



AMEDDC&S Newsletter

The AMEDD Center & School...Army Medicine Starts Here!

Project Guardian – a Helping Hand

By Capt. Erica Viera, 187th Medical Battalion

The Army Medical Department Center and School Leader Training Center developed Project Guardian to help Warriors currently assigned to the Brooke Army Medical Center Warrior Transition Battalion (WTB) with rehabilitation by inviting them to participate as cadre during field exercises and professional development courses.

The goal of the program is to integrate Warriors in Transition in the Leader Training Center as cadre in order to benefit from their tactical expertise and personal experiences across the medical care continuum. This is a voluntary program available to Warriors assigned to the WTB who can choose from a variety of assignments to work 20 hours per week as rehabilitation/reintegration to the military. Warriors in the rank of Staff Sergeant and above can qualify for this project after an interview with Leader Training Center. The cadre provides them with a



professional, stimulating and very upbeat environment where training, coaching, counseling are just some of the daily priorities.

The project is a great tool to assist Soldiers who have been injured either during deployment or here at home due to an accident to reintegrate not just into the military but also back into their normal family life. In addition to medical treatment, Warriors

need psychological and emotional support to help them heal. Programs such as Project Guardian can provide them with that support by giving them the opportunity to contribute to a new mission. Students and Warriors can benefit from this project by learning from each other either by sharing experiences or just a day in the field with
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Viva Fiesta!!

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AMEDDC&S Sequestration Site

A special web page has been created as a dialogue with the AMEDD Center and School team about sequestration and related impacts such as furlough and changes to organization operations. The following addresses are available to connect to the web page. The front of the web page addresses "Frequently Asked Questions" and there is a hotlink established for opportunities to ask questions or make suggestions improving our ability to sustain the command mission. Two additional buttons are available to communicate organizational changes and policy guidance and to link to the Medical Command sequester/furlough web site, respectively.

The AMEDDC&S Sequestration Site can be found at:

Direct Link: <https://ke2.army.mil/secure-cs/Sequestration.aspx>

From the C&S Public site: <http://www.cs.amedd.army.mil/>

Click on the Staff & Student Resources CAC Required button found on the front page of the AMEDDC&S public site (<http://www.cs.amedd.army.mil/>). The button can be found in the left frame near the bottom. The Staff & Student Resources page will open in a new browser. Click on the AMEDDC&S Sequestration and Operation UPDATES button under the AMEDDC&S Links section on the right side of the page.

From page 1,

Leaders Training Center benefits from Warriors in Transition

fellow Soldiers out of the hospital environment.

While Warriors are attending to their medical and rehabilitation appointments, they have the opportunity to volunteer to work with different units applying their assigned Military Occupation Specialty. The Leader Training Center gives these Warriors the opportunity to be a part of shaping new Army Medical Department officers attending initial military training.

Basic Officer Leadership Course (BOLC) is one of the courses offered by the Leadership Training Center. The course integrates thousands of new AMEDD officers into the military such as doctors, nurses, physical and occupational therapists, Medical Service Corps officers, and veterinarians. The curriculum includes basic Soldiering skills, military customs and courtesies, Army Physical Fitness Test (APFT), military medical operations, and tactics and leadership. In addition to classroom instruction, students train at Camp Bullis where they receive land navigation, weapons qualification, convoy operations, and IED training to prepare them for unit assignments and deployment after the completion of the course. Warriors have assisted in this training as part of the BOLC cadre, sharing their knowledge about various subjects and explaining their prior experience while deployed to Iraq and Afghanistan.

Warriors who have participated in this project are: Capt. Michael Pierce, 1st Lt.

Michael Caspers, Sgt. 1st Class Robert Bruce, Staff Sgt. Lucia Estrada, Staff Sgt. Joshua Ives, Sgt. Michael Thomas, Sgt. Kyle Neff, and Cpl. Jeremy Velez.

Velez, who is a 13B (field artillery) currently assigned to WTB, said “This program has been extremely helpful as a part of reintegration. I am able to get out to the field and talk to students about my experiences and it has given me a new purpose and has helped me remain a Soldier and not just a patient.”

Warrior Transition Battalion has two daily formations for accountability purposes, one at 5:30 a.m. and another at 5 p.m. The rest of the time is for appointments and treatment, which requires them to spend a lot of time in medical facilities. Velez said, “It could become depressing and monotonous, especially for Soldiers who are assigned to infantry or field artillery units.”

Velez said he is very enthusiastic about the program and how it can help others in his same situation.

Velez has been a big advocate at the WTB sharing his experience so far on how it has contributed to his reintegration.

Master Sgt. Brian Rice, Leader Training Center senior Noncommissioned Officer, is a liaison between the Warrior Transition Battalion and Leader Training Center.

Rice said, “The program is a great tool not just for the Warrior but also for the students. It gives the students a better

perspective of the Operational Army outside the Institutional Army. Most of the officer students are recent graduates from different commissioning sources and they have not been exposed to deployments or even dealing with Soldiers.”

Rice sends a weekly report of the Warrior’s performance to the Soldier’s Chain of Command at the Warrior Transition Battalion; however, WTB’s Soldiers can request an NCOER or OER from LTC if they have served enough time under cadre supervision.

Project Guardian exemplifies the strength of the Army and the Army Medical Department. The Army is Soldiers and their families. We will pick each other up when we fall, dust each other off, keeping our heads up with pride and drive on.

Staff and faculty involved in this program include: Col. Karl Bolton, former Leader Training Center director, Lt. Col. Kristen Vondruska, Chief, Leader Development Branch and the commissioned and noncommissioned officers assigned to Leader Training Center.



