

Med-Alert

The 5th
BDE(HS)
Newsletter

May 2000
Volume 4



The Colonel's Corner

With the confusion occurring over the April drill, the following information is provided.

Drill Dates: 2nd weekend of each month (except for holidays, like Mother's Day)
Drill Time: 0700 to 1600
Meal Time: 1100 to 1200
Meal Place: BAMC (tentative)
Physical Tng: 1500 to 1600 Saturday and Sunday
Mandatory for all HHD soldiers

CSM's MESSAGE

- All enlisted soldiers are to have their Career Plans to the CSM.
- All NCOERS must be completed on time and correctly. This is not an option. NCOERS are a reality and a fact. Execute accordingly.
- The CSM will be visiting all units over the next four weeks. The purpose of this visit is to ensure compliance with the CSM tools sent to all units in February. Initial results and reports have been encouraging. This is an important action item.

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 Jose Rameriz

If you have an e-mail address and would like to get this and future issues of the Brigade newsletter sent directly to your computer, please ensure that your e-mail address is correct on the Alert Roster.

SAFETY TIP #3

Three simple exercises you can do at your desk to help your back

1. Wall slides to strengthen your muscles

Stand with your back against a wall, feet shoulder-width apart. Slide down into a crouch with knees bent to 90 degrees. Count to 5 and slide back up the wall. Repeat 5 times.

2. Back leg swing to strengthen hip and back muscles

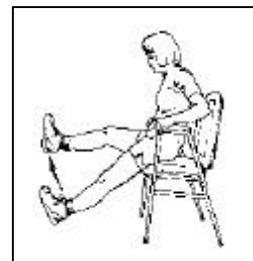


Stand behind chair, hands on chair. Lift one leg back and up, keeping the knee straight. Return slowly. Raise other leg and return. Repeat 5 time with each leg.



3. Leg raises while seated

Sit upright, legs straight and extended at an angle to floor. Lift one leg waist high. Slowly return to floor. Do the same with the other leg. Repeat 5 times with each leg.



Nursing History

7 Apr 1777 – The pay of the nurse, originally \$2 a month and one ration per day, was increased to \$8 per month and one ration per day. The matron received \$15 per month and a daily ration.

1783-1817 – After the Revolutionary War (1775-1783), the Congress drastically reduced the size of the military establishment. Medical service was provided at regimental level for the separate garrisons of a small, scattered Army during this period. Patient care was performed by soldiers detailed from the companies. There was no centralized medical direction by a formally organized medical department until the War of 1812.

14 Apr 1818 – The Medical Department was reestablished by the Congress as a continuing staff agency under the direction of a Surgeon General, Dr. Joseph Lovell. The passage of the Army Reorganization Act of 1818 marked the beginning of the modern Medical Department of the United States Army.

FROM THE S1

Reservists on duty for less than 30 days must report back to work on the next scheduled workday after completion of duty. If you are on duty for 31 to 180 days, you must apply for reemployment within 14 days of your return. If your duty is 181 days or more, you must reapply within 90 days.

Reservists must ask for time off. Your employer has to let you go, however you must ask first. Let your employer know, both orally and in writing, when you will be absent from work as a result of Reserve Duty. The key to good workplace relations is open communication.

FROM THE S3

Schools

* - Indicate date change!

Dates given as "day-month-year"

