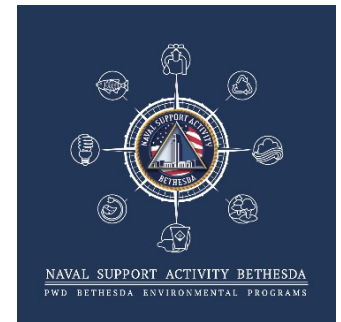


# Enviro News

The Navy Way, Bringing Strength Through Stewardship



CAPT Seymour giving a speech to Base Clean up volunteers on April 2019

Every year, NSAB Environmental (EV) office hosts a base-wide environmental cleanup day during Earth Day week. It is a day filled with volunteers that have come out to roll up their sleeves and beautify our base. Each year this event has drawn up a crowd and has picked up an impressive amount of trash. In 2022, we are planning to host this traditional event, in the foreseeable future however we invite our personnel to consider this week by doing small acts of environmental stewardships, such as printing double-sided, conserving gasoline whenever possible by walking, and using energy efficiently.

**1**

**REDUCE**

Effective ways to reduce waste is not to create in the first place

**2**

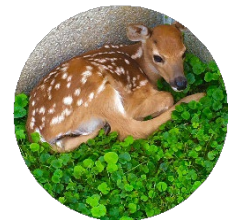
**REUSE**

Buy used, if you really don't need it new.

**3**

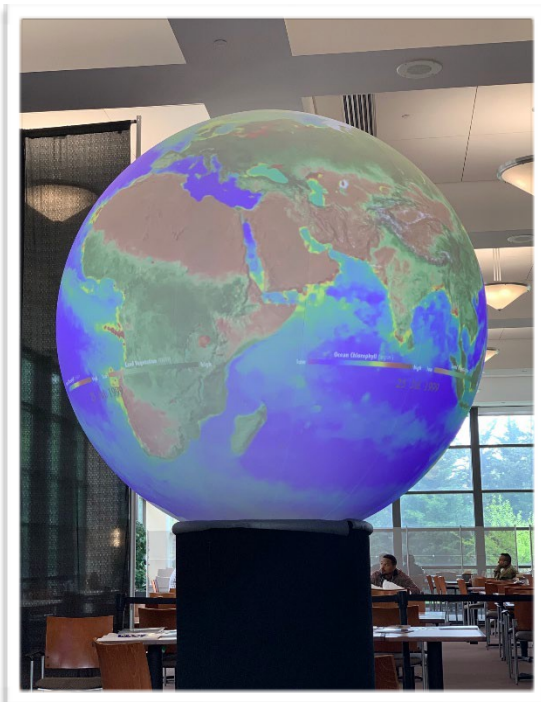
**RECYCLE**

If the item doesn't belong in the trash, please recycle it



**If you see a fawn,**  
Please do not disturb!

In the past, the EV office has hosted the annual “Environmental Action Fair.” This center stage event is the culmination of a week’s work filled with Earth Day activities (5 Mile Run & Shred Day) that result in a large expo held in building 62. The Environmental Action Fair showcase vendors that focus on environmental stewardship, such as NASA, DoD Navy, MWR, Montgomery County Recycling and many more!



NASA Science on a Sphere at the Warrior Café in BLDG 62 for Earth Week 2019



Here our Installation Environmental Program Director, Susan Paul, speaking to military personnel, on Earth Day week, 2019.

The Science on a Sphere (SOS), came to NSAB, as part of the Environmental Action Fair every year since 2017.

The SOS was presented by Maurice Henderson, NASA Goddard Space Flight Center. This is NASA’s educational tool that’s goal is to enhance the knowledge and public understanding of the environment through animated images and video.

## WHAT DOES IT MEAN TO BE AN ENVIRONMENTAL TANK PROGRAM MANAGER?

Joswil Rosado-Andujar comes to us from the sunny island of Puerto Rico!

She is our new Tank Program Manager for Naval Support Activity Bethesda.

She has a Bachelor Degree in Environmental Technology and a

Master's Degree in Biodiversity, Landscape and Sustainable Management.

She enjoys paddleboard, hiking, cooking, art and learning new things.

She will be focusing on our NSAB Base-Wide Spill Prevention,

Control and Countermeasure Plan and scoping out sound environmental

Management! She will be our main inspector for new fuel tanks and maintenance.



**Let's welcome Joswil to the EV Team!**

Life in the Universe  
NASA  
Goddard Space Flight Center

**Science on a Sphere (SOS):  
Lecture on *Life in the Universe* by  
Maurice Henderson (NASA Goddard  
Space Flight Center)**

As Earth Day approaches here at Naval Support Activity Bethesda, this year we will be able to provide Science on a Sphere virtually. Please enjoy this five-minute lecture produced by Maurice Henderson, with special thanks to Dr. Amy Simon, Dr. Kate Semmens-Berti, Theophilus Brit Griswold, Leah Henderson and Jess Marciniak. The lecture discusses how the Hubble Space Telescope probes the oldest objects in the solar systems. You will learn more about Mars and exoplanets through this high resolution spherical global display projection system.

