



BAGHDAD, TALLIF, AMARAH, AL KUT, BASRAH, BUCCA

TASK FORCE 28TH CSH

THE STATIC LINE



ISSUE 2

JAN 2010

THE OFFICIAL NEWSLETTER OF THE CHINA DRAGONS



IN MEMORY OF
SSG RONALD SPINO
1 MAR 1964-29 DEC 2009

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THE STATIC LINE

JANUARY 2010



COMMANDER'S CORNER



COL Bruce W. McVeigh
TF 28 Commander



China Dragons, two months have gone by already since our Transfer of Authority, but it seems that it was just yesterday that we unpacked our bags. In reality the performance, pride and care shown by our organization has already made impacts on our Warriors and the Iraqi people that are enduring.

I had the opportunity to see firsthand the great things that our China Dragons have done in our area of responsibility as I have traveled extensively to see just what our Soldiers are doing and how they are executing our assigned mission.

I was very blessed to be able to spend Christmas Eve and part of Christmas Day with our 915th FST warriors out at FOB Garry Owen. This amazing group of Soldiers and professionals, though living in a very austere environment, are executing with pride and precision as they guard a frontier that is so vital to our efforts in this country. This is a Christmas I will soon not forget. In Tallil, Alpha Company Gators have been doing extremely well. They hit the ground running and ensured that all facets of healthcare on COB Adder are in concert with the highest standards. Their outpatient clinic (OPC) is one of the busiest in our Task Force, yet they execute with world class precision. Great improvements and coordination have been made with the First Responders in COB Adder by the Emergency Department lead, MAJ Stewart. A great Thanks to LTC Uithol for her role as Medical Director for the Tallil MTF and the relationships she has developed to better deliver healthcare to our Warriors; and finally the Gator Command Team CPT Palacios and ISG Haines for taking care of our Soldiers by improving the foxhole and the quality of life. Great Job to ALL!!!

In Al Kut, China Dragons were in action as well. The team of COL Larsen and SFC Douglas, along with all of our China Dragons of TF Delta Med, continue to provide outstanding healthcare to our Warriors as they continue to aid the Iraqi host nation providers in their region in various high pay-off civil medical operation type engagements. They also helped open their new FOB DFAC, and I even managed to "slip in" on them a couple of days after Christmas on a UH-60 flight as we worked our way to back to Baghdad. It was great to spend a few minutes with this tremendous team.

Last, but not least, our China Dragons at Sather Air Base in Baghdad keep making history. Our hospital staff has been busy with burns, pediatric cases and patients in isolation. The critical care team led by COL Grathwohl and made up of a truly stellar group of doctors, nurses, and enlisted technicians deserve special thanks for the care provided to patients that required working long hours in hot rooms while wearing layers of gowns and scrubs, for infection control purposes. Recognition needs to be given to our Emergency Department,

Surgical Staff, ICU, ICW, and PLX staffs for their hard work. The capability of this hospital never ceases to amaze me. We had a recent Host Nation VIP patient that truly tested all facets of this hospital's support capability. The top leadership of our deployed military forces were present on numerous occasions, as well as the top Host Nation leaders from all facets of the government of Iraq. The following note was received from the USF-I Commanding General, "I wish to commend the medical professionals and staff of the 28th Combat Support Hospital for the exceptional care provided...The compassion and professionalism exhibited by all was noteworthy". This is an outstanding tribute to ALL of our China Dragons everywhere!!!

A special thanks to CPT Deschamps, SSG Bryant and Nutrition Care Division for support of multiple functions throughout a very busy time period. I would like to thank our Unit Ministry Team for their hard work and counsel. For being there to meet our spiritual needs as well as lending an ear to listen to our frustrations, worries, sorrows as well as our joyous moments. Finally, I am proud and privileged to lead such a diverse group of Soldiers that are an unstoppable force that provides "world class" healthcare and support on a daily basis. I encourage everyone to continue to provide quality and compassionate care. But let us not forget to help each other to meet our goals: mind, body and spirit as we continue to add to the pages of history with our contributions. Be safe in ALL that we do!!!

As we look ahead to the mission at hand, we are faced with periods of uncertainty in an ever changing and dynamic period in this country as they face major elections, and still combat the terrorist factions that still exist to erode good order and prosperity. Remember why we are here; we exist to serve the Soldiers that are still conducting vital missions each and every day in order to support major campaign objectives.

CSM Del Valle and I wish each and every one of our Soldiers in the Task Force 28 Command, our best wishes as you all continue to execute sharply and succinctly as we provide the BEST Level III / Level II+ / and Level II healthcare on this Iraqi field of battle. To those of us currently serving overseas, I extend my sincere thanks for your sacrifices and patriotism. Your courage and willingness to defend our freedom is a beacon for all Americans. I am proud of your patriotism and loyalty to our great Nation.

M*E*L*D INTO THE TF28 "CHINA DRAGON TEAM"

MED TF 28
Morals
Ethics
Leadership
Discipline

WARRIOR ETHOS
I will always place the mission first
I will never accept defeat
I will never quit
I will never leave a fallen comrade

ARMY VALUES
Loyalty, Duty, Respect, Selfless Service, Honor
Integrity, Personal Courage

TF 28 CSH SUCCESS STRATEGY

MORALS
"I will never accept defeat"
Motivation based on ideas of right - sets the framework for unit integrity and success. Soldiers with "strong moral fiber" will endure and persevere - no matter what!

ETHICS
"I will never leave a fallen comrade"
Ethical leadership is an essential responsibility for ALL Soldiers. The foundation of combat effectiveness is COHESION - which develops in a climate of integrity, trust, and respect across ALL ranks.

LEADERSHIP
"I will always place the mission first"
Lead from the front with personal and organizational integrity. Leadership is a "team sport" - Counsel, Coach, and Mentor.

DISCIPLINE
"I will never quit"
A well-disciplined force will always come out the victor in battle. Never-lax standards - demand perfection and discipline in all "China Dragons".

Merciful Lord: I humbly pray for your Almighty protection, for me and for all those in service to our Nation. Help and strengthen us all in the righteous struggle for the preservation of liberty and justice for all mankind. Make us ever mindful of our duty to our country, and fill us with courage and loyalty.
- Amen -





CSM'S CORNER



CSM Mitchael Del Valle
TF 28 Command Sergeant Major



Bruce W. McVeigh, commander of The Task Forces 28th CSH, and I have a great responsibility. We are charged with charting the course for the immediate response of ready, relevant, timely, quality medical care; redeployment of forces and equipment back to America; all while drawing down the forces. This challenge will be met with our great staff and Soldiers assembled. We welcome the 1908th Combat Stress Company and the Air Force's 732 Combat Stress Detachment into our China Dragon Task Force.

After serving a total of 31 months in Iraq at multiple levels of leadership, I have earned the right to speak up and say we have a great team of professional Soldiers and Families. I am proud to be your Command Sergeant Major and know we could not do this without each and every one of you doing your part.

We have witnessed enormous positive change in this country of Iraq. As I travel the battle space I see farming everywhere. The streets are becoming clean and roadways are traveled freely. New business and home construction are more common. The people are approachable and happy to greet the American Soldier. Our hospital beds remain mostly vacant. CSM Grippe, the former Multi-National Corps-Iraq CSM stated, "Ladies and gentlemen, this is what Victory looks like".



TF 28 Soldiers participate in the
Scouting program for Iraqi Children

The Iraq people have told me to look around at the families having fun, and how excited they are not having to worry about violence since security and government has improved. What I see in their eyes is what was missing in the beginning, hope and trust. Now things are better through

their eyes...the eyes of the Iraq people, not just in our eyes."

I have attended one memorial since our arrival. We must thank this fallen hero every day and his families, for their sac-

rifices. In today's conflicts, noncommissioned officers (NCOs) have greater responsibilities than ever before. They must identify what works, and what doesn't. What works is a genuine love and passion for being a Soldier and Soldiers knowing that their fellow team members, leadership at all levels and families are going to take care of each other every day.

I am extremely proud of our NCO corps and how we've progressed since I was a young sergeant. It is refreshing to watch young NCOs and Soldiers with multiple combat tours "train up" new lieutenants and interact directly with brilliant surgeons, nurses, staff and famous entertainers that visit our hospital.



TF 28 China Dragons pose with members
of the Sheila Marshall Band

In order to have continued success we must first, never forget where we came from. Second, love your Soldiers just as you love your family. Third, treat all Soldiers with dignity and respect. Fourth, you have to be a servant-leader, not a self-serving leader.

I want to finish by thanking the American people and our Family Readiness Group for what they do. As I travel I have people approaching me all of the time, thanking us, as Soldiers, for what we do. I say to them, "Thank you. You're an American taxpayer and you pay me to do exactly what I chose to do, and that's to be an American Soldier. You've enabled me to be part of the most-honored profession in the world."



COL McVeigh and CSM Del Valle pose in front of one of many gifts on
display at the hospital donated to show support to the Soldiers of TF 28





CHINA DRAGON FEATURES



SERVING WITH HONOR GIVING THE ULTIMATE SACRIFICE

By CPT Bethany Deschamps, TF 28 CSH PAO



On 29 December 2009, the Nation and the United States Army lost a great American Soldier and outstanding Airborne Paratrooper. SSG Ronald J. Spino was killed in action while serving with the 274th Forward Surgical Team

(Airborne) (FST) as the NCOIC for the Intensive Care Unit in Afghanistan during his second tour in support of the Global War on Terrorism. The 274th FST is part of the 28th Combat Support Hospital (CSH) "China Dragons", Ft. Bragg, North Carolina. Task Force (TF) 28th CSH is currently deployed to Bagdad, Iraq on their third rotation in support of Operation Iraqi Freedom (OIF).

SSG Spino was born in Waterbury, Connecticut on 1 March, 1964. He enlisted in the United States Army on 5 October, 1993. He spent 10 of his 16 years of military service with units at Ft. Bragg and served in various positions to include Practical Nurse, 602nd Area Support Medical Company (ASMC), Operations Sergeant in the 28th CSH, and Practical Nurse at Womack Army Medical Center (WAMC). A highly decorated Soldier, SSG Spino's awards include the Army Commendation Medal (2 OLC), Army Achievement Medal (2 OLC), Army Good Conduct Medal (5th Award), National Defense Service Ribbon (2), Korean Service Medal, Non-commissioned Officer Professional Development Ribbon (2), Global War on Terrorism (Service) and Parachutist Badge. He was posthumously awarded the Bronze Star Service Medal with "V" device, Purple Heart Medal, Meritorious Service Medal, Iraqi Campaign Medal, Afghanistan Campaign Medal, and the Combat Action Badge. SSG Spino is survived by his spouse SFC Betty Spino, daughter Kandice and son-in-law, his parents Rita and James Spino, two brothers James Jr., and Glen, and a sister, Marianne.

