



AMEDDC&S NEWSLETTER

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

OCTOBER 2012, VOLUME 1, ISSUE 5

Western Regional Medical Command wins 2012 Army Best Medic Competition



Left, Col. Scott Avery, Madigan Army Medical Center; Maj. Gen. Scott Thoele, Deputy Commanding General, Forces Command; Lt. Gen. Patricia Horoho, the Surgeon General and Commanding General, USA Medical Command; winners, Staff Sgts. Andrew Balha and Staff Sgt. Alexander Folsom representing Western Regional Medical Command; Command Sgt. Maj. Matthew Brady, Madigan Healthcare Systems; Sgt. Maj. Donald George, Madigan Army Medical Center; and Command Sgt. Maj. Donna Brock, CSM USA Medical Command and Senior Enlisted Advisor to the Army Surgeon General at the awards ceremony for the 2012 Army Best Medic Competition. (see story page 2)

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Service and Sacrifice

It was on Nov. 11, 93 years ago that Pvt. Harry Gunther from Baltimore, was killed. Why is he important? He was the last American to be killed during World War I. On the same day, Germany signed the armistice treaty, in a railroad car, in Compiegne, France, that ended the First World War. One year later, in 1919, President Woodrow Wilson proclaimed November 11 as Armistice Day. Then in 1954, Congress changed the holiday's name to Veterans Day to honor all United States veterans.

In researching website's on this, I came across one short but profound quote on the definition of a Vet: "A veteran is someone who, at one point in his or her life, wrote a blank check made payable to "The United States of America," for an amount of "up to and including my life." It's a call to sacrifice and service. May we be proud of our fellow veterans sacrifice and our own service.

CHAP(COL) Daniel Moll, AMEDDC&S Chaplain

Grueling 72-hour competition tests Army's best medics

By Lori Newman
JBSA-FSH News Leader

Sixty-four Soldiers from across the Army competed to earn the title of best medic during a grueling 72-hour competition Oct. 26 to 28 at Joint Base San Antonio-Camp Bullis.

The Command Sgt. Maj. Jack L. Clark Jr. Army Best Medic Competition, now in its second year, originally evolved from the Expert Field Medical Competition.

The 32 two-Soldier teams were challenged both physically and intellectually to test their tactical medical proficiency, physical fitness and leadership skills.

"These Soldier medics may be competitors today, but they will be heroes tomorrow," said Lt. Gen. Patricia Horoho, Army surgeon general and commanding general, U.S. Army Medical Command.

"The combat medic is the key component in the greater than 90 percent survival rate of our combat wounded."

After meeting only a month ago, Staff Sgt. Andrew Balha from Evans Army Community Hospital, Fort Carson, Colo. and Staff Sgt. Alexander Folsom from Madigan Army Medical Center in Fort Lewis, Wash. representing Western Regional Medical Command earned the title of best Army medic.

"Honestly, I was really surprised [we won]. I didn't think it would be us," Balha said.

It was Balha's first time competing in the best medic competition; Folsom competed last year.

"This year's competition was much more physically demanding. It had a lot more medical tasks than last year," Folsom said. "There was a great improvement to the competition overall."

The first day each team received a written test, which they were allowed to carry with them throughout the events.

Teams rotated between the physical fitness challenge, obstacle course and the M-9 and M-4 stress shoots.

Balha liked the fact that the Soldiers could choose the order in which they competed in each day's events.

"You didn't have to go to one point, you had choices. It kind of rewarded forward thinking," he said.

Folsom credited Balha for his planning.

"It kept us in the front pretty much the whole time," Folsom said.

The team managed to garner two of the eight bicycles left for competitors to use to get from one event to another.

The physical fitness challenge and the obstacle course tested each competitors' strength and agility, while the M-9 and M-4 stress shoots allowed each team to demonstrate their marksmanship skills.

Inclement weather caused a three-hour delay during the first day of competition.

Once the rain stopped, the teams reset to where they left off. The teams who were unable to complete all of the day's events were allowed to finish them on day two.

The advanced night land navigation course began at 11 p.m.

Teams were flown by helicopter and inserted into the innermost parts of JBSA-Camp Bullis. Once on the ground, each team had to locate grid coordinate locations using terrain association and topographical maps.

Day two brought new challenges for the competitors.

The teams navigated through the urban assault course engaging mock enemy, treating casualties and watching each other's back.

Three combat casualty lanes tested the competitors' ability to perform casualty care in close quarters and evacuate wounded safely.

"One of the medical lanes was pretty demanding," Folsom said.

"We were carrying an approximately 200-pound man up about a 90-degree incline," explained Balha. "It was pretty physically demanding. I think that was the toughest part."

"Being physically prepared is the key," he said.

The night combat medic lane tested each teams' ability to perform medical tasks under the cover of darkness using the tactical simulator for military medicine.

The competition concluded on day three with the competitors' turning in their written exam, more combat casualty care, a litter obstacle course and a timed 2.7 mile buddy run.

"I congratulate all of the competitors their efforts in this competition and their contributions every day to our Soldiers and their families," Horoho said.

Priscilla Clark, widow of Command Sgt. Maj. Jack Clark, also sent a letter of congratulations to the competitors.

"Congratulations to all the teams for being chosen to compete in this prestigious competition," she wrote. "Please know that you represent the very best that the Army Medical Command has to offer."

To the winning team she wrote ... "This distinction will be highly regarded throughout your military career as well as in your personal achievements."

Both Folsom and Balha said they would encourage other Soldiers to compete in the Army's Best Medic Competition.

