>1</sup> The school currently enrolls 2,056 students. JHSPH consists of 10 departments offering numerous degrees from policy to bench science. With this extensive breadth of studies, JHSPH is a great source for potential officers of all disciplines in the USPHS.

The make up of the student body within JHSPH consists of nurses, doctors, scientists, health safety officers (HSOs), and policy makers. Therefore, it was clear that the JHSPH career fair would benefit by having USPHS officers from various categories in attendance to address career-specific questions. Hence, volunteers were requested for the event through the JOAG R&R Commit-

tee along with the Scientist, Nurse, and Physician PACs. The response was outstanding. In total, we had seven junior officers and two senior officers from SciPAC, PharmPAC, N-PAC, HS-PAC, and P-PAC participating in this event. The officers were LT Quocbao Pham, LCDR Chekesha Clingman, LCDR Latonia Ford, LCDR Laurelle Cascio, LCDR Scott Steffen, LCDR Sharon Edelson-Mammel, LCDR Somya Dunn, CDR Claudine Samanic, and CDR Soju Chang. These officers did a great job by coming together to help make the event a true success. The career fair lasted for five hours with 575 students participating.

Throughout the day, we met with nearly 100 students from all disciplines with a high representation of potential Scientists and HSO candidates. I met a student who is also an Army Captain at Fort Detrick. This officer immediately impressed me and I enjoyed meeting an officer from a sister service. She expressed interest in continuing her career in uniform, so I told her about the benefits of being a USPHS officer with prior military experience. With that conversation, she became more excited about the Corps and I felt it illustrated the need for programs/initiatives for individuals with prior military experience.

I believe this recruitment event was a complete success for both the students and officers involved. The officers shared their experiences while meeting many outstanding students with various backgrounds and exciting futures. I am optimistic that we may see some of the Johns Hopkins students again, wearing the Commissioned Corps uniform.

**Please Note: All background information was used with permission from the Johns Hopkins Bloomberg School of Public Health website: [http://www.jhsph.edu/school\\_at\\_a\\_glance/index.html](http://www.jhsph.edu/school_at_a_glance/index.html)**

*Visit JOAG at: <http://www.usphs.gov/corpslinks/joag/>*

## JOAG Congratulates all Junior Officers on their recent/upcoming promotions and Calls to Active Duty!

Contributed by the JOAG Welcoming Committee

### Officer Promotions

|                           |            |
|---------------------------|------------|
| <b>To Commander (O-5)</b> |            |
| <b>Nurse</b>              |            |
| Victoria Ezelle Ebanks    | 06/01/2011 |
| <b>Scientist</b>          |            |
| Sally Hongyu Hu           | 06/01/2011 |
| Yi Zhang                  | 06/01/2011 |
| <b>Pharmacist</b>         |            |
| Hyon-Zu Lee               | 05/01/2011 |

### New Calls to Active Duty

|  |
|--|
| <b>BOP</b>   |
| ENS Ebony Westmoreland<br>ENS Rachel Taylor                                    |
| <b>DOD TMA</b>   |
| LCDR Amy Cason<br>LCDR Anthony Perry<br>LT Caroline Coffey<br>LT Michelle Tsai |
| <b>COMMERCE</b>  |
| LCDR Alan Goldstein  |

## JOAG T-Shirts Now Available for Pre-Order!

JOAG T-Shirt with Serious or Funny Slogan A gray t-shirt with the JOAG seal on the front and the serious or funny slogan on the back. \$15.00 per shirt

(SM, M, LG, XL sizes available)

#### Main Slogan

“U.S. Public Health Service: Building the Foundation for a Healthier Nation”

#### Funny Slogan

“Uniform pants that actually fit: \$41  
Ribbon for doing what you were hired to do: \$1  
Protecting, promoting and advancing the health and safety of our Nation: Priceless”



#### Back by Popular Demand – Funny Slogan

"U.S Public Health Service: Explaining Ourselves Since 1789. We're Not the Navy"

These t-shirts are now available for pre-sell and pick-up at the COF Symposium in June. Proceeds from these t-shirts and other [JOAG Merchandise](#) will benefit the COF Junior Officer Scholarship Fund supporting officer development for the future. To place a pre-order please visit [http://www.usphs.gov/corpslinks/joag/index\\_files/Merchandise.htm](http://www.usphs.gov/corpslinks/joag/index_files/Merchandise.htm).

# Join Us During the 2011 Scientific and Training Symposium JOAG BOOTH!



## Presented by the JOAG Development Committee

**Location:** Near the Symposium Registration Desk.

**Hours of Operation:** Monday & Tuesday (0800-1700), Wednesday (0800-1600), Thursday (0800-1330)

**Additional Information:** Stop by and pick up this year's featured merchandise, including PHS gym towels, mugs, and slogan t-shirts. PHS coin racks and core value coins and medallions will also be available for purchase, as well as additional information material for junior officers.

