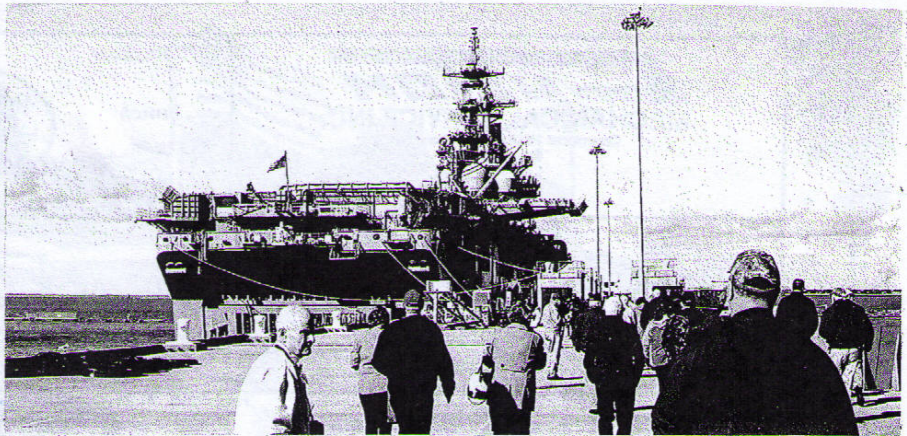


USS WASP (LHD 1) TRIP REPORT

The **USS WASP (LHD 1)** trip went off without a hitch on 26 February. Due to the kindness and personal involvement of CO CAPT Kurt Kastner, PAO MCC William A. Tonacchio, and CMO CDR Thomas Hicks, we were treated to a tour of the ship's medical departments, bridge, hangar deck, well dock, flight deck, and the quadruple-stacked-high-bunks for Marines. Lunch was provided in the Ward Room. No Navy Beans!

Our full bus was made up of Navy Leaguers and guests, more Marine Leaguers than we have seen in a long time, and 13 physicians, 1 nurse, and 1 dentist. The whole **WASP** crew was not there, so the only casualty seen was one poor guy in the dentist's chair. The medical department aspect of the trip was of interest to all, and the spirit and professionalism of the crew throughout the ship was palpable.

The **WASP**, the sixth-ever United States ship of that name, will be leaving on deployment to the Middle East later this year. CAPT Kastner is well-known to us from his former and current duties. He will be finishing his career soon. We wish for the ship and the Captain smooth sailing, and our gratitude for what they do for us. ✍



Richmond Council members and guests make their way down the pier where the USS WASP awaits their visit



A group of medical providers (17) joined Council for this trip; with emphasis placed on the medical capabilities of the USS WASP

12 WAYS THAT MAY HELP SEASICKNESS

- Have a view of the far horizon
- Avoid being cooped up in a cabin and no view of the outside
- Avoid strong odors like diesel fumes, tobacco smoke
- Avoid strong food odors
- Close your eyes (reduces conflicting signals to the brain)
- Stay in the middle of the ship (reduces rolling, pitching and yawing)
- Roll with the punches, don't fight them
- Get to work - Take your mind off it
- Steer the ship (or drive the car) – Ever notice that the driver *never* gets sick?
- Avoid rafts (in heavy seas everyone gets sick)
- Do not watch someone else vomit (power of suggestion)
- Pay Homage to Neptune – always puke to leeward ✍



Council Director, Harvey Lankford, M.D., performed an *outstanding* job of developing and hosting this very interesting outing