



# AMEDDC&S Newsletter

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

**Volume 2, Issue 3**

**June 2013**

### Upcoming events:

Aug. 25, FSH Summer Gazebo Concert, 323rd Army Band, 6 p.m., Staff Post Road.

Aug. 30, 1st Annual AMEDD NCO Academy Golf Tournament, see page 17 for more information.

Oct. 16, National Boss' Day.

Oct. 19, 2013 Retiree Appreciation Day, Blesse Auditorium, Willis Hall, Bldg. 2841.

Oct. 24, Fall-Winter Safety Stand Down Day.

Dec. 13, AMEDDC&S Holiday Formal, Hilton Airport. Call 221-2486 or 221-9946 for more information.

## 187th Medical Battalion welcomes new leader

By Esther Garcia  
AMEDDC&S Communications Office

Lt. Col. Rachel Smith took command of the 187th Medical Battalion, 32nd Medical Brigade, when outgoing commander Lt. Col. Soo Lee Davis relinquished command during a change of command ceremony at MacArthur Parade field on June 20 attended by many distinguished guests, friends and family of the 187th.

Col. Jonathan Fristoe, commander, 32nd Medical Brigade, and reviewing officer for the ceremony, welcomed incoming commander Smith to the brigade family.

Fristoe said, "It is going to be a monumental challenge for you to take the 187th to the next



**Right, Col. Jonathan Fristoe, commander, 32nd Medical Brigade, passes the 187th Medical Battalion colors to incoming commander Lt. Col. Rachel Smith charging her with the responsibility of the Soldiers of the 187th.**

level because Soo Lee and her team of leaders and civilians have done such a tremendous job. They have this organization operating at a very high level now."

Fristoe said there are opportunities for Smith to leave her mark, such as the potential reorganization in support of the Defense Health Agency, the  
*See page 2.*

## Soldiers dedicate flagpole to local nursing home

By Esther Garcia  
AMEDDC&S Communications Office

Sergeant First Class Angel Ortiz Nieves, Non-commissioned Officers Academy, attached to Army North as platoon sergeant with Military

Honors, first visited the residents at Retama Manor Nursing Center on Nov. 12, 2012 to provide support with a patriotic event for the veterans residing at the facility. The first thing he noticed was that there was no US flag

because there was no flagpole. He decided right then and there his mission was to get them a flagpole with a flag.

On June 14, celebrating the Army's Birthday and Flag Day,

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## From page 1, **Smith takes over 187th Medical Battalion**

### **187th Medical Battalion Soldiers 'Train to Save'**



maturity of the Medical Education and Training Campus, the development of the Headquarters and Headquarters Battalion within the brigade, and the implementation of the Introduction to Basic Army Medicine Program.

"You are supremely qualified to take on this role and I look forward to working closely with you in meeting these challenges and welcome you aboard," said Fristoe.

Fristoe remarked on the many contributions Davis made while commander of the 187th Medical Battalion, among them producing the winner of the 2012 US Army Training and Doctrine Command Platoon Sergeant of the Year and the 2012 TRADOC Instructor of the Year.

"Your many contributions are enduring and your stamp on this battalion and brigade will be felt for many, many years to come," said Fristoe.

Emotionally charged Davis acknowledged the troops on the field and her staff.

She said, "Not a day went by that I was not inspired by the energy and enthusiasm of our youth making a courageous and adventurous start in life. Together we stood firm and steely-eyed staring down those few who chose to violate our sacred trust and Army Values. But in most cases, we helped make dreams come true - enabling and delivering the gift of education, training, and values to the Soldiers we had the privilege of leading. We worked hard together to preserve the safety of those in our care and the quality of the US Army."

"Smith is not new to Fort Sam Houston. She began her career with the 187<sup>th</sup> as a Second Lieutenant serving as a Company Executive Officer for the battalion.

She said, "This organization is

special to me and that is why I am honored to serve the 187th Medical Battalion, a unit with a distinguished history that is charged with training future leaders for the Army Medical Department. It is a privilege to be entrusted to lead, educate and train America's sons and daughters."

The 2,478 Soldiers of the 187<sup>th</sup> Medical Battalion, with the slogan 'Train to Save', is comprised of five subordinate companies and provides support to the 32<sup>nd</sup> Medical Brigade. Each company provides mission command, readiness, training and discipline.

Alpha Company supports the Basic Officer Leader and Captains Career Courses, as well as several command and staff preparatory courses.

Bravo Company is responsible for conducting training for the Initial Entry Training Soldiers and  
*See page 8.*

## From page 1, **Flagpole dedication**



residents from the center located at 501 Ogden Street, watched as military members raised the US Flag on a brand new flagpole dedicated in their honor.