**VOLUNTEERS NEEDED** to help organize, staff, and sell merchandise. Volunteers will also receive a thank you letter for their participation, which will be added to their eOPF. If you are interested in volunteering to support this important event, please send your availability to LCDR SuzAnne Hennigan ([shennigan@bop.gov](mailto:shennigan@bop.gov)).

**Please come and visit us at the JOAG Booth  
as we exemplify the esprit de corps!**

Visit JOAG at: <http://www.usphs.gov/corpslinks/joag/>

# COF ANNOUNCEMENTS

## COF Symposium Officer Room Share Program

The JOAG COF Planning Committee is well underway with the planning of JOAG related events during this year's annual USPHS Training and Scientific Symposium taking place on June 19-23, 2011 in New Orleans, Louisiana. In addition to providing officers opportunities to grow as public health professionals in our respective fields, the annual Symposium gives us a great opportunity to meet and network with fellow USPHS officers.

Are you concerned about being able to afford the cost of lodging during this financially difficult time? Don't worry! There are opportunities to attend and save. Given that funding for the Symposium will be limited, JOAG is setting up the Officer Room Share Program to assist officers (junior or senior) with the cost of lodging. The room share program will help you get in touch with fellow officers who are looking to split the cost of a room or an officer on orders who is graciously willing to take on a fellow officer at zero cost. *Note: officers on orders, who wish to share their room, can not benefit financially from sharing a room.*

The JOAG COF Planning Committee has created a self-sustained easily accessible online spreadsheet where you can post your interest in a roommate.

### Steps to accessing the online tool:

1. To access the online tool click here: <https://spreadsheets.google.com/ccc?key=0Akhy3CsG18QadHg2Y3diZ24tR1VsbnpSOTJGUW92Unc&hl=en&authkey=CLuDrukJ#gid=0>
2. Once the link is open, click on the first empty cell under Column A.
3. Once the Column A cell is highlighted, click on the arrow to the right of the cell to pull up drop down options. From the drop down click on "Looking for a Roommate" or "Have a Room to Share" to indicate your room need.
4. Enter your name, email address, phone number and other pertinent information listed on the spreadsheet. This information will be used by other officers to get in touch with you or vice versa.
5. Once you have identified a roommate, please remove your information from the spreadsheet.

If you have any questions or concerns, please contact LCDR Latonia Ford by email [Latonia.Ford@fda.hhs.gov](mailto:Latonia.Ford@fda.hhs.gov) or call 301-796-4901.

We hope to see you in New Orleans!

LCDR Bair-Brake and LT Williams  
Co-Chairs, JOAG COF Planning Committee

*United States Public Health Service*  
***Junior Officer Advisory Group***

*2011 USPHS Scientific and Training Symposium*

**JOAG General Meeting  
and "Meet & Greet"**



***Come and Get to Know the JOAG  
Voting Membership, Senior Advisor,  
and Fellow Officers During the  
2011 Scientific and Training Symposium***

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**New Orleans Sheraton  
Grand Chenier, 5th Floor  
Sunday, June 19th, 2011  
6:00 PM to 8:00 PM (CST/Local time)  
Uniform: Service Khaki**

*For more information, contact LCDR Jamie Mutter at [jmutter@cdc.gov](mailto:jmutter@cdc.gov) or LCDR Carlos Bell at [carlos.bell@jda.hhs.gov](mailto:carlos.bell@jda.hhs.gov)*

