

Med-Alert

The 5th BDE(HS) Newsletter



August 2000
Volume 6



THE COLONEL'S CORNER

Like married soldiers, the single Reservist also needs a Power of Attorney, a Will, and a Letter of Instruction.

The most frequently used document for a single Reservist is the Power of Attorney. A Power of Attorney is necessary should you decide to sell your car, store your household goods, or do anything else which will require someone to act on your behalf while you are gone.

A Will ensures that the single Reservist's wishes and decisions about the distribution of property are carried out, regardless of the size of the estate.

A Letter of Instruction, while not a legally binding document, will provide important information and directions to survivors on contacting whomever the Reservist designates.

If you need any of these documents, see the S-1 or your full time staff members.

FROM THE CSM

1. There are no RSTs for any enlisted personnel for the two mandatory drills that require the weigh-in and the APFT. All enlisted personnel are required to be present and in proper PT uniform. The only exception is hospitalization or death.
2. All NCOERs will be current and physically in the Brigade Headquarter NLT 15 SEP 00. There will be no exceptions.
3. The three CSM Tool Reports are due to the CSM NLT the 1st of each month. The reports are the qualified instructors, the unqualified instructors, and the unit OML.
4. Command Sergeant Majors: It is your responsibility to lead the way for the enlisted soldiers. It begins with the weigh-in, and the APFT. If you cannot meet this requirement or the other requirements of the CSM position, please let me know and we will get someone else.

FY 2001 DRILL DATES

Unit	OCT	NOV	DEC	JAN	FEB	MAR
HHD	21-22	18-19	16-17	20-21	10-11	17-18
10 th BN	11,14, 25	8,11, 17	6,9, 13	10,13, 17	7,10, 21	7,10, 21
PND	21-22	18-19	16-17	20-21	10-11	17-18
3457	21-22	18-19	16-17	20-21	10-11	17-18

Unit	APR	MAY	JUN	JUL	AUG	SEP
HHD	21-22	19-20	9-10	21-22	18-19	15-16
10 th BN	11,14, 18	9,12, 16	6,9, 13,20, 27		8,11, 15,22	7,8,9
PND	7-8	19-20	9-10	14-15	18-19	15-16
3457	21-22	19-20	23-24	21-22	18-19	15-16

HHD: 12-13 AUG
10th BN: 2,9,12,23 AUG
PND: 19-20 AUG
3456: 26-27 AUG



Chris Ellis, Gail Fee, Robert Franklin, Derrick Cooper, and Dion Holmes of the 3457th were promoted on July 15th to E6. Congratulations!

ATTENTION

The Division will have a weekend seminar on Family Support Readiness on 23 & 24 SEP 00 in Oklahoma. The training is for soldiers, spouses, and volunteers.

Because of limited funding, the number of attendees will be limited. Each Battalion and Brigade may nominate one volunteer. Other may be accepted based on available funding. Travel orders will be issued for 3 days with a Friday evening report time.

Applications are available in the Brigade Headquarters. Call 210-221-3925 for information.



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
 MAJ Mary C. Gomez CSM David Stading
HHD – 5th BDE
 2LT Beth Ann Spoon SFC Dan Carlin

SAFETY TIP #6

- Beware of the SUN!
- Skin burn and skin cancer are serious dangers during the summer.
 - Stay out of the sun during the hot parts of the day
 - Protect your skin from direct exposure.
 - Beware of heat exhaustion and other heat-related illnesses.
 - Profuse sweating
 - Paleness
 - Muscle cramps
 - Tiredness
 - Weakness
 - Dizziness
 - Headaches
 - Nausea

FROM THE PND

The following individuals need to see MAJ Parcels or her deputy every drill. If you cannot be at the scheduled drill periods, please e-mail MAJ Parcels at 44melissa@msn.com

MSG Abbott	SPC Gonzales
SGT Dowson	SFC Dixon
SSG Staton	SSG Blanchard

Nursing History

1865-1898: Following the Civil War, soldiers continued to perform patient care duties in Army hospitals. On 1 March 1887, the Congress established a Hospital Corps consisting of enlisted hospital stewards and privates as a part of the Army Medical Department. Since these soldiers were permanently assigned to the Medical Department, training programs were developed in the various needed skills, including nursing functions. Thus began the formal establishment of a career for enlisted personnel in the Medical Department. In 1891, Capt. John Van Renssalaer Hoff, MC, organized the first company of instruction for members of the Hospital Corps at Fort Riley, Kansas.

