



# AMEDDC&S Newsletter

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

## Center for Pre-deployment Training prepares medical professionals for trauma

By LTC (Dr.) Jimmy Cooper,  
Center for Pre-deployment  
Medicine

The Center for Pre-deployment Medicine (CPDM) offers several courses to prepare medical professionals for combat trauma management.

The Brigade Combat Team Trauma Training (BCT3) course is conducted via mobile training teams for two five-day training sessions per brigade. Training audience is combat medics assigned to a brigade combat team's area support medical company, including assigned flight medics. The focus is on tactical combat casualty care (TC3) concepts, trauma management skills, lessons learned, exposure to humanitar-



**Medics going into combat zones complete training by the Center for Pre-deployment Medicine. This training focuses on tactical combat casualty care and those injuries most seen by medics in the field.**

ian law, detainee care, pediatric/ob-gyn/geriatric trauma and preservation of remains.

The Tactical Combat Medical Care (TCMC) course takes place over a five-day period here on

Fort Sam Houston. The target audience is physicians, physician assistants, and nurse practitioners who will be assigned to either a Role I or II facility.

*See page 2*

## Improving battlefield healthcare

By Phil Reidinger  
AMEDDC&S Public Affairs  
Officer

Several changes made the news in 2012 as the U.S. Army Medical Command looked to improve Army medicine on the battlefield. Carrying over to 2013, the

AMEDD mission focuses on envisioning, designing, and training the Army's premier medical force.

To increase access for Soldiers who need help and a greater capability to support the brigades, the Army is

adding more than 1,000 behavioral health Soldiers and assigning them to every brigade in the active Army, National Guard, and Army Reserve. Each brigade combat team now has an additional health

*See page 3*

**Volume 2, Issue 2**

**April/May 2013**

Upcoming events:

May 28, Health Fair, Willis Hall, Food Court, 10 a.m. to 1 p.m.

June 1, Army Birthday Ball, call 221-1639 for tickets.

June 7, 232nd Medical Battalion Change of Responsibility, post flagpole, Stanley Road, 8 a.m. Command Sgt. Maj. Marlo Montes will relinquish responsibility to Command Sgt. Maj. Jawn Oilar.

June 14, AMEDDC NCO Academy will host the annual SMA Leon Van Autreve Memorial and Wreath Ceremony, 5 p.m., FSH National Cemetery.

June 20, 187th Medical Battalion Change of Command Ceremony, MacArthur Parade Field, 8 a.m. Lt. Col. Soo Lee Davis will relinquish command to Lt. Col. Rachel Smith.

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## From page 1, Center for Pre-deployment training

If space is available, Brigade Nurses, Special Forces Medical Sergeants, and select 68W NCOs may also attend when accompanied by their unit provider. The course teaches the fundamentals of TC3 and then provides more advanced training commensurate with the student population's level of education, expertise, and healthcare role.

Instruction is primarily concerned with treating the four most common causes of preventable death on the battlefield. Emergency surgical procedure labs are also performed utilizing all the instruction the students have gained during that week. Training must be accomplished no more than 180 days prior to deployment and remains valid for two years post-deployment.

The eight-day Military Transition Team (MiTT) NCO course, also conducted at Fort Sam Houston, provides an overview of the skills and knowledge necessary to operate as a medic in remote or isolated hostile environments. The course focuses on basic sick call, including documentation, diseases of all related systems, including respiratory, gastrointestinal, orthopedic, head, neck, throat, dental, and dermatologic.

Emphasis is placed on emergencies to these systems and determining priorities of evacuation for team members. Students are introduced to the telemedicine program and receive specialty training directly related to overseas contingency operations mentors/ combat medic advisors, provincial reconstruction team operations and logistical planning. Training is

divided into a clinical training (four days) and trauma training (four days), with the latter consisting of assessment and treatment in accordance with the tenets of TC3, wound care and basic suture techniques, and MASCAL scenarios using the simulations lab and emergency surgical procedures lab. Air Force and Navy medical personnel who are the equivalent of 68W 30-40 may attend the course, if they are assuming an Army position.

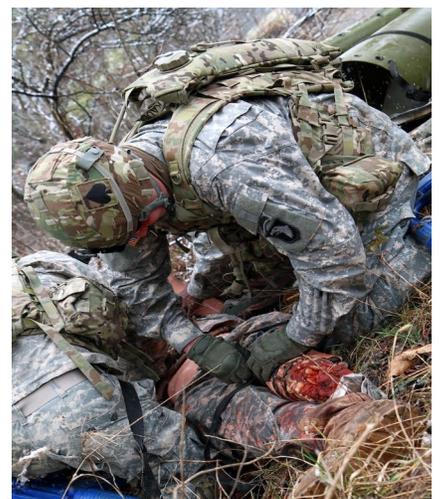
The Joint Forces Combat Trauma Management course (JFCTMC) is designed to provide individual trauma training for healthcare providers who are deploying to Role III echelon of care. The training audience is surgeons, emergency medicine physicians, physician assistants, certified registered nurse anesthetists, and emergency department-registered nurses and licensed practical nurses assigned to deploying combat support hospitals. This course is designed to prepare deploying healthcare providers to care for patients with acute war-related wounds, while incorporating lessons learned from OIF, OEF and other military settings. This five-day course conducted at Fort Sam Houston is comprised of a series of lectures with breakout sessions by specialty.

During the initial two-day course review, the Joint Trauma System Clinical Practice Guidelines are the focus, with surgeons attending a live tissue training and cadaver lab as part of courses in Advanced Trauma Operative Management and Advanced Surgical Skills for exposure in Trauma.

Physicians attend an ultrasound lab and an emergency procedures cadaver lab. Anesthesia providers attend a breakout session at Brooke Army Medical Center.

Nurses attend a day long breakout session that includes a four-hour simulation lab, KCI negative pressure therapy instruction and lab, and nursing-specific lectures on wound and ostomy care, and neurological wound management. Participants also receive eight hours of TC3 training comprised of equal parts lecture and skills stations covering airway, penetrating chest trauma, intraosseous vascular access, hemorrhage, rapid trauma assessment, and medical equipment used in theater.