COMMAND SERGEANTS MAJOR

Stading, David
170900,

TAITC

Grueble, Frank
150500, Camp Dodge, IA

91B BNCOC, Phase 4

Bean, Charles
180500, FSH, TX

DeLoney, Mark
180500, FSH, TX

Miller, Robert
180500, FSH, TX

Studkenjuergen, Dennis
180500*, FSH, TX

BNCOC – Phase 1, Common LDR TNG

Jackson, Christopher
220400, North Little Rock, AR

Sepulveda, Suzanne
220400, North Little Rock, AR

AMEDD ANCOG, Phase 2

Garcia, Euardo
150700, FSH

Kuhlman, Richard
150700, FSH

Lein, Jackie
150700, FSH

Madden, Jackie
150700, FSH

Mares, Ruben
150700, FSH

Bean, Charles
150700, FSH

Cowans-Johson, Sheila
150700, FSH

Deloney, Mark
150700, FSH

Stuekerjuergen, Denise
150700, FSH

Thornhill, Michael
150700, FSH

ANCOC Phase 1 – Common Leader Training

Warren, Carie
220400*, Park RFTA, CA

Richardson, James
260800, Ft. McCoy – or –
100600, Ft. McCoy

Rodriguez, Carol
260800, Ft. McCoy

Garcia, Eduardo
150400, Ft. McCoy

Doakes, Miranda
290400,

PLDC

Drotos-Pabon, William
160900, Camp Ashland, NE

CTC

Oronsaye, Edward
070800, Ft. McCoy, WI

Medical Supply Specialist (RC) Phase 2 – 91J10

Santellanes, Ruben,
070500, FSH, TX

Herrera, Fernando
070500, FSH, TX

RC Personnel Services Specialist (75H10)

Hawkins, Henry
180600, Parks RFTA, Dublin, CA – or –
040600, Parks RFTA, Dublin, CA

Castilleja, John
040600*, Parks RFTA, Dublin, CA – or –
180600, Parks RFTA, Dublin, CA

Pantoja, Lucio
180600, Parks RFTA, Dublin, CA – or –
040600, Parks RFTA, Dublin, CA

Cortez, Tony
040600, Parks RTFA, Dublin, CA

Total Army Instructor Training

Blake, Bennie
080500, Camp Mabry, TX

Brensinger, John
080500, Camp Mabry, TX

Collins, Anthony
080500, Camp Mabry, TX

Ellis, Christopher
080500, Camp Mabry, TX

Fee, Gail Diana
080500, Camp Mabry, TX

Garcia, Adrian
080500, Camp Mabry, TX

Madden, Jackie
080500, Camp Mabry, TX

Phillippi, Denise
080500, Camp Mabry, TX

Ruark, Patricia
080500, Camp Mabry, TX

Santellanes, Rodrigo
080500, Camp Mabry, TX

Schuld, Jeffrey
080500, Camp Mabry, TX

RC Admin Specialists (71L10)

Herrera, Alfonso
230700, Parks RFTA, Dublin, CA – or –
080700, Ft. McCoy

Unit Supply Specialist (92Y10)

Bailey, James
110600, Ft. Riley, KS

Odum, Michael
110600, Ft. Riley, KS

Combat Lifesaver Course

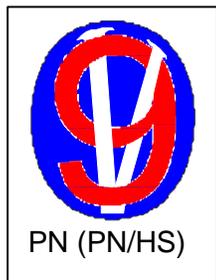
The following courses are scheduled for FY00.

- 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

EMT Refresher Courses (Video Tele Training)

<u>Date</u>	<u>Times</u>
19-23 June	1000 – 1700
26-30 June	0600 – 1500
17-21 July	0800 – 1600
24-28 July	0600 – 1000

For more information, contact Becky Shigekawa at (DSN) 471-5044



FROM THE PND

The Brigade Commander has authorized a unit shirt for use by the Brigade soldiers during PT formations. The shirt will be 100% pre-shrunk cotton in Medical Service Corps maroon (burgundy).

They are men's sizes (sm – xxl) and will cost between \$8.00 and \$9.00.

Contact CPT Gordon Tate via e-mail (gordon_e_tate@caradon.com) to place an order. If you are outside of San Antonio, there will be a shipping charge. Your order cannot be placed until payment is received.

FROM THE HHD COMMANDER

I would like to thank everyone for his or her participation in the APFT in April. I expect all personnel to either maintain or increase their level of physical fitness to meet the Brigade's fitness goal of at least 225 points for all personnel. As the new HHD Commander, I will review personnel files, SOPs, and Additional Duty Appointments, and make any changes necessary. Let's take training seriously by fully participating in CTT in May.



Have You Seen This Winged Warrior?

Training Schedules

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

HHD Drill Bits

Drill Date: 20 & 21 May
Sign In: 0630 to 0700
Uniform: BDU



Nothing submitted by the S4.