



Med-Alert

The 5th BDE(HS) Newsletter

September 2000
Volume 7



THE COLONEL'S CORNER

The Army turns 225 years old this year. Since that historic day, increases in our participation in global events expand the role of our units.

Studying Army heritage helps us to hone warrior skills. It teaches us that developing superior skills out weighs superior numbers. Sun Tzu said, "The best way to defeat an enemy is to defeat his stragety."

General Eric Shinseki, the Army's Chief of Staff, felt this was so important, that he has released a recommended professional reading list. Take a look at this partial list and embark on a road to professional excellence.

Soldiers and Junior NCOs

- Band of Brothers – S. Ambrose
- This Kind of War – TR Fehrenbach
- The Face of Battle – J. Keegan
- We Were Soldiers Once – H. Moore & J. Galloway
- Once an Eagle – A. Myrer

Company Grade Officers and Senior NCOs

- Citizen Solcier – S. Ambrose
- The Soldier and The State – S. Huntington
- Embattled Courage – G. Linderman
- Certain Victory – R. Scales, Jr.
- American Century – M. Stoler

FROM THE CSM

SUBJECT: IMPROVED PHYSICAL FITNESS UNIFORM (IPFU)

1. THIS MESSAGE ANNOUNCES THE INTRODUCTION OF THE IPFU, WHICH REPLACES THE PHYSICAL FITNESS UNIFORM (PFU) AS A CLOTHING BAG ITEM.
2. EFFECTIVE 15 AUGUST 2000, THE IPFU WILL BE ISSUED FROM THE CLOTHING INITIAL ISSUE POINTS (CIIPS) TO SOLDIERS UNDERGOING INITIAL ENTRY TRAINING (IET), AND WILL BE AVAILABLE FOR PURCHASE IN ALL ARMY MILITARY CLOTHING SALES STORES BY ALL OTHER ACTIVE DUTY SOLDIERS. THE ARNG AND USAR WILL BEGIN

ISSUE-IN-KIND IN OCTOBER 2000; ARNG AND USAR SOLDIERS UNDERGOING IET WILL RECIEVE THE IPFU THROUGH THE CIIPS.

3. THE IPFU ENSEMBLE CONSISTS OF A GRAY AND BLACK JACKET; BLACK PANTS; BLACK, MOISTURE-WICKING TRUNKS; A GRAY, MOISTURE-WICKING, SHORT-SLEEVED T-SHIRT; AND A GRAY, MOISTURE-WICKING, LONG-SLEEVED T-SHIRT.
4. INITIAL ENTRY SOLDIERS WILL RECEIVE FROM THE CIIPS THREE PAIRS OF TRUNKS; TWO LONG-SLEEVED T-SHIRTS; THREE SHORT-SLEEVED T-SHIRTS; TWO GRAY SWEATPANTS AND TWO GRAY SWEATSHIRTS (THESE ARE DIFFERENT FROM THE CURRENT PFU SWEATSHIRTS AND SWEATPANTS). THE SWEATPANTS AND SWEATSHIRTS WILL BE ISSUED AT THE CIIPS, ONLY, AND WILL NOT BE AVAILABLE FOR PURCHASE. INITIAL ENTRY SOLDIERS WILL RECEIVE THE IPFU JACKET AND PANTS FROM THE CIIPS DURING PHASE II OF BASIC COMBAT TRAINING.
5. MANDATORY POSSESSION DATE. SOLDIERS ARE REQUIRED TO HAVE ONE JACKET; ONE PAIR OF PANTS; TWO PAIRS OF TRUNKS; TWO SHORT-SLEEVED T-SHIRTS; AND ONE LONG-SLEEVED T-SHIRT BY 1 OCTOBER 2003. THE WEAR OUT DATE FOR THE CURRENT PFU IS 30 SEPTEMBER 2003.
6. EACH ITEM OF THE IPFU ENSEMBLE IS IDENTIFIED WITH A NATIONAL STOCK NUMBER (NSN) AND A DEFENSE LOGISTICS AGENCY (DLA) CONTRACT NUMBER PRINTED ON A LABEL AND SEWN INTO THE GARMENT. IF THE LABEL DOES NOT CONTAIN THIS INFORMATION, THE GARMENT IS NOT THE AUTHORIZED GARMENT.
7. WEAR POLICY.
 - A. AUTHORIZED ACCESSORIES.
 - (1) CAP, KNIT, BLACK.
 - (2) COMMANDERS MAY AUTHORIZE THE WEAR OF COMMERCIAL RUNNING SHOES; CALF-LENGTH OR ANKLE-LENGTH PLAIN WHITE SOCKS WITH NO LOGOS; GLOVES; REFLECTIVE BELTS OR VESTS; LONG UNDERWEAR; AND OTHER ITEMS APPROPRIATE TO THE WEATHER CONDITIONS AND TYPE OF ACTIVITY. IF SOLDIERS WEAR LONG UNDERWEAR OR OTHER SIMILAR ITEMS, THEY MUST CONCEAL THEM FROM VIEW WITH THE JACKET AND PANTS.
 - B. WEAR OF THE IPFU. SOLDIERS MAY NOT MIX OR MATCH IPFU AND PFU ITEMS. WHEN WEARING THE IPFU AS A COMPLETE UNIFORM, SOLDIERS WILL KEEP THE SLEEVES DOWN ON THE JACKET, THE LEGS DOWN ON THE PANTS, AND THEY WILL TUCK THE SHIRT INSIDE THE TRUNKS. STANDARDS OF WEAR AND APPEARANCE SPECIFIED IN



PARAGRAPHS 1-7 AND 1-8 OF AR 670-1 APPLY AT ALL TIMES WHEN WEARING THE IPFU AS A COMPLETE UNIFORM.