SSG Spino was received at Pope Air Force Base by family, fellow



Soldiers, and members of the 28th CSH. All stood by with heavy hearts as they prepared to render honors and say goodbye. SSG Spino's funeral was held on 8 January 2010 at the Main Post Chapel on Ft. Bragg.

In Iraq, TF 28th CSH honored their fallen comrade. On 10 January 2010, Soldiers and Airmen gathered for a memorial ceremony at the Sather Air Base Chapel in Bagdad, Iraq. COL Bruce McVeigh, TF 28th CSH Commander, in his memorial tribute to SSG Spino, expressed his sadness for the loss of a great NCO and gave his deepest condolences to the Spino family.



CPT John Avery, TF 28th CSH Operating Room Head Nurse, spoke of his utmost respect and admiration he had for SSG Spino. CPT Avery worked closely with SSG Spino from June 2006-June 2008 and stayed in touch with him until he deployed with the 274th FST. At the conclusion of the ceremony, Soldiers and Airmen came forward to say goodbye to SSG Spino. On 16 January 2010 at 0900, a memorial ceremony was held by the 204th Area Support Medical Company (ASMC) at the Medical Treatment Facility (MTF) at COB Basrah. During the ceremony, the Post-Anesthesia Care Unit (PACU) was officially dedicated to SSG Spino. Chaplain (CPT) Hornon Cortez led the ceremony. SSG Spino worked alongside the Soldiers of the 204th ASMC in the COB Basrah hospital until the 274th FST was relocated to Afghanistan. He was a true testament of the words written in the Non-Commissioned Officer (NCO) Creed, which was read during the dedication. A plaque (right) donated by the 204th Area Support Medical Company (ASMC) will be displayed outside the PACU at the COB Basrah MTF in his remembrance.





TF 28 CSH REMEMBERS DR. MARTIN LUTHER KING,

"If we are to go forward, we must go back and rediscover those precious values. ..."

By COL Bruce McVeigh, TF 28th CSH Commander

History is indeed made up of significant events which shape our future and influencing leaders who shape our destiny. Dr. Martin Luther King Jr.'s contributions to our history, place him in an inimitable position. In his short life, Dr. King was instrumental in helping us realize and rectify those unspeakable flaws which were tarnishing the name of America. The events which took place in and around his life were earth shattering, for they represented an America which was hostile and quite different from America as we see it today.

Dr. Martin Luther King, Jr. catapulted to fame when he came to the assistance of Rosa Parks, the Montgomery, Alabama black seamstress who refused to give up her seat on a segregated Montgomery bus to a White passenger. His unyielding belief that all men could live together in harmony was a driving force and a vision of significant magnitude that shaped our nation unlike any other single human being was ever able to do so.

The black American community needed a Dr. Martin Luther King, Jr., but above all America needed him. The significant qualities of this special man cannot be underestimated nor taken for granted. With the span of 13 years from 1955 to his death in 1968 he was able to expound, expose and extricate America from many wrongs. His tactics of protest involved non-violent passive resistance to racial injustice. It was the right prescription for our country, and it was right on time. Hope in America was waning on the part of many Black Americans, but Martin Luther King, Jr. provided a candle along with a light. He also provided this nation with a road map so that all people could locate and share together in the abundance of his great democracy.

We honor Dr. Martin Luther King Jr. because he showed us the way to so mend those broken fences and move on in building this land rather than destroying it. He led campaign after campaign in the streets of America and on to the governor's mansion – even the White House – in an effort to secure change. In his everlasting legacy and in memory of his powerful spirit we say, "Thank you Dr. King for being the drum major who was able and ready to lead our nation to greater heights through love and peace."

As we ALL remember and celebrate this Great American Patriot and hero in Dr. Martin Luther King Jr., let us take the time to honor this man and all that he stood for. His dream is still very much alive, and there is much that we need to remember and put into use each and every day in our own lives. Please join me in remembering such a true national treasure in this legendary hero of significant magnitude --- and as Dr. King stated, "If we are to go forward, we must go back and rediscover those precious values. ..."

May each of you in our "China Dragon Family", have a special day as we pause to remember Dr. Martin Luther King, Jr.



By CPT Bethany Deschamps, TF 28th CSH PAO

Photographs by CPT Bethany Deschamps, TF 28th CSH PAO

On 18 January 2010, Soldiers, Airmen, Marines and Sailors gathered at the Al Faw Palace in Bagdad, Iraq to celebrate Dr. Martin Luther King, Jr. Day. Soldiers from the 14th Combat Support Hospital planned, organized and executed an informative, entertaining and well-attended program. SFC Gregory Austin was the Master of Ceremonies and the guest speaker for the evening was COL Marc D. Harris, 35th Theatre Tactical Signal Brigade. Entertainment included a poem by CSM Kevin Stuart, TF 1st MED BDE CSM, Dr. King's "I Have a Dream" speech interpretation by 14th CSH Soldiers, and a praise dance by the Hope Chapel Praise Team.



By: CPT Debra Love, Head Nurse Outpatient Clinic, TF 28 COB Adder



Our very own CPT Debra Love as MC for the MLK Celebration on COB Adder

Photograph by MAJ Ed Weinberg, Deputy Commander for Administration, COB Adder

On 18 January 2008, COB Adder celebrated the Martin Luther King holiday with a program that brought in individuals from across COB Adder. The program, "Celebrate the Dream", included a slide show of Martin Luther King with highlights of his career, and the reading of winning poems and display of drawings submitted by Soldiers on COB Adder. LTC Marin Johnson provided an opening statement on how the dream is being carried out in 2010. The presidential proclamation was read by Chaplain (CPT) Peter Pritchett, and our very own CPT Debra Love was the Master of Ceremony for the celebration. The program was a great way to celebrate the life of such an influential man.





CHINA DRAGON FEATURES



TF 28 TOC—Loaded with “China Dragon” Action

By 1LT Austin Willis, Battle Captain, TF 28th CSH

“China Base, China Base, this is Pusher 01, en route to your location with three urgent surgical patients, ETA three mikes”, blares the radio. The message is acknowledged by the RTO (communication guru and jack-of-all trades) with a concise “I copy three urgent surgical en route, three mikes.” The phone will then invariably ring being answered by the on duty Force Protection NCO, Movement NCO, or Battle Captain, de-conflicting a mission, arranging link-up, and coordinating all actions between the Air Force and Army elements. Welcome to the world of the TOC (Tactical Operations Center).

The Soldiers manning the TOC were assembled from multiple functional areas within the Task Force (TF) 28 umbrella and are responsible for coordinating, synchronizing, resourcing and ensuring every mission is successful. They develop concepts and plans for execution based on our Higher Headquarters guidance and enemy activity. In essence, it is their responsibility to ensure all China Dragons are at the right place, at the right time, and are ready to execute the task.

The TOC is the nucleus of the Task Forces’ deployed mission and is the voice of TF 28, answering all the inquiries from our Higher Headquarters, while providing guidance to the TF 28 Direct Reporting Units. Activity fluctuates, requiring discipline and focus to ensure the battle is being tracked with the Combat Support Hospital (CSH) ready to respond and support the medical missions. The staff monitors and tracks friendly forces and enemy activity, patient movement and disposition, coordinates EVAC training, re-deployment, and battlefield circulation flights, as well as several other mis-

sions. Clarity and finite details are paramount to mission success, especially during chaotic events. Soldiers assigned to the S3/TOC have continued to exceed all expectations. Families and friends of these outstanding Soldiers should be proud of their contribution and service in support of Operation Iraqi Freedom. They are all solid, modest professionals, more than eager to assist in any venue of the Task Force’s mission. Moreover, the Soldiers in the S3/TOC play a critical role in the planning, orchestrating, and support of all China Dragon endeavors to preserve the fighting strength; Ready, Relevant, and Reliable-AIRBORNE!



Photograph by SSG AC Bryant III, NCOIC Nutrition Care

TF 28 TOC Family

MAJ ThomasAnton-S3 OIC

MSG Stevens-S3 NCOIC

1LT Austin Willis-Day Battle Captain

1LT Baker-Night Battle Captain

SFC Banks-Force Protection NCO

SSG Linda Lofton-Day Battle/Movement NCO

SSG Bergerson-Night Battle/Movement NCO

SPC Moore-Day Radio Transmission Operator

SPC Russell- Radio Transmission Operator

Pharmacy—the “Rx” in Patient Care

By CPT Ferdy Ameh, Chief of Pharmacy Services, TF 28th CSH

Photograph by CPT Bethany Deschamps, TF 28th CSH PAO

The pharmacy profession has changed rapidly in the past several decades. Pharmacy now plays a vital role to ensure high quality care through medication interventions and direct interactions with providers, nurses and patients. This evolution has been accompanied by increased regulatory requirements, increased educational requirements, and a greater appreciation of pharmacy’s wealth of knowledge.

The TF 28 Pharmacy team fully supports the Commander’s mission by providing high quality pharmaceutical services. The Sather Hospital team is led by CPT Ameh, OIC, and SSG Sigler, NCOIC. The other team members include CPT Quan, SGT Sharritt, SPC Page, SPC Gill and PFC Montford. The Pharmacy staff excels by demonstrating a great deal of resiliency, professionalism, and dedication. Pharmacy technicians take care of patients by ensuring their medication needs are met. They work long hours, make trips to outlying areas to borrow out of stock medications, and perform other unseen tasks in order to accomplish the mission.

More importantly, they take utmost care preparing and compounding medicines, sometimes from scratch. One of the Pharmacy technicians, SGT Sharritt, was named the 28th CSH NCO of the month in December 2009. Working with the 28th team Pharmacy saves lives where nature has failed.



TF 28TH CSH-SATHER
PHARMACY TEAM





CHINA DRAGON FEATURES



GOT PLATELETS?

By MAJ Audra Taylor, Chief, Laboratory Services, TF 28 CSH
Photograph by SSG AC Bryant III, NCOIC Nutrition Care

The Armed Services Blood Program (ASBP) has a proud history of providing quality blood products for Service Members and their families in both peace and wartime. Since its inception over 50 years ago, the ASBP has collected nearly 5,000,000 units of blood to support United States Military Members. This would not have been possible without the support of dedicated staff and generous donors within the military community. Blood donated to the ASBP by active duty personnel, government employees, military retirees, and military family members has saved the lives of fellow military community members in their time of need. Our nation's military has come to depend on the ASBP to provide a sustained, secure and safe blood supply across the country and around the world at all times.

TF28 US Forces Hospital is a vital member of the ASBP! While Red Blood Cells, Fresh Frozen Plasma and Cryoprecipitate are collected, processed and shipped from the US, Platelets must be collected in Theater due to the fact they expire within five days of collection. TF28 Blood Donor Center, continually dedicated to the patient care mission, collects

platelets through volunteer donations. The center has a robust donor base of over 100 Soldiers and Airmen. Through proper planning and scheduling of donors, the Blood Donor Center can ensure the availability of Apheresis Platelets for patients receiving treatment within the facility.