"This competition showed me a good way to train my Soldiers," Balha said. (see page 3)

AMEDDC&S Team 9, Sgts. 1st Class Jeremy Krebs, B Co., 264th Medical Battalion and Matthew Henigsmith, HHC, 32nd Medical Brigade, represented the Army Medical Department Center and School at the 2012 Army Best Medic Competition held at Camp Bullis. Krebs said, "The competition was more of an educational experience from my perspective, since I am not a medic by trade, but a 68P, Radiologist, but it is definitely challenging." Henigsmith said, "The competition had a good blend of physical and technical challenges."



Right photo, Sgt. 1st Class Jeremy Krebs (L), and Sgt. 1st Class Matthew Henigsmith discuss strategy during the competition.

Team Army Medicine, CSM Brock and I want to extend a sincere thank you and our personal congratulations to all 64 competitors who gave it their all during the 2012 Best Medic Competition held at Camp Bullis, Texas this past weekend. While we consider each Team member a winner- the official results are as follows:

1st place (Team 20) Representing Western Region Medical Command (WRMC).
SSG Andrew Balha (Evans Army Community Hospital)
SSG Alexander Folsom (Madigan Army Medical Center).

2nd Place (Team 6) Representing 2nd Infantry Division
SPC Brandon Chavez (2nd Combat Aviation Bde)
1LT Jonathan Jordan (2nd Combat Aviation Bde)

3rd Place (Team 29) Representing 56th Medical Brigade
SGT Fernando Garcia-Diaz (B Co. 121st Combat Support Hospital)
SPC Joshua Yi (568th MCGA)

Throughout this grueling 72-hour competition, each and every one of you proved you are truly the best of the best. You demonstrated first-hand that you have the requisite tactical skills, MOS proficiency and physical strength and endurance to accomplish the mission. Moreover, your fellow Soldiers on the battlefield can rest assured knowing that you have their backs and are thoroughly prepared to deliver care anywhere, anytime and under any conditions. also want to extend our appreciation to the 32nd Medical Brigade for hosting and orchestrating this year's lively competition. All of you are winners and should be proud of your accomplishments. Job very well done!

To view photos of the competition, please visit the 2012 Best Medic Competition Facebook page at:
<https://www.facebook.com/OfficialArmyMedicine?ref=hl#!/ArmyBestMedicCompetition>

Serving to Heal..., Honored to Serve
LTG Horoho

Focus on the Dental Specialist Branch

By Maj. Llana Caldwell



The Dental Specialist Branch (left to right), SSG Jose Viteri; Carolyn Putalavage; Maj. Llana Caldwell (branch chief); Liz Stanley; Norma Espinoza; Darlene Furlow, and SFC Rodolfo Velasco (NCOIC)

The Department of Dental Science (DDS) is located within the US Army Medical Department Center and School (AMEDDC&S), Fort Sam Houston, Texas. The DDS is staffed by 13 personnel and consists of two branches, the Dental Specialist branch and the Professional Development branch. The Dental Specialist Branch is primarily responsible for the 68E 330-X2 Preventive Dentistry Specialty Course, but also teaches a curriculum block of the Interservice Physician Assistant Program (IPAP) and the Civil Affairs Medical Specialist (CAMS) programs. The Professional Development branch is responsible for multiple officer and enlisted courses. In addition, the Department of Dental Science frequently hosts educational tours for various groups including VIPs from all branches of the US military, International VIPs and high school students statewide.

The 330-X2 Preventive Dentistry Specialty course is a 12-week course with four iterations per year. The course includes six weeks of didactic curriculum followed by six weeks of clinical patient treatment of retirees, family members, and active duty Soldiers. Each class also organizes and participates in several community projects. The maximum class size is 28 students with an average enrollment of 14 students. The students come from an array of backgrounds, and are a mixture of active duty, reserve and National Guard. They range in rank from PV1 to SGT. Requirements include: rank of active duty Army SGT non-promotable and below or reserve component SGT and below; must be a graduate of the Basic Dental Specialist 68-E course; no disciplinary action in the past 12 months prior to the start date of the course; a minimum aptitude area score of 91 skilled technical (ST); a valid CPR certification through graduation; have the Hepatitis A and B vaccine completed or the series started; and a minimum Time in Service remaining requirement of 11 months for active duty.

In addition to Army soldiers, international students are frequently selected to attend the course. The 330-X2 course is designed to provide students with the necessary knowledge and skills to perform the duties of a preventive dentistry specialist under the supervision of a dental corps officer. Training involves the skills needed to perform oral hygiene prophylactic procedures, conduct individual oral disease prevention programs, apply pit and fissure sealants to the teeth, take digital radiographs, and sterilize dental instruments and equipment. These specialists will be able to provide dental hygiene support in the TOE environment and the TDA setting. Completion of the 330-X2 course qualifies students to receive the X2 Additional Skill Identifier (ASI).

The dental tracks for the CAMS and IPAP courses provide a comprehensive overview of the various aspects of dentistry. Students receive training on performing oral exams, providing oral hygiene instruction, suturing techniques, placing temporary dental restorations, and administering local anesthesia. There is tri-service support for these programs and dentists from all branches have volunteered to educate the students on local anesthetic injection techniques. (See next page)

The Professional Development Branch is responsible for conducting numerous courses vital to the continued growth of the Army's Dental Command including the Basic Officer Leadership Course (BOLC), Captains Career Course (CCC), Brigade Dental Surgeons Course, Dental Management Development Course (DMDC), Advanced Leadership Course (ALC) Dental Track and the AMEDD Pre-Command Dental Track.



MAJ Llena Caldwell
Chief, Dental Specialist Branch
Department of Dental Science
AMEDDC&S

Teamwork!