Ortiz said Soldiers from various commands got involved with the nursing center and all volunteered their time and money to purchase the flagpole. One soldier in particular, Staff Sgt. Luis Limon from Army South, donated the flagpole.

Ortiz said, "SSG Limon wanted to donate the flagpole saying what we were doing at the center was great and he said the veterans at the residents deserved the flag."

Military leaders from Fort Sam Houston attending and participat-

ing in the ceremony included Maj. Gen. Adolph McQueen, deputy commanding general for Support of United States Army North and guest speaker; US Army Medical Department Center and School Command Sgt. Maj. Christopher Walls; US Army Medical Command Institute for Surgical Research Sergeant Major Vincent Herrington; Karen Archonidis, commandant, Noncommissioned Officers Academy, Sgt. Audie Murphy Members and Soldiers from various units who volunteer at and support the nursing center.

Residents came out in force in their wheelchairs to attend the dedication held across the street

from the nursing center to watch the patriotic ceremony that included the invocation, speeches, the National Anthem, the history of Flag Day, a medley of the Armed Forces songs, reveille, pledge of allegiance and closing remarks.

McQueen proclaimed, "What a great day! What a great day for all of us to be in service not only to our Army, but to our community."

McQueen began his remarks about the significance of the day. He said, "Today we celebrate the 238th birthday celebration of the Army, and, we also celebrate

*See page 4.*

## From page 3, Local nursing home gets new flagpole



**AMEDDC&S Command Sgt. Maj. Christopher Walls, Sgt. Maj. Vincent Herrington with US Army Medical Command with assistance from military members prepare to raise the US Flag on its new flagpole at the Retama Manor Nursing Center on June 14.**

Flag Day. Both of these celebrations are in recognition of our country. Our military service members are still serving, still standing vanguard around the world defending freedom and protecting rights. This year the Army theme is "Service to Our Nation, Strength for the Future."

McQueen said, "We are here to celebrate and acknowledge the flag that will stand and fly outside your nursing home for the rest of our lives."

He then referred to a poem about Old Glory. He read, "Look up and see me, I stand for peace, honor, truth, justice, and I stand for freedom."

He said, "Each and every one of you today, when that flag goes up, you will see it each and every day."

McQueen thanked the Soldiers who gave their talent and money that made today happen. He acknowledged the World War II, Korean, Vietnam, Desert Storm, and

the War on Terrorism veterans in the audience who contributed to the American wars and continue to serve.

The consolidated efforts of military members assigned to Army North; AMEDDC&S; San Antonio Military Medical Center; Noncommissioned Officers Academy; USA Institute of Surgical Research; Dental Command; Army South; Army Sergeants Major Association; 56th Signal; 470th Military Intelligence Battalion; 14th MI; 232nd; 187th and 264th Medical Battalions, 32nd Medical Brigade, made it possible for the nursing home to own a flag pole and flag, now proudly on display at the front of the nursing center.

Retama Manor Nursing Center was opened in 1977. Approximately 25 percent of the resident population is veterans, according to the history of the center.

Karen Archondidis, commandant, Noncommissioned Officers Academy, praised the volunteers from the Academy and said, "The NCOs at the NCO Academy have such a volunteer spirit, and at any given weekend, or after work, you can find them making contributions throughout San Antonio, whether it is places like this, Retama Manor, Meals on Wheels, or Home for Troops. These NCOs really understand what it means to give back to the community; they enjoy doing it."

Antonio Rodriguez Allende, a resident of the nursing home, served a combined 22 years with the Army and Air Force. Asked about the ceremony, he said, "It was beautiful and very patriotic."

McQueen ended his remarks by going back to the words of a poem about Old Glory, "I am proud, my name is Old Glory, long may I wave, dear God, long may I wave."

Ortiz said, "Today I met not only a World War II veteran, but he was a Prisoner of War as well. Giving them a flagpole, it still makes them feel part of the military by seeing someone raising and lowering the flag every day."



**Above, Maj. Gen. Adolph McQueen, Jr., deputy commanding general for Support of United States Army North and guest speaker, visits with Retama Manor Nursing Center residents.**

## Commander's Policy #3, Prevention of Sexual Harassment



Reference Army Regulation 600-20, Army Command Policy, Chapter 7, 18 March 2008/RAR, 4 August 2011.

Pursuant to my authority as Commander of the US Army Medical Department Center and School (AMEDDC&S), I promulgate the following order for all military members assigned or attached to AMEDDC&S or who otherwise fall under my General Court-Martial Convening Authority. This order applies whether such personnel are on or off duty, and whether located on or off any military installation. Failure to obey this order may result in disciplinary action under the Uniform Code of Military Justice and/or administrative action, including discharge from the United States Army.

