MTN takes lead on rolling out new American Heart Association guidelines

By Tech. Sgt. André Nicholson
NCOIC, Office of External Affairs

In an effort to adhere to the new American Heart Association (AHA) guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC), the Uniformed Services University of the Health Sciences’ (USU) Military Training Network (MTN) has administered the updated resuscitative training to all Department of Defense training sites worldwide.

The new guidelines will take effect July 1, 2006 and the MTN has been conducting a series of one-day seminars to approximately 500 program directors since March 2006.

MTN’s first goal was to update the 500 program directors through 11 seminars throughout the continental United States and overseas. The seminars were conducted by four MTN primary instructors with briefings provided by expert consultants who were appointed by the surgeons general, explained the MTN Director Lt. Col. Ryan Shercliffe, Air Force.

The next phase is to have the program directors update more than 12,000 MTN instructors worldwide. The feedback received from the directors thus far is that the seminars have gone exceedingly well, Colonel Shercliffe said.

The main purpose for the 2005 AHA guidelines for CPR and ECC is to improve survival rates from cardiac arrest by increasing the number of victims of cardiac arrest who receive early, high-quality CPR.

See MTN, Page 5

History of Bushmaster....Part I of II

By Dr. Barry Wolcott and Tech. Sgt. André Nicholson

The first dean of the Uniformed Services University of the Health Sciences (USU) F. Edward Hébert School of Medicine, Dr. Jay Sanford, stated the educational objective of the curriculum is: “To prepare the graduate to serve successfully, following internship, as a general medical officer in the emergency room of a fixed military medical facility or as a general medical officer at the forward-most point on the modern battlefield at which physicians are positioned.”

Dr. Sanford believed that the totality of the USU required curriculum in the basic sciences, clinical sciences, and military medicine formed a unique intellectual basis for this educational objective. He directed that the school’s academic faculty create a formal curricular element using the structure of a military field exercise to test the ability of the students to meet the second element of this educational objective; he envisioned this exercise not as “field training,” but as a “graduate level educational laboratory experience conducted in the field” during the senior year of medical school.

More than 30 years ago, Congress established USU as the nation’s military medical academic university and it was in those formative years that Dr. Sanford’s vision created what has come to be known as Operation Bushmaster.

At that time, there was not...

See BUSHMASTER, Page 5
INTEGRATION~As I See It

By Vern Schinski, Ph.D.
Special Assistant to the USU President for BRAC integration

Integration Planning to Date

Integration of the Walter Reed Army Medical Center (WRAMC) and the National Naval Medical Center (NNMC) began a year ago with the decisions of facility commanders, Maj. Gen. Kenneth Farmer and Rear Adm. Adam Robinson. When the BRAC decisions were announced in May planning for integration of the two facilities prior to actual co-location began in earnest.

In August, the “Flags” shared their vision for “jointly staffed inpatient campuses at the Walter Reed National Military Medical Center (WRNMMC) at Bethesda (North) and Fort Belvoir (South).” “The WRNMMC will serve as a world class academic health center focused on highest quality health care, graduate medical education, and clinical research while serving as a worldwide military referral center.” With this vision in mind, Charles L. Rice, M.D., president of USU, and Brig. Gen. Thomas Travis, now commander, 79th Medical Wing, were added to the Flag oversight team.

An Integration Steering Committee and an Advisory Committee were created and subcommittees began to work on clinical, graduate medical education, healthcare operations, and communications aspects of integration. In October, the Flags sponsored the first National Capital Area (NCA) integration offsite planning retreat. An emphasis on “Functional Integration” where “an area appears as a single organizational unit to internal and external customers” was begun.

In February, additional subcommittees for administration, nursing, information technology, and research were formed. The Graduate Medical Education committee was broadened to include all forms of medical education, and the university was given the opportunity to provide representation on each sub-committee.

A blueprint for integration was drafted which directs four stages of integration.