AMEDD Center & School

We save lives

We excel at our missions

We care for people

We strive to be the best

And we use resources wisely

Highlighting the International Military Student Office



Left, Maj. Gen. Philip Volpe, Commanding General, AMEDDC&S, held a cocktail buffet honoring military students from other nations. The event was held at the Fort Sam Houston Community Center in Nov.



Below left, Oscar Ramos-Rivera, director, International Military Student Office, points to a garment a student from Afghanistan wore during his wedding and now hangs in his office.

If you have never visited the International Military Student Office, located on the first floor of the AMEDDC&S, it actually resembles a small museum. The office is decorated with various artifacts on display from over 80 countries.

Students from countries such as Algeria, Armenia, Germany, Egypt, Mongolia, Denmark, Italy, Korea, Lebanon, Norway, Slovenia, Singapore, Sweden, the Philippines, Canada, Georgia, Hungary, just to name a few, pass through these doors to attend a variety of medical courses at the AMEDDC&S.

The artifacts are small gifts from the students presented to the office staff as a thank you for their hospitality while here attending medical training.

The State Department decides which countries participate in the training under the DOS/DOD Security Assistance Training Program.

A revolving door, the daily population is 30 to 60 students attending multiple courses. The longest course is the Captains Career Course.

Oscar Ramos-Rivera, Director, Inter-

national Military Student Office, said, "We currently have over 70 courses that are made available to the international community, from initial entry training such as the health care specialist course, combat medic, to post graduate courses or short courses. We recently opened the Baylor Health Administration program which is a Master's Degree program."

Students, whether officers or enlisted, attend courses such as the Health Care Specialist Course, Basic Officer Leader Course, the Medical Logistics Course, or the Biomedical Equipment Maintenance Technician Course, to name just a few. Rivera said if the candidate meets the affiliation requirements, then we can accept them in the program.

Rivera said veterinary courses are very popular courses with international countries, particularly countries with big armies who have their own farms for animals and produce. "We have veterinary doctors attend the enlisted course for food inspectors," Rivera added.

Students attend formal and observer training here at AMEDDC&S; the US Army School of Aviation Medicine; the Noncommissioned Officer Academy; the Defense Medical Readiness Training Institute; and at the Medical Education and Training Campus. Non-English speaking students also attend the Defense Language School at Lackland Air Force Base

hosted by the Air Force. The State Department requires a certain score in the English language. Enlisted personnel must score 70 percent and Officers 80 percent.

Rivera said, "For the most part we use simulation training and limit some things to observation, but the student must meet all the same requirements as their American counterpart in order to graduate. We have a policy letter from the Office of the Surgeon General that regulates the scope of practice that international students and even exchange officers can engage while here."

Most foreign students wear more than one hat in their respective Armies, so after attending medical training here, they might move to Fort Benning for airborne training, or Fort Bragg to spend one year with Special Forces or to other schools to attend non-medical training.

Rivera said the program is a long term investment for the US. Many of the young officers I met in the 70s or 80s are now senior officers and or civilians working in support of the American coalition. It is a way for us to promote a great way of life.

Working with foreign students came naturally for Rivera. During his military career, Rivera was the military advisor in Latin America, he spent one year in Saudi Arabia, worked with NATO, and was in the Middle East during the first Gulf War.

In 1972 he was involved with humanitarian efforts and deployed with teams to other countries which led to his position as Security Assistance Training Officer. Rivera speaks Spanish, Portuguese, and some German so he sometimes acts as an unofficial interpreter for the students.

See page 4.

From page 3, Foreign students attend medical training



Blanca Wheeler , International Military Student Office, visits with SSG Jiewen Louis Chen, from Singapore, Sgts. Devis Lando and Luca Formisano, both from Italy. After completing the Healthcare Specialist Course, the students will have follow on training at Fort Bragg. Blanca and the staff of IMSO frequently become a second family to the students, advising them which stores to shop, the best restaurants to eat, and inviting them to barbecues.

A key program in the International Military Student office is the Field Studies Program.

The director of the Field Studies Program is a position mandated by Congress and every International Military Student Office must have this position.

Ervin Talley wears two hats. He is the program manager for the Field Studies Program and is the Deputy for the Director.

Talley said, “We get the students to see our democratic system; our penal, judicial, and political systems. I take them to see a protest in progress if available, and note that they won’t be shot here. Those attending the Captains Career Course have a chance to visit Washington DC. Students also visit the Capital in Austin, and visit places such as Dallas and Houston. I have specific areas that I am allowed for them to visit such as museums. Students also visit the San Antonio jail to get a glimpse of our penal system.”

Talley said, “It is almost like Congress is saying we want you to bring them over and teach them our democracy. We want them to go back to their country with emphasis in human rights. Hopefully, we taught them something right.”

International training is funded by Foreign Military Sales (FMS) and International Military Education Training (IMET). Under FMS the participating country pays for training. Under IMET, or congressionally appropriated funds, the United States State Department pays for, or augments, training costs. The Security Cooperation Officer from the requesting country US Embassy is responsible for administering the applicable program for the US Ambassador and coordinates with the host country military.

Above right, Ervin Talley is the Field Studies Program Manager and Deputy Director. Right is Rosa Nelson, who speaks Italian, said all the books represent the countries students come from.



Soldiers honor defenders of the Alamo



Remember the Alamo!