JFCTMC is open to all services/components when assigned to an Army medical position. Approximately 450 to 600 providers are trained annually, depending on combat support hospital rotation dates within the fiscal year. Training must be accomplished no more than 180-days prior to deployment and remain valid for two years post deployment.



## From page 1, **Battlefield training**



Soldier Medics triage a Soldier with mock injuries during testing at Camp Bullis.

officer who is a clinical social worker or licensed psychologist and an additional enlisted behavioral health specialist. The change doubles the number of officer and enlisted personnel and one of which will be an NCO. The four-person teams also will be assigned to every Army brigade, not just the BCTs.

Additionally, combat support hospitals will also get a new look. Now more modular and flexible, the hospitals will have greater trauma care and surgical capacity and will be able to operate in multiple locations. Specialized elements of the new hospital give the medical planner a range of units including a 32-bed field hospital and 3 different augmentation detachments that can be added to the field hospital to increase its

surgical, medical or ward capabilities. This flexibility will permit the Army Medical Department (AMEDD) to achieve the same high level of clinical outcomes for our patients while reducing the medical footprint and logistical support requirements.

In 2012, the AMEDD announced that seven medical fields would get their own military occupational specialty code (MOSC), a result of restructuring the 68W healthcare specialist MOS by splitting off specialties that used 68W additional skill identifiers. The change focuses the 68W MOSC training on specialized trauma care, which includes new specialties such as practice nurse; occupational therapist; physical therapist; orthopedic specialist; nose, throat, and eye specialist; and car-

diovascular specialist. The Soldiers assigned to these specialties will no longer be required to attend the 16 weeks of basic combat medic training. Instead, they will attend a four-week introduction to medicine program and then complete specialty training.

The AMEDD also is adding longer, tougher, training for flight medics. Soldiers who want to be flight medics will now have to complete a nine-month, three phase training program comprising four weeks of flight medic training at Fort Rucker, AL; six months of paramedic emergency medical technician training at the University of Texas Health Science Center; and eight weeks of critical care flight medical training conducted at Brooke Army Medical Center, Fort See page 4.

## From page 3, Battlefield training



Sam Houston. The AMEDD Center and School will offer the flight paramedic course three times each year for 30 students per class.

In early 2012, The U.S. Army Medical Department Board conducted a customer assessment (CA) of The Force Provider Expeditionary-Medical Systems (FPE-MS) 84-Bed Hospital Company (CORPS) Chemically Protected Deployable Medical Systems (DEPMEDS) with the 14th Combat Support Hospital. The purpose of this CA was to provide a means for the Board to assess the functionality of the FPE-MS in supporting the medical mission. This evaluation used an 84-bed hospital company and a limited chemically protected DEPMEDS to consider a 44-bed early entry hospitalization element and a 40-bed hospitalization augmentation element. A power assessment of the 84-bed hospital company also was conducted. Soldiers from the 14th Combat Support Hospital, Ft. Benning, GA, supported an assessment of the new air beam hospital shelter to evaluate the functionality of the system in supporting the medical mission as a potential re-

placement for the current TEMPER and Alaskan shelters.

The Board was tasked by the U.S. Army Medical Materiel Agency (USAMMA) to conduct an assessment of the Burn Resuscitation Decision Support System (BRDSS) in a simu-

lated operational environment. The evaluation took place at the DEPMEDS Equipment and Training site at Camp Bullis in the spring of 2012. The Board test officers evaluated a Burn Resuscitation Decision Support System, a commercial-off-the-shelf tablet-type device with a dedicated software application that implements acute burn fluid resuscitation. The report will assist USAMMA in determining whether or not the BRDSS device meets the requirements to support Roles II and III and en-route medical care of seri-

ously burned patients.

Another customer assessment conducted by the Board test officers evaluated the Environmental Sentinel Biomonitor (ESB) in an operational environment using typical operators and maintainers. Soldiers also tested the prototype ESB system as an acceptable replacement for the currently fielded analyzer. The system will be used to evaluate the toxicity and microbiological quality of water intended for potable use.

The safety of blood products is a critical component of combat casualty care. The U.S. Army Medical Department Board test officers conducted an assessment of the Pathogen Reduction Device (PRD) to determine if the equipment is an acceptable device to treat whole blood for transfusion in an operational environment. The PRD is designed to be used to treat whole blood for viruses, bacteria, and protozoans prior to transfusion and to deactivate white blood cells.



## Message from General Raymond Odierno, 38th Chief of Staff *Sexual assault and sexual harassment*



Over the last twelve years of war, our Army has demonstrated exceptional competence, courage, and resiliency in adapting to the demands of war and accomplishing the mission. Today, however, the Army is failing in its efforts to combat sexual assault and sexual harassment. It is time we take on the fight against sexual assault and sexual harassment as our primary mission. It is up to every one of us, civilian and Soldier, general officer to private, to solve this problem within our ranks.

The Army is committed to the safety and security of every Soldier, civilian, and Family member. Our Army is based on a bedrock of trust - the trust between Soldiers and leaders that we will take care of each other. Recent incidents of sexual assault and sexual harassment demonstrate that we have violated that trust. In fact, these acts violate everything our Army stands for. They are contrary to our Army Values and they must not be tolerated.

It is up to every individual to contribute to a culture in which our Soldiers, civilians, and Family members can reach their full potential. It is imperative that we protect potential victims from ever experiencing a sexual crime. We must provide compassionate care and protect survivors after a crime has been committed. Our people must be confident that complaints will be handled quickly and decisively, and that our system will deliver justice and protection throughout the reporting, investigation and adjudication process.

Commanders, noncommissioned officers, and law enforcement must ensure that every allegation of sexual assault and sexual harassment is thoroughly and professionally investigated and that appropriate action is taken. Leaders at every level are responsible for establishing a command climate and culture of mutual respect, trust, and safety. Leaders must develop systems to "see" their units, and understand the extent to which their leadership promotes a positive command climate for all Soldiers. I urge everyone to start a conversation within your unit or organization, among leaders, peers, and subordinates and with Family and friends to better understand one another's experiences and to develop better solutions to this problem.