I. Integration of WRAMC, NNMC, and USU by spring of 2007.
II. Integration of the other bedded facilities with the above by fall 2007.
III. Integration of the other medical facilities in the NCA by spring 2008.
IV. Integration of the Tricare Network by spring 2008.

The subcommittees worked on developing goals and objectives for the integration of their areas according to this blueprint. These plans, with emphasis on actions for the coming year, were briefed to the Flag Oversight Group April 14.

As the BRAC process moved forward to plan for $1.5 billion to build and remodel 1.750 million square feet at Bethesda and Fort Belvoir, the need to bring the community up-to-date was recognized and a second NCA integration offsite was held at USU.

At the offsite 150 invited participants reviewed their hopes and fears for the new facilities. Flag officers presented their visions, and participants discussed strengths, weaknesses, and then proposed action steps. Everyone left, as agents of change, with a new sense of vision and energy for integration.

The highlight of the event was the release of a new vision statement that puts USU at the heart of the vision:

We envision and are committed to one integrated National Capital Area (NCA) military health care system. The Tri-Service Walter Reed National Military Medical Center at Bethesda will lead the integrated NCA military health care system. The NCA integrated military health care system, together with the Uniformed Services University of the Health Sciences will be a worldwide military medical referral center. This premier academic medical center will focus on the highest quality care, distinguished health professions education, and exemplary clinical and translational research.
Faculty Senate....who, what, why?

By Tech. Sgt. André Nicholson  
NCOIC, Office of External Affairs

The Faculty Assembly is a forum through which information may be disseminated and exchanged, and university policies can be discussed and deliberated. Faculty members of the Uniformed Services University of the Health Sciences (USU) did just that during their assembly June 14.

The assembly functions primarily through the Faculty Senate, which is a representative body that provides the faculty with a mechanism to participate in the governance of the university. The senate has the unique position of formulating issues of concern to the faculty and has the responsibility to convey these to the university administration.

There are three faculty members in presidential positions in the Faculty Senate, which include the president, president-elect, and the past-president. The purpose for this is so the institutional memory is maintained. The presidency rotates between a basic science faculty member and a clinical science faculty member, and civilian and military members, if possible, so there is a balance across the leadership, explained Dr. Denes Agoston, Faculty Senate president. The other senate officer is the secretary treasurer.

The faculty senate is also made up of six standing committees which operate under a shared governance. They provide input to Charles L. Rice, M.D., USU president, and also offer solutions to issues which may be of concern to the faculty.

The six committees are: Comparability and Welfare Committee, which deals with items such as the welfare of the faculty, salary, and compensation; Education Committee, which deals with faculty development and teaching issues; Research Committee, which handles all aspects of research activities, concerns of researchers and users, and solutions to make things work better; Constitution Committee, which reviews the Faculty Senate constitution at least once a year and proposes changes to the senate, then they bring them before the assembly for voting; Election Nomination Committee, which is only active during the second half of the year and is responsible for the new Faculty Senate elections; and the Communications Committee, which basically disseminates information to the faculty.

The Faculty Assembly meets at least twice a year, and the committees report their duties, goals, accomplishments, and any remaining issues during this time. This month, the assembly met and started by presenting the Carol J. Johns Medal to Dr. Alison O'Brien for exemplifying the vision of Dr. Johns.

“She [Dr. O’Brien] is a role model for women everywhere,” Dr. Agoston said, “She is proof that women can have a great personal and professional life and be a great contribution to the community.”

The Faculty Senate also awarded the first Faculty Appreciation Award to Stephen Brown, Learning Resource Center. The award is given for outstanding support and help to the faculty so USU can excel in research, teaching and patient care, and for maintaining the culture of collegiality and professionalism.
Life long learning: Foundation of health care

By MC2 Kory Kepner
Staff Writer, Office of External Affairs

The Uniformed Services University of the Health Sciences (USU) has a department that promotes opportunities for doctors and nurses to continue to advance the skills and knowledge for professional proficiency in their fields.