32nd Medical Brigade cadre and commanders to include Sgt. Audie Murphy members participated in a solemn ceremony March 6 at the Cenotaph, Alamo Plaza. The annual ceremony honors the heroes of the Alamo such as William Travis, David Crockett and James Bowie who died defending the Alamo during a 13 day battle that ended March 6, 1836. Thirty Soldiers presented the flags of States and Nations representing the known birthplaces of the defenders. One Soldier performed the salute to the unknowns. Ann Dennis, Daughters of the Republic of Texas and host for the ceremony, presented each Soldier with a 2013 DRT Fiesta Medal.



Tovar awarded the Order of Military Medical Merit

Antonio Tovar began his federal civilian service career in August 1991 as a Medical Equipment and Manpower Analyst in the Directorate of Combat and Doctrine Development, AMEDD Center and School, Fort Sam Houston after 20 years of Army service. During this assignment, he provided critical support to the AMEDD as he developed and evaluated complex logistics and administrative Army support systems, organizational and operational concepts, and equipment/manpower requirements.

Tovar kept abreast of emerging concepts and doctrine affecting Tables and Organization Development and Documentation in order to ensure medical units were properly equipped with up-to-date medical equipment.

He researched and applied a wide variety of regulations, databases, and procedural guidelines to TOEs, Qualitative and Quantitative Personnel Requirements (QQPRIs), Basis of Issue Plans (BOIPs,) and Military Occupational Specialty (MOS) studies.

Tovar formulated numerous policies and recommended changes to existing methods based on his analysis. He established points of contact with new equipment acquisition personnel such as material developers, BOIP developers and combat developers at MACOM, DA and Tri-Service levels to obtain background information and compile reference and research material.

In March 2003, Tovar was assigned to the Enlisted Division, AMEDD Personnel Proponent Directorate, as a Human Resources Specialist. Tovar quickly became known as a recognized subject-matter-expert in enlisted personnel management and force structure issues and garnered well-deserved respect within the halls of the AMEDD, Human Resources Command, the Department of the Army Recruiting Command, and the Training and Doctrine Command communities. Tovar was a key member in a team effort that structured and refined force structure requirements and applied them to life-cycle management functions for Career Management Field 68, the second largest CMF in the Army.

He assisted in the development and conversion of seven 68W additional skill identifiers to seven military occupational



Gregg Stevens, deputy to the commanding general, AMEDDC&S, presents the Order of Military Medical Merit award to Antonio Tovar during leadership call at Blesse Auditorium.

specialties. Due to his ongoing efforts and persistence, the Notification of Future Changes message approving the new MOSs was recently published, a monumental accomplishment for the CMF 68 and the AMEDD.

As a subject-matter-expert in the use of standards of grade tables, Tovar was selected to respond to a Vice Chief of Staff of the Army's tasker to locate discrepancies in documentation between Modified Table of Organization and Equipment units and SG tables. As a result of Tovar's guidance, the AMEDD was able to identify 424 potential bill payers for a recommended course of action to provide NCO leadership lacking in TOE units.

Tovar served as a key member of a workgroup tasked to review and update the physical demands for each MOS in the 68 CMF structure. As a direct result of Tovar's analytical skills and tenacity, course directors identified five MOS's that required changes to their physical demands. Tovar's recommended changes were approved by HRC and posted in the DA Pam 611-21 Smartbook, well before the tasking was officially released by TRADOC.

Tovar participated in a variety of special studies that improved the career management options for numerous MOSs and thousands of Soldiers. He assisted in creating an additional Additional Skill Identifier for Platoon Sergeants/Squad Leaders assigned to Warrior in Transition Units to capitalize on

their training, skills and unique experiences.

In coordination with G2, Tovar reviewed security requirements for medical MOSs in order to meet new requirements in AR 25-2, and submitted recommended changes to DA Pam 611-21, Military Occupational Classification and Structure.

Tovar collaborated with the Army National Guard to identify courses of action to reduce attrition rates in the Bio-Medical Equipment Repair Course and coordinated with AMEDD Television to update the 68V- Respiratory Specialist, Army Recruiting Information Support System (ARISS) video. Tovar has demonstrated his commitment to the community by serving as a member of the Knights of Columbus. His volunteer efforts include fundraising, conducting food drives and donating the food to local soup kitchens and food pantries, and assisting at the Special Olympics.

His loyalty, dedication, and selfless service to this organization and the AMEDD mission over the last 20 years are unparalleled. His sustained superior service and significant contributions as one of the AMEDD's premier enlisted force structure analysts will have long range impact on the future of the AMEDD, and merit his induction and membership in the Order of Military Medical Merit.

187th Medical Battalion bids fond farewell to CSM Cornejo, welcomes CSM Jimenez



Command Sgt. Maj. Mark Cornejo relinquishes responsibility of the 187th Medical Battalion ending 26 years of service to the Army and the Nation.

By Esther Garcia
AMEDDC&S Public Affairs Office

Officers, former Command Sergeants Major, Non-commissioned Officers, family and friends gathered March 22 at the post flagpole to bid fond farewell to Command Sgt. Maj. Mark Cornejo as he relinquished responsibility of the 187th Medical Battalion to incoming Command Sgt. Maj. Dena Jimenez, and to celebrate his retirement from the United States Army following 26 years of distinguished service.

Cornejo served five of the 26 years as Command Sergeant Major for the 187th Medical Battalion under three different Commanders.

Lt. Col. Soo Lee Davis, commander, 187th Medical Battalion, spoke about Cornejo's distinguished military career that led him to his current rank and position as Command Sergeant Major.

She said, "Today you enter a well deserved retirement, you lived a life of honor and the Army is better for your service. You are a leader for life and a

leader of consequence."

Cornejo reflected on his career with the Army and said, "It is not a secret that this moment ranks one of the most difficult for me. This organization has provided my family with a great life. As I take a quick look back at my Army life, as a Command Sergeant Major, I have no regrets.