Personnel assigned to AMEDDC&S are hereby prohibited from engaging in any sexually harassing behavior. Sexual harassment is a form of gender discrimination that involves unwelcomed sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature between the same or opposite genders when:

- Submission to, or rejection of, such conduct is made either explicitly or implicitly a term or condition of a person's job, pay, or career.
- Submission to, or rejection of, such conduct by a person is used as a basis for career or employment decisions affecting that person.
- Such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or creates an intimidating, hostile, or offensive working environment.

Any person in a supervisory or command position who uses or condones implicit or explicit sexual behavior to control, influence, or affect the career, pay, or job of a Soldier or civilian employee is engaging in sexual harassment. Similarly, any Soldier who engages in the conduct prescribed by paragraph 3 above is engaging in sexual harassment.

Furthermore, I strongly encourage anyone who feels that they have been sexually harassed to seek redress through the chain of command or alternative resources. These include the Commander at the next higher echelon of the complainant's chain of command, Equal Employment Opportunity Officer (civilian), Sexual Harassment/Assault Response and Prevention (SHARP) program personnel, Inspector General, Chaplain, Provost Marshal, or Staff Judge Advocate.

Reprisal against anyone filing a sexual harassment complaint will not be tolerated. Any Soldier who engages in acts of reprisal will be in violation of this policy.

This order should be briefed at all newcomers' orientations and commanders' calls, as well as posted on unit bulletin boards.

*Randall G. Anderson*  
Colonel, MS  
Commanding



## Army-Baylor University program celebrates end and beginning of new academic year

By Phil Reidinger, AMEDDC&S Communications Officer

Students and faculty gathered in Blesse Auditorium on June 18 to welcome students who will become members of Class 2013-2015, to bid farewell to students of Class 2012-2014 and recognize faculty members.

As students complete an academic year they have a year of residency training to look forward to prior to earning their degrees in Health and Business Administration.

Baylor University Vice Provost and Dean of the Graduate School, Dr. J. Larry Lyon, congratulated students noting that he and 10 Baylor faculty members who graded the Army-Baylor graduate program student comprehensive oral exams were impressed with the high quality of the Army, Navy, Air Force, Army civilian, and Department of Veterans Affairs civilian students.

"My faculty are raving about the performance and the maturity of the students," he said.

Guest speaker Maj. Gen. Jimmie Keenan, commanding general, Southern Regional Medical Command and Chief, U.S. Army Nurse Corps, described the challenges facing the Department of Defense Healthcare System such as budgets, continuity of care and applying technology in patient care management.

"The patient is at the center of everything we do," she told the students, adding that the military healthcare system is transitioning to a system of health. "We need you in military medicine to help us move forward. You are the future of military medicine", she said.



Left, Maj. Joseph Topinka reacts to his recognition as the recipient of the Distinguished Faculty Service Award presented by Dr. Jody Rogers during the 2013 Army-Baylor University Opening and Closing Ceremony held June 18 in Blesse Auditorium.

Right, Maj. Fred Weigel is presented the Researcher of the Year Award by Lt. Col. Lee Bewley.



Above, Maj. Michael Franz accepted both the Peter T. Shaul Peer Award and the Alumni Award.

Right, Lt. Col. Kim Forest is presented the Outstanding Educator of the Year Award by Maj. Jason Moran.



Above, Dr. Lawrence Johnson is presented the 2013 Class Spirit Award. Right, Lt. Col. Mark Bonica receives the 'Going the Extra Mile' award.



## So You Think You Can Drive

By Lori Yerdon  
Directorate of Communication and Public Affairs U.S. Army Combat Readiness/Safety Center Fort Rucker, Ala.

FORT RUCKER, Ala. (June 19, 2013) - Motor vehicle accidents involving a distracted driver kill thousands of people each year on America's roadways. Anytime drivers text, use a cell phone or navigation system, change a radio station, eat or drink, or do anything that diverts their attention from the road, the opportunity for an accident to happen increases exponentially.

For some accident victims, they were merely in the wrong place at the wrong time and a distracted driver slammed into their vehicle. No matter the circumstances, organizations across the nation agree that distracted driving has become an epidemic on U.S. highways.

Joining the nationwide effort to raise awareness of the risks associated with this unsafe practice, the U.S. Army Combat Readiness/Safety Center hosted its first-ever distracted driving event, "So you think you can drive distracted?" here, June 4.

"We are all guilty of driving distracted and putting ourselves and others at risk when we're on the road," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. "We hope today's activities will demonstrate just how dangerous distracted driving really is."

Thirty-three Soldiers and Department of the Army Civilians, between the ages of 21 and 45, negotiated a one-mile driving

course that simulated urban driving while observer/controllers, known as OCs, attempted to "distract" them as they drove.