Our profession is built on the bedrock of trust; sexual assault and sexual harassment betray that trust. They have a corrosive effect on our unit readiness, team cohesion, good order and discipline. We are entrusted with ensuring the health and welfare of America's sons and daughters. There are no bystanders in this effort. Our Soldiers, their Families, and the American people are counting on us to lead the way in solving this problem within our ranks.

Raymond T. Odierno  
General, 38th Chief of Staff  
U.S. Army

The strength of our Nation is our Army  
The strength of our Army is our Soldiers  
The strength of our Soldiers is our Families.  
This is what makes us Army Strong!

Connect with me on Facebook & Twitter  
Facebook: <http://www.facebook.com/RayOdierno>  
Twitter: @GENRayOdierno



**Above, Staff Sgt. Melissa Elam, Sexual Harassment/Assault Response and Prevention (SHARP) program Victim Advocate, and SFC Carmen Ross (not pictured), Sexual Assault Response Coordinator, are the points of contact for the AMEDDC&S SHARP program. Call (210) 364-5384 for information.**

## Department of Preventive Health Services Health and Wellness Fair



By Rosemary Wosky  
Department of Preventive Health Services

The weather outside was frightful but the Health and Wellness Fair was quite delightful! Inclement weather did not dampen the spirits of over 30 agencies and the more than 200 people who braved the elements to attend the recent Health and Wellness Fair sponsored by the Department of Preventive Health Services. The fair, held to support National Public Health Awareness Week, promoted the concept of “Return on Investment (ROI)” – in other words, by investing in your health, you invest in yourself with a considerable return in terms of personal wellness and longevity. Numerous creative and relevant displays and tables provided information to the public on ways to promote a healthier lifestyle and were consistent with the Surgeon General’s Healthcare to Health Initiative.

“With the cost of reactive healthcare becoming unsustainable, we have to focus on prevention to not only save us money but to set the standard for future medical care. People are living longer so why not stay active and healthy long into your golden years? By promoting the health triad of healthy nutrition, regular exercise and sufficient, quality sleep, we can address many of the health problems that stress our military community and our budget,” said Col. Mustapha Debboun, chief, Department of Preventive Health Services.

“We currently spend around 53 billion dollars a year on military health care, and we predict this will rise in the future to around 93 billion dollars. Much of this money is spent on preventable diseases associated with obesity, tobacco use, and inactive lifestyles. If we can help people make small changes to their lifestyles, investments in

**Col. William LaChance listens as Maj. Roberto Marin, deputy chief, Preventive Health Services, describes the Office of the Surgeon General’s healthcare to health initiatives.**

their health so as to speak, the gain would be huge not only in terms of the capital saved but huge in the alleviation of human suffering.”

In all, there were 32 tables displaying posters, graphics, and statistics on some of the latest health related topics that are in the news. The health fair was highlighted by a jazz ensemble from the United States Air Force Band of the West Warhawk who played until ‘rain stopped play’. Many came out of their offices to enjoy the relaxing music until thunder and lightning brought the event to a premature close.

The health fair was a true success in spite of the challenges of the weather. It was an excellent opportunity for agencies to reach out and connect with people in the ‘white space’ – the time outside of the physician’s office, when health professionals can make a difference by promoting health and wellness. Making the preemptive strike against preventable diseases is a win-win situation for everyone.

If you were unable to attend this very informative health event, make a date for May 28 when the students from the Principles of Military Preventive Medicine Course will be hosting another health fair. For more information on this and other upcoming events, please call DPHS at (210) 221-7409.

*See next page for more photos.*



## Health and Wellness Fair, a wealth of information for your health

Approximately 32 displays presented topics that included information about fad diets/ supplements, healthy eating, relaxation, spiritual health, dental health, a sports shoe clinic, exercise and running, hearing and vision conservation, safe sex/sexually transmitted disease, VA/ DOD Clinical Practice Guidelines and other exciting informational and interactive presentations.



Right, Col. Mustapha Debboun, chief, Department of Preventive Health Services, presented Certificates of Appreciation to participants as a thank you for making the Health and Wellness Fair a success.

There are 1440 minutes in every day.....schedule 30 of them for physical activity. Below are some examples of information provided at the fair.

9 easy ways to add minutes to your total:

1. Park your car farther away from the office.
2. Get off the bus a few stops early.
3. If you live close enough, walk to work.
4. Take the stairs instead of the elevator or escalator.
5. Organize or join a lunch-time group walk.
6. Organize or join a company sports team.
7. Exercise while watching TV.
8. Walk or bike while doing your errands.
9. Go dancing!



## 32nd Medical Brigade kicks off 2013 Fiesta with early morning fun run



**2013 Fiesta Royalty join 32nd Medical Brigade leaders and troops at MacArthur Parade Field April 10 as they kick off Fiesta activities with a 2.6-mile run on through the streets of historic JBSA-Fort Sam Houston. See more photos about AMEDDC&S Fiesta participation on page 6.**

By Esther Garcia  
AMEDDC&S Public Affairs Office

The 32nd Medical Brigade kicked off 2013 Fiesta with an early morning 2.6 mile run through the streets of historic JBSA-Fort Sam Houston on April 10. The run is an opportunity to introduce Fiesta to the troops. The activities began at MacArthur Parade Field with the formation of more than 2,400 troops.

As the troops began to form on the field, the 323rd Army Band, Fort Sam's Own Latino Band, played traditional lively Latino music. Following remarks by military leaders, Fiesta Royalty were then introduced to the troops. The run began after reveille was played.

Attendees who did not participate in the run met the returning runners along Stanley Road and greeted them with high-fives, cascarones (egg shells filled with con-

fetti) and beads as Ft. Sam's Own Brass Band played a selection of music.