While the screening process remains the same for Whole Blood and Apheresis Platelets, the method of collection is slightly different. During the Apheresis Platelet Donation, the donor's Whole Blood is withdrawn from one arm and processed through the Apheresis Machine. The Platelets are extracted from the Whole Blood and then all remaining blood components are returned through the donor's arm. The donation process takes approximately one hour and serves as the perfect time to relax, watch TV, read or listen to music while you donate!

MG James P. Hunt, Deputy Commanding General, Multi National Corps-Iraq, is one of many regular platelet donor at the United States Forces Hospital, Sather Air Base, Baghdad Iraq



Silver Caduceus Society Established in Theatre

By: CPT Kayla O. Ramotar, Public Affairs Officer, TF 28 COB Adder
Photograph by 1LT Angela Miller, Executive Officer/Battle Captain, TF 28 COB Adder



On January 2nd, 2010, thirteen Medical Service Corps (MSC) officers from six different units met to formalize the Silver Caduceus Society (CSC) - COB Adder Chapter. MAJ Ed Weinberg, founder and current President of the chapter set the process in motion to start the society shortly after arriving in theater in November 2009. According to MAJ Ed Weinberg, "Silver Caduceus Societies exist to provide developmental and social opportunities for Medical Service Corps officers, and the intent is to have one at every installation where Medical Service Corps officers serve. I can't think of a better place than in a deployed setting where senior and junior officers have proximity and time on their side in order to maximize the benefits of the society." CPT Vernon Nauls, 4/1 AD Brigade Medical Planner serves as the Chapter Vice President; CPT Princess Palacios, Alpha Company Commander serves as the Executive Secretary; and

CPT James Fabia, Chief Information Officer for the Combat Support Hospital in Tallil serves as the chapter Chief Information Officer (CIO). The inaugural session in January was a great success and the society plans to continue meeting on a monthly basis.



Silver Caduceus Society
Members who attended the inaugural meeting of the Silver Caduceus Society





CHINA DRAGON FEATURES



Saturday is Play Day!!!

By CPT Megan Leary, B Co Commander, TF 28 CSH
Photographs by CPT Bethany Deschamps, TF 28 CSH PAO

Iraqi Ground Force Command (IGFC) Military Transition Team (MiTT) has been working with their Iraqi counterparts to develop a Scouting program modeled off the United States Boy and Girl Scouts. Two years ago, an Iraqi Army Major cleared a two acre plot of land in order to turn it into what he hoped would one day be a playground. Thru donations and participation from U.S. Army and Air Force units, the playground is coming together nicely. It is the site of Iraq's only Scouts Program. Every Saturday IGFC MiTT, Soldiers and

CPT Leary assists Iraqi children with arts and crafts on 9 January 2010 as part of the Iraqi Scouting Program



Airmen from Victory Base Complex (VBC) units gather there to engage in various activities with Iraqi children ages 14 and under. Activities include soccer, football, basketball, martial arts, and arts and crafts. Soldiers from Task Force (TF) 28

(Sather) have participated in two Scouts Program events and the unit's plan is to continue participating throughout the deployment. The Soldiers seem to get as much enjoyment out of playing with the children as the children do with them. The program is a rewarding experience an excellent opportunity to get outdoors, run around and get totally annihilated by eight year olds on the soccer field!

Soldiers from the 28th CSH, Sather Air Base, participate in the Scouting Program every Saturday afternoon.



For more information on how to donate sports equipment or arts and crafts supplies, please e-mail CPT Leary at Meghan.leary@us.army.mil.

Training That Saves Lives

By MAJ Anthony Portee, Chief, Education & Training, 28th CSH
Photograph by SSG Brandy Navarijo, NCOIC Education & Training, 28th CSH

History has shown 90% of combat deaths occur before the casualty can be evacuated from the battlefield to a medical treatment facility. Fifteen percent of these casualties could have been saved if the first responders had received basic medical/first aid training. The Combat Lifesaver Course (CLS) is a 3 day course that teaches first responders how to sustain life until qualified medical personnel can provide care. During the course, the students focus on airway management, hemorrhage control, and evacuation procedures. In addition, they must complete



skill stations such as proper application of the Combat Action Tourniquet (picture 1), intravenous fluid administration, and a myriad of other tasks. To apply what they have learned in the course, students



conduct a practical exercise. They have to consider if they are in a safe place to treat a casualty, whether they have cover and concealment and what their medical evacuation window is. These skills are invaluable during combat operations and ability to execute is the first step in providing world class healthcare. SSG Brandy Navarijo, NCOIC Education and Training, is the primary instructor of the course and has trained over 75 soldiers since her arrival in November.





CHINA DRAGON FEATURES



1908TH COMBAT STRESS CONTROL (CSC) JOINS THE CHINA DRAGON FAMILY

By PFC Jeffrey Smith, TF 28th CSH Command Driver

Photographs by PFC Jeffrey Smith

On Thursday 31 December 2009, the 55th Medical Company (CSC) completed their Transfer of Authority with the 1908th Medical Detachment (CSC) at the Engineer's Chapel on Victory Base Complex, Baghdad Iraq. The 55th Medical Company's rich history stretches back to the Korean War, where the unit operated out of a field hospital. On 31 December 2009, the 55th MED Co completed their second tour in Iraq. "We are uncertain as to the number of lives that the Combat Stress clinic has saved. It is a testament to those

who I had the pleasure of working with," said outgoing commander LTC Salisbury. The 1908th Medical Detachment (CSC) was activated in September 1995, following the deactivation of the 410th Evac Hospital in Topeka, Kansas. Now the 1908th Med Det. (CSC) is beginning their second rotation in Iraq. "The 55th and the 1908th are filled with ordinary people that do extraordinary things," stated COL Curran, of the 118 MMB, complementing both units on how it doesn't take rich or famous people to have an impact on someone.



1SG Schumacher (left) and LTC Salisbury (right) salute their unit's colors as a honor for their soldiers, both past and present.



1908th CSC Command team Major Brand (left) and SSG Cramer uncased their units Guidon as part of the TOA ceremony 31DEC2009.

COMPANY LEADERSHIP FORUM

Team Gator Dragons Charge into 2010

By CPT Princess Palacios and 1SG Nicole Haines, A Co TF 28th CSH

Hello once again to our best supporters – the mighty Gator Family! We happily welcomed 2010 with a smile and great anticipation of what the New Year has in store for us. During the holiday season, each and every Gator Soldier contributed immensely to provide a "close to home" holiday bash. Some of the great events we did were gift exchange, gingerbread house decorating competition, gift wrap off and an exciting choir caroling within the sections of the hospital. Our Hospi-

tal Commander and Command Sergeant Major took time off their busy schedule to spend the holiday season with us. The hospital was beautifully decorated with many decorations donated and sent by loved ones and other organizations back home. We are thankful for the packages that showered our holiday season in the desert. This past month, we were also fortunate to have some visitors who graced us with their presence: Ana Kournikova, Billy Ray Cyrus, and Tito Ortiz. Our hospital's services continue to thrive as we provide healthcare to all Armed Forces, Coalition Forces and civilians in the entire southern region of Iraq *(continued on page 10)*





COMPANY LEADERSHIP FORUM



(continued from page 9) . One of our biggest projects includes the expansion of our hospital footprint with the construction of the Dental Clinic. This new building allows us to allocate more space for patient care and services. We have begun preparing for the future drawdown in Iraq, which includes retaining the best equipment and removing all unserviceable equipment. We hit this mission with full force. We are also focusing on the administrative requirements to ensure compliance with the Army standard. Finally, our Soldiers are reaching out to expand our networks within the base through volunteering at the education center, providing physical training instruction in the gym, and junior leader development with

other units. Truly, our Soldiers want to provide assistance and have taken great initiative in their contributions. Until our next newsletter...



CPT John Paap taking a swing at the COB Adder driving range

B Company Bulldogs Reflect & Prepare for the Road Ahead

By CPT Meghan Leary, TF 28 B Company Commander

Hello again from Baghdad. I sincerely hope this newsletter finds you well and in good spirits! Bravo Company has been doing very well since last I wrote. On January 1st, sarcastic jokes were made about how it is *nice* to be able to say that we are going home "this year." But instead of dwelling on the negative aspect of our long road ahead, many Soldiers decided to accentuate the positive. With the holidays behind us and a new year before us, a number of Bulldogs made the usual New Year's resolutions. Common themes were finishing degree programs, losing weight, stop swearing, stop smoking, save money, or for me—taking up Yoga (ugh-it's way harder than I anticipated!). I am happy to report that we are 22 days into 2010 and most of our resolutions are still being upheld. It warms my heart to see so many people buckling down and taking advantage of this year to make improvements in their lives that will have lasting effects. For example, SPC Patrick Green is taking four online classes towards his Liberal Arts degree. SPC Mike Sandford and PFC Chris Montford are getting their Level I Combatives certification. SPC Arnel Santos, CPT Ed Keen and SGT Jung Yoon are excelling at Tae-Kwan-Do taught by our very own MAJ Portee. SPC Martine Caraballo and SPC Breanna Trexler are applying to the Army Enlisted Commissioning Program (AECIP) in order to achieve their personal goals to become Army Nurses. SGT Cecilia Rangel is pursuing her dream to be a forensic investigator and SPC Tammy Wade is checking off multiple personal goals academically and physically. Her efforts were recently rewarded when she was able to secure her next assignment at her first choice duty location. This month, 11 Bulldogs participated in the NCO/Soldier of the Month Board. SGT Sharritt from Pharmacy and SPC Reeves from

the Lab took the titles. The board and all the outstanding individual and team accomplishments this month are quantifiable, undeniable prove of what a tremendous company we have.

I recognize that we are right around the 90-day mark since leaving home.

The time and space distance is beginning to take its toll on many of us. I would just like to remind Soldiers and family members alike that we are incredibly grateful for your service. Though often difficult to keep in mind, your struggles and sacrifices are worthwhile. We here in Iraq could not accomplish all the above mentioned missions and goals without the support and love we receive from home in the form of care packages, cards, e-mails, Skype-time, etc. To the families, particularly Moms and Dads acting as temporary single parents, please take time to take care of you. I cannot imagine how difficult your job is and my hat goes off to you! Please remember that our FRG can put you in contact with resources designed to ease your burden...everything from personal development classes to babysitting. Asking for help is not a sign of weakness, but actually a sign of strength, self-awareness, and wisdom. Please let me know if there is anything I can do to help. I work for you whether you are my Soldier or a family member. In closing, happy New Year, stay safe, and if you pray, please pray for our continued success here in Baghdad and for the health of all our patients. **Never Quit!!**



COL Jones, TF 28 DCA, and other China Dragons appreciate all the holiday care packages!





