

Med-Alert

The 5th
BDE(HS)
Newsletter

April 2000
Volume 3



The Colonel's Corner

Recruiting, Recruiting, Recruiting. You've heard it a million times. In one ear, out the other. But let me tell you something, this is a very hot issue in today's environment of reduction of forces.



Every soldier in this Brigade needs to be aware of the danger of falling too low in unit strength. Each of you needs to actively solicit your friends. Stress the benefits offered by the USAR. Education is a great selling topic.

Other than learning a skill that is highly marketable, there are other benefits that need to be voiced to the public.

- ★ The Montgomery GI Bill – College funding
- ★ Commissary Privileges
- ★ Tuition Assistance
- ★ Enlistment Bonuses

Get the word out. We cannot afford to lose more soldiers.

Your Chain of Command

5th BDE(HS)

COL Angel Padilla
CSM Roger Carlisle

10th Battalion

LTC Gordon L Koenig
CSM Paul Castro

3457th

LTC Floyd Priester
CSM Jackie Adams

PND

LTC Alberto Porazzi
CSM David Stading

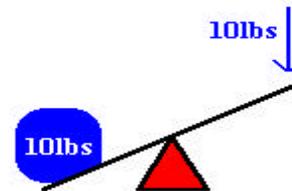
HHD

CPT Fred Jones
SFC Jose Rameriz

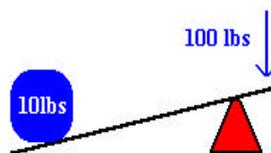
SAFETY TIP #2

The amount of force you place on your back in lifting may surprise you! Think of your back as a lever.

With the fulcrum in the center, it only takes ten pounds of pressure to lift a ten pound object.

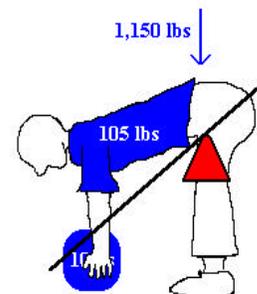


If you shift the fulcrum to one side, it takes more force to lift the object. Your waist acts like the fulcrum in a lever system, on a 10:1 ratio.



Lifting a ten pound object puts 100 pounds of pressure on your lower back. When you add in the 105 pounds of the average human upper

torso, you see that lifting a ten pound object actually puts 1,150 pounds of pressure on the lower back.



If you were 25 pounds overweight, it would add an additional 250 pounds of pressure on your back every time you bend over.

In the May issue of this newsletter, we will discuss various exercises you can do to strengthen your back.

Nursing History

27 Jul 1775 The Second Continental Congress authorized medical support for a Continental Army of 20,000 men, and submitted a plan to General Washington for creating "a Hospital" (a Medical Department). This plan provided one nurse for every ten patients and "that a matron be allotted to every hundred sick or wounded, who shall take care that the provisions are properly prepared; that the wards, beds, and utensils be kept in neat order; and that the most exact economy be observed in her department."

All junior enlisted soldiers who wish to take advantage of COL Padilla's offer to assist with their **taxes**, please stop by the HHD section during this month's drill and provide your name to the Detachment Sergeant, SFC Ramirez.

The S1's World

Writing the OER/NCOER

With the implementation of the NCOER several years ago and the most recent implementation of the new OER, many reservists may wonder how to write an effective evaluation. The first step must begin with the rated NCO/Officer. The ability to provide quality work. The second step must continue with realistic goals and objectives set between the rater and ratee. Within the first 30 days of the rating period, the checklist DA Form 2166-7-1 Checklist must be initiated which provides the rated NCO feedback on just what is expected during the rating period. From the officer's side, the rated officer initiates the OER Support Form (DA Form 67-9-1) with the Support Forms of rater and senior rater in hand. About 60 days prior to the end of the rated period, the rated Officer/NCO then provides input to the rater so the actual evaluation may be completed. Many times when the rater starts to write his/her portion, it is very tempting to list his/her accomplished duty rather than how well the person actually performed the duty. A very easy formula to remember to prevent this from happening is to remember the name "STAR". That is state the Situation or Task, state the Action taken, and lastly, state the Results that were achieved. If raters and rated soldiers took the time to do these simple tasks, we will have a "STAR" every time.

From the S3

The **APFT semi-annual test** will be conducted on 8 April 00 at MacArthur Field. Sign in is from 0530 to 0600. Weigh in will be from 0600 to 0630 with the actual PT test beginning promptly at 0630. If you are late, you will be considered a no show for the PT test. All personnel will participate! April drill is a mandatory drill. Valid profiles must be presented at the time of the PT test.