Fiesta Royalty included 2013 King Antonio, Steve Dutton with the Texas Cavaliers and his court; El Rey Feo Larry Benson, Sr., and his court; Miss Fiesta, Victoria Flores; Charro Queen, Kellie Ramos; Queen of Soul, Britany Thompson; Reina de la Feria de las Flores, Lauren Osterman; Marilyn Eldridge, President, Fiesta San Antonio Commission; and Flambeau Association President, Nick Carrisal and his board members.

Col. Randall Anderson, commander, US Army Medical Department Center and School, thanked the attendees for their participation and said, "We are so honored to have them here with us this morning and I

want to wish them a heart-felt thank you. The city is known as Military City USA and it doesn't take you too long to understand why. The people of San Antonio go out of their way to support us 365 days of the year. Today is no different."

Fiesta began in 1891 with a Battle of Flowers Parade to honor the heroes of the Alamo and the battle at San Jacinto, April 21, 1836. At this battle General Sam Houston and his men fought the Mexican troops and captured Antonio Lopez de Santa Anna, President and Dictator of Mexico who on March 6, 1836, had taken over the Alamo.

Since then, Fiesta has grown over the years to a 10-day celebration featuring some 100 events that feature music, food, sports, pageantry, military and patriotic observances, exhibits, and parades.

The run ended with a breakfast and with Fiesta Royalty giving numerous Fiesta medals to the troops at the Rocco Dining Facility.

**Below, Command Sgt. Maj. Jayme Johnson drops a cascaron or confetti egg on Col. Jonathan Fristoe's head at the run. Having a cascarón broken over one's head is said to bring good luck and is a fun tradition during Fiesta.**



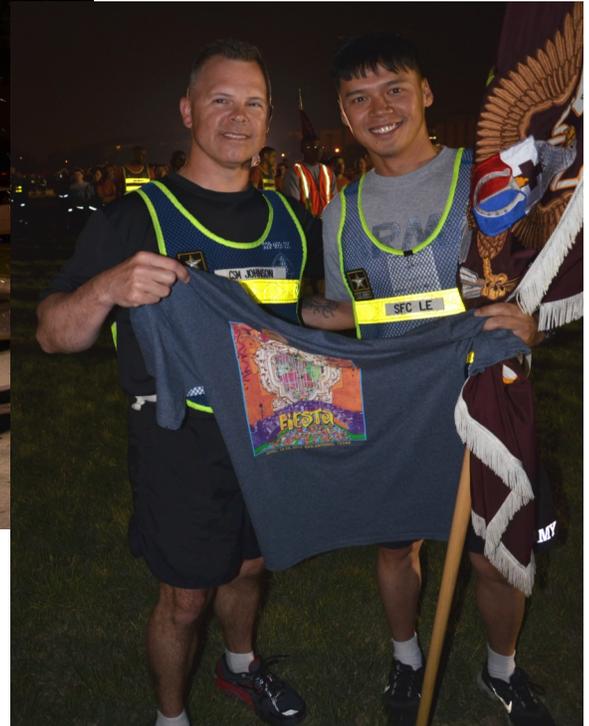
## From page 8, **Brigade run and fiesta Royalty**



Left, Fiesta Royalty and guests greet runners as they return from the 2.6-mile run.



Left, Miss Fiesta, Victoria Flores; Miss Queen of Soul, Britany Thompson; and Miss Charro Queen, Kellie Ramos; visit with Soldiers during breakfast at the Rocco Dining Facility.



Above, Command Sgt. Maj. Jayme Johnson presents a Fiesta t-shirt to Sgt. 1st Class Tuan Le prior to the run.

Right, Col. Randall Anderson, commander, AMEDDC&S and far right, Col. Jonathan Fristoe, commander, 32nd Medical Brigade, welcome Fiesta Royalty, El Rey Feo or ugly king, Larry Benson, Sr., and Reina de la Feria de las Flores or Queen of the Festival of Flowers, Lauren Osterman, to the annual brigade Fiesta run.



## AMEDDC&S celebrates Fiesta



Left, Col. Randall Anderson, commander, AMEDDC&S, Col. Jonathan Fristoe, commander, 32nd Medical Brigade, Brigade Command Sgt. Maj. Jayme Johnson and AMEDDC&S Command Sgt. Maj. Christopher Walls, participate in the Pilgrimage to the Alamo April 22. Sponsored by the Daughters of the Republic of Texas, this event honors the heroes of the Alamo. The silent procession begins at Municipal Auditorium and proceeds to the Alamo for a special ceremony as military, civic, municipal, and other community leaders carry floral tributes.



International military students attending medical training at AMEDDC&S attend a Fiesta reception at the IBC Bank Plaza downtown and are greeted by Fiesta Royalty and military leaders.



Military and their Families receive Whataburger Fiesta medals at a pre-parade party held at the IBC Bank Plaza downtown prior to the River Parade April 22. Sponsored by the Texas Cavaliers, the military and their Families are treated to free parade tickets, food, medals and entertainment prior to sitting down and enjoying the parade. Col. Randall Anderson and Command Sgt. Maj. Christopher Walls join FSH Army military leaders in the parade.

## Farewells



Left, Lt. Gen. Patricia Horoho, the Army Surgeon General and commanding general, US Army Medical Command, presents the AMEDDC&S organization colors to Col. Randall Anderson at the AMEDDC&S Change of Command Ceremony April 5 signifying the transfer of duties.



Above, retired Army Maj. Gen. Darrel Porr, former AMEDDC&S Commander and Surgeon to the Chairman of the Joint Chiefs of Staff, presents the Distinguished Service Medal to Maj. Gen. Philip Volpe at a retirement and retreat ceremony April 5 at the post flagpole honoring Maj. Gen. Volpe. Volpe retires with 30 years of distinguished service.



Left, Maj. Gen. Philip Volpe transfers the NCO sword to Command Sgt. Maj. Christopher Walls at the AMEDDC&S Change of Responsibility signifying the exchange of duties from outgoing Command Sgt. Maj. James Diggs to Walls. Photo left side bottom, friends congratulate Diggs and his wife, Hope, following the change of responsibility ceremony. Diggs retires with 30 years of distinguished service to the US Army.