"The bus stopped in 1987 and picked up a punk kid. But the bus stops here today on Fort Sam Houston, where it has come full circle to kindly let me out. It has been an incredible ride and has indeed kept its promise," he said.

Cornejo's awards included the Legion of Merit, the Certificate of Retirement and Certificate of Appreciation signed by President Barack Obama, the State of Texas Certificate of Appreciation signed by the Governor of Texas and the presentation of the United States flag.

Cornejo acknowledged his family, friends, the 187th Medical Battalion family, and his first sergeants for their support.

To Jimenez he said, "As I close this chapter in my life, you will take the 187th Medical Battalion to the next level. I wish

you the very best."

Davis said Jimenez brings a wealth of leadership and experience to the 187th and has served in every kind of Army unit in her nearly 30 years of service.

"You have earned the reputation for professional excellence. I have no doubt that you will continue that spirit of performance and that you earned this privilege. You will have my full trust and confidence as you take on the responsibility of setting the standards for all of the soldiers that pass through the ranks of the 187th and I know you will be a good guide and mentor to the cadre as well. Jimenez, I am privileged and thrilled that you are here and look forward to your leadership," said Davis.

Jimenez last served as the chief, Clinical Sergeant Major with the United States Army Medical Command.

Jimenez said she is looking forward to supporting the 32nd Medical Brigade and taking care of the Soldiers of the 187th Medical Battalion.

To Davis she said, "I am excited to be here and be a partner with you. I think we will be a great team. I will not only support you, but the first sergeants, the Soldiers, noncommissioned officers, civilians and families of the 187th Medical Battalion."



Incoming Command Sgt. Maj. Dena Jimenez accepts the 187th Medical Battalion colors from Lt. Col. Soo Lee Davis, battalion commander.

Cadre Training Course—what is right, wrong



By Esther Garcia
AMEDDC&S Public Affairs Office

A graduation ceremony was held March 4 in building 902, 32nd Medical Brigade for 27 personnel who completed the first Cadre Training Course. This is a milestone event for the brigade and the Army Medical Department Center and School. The CTC has not been provided at Fort Sam Houston since 2007. The one week class was replaced by a two-day Support Cadre Training Course for more than five years.

In accordance with TRADOC Regulation 350-10, the CTC is required for all executive officers under brigade, battalion, and company levels; staff officers for brigade and battalion levels; chaplains, staff noncommissioned officers under brigade and battalion levels; operations noncommissioned officers-in-charge under brigade and battalion level; company training noncommissioned officers-in-charge; and both military and civilian Initial Entry Training instructors

The CTC provides education and training to personnel who work directly with Initial Entry Training students.

“We work directly off AR 350-6 and basically it is TRADOC’s bible course rules and regulations for what they can do in this environment, kind of the parameters of left and right, because what we can do in FORSCOM is much different than a TRADOC unit,” said Drill Sgt. Kenneth Betz.

Betz and Sgt. 1st Class Matthew Olson are instructors and part of a Mobile Training Team from Fort Jackson.

“This is an opportunity to know what they are doing right, what they are doing wrong, what they can impose or not impose,” continued Betz.

Betz said in this environment a lot of things change.

He said, “Our regulation has changed three or four times in just the two years I have been working at Fort Jackson. There are a lot of updates people are not aware of, updates that people are not familiar with, and they think they are doing the right thing, and then change comes and it may not be right thing. We try to provide them an outlet to let them know that and we try to provide tools for them.”

Betz said the course is very in-depth and very dependent on outside agencies such as the Staff Judge Advocate General, Equal Opportunity, and Family Advocacy who provide their own perspective. Other subjects taught during the one week course included Soldier Fueling, Role of the Inspector General, Applying the Investment Strategy, SHARP, Prohibited Practices, IET Suicide Prevention, Counseling Requirements, Teaching Army Values, Risk Management, Physical Readiness

Training and a video about Heat Can Kill.

The course provides an avenue to someone who is trying to help somebody. It gives the students an opportunity to talk to representatives from the Inspector General, the Staff Judge Advocate General, and how they can help soldiers.

Student, Staff Sgt. Elena Varela said, “I got a better insight of what the students go through in basic training, and it is a lot different than when I went through it. I didn’t realize how poorly the nutrition and the physical fitness are; not knowing how to eat properly, something that would be easy to take care of, how bad it was.” *See page 9.*

Below, Col. John Fristoe presents Capt. Salima Carter with her certificate.



From page 8, Cadre Training Course

The students were administered a 50 question test and to receive a passing score they must answer 80 percent of the questions correctly.

After the course seven of the graduating students will be teaching the course to the instructors for one week and once certified they will be teaching the course here on the installation.

Col. John Fristoe presented certificates to the graduating class.

He said, "Realize the efforts that we are putting into fixing things. First, to keep you out of trouble when dealing with IET Soldiers; and, to protect those IET Soldiers from predators; and also to get after the misconduct issues that are going on during formation because people don't know the rules, they don't know what they are allowed to do, and not to do.

Fristoe said this is part of the strategy that includes the privileges issues that we're dealing with and includes working with the installation to reduce the availability of alcohol and working with the community about access to hotels.

"All this is related to part of a larger strategy to put a better Soldier in the force," he continued.

"AMEDD Readiness starts here, but so does AMEDD discipline, AMEDD standards and AMEDD trust. It all starts right here."



Maj. Joseph Topinka, Staff Judge Advocate Office, talks to students about military law at the Cadre Training Course March 5 held in Bldg. 902.

Congratulations to the following on their promotions!