Throughout course, drivers encountered hazards designed to replicate distractions that drivers face daily. They dealt with objects suddenly jutting across the road, "passengers" attempting to get their attention, blaring music, continually ringing cell phones and a barrage of text messages.

"The training was very realistic and helped point out your weaknesses and strengths," said Spc. Hilary Phillips, U.S. Army Aeromedical Research Laboratory. "I think it (the training) will definitely teach people to be safer drivers."

Once the drivers completed the course, the OCs critiqued their performance. Then the drivers listened to a testimonial from a Crestview, Fla., man familiar with the consequences of distracted driving.

In 2011, Rusty Fine's 18-year-old niece, Megan Warman was texting and driving on her way to school. She veered off the road slightly, over corrected and her car flipped at least six times. She died 10 days later from her injuries.

Fine was also Megan's legal guardian and he said the impact of her death was devastating.

"Never in a thousand years did we think this would happen to Megan," Fine said. "But it did and it can happen to any family. It's important that the word gets out about how dangerous it is to drive distracted."

The National Safety Council reports that thousands die needlessly each year because people continue to use their cell phones while driving, handheld or hands-free.

Here are some facts from the

NSC and the National Highway Traffic Safety Administration that are indicative of how rampant and dangerous distracted driving is:

- Drivers who use handheld devices are four times more likely to be involved in crashes serious enough to cause injury.

- Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds; the equivalent, at 55 mph, of driving the length of an entire football field, blind.

- Eleven percent of all drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.

- In 2011, vehicle accidents involving a distracted driver accounted for 387,000 personal injuries.

- About nine percent of all drivers are talking on cell phones at any given daylight moment.

- Text messaging creates a crash risk 23 times worse than driving while not distracted.

With the number of people dying in crashes involving a distracted driver on the rise - 3,331 in 2011 compared to 3,267 in 2010 - safety officials are determined to educate individuals on the dangers of distracted driving.

"The biggest problem is most people don't realize just how dangerous it is," said Dr. Joseph MacFadden, USACR/Safety Center Human Factors Directorate, research psychologist. "They don't know the statistics. Most young people (who) are texting and driving these days are completely unaware, and of course, they feel also that they can defy the odds." See page 8.

## 187th Medical Battalion welcomes new commander

From left, Col. Jonathan Fristoe, commander, 32nd Medical Brigade, outgoing commander Lt. Col. Soo Lee Davis, and incoming commander Lt. Col. Rachel Smith, render honors to the flag during the playing of the National Anthem at the 187th Medical Battalion Change of Command ceremony held at MacArthur Parade Field on June 20.

*Cont'd from page 2*

providing support to the Center for Predeployment Medicine, Army Medical Department Center and School.

Charlie Company provides support to the Center for Health Education and Training, AMEDDC&S, and to the Army Trauma Training Center in Miami, Florida.

Delta Company provides support to seven Graduate School programs and conducts Soldierization training for Prior Service and Advanced Individual Training Soldiers attaining one of 12 medical specialties. The company also provides support to the Optical Laboratory Specialist Course Yorktown, Va.

The AMEDD Student Detachment provides support to AMEDD Soldiers participating in the Army's Long Term Health Education Training programs, Nurse Corps commissioning programs, medical and specialty corps residencies and fellowships, and AMEDD internships.



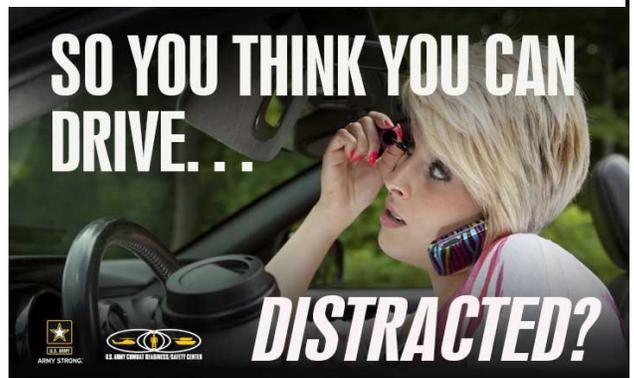
Friends, co-workers, bid a fond farewell to outgoing commander, Lt. Col. Soo Lee Davis at the 187th Medical Battalion Change of Command Ceremony.

*Cont'd from page 7.*

The event coincided with National Safety Month (June) and safety officials hope it raised awareness of an Army and nation-wide driving safety problem. USACR/Safety Center officials are in the process of producing an informational awareness package within the upcoming weeks using some of the information gathered at the event that will be available to everyone in the Army.