Below, Col. Josef Moore presents the Nation's flag to Lt. Col. Lori Sigrist at a retirement ceremony in her honor. Sigrist received the Meritorious Service Medal, retiring with over 22 years





A Soldier Medic from C Company, 232nd Medical Battalion donates blood at the Akeroyd Blood Donor Center on post.

## Helping one pint at a time

A company is not made by the contributions of a single individual but the collective actions of the Soldiers within that organization. The Army has always needed blood to help the fighting Soldiers here at home and overseas to fight the nation's battles. Often that blood comes at a steep price to the Army. But that's changing right here at the home of the Combat Medic.

For the last three years Bravo Company, 232nd Medical Battalion has made a concerted effort in conjunction with Akeroyd Blood Donor Center to help provide blood to its own right here on JBSA-Fort Sam Houston. Bravo Company as a team has selflessly given class after class resulting in numerous recognitions and awards... more importantly, the knowledge that they helped save lives.

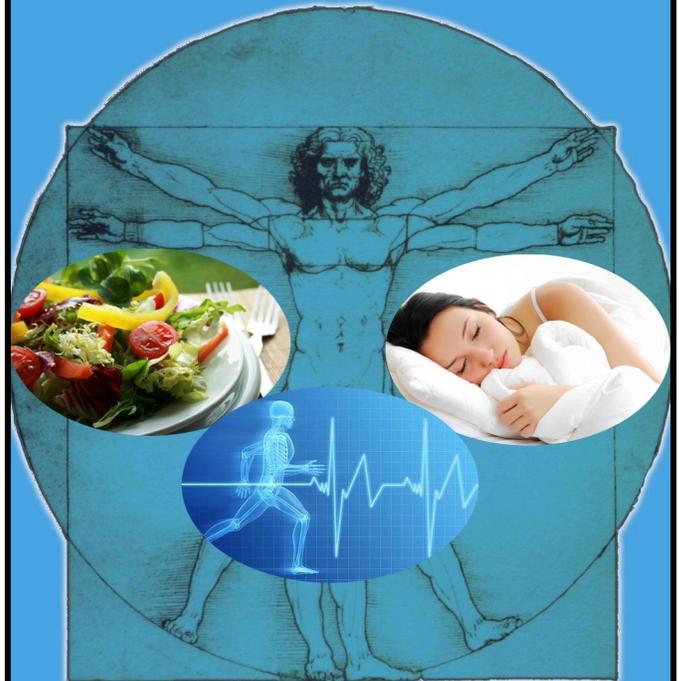
The Akeroyd Blood Donor Center is tasked with the collection of quality blood, and blood products, in support of Brooke Army Medical Center (BAMC). BAMC is also one of two Level One Trauma Medical Facilities and the only Department of Defense Burn Center in San Antonio, TX.

With the help of each Soldier Medic and Cadre of Bravo Company, the blood that is desperately needed to help sustain the fighting force overseas and at home is being achieved...One Pint At A Time.

*Courtesy of Charlie Company, 232nd Medical Battalion*

# AMEDD Center & School

# HEALTH FAIR



**Tuesday May 28th**

**1000-1300**

**Willis Hall Food Court**

***Army Medicine Starts Here!***

## Army to focus on motorcycle safety in May

FORT RUCKER, Ala. (May 1, 2013) – May is Motorcycle Safety Awareness Month, and while the nationwide campaign sponsored by the National Highway Traffic Safety Administration urges drivers to —share the road with motorcyclists, Army officials are placing greater emphasis on personal responsibility while riding.

In general, motorcycle accidents within the Army do not follow national trends, according to Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center.

“Historically, most fatal motorcycle accidents involving Soldiers are single vehicle,” Edens said, explaining that nationally, many riders are killed when other drivers do not allow them room to maneuver in time to prevent a collision.

“Even when we’ve lost Soldiers in multi-vehicle accidents, it’s often been the direct result of indiscipline on the Soldier’s part: alcohol use, excessive speed or lack of personal protective equipment.”

Army accident data show that speeding and other forms of reckless riding, neglecting to wear PPE, and failure to complete required training are among the most common indiscipline-based errors Soldier riders make. Alarmingly, leaders and Soldiers over the age of 25 have comprised the majority of rider fatalities during the past several fiscal years.

Although motorcycle fatalities have fallen markedly in 2013 — current statistics indicate a 59 percent decrease as compared to this time last year — officials expect numbers to rise through the end of summer.

“We’ve had a great year so far, but it’s also been a long winter in many places,” said Command Sgt. Maj. Richard D. Stidley, USACR/Safety Center. “As the weather warms and more riders hit the road, their risk is going to increase. Managing it is key to staying alive for another riding season.”

The Army-mandated Progressive Motorcycle Program, which

promotes lifelong learning through staggered riding courses based on proven practices from the Motorcycle Safety Foundation, is now in its second year and has received positive reviews from Soldiers. A complement to that training, the Motorcycle Mentorship Program, is already well established and boasts chapters in 48 states. The MMP pairs novice riders with experienced motorcyclists to foster an environment where enthusiasts continually learn from and keep one another safe.

“The PMP and MMP are just two of the great programs the Army has in place,” Edens said. “It’s incumbent upon leaders to ensure their riders know about them, get the proper training and ride responsibly. We now have an entire month dedicated to motorcycle safety, so there’s no excuse for not getting a head start on summer.”

Stidley said leaders should also remember their Soldiers are watching.

“Discipline and responsibility are not a function of rank,” he said. “Leaders are just as accountable to the standard as their Soldiers, and they should be setting the example.”

For more information on motorcycle safety, visit <https://safety.army.mil>.



U.S. Army Combat Readiness/  
Safety Center graphic design.