Right, Command Sgt. Maj. James Diggs congratulates Staff Sgt. Randy Willet and wife Tanaisha during the promotion ceremony.



Below, Col. Edward Briand presents Lt. Col. Lisa Hull her promotion certificate.

Below, Col. Robert Mitchell joins family members to promote Lt. Col. Jason Wilson.



Right, sons Mitchell and Michael promote Command Sgt. Maj. Sherry Blackwell during a ceremony hosted by Col. Darlene McCurdy.

Sgt. Audie Murphy members support the community

Members of the Sgt. Audie Murphy Club, Leon L. Van Autreve Chapter stayed busy during the month of February visiting with veterans hospitalized and with residents staying at Fisher House number 3.

In February, around Valentines Day timeframe, Veterans Hospitals around the world host the annual National Salute to Hospitalized Veterans Week. This annual event is an opportunity to say thank you to the veterans for their service and to let them know they have not been forgotten. The purpose of the program is to pay tribute and express appreciation to Veterans, increase community awareness of the role of the VA medical centers and encourage citizens to visit hospitalized veterans to become involved as volunteers.

On Feb. 16 SAMC members spent time at the Audie Murphy Veterans Hospital in San Antonio visiting with hospitalized veterans to say thank you and to let them know they have not been forgotten. Visiting the VA hospital has become a very interactive activity for the chapter.

On Feb 20 SAMC hosted a dinner for wounded warriors and their families who are staying at Fisher House number 3. It was an opportunity to show support and appreciation and help alleviate some of the stress that recovery can take on Soldiers and their families.

The Fisher Houses were established to provide a means for the family members of patients to be close to their loved ones during the recovery process at no cost. SAMC members provided a complete meal and also volunteered as servers.

Sergeant Audie Murphy Club

The Sgt. Audie Murphy club is a private US Army organization for enlisted non-commissioned officers only.

The original club was started in Fort Hood early in 1986. Members must exemplify leadership characterized by personal concern for the needs, training, development and welfare of Soldiers and their families.

The club is named after Sgt. Audie Leon Murphy who is the most decorated US combat Soldier of World War II.



SAMC members pose in front of the statue of Audie Leon Murphy located on the grounds of Audi Murphy Veterans Hospital during a visit to hospitalized veterans.

The Sergeant Major of the Army Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club was established in 2000 when the installation Command Sergeant Major, Adolph M. Arista Jr., directed the formation of a local chapter.

In 2002, Fort Sam Houston's Sergeant Audie Murphy Club was redesignated the Sergeant Major of the Army Leon L. Van Autreve Chapter and has the distinction of being the first chartered SAMC chapter in MEDCOM.

Staff Sgt. Adam Sahlberg, president, SAMC, said, "Today the club is a thriving chapter spreading influence and support to both the military and civilian community."

He said this year the chapter is refocusing on engaging directly with the Soldiers and their families who make up Joint Base San Antonio. There is a dedication to excellence and professionalism exuding from the body of this chapter that is palpable and it will be an exciting year to be a part of SAMC.

Sahlberg is inviting all current members and those interested in becoming SAMC

members are encouraged to seek out the members of the governing council and express the desire to become a SAMC member to your leadership.



See page 11.

Sgt. Audie Murphy Club members providing support



When a Soldier is inducted into the Sergeant Audie Murphy Club, he or she is given a formal neck medallion with ribbon. The ribbon's color represents the symbolic color of the infantry.



SAMC members host a dinner for the residents at Fisher House number 3.

Please welcome the newly elected governing council for 2013.

President: SSG Adam Sahlberg

Vice President: SSG Antoinette Francois

Secretary: SFC Shaina Newton

Treasurer: SFC Faith Castro

Public Affairs Officer: SFC Rafael Colonhernandez

Historian: SSG Michael Smith

Advisors: 1SG Mark Riddick and MSG William Barnes

Congratulations!



SAMC members participated in a ceremony honoring the defenders of the Alamo on March 6.

32nd Medical Brigade Highlights

187th Medical Battalion A Company Change of Command

Capt. Fredrick Davis assumed command of A Company, 187th Medical Battalion from outgoing commander Capt. Bryan Nowak at a change of command ceremony held in January. Davis recently served as the Chief of the Medical Service Corps Individual and Training Branch for the Center for Professional Education and Training. Alpha Company mission provides command and control, discipline, training, readiness, administrative, and logistical support to cadre, students, and civilians, assigned or attached to Alpha Company, 187th Medical Battalion in order to aid in the force generation of officers prepared to successfully operate at company, battalion and brigade level, in both TDA and TO&E environments.

Below, Capt. Bryan Nowak relinquishes command of Alpha Company to Lt. Col. Soo Lee Davis, commander of the battalion.



Above, Capt. Fredrick Davis, after accepting the guidon and duties of A Company, 187th Medical Battalion from Lt. Col. Soo Lee Davis, commander, 187th Medical Battalion returns the guidon to 1st Sgt. Robert Ramirez completing the change of command ceremony.

187th Medical Battalion Caballero reenlists

Staff Sgt. Jonatan Caballero, Platoon Sergeant, Charlie Company, 187th Medical Battalion, reenlisted on Jan. 23. 2nd Lt. Christopher Donaghe administered the Oath of Enlistment. Congratulations Staff Sgt. Caballero!



187th Med Bn Chaplain hosts talent show

Soldiers from Bravo and Charlie Company, 187th Medical Battalion, displayed their talents at the 18th Medical Battalion Talent Show hosted by Chaplain John Tillman on Jan 13 at the Army Community Service, Roadrunner Community Center. 1st Lt. Arturo Diaz and the Semeneya Dance Team performed a salsa routine. Other performances included singing, a push up competition, vocal performance with a ukulele and mime performances. The event concluded with a movie and refreshments.