Distracted driving is an emerging trend that needs to stop, said Walt Beckman, program manager and deputy director, Driving Directorate, USACR/Safety Center.

"Many times Soldiers think they can multi-task while driving and that's not the case," said Beckman. "Drivers need to focus on driving and not worry about the text message or phone call that can wait. Taking your eyes off the road or your mind off the task of safely operating a motor vehicle, even for just a few seconds, can cause a devastating accident and a life-changing event. It's just not worth it."



## Regular check-ups essential for men's health

By James W. Cartwright, Social Worker,  
US Army Public Health Command

Did you know that June is Men's Health Month? If you are a male, you have most likely seen a doctor out of necessity, but when confronted with specific questions about men's health you may have some shortcomings.

In searching the wisdom of the Internet on men's health, it turns out that men are pretty special when it comes to taking health risks. In fact, men are more likely than women to smoke and drink, make unhealthy or risky choices, and put off regular check-ups or seek medical care. Overall, evidence indicates that men ought to pay more attention to their health and well-being. But how much is enough?

To have a good grasp on men's health care, an analogy using cars may help. Apparently, most men understand about and relate to cars. Statements like, "Your car gets routine check-ups, so should you," and references to "Men's Health Tune-up Schedule" might be helpful, but the fact is many men neglect their car's maintenance. Delaying regular tune-ups of your vehicle, putting off check-ups, and waiting for the oil light to come on to get the oil changed is standard behavior. Why is it that worn out, bald tires are not replaced until your wife or sister notices and obsesses about your safety?

To get to the heart of the matter, what are the real reasons that men do not seek medical care? Web MD cited a number of possible reasons men avoid medical care. Among those reasons were "stoicism, high cost, busy schedules, the challenge of getting an

appointment, or the embarrassing possibility of the digital rectal exam." There you have it.

To the relief of many men, the U.S. Preventive Services Task Force rejected the idea that the standard annual physical exam is an effective tool for improving the health of patients. They suggest that exams needed to be tailored to the age, health risks and preferences of the patient. If you are a man, you might like this, but do not be surprised if your wife likes the car analogy better.

So, what should men do to maintain good health? It turns out that it's really quite simple. Most experts agree that men should do, or not do, these things: don't smoke, be physically active, know your body, eat a healthy diet, stay at a healthy weight, manage your stress, sleep well, and drink alcohol only in moderation. Note that these measures also enhance mental and spiritual wellness, which is important since men have higher suicide rates than women. In addition, it is important to partner with your physician to choose a preventive healthcare program suited to your special needs.

Many of the major health risks that men face, such as colon cancer or heart disease, can be prevented. They also are easier to treat when found early. To ensure your body continues to be fit and ready, eat healthfully, sleep well, be physically active and follow a preventive maintenance schedule as listed below.

Here are the basics:

- Regular blood pressure screenings.
- Cholesterol screenings for all men 35 and up, or 20 and up if there are other risk factors.

- Colorectal cancer screening age 50 and up.
- Tetanus booster every 10 years for men over 50.
- Flu shots every year for men over 50.
- Prostate cancer screenings based on individual factors.
- Diabetes screenings for adults who have high blood pressure or high cholesterol.
- Monthly self exam for irregular moles with annual visit to a dermatologist for complete exam.
- The American Cancer Society recommends annual cancer screenings with a testicular exam.

Going back to the car analogy, when you want to take care of your car, you educate yourself by checking out informative Web sites on how to do that. Are you interested in learning more about men's health? Check out these informative resources:

- Men's Health MedlinePlus, <http://www.nlm.nih.gov/medlineplus/menshealth.html>

National Institutes for Health provides overviews, current news, and prevention/screening information on specific conditions related to men's health to include cancer, low testosterone, depression and more.