Dentist from the Army, Navy and US Air Force answered the call when Maj. Caldwell requested volunteers to teach local anesthesia injection to students attending the Civil Affairs Medical Specialist (CAMS) Course here in Willis Hall through the Dental Specialist Branch.



Left, Col. Ramon Melendez, US Army Orthodontist at Rhoades Dental Clinic, Fort Sam Houston, keeps an eye on a student who is about to inject local anesthesia on fellow student.

Right, Navy CDR David Lean, Naval Health Clinic Corpus Christ-San Antonio Detachment, Budge Dental Clinic, reminds a student the importance of removing a needle from a syringe.

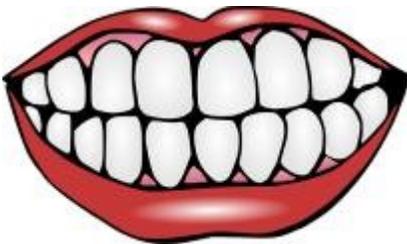
Below, Lt.Col. Elizabeth Kutner, USAF Compressive Dentist, Randolph AFB, teaches students how to inject local anesthesia.



Tips to brush and floss your pearly whites!



Spc. Kenneth Randle demonstrates to Spc. Vanessa Hall how to properly brush your teeth for better results. Randle is TDY enroute to Fort Bragg, N.C. Randle and Hall are attending the Preventive Dentistry Specialist Course. Randle from Alhambra, Ill future goals is to attend Law School to become lawyer.



How to Floss

1. Wind 18 inches of floss around your two middle fingers.
2. Gently place the floss between teeth.
3. To remove plaque and debris, gently move the floss up and down against the tooth.
4. As you move from tooth to tooth, use a fresh section of floss each time.



Spc. Kenneth Randle demonstrates how to floss to Spc. Vanessa Hall. Hall is TDY enroute to Fort Hood, Texas. She hails from Greenville, Georgia and her future goal is to get her masters in Dental Science and do research for companies such as Colgate and Crest.

How to Brush

1. For thorough but gentle cleaning, use a soft-bristle toothbrush or a powered toothbrush.
2. Hold your brush at a 45 degree angle. Begin by brushing the outsides of the front teeth. Use a gentle back-and-forth motion.
3. Next, brush the outsides of the back teeth, starting along the gum line.
4. For the insides of the back teeth, use short, angled brush strokes.
5. Brush the insides of the front teeth, lifting the brush vertically; use an up-and-down motion.
6. On the chewing surfaces, hold the brush flat and use a gentle scrubbing motion.
7. Remember to replace your toothbrush at least every 3 to 4 months.



Left, Col. Joseph Moore with Maj. Renee Cole reviews her award winning poster presentation with school district superintendents from Texas and around the US who were visiting AMEDDC&S.

2nd Annual Graduate School Research Day

The 2nd Annual Graduate School Research Day held Oct. 23 in Blesse Auditorium drew nine platform presentations and eighteen poster submissions from faculty and students with the Academy of Health Sciences Graduate School that covered a wide range of subjects. Platform

presentations included subjects such as, The Effects of Quickclot Combat Gauze on Hemorrhage Control in a Porcine Model; Clinical Record Review of a Combat Operational Stress Control Restoration Center; and Cardiovascular Screening in Outpatient physical Therapy Practice.

The 18 poster presentations covered subjects such as Assessment of Nutrition Knowledge and Eating Behaviors among United States Army Rangers; To Change or Not to Change a Multiple Choice Answer; and Improving the Interpersonal Skills of Young Healthcare Executives by students.

“Research Day is an opportunity for graduate programs and faculty to share their research with not only their colleagues and students, but also the local community. Research is an important aspect of our mission.” said Col. Josef Moore, Dean, Graduate School, Academy of Health Sciences and Professor, Army-Baylor Department of Physical Therapy Program.

Awards were presented for the Best Platform Presentation and the Best Poster Presentation. Scoring was based on introduction and background, methodology, results, discussion/conclusion, and delivery.

“This is our third Graduate School Research Day and we’ve seen the program grow in terms of abstract submissions and involvement from our campus-based and hospital-based programs. As Col. Moore states, in future events we hope to further involve our partners from local graduate programs outside the military,” said Lt. Col. Forest Kim, Deputy Director, (MHA) and Assistant Professor Army-Baylor University Graduate Program in Health & Business Administration.

The Best Platform Presentation Award was presented to 1st Lts. Andrea Hudson, Randall Schmidt, Sarah Bolin, Mark Bishop, Lt. Cols. Michael Loughren, Joseph O’Sullivan and Dr. Arthur Johnson for their presentation on “Comparative Resuscitation Measures for Bupivacaine Toxicity Utilizing Lipid Emulsions in Swine (*Sus Scrofa*)”.

The Best Poster Presentation award went to Lt. Col. Reva Rogers and Maj. Renee Cole for their presentation of “Hydration Status of New and Experienced Officers Prior to Army Physical Fitness Testing”. Rogers and Cole are professors with the Nutrition Master’s degree program.

Lt. Col. Forest Kim, Deputy Director, (MHA) and Assistant Professor Army-Baylor University Graduate Program in Health & Business Administration, reviews a poster presentation presented during the 2nd Annual Graduate Research School Day with Superintendents visiting AMEDDC&S.



32nd Medical Brigade Highlights



187th Medical Battalion Train to Save!

B and C Co enjoyed a day of adventure, camaraderie and fun at Sea World Oct. 6 with the Howl-O-Scream being the theme for this time of the year. A big thank you is in order for the staff at SeaWorld. More than 400 students, cadre, and family members attended the park's Howl-O-Scream event at no cost under the "Here's To The Heroes" program.



