



Med-Alert

The 5th
BDE(HS)
Newsletter

October 2000
Volume 8



THE COLONEL'S CORNER

The Brigade is sad to announce the departure of CSM Roger Carlisle and 1LT Suzanne Barnes. Both will be leaving to different positions within the US Army Reserve and both will be sorely missed. Please take the time to bid farewell and God-speed to these fine individuals.

On another subject...

The 95th Divisions (IT) Command Inspection Program (CIP) for FY01 has been published. The actual date of the CIP will be on the unit's drill date for the month indicated below. Should a conflict of inspection dates occur, the dates will be resolved by the Division CIP Coordinator.

Our Date:
APRIL 2001

The POC for the Division CIP is MAJ Cogburn at 1-800-427-6995, ext 245.

FROM THE BRIGADE DEPUTY COMMANDER

Attention Veterans!!

New legislation in Texas allows for improved programs for Texas veterans in the purchasing of a home or land.

The maximum housing loan has been increased to \$150,000. Land, housing, and home improvement loans may be used more than once.

Call 1-800-252-VETS to speak to someone at the Texas Veterans Land Board for details.

FROM THE CSM

The next SGT/SSG Enlisted Promotion Selection Board will be conducted at this headquarters on 14 October 2000. Promotion packets are due to this headquarters no later than 10 October 2000.

All senior NCOs will ensure that all eligible soldiers are given every opportunity and assistance in preparing their packet for considerations. Soldiers who do not submit a packet should be counseled in accordance with AR 140-158.

TID BITS

The Ft. Sam Houston Photo Lab has changed locations. It is now located in Building 914, on Patch Road, across from the Harlequin Dinner Theatre. **YOU CANNOT JUST WALK IN! YOU MUST HAVE AN APPOINTMENT!** Call 221-5453 to make an appointment.

SAFETY TIP #8

THE FACTS ABOUT EPHEDRA

Turn your body into a fat burning machine!

Lose weight without exercise!

Do these claims sound too good to be true? Well, they are.

These claims are not based in scientific truth. Many of these supplements contain the dangerous herb, EPHEDRA, also known as MA HUANG.

These herbs have the same basic effect on your body as COCAINE. They excite the heart, constrict blood vessels, and increase blood pressure. Constricted blood vessels means your body is not getting the needed O2 during exercise. They overwork your kidneys and cause dehydration. ***They have been known to inhibit urination, cause abnormal heart beats, bring on cardiac arrest, cause dizziness, seizures, insomnia, nausea, vomiting, and death.***

The FDA does not regulate these substances. There is little to no quality control on the amounts in each bottle and in each pill. ***The FDA has over 800 reports of adverse reactions and more than 35 deaths as a result of use of these herbs.***

The Moncrief Army Community Hospital recommends that you should not take EPHEDRA if your are pregnant, breastfeeding, under 18, have high blood pressure, neurological disorders, renal disease, prostate enlargement, on MAO inhibitors, taking methyl dopa or any other medication for high blood pressure.

BOTTOM LINE: DON'T USE EPHEDRA!



NURSING HISTORY

1898

Between May and July, almost twelve hundred nurses had volunteered to serve in the Army. The emergency which made the nursing services of women acceptable resulted from the inability of the Army Medical Department to enlist within a few weeks six thousand or more men qualified by previous experience to perform important patient care duties and from the epidemic prevalence of typhoid fever in the Army's camps. One nurse in a field hospital in Coamo, Puerto Rico, wrote:

"The nurses quartered in an Old Spanish house in Coamo, located in a banana grove. We drove to camp in mule ambulances. Put in long hours.... Sick men from 3rd Wisconsin, 16th Pennsylvania, and 3rd Kentucky Regiments cared for by Army Nurses. All water for any purpose hauled in barrels from a spring more than a mile away. Tents crowded, typhoid fever, dysentery and diarrhea, conditions bad, no ice, no diet kitchen."

Your Chain of Command

5th BDE(HS)

COL Angel Padilla

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

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

FROM THE S1

AWARDS RECOMMENDATIONS

DA FORM 638 – The Brigade Headquarters will be having a formal Christmas celebration during which we will present soldiers awards earned.

All recommendations must be in to the S1 no later than 22 October 2000.

Don't forget about community service. There is an official award for community service for your soldiers.

FROM THE S3

Do you want an Army e-mail address?

Go to www.us.army.mil/reg/ to apply. This is open to all Reservists. You will get a ".mil" e-mail address for no cost.

If you decide to do this, ensure that you change your e-mail address on the alert roster.

FROM THE BDE PAO

MUSTER DAYS

The first weekend of November is set aside to celebrate Texas Military Heritage. The State will be celebrating at Camp Mabry in Austin, Texas.

WE NEED YOUR HELP!

The Brigade will be providing six soldiers to set up and run a basic first aid tent for that weekend. We are looking for volunteers.

You will be allowed to RST the November drill for this event! You will be on OMAR orders for travel and meals.

CONTACT CPT GORDON TATE ASAP at: 210-697-6151 (w).

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 HHD COMMANDER

The BDE HHD will be conducting a field exercise on 27, 28, and 29 October at Camp Bullis. The purpose of this exercise is to successfully execute the Common Task Test (CTT). This FTX will be considered Annual Training. The S4 will provide LBE equipment for all soldiers.

The HHD will have their "regular" drill for October on the 21st and 22nd.

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.

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

You're In the Army Now, So Please Remember...

1. A Purple Heart proves three things:
 - a) You were smart enough to think of a plan,
 - b) Stupid enough to try it, and
 - c) Lucky enough to survive.
2. 10 second fuses only last 7 seconds.
3. Anything you do can get you shot, even doing nothing.
4. Claymores are labeled "This side toward enemy" for a reason. And if you can't remember, the claymore is pointed at you.
5. Don't draw fire, it irritates the people around you.

6. Don't ever be the first, don't ever be the last and don't ever, ever volunteer to do anything.
7. Don't look conspicuous: it draws fire.
8. If it's stupid but works, it really isn't stupid.
9. If the enemy is in range, so are you.
10. Tracers work both ways.
11. If your attack is going well, you have walked into an ambush.
12. Incoming fire has the right of way.
13. It is generally unadvisable to eject directly over the area you just bombed.
14. Make it too tough for the enemy to get in and you can't get out.
15. Mines are equal opportunity weapons.
16. If the pin is pulled, Mr. Grenade is not our friend.
17. Never share a foxhole with anyone braver than you.
18. Teamwork is essential; it gives the enemy someone else to shoot at.
19. The easy way is always mined.
20. The enemy invariably attacks on one of two occasions:
 - a) When you're not ready for them.
 - b) When you're ready for them.
21. Either time is inconvenient and generally a bummer.
22. The only thing more accurate than incoming enemy fire is incoming friendly fire.
23. The quartermaster has only two sizes: too large and too small.
24. Try to look unimportant, they may be low on ammo.
25. When in doubt empty the magazine.