## Impending furlough update

Teammates,

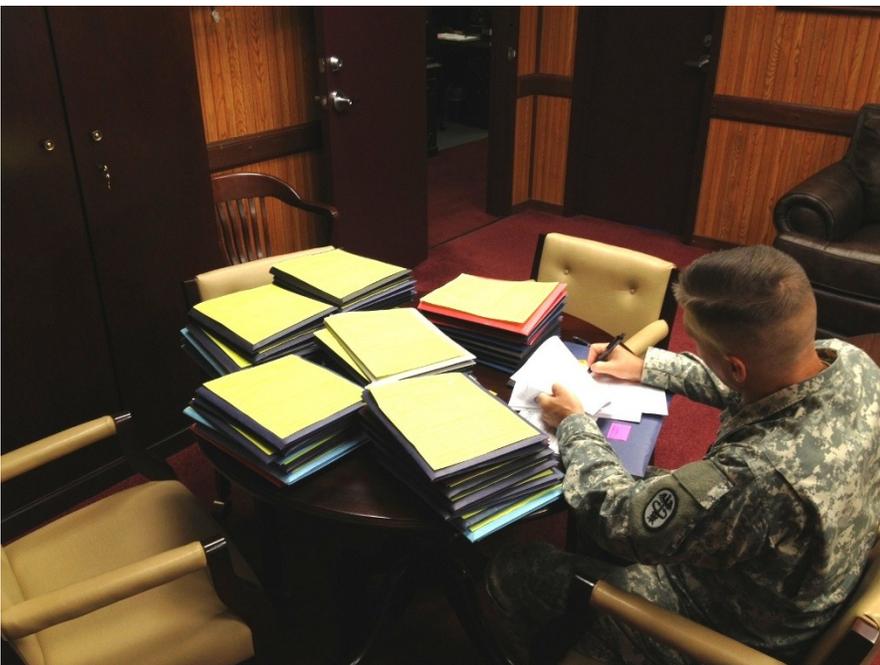
Here is an update on the impending furlough:

- 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 officially began on 8 July.
- Employees will be furloughed the equivalent of 1 day per week or 16 hours per pay period.
- 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/  
Sequestra-  
tion.aspx](https://ke2.army.mil/secure-cs/Sequestration.aspx)

Above, AMEDDC&S Commander, Col. Randall Anderson, burning the midnight oil, is busy signing more than 2,200 furlough notices. The notices had to be printed and hand signed by Col. Anderson and distributed to employees no later than July 5.

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## Farewells, reenlistments, birthdays

### 232nd Medical Battalion welcomes Command Sgt. Maj. Oilar

Right, With the passing of the NCO Sword the 232nd Medical Battalion gained a new Command Sergeant Major June 4 when, right, Lt. Col. Philip Sheridan, commander of the battalion transferred responsibility of the battalion to incoming Command Sgt. Maj. Jawn Oilar (accepting the sword) at a Change of Responsibility and Retirement Ceremony held at the post flagpole in honor of outgoing Command Sgt. Major Marlo Montes, center. Montes retires with 25 years of distinguished military service and was presented the Legion of Merit medal for his service.

Far left, standing at attention is 1st Sgt. Gilberto Colon.

Right, Soldiers dressed in period uniform present the US flag to Command Sgt. Maj. Marlo Montes in honor of his retirement.



### Reenlistment

Left, Lt. Cmdr. Lorenzo Tarpley, deputy director, Health Care Interservice Training Office, reenlists Senior Master Sgt. Rick Walker on June 28 in true tri-service fashion in front of the AMEDD Center and School command suite flag display.

### Veterinary Corps turns 97 years old

Family and friends of the US Army Veterinary Corps celebrate the 97th Birthday of the Corps with the cutting of a birthday cake by Brig. Gen. John Poppe, chief, United States Army Veterinary Corps and Capt. Kelly Love. The Veterinary Corps was formally established by an act of Congress in 1916, however, the need for veterinary expertise began in 1776 when George Washington directed a "regiment of horse with a farrier" be raised. The celebration was held at the Army Medical Department Museum June 28.



# Food, games, music, great recipe for AMEDDC&S Organizational Day

By Esther Garcia, AMEDDC&S Communications Office

Hungry crowds consumed 800 hot dogs, 680 hamburgers, 300 bratwursts, 300 sausages, 50 pounds of pulled pork, 60 pounds of chicken quarters, 20 pounds of pork riblets, chili, pork and beans and potato salad at the 2nd annual AMEDDC&S Organizational Day held at the Bowling Center June 21 to the hard.

The sun and heat kept most of the attendees inside the Bowling Center bowling, enjoying pizza and drinks. Outside, people sat under canopies to savor the great food prepared by Chef, Staff Sgt. Paul Leal, S-3, 32nd Medical Brigade, Glendale Holiday with S-4, 32nd Medical Brigade, and Spc. Javon Jones, D Company, 264th Medical Battalion. Some danced to the tunes provided by Stevie Mac's Dance Machine.

Good sports AMEDDC&S Commander Col. Randall Anderson, 32nd Medical Brigade Commander Col. Jonathan Fristoe, Command Sgts. Maj. Jayme Johnson and Christopher Walls, and other leaders volunteered to be dunked at the dunking booth multiple times.

Basketball and volleyball tournaments were held at the Jimmy Brought Fitness Center due to the hot weather.

Thank you to the staff of 32nd Medical Brigade for their hard work coordinating a successful event.



Above, Glenn Holiday and Spc. Javon Jones cook up some tasty hamburgers.



Left, Col. Randall Anderson gets dunked.

Below, employees and their families entertain themselves with the chicken dance.