The Office of Continuing Education for Health Professionals (CHE) sponsors continuing education activities for members of the federal health care delivery system and contributes to the maintenance of high standards of health care within federal health care services.

“People want to feel comfortable that physicians and nurses are competent and in tune with current practices; that’s what CHE and USU are all about,” said Charlotte Naschinski, MS, RN, director CHE.

CHE achieves this standard of excellence through a vigorous and academically sound planning process. This process has six steps: needs assessment, identifying the objective, determining the content, identifying experts, implementing teaching strategies, and evaluating effectiveness.

“First there needs to be a practice deficit or learning need,” Ms. Naschinski said. “For example, CHE has an innovative partnership with DOD’s National Quality Management Program that identifies gaps in knowledge or knowledge application. Special health care studies are conducted to compare care provided in the Military Health System to civilian benchmarks and to identify best practices. Educational interventions are developed and sponsored by CHE to meet identified learning needs/practice gaps. Also, there could be something new on the horizon such as new surgical skills or techniques are developed, a course is created to teach the new techniques and thereby keep surgeons up to date.”

CHE has many different approaches to ensure that professionals who need training receive it. They hold conferences at USU, use video teleconferencing, send faculty to different areas of operations throughout the world, and offers internet training.

Ms. Naschinski said that continuing education is one component of a lifelong learning process that begins when the future health care professionals enter formal training and continues throughout their professional career. Continuing education may be required for re-licensure or subspecialty organizations.

“CHE achieves continuing education success due to its valued partnership with many USU internal and external departments and agencies to provide quality life long learning opportunities,” said Capt. Jane Mead, NC, Navy, senior executive director CHE.

In addition, CHE establishes activities for non-federal civilian health professionals in disciplines where the body of knowledge is available within the federal services medical field and when that knowledge will add to the health of the nation, other countries, or the global community.

Ms. Naschinski said that one unique effort of CHE is that they hold five USU accreditations in medical, nursing, psychology, healthcare executives and social work continuing education, and they currently have an application pending for a pharmacy accreditation.

“USU’s CHE offers accredited education programs and assists our varied participants to polish their professional, clinical and readiness skills,” Captain Mead said. “In future endeavors, CHE is awaiting the outcome of its pharmacy continuing education accreditation application and is anticipating much growth supporting the Walter Reed National Military Medical Center at Bethesda.”

The CHE directorate provides a diverse approach to life long learning. These education activities engage health care providers in a learning spectrum preparing their response to ever-changing military medical readiness demands while supporting regulatory, compliance, and safety requirements of today’s healthcare environment.

CHE’s education reach is global, serving the federal health care delivery system subsequently contributing to quality health care for our Military Health System beneficiaries.
MTN, from Page 1

The five major changes in the 2005 guidelines are:

- Emphasis on, and recommendations to improve, delivery of effective chest compressions
- Single compressions-to-ventilation ratio for all single rescuers for all victims (except newborns)
- Recommendation that each rescue breath be given over one second and should produce visible chest rise
- A new recommendation that single shocks, followed by immediate CPR, be used to attempt defibrillation for ventricular fibrillation cardiac arrest, rhythm checks should be performed every two minutes.
- Endorsement of the 2003 ILCOR recommendation for use of Automated External Defibrillators in children 1 to 8 years old (and older); use a child dose-reduction system if available.

The mission of the Military Training Network is to develop and implement policy guidance and ensure compliance with curriculum and administrative standards for resuscitative and trauma medicine training programs for uniformed service members and DOD affiliates worldwide. The tri-service staff provides specific service expertise, central record keeping, worldwide coordination of programs and ensures national resuscitative and trauma medical organizations are aware of military medicine’s unique requirements.

BUSHMASTER, from Page 1

and had never been, any such academic enterprise in American medical education. In fact, American military medical training had abandoned even medical field training exercises for medical corps officers in the aftermath of the Vietnam War. The university faculty would have to create this program from scratch, formally evaluate the program’s outcomes, and modify the program’s curriculum on the basis of those formal evaluations.