## Borden Institute wins two publishing awards from Washington Book Publishers

### **MILITARY QUANTITATIVE PHYSIOLOGY: PROBLEMS AND CONCEPTS IN MILITARY OPERATIONAL MEDICINE; AND COMBAT CASUALTY CARE: LESSONS LEARNED FROM OEF AND OIF ARE WINNERS**

The Borden Institute has won two publishing awards from the Washington Book Publishers 2013 competition. The Textbook of Military Medicine, *Military Quantitative Physiology: Problems and Concepts in Military Operational Medicine*, won first place, Typographic Text, Small to Medium-Size Not For Profit publishing organizations. *Combat Casualty Care, Lessons Learned from OEF and OIF* won third place, Typographic Jacket, Small to Medium-Size Not For Profit publishing organizations.

These nationally prominent awards confirm Borden Institute's excellence in capturing military medical lessons learned and the subsequent dissemination of military medical knowledge. The Borden Institute has now won a total of thirteen national-level awards and its publications are used in numerous medical residency programs and by other advanced medical learning organizations. These publications are available for online order or PDF download from the Borden Institute Website: [www.cs.amedd.army.mil/borden](http://www.cs.amedd.army.mil/borden).

The Borden Institute, US Army Medical Department Center and School (AMEDDC&S), publishes the *Textbooks of Military Medicine*. The volumes in the series (now numbering 24) constitute a comprehensive treatise on the art and science of military medicine, cov-

ering such diverse topics as biological and chemical warfare, military preventive medicine, military medical ethics, combat and operational behavioral health, harsh environments, and care of combat injuries. Other Borden Institute products include volumes on military medical history, monographs, and specialty titles such as *Emergency War Surgery*. Borden Institute has published nine books that have won a combined thirteen publishing awards. Other past winners are *War Surgery in Afghanistan and Iraq: A Series of Cases, 2003-2007*; *Pediatric Surgery and Medicine for Hostile Environments*; *Medical Aspects of Biological Warfare*; *The Walter Reed Army Medical Center Centennial, A Pictorial History, 1909-2009*; *Answering The Call: The U.S. Army Nurse Corps, 1917-1919: A commemorative Tribute to Military Nursing in world War I*; *Anesthesia and Perioperative Care of the Combat Casualty*; and *Legacy of Excellence, The Armed Forces Institute of Pathology, 1862-2011*. Copies of Borden Institute publications may be ordered free of charge by eligible personnel. Anyone may download PDF versions free of charge. [www.cs.amedd.army.mil/borden](http://www.cs.amedd.army.mil/borden).

Source: Borden Institute Press Release.

U.S. ARMY MEDICAL DEPARTMENT CENTER & SCHOOL

armymedicine.mil

## MEDCOM Safety Management System at AMEDDC&S

Do **YOU** know about the **MEDCOM Safety Management System (MS2)**? If you don't, you should. MS2 is designed using the concepts of the Occupational Safety and Health Administration's Voluntary Protection Programs. It is a system that makes "good" safety programs **EXCELLENT**.

Over the years OSHA has seen that companies doing similar work can have very different injury and illness rates. They looked at the great and not-so-great safety performers and found some common threads among those who are really good at keeping their people from getting hurt.

**WE**, at AMEDDC&S, are one of those organizations that want to get better at keeping **YOU** from getting hurt on the job, and **the MS2** is how we are going to do it.

OSHA found four elements common to excellent safety performers. MEDCOM has also adopted these four elements as focus areas. They are:

### **LEADERSHIP COMMITMENT AND EMPLOYEE INVOLVEMENT.**

- Managers set the example and will do what is needed to provide a safe workplace.
- Employees know the hazards they face better than anyone. When everyone is involved, many hands make **SAFE** work.

### **WORKSITE ANALYSIS.**

- More than inspecting for compliance – it is **FINDING HAZARDS**. Look at work areas often. Investigate hazard reports, accidents, and near misses.
- Find the problem trends, and figure out what is causing them.

### **HAZARD PREVENTION AND CONTROL.**

- When hazards are found - eliminate them. If they cannot be eliminated, control them with ventilation, machine guards, ear plugs, safety glasses, etc.

### **SAFETY AND HEALTH TRAINING.**

- Teach people what they need to know to be able to do a good job in carrying out their personal safety responsibilities.
- When **WE** know something that could help others be safe, **WE** teach **THEM**.

Knowing about the **MEDCOM Safety Management System** is one way **YOU** can be involved in Safety.

**BE INVOLVED. BE SAFE!**

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### ***Congratulations to the following AMEDDC&S Civilian Employees of the Quarter, 1st Quarter, CY13!***

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

**Abednego Vega with G-4.**

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

**Alicia San Nicolas with G-4**

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

**Keith Parker, APPD**

***Congratulations are in order to the following:***

**Aaron M. Harmon, Superior Civilian Service Award, AMEDD TV Branch**

**Christopher M. Snell, Superior Civilian Service Award, AMEDD TV Branch**

**Misty J. Carrillo, Achievement Medal for Civilian Service, Stimson Library**

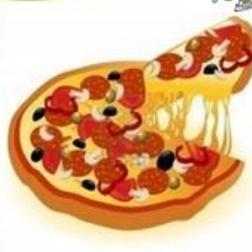




# PLEASE JOIN US FOR AMEDDC&S ORGANIZATION DAY 2013



- **WHERE:** THE BOWLING CENTER, FORT SAM HOUSTON, TX
- **WHEN:** FRIDAY, 21 June 2013 FROM 1000 TO 1400
- **WHO:** AMEDD C&S CADRE AND STAFF (Mil & Civ) and FAMILIES
- **WHAT:** A BBQ MEAL PREPARED BY OUR FINEST CHEFS, PIZZA, SOFT DRINKS, BOWLING, AND SPORTING COMPETITIONS!!! DON'T MISS OUT!!!
- **WHY:** COMRADERIE



*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*

## 32nd Medical Brigade highlights

### 264th Medical Battalion

#### Race for the Cure

On April 6, eighteen Cadre members from Bravo Company, to include the Company Commander, First Sergeant, and the 264th Medical Battalion Commander, participated in the Susan G. Komen Race for the Cure. The event took place in downtown San Antonio, which helped to raise awareness and more than 1 million dollars for breast cancer research. Bravo Company ran the event in support of a fellow Bravo "Bronco" Platoon Sergeant, Sgt. 1st Class Vanessa Dede, who was diagnosed with breast cancer this past November while serving as the Senior Platoon Sergeant. Dede and her Family were supported by the "Bronco Family" with physical presence during the race and presented her with the Meritorious Service Medal for her performance as a platoon sergeant for over 18 months.