Above, Chef, Staff Sgt. Paul Leal gets ready to serve great tasking barbeque.

Right, Col. Randall Anderson and Command Sgt. Maj. Christopher Walls, with a young assistant, cut the ceremonial cake celebrating the end of a successful AMEDDC&S organizational day June 21.



See next page for more photos.

### From page 12, AMEDDC&S employees relax and enjoy a day of fun



Left, AMEDDC&S employees and their families sit under canopies to get away from the heat and enjoy a Texas barbecue at the 2nd annual AMEDDC&S Organizational Day June 21.



Above, 32nd Medical Brigade Command Sgt. Maj. Jayme Johnson is about to get soaking wet as he gets dunked at the dunking booth, one of several activities held at the AMEDDC&S Organizational Day.



Above, Frank Haskins, Flag and Audio Support, tries his skill at bowling. He said he actually made a strike, his one and only.



Left, Zeda Sanchez gets a makeover from Dawn Lemley.



Left, from right, Maj. Kacenia Fitzgerald, Sgt. 1st Class Micah Shaw, Chance West and Ajah Roberts enjoy some quality time at the bowling alley.



Above, 32nd Medical Brigade Soldiers dish out an assortment of goodies at the AMEDDC&S Organizational Day.

Right, Col. Randall Anderson and Robert Garcia are busy giving away slices of the ceremonial Organizational Day cake.



## 32nd Medical Brigade highlights

### 232nd Medical Battalion

#### Best Warrior Competition

Nine NCOs from the 232nd Medical Battalion began the day at 4:30 a.m. May 30, in full combat gear and a 35 pound ruck sack, with a 6-mile road march to compete in the 232nd Medical Brigade Best Warrior Competition.

The 232nd Medical Battalion Best Warrior Competition provides special recognition to those enlisted Soldiers demonstrating outstanding military achievement. The competition also recognizes those NCOs demonstrating superb military bearing and communication skills, knowledge of various military subjects, and the ability to perform a variety of Soldier/Warrior skills above their peers.

The Best Warrior Competition, held at JBSA Fort Sam Houston and Camp Bullis, May 30 to 31, consists of the following events over a two day period: 6-mile road march, Weapons Qualification, Warrior Tasks and Battle Drills, Written Essay, Army Physical Fitness Test, Day Land Navigation, Written Exam, and Oral Board.

A special congratulations is given to Staff Sgt. Seamus Bradley, Headquarters and Headquarters Company, 232nd Medical Brigade, for being the overall winner of the competition, and one of three NCOs selected to compete in the 32nd Medical Brigade Best Warrior Competition held June 28-29.



## 4th SMA Leon Van Autreve honored

By Esther Garcia  
AMEDDC&S Communications Office

Right, retired US Army Command Sgt. Maj. Adolph Arista joins Rita Van Autreve, widow of Sgt. Maj. of the Army Leon Van Autreve, at a ceremony in memory of Van Autreve at the Army Medical Department Chapel June 14. The NCO Academy and members of the Sgt. Audie Murphy Club are hosts for the ceremony. The yearly event honors the late Van Autreve, the 4th Sergeant Major of the Army, who saw increasing the standards of the Army's noncommissioned officer corps as his highest priority. As part of the rejuvenation of the NCO Corps, Van Autreve gave NCOs more voice in command decisions, reduced the Army's reliance on Soldiers' councils, increased professional standards for NCOs, developed the NCO Education System and encouraged more NCOs to have the moral courage to police their own ranks. Arista served as keynote speaker.



Above, Staff Sgt. Peter Sutherland presents a bouquet of flowers to Rita Van Autreve, widow of SMA Leon Van Autreve, at a ceremony in his memory held at the AMEDD Chapel June 14.



Above, Staff Sgt. Wendy Steadman, B Co., 264th Medical Battalion platoon sergeant and Sgt. Audie Murphy Club member and her Soldiers visit with Rita Van Autreve, widow of SMA Leon Van Autreve.



## Flag football team wins post championship

Team CHET, Center for Health Education and Training, Army Medical Department Center and School, display the first place intramural football trophy. The team, comprised of members from different units, completed a successful intramural football season for the year 2013 undefeated. The team played a 12 game season along with the playoffs, which included double elimination throughout the playoffs. Sgt. Tommie Crumedy, team leader said, "The third and final game of the playoffs was with B company, Brooke Army Medical Center, in which the wind was blowing and a little chilly outside but the score was low, CHET winning the championship 15-7." Team players are Staff Sgts. Tommie Crumedy, Montest Bumpers, Kevin Cherry, Wharton Brian, Pierre Harris, Tony Cooper, 1st Lt. Christopher Donaghe, Capts. Sean Spanbauer, Steven Parker, Specs. Jacob Bell and Martin Brown, Sgt. Ian Crews, and Sgt. 1st Class John Spaulding.