FROM THE DES MOINES 91C SITE

The Des Moines site started their new lass in May 1999. Those students are now in the Maternal Child Phase of their training. They are attending their second annual training at this time with graduation scheduled for August 2000. This will be the third class for this outstanding program!

ESGR

Remember your employer. Nominate them for an award. See you full-time staff for details.

FROM THE S1

The Brigade Awards Board will be meeting in August. Submit your awards. TIP: In the achievement description, use measurable facts. Don't say the soldier did an outstanding job. Describe what the soldier did that went above and beyond what was required.

FROM THE S3

Schools
 Dates given as "day-month-year"

PLDC

Drotos-Pabon, William
 160900, Camp Ashland, NE

CTC

Oronsaye, Edward
 070800, Ft. McCoy, WI

ANCOC Phase 1

Rodriguez, Carol
 Ft. McCoy, WI

71L10 – Admin Spec Course

Herrera, Alfonso
 Parks RFTA, Dublin, CA

TAITC

Alfonso, Aguilar
 Camp Mabry, TX

Elkins, Darin
 Camp Mabry, TX

Patterson, James
 Camp Mabry, TX

Rothell, William
 Camp Mabry, TX

Zeigler, W.
 Camp Mabry, TX



FROM THE S-4

HHD, tired of the Dining Facility food? The S4 shop is taking suggestions on what kind of food you want catered in or where you want to dine out. Contact MSG Padilla at 221-5051, ASAP.



MAJ Mary Rosario re-enlists SSG Berta Guerra. SSG Guerra is a member of the 3457th

FROM THE BDE PAO

The Brigade T-shirts are in and most have been distributed. The PND's shirts will be in during the week of the 17th of July. Distribution of these will be on 19 AUG during the drill.

If you did not receive a T-shirt, please contact CPT Gordon Tate during drill weekends. He is accepting orders. The cost is \$9.80 with payment being necessary at the time of the order. Remember that COL Padilla has authorized this T-shirt as the Brigade's official PT uniform.

FROM THE HHD COMMANDER

Brigade Headquarters will conduct physical fitness training every drill. The formation will be held at 0700 hours, sharp. Location will be at the northeast corner of the Reserve Center. Uniform will be the new Brigade PT T-shirt. If you are on profile, you are still expected to be at the formation. The only excuses will be hospitalization or death.

FAMILY SUPPORT

- HHD will have its family support meeting 13 AUG 00 at 1330 hrs at the USAR Center in San Antonio, Texas. Major commands should contact CPT Muniz for details on weather or not you need to send a representative.
- Now is the time to start planning your Christmas party. Contact CPT Muniz for assistance.

- Discount tickets can be purchased from Carlson Wagonlit Travel for Seaworld and Fiesta Texas. Go by Building 2434 on Allen Road, Monday through Friday, 8am to 5pm.

Unit	Family Support Members
HHD	Mrs. Padilla CPT Muniz Mrs. Garza Mrs. Rameriz MSG Padilla
10 th BN	CSM Castro
PND	MAJ Gomez
3457 th	Mrs. Priester MAJ Rosario

SUSPENSES

1. End of year requests for non-computer related requests are due 25 JUL 00 on DA Form 3953.
2. All requests for Class VIII (medical) have to be in by 10 AUG 00.
3. All IMPAC credit card purchases are to be cut off as of 31 JUL 00.

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

FROM THE BDE MASTER FITNESS TRAINER



The first APFT for record of the new fiscal year will be on OCTOBER 21st for the BDE HHD, the PND, and the 3457th! Now is the time to start preparing! If you wait until the last minute, your score will reflect it.

Aerobic endurance for the 2-mile run can be improved by executing 20-30 minute runs three time a week. This can be performed in a limited amount of time.

Timed sets for push-ups and sit-ups can be performed on alternate days from the run. Timed sets can be: Set 1: 45 seconds of push-ups, Set 2: 45 seconds of sit-ups, Set 3: 30 seconds of push-ups, Set 4: 30 seconds of push ups, etc... Rest periods between each should be progressively reduced from 2 minutes to 1 minute to no rest.

A typical weekly (not weakly) schedule should look like:

SUN	MON	TUE	WED	TH	FRI	SAT
30min run	su/pu tng	30min run	su/pu tng	30min run	su/pu tng	cross tng