

Med-Alert

The
5th BDE(HS)
Newsletter



March 2000
Volume 2

The Colonel's Corner



New Brigade PT Policy

The Army has always stressed the importance of maintaining physical fitness. Physical training has been a part of every army's regiment of training throughout history. So, the increased emphasis on physical training in this Brigade is nothing new.

What is new is my policy on PT during drill. We know that doing PT during drill will not increase overall performance. Rather, this program will increase overall awareness.

The policy is as follows: If you score above 270 on the record APFT, then you are exempt from formal PT during drills. If you score between 225 and 269, then you must participate in one day of PT. Score below 224, two days of PT.

Remember, we will be taking the APFT twice every fiscal year, so eat right, exercise daily, and stay in shape.

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 W Priester
CSM Jackie Adams

PND
LTC Alberto R Porazzi
CSM David Stading

HHD
CPT Fred Jones
SFC Jose Rameriz



Hell Fighters from Harlem
African Americans in WWI

SAFETY TIP #2

What is the level of Carbon Dioxide inside of your home? Most people do not realize the dangers of CO₂, but they are there. Studies have shown that if the level of CO₂ exceeds 1,000 parts per million (ppm), it will compound the effects of the common cold, asthma, the flu, and allergies. CO₂ is what you exhale every time you take a breath. CO₂ can buildup inside your home or office if there is not enough fresh air.

One way to keep levels below 1000 ppm is to check the fresh air intake on your heating, ventilation, and AC (HVAC) unit. For every person inside your home, the fresh air intake should be set at 20 cubic feet per minute (cfm). Have your local HVAC company check your fresh air intake. If it is too low, make the proper adjustments. It is an easy way to stay healthy.

Nursing History

14 Jun 1775 the Second Continental Congress authorized the Continental Army, which later became the United States Army. Shortly thereafter, Maj. Gen. Horatio Gates in the northern frontier reported to Commander in Chief George Washington that "the sick suffered much for Want of good female Nurses." General Washington then asked the Congress for "a matron to supervise the nurses, bedding, etc.," and for nurses "to attend the sick and obey the matron's orders."



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 Award Recommendations

Last month, the Division pamphlet, 672-3, *Military Awards for Army Reservists, Army Incentive Award Programs for Civilian Technicians and Award Writing Guide*, was distributed throughout the Brigade.

Chapter 3 of this publication provides clear guidance regarding DA Form 638. Additionally, Appendices A through I present helpful guidelines for preparing the written portion of the award. We strongly suggest that award recommenders' read these chapters/appendices before submitting award recommendations. This will avoid unnecessary errors, as well as unnecessary delays in the processing of the award.

Your soldiers deserve the best you have to offer.

From the S3

91W MOS UPDATE

The Brigade has a plan to begin the implementation of the 91W Transition Training. The plan was presented to BG Dollar in February, with another presentation to the USARC Project Action Team meeting in Reno,

Nevada, on 17 February 2000. At the present time, our unit is ahead of all other USARC Regions in the planning process for the 91W MOS Transition.

As part of our plan, we are in the process of becoming a test site for the National Registry Emergency Medical Technician-Bridge (NREMT-B) and for the Pre-Hospital Trauma Life Support (PHTLS) courses. Both of these training courses are critical components of the 91W Transition Training. We have about 20 NREMT-B qualified instructors, and five soldiers taking the PHTLS Instructor Course. Right now, we have a very good chance of becoming a pilot for USARC's implementation of the 91W MOS Transition Program. As usual, our unit is leading the way by being proactive and innovative.

Schools

TAITC

Grueble, Frank
15May00, Camp Dodge, IA

Hyon, Nolan
3Oct00, Camp Ball, IA

Brady, Paula
26Feb00, Davenport, IA

Collins, Anthony
2Apr00, Topeka, KS

Lopezrolon, Estaban
2Apr00, Topeka, KS

Ohara, Timothy
2Apr00, Topeka, KS

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

Ashton, Earl
1Apr00, Camp Ashland, NE

Flores, Mark
1Apr00, 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 CLS courses are scheduled for FY00.

- Course 105
1/2Apr – Lawton, OK
- Course 106
8/9Apr – Norman, OK
- 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 BDE's Accountability SOP is now in circulation. All subordinate log cells must become familiar with the procedures outlined therein. There are some additional guidelines, specifically regarding Annual Training.

The BDE will be conducting a 100% inventory of all computer equipment. All subordinate units will account for all computer equipment and support hardware / software. All subordinate cells must send a memorandum to the S4 detailing equipment by serial number NLT 01 April 00. More details to follow.

AT is right around the corner and we have very few requests for support. Help us help you. The closer we get to AT, the less likely you will get the

equipment support you need. Few requests have been made to date. Be proactive and avoid headaches.

A reminder... The CSDP program is in full running. More units need to take full note of their inspection dates and be prepared for inspection. If you are not able to make the inspection or there is a major change, notify the S4 at least 3weeks prior to the scheduled date. Check the schedule. It has already been published.

Command Policy

It is the policy of this Command to provide a safe and healthy work environment for all of our soldiers. The 5th Brigade (HS) is committed to safety both on and off duty. Soldiers at all levels are expected to conduct themselves with this commitment in mind.

HHD News

FSH WORSHIP SERVICES

Protestant Services

- Main Post Chapel
- Sunday: 0815 and 1100



Catholic Services

- Main Post Chapel
- Sunday: 0930

Mormon Services

- Building 1350, Room 2
- Sunday: 1030

Jewish Services

- Main Post Chapel
- Friday: 2000

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.

Family Readiness Team

HHD – CPT Kristi Muniz
3457th – MAJ Rosario
PND – SGT Lucio Pantaja

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.

We Need Your Help!

Beginning in April 2000, the primary method of distribution will be electronically (e-mail and on the Brigade web page).

If you have not provided your e-mail address to your unit administrator (is it on the alert roster?), then please do so.

Drill Bits

Drill Date: 11 & 12 March
Sign-In: 0745 – 0755
Uniform: BDU

PT is scheduled for 1600 hours on Saturday and Sunday.