In 1978, Dr. Sanford appointed then Army Lt. Col. Barry Wolcott, MC, to USU’s faculty to serve as the project officer for the Senior Course in Operational and Emergency Medicine, as which he served until the fall of 1982.

The first evolution of this unnamed academic endeavor took place in the fall of 1979 at the Army’s field medical operations area at Camp Bullis, Texas, for the 29 students of the charter 1980 medical school class. The exercise’s Operations Officer, Army Maj. Dennis Dugan, MSC, supplied the “Bushmaster” name before the second evolution in the fall of 1980; despite the fact that the name had no particular significance, it “stuck.”

By 1981, expansion of class size required running the exercise twice; once the medical school reached the current class size of 165, it was necessary to run the exercise three times a year.

The Bushmaster exercise has had several important derivatives. These include:

- The Combat Casualty Care Course (C4); the university created this course based upon the Bushmaster curriculum for the services as the American military’s first recurring tri-service training program (medical or otherwise);
- The Military Training Network; the university was the first military medical element to routinely train medical officers in Advanced Cardiac Life Support and Advanced Trauma Life Support, and therefore created this mechanism to maintain their proficiency after graduation;
- The “spin-off” from the senior year curriculum of Operation Kerkesner to be conducted at the end of the freshman year.

Obviously, Bushmaster has contributed more than 3,900 graduates to military medical service since that first evolution in 1979. However, as with any academic endeavor, Bushmaster’s most important legacy will remain the military medical intellectual capital created, nurtured, refined and expanded by the USU faculty responsible for this unique curricular element during the 27 years of its existence.

Throughout those past 27 years, the operation has gone from being held several times a year at different locations such as San Antonio, Texas, to most recently being conducted once a year over a two-week period at Fort Indiantown Gap, Pennsylvania (FIG).

Dr. Sanford’s original vision of a graduate level educational laboratory experience conducted in the field during the senior year of medical school has since included students from the Graduate School of Nursing, and foreign exchange students.

In 2005, the Department of Military and Emergency Medicine (MEM) held both Operation Bushmaster and Operation Kerkesner simultaneously at FIG over a two week period. This year both field exercises will be conducted in July, again at FIG.

For a follow up to this year’s Operations Bushmaster/Kerkesner and how the simultaneous exercises came to be, look for Part II of the History of Bushmaster in a future issue of the USU Newsletter.
USU student spouses have place to go
By MCSA Raul Zamora
Staff Writer, VPE

It can be hard to adjust to a new command, especially for a significant other or the family members of a medical student, but at the Uniformed Services University of the Health Sciences (USU), the Student Spouses Club (SSC) is there to help.

The SSC has been supporting spouses, fiancés (e), and significant others of USU students since 1980.

The main gatherings the SSC holds throughout the year are orientation, beginning of the year barbeque, seasonal parties and the information session.

The orientation gives the significant other an idea of what the SSC has to offer. The beginning of the year barbeque is a time to relax before the beginning of a new school year. The holiday and the spring parties include activities for all family members. The information session lets students and significant others know what they could expect for the next school year.

The information session splits off into groups for each year. First year medical students (MS1) talk about summer experiences. MS2s talk about their rotation period, MS3s talk about preparing for rotation and MS4s talk about their internship year.

There are different committees the SSC offers to carry on various duties. The Sunshine Committee provides support with new births, marriages, passing of loved ones and encouragement to spouses, medical students and even non-member spouses as well. When studying for a final gets stressful, the Sunshine Committee is there to help motivate students with goodie bags.

The parent-tot group helps parents and their kids, of all ages, have a good relationship. They take trips to different parks, museums, and other places in the District of Columbia.

The Adult Social Committee develops friendships by organizing events that include game nights, pot lucks, scrap-booking, book clubs, bowling nights, girls or couples night out, White House tours and walk/run for charities.

