



# Mountain Medic News

VOLUME 1, ISSUE 3

APRIL 2013

## UPCOMING EVENTS

### 19 April

1. Newcomers' Brief 1500 CCR
2. Senior Hail and Farewell

### 25 April

1. Combined FRG Meeting 1800 McMahon Theater

### 26 April

1. DONSA

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## MONTHLY ROUNDUP

**M**arch was a busy month for the 10th CSH. The month started off on a great note with 10 promotions. There were a plethora of training offered this month. SFC Brooks offered SHARP training, Chaplain Team offered ASSIST training, and WO1 Jesus had a Safety Stand Down Day for the 10th CSH. Mid March we had offsite PT at Red Rock Canyon. This was a great opportunity for companies/DRUs to bond. Soldiers got a chance to wear civilian clothes and bring music to run in small groups with



COL Andrews leads the way on a hospital run. Photo taken by SPC Redman

their unit while taking in some breath taking sites. A Company also held it's first combined single Soldier and Soldiers with families, Family Readiness Group potluck of the year. It was a big hit. A lot of valuable information was put out and Soldiers and

family members are encouraged to get in involved. The most exciting part of the month was the return of 438TH Medical Detachment Veterinary Services. Everyone returned home safely and it was great to see them reunite with their family and friends. We ended the month with the 10th CSH Easter Party. Every-



one young and old was excited to see the Easter Bunny.

SFC Camacho and son pose with the Easter Bunny. Photo taken by Meghan Andrews

## 438th Medical Detachment Veterinary Services Redeployment

438th MDVS had their redeployment ceremony on 22 March 2013. They deployed to Afghanistan June 2012 in support of force health protection by providing comprehensive veterinary services to include food safety/defense, animal health care, veterinary preventive medicine and stability operations to combined joint military and inter-agency

operations in Combined Joint Operations Area-Afghanistan. LTC Gobble and SFC Hunsaker led 438th through many successes while deployed. Family, friends and Soldiers from the 10th CSH were out in full force to welcome 438th home. As 438th marched in and stood in formation you can see the anticipation in their eyes as they waited to be re-

leased to their loved ones. It was a great to see the Soldiers reunite with family and friends.



438th boots on ground back at Fort Carson. Photo taken by SFC Crowder

# 10th CSH Safety Stand Down

The 10th CSH Safety Stand Down mission was to increase the awareness of hazards associated with Army operations and off-duty activities. We are glad to share that the last reported accident from the 10th CSH was over 120 days ago.

We are doing an outstanding job by protecting our most valuable assets, our Soldiers. Integrating safety and risk management is the responsibility of all Army personnel. The 2nd quarter safety stand down focused on safety accident trends and accident prevention with topics on risk management, seasonal hazards, privately own vehicle/motorcycle safety, and climatic injury prevention. The Ground Risk Assessment Tool (GRAT) tool was introduced during the

risk management brief. The GRAT is an interactive automated online system developed to augment risk management planning and decision-making for ground operations. Soldiers can access GRAT at <https://safety.army.mil/> and use the tool to capture a complete picture of hazards and controls they may not have previously considered.

Safety Stand Down was a great success. Some of the trainings offered were; proper workout techniques, hot and cold weather safety, Army Substance Abuse Program, and motorcycle safety. Let's keep up the good work 10th CSH. ARMY SAFE IS ARMY STRONG!

Written by WO1 Justin Jesus



Soldiers wear beer goggles while putting together children's puzzle. This task was to demonstrate how simple tasks are difficult after the consumption of alcohol.

Photo taken by SPC Redman

## March Promotions

- PFC Martinez, Christopher
- PFC Wang, David
- SPC Starnier, Joshua
- SPC Richardson, Joshua
- SPC Brown, Benjamin
- SPC Redman, Georgina
- SPC BonillaHercules, Maria
- SPC Tangye, Alexander
- SPC Ruet, Christopher
- SGT Rowe, Wales

1	2	4		3			6
	5		8		2	7	
3		8	6	4			2 5
6							
			4	7			9
	3	2	9	8	1	6	
			1	5		3	2
	8		2	6	3	4	7
	4						1

Last Month's Sudoku

9	1	4	3	7	5	2	6	8
2	8	7	4	9	6	1	5	3
3	6	5	8	1	2	4	7	9
8	4	6	5	2	1	3	9	7
5	2	9	6	3	7	8	1	4
7	3	1	9	8	4	5	2	6
1	5	3	7	4	9	6	8	2
6	9	8	2	5	3	7	4	1
4	7	2	1	6	8	9	3	5

## CHAPLAIN'S CORNER

Over the past twelve years, our nation has been fighting in two wars and the Soldiers and family members have been separated due to multiple deployments, training events and field exercises. Consequently, this has left little to no time or opportunity for these families to fully regroup, refresh, or reintegrate. When this happens it erodes our ability to be fully able to be resilient to life's pitfalls; hence, the importance of self-care in order to enhance the family unit and the individual Soldier.



When considering self-care one way is to examine it from a Christian's point-of-view. In Jeremiah when the Israelites were experiencing separation, war and death they were reminded that God guarantees them, "I will refresh the weary and satisfy the faint". The passage speaks to the importance of

identifying and recognizing our emotional state. People who neglect their own needs and forget to nurture themselves are at danger of deeper levels of unhappiness. Rest is an important factor in self-care. We are humans and with being human come the requirement for physical rest. In Genesis it says "...in six days the LORD made heaven and earth, and on the seventh day he rested and was refreshed." To rest is to place oneself at ease in order to relieve or avoid fatigue. Take time for yourself and family!