Cont'd, 32nd Medical Brigade highlights

232nd Medical Battalion Pvt. Nathan Barlow distinguished Soldier

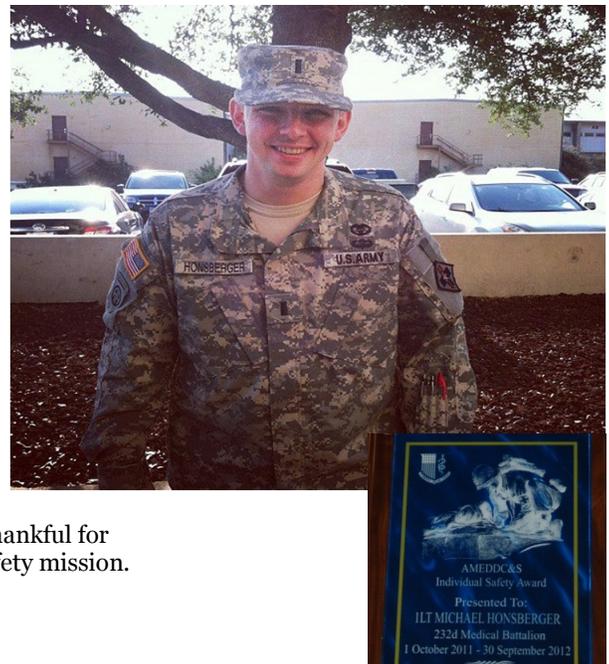
Pvt. Nathan Barlow, A Company, 232nd Medical Battalion is recognized for displaying an outstanding level of motivation and enthusiasm as a Soldier Medic at EMT 1. Barlow distinguished himself above all others, volunteering to design and create a mural that will represent Department of Combat Medic Training, EMT 1 for years to come. He devoted countless hours of his own time designing, drawing and painting a 20-foot mural on the walls of EMT 1 section. His utmost dedication and attention to detail ensured absolute accuracy in the portraits displayed. The incorporation of both Alpha and Delta training companies helped to increase the overall morale and esprit de corps of the Soldiers and cadre alike. Barlow not only executed this task in a timely manner, he took the initiative to complete other tasks beforehand. His untiring efforts and positive attitude testify to his achievements as an outstanding Soldier Medic while maintaining the highest grade point average at 92% in a company of over 400 Soldiers. His exceptional service demonstrated to all that he is a professional Soldier. Barlow exemplifies the epitome of an Army of One.



232nd Medical Battalion Honsberger awarded AMEDDC&S Individual Safety Award

First Lt. Michael Honsberger was awarded the AMEDDC&S Individual Safety Award due to his exemplary performance as the 232nd Medical Battalion Safety Officer for Fiscal Year 2012. His selfless service, dedication and commitment to the battalion's safety mission were instrumental to him receiving this prestigious award. This speaks volumes about Honsberger and his entire chain of command. He needed little direction to "steer the boat" on the right course due his desire to exceed expectations while keeping the unit's safety program wired tight. He is currently the aide-de-camp for Col. Jeff Clark, the European

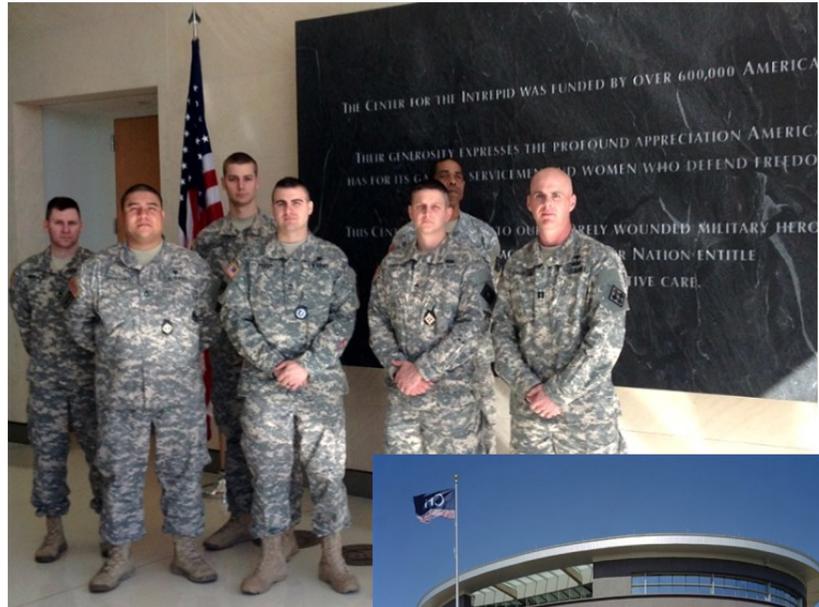
Regional Medical Command Commanding General. He was hand selected for this job because of his positive outlook, maturity, and countless outstanding accomplishments. A former 68W who continues to shine, Honsberger will continue to excel in all his endeavors. We wish him the best and are very thankful for his contributions to the unit's safety mission. Tusker Medic, Warrior Spirit!



Cont'd, 32nd Medical Brigade highlights

264th Medical Battalion Bravo Company Center for the Intrepid Tour

The Cadre of Bravo Company, 264th Medical Battalion participated in professional development by attending a tour at the Center for the Intrepid. There were four Platoon Sergeants, two Pharmacy Technician Instructors, and the Company Commander who attended the tour. The tour lasted approximately 45 minutes and was comprised of how Soldiers with amputations receive rehab/physical therapy services while assimilating back into the civilian population. The tour was a reminder why those in the medical profession are committed to their careers and also how resilient the patient population that we are honored to serve with is. The day was highlighted by Bravo Company, 264th Medical Battalion cadre who demonstrated pride in their profession, a calling to serve, and leadership echoing the concept, "Bravo Company leads the way" and "Answering the Call...Anytime, Anywhere!"