CHAPLAIN'S MESSAGE



God Wants You to Be a Hero

By Chaplain (MAJ) Buster Akers, TF 28 CSH Chaplain

The dictionary defines a hero as a person of distinguished courage or ability, admired for brave deeds and noble qualities. Did you know that God desires such heroic qualities from all of us? To Joshua, the leader of the Israeli army, God said "I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the LORD your God is with you wherever you go" (Joshua 1:9). This was spoken to Joshua, the military leader of the Israelites just prior to the military campaign that resulted in the obtaining of the Promised Land. The enemies that occupied this land were fearsome and superior in numbers, military experience, training, and technology. Israel should not be capable of such a feat without the intervention of a real God.

The commandment to "be strong" is not about physical strength but inner strength; strength of the heart because one knows that the LORD will help. To be courageous is to be valiant in attitude and action. Note that to be strong and courageous is a commandment. This is because merely believing in God or in God's ability is no guarantee of victory in battles. But what does being strong and courageous have to do with demonstrating genuine trust in God's ability on our behalf. This is an important point, so let me restate it. Believing in God and God's abilities is not enough. It must be personalized. Do you believe God will help you (me)? Be strong and courageous because God will help you if you trust in him.

The last part of the verse states, "for the LORD your God is with you wherever you go." These words reveal the motivation of the strength and courage God desires from us. These words are a promise of God's presence and help in our battles. This promise is similar to that echoed by Jesus Christ. After His resurrection, after forty days of showing himself alive, St. Matthew records the last words of Jesus either just prior or during his ascension to the Ancient of Days. These words are: "And remember, I am with you always, to the end of the age." Why would this promise be the very last thing Jesus spoke to his disciples? For the same reason God spoke such a promise to Joshua. To help strengthen our faith in God's ability to be victorious through us. He is present to help us be a hero in our daily battles.

The secret to being a hero is to practice heroic qualities in our daily lives. Heroes are not made overnight; heroic strength and virtue existed before the battle. Trust God in your daily battles. And you will be a hero as you survive those battles, as you grow stronger, as you persevere and as you realize that God is truly with you and helping you. The psalmist wrote:

"I believe that I shall see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and let your heart take courage; wait for the LORD" (Ps 27:13-14)! These words are inspiring. Believe! Do not give up! Believe that God is good toward you! Be strong and courageous in your faith in God. Be the hero God wants you to be. After being patient, you will see the goodness of the LORD in this life.

Loved to Life by God

By: Chaplain (CPT) Bret Perkuchin, TF 28 COB Adder

I would like to share a story about a renowned African American named Booker T. Washington. This story of Booker T. Washington reveals the way someone who God has loved can thrive despite the prejudices of mankind. Dr. Washington, toward the latter years of his life, accepted a position as the president of the Tuskegee Institute, the premiere African American center for education at the time. A few days before filling the position he took a walk in a very rich white neighborhood, nearby.

A wealthy lady, assumingly, approached him and asked if he would like to make some money splitting wood for her. In response Dr. Washington took off his coat, rolled up his sleeves and said, "How much wood do you need split?" He spent the entire afternoon splitting and stacking wood for the wealthy woman. All sweaty and with a dirty white shirt he cleaned up all the wood he split and put it in the wood box. He even filled the wood box in her home.

As he made his way down the front sidewalk, a little neighbor girl ran up as he rounded the corner, turning down the street to continue his errand. She said to the woman, "I did not know you knew Dr. Washington." The woman replied, "What did you say?" The little girl said, "I did not know you knew Dr. Booker T. Washington, the president of Tuskegee Institute." The woman said, "Is that who just stacked my wood for me all afternoon?"

The next day at the Tuskegee Institute the rich woman knocked on the president's door. When she saw the same man that filled her wood boxes she said, "Dr. Washington, I have heard so much about you. I am aghast. I am appalled, that I am filled with so much pride. Forgive this white woman, for my racism. Forgive me, please forgive me." He looked at her and said, "Ma'am, you did not offend me. I enjoy a little manual labor. I had the time and I prayed that morning that God would give me a chance to do a good deed. You were an answer to my prayer." With tears streaming down her cheeks she said, "Dr. Washington, God has used you Sir, to change my life."

It was just a few days later that she gathered a few of the wealthy citizens in town together and said, "We have to do something to help this man." In just a few days they walked into Dr. Booker T. Washington's office and gave him a check for a half a million dollars, saying, "Thank you Sir, for showing a bunch of racist white people an example of real Christ likeness."

This is a true story. Dr. Washington's example of a worthy walk reveals the truth we find in Ephesians 4: 1-2 "I therefore the prisoner of the Lord, beseech you that you walk worthy of the vocation to which you are called, with all lowliness and meekness, with longsuffering forbearing one another in love." Dr. Washington leaves us an example of what it means to become loved to life by God.





NEWS FROM COB BASRAH



COB BASRAH STAYS AFLOAT IN 2010

By: SFC Jaques Hope, NCOIC TF 28 – Basrah, TF 28 COB Basrah

The New Year has rung and so has the rain. Over the past month we have experienced some wet weather down in COB Basrah. As a result, many of our living areas have been flooded. But no worries to our families back home, we plan to work as a team in order to build wood floors in the next few weeks. The Soldiers are excited about this most needed “upgrade” to the living condition down at “8 Mile.”

The Soldiers have been staying very physically active this month. On 10 January 2010, COB Basrah held a 5K run to remember the Fallen Soldiers who passed away due to an Indirect Fire (IDF) attack. In addition, on 24 January 2010 a 10K run will be held in remembrance of Martin Luther King.



TF 28 – Basrah outside the Emergency Entrance of the hospital.

SFC Jaques Hope and another SFC from the 17th Fires Brigade have been hard at work improving the amenities around the living area. These two Soldiers are currently in the process of establishing a Morale, Welfare, and Recreation (MWR) tent located next to the gym and within the living area. They have worked to find donated furniture, video game systems, games, movies, pool tables, a television, and most importantly AFN cable. There is already an approval in place for five computers and three phones to be hooked up. The grand opening is expected to take place on 01 February 2010.

On 16 January 2010 we held a small ceremony to dedicate the PACU to our very own SSG Ronald Spino who passed away this month. The plaque hangs in remembrance of his never ending dedication to his patients and the Army. After three months in theater, we have adapted well. We send our love back home to our families.



MILITARY PA TURNS TRAGEDY INTO HOPE

By Ashley Kent

An accident claimed the life of his 15-month-old son, but 1st Lt. Eric Van Hecke saw the tragedy as an opportunity to save another child's life. Van Hecke, a physician assistant with the 204th Area Support Medical Company, and his wife Jennifer lost their son Jack in 2006. In the midst of their grief, the Minnesota couple decided to donate their son's heart valves to save the life of a little girl living in their state.

According to an article on the Army's Web site, as a way to honor their son's memory, the couple helped create a florograph—a memorial portrait made of flowers—which was featured as a part of the Donate Life float in the Tournament of Roses parade in Pasadena, Calif. on New Year's Day. The float, which was themed New Life Rises, was sponsored by LifeSource, Jennifer Van Hecke's employer and a non-profit dedicated to saving lives through organ and tissue donation. The float featured a phoenix, the mythical symbol of life coming out of death, with its tail feathers comprised of 76 florographs depicting organ and tissue donors. One of the florographs honored 15-month-old Jack Van Hecke.

Eric Van Hecke returned to the US on leave from Iraq to take part in the tribute honoring his son. He told www.army.mil, "What keeps me going is the thought that part of him is out there somewhere and a part of him is affecting another life. What's so fitting is that Jack donated his heart valves ... he was able to help another child. When he or she is at school and runs their first mile ... or runs the court at

basketball, it's going to be his heart that's going to help them do that. To me that's the best part of this. It's truly remarkable."

Life Source estimates that more than 100,000 Americans are currently waiting for a life saving organ transplant and 100 people are added to the national transplant waiting list every day.

PAs are often advocates for organ/tissue donation. What information do you provide to your patients about the process? How has the care of your patients been impacted by donation?

Memorial Tribute to Son's Organ Donation on Float at Tournament of Roses Parade

Photograph by SFC Daniel Ewer, Minnesota National Guard





NEWS FROM COB ADDER



Alpha Gators Lead the Way in Tallil

By: COL Michael Bayles, OIC TF 28 – Tallil, TF 28 COB Adder

Greetings! Just a quick update on all the happenings on COB Adder in Tallil. Our staff continues to take advantage of the periodic lulls in patient workload to conduct focused training based on our assessed needs. Some excellent work has gone into planning these activities, and our Soldiers and medics are learning from experts in the field. They have the most advanced equipment available to learn on (and use during our actual duties). Most recently, several members of TF 28 participated in the installation's Martin Luther King Jr. activities. Although a candlelight walk was planned, it was canceled due to a heavy dust storm.

The hospital is running strong thanks to our amazing group of providers and staff. I would like to recognize some of the self-starters who have stepped up to the plate: CPT Kayla Ramotar, CPL Patrick Athow, and SPC Lauren Medford, COB Adder Nutrition Care Division, have been doing a fabulous job with keeping us focused on fitness and nutrition. The Army requires Soldiers to maintain a certain level of physical fitness, not always easy with the smorgasbord of options at the various dining facilities, not to mention the ubiquitous care packages from our families and other supportive Americans. Thanks to CPT Ramotar's leadership and her team's support, many are continuing to maintain Army Physical Fitness and weight standards. We appreciate it!

MAJ Norm Ayotte: Among the most popular of our providers, MAJ Ayotte's physical therapy skills have been put to extremely good use, as there are many here with sports injuries or pre-existing musculoskeletal conditions. He is especially adept at helping people learn to manage their chronic conditions, and does an awesome job of supporting our staff education to doctors, nurses, and medics. MAJ Ayotte regularly takes his services to more distant locations to ensure maximum support to those most in need.

MAJ Jason Lanham: Has done an outstanding job of translating medical education into a leadership opportunity. Without being asked, he volunteered to manage the continuing medical education activities on our compound. I say our compound, because while it was only initially established for the CSH staff, MAJ Lanham ensured that medical personnel from all over the compound, regardless of service or organization, were invited. Indeed, we have mental health professionals, doctors, nurses, Air Force, Navy, in short, a wide variety of personnel fill the room for this well-attended activity. MAJ Lanham has done an outstanding job of capitalizing on talent and resources available for his program among the staff of the 28th CSH (and others). He has put a lot of effort into

ensuring a good-quality program and that continuing medical education credits are available for the sessions which qualify.

MAJ Ed Weinberg: Upon his arrival in country, one of the first things that MAJ Weinberg noticed was that there was no active participation in the Silver Caduceus Society (SCS), which exists to provide a form of mentorship and professional development for Medical Service Corps (MSC) officers. There are several MSC officers at our location and throughout theatre. He immediately called a meeting with a group of key MSC leaders on the compound and established a program. They have already had their inaugural meeting and will conduct a teleconference with the Human Resources Command within the next few weeks. He solicited leadership support and developed his own website with information for the SCS. It was very well received and is being adopted at other locations.