Above, members of B Co., 264th, stand with Sgt. 1st Class Vanessa Dede and her Family before the race.

Right, members of B Co., 264th, stand in front of the Alamo after the race.



#### East Terrell Hills Career Day

The Cadre of the 264th Medical Battalion participated in the East Terrell Hills Elementary School's Career Day event on May 10. During Career Day, guest speakers were invited to share the details of their profession with the children. In addition to speaking to the children in the classrooms, Cadre conducted physical education with the children as well. The NCOs and officers of the 264th Medical Battalion made up over half the guest speakers and represented seven different military occupation specialties available in the Army. The students and staff of East Terrell Hills were very impressed with the many jobs a Soldier executes and undoubtedly, a future 264th Medical Battalion Mustang was recruited!

"Answering the Call...Anytime...  
Anywhere!"



## Cont'd, 32nd Medical Brigade highlights

### Charlie Company, 264th Medical Battalion

#### National Denim Day

**Why:** Aimed to raise awareness about sexual violence and to educate the Soldiers on how to prevent sexual violence.

**Background:** In Italy in 1992, an eighteen-year old girl was forcefully raped by her forty-five year old driving instructor. The assailant was arrested, convicted and sentenced to jail. He appealed the sentence and the case made its way to the Italian Supreme Court. The Supreme Court released the perpetrator and dismissed charges, reasoning that “because the victim wore very, very tight jeans, she had to help him remove them, and by removing the jeans it was no longer rape but consensual sex.” The women in the Italian Parliament wore jeans in protest, and the California Senate and Assembly did the same. Thus, Denim Day was born.

Sgt. 1st Class Debbie McMath organized National Denim Day for the company on April 24, where one hundred and forty five Soldiers, 3 Instructors, 6 Platoon Sergeants, and the First Sergeant and Commander participated. McMath briefed the background behind National Denim Day and conducted a test on knowledge rewarding correct answers with prizes (t-shirts, Frisbees, and pens). Cpt. James Dillashaw and McMath wore their denim and the commander reinforced the importance of recognizing events such as National Denim Day.



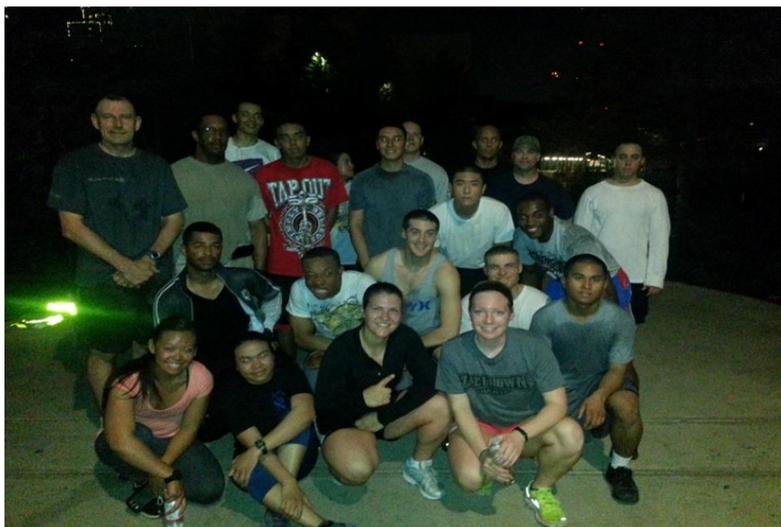
## Cont'd, 32nd Medical Brigade highlights

### 187th Medical Battalion Delta Company Warriors Lead the Way!

#### Warrior Riverwalk Run/Walk

On Friday, March 29, Delta Company, 1st Platoon, conducted the first Delta Company Warrior Riverwalk Run/Walk. Twenty highly motivated first Platoon Soldiers and Cadre led the charge and ran the 3.5-mile stretch along the Riverwalk, starting and finishing at the Pearl Brewery. It was a great opportunity to invigorate PRT and let the Soldiers see the historic Riverwalk in a different light. Delta Company plans on continuing this motivating tradition with a different Platoon every month.

On April 5, 16 Class of 2014 Students from the U.S. Army-Baylor Doctoral Program in Physical Therapy were promoted from Second Lieutenants to First Lieutenants. Congratulations to all of these Delta Warriors!.



## Cont'd, 32nd Medical Brigade highlights

### 232nd Medical Battalion

#### Cougar medics display unit pride at St. Patrick's Day 5K

On March 16, over eighty AIT Soldiers and 5 cadre from C Company, 232nd Medical Battalion took part in the 30th Annual Donovan's St. Patrick's Day 5K. Roughly one third of the competitors were the Cougar Medics of C Company, who took home over a dozen medals in the event.

It was a beautiful day for competition, and the Soldiers were praised not only for their running prowess but also thanked for their service with a standing ovation from race organizers and fellow competitors.

**SOLDIER MEDIC – WARRIOR SPIRIT!**



### CONGRATULATIONS TO ALL!



Lynette Wright is presented the Commander's Award for Civilian Service for her selection as the AMEDDC&S Civilian Employee of the Year, Category III, for 2012.



Above, James Wise is presented the Achievement Medal for Civilian Service as recognition for his selection as the AMEDDC&S Civilian Employee of the Quarter, Category II, for 4th Quarter, 2012.



Col. Randall Anderson commander, AMEDDC&S, presents awards to AMEDDC&S employees for their personal excellence and outstanding dedication and service in support of the AMEDDC&S mission.

Below, Wilma Ambrose is presented the Achievement Medal for Civilian Service as recognition for her selection as the AMEDDC&S Employee of the Quarter, Category I, 4th Quarter for 2012.

Frederick Gates is presented the Commander's Award for Civilian Service medal for his selection as the AMEDDC&S Civilian Employee of the Year, Category II, for 2012.