Please Click here to watch [Life in the Universe](#)



*Photo Credit Alexia Martinez*

Ed Slavinski, NSAB Hazardous Waste Program Manager awes in his Rocky the Raccoon costume for children on Earth week 2019



*Photo Credit Alexia Martinez*

NASA Scientist Claire L. Parkinson discusses Earth Science to students

**“The 2022 Virtual Federal Environmental Symposium.” by Alexia Martinez**

So this would be the second year that I have attended the Federal Environmental Symposium (FES).

In light of the current COVID-19 situation, it will be hosted virtually on March 28-31<sup>st</sup> 2022. This year’s theme is Mission, Environment, and Our Community.

What is an Environmental Symposium you say? It is an event that is held annually by an interagency group that’s purpose is to bring together Federal Agencies to provide existing and relevant environmental information to federal entities.

Jose Jimenez, Environmental Symposium Planning Head Committee Member states that this year’s theme of Mission, Environment and Our Communities was created to incorporate community as part of a facility performance of their mission.

Jose states that he would like to see in the FES as in previous times, a bringing together of relevant information to the participants and encouraging networking.

The Committee members for this year are National Institutes of Health (NIH), National Aeronautics and Space Administration (NASA), Department of Justice (DOJ), The United States Department of Agriculture (USDA), Veteran Affairs (VA), Department of Homeland Security, Center for Disease Control and Prevention (CDC), Department of Homeland Security, Centers for Disease Control and Prevention (CDC), Department of Energy (DOE), Department of Health and Human Services (HHS) Corps of Engineer (COE), Department of Defense (DoD) and Environmental Protection Agency.

**The Difference between Puerto Rico Wildlife and here in Maryland**

**By Joswil Rosado Andujar**

One time I was at the beach and I had the most beautiful experience. I saw turtles hatching! A lot of baby turtles were getting out of the sand and moving towards the ocean. I can say, most of the Puerto Rican’s that I know, know what do in these cases. So what they did was all the people make a human line to protect the turtles as they crawled to the sea. We have a lot of natural resources on the island and it is important to report this kind of event. Wildlife service’s took the turtles and brought them to the animal center.

If I compare the wild life in Maryland to what is in Puerto Rico, you would see many changes, first let’s start with the weather. In Puerto Rico we don’t see too much change in the weather, most of the time it is sunny and hot. I cannot say the same for the weather in Maryland. Here we see all the seasons. That is a big factor for animals, you can see more animals if the weather is warm and constant. In Puerto Rico at 5 pm approximately, you can see the wild parrot in the Inter American University of Puerto Rico. That was my college, the parrots move all over the San German town. Sometimes you can go to La Parguera, a beautiful town that has mangroves that make a very good home for manatees. In mangroves, you can see tropical birds, pelicans, iguanas, herons, etc. In Maryland, I saw a fox, geese and common backyard birds. I’ve been here just under a year, so I hope to see more wild animals. I can say I love, see and feel the seasons, because I don’t live that experiences in Puerto Rico.

Puerto Rico is a very sunny island, I grew-up in that beautiful paradise. I lived close to the ocean and mountains. My father has a boat so that makes it more easy go to the ocean. That is one of the reason’s, I studied environmental science was because of where I grew-up. To be so close to the beach and mountains made me appreciate the environment around me. That is why is important to protect and take care of the nature resources around us.

## WRNMMC Works To ‘Do The Right Thing’ for the Earth

By Bernard S. Little

### WRNMMC Command Communications

Even before the observance of the first Earth Day on April 22, 1970, a U.S. president and first lady, along with staff at the future Walter Reed National Military Medical Center (WRNMMC), focused on preserving its natural environment.

President Franklin Delano Roosevelt personally selected the Bethesda, Maryland site, with its rolling green hills and small natural spring-fed pond for construction of the naval hospital. The 32nd president was said to have selected the site because it reminded him of the biblical pool of Bethesda, famous as a spiritual place of healing. The pond, which is still at WRNMMC, was named

Lake Eleanor to honor the first lady, who recognized the need for natural beauty within the medical center and dedicated a rose garden in front of Building 1, now called “the historic Tower,” upon the hospital’s opening Nov. 11, 1940.



*Photo Credit Bernard S. Little*

While the original rose bushes were unintentionally removed during past construction, new knockout rose bushes were planted near the flagpole in front of the Tower during the 1980s.

Recently, these rose bushes were transplanted to the Building 19 (America Building) atrium where the hospital’s labyrinth is located to symbolize the medical center’s connection to the past. The rose bushes will continue to provide a natural, visual appeal to medical center patients and staff at that location.



*Photo Credit Bernard S. Little*

When the 2005 Base Realignment and Closure (BRAC) recommendations became law calling for the merger of Walter Reed Army Medical Center (WRAMC) and National Naval Medical Center (NNMC) at Bethesda, construction began shortly after to expand the facility. In 2011, WRNMMC officially opened with new “green” facilities.

