

CHAPLAIN'S CORNER

Be thankful for the times we share....

By **CHAPLAIN (CAPT.) DONALD THOMAS**
177th Armored Brigade Chaplain

Recently, my Family lost a wonderful woman and grandmother to me, Bettie Duffie. I would like to thank all those who have shown me support in her loss. Her funeral just so happened to fall on the Memorial Day weekend. As such, it caused my memory to drift back to my time at Camp Bucca when I was on my first assignment as a chaplain in the military and how significant this day was to me.

Worlds away from everyone I loved, I approached the holiday with a sense of emptiness behind a façade of proper military respect. I had thought that perhaps after I joined the military—a decision I’d

made after learning about the shortage of chaplains serving military troops who were deployed overseas – Memorial Day’s original meaning as a time to honor our fallen Soldiers would have suddenly become more urgent to me. But that hadn’t happened – yet.

As I turn back the pages of time, I remember observing a Blackhawk headed north for Camp Buehring, about 30 miles from the Iraqi border. Buehring’s command chaplain, a Southern Baptist minister, and his religious support team were holding an interfaith Service of Remembrance that evening and he had invited me to participate. There were plenty of these events in theater, and a trip to Buehring – with its frequent dust storms and triple-digit temperatures – was usually some-

thing I tried to avoid, but I was flattered by the offer and hoped the travel might actually clear my head of unproductive ruminations on how much time remained on my deployment as a National Guard Soldier.

Buehring’s Memorial Day program kicked off after sundown, starting with a commemorative run from the front gate out to a motor pool three miles away. As I stepped out of the chaplain’s vehicle near the finish line, I came face to face with the most striking military memorial I’d ever seen. The USO had partnered with the Army to create a tribute of 6,500 paper lanterns arranged in rows over a huge swath of the motor pool, like a glowing white cemetery – one lantern for each of the Soldiers, Sailors, Airmen and Marines

killed in action since Sept. 11, 2001. Next to the memorial, by the podium for the service, the faces of the fallen streamed in a slideshow across a concrete wall while music played in the background. It was a field of silence. I joined a crowd and stood there, watching the faces flash by, listening to the music.

As we move forward with our lives after honoring those who are lost to us, let us thank God for the times we share with one another. As military brothers and sisters, Family, friends and strangers, let us, as Americans, hold on to our faith and valuable traditions. These are priceless, especially honoring those who made the ultimate sacrifice.

Blessings, and may God keep you and watch over you all.

CAMP SHELBY AREA WORSHIP OPPORTUNITIES

The following worship opportunities are available through Camp Shelby Joint Forces Training Center.		Church, 2001 Hardy Street, 601-583-4898.		Latter-day Saints Sunday, 9 a.m., Latter-day Saints Meeting House, 1618 Broadway Dr., 601-268-2438/ Hall: 601-268-9706. Contact the Post Chaplain.		Mamie Street, 601-545-3871. Every Friday at 6 p.m.	
ON POST General Protestant Sunday, 9 a.m., Greer Chapel Sunday, 12:30 p.m., Greer Chapel		OFF POST *Transportation provided for Jewish, Episcopal, Lutheran, Muslim services ONLY (due to time scheduling) Units are responsible for arranging transportation by calling 601-558-2622.		Episcopal Sunday, 8 a.m., Trinity Episcopal, 509 West Pine St., 601-544-5551		Muslim Contact Post Chaplain	
Catholic Mass Saturday, 2 p.m., Greer Chapel		For Jewish, Latter-day Saints and Muslim services, please contact the Post Chaplain for assistance at 558-2378.		Jewish Friday at Temple B’Nai Israel at 801		Others Church of God at Bellevue, Hwy. 589, Hattiesburg Jesus Christ of LDS, 2215 Broadway Drive, Hattiesburg	
Lutheran Sunday, 8 a.m., St. John Lutheran		(Confessions at 1:30 p.m.) Sunday, 2 p.m., Greer Chapel (Confessions at 1:30 p.m.)					

Hot weather injury prevention

By **1ST LT. RODNEY HALL**
CSJFTC Safety Office

Once again hot weather has made it to Camp Shelby. As responsible commanders, leaders, instructors and Family members, we must ensure that we protect our most important resources – our personnel. By conducting heat injury prevention and treatment of heat injury training for our Soldiers, civilian workers and Family members, we provide them with valuable information which minimizes hot weather injuries.

Drink adequate water and ensure you take water breaks every 15 to 20 minutes. Do not exceed 1 quart of water per hour. Thirst is not an adequate indicator of dehydration. Alcohol, coffee, soft drinks, and sports drinks are not good substitutes for water. Do not use salt tablets.

Ensure you gradually adjust to working or playing in the heat. Acclimatization is essential in preventing heat injuries. Acclimatization should be accomplished over a period of time depending on the person and conditions they will be encour-

tered.

Scheduling work/rest periods are extremely important when it comes to prevention of heat injuries. If possible, schedule heavy work or play for the cooler part of the day (morning or late afternoon). Avoid overexertion, know your limits. Use mechanical aids whenever possible. Assign heavy tasks between several Soldiers or persons to reduce the stress on individuals.

If possible, Soldiers and civilians should stay out of direct sunlight during the hottest part of the day. Use shaded areas – trees, buildings, and tents to reduce radiant heat. The temperature in the sun and under the canopy of a tree can vary from 8 degrees to 15 degrees. This can make a big difference if you are outside in the heat.

Encourage the use of sunscreen to protect exposed skin. Use sunglasses to protect the eyes from UV damage. Wear loose fitting, lightweight, light colored clothing. Do not layer clothing. Additional clothing increases the risk of heat injury.

Monitor wet bulb (WBGT) reading so the heat-stress index can be

evaluated. Use the heat-stress index chart to tailor work conditions and schedules to minimize heat related injuries. Environmental conditions, such as temperatures above 70 degrees (80 degrees at night), direct sunlight, humidity and exposure to any toxic agents add to heat stress. The wind reduces the risk of heat stress by increasing the evaporation of sweat.

Train Soldiers, civilians and Family members to recognize and treat heat injuries. Encourage them to monitor each other for signs of heat stress. Remember that a person with a heat-related injury needs to cool down as soon as possible to prevent additional injury. Use the following first-aid treatment steps:

- Move the person to a shaded area.
- Loosen or remove clothing and boots.
- Cool the person as fast as possible.
- Fan the person.
- If necessary, pour water on the person.
- Elevate the person’s legs and



massage limbs.

- Have the person drink water, if available.
- Stay with the person until medical aid arrives.
- Be prepared to provide medical

assistance and know your emergency contact number and use them if needed.

Always remember, heat injury is truly a medical emergency and requires immediate care.



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