1st Sgt. Martyn Pauwels (left) and Capt. Jeffrey Luffman (right) present Jan Warner, Sea World Marketing Manager, with a battalion certificate of appreciation for her support of the 187th Medical Battalion's Soldiers.



B Co/232D Med BN Class 16-12



The Cadre and Soldier Medics of B Co, 232D Med BN were formed up for a very special event the morning of Oct. 1. After 10 years of hard work, dedication and setting herself apart from her peers, SFC Lisa Palacio was not only being promoted to Sergeant First Class, but reenlisting for an indefinite term. The Cadre and Soldier Medics of Bravo Company were beaming with pride and excitement to see one of the most respected Platoon Sergeants being honored in such fashion. After the Re-Enlistment and Promotion ceremony, SFC Palacio thanked her family and had a few words of wisdom for the Soldier Medics. Every word came from the heart as her eyes welled up with tears from time to time. After the ceremony, SFC Palacio was congratulated by the Soldier Medics, Bravo Company Cadre and the Battalion Chain of Command.

32nd Medical Brigade Highlights (cont'd)

Charlie CO, 264th MED BN Paint the Parkway Pink Fun Run

On Oct 20, 61 Soldiers, 5 Platoon Sergeants, 3 Army and 2 Air Force Instructors, First Sergeant and Company Commander participated in Paint the Parkway Pink Fun Run. Soldiers donated from their own pockets and came out to represent a great cause. They helped to raise the nearly \$20,000 of donations and represented 1,023 registrants that showed their support. Not only did C CO show their support by their attendance they were top

finishers of the race. We swept the males 15-19 age group, placing first, second, and third; we placed first in the males 20-29 age group; and we placed third in the female 20-29 age group. C CO represented 4th place overall with a time of 20:21, that's a 6:38 pace! Great support and team building event!



Charlie CO, 264th MED BN 68G 12-10 Triple Crown Award



Spc. Kristina M. Fallin is the first 264th Medical Battalion Soldier in the past 10 years to be the Distinguished Honor Graduate for her academic course, achieve the highest APFT score over 300, with 334 points on the extended scale, serve in a student leadership position, and have zero acts of indiscipline. SPC Fallin's outstanding performance in academics and leadership resulted in her being selected as the Distinguished Honor Graduate for the Patient Administration Specialist Course class 68G 12-09 with a GPA of 98.32%. Her dedication, drive, leadership, and desire to exceed the standards, motivated her peers to strive for excellence as well and greatly contributed to the success of the graduating class

68G 12-09. SPC Fallin was also chosen above her peers to serve as the student First Sergeant. During this time she worked to improve Charlie Company, by setting a positive example for all Soldiers in the formation. SPC Fallin's fine leadership acumen has helped to maintain zero acts of indiscipline during the 4th Quarter. SPC Fallin also received, the Army Commendation Medal from the 32d Medical Brigade Commander. **Photo: Lt. Col. Neil Nelson, Cdr, 264th Medical Battalion, presents Spc. Fallin the Army Commendation Award.**



264th Medical Battalion turns out in numbers to support adopted school Halloween Fall Fest

On Oct. 26 more than 50 volunteers from the 264th Med Bn partnered with their adopted school, East Terrell Hills Elementary School, to help make their Fall Festival for the children a success. In addition to supporting a multitude of booths such as the Pumpkin Race, Cookie Sales, Haunted Hall, Laser Tag, Ring Toss, the battalion set up a "MASH" tent as a booth that children could go into and get imaginary wounds bandaged. The tent contained a plethora of medical equipment, manned by Soldiers wearing field hospital attire. When the children came inside, they were asked by the Soldier where they were injured and the imaginary wound would be bandaged. Numerous head, arm and leg wounds were treated on that night.



HAPPY HALLOWEEN!

Left photo, C and D Company Soldiers, 264th Med Bn get their fright night on.

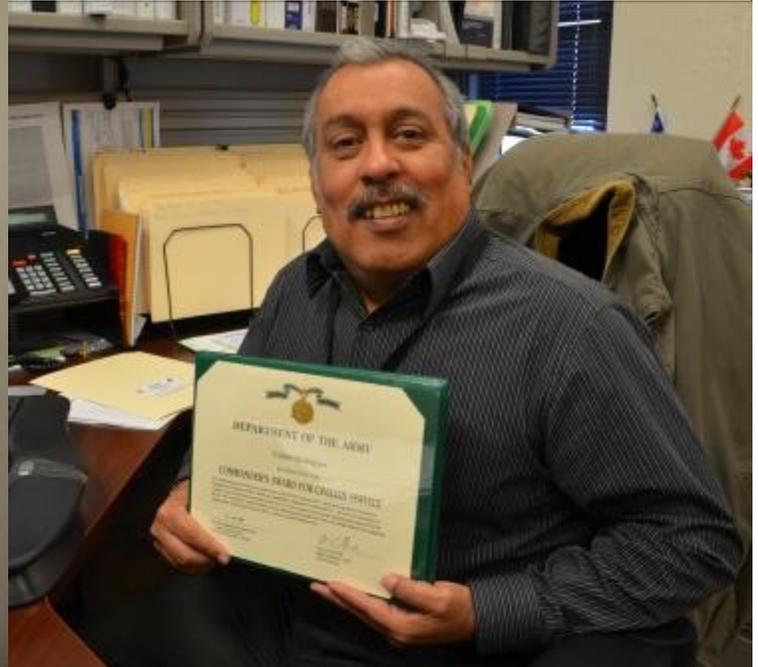
Right photo, Staff Sgt. Jose Maldonado, and Master Sgt. Faouzi Manai, D Co., 264th Med Bn, assist Diana Palacios, a Literacy Specialist at the school serving hot dogs at the Fall Festival on Oct 26.