SFC Rodriguez's daughter **Anna Elise**, age 12, will be receiving an award on 9 April 00. The award will be presented to Anna by the family support group, 95th RSC in recognition of the 90th RSC Christmas Card Contest held in December 99. SFC Rodriguez and family will be traveling to Dallas to receive the award.

Schools

TAITC

Grueble, Frank
15May00, Camp Dodge, IA

Hyon, Nolan
30Oct00, Camp Ball, IA

BNCOC

Jackson, Chris
22Apr00, North Little Rock, AR

Shigekawa, Rebecca
14May00, Ft Dix, NJ

Sepulveda, Suzanne
22Apr00, North Little Rock, AR

Bean, Charles
18May00, FSH, TX

DeLoney, Mark
18May00, FSH, TX

Miller, Robert
18May00, FSH, TX

Studkenjuergen, Dennis
15Jul00, FSH, TX

Cowans-Jouhson, Sheila
15Jul00, FSH, TX

Thornhill, Michael
15Jul00, FSH, TX

ANCOC

Marr, Donald
29Apr00, TBA

Warren, Carie
22Apr00, Park RFTA, CA

Garcia, Eduardo
15Jul00, FSH, TX

Kuhlman, Richard
15Jul00, FSH, TX

Lein, Carl
15Jun00, FSH, TX

Mares, Ruben
15Jun00, FSH, TX

PLDC

Drotos-Pabon, William
16Sep00, Camp Ashland, NE

CTC

Oronsaye, Ed
07Aug00, Ft. McCoy, WI

Medical Supply Specialist (RC)

Santellanes, Ruben,
07May00, FSH, TX

Everitt, Steven
27Feb00, FSH, TX

Personnel Services Specialist

Hawkins, Henry
18Jun00, Park RFTA, CA

Reyes, Gilbert
18Jun00, Park RFTA, CA

Castilleja, John
18Jun00, Park RFTA, CA

Total Army Instructor Training

Edwards, Sandra
27Mar00, Camp Bullis, TX

Unit Supply Specialist

Bailey, James
11Jun00, Ft. Riley, KS

Combat Lifesaver Course

The following courses are scheduled for FY00.

Course 002
22-24Apr – Wichita, KS

Course 003
10-21May – SA, TX

Course 107
20/21May – Lafayette, LA

Course 503
2-4Jun – Lafayette, LA

Course 108
3/4Jun – Lincoln, NE

Course 109
10/11Jun – Shreveport, LA

Course 004
16-18Jun – Tulsa, OK

Course 504
27-29Aug – OK City, OK

Log Land

The Brigade Logistics Section will be short handed during the months of June through August 2000. All clothing requests should be coordinated through SSG Gloria Gonzalez. Please call her at her civilian number at 221-4349 to coordinate a time and place where secure turn-ins and paperwork can be issued. Expendable supplies requests should be coordinated through your unit supply section. All FORSCOM Forms 156-R need to be turned in through the Brigade S-3 to the Brigade S-4 for coordination as soon as possible. Shortfalls within subordinate units of the 5th Brigade has caused the Brigade logistics section to take an active part in properly supporting some of the annual training missions during AT 2000. It support is needed from the Brigade logistics section please call (210) 221-5312/5844.

Training Schedules

Don't forget! Monthly updates and future requirements are due to the S3 shop every Saturday at drill.

Articles for the newsletter are due by close of business each Saturday's drill. Please submit to S-5 on floppy disk.

HHD News

Mrs. Leila Koenig will be stepping down as the volunteer representative next month. If you want to help, contact CPT Muniz at muniz@looksmart.com.

April 2000 5th Brigade Family Day

08 April 2000 – HHD

- ★ Time: 1130 hours – Welcome
- ★ Place: Start at the Reserve Center followed by a picnic
- ★ Enlisted – Free
- ★ Guests and Dependents - \$1.00
- ★ Officers - \$10.00
- ★ Food and Drinks provided
- ★ Fun Run/Walk with Surprises

15 April 2000

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- ★ Officers - \$10.00
- ★ Food and Drinks provided
- ★ Fun Run/Walk with Surprises

HHD Drill Bits

Drill Date: 08 April
Sign In: 0530 to 0600, MacArthur
Uniform: PT / BDU

Drill Date: 09 April
Sign In: 0745 to 0800
Uniform: BDU