SGT Javier Esquivel: Also in the spirit of assisting us to maintain our top level of physical fitness, SGT Esquivel, clearly one of the most physically fit persons among us, has started a spinning class (a variety of exercises performed while riding a bicycle). While definitely hard work, everyone clearly seems to have a lot of fun while doing it, in part due to his upbeat attitude, but also because of some cool tunes that he plays to get people moving.

SPC Matthew Weiss: This hard charging Soldier as a "git-r-done" attitude, and actively surveyed the needs of his fellow Soldiers regarding personal comforts at the office. An extremely able carpenter, he used available materials to craft a variety of tables, tasks, bookshelves, and "trees" on which to hang an individual's body armor. Any Project that was asked of him, he did, and easily constructed 30 or perhaps as many as 40 pieces of furniture. The most notable aspect of this is the fact that he did it on his own time and put in many long hours to complete his projects.

CPT John Paap: Has established the "Truth Project", a religious education program one evening a week.

LTC Dawn Uithol: Has been active in the women's Bible study program in the evenings. Her compassion and maturity have been a great comfort to many on the compound who are in need of support.

All of the sections have done a wonderful job of establishing a great amount of camaraderie and support for each other. To a large degree, they enjoy spending time together, playing sports with each other, and dining together. Our football team has done extremely well, despite losing a few players almost every week due to injuries. Our current standing is 8-4. The next game will be played in deep mud. Fun! Until next time...





NEWS FROM COB DELTA



Enjoying a New Year, New DFAC & More!

By: CPT Joshua Mandeville, Physician, TF 28 Delta Med
Photographs by SGT Melissa Marsh, Laboratory NCOIC & SGT Shane Fesinstine,
Pharmacy NCOIC, TF 28 Delta MED



It's been a quiet month here at FOB Delta. The rising sun is brilliant against an orange sky as we walk to the new 37 million dollar dining facility for breakfast (left). After much anticipation, the mess hall

opened its doors on the 22nd of December. It is a tall, peaked building accompanied with a roof of corrugated aluminum, an addition to the building with the purpose of protecting its occupants from rocket attacks. There was grumbling about the layout when it first opened, but after a couple weeks, most have gotten used to the new facility.

Life has settled into a steady pattern at the troop medical clinic. Medics and providers are occupied most days with clinic appointments and minor surgical procedures. This past month, orthopedic surgeon Major Michael Todd and obstetrician Colonel Randal Robinson rotated through our facility. We are grateful they shared their knowledge and expertise with us.

In the emergency department, we keep ourselves sharp with weekly trauma codes, MASCAL drills, Combat Medic table VIII training and didactics for nurses and doctors. The medics focus on improving skills needed for response to a traumatic injury. Didactics for nurses and doctors focus on keeping our knowledge updated and sharing information useful in a MASCAL or trauma situation. The trauma codes reinforce lessons learned during the week as we save the life of a simulated patient.

COL Uyeno uses SPC Oglesby to demonstrate the application of the fluoride vanish as the Iraqi Dentists watch.



The physical therapy department works hard to keep our soldiers fit to fight. Over the holidays, the FOB held football and basketball tournaments. These events kept CPT Easterling and SGT Young busy tending to various sports related injuries.

On most weekends, in conjunction with 3rd Infantry Brigade and the provincial reconstruction team, we hosted a small group of Iraqi physicians. This is an effort to strengthen the bond between the United States and the

Iraqi people. During our meetings, the American doctors lectured on requested topics. In exchange, the Iraqis offered their unique perspective on medicine. Hopefully, the knowledge exchanged will lead to practice improvements in the United States and in Iraq. As an added benefit, the Iraqis often bring a sampling of their delicious cuisine!

Recently COL Uyeno and SPC Olgesby, our Dentist and Dental Technician, educated a group of Iraqi dentists on American dental procedures. "Project Smile" is the program's name. It was approved by the Iraqi Ministry of Health to improve oral health awareness of citizens in Wasit Province and to reduce the incidence of dental decay among the children of Wasit Province through a fluoride vanish program. Hopefully, this training will lead to widespread improvement in Iraqi oral health. Plans are also being finalized to begin teaching Iraqi nurses on the management of burns and other injuries.

The support staff of Task Force Delta represents the backbone of our facility. Behind the scenes, pharmacy, lab, medical maintenance, medical facilities, supply and information technology allow the hospital to function.

Morale, Recreation, and Welfare (MWR) officers SPC Rakestraw and SPC Massey continue to keep spirits up with a Christmas gift exchange, Christmas party and New Year's party. A softball team has been organized and we recently trounced the opposition 29 to 5. Go Alpha Gators!

FOB wide MWR events include a visit from Mr. Jacob "Tito" Ortiz, an Ultimate Fighting Championship (UFC) fighter and The Celtic Aire (top right), an ensemble from the world renowned Sing Sergeants, which is the official chorus of the United States Air Force. Both visits were well received by the Soldiers.

Three months into our Iraq deployment, we have adapted to our new roles. Life has assumed a routine and we are accomplishing our mission. We appreciate the continued support of our families and are counting down the days until we all return safely home.



SGT Banda raises his hand in submission, Tito Ortiz doesn't mess around.





PHYSICAL FEATS



'Tis the Season for.....FOOTBALL!

By: CPL Patrick Athow, TF 28 COB Adder

Flag football season has hit COB Adder and Task Force 28 (TF28) has risen to the challenge. The TF 28 Renegades are 8-4 with the playoffs just around the corner. The team started out winning the first seven games of the season with great efforts by quarterback SGT Robert Hyde, wide receiver SSG Dominic Jordan, wide receiver CPT Larry Brown, and field goal kicker PFC Clifford Woodward. Injuries to a few of the team's players have slowed us down a little, but Gator Dragons own COL Michael Bayles and MAJ Ed Weinberg have stepped up and filled in for the injured players to keep the team competitive. GREAT JOB RENEGADES! Way to represent TF 28 and our Gator Dragon family.

MAJ Ed Weinberg and COL Michael Bayles fighting for some open space on the football field



Operation Get What?.....Get FIT!

By: CPT Kayla O. Ramotar, Public Affairs Officer, TF 28 COB Adder

TF 28-Tallil's "Operation Get Fit" kicked off the first in week in January. This twelve week program provides nutrition lectures on various sports nutrition topics, such as Carbohydrate Confusion, The Power of Protein, Fat Facts for Athletes, Creating a Winning Performance Meal Plan, and much more. Soldiers who participate in the program partake in various fitness tests each week. These tests will assess the Soldiers flexibility, endurance, muscular strength, agility and speed. Below are the Fit Warriors of the week for the first three weeks of the program.

OPERATION GET FIT

Warriors of the Week

Week 1: 1RM Bench Press

Fit Female Warrior: SSG Ebony Johnson, 95 lbs

Fit Male Warrior: CPT William Molina, 255 lbs

Week 2: 1RM Back Squat

Fit Female Warrior: No female participants this week

Fit Male Warrior: PFC Bobby Burley
& PFC Brandon Keel,
295 lbs

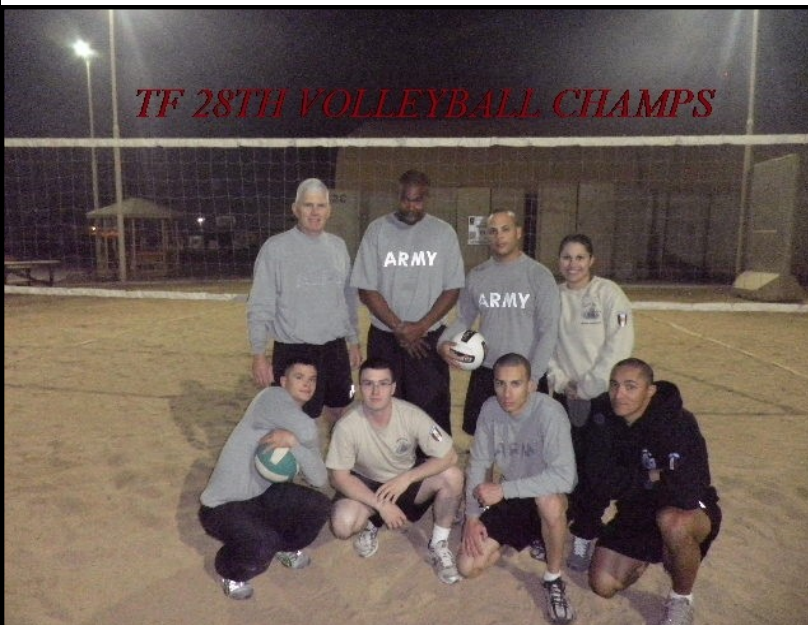
AND THE WINNER IS.....

CHINA DRAGON TEAM MEMBERS

COL Steven Jones, DCA
SGT Gerald Hurley
SPC Luis Baez
PFC Travis Carie
PFC Michael Polmanteer
PFC Jamie Rivera
Coach: SGT Crystal Polk
Cheerleader: SSG AC Bryant

TF 28th CSH Bravo Bulldogs! The Sather Air Base Volleyball Championship was held on 2 January 2010. The China Dragons, exhibiting sound strategy, physical stamina, and teamwork, beat their "Air Power" Competitors 21-10 and 21-8. The China Dragons will spend this year defending their title against our sister service and other Army teams. Go Bulldogs!

TF 28TH VOLLEYBALL CHAMPS





PHYSICAL FEATS



Run Forest Run!

By: CPL Patrick Athow, TF 28 COB Adder

Eleven A Co Gators participated in the Ali Fire Department Half Marathon on 16 January 2010. Participants included LTC Dawn Uithol, MAJ John Phillips, CPT Larry Brown, CPT Kayla Ramotar, CPT Jennifer Jett, CPT Canisha Martin, 1LT Angela Miller, SFC Stephen Billman, SSG Clinton Walls, SPC Lauren Medford, and SPC Shannon Stuteville. LTC Uithol smoked the competition and took 2nd place in her race category. AIRBORNE!!!

LTC Dawn Uithol poses for the camera after taking 2nd at the Ali Fire Department Half Marathon



SPC Stuteville (right) runs a good, steady pace during the Ali Fire Department Half Marathon

CPT Martin (left) gladly accepts a glass of water during the Ali Fire Department Half Marathon on 16 January 2010



Cue Statements – Staying Focused

By LTC Kerrie Golden, Chief, Physical Therapy, 28th CSH

What on earth are cue statements and how do they apply to me? Is this some type of mumbo jumbo psycho-babble? Well, sort of. Cue statements are based in sports psychology, but are not really the touchy feely self-talk you may be thinking of.