MCIC EMPLOYEES RECOGNIZED FOR OUTSTANDING PERFORMANCE



MCIC: Under the leadership of Col. Robert Mitchell, the MCIC mission is to develop, coordinate and integrate Force Management, Force Development, Force Integration, Force Sustainment, and Force Modernization processes within the AMEDD, TRADOC, HQDA, and other Services and agencies in building the medical arm of tomorrow's Army.



Above left, Steven J. Carter and right, Gilbert Rodriguez proudly display their Department of the Army Commander's Award for Civilian Service received for outstanding performance of duty from June 2010 to August 2012 while serving as operations analysts with the Medical Capabilities Integration Center. Their skill and dedication to mission accomplishment ensured timely and accurate support to the seven directorates assigned to the MCIC.

CONGRATULATIONS!

Right, Mauricio Holguinflores displays his Department of the Army Achievement Medal for Civilian Service received for outstanding performance of duty from June 2010 to August 2012 while serving as the Operations Analyst (Audio/Visual), MCIC. His skill and dedication to accomplishments ensured timely and accurate support to the seven directorates assigned to the MCIC.



Image de San Antonio recognizes Soldier



On Oct. 13 Spc. Rosa Nelly Borja, was among a select group of Hispanic women that were honored and recognized by Image de San Antonio for their contributions and involvement with the community during a luncheon at the Doubletree Hotel. Borja received a special plaque from the organization and was commissioned a Yellow Rose of

Texas by the State of Texas Governor Rick Perry. Image de San Antonio annually recognizes outstanding Hispanic female role models who have made significant contributions to women and to their community.



We care for people and we strive to be the best

Once a medic always a medic

On Oct. 8 Spc. Rosa Nelly Borja was travelling on interstate 35 in La Salle County. At approximately 6 p.m. a car left the south bound lane, entering the north bound lane and collided with an 18-wheeler. Borja was the primary first responder on site and began to render medical support, immediately placing a tourniquet to the victim's severed leg. Borja stayed with the patient until EMS arrived on the scene. The patient was critically injured and was pinned in the vehicle for more than 30 minutes. Borja crawled into the vehicle and assisted the EMS team to treat and free the patient. She continued to help even after they had extricated and moved the patient into the ambulance. Borja played a huge part in the survival of this patient. Borja works in the Operations Section of the Medical Capabilities Integration Center. "What I did came automatically to me because of my training as a combat medic and serving in Afghanistan", she said.

NCOs display medical skills



Congratulations to Master Sgt. Michael Cluette (L) and Sgt. First Class Kavika Duff (below) assigned to the AMEDD Lessons Learned Department who demonstrated that “Army Medicine Starts Here” during a flight home recently from Fairbanks Alaska. During an in-flight medical emer-

gency while the aircraft was en route to Seattle Washington they provided medical support and oxygen therapy to an extremely ill passenger suffering from severe nausea. The two NCOs administered aid to the passenger for more than three hours, relayed critical medical information and arranged patient transfer for further medical care to medical personnel in Seattle. Their technical skill and professional demeanor contributed to relaxing the anxiety of the flight crew and other passengers during the medical emergency.



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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 ques-

tions 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!





Left, Col. Randall Anderson discusses chief of staff duties with Metonya Baker.

Col. Randall Anderson appointed as Chief of Staff, AMEDDC&S

It is a great pleasure to serve as the newest Chief of Staff of the Army Medical Department Center & School. This is a *great* organization with *great* people.

My previous four and half years working with the professionals in the 32d Medical Brigade, the Medical Capabilities Integration Center (MCIC) and the Academy of Health Sciences provides me with a framework for resolving the challenges in this new position.

As always, I will work every day to improve the quality of work environment at the Center & School and improve our processes to make your work more enjoyable and efficient.

My leadership style is management by walking around. Do not be surprised to see me in your area. It always amazes me when I visit with our employees and see the wide spectrum of essential missions they accomplish every day.

Together we must always remember that "Army Medicine Starts Here" and no matter where we work in the organization, our efforts contribute to saving lives.



Farewell from Col. Bitterman

I regret that after only three months, I am leaving the Army Medical Department Center and School. Col. Randy Anderson will assume duties as Chief of Staff, Army Medical Department Center and School on Monday, October 29, 2012.

Effective Monday, October 29, 2012, I will assume the duties as the Deputy Chief of Staff, US Army Medical Command at Ft. Sam Houston; Director, Special Staff; and Troop Commander at US Army Medical Command. On Monday, I can be reached at (210) 221-6411.

When Mr. Herb Coley retires effective December 31, 2012 as the US Army Medical Command Chief of Staff, I will then assume the duties as the Interim Chief of Staff until a permanent SES Chief of Staff is selected.

It has truly been my pleasure serving with this dedicated Team. The impact all of you have on our Army is tremendous, and I wish you great success in your personal and collective future.

That is all ...

COL David A. Bitterman, FACHE
Chief of Staff, AMEDD Center & School
Consultant, Health Care Administration
(210) 221-8277

"We Save Lives - On and Off the Battlefield"

MCIC hosts Future Vertical Lift demo



Medical Capabilities Integration Center host a Future Vertical Lift demonstration Oct. 30, mock-up cabin in Medical evacuation configuration at the AMEDD Center and School on the drive way in front of the Huey helicopter.

The cabin will be configured in accordance with medical subject matter expert input to evaluate what a future cabin could look like and how it would function.