The U.S. Green Building Council (USGBC) recognized WRNMMC with a 2011 LEED Gold award for the medical center’s newly constructed buildings. USGBC develops the Leadership in Energy and Environmental Design (LEED) green building rating systems that provides third-party verification of green buildings to create a “healthier, more sustainable future.”



*Photo Credit Bernard S. Little*

According to USGBC, “LEED provides a framework for healthy, highly efficient, and cost-saving green buildings. Energy-efficient buildings help reduce pollution and improve outdoor air quality in major industrialized areas, making LEED a critical tool in reducing smog. Improving indoor air quality can reduce absenteeism and work hours of those affected by asthma, respiratory allergies, depression and stress, and leads to and self-reported improvements in productivity.”

A plaque recognizing WRNMMC's 2011 LEED Gold recognition hangs in the lobby of the America Building and states, "LEED certification provides independent, third-party verification that a building was designed and built using strategies aimed at achieving high performance in key areas of human and environmental health: sustainable site development, water savings, energy efficiency, material selection and indoor environmental quality."

Other efforts WRNMMC makes to be eco-friendly include recycling throughout the medical center.

Most offices, units and wards at the medical center have recycle bins for cardboard, paper, plastics and cans. Also, the Nutrition Services Department uses recyclable and compostable products, as well as certified green cleaning products in the hospital's dining facility.



Photo Credit Bernard S. Little

WRNMMC is more than four years into its Medical Center Additions and Alteration (MCAA) project, slated to last until at least the latter part of the 2020s. The project involves demolition of nearly a third of the existing

medical center and construction of new buildings (MCAA North and MCAA South) in a similar footprint.

The MCAA facilities now under construction are based on meeting four design elements:

- World-class and evidence-based design facility standards
- Infrastructure
- Energy efficiency requirements in support of LEED-Healthcare certification
- The durability, maintainability and cost effectiveness of the structures

The MCAA configuration is required to meet minimal natural lighting in support of LEED for Healthcare certification. LEED certification provides an independent verification of a building's green features allowing for the design, construction, operations and maintenance of resource-efficient, high performing cost-effective buildings that benefit people and the planet, design and construction officials' state.

The exterior will be constructed using precast panels comprised of an exterior precast concrete layer backed by continuous rick wool insulation and interior studs providing a high-performance façade that is durable, impervious and thermally efficient, according to design and construction officials. They add the roofing system will be constructed using a structural roof deck consisting of a thick, tough, flexible, self-healing membrane and ballasted roofing pavers. This arrangement of roofing materials is referred to as a Protected Membrane Roof (PMR) system, and contributes to longevity and reduced life cycle cost.

In addition to upgrading infrastructure, the purpose of the MCAA project is to construct a facility using world-class design standards to optimize the delivery of high quality, safe health care in an environment that promotes a positive patient experience. This will include windows and allowances for natural light, as well as designs that reduces noises and maximizes environmental responsibility. The medical center also recently upgraded windows in its main hospital, strengthening infrastructure, improving energy efficiency and enhancing the visual experience for patients, staff and visitors.

Construction of a new Biosafety Level-3 Laboratory in the basement of Building 9A (Arrowhead Zone) is also underway. The new laboratory is designed to enhance protections and maintain safety in the lab and the surrounding environment. The medical center is also upgrading its Urology Clinic, and the transformation will include the addition of technologically advanced medical equipment and an upgraded heating, ventilation and air conditioning system (HVAC).

Walter Reed Bethesda continue to focus on doing its part to maintain a clean and safe domestic water system. In order to maintain a safe and healthy

delivery of domestic water, WRNMMC

*Photo Credit Bernard S. Little*

encourages its staff to  
flush domestic water

systems, including sinks, water fountains, showers and toilets for at least 30 minutes each week. Flushing these systems help keep the domestic water supply free of any microorganisms that could thrive in stagnant water. The Facilities Management Department (FMD) and Public Health work diligent to surpass the standard while frequently testing the medical center's domestic water system.

In addition, WRNMMC has renovated and upgraded a number of restrooms in its buildings, equipping them with dual flush toilets, regulating water used in order to flush either solid or liquid waste. Liquid waste needs much less help to exit the toilet bowl, meaning a liquid flush will use much less water.

While WRNMMC Facilities Management Department is helping to lead several other significant construction projects to benefit patients and staff, officials understand ongoing activities can cause nuisance noise or physical vibration around the medical center. FMD has teamed up with the Industrial Hygiene Department to ensure that any nuisance noise due to construction has a limited impact to patient care, operations, or staff and patient experience. If you have any concerns about the construction, call the FMD Help desk at 301-295-1070.

Walter Reed National Military Medical Center wants to do its part to decrease landfill volume and reduce its carbon footprint on the planet. WRNMMC believes that minimizing its environmental impact is the right thing to do.



*Photo Credit Bernard S. Little*