Cue statements are used by athletes to regain focus during sports competition. However, they can be used by anyone who performs multiple activities and pursues various goals. Athletes often become frustrated and lose focus when they cannot let go of mistakes they have made during competition or practice. Cue statements are short statements said to yourself that can help you regain focus and stop negative and distracting thoughts that can impact performance. In developing a cue statement, you should consider the following:

Make it Personal: Find a word or statement that has meaning to you. An athlete may choose a word such as “tough” or “dominate” or a short series of words such as “strong, focused, in the game” or “calm, confident, in control.” One way to develop a cue statement is to answer the question, “If I were the best ____ I could be, how would I look and act?” The answer to this question will often result in certain words or images to emerge which will help you develop your cue statement.

Make it Positive: Your cue statement should be positive with a focus on what you do best. Negative thoughts only serve to

increase anxiety and errors.

Keep it Short: You don’t want a paragraph or long statement. A cue statement needs to be short and sweet to help you quickly refocus without interfering with your performance. Okay, so how do you employ a cue statement once you have one? It’s really pretty easy. Just take the following steps:

1. Inhale through your nose for about a count of four.
2. Hold your breath for 1-2 seconds.
3. Exhale your breath through your mouth for about a count of four.
4. While exhaling, state your refocusing cue in your mind allowing your mind to refocus.

The deep breathing will help relieve tension and allow you to take that moment to focus on your cue statement.

Try coming up with a cue statement that works for you and practice the above technique. Next time you have to give a presentation, take a test, or compete on the court, try using your cue statement to improve your focus and concentration while reducing your anxiety. You may just find you perform better!

Reference:

Hedstrom, Ryan. Cue Statements: Staying Focused at Critical Times. Association for Applied Sport Psychology.
<http://appliedsportpsych.org>





PHYSICAL FEATS



Nutrition and Wellness

MORE IS NOT ALWAYS BETTER

By CPT Bethany Deschamps, Chief, Nutrition Care, TF 28 CSH

America is a high-protein society. Protein is available in abundance - protein powders of all kinds and concentrations, 12-16 ounce T-bone steaks at restaurants, high protein cereals, premixed protein shakes and bars, enormous omelets, large servings of breakfast meats, ½ pound burgers, the list goes on. Because of its abundance and marketing gimmicks claiming this nutrient is everything you need to build muscle, feel full, decrease body fat and lose weight, people tend to think the more of this nutrient they take in the better.

A protein molecule is composed of different amino acids linked together. When protein is digested and broken down, the amino acids are absorbed into the blood stream and used by tissues. Amino acids are essential for cellular regeneration and repair, tissue maintenance and regulation, hormone and enzyme production, fluid balance, and energy production. Amino acids are used by every cell of the body to include muscle, bone, tendon, ligament, skin and organs.

Protein needs vary with each person and is based on how quickly cells are breaking down. Certain conditions increase protein requirements such as decreased calorie intake and increased activity. An average inactive person taking in sufficient calories requires .8-1.0 gm/kilogram (kg) body weight per day. Those on calorie-restricted diets have increased protein requirements because when calorie intake is less than what is required to maintain weight, the body will convert some amino acids into energy. Amino acids converted to energy cannot be used for cellular regeneration and repair, therefore additional protein is needed to maintain cellular health. Protein requirements for those on calorie restricted diets is 1.0-1.2 grams/kg body weight. For athletes or serious exercise enthusiasts, protein needs increase because exercise increases the rate of cellular breakdown, especially muscle. For moderately active individuals, protein needs are 1.0-1.2 grams/kg body weight, slightly higher than a sedentary person. For endurance athletes, protein requirements are 1.2-1.4 grams/kg body weight and for strength/power athletes, protein requirements are 1.6-1.7 grams/kg body weight. Protein intake in excess of 2 grams/kg body weight is not proven to have any additional benefits compared to consuming the recommended amounts. To convert your body weight in pounds to kg, simply divide body weight in pounds by 2.2.

Protein, like any other nutrient, when taken in excess of what the body needs will be converted to fat. In addition, wastes from protein breakdown are excreted through urine. Excess protein intake can lead to dehydration due to increased urination and be

taxing to the kidneys.

A well-balanced diet can provide sufficient amount of protein. Supplementation is not always necessary.

One ounce of any type of meat or fish provides seven grams of protein.

A three ounce portion of steak (size of the palm of your hand) provides 21 grams of protein.

One cup of any type of milk contains eight grams of protein, one egg has six grams of protein, one slice of cheese has eight grams of protein, ½ cup beans has eight grams of protein and four slices of deli meat contains five to ten grams of protein.

Supplementing with protein powder would be a viable option if not enough protein can be consumed through food sources. Choose protein supplements that contain 15-25 grams of protein per serving.

Spread protein intake throughout the day. Cells are constantly breaking down and need a steady supply of amino acids but can only use so much protein at a time. Excess amino acids that cannot be converted to energy will be stored as fat. Consume no more than 25-40 grams of protein at each meal/snack and eat smaller meals containing adequate protein every three to four hours. Protein takes about two to three hours to digest. By eating an appropriate source every three to four hours cells will have the maximum amount available for use with little left over. Avoid large portions of protein and stick to smaller servings (i.e. 4 oz steak vs. 12 oz). Keep a food journal for a few days to ensure you are taking in adequate amounts of protein and if not, increase the amount of food sources containing protein in your diet like milk, beans, and fish. If you are taking in too much, especially in one sitting, decrease the portions you consume at meals and make more room on your plate for healthy fruits and vegetables!



PROTEIN NEEDS

Sedentary-0.8-1.0 gram/kg/day

Calorie Restricted-1.0-1.2 grams/kg/day

Endurance-1.2-1.4 grams/kg/day

Strength/Power-1.6-1.7 grams/kg/day

DO NOT EXCEED 2 GRAMS/KG/WT PER DAY!





PHYSICAL FEATS



Nutrition and Wellness “BONE” UP ON YOUR HEALTH

By: SPC Lauren Medford, Nutrition Care Specialist
(68M)
TF 28 COB Adder

Going through basic training, I remember how much the consumption of calcium was stressed to female Soldiers. I was told that I would have a source of calcium at every meal to ensure that I was making efforts to protect myself from hip injuries. The advice was valid and well received. However, I feel they should have stressed the importance of calcium to both genders. I have come across many articles that pertain primarily to woman regarding good bone health education. Very few articles pertain to men. The intent of this article is to reach out to both men and women regarding the importance of calcium, vitamin D, and good bone health. As Soldiers in the United States Military we *all* need to be at our peak bone mass for optimal performance in completing warrior tasks and drills.

What is calcium? Calcium is the most important nutrient involved with bone health. Daily intake of calcium is contingent upon many different variables: gender, age, pregnancy, breast feeding, or menopause. Taking in the appropriate amount of calcium based on mentioned variables is important to achieve optimal bone health

On average a person will reach their peak bone mass between the ages of 16 and 25. During this period in the life cycle, it is important to maximize calcium intake. After the age of 25, taking in the appropriate amount of calcium will help maintain bone mass and reduce your risk of bone diseases, such as osteoporosis. If you are not

VITAMIN D NEEDS AND SOURCES

AGE /GENDER	VITAMIN D	SOURCES
Children	400 IU	Mackerel
Women <50 years	400-800 IU	Salmon
Women > 50 years	800 IU	Tuna
Men <50 years	200 IU	Egg yolks
Men >50 years	400 IU	15 min sunlight

meeting your daily requirements for calcium through diet, your body will begin to steal calcium from your bones to fulfill those needs and bone mass will begin to decrease.

If you take a calcium supplement, do not consume more than 500 mg at a time because our bodies are more efficient at absorbing calcium when consumption is spread throughout the day. Try taking your calcium supplement with lunch and dinner, and avoid taking it in conjunction with a multi-vitamin because that will also inhibit absorption.

Vitamin D also plays a big role in maintaining good bone health. Although our bodies absorb around 90% of the calcium we consume, it is best absorbed with the help of vitamin D. This vitamin is made in our body to assist in bringing the calcium into our bones and teeth, and regulates how much calcium remains in our blood. The daily requirements for vitamin D vary just as well as those for calcium. It is important that we reach our peak bone mass early in life and maintain it through adequate calcium and vitamin D intake it to protect ourselves from Osteoporosis. Osteoporosis, like many other diseases, is irreversible. Along with consuming adequate amounts of calcium and vitamin D, weight-bearing exercises can also contribute to increasing and maintaining bone mass. Being a Soldier in the United States Military can demand many physical tasks from our bodies, all of which require a strong set of bones. The importance of good bone health does not exclude anyone, and should be stress to both the male and female Soldier.

CALCIUM NEEDS

AGE/GENDER	CALCIUM	SOURCES
Children ages 4-8 years	400 mg	Yogurt/Milk
Children ages 9-18 years	1300 mg	Cheese
Adults ages 19-50	1000 mg	Fortified Soymilk
Adults ages 50+	1200 mg	Dark Leafy Veggies





CLINICAL CORNER



Combating Stigma through Outreach Services

By: MAJ Rosanne Visco, Outreach Manager, 732 ESPTS CSC

“Combat stress” is not just restricted to combat, but may also arise from combat-like conditions present during military operations other than war. Stress casualties can affect groups such as medics and mortuary affairs, who frequently suffer secondary trauma. Secondary trauma can occur when you see or hear about a traumatic event or are involved in the aftermath of a traumatic event. Secondary trauma or vicarious trauma does not happen to you directly, but you feel its effects. You might have experienced secondary trauma when you watched the news reports after 9-11 or more recently, many people were rightly disturbed by the shooting incident at Fort Hood, especially those service members who were witnesses to the event or rendered first aid.

Some reactions sharpen abilities to survive and win; other reactions may produce disruptive behaviors and threaten individual and unit safety.

Unfortunately, those service members who are most in need of mental health services are least likely to seek treatment, primarily due to stigma. Service members in the military are particularly vulnerable in their reluctance to access mental health treatment because there is a fear that there will be adverse outcomes to their career or they will be viewed as “weak” by their peers or supervisors. Outreach provides those seeking services with a greater sense of security when self-referring for life stressors such as relationship issues, work problems, deployment problems and other related concerns. The outreach team makes walking rounds several times a week visiting troops at their workplace, finding out about their mission, what job they do, and how they are coping with deployment and other life stressors. The team will bring some “goodies” such as stress balls and snacks and also pass out different educational resources such as CDs on sleep hygiene, parenting skills, and stress management techniques. Outreach continues to use resiliency-building for deployed service members in an effort to demystify mental health and has become increasingly beneficial to those who may be reluctant to actively seek services.