As aviation technology rapidly advances in FVL aircraft development, capabilities such as aircraft performance, speed, range, and lift capacity will greatly improve. These advances will enhance the MEDEVAC role of providing the best possible medical evacuation system for the Soldier.

Specific MEDEVAC requirements will be logically integrated into future platform capabilities rather than added Ad Hoc. Designs include larger cabins with substantially more space for improved advanced on-board medical treatment, to go hand-in-hand with advancements in medical equipment.



AMEDDC&S Color Guard supports Oath of Office ceremony for new San Antonio Postmaster at the Alamo Oct. 30.

Robert D. Carr, Jr. was officially sworn in as the 28th Postmaster of San Antonio. Carr is a retired Army Command Sergeant Major with 30 years of service in both active duty and Army Reserve. His awards include Legion of Merit, Bronze Star with "V" device, Purple Heart, Combat Infantry Badge and numerous other awards.

Carr presented each of the members of the color guard with a special coin commemorating their support of his Installation Ceremony.



Congratulations to our AMEDDC&S colleagues

The following have been awarded the Legion of Merit:

- Colonel Robert D. Mitchell*
- Colonel Dawn Smith*
- Sergeant Major Anthony Pena*
- Sergeant Major Janie B. McCoy*
- Sergeant Major Aaron E. Arch*
- and*
- Command Sergeant Major Harry L. Tharp*

Facts about Seasonal Flu Vaccine

The single best way to protect against the flu is to get vaccinated each year.

There are two types of vaccines:

- The “flu shot” — an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions. There are two different flu shots available Brooke Army Medical Center:
 - A [regular flu shot approved for people ages 6 months and older](#)
 - The [nasal-spray flu vaccine](#) — a vaccine made with live, weakened flu viruses that is given as a nasal spray (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). The viruses in the nasal spray vaccine do not cause the flu. LAIV is approved for use in healthy* people 2 through 49 years of age who are not pregnant.

Seasonal flu vaccines protect against the three influenza viruses that research indicates will be most common during the upcoming season. The viruses in the vaccine can change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year. About 2 weeks after vaccination, antibodies that provide protection against the influenza viruses in the vaccine develop in the body. Information specific to the 2011-2012 season, including the vaccine formulation, can be found at [2011-2012 Flu Season](#).

When to Get Vaccinated

CDC recommends that people get their seasonal flu vaccine as soon as vaccine becomes available in their community. Vaccination before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest. CDC continues to encourage people to get vaccinated throughout the flu season, which can begin as early as October and last as late as May. Over the course of the flu season, many different influenza viruses can circulate at different times and in different places. As long as flu viruses are still spreading in the community, vaccination can provide protective benefit.

More information about who should get vaccinated, who should not be vaccinated, the effects and side effects about the flu shot and nasal spray can be found by using the website below:

<http://www.bamc.amedd.army.mil/departments/preventive-medicine/aphn/influenza.asp>

All military should receive the Flu Vaccine before Dec. 17, 2012 per AMEDDC&S OPOD 12-038, dated Aug. 9, 2012.

IET Soldiers are scheduled separately through the 32nd Medical Brigade S3.

Below is the Flu vaccine schedule for the Army Community Services (Roadrunner), located in building 2797 on Ft Sam Houston. The vaccine is open to Military, DOD Civilians, and Tri-Care Beneficiaries:

Wednesday, Nov. 7
9 a.m. to 4 p.m.
5yrs and up

Friday, Nov 16
9 a.m. to 4 p.m.
18 yrs and up

Wednesday, Nov.21
9 a.m. to 4 p.m.
5 yrs and up

Wednesday, Nov. 28
9 a.m. to 4 p.m.
5 yrs and up

Friday, Nov. 30
9 a.m. to 4 p.m.
18 yrs and up





Staff and faculty welcome Israeli colleague

Gregg Stevens, deputy to the commanding general welcomes Col. Danny Moshayov, Israel Defense Forces Medical School commander, to the AMEDD Center and School. Col. Moshayov discussed innovation in medical training during a presentation to the staff and faculty and visiting officers attending the Medical Strategic Leadership Program.

Introducing the Army Benefits Center-Civilian's (ABC-C's) Newest Benefit Tool: eRetirement

We understand that retirement is an important milestone in your life. Now the ABC-C is excited to offer the new eRetirement web application located in the Employee Benefits Information System (EBIS).

This tool will allow you to fill out your retirement application with ease!

Effective 29 October 2012, if you are an Army serviced employee within one year of retirement, you can fill out your retirement application on our secure website. First, you will need to logon to our website at <https://www.abc.army.mil> with your Common Access Card (CAC) and select the EBIS icon or web link.

You will then enter your Social Security Number (SSN) and Personal Identification Number (PIN).

Once you have accessed the EBIS website, click on the eRetirement button. You will need to complete all the forms listed. Once you have finished, simply print off each form individually, review closely, and sign any applicable forms. Lastly, send it off to the ABC-C at 301 Marshall Avenue, Fort Riley, Kansas 66442. We will review your application closely and send you a letter stating we have received your application.

If you have any questions on eRetirement, please contact a Benefits Counselor at 1-877-276-9287 from 6:00 a.m. to 6:00 CT.

Susan G. Abbey,
Chief, Civilian Human Resources Division
ACSHR/G-1, AMEDDC&S

FROM THE CHIEF:

AMEDD Team,

The Command has chartered a new Team, the Suicide Prevention Resource Team. Members include:

MAJ Thomas Brooks, Pastoral Care Education

Mr. Laurence Hunter, Department of Behavioral Health

SFC Chalwanda Kelley, NCO Academy

This team is charged with developing ongoing awareness, developing standards for training, soliciting and submitting publications, developing innovative ideas, and facilitating resources in an effort to maintain our momentum in Suicide Prevention.