264th Medical Battalion Bravo Company run to the Alamo

The Cadre of Bravo Company, 264th Medical Battalion completed an esprit de corps run by running to the Alamo on Jan. 18.

The run consisted of 12 Platoon Sergeants, instructors, the First Sergeant, and Company Commander who completed the 3.5 mile run that followed along the Riverwalk and finished at the Alamo.

The diversity of B Company, 264th Medical Battalion was showcased throughout the run on a weekend in which Martin Luther King was remembered and celebrated.

The esprit de corps run highlighted the day by Bravo Company, 264th Medical Battalion, who demonstrated confidence, motivation, and physical fitness echoing the concept, "Bravo Broncos lead the way!" and "Answering the Call...Anytime, Anywhere!"



Cont'd, 32nd Medical Brigade highlights

Training Support Company awarded the AMEDDC&S Organizational Safety Award

In a ceremony held at Blesse Auditorium, Gregg Stevens, deputy to the commanding general, AMEDDC&S, presented the AMEDDC&S Organizational Safety Award for the period Oct. 1, 2011 to Sept. 30, 2012 to Capt. Thomas Spencer and 1st Sgt. Martin Hill. The company also received the Commanding General's Superior Performance Award.



Reenlistment



Sgt. Emmett Acker reenlists in the Army to attend the Respiratory Therapist Course.



Capt. Noe Muniz and Master Sgt. (ret) Emmett Acker celebrate Sgt. Emmett Acker's reenlistment.

Lifesaver



Gregg Stevens, deputy to the commanding general, AMEDDC&S, presents the Army Commendation Medal to Spec. Rosa N. Borja. Spec. Borja demonstrated superior medical proficiency and professionalism while assisting as a first responder to an incident off post. Borja was assigned to the Medical Capabilities Integration Center, AMEDDC&S.

March is National Nutrition Month: “Eat Right, Your Way, Every Day”

By Maj. Stephanie Meyer
DrPH RD,LD

Every year in March dietitians work to raise awareness of what it means to eat a healthy diet. Each year the focus is different. This year the theme is, “Eat Right, Your Way, Every Day.” The intent is to focus on the fact that there is not a one-size fits all approach to healthy eating. We are all individuals, and each one of us has different eating patterns based on the foods we prefer, lifestyle, cultural and ethnic traditions, and health concerns. This March during National Nutrition Month, dietitians throughout the United States, and the world, are highlighting “Eat Right, Your Way, Every Day” in recognition of the diversity in our eating habits.

This year Soldiers may want to pay particular attention to the messages in this article. Why is this year so important? The Army Surgeon General, LTG Horoho, has identified nutrition as one of the three components in the Performance Triad. The Performance Triad focuses on nutrition, sleep and physical activity as the three focus areas necessary to maximize Soldiers’ health, and particularly to improve stamina. If you are a family member, the Performance Triad components are just as important for you to maintain your health. Are you making the food and drink choices that fuel your body to perform at its best?

Before we move on, I want to answer this question: What is a dietitian? A dietitian is a nutrition expert who has received a college degree in nutrition, completed a hands-on training program to practice what was learned in college, and passed a nationally recognized credentialing exam, similar to what doctors are required to do. These individuals are called registered dietitians. A dietitian is different from a “nutritionist” because of the education, training and testing process required. “Nutritionists” may or may not have any nutrition related education. Your local medical treatment facility likely has one or more dietitians who can provide you nutrition advice and guidance if you have questions about your eating habits.

Now that we know what a dietitian is, let’s talk about the theme of “Eat Right, Your Way, Every Day.” Basic nutrition guidelines for adults and children over 2 years old and older are to eat a variety of foods, while making sure to balance the number of calories eaten with physical activity to avoid overweight and obesity. The guidelines do not say what the variety of foods should be. This is where the “Your Way” part of the message comes in.

To follow the dietary guidelines for health and wellness, food choices should follow the MyPlate guidelines for a healthy diet (<http://www.choosemyplate.gov/>). Your food choices may also be based on the need to

lose weight, manage high blood pressure, or diabetes. The point is to eat a balanced diet, and to eat a variety of fruits, vegetables, grains (preferably whole grains), lean protein sources, and low fat sources of calcium (dairy). The MyPlate website has a variety of tools and resources to help guide you on your way, including sample menus and recipes, a “SuperTracker” to help you evaluate your eating and physical activity habits, and healthy eating tips.

Nutrition messages can sometimes be confusing. The MyPlate model takes some of the mystery out of what it means to eat a balanced, healthy diet. When you incorporate the fruits, vegetables, grains, lean protein sources, and low fat sources of calcium that fit within your eating preferences, you can “Eat Right, Your Way, Every Day!” You will also be one step closer to a healthier, stronger you!



Nutrition Facts

Are you wondering how to conquer the battle of the bulge? Looking for 100 tasty calorie snacks, nutrition facts, and food allergies. Do you have questions about energy drinks and wonder how to eat smart during the holidays? Then you need to check out the website <http://www.cs.amedd.army.mil/>.



Scroll down to the Hot Topics/News Section and click on the icon, “AMEDDC&S Spotlights Nutrition”. You will find many interesting articles about nutrition, how to read nutrition panels, snacks for kids, exercise, trimming calories and much more!