Outpatient Services a Focus at Sather

By: MAJ Jocelyn Blackwell, Chief, Outpatient Clinic, TF 28 CSH

Whenever someone pictures a Combat Support Hospital, they typically think of surgeons, inpatient wards, and the intensive care unit. And while those elements are certainly very important – and without them no CSH could function – there is another, equally important mission: the outpatient clinics. Outpatient clinics are necessary for multiple reasons: to provide preventive and routine care services; attempt to mitigate the need for admission to the hospital; and to provide follow-up for those patients discharged from the hospital. Due to the

rapid changes occurring in theatre, there has been an increase need and focus for outpatient services at the United States Forces Hospital. Since getting to Sather Air Base, the China Dragons worked hard to meet the needs of outpatients and successfully established an organized and effective clinic. Daily, the clinic sees on average 40 to 50 outpatients. The 28th CSH Outpatient Clinic provides all basic services as well as consultation services for providers deployed throughout Iraq, who may not have access to specialty care. Patients are scheduled six days a week. A wide variety of specialists are available including family medicine, internal medicine, behavioral health, nutrition, physical therapy, orthopedics, dermatology, gynecology, general surgery, and cardiology.

Orthopedic injuries dominate in the Operating Room at Tallil

By: LTC Dawn Uithol, Deputy Commander of Clinical Services, TF 28 COB Adder

While the overall number of surgeries performed at the 28th CSH's Tallil site has been relatively low since our arrival to Iraq (which is great news), the predominant type of surgery performed has been orthopedic in nature. With the ever-strong, Samson-like presence of the 4-1 Armored Division

and their diligence at keeping the environment safe for us here at Tallil, many Soldiers have had the opportunity to participate in athletic endeavors, including our own 28th CSH Soldiers. From fractured lower legs to fractured arms, wrists and many fingers, the 28th CSH – Tallil Orthopedic and Physical Therapy services have kept busy and enjoy providing this kind of service to our Soldiers. With smiles on their faces, they are a happy crew ready to serve.





CLINICAL CORNER



Moderation Sedation

By: CPT John Wilson, Certified Registered Nurse Anesthetist, TF 28 COB Adder

The anesthesia department provided classes for staff members participating in moderate sedation. What is moderate sedation? Moderate sedation is a drug induced state during which the patient undergoes a medical procedure. The goal of moderate sedation is for the patient to have minimal discomfort while maintaining pulmonary and cardiovascular functions.

Acetaminophen Safety

By: CPT Luis Colon, OIC Pharmacy, TF 28 COB Adder

What is Acetaminophen?

Acetaminophen is a generic name for products such as *Tylenol*. You may see the name acetaminophen abbreviated as "APAP." Acetaminophen is used for pain and fever, but it does not reduce inflammation. Acetaminophen is less irritating to the stomach than some other over-the-counter pain medications such as aspirin or ibuprofen.

What Products Contain Acetaminophen?

Acetaminophen is found both as a single ingredient (*Tylenol*, etc) and in combination with other medications. Store shelves are filled with products that relieve pain (*Excedrin Extra Strength*, etc) and allergy, cold, and flu symptoms (*Vicks NyQuil*, *Vicks DayQuil*, etc). While there are countless products out there to choose from, many will have the same active ingredients, including acetaminophen. There are also many prescription medications that contain acetaminophen (*Vicodin*, *Percocet*, *Fioricet*)

What Happens When I Take Too Much Acetaminophen?

Too much acetaminophen can damage the liver and kidneys.

The first phase of the class provides the student didactic knowledge required for initial competence in monitoring and administration of moderate sedation. The second phase is a hands on skills lab conducted on simulator manikins. The manikins provide the student an opportunity to administer medications and practice airway management skills. The last phase of the program is to have the staff member provide moderate sedation on a patient in the operating room with oversight from credentialed providers.

Acetaminophen is usually eliminated by the liver to nontoxic compounds. When someone takes too much acetaminophen, the liver becomes overloaded and extra acetaminophen has to be eliminated by another pathway in the liver. This other pathway creates a compound that is toxic. Some symptoms of acetaminophen toxicity are loss of appetite, nausea, vomiting, abdominal pain, a general feeling of discomfort, confusion, yellowing of the skin and eyes, coma, and in severe cases, death. Acetaminophen overdose must be immediately treated.

How Much Acetaminophen Is Too Much?

Usually, adults can take one to two 325 mg tablets, every four to six hours as needed. You should not take more than FOUR GRAMS (4000 mg) of acetaminophen in a 24-hour period. This is equal to about twelve of the 325 mg tablets, or eight of the extra-strength (500 mg) tablets.

If you have three or more alcoholic drinks a day, ask your health-care professional whether you should take acetaminophen or other pain reliever/fever reducers. They will be able to tell you whether or not it's a good idea to take acetaminophen, and how much you can safely take.

40th Iraq Medic Visit at COB Adder

By: MAJ Myles Caggins III, Public Affairs Officer, 4th Brigade Combat Team/1st Armor Division

Iraqi Army medics from the 2nd Battalion, 39th IA Brigade toured the Combat Support Hospital (CSH) on Imam Ali Airbase (COB Adder). The jundee viewed how an injured or sick patient travels through the hospital. The demonstration began with a computer presentation of the capabilities and equipment available. U.S. Forces doctors demonstrated how the laboratory tests blood samples, how to properly equip a patient's room, and prepare the patient for helicopter transport. The Iraqi medical personnel had good discussions with U.S. Forces. The medical platoon from 1st Battalion, 77th Armor Regiment and 28th CSH led the tour.



TF 28 medical team as they educate the Iraqi Army Medics on the triage and treatment process in a Level III CSH.

-Photograph by SPC Ernest Sivia III, 4/1 AD Public Affairs, COB Adder





ADMIN CORNER



"PLX-NPF" -- What's in an Acronym?

By COL Steve Jones, DCA, MED TF28

No Paratrooper, "PLX-NPF" is not a long version of "parachute landing fall" (PLF!). Yes, it is an acronym that explains a critical component of the healthcare delivery system across the MED TF28 area of operations. PLX-NPF touches every single emergency department, outpatient, inpatient, and sick call patient treated in our hospitals and clinics or cared for via telephonic/email physician consults. You simply cannot treat a patient without a good dose of PLX-NPF. So, what is this 'medicine'?

PLX-NPF is a short and powerful abbreviation for Pharmacy, Lab, X-ray, Nutrition Care, Patient Administration, and Facilities. This team is often referred to as "ancillary services", "clinical support services" or simply "PLX." The team provides a full range of medical services in direct support of our extraordinary clinical care providers. The services are provided 24/7/365 from the moment the patient is identified for evacuation

throughout the Iraqi Joint Area of Operations (IJOA) or walks through the clinic door; during urgent, immediate, or routine provider care; through return to duty discharge or further MEDVAC to another treatment facility.

The MED TF28 China Dragon PLX-NPF team is comprised of 80 high-speed professionals located at two hospitals and seven clinics. The team stretches from large hospital sections at Sather and Tallil to smaller sections at Basrah, Bucca, Al Kut, Garryowen,



SPC Maurice Williams, 68M, Nutrition Care, prepares meals for Sather hospital patients



"SPC Benjamin Kable, briefs LTG Jacoby on the unique Sather hospital RTD holding and movement operations"

and Victory-Liberty Base; to single-person sections at Balad, Prosperity, and Q-West. The responsibilities range from a senior officer-led full up PLX-NPF hospital

team to a SPC-led pharmacy operation at a Combat Operating Post (COB). In short, the Team provides drugs, blood, pictures, meals, movement, and 'home depot' repairs!

Here's an amazing data summary that exemplifies the PLX-NPF team's contribution to continuous high-quality patient care across the IJOA:

....in the course of a week, with quality and timeliness as the main drivers, the team fills over 2,200 pharmacy prescriptions, conducts 4,500 laboratory analysis, performs over 1,500 radiological procedures, serves 200 patient meals, provides 15 nutrition outpatient consults, admits 30 patients, evacuates nearly 50 patients, provides holding for about 75 return to duty (RTD) Soldiers, and manages 75 facility work orders.

BLUF: One week, nearly 9,000 'procedures' in support of the patients and the providers caring for them. We are a very proud PLX-NPF Team. All the Way, and then some – HOOAH!

P.S. Stay tuned! Next month, look for a PLX-NPF "T-Wall" art design competition. It's all about team work and team spirit. Too Easy! Stay safe. COL Jones

SPC Kenneth Woodland, 68K, provides lab support at FOB Delta TMC



Junior Leader Professional Development

Calling all E4s and below....

The MTF 28th CSH is instituting a Junior Leadership Development Program. Open to all ranks, but intended to focus on the needs and development of Specialists and below. The Junior Leadership Development Program (JLDP) will provide information on such topics as The Post-9/11 Montgomery GI Bill, Financial Management, The Army Weight Control Program, Development counseling, and more. The JLDP will meet every 4th Wednesday of each month from 1030-1130 and 2000-2100. The meetings are scheduled to last only one hour.

The intent of the program is to begin the process of developing the leaders of tomorrow, today. Every leader desires to be able to answer his/her Soldier's questions and provide them the guidance necessary to progress through their careers. It is the MTF 28th CSH's belief that by providing each Soldier with the answers to their questions and helping them to fill their "toolboxes" to deal effectively with Soldier issues, they are empowering Soldiers and the future SGTs, SSGs, and senior NCOs of the twenty-first century Army. We will try to provide classes that are relevant and important to today's Soldiers and assist them in their endeavors to become the leaders of tomorrow.

Please join us and encourage your Soldiers to join us as we begin developing tomorrows Non-Commissioned Officer Corps. The opportunity to learn some of the skills necessary for Army leadership are available now. Take advantage of this opportunity.





IN THE SPOTLIGHT



TF 28 CHINA DRAGON OF THE WEEK



15-21 JAN 2010
PFC BOBBY BURLEY

PFC Bobby Burley serves a Medical Supply Clerk of the COB Adder Medical Logistics warehouse.

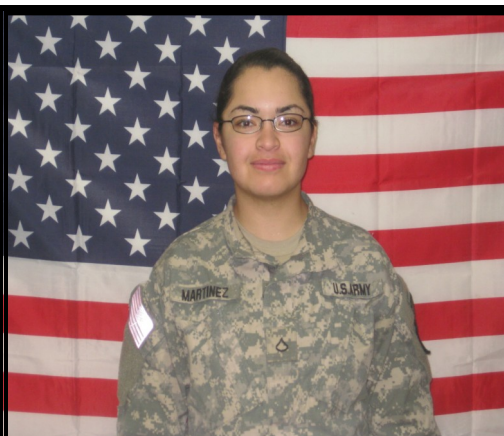
PFC Burley performed a 100% inventory of over 500 stocked items during

the RIP/TOA with the 10th Combat Support Hospital. His dedication to the mission enabled all line items to be properly quantified and all item locations match the National Stock Number. This includes going into TAMMIS and ensuring those items are accounted for and match what is in our warehouse. He continued the drawdown of excess by burning over 1,000 lbs of excess and expired supplies from over 13 sections within the hospital. He maintains our oxygen tank storage area which includes proper storage of full and empty H cylinder O2 tanks.