Left, Donalda Smith is presented the Commander's Award for Civilian Service for her selection as the AMEDDC&S Civilian Employee of the Year, Category 1, for 2012.



## Military and Civilian Members Recognized



Left to right, Congratulations to Lt. Col. Shane Koppenhaver, Lt. Col. Donald Goss, Maj. Mark Thelen, Maj. Theodore Croy III, and Lt. Col. Lee Bewley who were inducted in the Order of Military Medical Merit. Presented with the traditional sterling silver medallion on a maroon ribbon, induction in the Order recognizes excellence, promotes fellowship, and esprit de corps among AMEDD personnel.



Left, Robin Aplet is recognized for 30 years of service with the federal government.

Below, Jennifer Ruble is presented with a certificate recognizing her 10 years of service with the federal government.



Left, assisted by Col. Karrie Fristoe and his wife, Col. Clinton Schreckhise pins the rank of Colonel during a promotion ceremony held at the AMEDD Museum in his honor.

## Impending furlough update

Teammates,

Here is an update on the impending furlough:

- On 14 May 13, Secretary of Defense Hagel approved reducing the furlough from 14 days/176 hours to 11 days/88 hours. This is better news than we expected.
- As announced, the furlough will start on 8 July.
- Employees will be furloughed the equivalent of 1 day per week or 16 hours per pay period.
- Important dates:
  - o 28 May – 5 June Supervisors will deliver proposal notices. Employees will be allowed 10 calendar days from receipt of their Notice of Proposed Furlough letter to respond to the notification.
  - o 13 Jun – 5 July Decision notices are delivered
- We will post a detailed process map on our website that outlines the furlough notice and decision procedure.
- Please begin to plan for the impact of the furlough on your personal financial requirements and Family/ personal obligations.

As we go through this period, please keep in mind that we have two priorities that will guide us, mission success and the welfare of our employees.

Please understand that this information is subject to change upon receipt of additional Army guidance.

The point of contact is the Civilian Human Resources Division, G-1, AMEDDC&S, (210) 221-7359, DSN: 471-7359.

FOR MORE INFORMATION SEE WEBSITE BELOW:

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



## Department of Preventive Health Services

hosts

### Principles of Military Preventive Medicine Course, Class 001-13

### Environmental Health Poster Session

on

**May 29, 2013**

**8 a.m. to 11:30 a.m.**

### US Army Medical Department Center

and School

**Bldg 2841, Room 2202**

**Fort Sam Houston, TX 78234**

**An AMEDDC&S graduate education**

**program in affiliation with**



**For information call (210) 221-7445/6771**

# THRIFT SHOP \*



The Spouses' Club of the Fort Sam Houston Area has opened a new Thrift Shop after many years without one!!!

Please come visit our store which is loaded with clothing, shoes, housewares, toys, books, furniture, jewelry and other treasures just waiting for you! The shop is open to anyone with post access.

Hours of Operation: Wednesday, Thursday and the 3<sup>rd</sup> Saturday each month from 9:00 AM to 2:00 PM.

Consignments accepted from 9:00 AM to 1:00 PM for all DOD ID card holders. Donations accepted anytime during regular store hours.

Location: 3100 Zinn Rd., Bldg. 1154, Ft. Sam Houston, TX 78234  
(just down the street from Outdoor Recreation/Equipment Rental)

For more information,  
please call:  
Thrift Shop at 210-221-5794  
Consignments at 210-221-4537

Or visit,  
[www.scfsh.com](http://www.scfsh.com)

\*Not affiliated with the Federal Government.

Update Nov. 2012



## 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!



## Human Resource Office news

### Civilian Electronic Leave and Earning Statement Notification

In accordance with the Department of Defense policy, effective pay period ending May 4, 2013, your LES will only be available via myPay. LESs are always available electronically on myPay at <https://mypay.dfas.mil>. Instructions for using or starting myPay are also available there.

If you require additional myPay assistance, or if you have questions regarding this policy, contact the Cleveland Customer Care Center. Call toll free 1-888-DFAS411 (1-888-332-7411), commercial (216) 522-5096, or DSN 580-5096 (7:00 A.M. - 6:00 P.M. Eastern Time). Option 5 is for myPay questions.

myPay is the fastest way to obtain pay information, and it allows you to view, print and save 26 pay periods of eLES' online. You can access myPay easily at work using your Common Access Card or in a mobile-friendly format using your smartphone's web browser. As you become more familiar with the features of myPay, you will find that you have more direct control of your pay changes via online access.

### Thrift Savings Plan Security Warning

The following information is provided by the FSH Civilian Personnel Advisory Center.

BLUF: Several apps have been released for accessing Thrift Savings Plan (TSP) accounts with smartphones.

The TSP is aware and continues to warn that these are not sponsored or endorsed by the TSP and could result in a security risk to TSP accounts. The TSP website has been updated with the following warning:

Warning: Third-Party Mobile Applications — There are a number of mobile applications that reference the Thrift Savings Plan and may prompt you for your TSP account credentials. These applications are NOT sponsored by the TSP. The TSP cannot endorse any information or advice provided by third-party applications. More important, providing your TSP account credentials to third-party applications may jeopardize the security of your account.

For more information on keeping your account safe, see the Security Center (<https://www.tsp.gov/sitehelp/security/onlineSecurity.shtml>) on the TSP website or contact the ThriftLine at 1-TSP-YOU-FRST (1-877-968-3778)

The point of contact is Chief, Civilian Human Resources Division, G-1, AMEDDC&S, (210) 221-7359 or DSN 471-7359.

FOR PUBLICATION IN THE NEXT AMEDDC&S Newsletter:  
All newsletter submissions should be sent NLT the 3rd of each month for posting.  
Please send your submissions to Phillip Reidinger and Esther Garcia.  
(We reserve the right to edit submissions)  
Editor, Esther Garcia  
Public Affairs Office, AMEDDC&S  
3630 Stanley Rd, Room 0408  
Fort Sam Houston, TX 78234  
Office Phone: 210-221-8580/6498 DSN 471  
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