This team will report to the Chief of Staff, and I would encourage you to open doors and provide maximum assistance if they come calling.

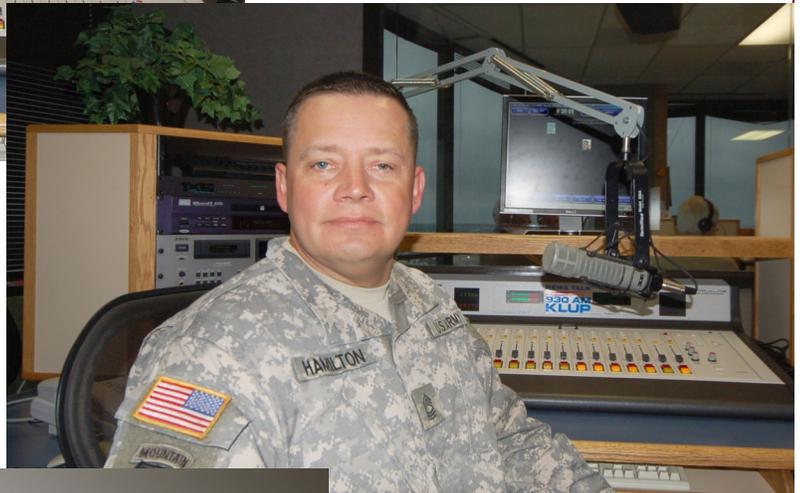
Radio Personalities tell the AMEDDC&S Story

Tune in to 930 AM on KLUP radio every Saturday morning at 8 a.m. for the Military City USA program. Chances are members of staff, faculty or senior leaders of the AMEDD and AMEDD Center and School will be guests on this talk show that features topics related to the missions of more than 200 military missions in San Antonio. The AMEDD Center and School is featured prominently on the radio show with guest appearances. **On Oct. 7, Col. John Garr appeared as a guest to discuss the missions and training programs of the Defense Medical Readiness Training Institute. On Oct. 13, Lt. Col. Josh Muller and Master Sgt. Jeffery Hamilton were guests on the show highlighting the Best Medic Competition.** The program is at <http://www.klup.com/Podcast.aspx?showid=78> .

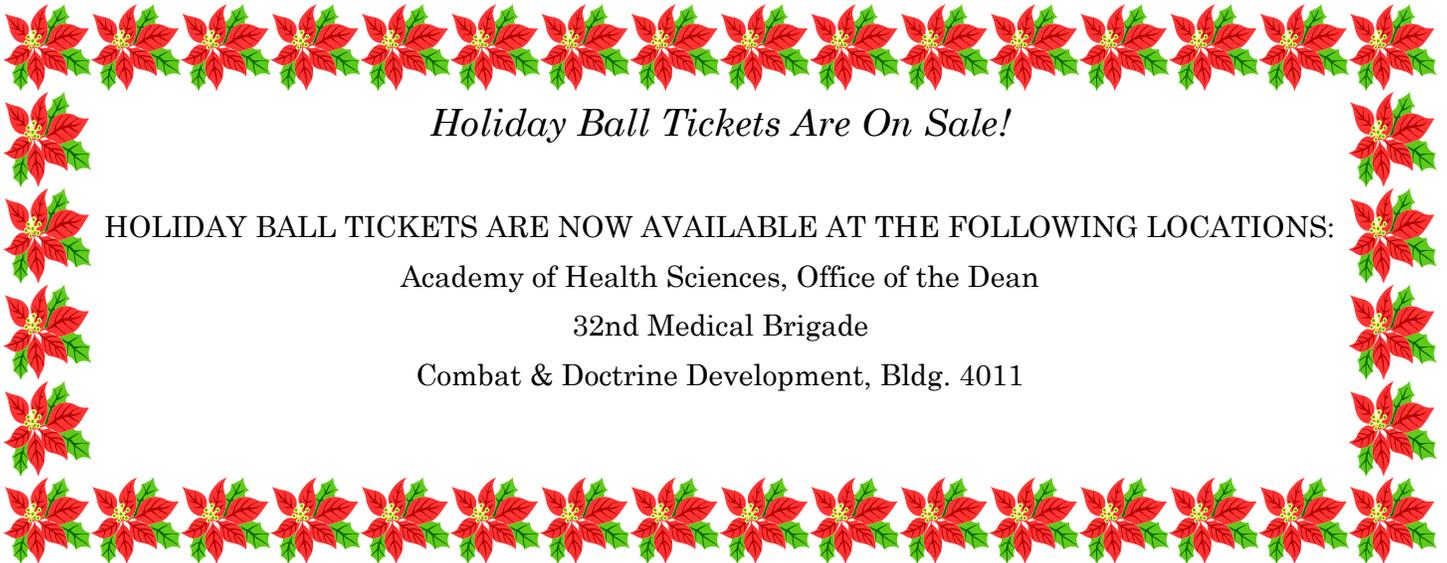


Left, Lt. Col. Josh Muller, G3/5/7 Operations, outlined Army Best Medic competition events during the Oct. 7 broadcast.

Right, Master Sgt. Jeffery Hamilton, G3/5/7 Operations NCO, discussed the medical skills incorporated into the 2012 Army Best Medic events.



Left to right, Phillip Reidinger, Mark Frye, Director, Port San Antonio and radio show host with Col. John Garr, Cdr, DMRTI, and John Thurman, Heart of Texas Realty and producer for KLUP Radio Military City USA program that airs every Saturday at 8 a.m.. Garr talked about the missions and training programs of the DMRTI.



Holiday Ball Tickets Are On Sale!