Visit JOAG at: <http://www.usphs.gov/corpslinks/joag/>

# ***JOAG Social***

*at*

## ***Pat O' Brien's***

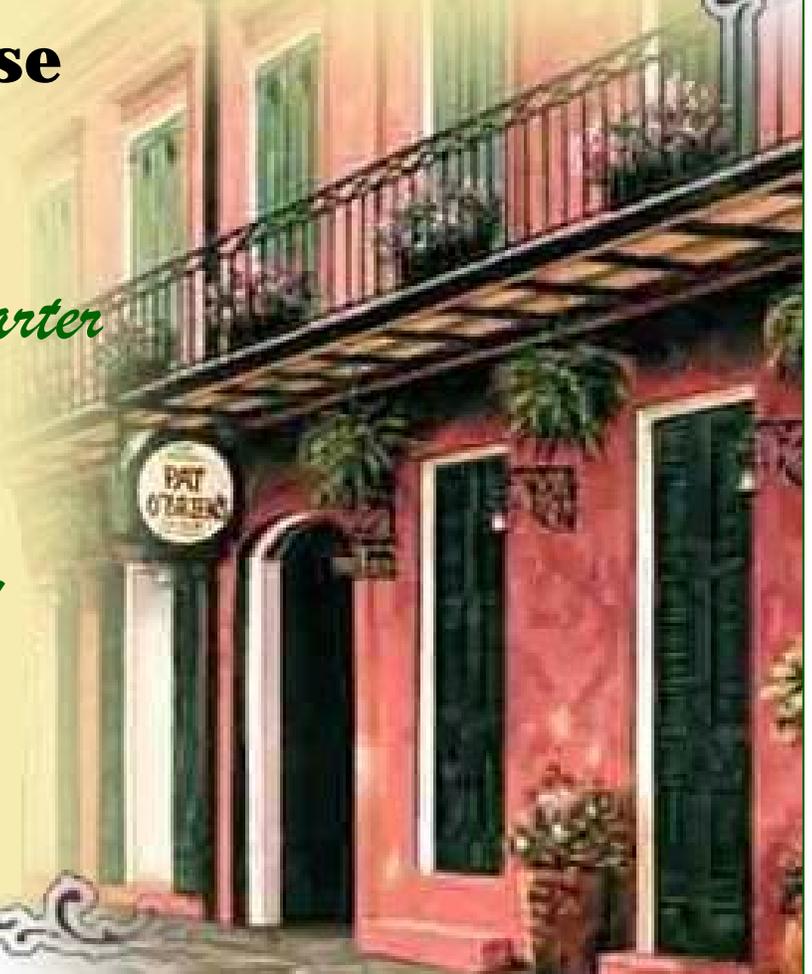
**Wednesday  
June 22**

**7:00 PM - Close**

*624 Bourbon Street  
New Orleans, LA*

*Come out to the  
historic French Quarter  
to meet your fellow  
Junior Officers  
and have some fun!*

*(All Officers are  
Invited to Join)*



## Merchandise



### PHS Core Values Coin

The PHS Core Values Coin serves to remind all officers of the four Commissioned Corps Values of Leadership, Service, Integrity, and Excellence.

**\$10 per coin plus \$1 shipping and handling**

### JOAG Medallion

The JOAG Medallion serves as a constant reminder that we are officers in the Commissioned Corps. It also serves to remind us of certain characteristics an officer must have: generosity, elevation of mind, goodness, nobility, camaraderie, and the continuity of these ideals through time.

**\$10 per coin plus \$1 shipping and handling**



### USPHS Coin Rack

This solid pacific coast maple coin rack measures 7"x9" and has five rows that can hold military and USPHS coins. It has the USPHS seal and mission laser engraved on the front.

**Now available for pre-order for \$26/rack plus \$5 shipping and handling**



Interested in pre-ordering? Visit the Merchandise section of the JOAG website to view the order form and instructions:

[http://www.usphs.gov/corpslinks/JOAG/index\\_files/Merchandise.htm](http://www.usphs.gov/corpslinks/JOAG/index_files/Merchandise.htm)

For questions related to purchasing items please or contact LCDR Robin Toblin, JOAG Financial Liaison at [Robin.L.Toblin@us.army.mil](mailto:Robin.L.Toblin@us.army.mil).

Visit JOAG at: <http://www.usphs.gov/corpslinks/joag/>

# JOIN OUR MEETINGS

## JOAG General Meeting and Journeyman Series 2010-2011

### June 19, 2011 (at COF Symposium):

General Membership Meeting/Meet and Greet  
1800-2000 CST

### July 8, 2011:

Journeyman Speaker Series, 1300– 1400 EDT

### August 12, 2011:

General Membership Meeting, 1300-1500 EDT

### September 9, 2011:

Journeyman Speaker Series, 1300– 1400 EDT

Join us for JOAG's monthly meetings via tele-conference or in person\* on the second Friday of each month.

By Conference Call: (218) 936-4700

Passcode: 791-9605#

### In Person\*:

Parklawn Building  
Surgeon General's Conf.Rm 18-57  
5600 Fishers Lane Room 18-57  
Rockville, MD 20857

FDA's White Oak Campus  
Bldg 51, Conf.Rm. 1219  
10903 New Hampshire Avenue  
Silver Spring, MD 20993

**Miss a JOAG Meeting? Don't  
despair! JOAG meetings are  
recorded. Audio recordings are available "on demand" by e-mailing  
LT Hiren Patel at [Hiren.Patel@fda.hhs.gov](mailto:Hiren.Patel@fda.hhs.gov)**

This newsletter has been provided by the JOAG Communications & Publications Committee. For more information on how to contribute to future editions, please contact [LCDR Janice Arceneaux](#) and [LCDR Christina Coriz](#), Committee Chairs, or [LTJG Tracy Tilghman](#), JOAG Editing Subcommittee lead.

*Any opinions or thoughts presented in the JOAG Journal are solely those of the author and do not represent the U.S. Public Health Service, United States Department of Health and Human Services (HHS), or any other government agency.*