C. OCCASIONS FOR WEAR.

(1) THE IPFU IS AUTHORIZED FOR WEAR ON AND OFF DUTY, ON AND OFF THE INSTALLATION, WHEN AUTHORIZED BY THE COMMANDER.

D. THE ONLY INSIGNIA AUTHORIZED FOR WEAR ON THE IPFU IS THE PHYSICAL FITNESS BADGE. WHEN THE PHYSICAL FITNESS BADGE IS WORN, IT IS SEWN ON THE UPPER LEFT FRONT SIDE OF THE IPFU T-SHIRT AND JACKET. SEE AR 600-8-22 FOR CRITERIA FOR WEAR OF THE PHYSICAL FITNESS BADGE.

E. COMMANDERS SHOULD EXPECT BOTH UNIFORMS (THE PFU AND THE IPFU) IN THEIR FORMATIONS UNTIL ALL SOLDIERS ACQUIRE THE IPFU BY THE MANDATORY POSSESSION DATE OF 1 OCTOBER 2003 (FY 04).

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

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 #7

Fire Extinguishers

Here are some tips on portable fire extinguishers:

1) Know the type of fire you are dealing with:

- A  Ordinary Combustibles
- B  Flammable and Combustible Liquids
- C  Energized Electrical Fire

2) Know what kind of extinguisher you have. Does it match the fire type?

3) Use P.A.S.S.

- P: Pull the pin
- A: Aim at the base of the fire
- S: Squeeze the handle
- S: Sweep side to side

4) Remember, you only have 8 to 30 seconds of extinguishing agent!

5) Do you have an escape route in case you cannot put out the fire?

6) Has someone notified the other occupants of the building and called the fire department?

Fires are responsible for hundreds of deaths every year and for millions of dollars in damage. Be Careful!

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

28 Apr 1898

At the onset of the Spanish-American War, the Surgeon General requested and promptly received congressional authority to appoint women nurses under contract at the rate of \$30 per month and a daily ration. Dr. Anita Newcomb McGee, Vice President of the National Society of the Daughters of the American Revolution (DAR), was placed in charge of selecting graduate nurses for the Army.

Military nursing had been almost dormant since the Civil War. Dr. McGee suggested that the DAR act as an application review board for military nursing services. Thus the DAR Hospital Corps was founded, with Dr. McGee as its director.

Civilian hospitals had been operating schools of nursing since 1873. Dr. McGee set high standards for volunteer applicants. For the most part, only graduates certified by approval of nursing school directors were accepted for appointment under contract to the Army. Many of the nurses were of the religious orders Sisters of Charity, Sisters of Mercy, and Sisters of the Holy Cross. Other nurses were obtained through the assistance of the Red Cross Society for the Maintenance of Trained Nurses in New York. Military nursing achieved a high level of professional competence. These military nurses became known as "contract nurses" of the Army.

FROM THE S1

Southwest Airline Travel

Due to the problems with "ticketless" travel and refunds on Southwest Airlines, the following information is provided. Any passenger traveling "ticketless" on Southwest Airlines must notify the CTO or ITO that the ticket was not used and should be refunded. CWT has no way of knowing if the tickets are not used because they are unable to track through SABRE.

Reinforcement Training Units (RTUs)

A tool to help 5th Brigade units with retention of quality soldiers is the RTU. This is not a new concept, however, the RTU now has an office in the 95th Division (IT) Headquarters.

The RTU provides an opportunity for Reserve Soldiers to take part in volunteer, non-pay training for retirement point credit only. Members attend a MUTA 4 drill weekend (in uniform), and remain eligible for SGLI

benefits, commissary privileges, etc... This is tailored for those who have been promoted out of a slot, have had a job transfer, or other like circumstances.

For more information contact the Command Retention Officer, CPT Hooten at 1-800-427-6995.

FROM THE S3

The S-3 shop has filled both MSG slots. The 91C slot has been filled by the capable MSG Daniel Holquin, and the 91B slot by MSG Steve Henner. Let's give them a warm welcome and make them feel at home.

For the HHD...

How did you feel about the change of pace on last Sunday's physical training? There is more PT of this style on the way. A hearty thanks to those that helped and to those who participated. Let's keep this up to make the PT an enjoyable experience.

FROM THE BDE PAO

The Brigade will be participating in Elf Louise activities this Christmas season. If you are interested in volunteering time to this worth-while activity, please contact CPT Gordon Tate at 210-697-6151.

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.

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