The Fundraising Committee raises money for the SSC. All the profits then go to charity. Last year a tamale and taco lunch was held. The Fundraising Committee will meet on July 5 in the student lounge to decide what this year’s fundraiser should be. “We try to plan ahead,” said SSC President Dana Davila, program support assistant at USU.

“Our main goal is to be a support system for the spouses and significant others of the medical students.”

Margaret Legault, vice president, Student Spouses Club.

Navy officer participates in Hometown Navy Week
By MCSA Raul Zamora
Staff Writer, VPE

Capt. Cynthia Macri, MC, Navy, vice president for Recruitment and Diversity at the Uniformed Services University of the Health Sciences has been selected to participate in this year’s Navy Week in St. Paul, Minn.

“Navy and Fleet Week are chances for the Navy to be showcased in various places.” Captain Macri said. “It increases awareness and appreciation for the Navy.”

She was invited to represent the Navy at various events. She will be the honorary host for the Schwan’s USA Cup, which is an important youth soccer tournament. Last year there were 15 countries, 29 states, 982 teams and 15,000 soccer players.

She will also throw out the first pitch at a Minnesota Twins game after a pre-game enlistment ceremony. “I have always been a life long Minnesota Twins fan,” Captain Macri said. She will also spend Navy Day with the Minnesota Lynx professional women’s basketball team.

Captain Macri, who was born in St. Paul, will speak to the Mayo School of Health Sciences and the University of Minnesota School of Nursing about the awareness of the Navy’s role in medicine.

“It is overwhelming to represent the Navy, especially in someplace like that,” she said. “I’ll get to do a little bit of everything I like to do.”

“Our main goal is to be a support system for the spouses and significant others of the medical students.”

Kathleen Schwan, whose company is sponsoring the Schwan’s USA Cup, is honored to have the support of the Navy. “The Schwan’s USA Cup is an important youth soccer tournament. Last year there were 15 countries, 29 states, 982 teams and 15,000 soccer players.”

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“The club has spouses from all over the U.S.” said Fundraising Chair Kristen Brown, alumni affairs program assistant at USU. “A new spouse can come here and think they couldn’t have anything in common with the people here, but the reality is that we find people exactly like ourselves.”

“Our main goal is to be a support system for the spouses and significant others of the medical students,” Mrs. Legault said. “Aside from the stress of being a student, many couples have to adjust to military life for the first time as well. We are here to make these transitions as smooth and pleasant as possible. We make some great friends and have a great time.”
Letter to the editor

The following is a letter sent to the USU president.

I have been working at USU as a postdoctoral fellow for nearly five months. I met you soon after I started here and have been meaning to write ever since.

It is probably fairly unusual to do this, but I would like to let you know that, in my experience, this place stands head and shoulders above any other place I have been (Oxford, University of Birmingham, Creighton University, and George Mason). The personnel (Civilian Human Resources, cafeteria, secretaries and administrators, technicians) are friendly and helpful; the atmosphere is pleasant and relaxed. People smile at you!

The lab where I work is also the best I have encountered. The research in the lab is of the highest caliber and my supervisor (Brian Schaefer) is ideal. I have learned so much and am allowed (and even encouraged) to work to my greatest capacity. I have noticed that Dr. Brian Schaefer is in tune with the people in his lab in a way that I have not seen in other places. Those who work best independently are allowed to do so. Those who need guidance are helped. The result is a lab where people cooperate and things get done.

When I started here I had no experience with the military, but I certainly did not expect this. This place is a credit to the country and you can be very proud to be in charge.

Best wishes, Caroline Crocker, Ph.D.

Letter from Gracie

“Get up in the morning, run and lift weights. If I didn’t do that I’d go crazy. That and spend some time with the family, play some ball or scrabble.”

Terry Parthemore
USAF Capt.
GSN

“Watching old black and white films on Turner Classic Movies. They always show the best films.”