CONGRATULATIONS TO ALL!



Antonio Reyes

Col. Randall Anderson chief of staff, AMEDDC&S, presents the Commanding General's Superior Performance Award to several AMEDDC&S employees for their personal excellence and outstanding dedication and service in support of the AMEDDC&S mission.



Larry Rodriguez



Mauricio Holguin-Flores



Tammy Crawley



Gloria Tharpe



David Bengert



Dave Cahill

Employees Recognized



Randolph B. Robbins



Mario Curet-Montanez



Aaron E. Machaelian



Stephen C. Paskos



Ssg Ryan Coirbin



Michael Ortega



Patricia Stapleton



CPT Isaac Stephen



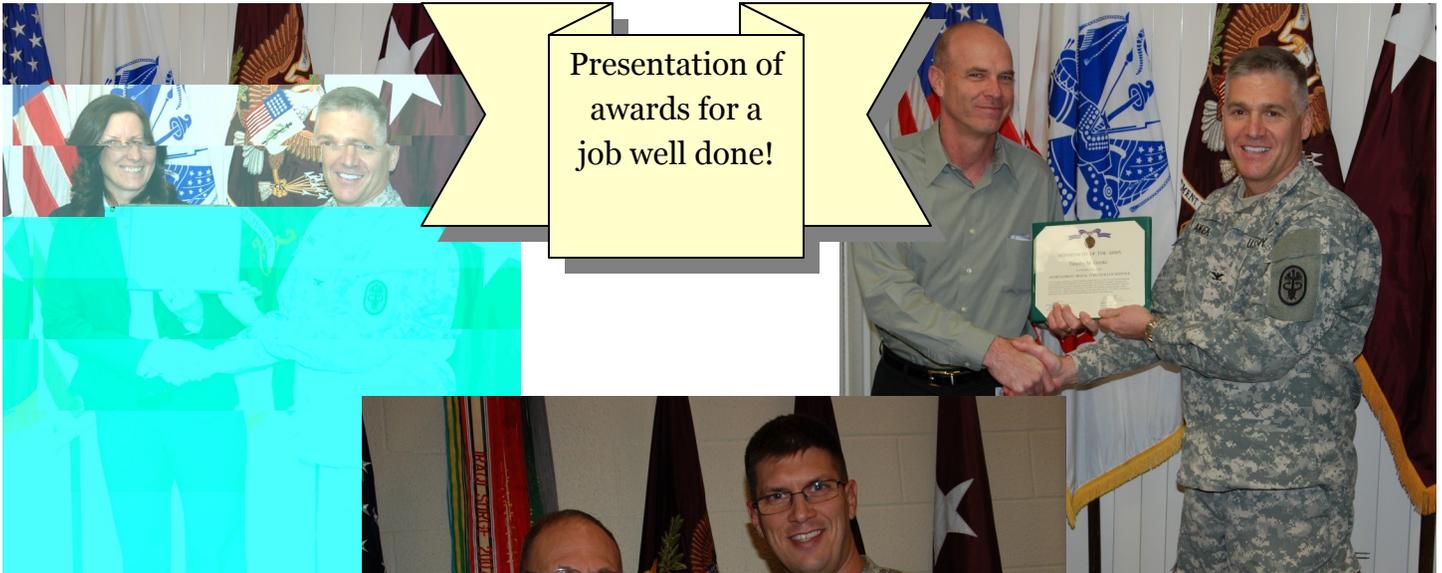
David Bengert

***Military and
Civilian team
members
recognized.***



Lorraine Harper is presented the Achievement Medal for Civilian Service.

Team Awards



Above, Susan F. Stephens, G6, is presented the Department of the Army Achievement Medal for Civilian Service for outstanding contributions as Chief of the Management Division.

Timothy M. Gorske , G6, is presented the Department of the Army Achievement Medal for Civilian Service for outstanding contributions as the Chief of Operations Support Services.



Above, Maj. Gen. Philip Volpe, Commanding General, AMEDDC&S, presents the Meritorious Service Medal to Lt. Col. Eric B. Sones, commander, 232nd Medical Battalion, for outstanding service as the battalion commander. Sones leadership, dedication to duty, superior technical skills, and professionalism made a significant impact to the overall mission of the 32nd Medical Brigade and the US Army Medical Department. Sones relinquished command of 232nd Medical Battalion on March 22.



Congratulations are in order to the following:

Congratulations to our teammates selected as AMEDDC&S Civilian Employees of the Year, CY12!

Category I (Non-supervisory GS-08, WG-11, WL-09 and below):

Donalda Smith, DMRTI

Category II (Non-supervisory GS-09 - GS-13; WG-12, WL-10 and above):

Frederick Gates, G-4

Category III (GS-14 and above; all supervisors and managers):

Lynette Wright, OSI

Each is recognized for their contributions to the AMEDDC&S and will represent us in the MEDCOM Civilian Employee of the Year program.



Department of Preventive Medicine, Entomology Branch, hosts visits



Sgt. Maj. Tyrone Taylor, provides an overview about the Department of Preventive Medicine to AFJROTC visitors from Cypress Woods High School, Cypress, Texas. William Pittman, Entomology Branch Instructor, pulls Victoria, a red-tailed boa snake, out of her cage as the cadets watch in anticipation.



Sam Houston High School students visit the various kiosks located at the Department of Preventive Medicine. The kiosks provide information about the different branches within the DPM such as Public Health, CBRNE and Environmental. Keith Rex, instructor, talks about the bugs and animals on display in the Entomology Branch and how they affect people and the environment.

FOR PUBLICATION IN THE NEXT AMEDDC&S Newsletter:
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