HOLIDAY BALL TICKETS ARE NOW AVAILABLE AT THE FOLLOWING LOCATIONS:

Academy of Health Sciences, Office of the Dean

32nd Medical Brigade

Combat & Doctrine Development, Bldg. 4011

Upcoming Events

November 5, The Department of Preventive Health Services health fair entitled: the Environmental/Occupational Health Event will be held from 9 a.m. to 1 p.m. in the north atrium of Willis Hall, lower level by the snack and food area. Various exhibits highlighting subjects such as CBRNE, Entomology, and Environmental and much more will be on display.

November 5, Commander's Town Hall Meeting, Blesse Auditorium, 3 to 4:30 p.m.. This meeting is mandatory for military personnel, E-7 and above, and highly encouraged for GS-7 and above civilian personnel. The meeting includes an awards ceremony for both military and civilian personnel.

November 9, Friday Night Jazz & Wine featuring saxophonist Ronnie Laws and pianist and composer Alex Bugnon, 7:30 p.m., FSH Theater.

November 10, A Wreath Presentation and Veterans Parade honoring all veterans. The Wreath Ceremony begins at 10:30 a.m, Alamo Plaza, the Veterans Parade steps off at noon, parade route is Avenue E, travels in front of the Alamo, to Commerce Street and ends at Milam Park, San Saba Street.

November 11, Veterans Day Ceremony, 9:30 a.m. at the FSH National Cemetery, keynote speaker is BG Theresa Carter, 502nd ABW Commander.

November 14, On-Boarding for new arrivals at AMEDDC&S. Call the G1 office for information at 221-6951.

November 17, 32nd Medical Bde, Training Support Company Annual Neanderthal Warrior Trail Run, Camp Bullis. Arrival time is 6:15 a.m., run begins at 7 a.m.. Fees are: \$20 for military with a valid military ID card, \$25 for civilians without a military identification and \$70 for a 4-person team. Participants registered by Nov. 9 will be guaranteed a t-shirt. Register at <https://register.iaapweb.com/Search/event.aspx?id=14977>. Spirit costumes are welcomed!

November 22, Thanksgiving Holiday.

Purchase tickets at
[ein03634A007953](https://www.iaapweb.com/Search/event.aspx?id=14977).

Command Calendar

Nov 2012

1-11 Nov 42nd Anniversary Celebrate America's Military
 "CAM 2012" - www.celebrateamericasmilitary.com

3 0800 Fort Sam Houston Retiree Appreciation Day
 1200 Location- Willis Hall, Bldg 2841

4 Daylight Saving Time ends

7 1600 Vietnam War 50th Anniversary
 "Welcome Home Our Vietnam Veterans"
 Location: Staff Post Parade Field

9 Training Holiday (AMEDDC&S)

10 US Military Veterans Parade & Wreath Laying
 1030 Wreath Laying at the Alamo
 1200 Parade - Reviewing Stand, Alamo Plaza

11 Veteran's Day

11 0930 Veterans Day Ceremony
 Location: Fort Sam Houston National Cemetery
 Speaker, BG Theresa Carter, Cdr, 502nd ABW

11 1330 Bexar County Buffalo Soldiers Commemorative
 Ceremony
 Location: San Antonio National Cemetery
 www.bexarcountybuffalosoldiers.com/

11 1900 Veterans Day Concert "Salute to Service"
 Location: Majestic Theater
 Featuring the Air Force Band of the West
 <http://www.sasymphony.org/>

11-16 Association of Military Surgeon United
 States (AMSUS) The Society of Federal Health
 Professional - 118th Annual Continuing
 Education Meeting
 Location: Phoenix, AZ
 <http://amsusmeeting.org/>

Command Calendar (cont'd)

11-16		Association of Military Surgeon United States (AMSUS) The Society of Federal Health Professional - 118 th Annual Continuing Education Meeting Location: Phoenix, AZ http://amsusmeeting.org/
12		Federal Holiday - Veteran's Day
12-14		Estonian Delegation (AMEDDC&S/DMRTI)
16	1400	AMEDDC&S Leadership Call Location: Blesse Auditorium - Bldg 2841
17	0630	Neanderthal Warrior Trail Run: Training Support Company 9K Location: Camp Bullis- 19399 NW Military Hwy https://register.iaapweb.com/search/event.aspx?id+14977
22		Federal Holiday - Thanksgiving Day
22		Mission Thanksgiving (AMEDDC&S) Soldiers to attend T-Giving with SA Families 325 AIT Students to Valero
23		Training Holiday (AMEDDC&S)
*28-29		MG James Gilman Commanding General, US Army Medical Research and Materiel Command and Fort Detrick
29	1100	Fort Sam Houston Consolidated Monthly Retirement Ceremony Location: FSH Quadrangle
29	1700	Fort Sam Houston Holiday Tree Lighting Location: Fort Sam Houston Flagpole



The **Expert Field Medical Badge** is one of the most prestigious badges for AMEDD Soldiers. The EFMB is awarded to Soldiers that can successfully pass a 12-mile foot march, three combat lanes that test warrior and medical tasks simultaneous, day and night land navigation, and a written test. Annually, only about 17% of candidates that attempt EFMB are awarded this special skill badge. Leaders need to encourage their Soldiers to test for the EFMB. Training prior to attending EFMB is the most important factor that Leaders can do to help their Soldiers become part of this small percentage that has earned the badge.

For information on EFMB visit the EFMB Test Control Office website. (AKO Log-in required) <https://www.us.army.mil/suite/page/140048>



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

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@amedd.army.mil and esther.garcia1@amedd.army.mil

(We reserve the right to edit submissions)

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