## 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!**



You are welcome to visit the recently opened  
Fort Sam Houston Spouses Club Thrift Store  
3100 Zinn Road  
Fort Sam Houston  
(210) 221-5794 or 221-4537.

More information about the store is at  
[http://www.scfsh.com/thrift\\_shop.html](http://www.scfsh.com/thrift_shop.html)

## Soldiers donate to local shelter

Students of the Interservice Physician Assistant Program, Army Medical Department Center and School, strive to help each other as well as the local and national communities. On June 4 students donated much needed items to a local homeless shelter, Church Under the Bridge, with clothes, blankets, and toiletries. Items were collected during a month long drive held in Willis Hall building 2840. On the national level, students are contributing to service members affected by the recent Oklahoma tornadoes. The IPAP mission is to educate and train physician assistants for the uniformed services.



Above, Officer Candidates, left, Douglas Yates and, right, Brandon Boyd, fold and sort clothes by size at the shelter.

Left, Soldiers with staff and volunteers at the Church Under the Bridge. The church supports the homeless with clothes and food on Tuesday, Thursday and Saturdays.

### 1st Annual AMEDD NCO Academy Golf Tournament

Friday, August 30, 2013

La-Loma course at JBSA-FSH Golf Course

Registration fee is \$65 and includes course fees, golf cart, free divot tool and ball marker, awards dinner and prizes.

Tournament supports the AMEDDC&S Holiday Ball

Call 221-3406 or (210) 563-6814 for information

#### Schedule:

10:00 a.m. to 11:30 a.m., Check-in

11:45 a.m. to Noon, Putting Contest (\$5 per putt)

12:25 p.m. to 1230 p.m., Rules and Instructions

12:30 to 4:25 p.m., Scramble Shotgun Start/Tournament

4:30 p.m. to 6 p.m., Post Scramble Dinner/Prizes



## Dental Corps Welcomes new Army Dentists



Army Dentists attending the Basic Officer Leader Course pose for a group photo at the Dental Corps Welcome Ceremony held in Blesse Auditorium on June 21 with host Col. Arthur Scott, Corps Specific Branch Proponent Officer for the Dental Corps. Far left is retired US Army Maj. Gen. Russell Czerw, former Army Medical Department Center and School Commander, and the 25th US Army Dental Corps Chief. Czerw served as the keynote speaker.

### Basic Officer Leader Course

The mission of the BOLC is to train initial entry Army Medical Department officers to become competent Soldiers and leaders.

The BOLC is conducted by two organizations - Alpha Company, 187th Medical Battalion, 32nd Medical Brigade and the Leader Development Branch, Leader Training Center, Academy of Health Sciences, AMEDDC&S. Alpha Company performs and is responsible for all administrative actions (in-processing, lodging, ID cards, pay, etc.).

The Leader Development Branch conducts and is responsible for all training requirements and academic issues.



### 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!



## BORDEN INSTITUTE

BORDEN INSTITUTE RELEASES: THE *BORDEN COMPENDIUM AND EBOOKS*

**NOW AVAILABLE FOR IPAD AND KINDLE**

*Medical Consequences of Radiological and Nuclear Weapons*

*Musculoskeletal Injuries in Military Women*

*The Warrior in Transition Leader Medical Rehabilitation Handbook*

*The Military Advanced Regional Anesthesia and Analgesia Handbook*



Updated versions of *The Borden Compendium* are now available. PDFs of all volumes of the Textbooks of Military Medicine on one CD.

All medical textbooks from the Borden Institute are also available for download in PDF format.



<http://www.cs.amedd.army.mil/borden/>

**Fort Sam Houston, TX, June 28, 2013** – Borden Institute releases four eBooks available from our website: [www.cs.amedd.army.mil/borden](http://www.cs.amedd.army.mil/borden). Available in ePub and MOBI formats are: *Medical Consequences of Radiological and Nuclear Weapons*; *Musculoskeletal Injuries in Military Women*; *The Warrior in Transition Leader Medical Rehabilitation Handbook*; and *The Military Advanced Regional Anesthesia and Analgesia Handbook*.

In addition, the updated Borden Compendium CD-ROM is now available for order from our website's online order form. The updated Borden Compendium CD-ROM contains all of the Textbooks of Military Medicine series including the latest volumes, *Military Quantitative Physiology: Problems and Concepts in Military Operational Medicine* and *Medical Consequences of Radiological and Nuclear Weapons*.

The Borden Institute, 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, covering 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. 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*

## 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.  
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Editor, Esther Garcia  
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