Toni Jones
Civilian
LRC

“Watching basketball. I love basketball and I can study during the commercials.”

Riley Williams
USN Lt.
GSN

It’s the 4th of July weekend and you’re basking in the sun on your patio. In one hand, you’re holding a cold drink, in the other a spatula. A couple of juicy steaks and some burgers (no goose, please) are sizzling on the grill, and you’re savoring the smell of the flavorful smoke as it drifts past your nose. The last thing on your mind is safety, right?

But here’s the good news. With just a few simple precautionary steps, you’ll be well on your way to ensuring a safe cookout, every time. After all, food, family and friends are the real fun at a barbeque and it’s important to have the peace of mind to know that nothing will go wrong.

First, you always want to make sure the grill is in a safe place, where kids and pets won’t touch or bump into it. Remember the grill will still be hot after you finish cooking, and anyone who comes in contact with the grill could be burned.

If you use a barbeque lighter, make sure you don’t leave it lying around where the kids can access it. It won’t take long for them to figure out how to use it.

When you’re finished barbecuing, always make sure to not only shut off the grill, but shut off the propane tank as well, and be sure to store the propane tank outside, in a well-ventilated area.

To avoid accidents while transporting gas grills and containers, you should transport the container in a secure, upright position. Never keep a filled container in a hot car. Heat will cause the gas pressure to increase, which may open the relief valve and allow gas to escape.

Never use gasoline, or anything not specified for use with charcoal, to start the fire. Instead, use charcoal lighting fluid. Let the lighter fluid soak into the coals for a minute or so before lighting it. That gives the explosive vapors a chance to dissipate. I’ve seen many an explosion when flying overhead. I’ve also seen many injuries from these explosions. Stand back from the coals when you light them, and make sure you don’t spill any fluid on yourself, or on any area surrounding the grill. If the coals start to die out, don’t spray lighter fluid on the hot coals. You could end up with an unwanted fireworks display. Always make sure that you keep your little ones safe from the fire.

Be aware of food safety, avoid cross contamination of meat and poultry products with other foods. Cook foods to a safe minimal internal temperature to destroy harmful bacteria.

Lastly, be sure to have a great holiday and enjoy the long weekend with your family and friends.

(No geese were harmed in the research for this story – I can’t say the same about a cow or two.)

Sincerely, Gracie the Gray Goose

Photo illustration by MCSA Raul Zamora
# USU Calendar of Events

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<th>Date</th>
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<td>July 2</td>
<td>Next issue of the USU Newsletter will be published Aug. 7</td>
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<tr>
<td>July 3</td>
<td>Happy 4th of July</td>
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<tr>
<td>July 4</td>
<td>A/O Department Representative Meeting. Time: 11 a.m. Place: Lecture Room B. USU Toastmasters Meeting. Time: noon - 1 p.m. Place: USU Campus, Room A2052.</td>
</tr>
<tr>
<td>July 5</td>
<td>DOCTORAL DISSERTATION DEFENSE SEMINAR &quot;Bridging Innate and Adaptive Immunity&quot; at 10 a.m. in Lecture Room C</td>
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<tr>
<td>July 6</td>
<td>DOCTORAL DISSERTATION DEFENSE SEMINAR &quot;Molecular Basis of Circadian Photoreception&quot; at 10 a.m. in Lecture Room C</td>
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<td>July 10</td>
<td>School of Medicine New Faculty and Staff Seminar Time: noon - 1 p.m. Building A Lecture Room C</td>
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<tr>
<td>July 11</td>
<td>USU Toastmasters Meeting at AFRRI. Time: noon - 1 p.m. Place: AFRRI Small Conference Room.</td>
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<td>July 12</td>
<td>A/O Department Representative Meeting. Time: 11 a.m. Place: Lecture Room B. USU Toastmasters Meeting. Time: noon - 1 p.m. Place: USU Campus, Room A2052.</td>
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