Once RIP TOA was complete PFC Burley assisted with the downsizing of 500 to 268 line items, ensuring quality medical supplies were available where immediately needed.

PFC Burley performed well above and beyond his duties as he filled in as NCOIC during his absence for five days. With great success, he solely continued all operations within the medical supply office. He continued all daily operations flawlessly including placing over 50 orders, receiving five pallets of supplies, processing over 100 receipts and delivering supplies to the hospital and surrounding customers. PFC Burley processed all five pallets of supplies, separating, inventorying, stocking, re-stocking and processing without any additional assistance, all while maintaining 100% customer satisfaction service. He took the initiative and networked with the 418th MEDLOG to borrow a forklift, an asset not available within the CSH. This action alone improves all customer service as it enables supplies to be delivered expeditiously. While maintaining mission operation, he continued great customer service by unlocking customers from there DCAM system and researching NSN's for customers and pulling 40 items from stock to be issued out to the customer. In support of Operation Slim Fast, PFC Burley took the lead on clearing one MILVAN for turn in, the first section to complete this task ahead of schedule. As a PFC, this Soldier continues to set the example and work well above his grade.

PFC Burley, you are China Dragon of the Week.



22-28 JAN 2010
PFC MELINDA
MARTINEZ

PFC Martinez is a 68X10 with the 1908th Combat Stress Control (CSC). She works at the Patriot Clinic located at Joint Base Balad (JBB). She was responsible for the successful execution of a smooth transition of authority. After mobilizing through Fort Hood, Texas PFC Martinez chose to continue the mission and deploy in support of OIF 09-11. Her performance on and off duty is always outstanding! She voluntarily took on the challenge as a 19 year old, newly gradu-

ated 68X the task as a key member of the critical events, assist team to support a unit sustaining a recent suicide. PFC Martinez received many compliments for her care and concern to the unit. In addition to her duties as mental health technician her work load is no less than 60 hours a week. She is always willing to step up and learn. She takes on additional duties while conducting an average of seven full client intakes per day. The requirements of her job are compounded by the constant construction and limited space and privacy for her clients. Her goal is to be mentored by the unit's social worker and continue her education in becoming an Army Social Worker.

The success of her efforts are evident by the clinic professionals all stating that she is the youngest and most mature 68X with whom they have worked. Her documentation is outstanding and executed to near perfection. The mission of providing quality combat stress counseling to the Joint Base Balad Soldiers is in keeping with the finest traditions of the Army Medical Department and the Joint Forces of Iraq. PFC Melinda Y. Martinez, you are China Dragon of the Week.





IN THE SPOTLIGHT



GATOR-RIFIC CHINA DRAGONS OF THE MONTH

LTC CORDILIA HENDERSON
Head Nurse, Intermediate Care Ward

When asked by family and friends what they can send for her, LTC Henderson always requests they send something for patients instead. Recently, she identified the need for footwear that would increase comfort and safety for our patients. As a result, LTC Henderson received care packages containing hand crocheted blankets along with male and female slippers. LTC Henderson's display of concern and compassion for our patients is a true example of the Army value of Selfless Service and that is why I think she is Gator-rific!



SGT Robert Hyde

*Licensed
Practitioner
Nurse*

SGT Hyde is an outstanding soldier and always takes care of the mission with zero complaints. He precepts many junior Soldiers to assist them with their nursing skills when they were not up to standard. SGT Hyde rearranged the ICU/ICW to make it more efficient to find supplies. He comes in even on his on call days to make sure the ward and nurses are okay. SGT Hyde is truly GATOR-RIFIC!

SPC Lee Peters
Communication Technician



SPC Peters has become one of the "Go To" S6 technicians on a daily basis during the establishment of TF28 Tallil. His background is Tactical Signal Communications, but is capable of addressing any Information Technology (IT) based needs for the medical community. SPC Peters was part of a team to create over 100 new medical user accounts on the MC4 system to include AHLTA, DCAM, CHCS/TC2, MEDWEB and Business Objects. SPC Peters

was instrumental in establishing MEDWEB connectivity for the Combat Support Hospital (CSH) by crawling underneath the hospital and running cable, a feat not highly volunteered for. SPC Peters shared his professional knowledge and conducted a class for the ER/EMT section on FM Communications. This class instilled confidence and showed the medics how to load a SINGARS radio to include assembly, functions check and load frequencies for patient evacuation. The medics are now confident when they get called for a mission they can set-up and communicate patient evacuation. In addition, his willingness to step up to take on additional duties such as mailroom clerk exhibits personal commitment and dedication to the unit. His ideas vastly improved the organization, accountability and distribution of mail procedures. SPC Peters facilitates the ability for the CSH to communicate with the Garrison on the COB Adder Portal and serves as the Information Management Officer (IMO) for all SharePoint updates. In his spare time, SPC Peters plays on the company flag football team. Go Alpha Gators! His performance and customer focused attitude truly represents the Gator/China Dragon Warrior Spirit. It is my pleasure to announce SPC Peters as The Gator of the Month.





IN THE SPOTLIGHT



By: SGT Melissa Marsh, Laboratory NCOIC, TF 28 Delta Med

This month the spotlight is on PFC Benjamin Holland. He is a Signal Support Specialist at TF 28 Delta Med. He was born to Benjamin Lambert Holland and Yolanda June Holland at Cape Fear Valley Medical Hospital in 1988. You could consider him a military brat as he grew up right next door to one of the largest military bases in the Army, Fort Bragg, NC. With his father away on military missions, he stepped up at a young age to help out his mother and sister. He learned the value of hard work by working around the house and mowing lawns for extra money. He was always active in school playing tennis, basketball, golf, cross country, and soccer. He also did professional paintball for 6 years. I asked why he wanted to join the military he quickly replied, "Action, to protect the United States, and to better myself as an individual." His goals are to go Airborne, Air assault, complete his Cisco Communication Network Administration (CCNA) certificate for communications, and become Command Sergeant Major of a Signal Support Battalion.

TF 28 DELTA MED SOL- DIER SPOT- LIGHT

**PFC BENJAMIN
HOLLAND**

*Signal Support
Specialist*



You down with J-O-C...Yeah, You Know Me!

By CPT Felecia Hudson, TF 28th CSH ICU Nurse

Photograph by SPC Denise Page, TF 28 CSH Pharmacy Technician &
CPT Bethany Deschamps, TF 28th CSH PAO



"What is the "JOC", anyways?" you might ask. The Junior Officer Council (JOC) has traditionally been a forum where junior officers (O1-O3 and WO1 - WO2) meet to discuss

and plan events from Officer Professional Development (OPD) to community projects. The concept of the JOC was formed in 1991 by the Veterinarian Corps Chief for the purpose of providing a forum for discussion, dissemination of information, and peer support among junior officers.

The 28th CSH JOC formed at the start of this deployment and since has hosted several Officer Professional Development (OPD) events. The first OPD was presented by COL McVeigh on the Officer Evaluation Report (OER) and the officer promotion board process. He discussed preparation for the board, the importance of a well written OER and career advancement. The next OPD was presented by LTC Jeffrey Wells, OIC of the Intensive Care Ward (ICW). His lecture focused on understanding and writing Junior Officer Development



Support Forms (JODSF), Officer Evaluation Support Forms (OERSF) and Officer Evaluation Reports (OER). CSM Del Valle will present the next OPD on NCOER and NCO counseling, the Officer/NCO relationship and team building.

Social events are also an important aspect of the council to promote cohesion. During the holidays, some members of the JOC volunteered to assist with the Air Force sponsored "Holiday Bash". The Bash was a success in that it brought the two services together for a night of food and fun. Future JOC sponsored events include a Super Bowl/tailgate party (tentative) and a St Patrick's Day 5k run, just to name a few. Thanks to the tremendous support of the CSH, the JOC was able to raise \$416.00 through a quilt raffle. Proceeds will support the Super Bowl event! All are welcome to attend JOC-sponsored social events.



*JOC Advisor: LTC Jeffrey Wells
President: CPT Felecia Hudson
Secretary: CPT Michael Marquez
Treasurer: CPT Brooke Schrum
Social: CPT Ernest Dorema
1LT Hamlin*





IN THE SPOTLIGHT



***MORE MONEY, MORE RANK (or just more rank)...
LET'S CELEBRATE!***



JANUARY PROMOTIONS/APPOINTMENTS

1LT Lorelei Hamlin—1 January 2010
CPL Athow, Patrick – 1 January 2010
CPL Quinones, Edgardo – 1 January 2010
CPL Sperier, Michael – 1 January 2010



KICKIN' IT NURSE STYLE

By COL Kimberly Smith, TF 28th CSH DCN



Congratulations to CPT (P) Paul Master, and CPT (P) John Camp, 28th CSH Emergency Department (ED) Nurses, on their selection to Major! The future of the Army Nurse Corps is secured with these two high-speed Officers moving up to the

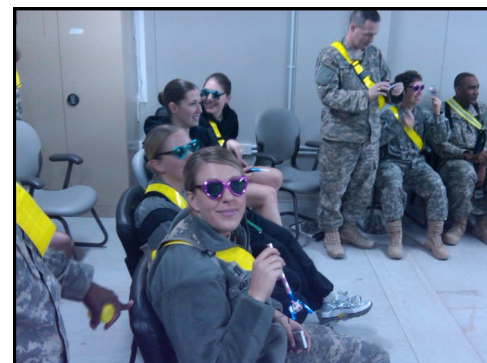
helm! The EMT organized a gala event in their honor to help celebrate this prestigious occasion. The two promotees were able to relax and enjoy the delicious pizza and chug near beer, once they were ex-



tricated from the silly string cocoons that their EMT colleagues gifted them with. The fun times have only begun as CPT (P) Masters and CPT (P) Camp near their promotion and prepare to assume the responsibility of a field grade officer. The great pictures taken will document this memorable moment and will certainly come back to haunt them when they are selected to BG!

CPT Camp quoted, "I really appreciate all the kindness that was shown. It makes me feel like my family is here." CPT Masters stated that he was genuinely surprised and very touched.

CPT Marsh, ICW Nurse, chills out and enjoys the festivities at CPT (P) Master's and CPT (P) Camp's promotion party





IN THE SPOTLIGHT



A Co NCO and Soldier of the Month for December



SGT SHANE FESINSTINE
PHARMACY NCOIC



SPC ASLIN SANTIAGO
AUTOMATED LOGISTICS
SPECIALIST & COMPANY
PHOTOGRAPHER

SPC JONATHAN MORALES
PATIENT ADMINISTRATION
NCOIC



B Co NCO and Soldier of the Month for December



SGT PATRICK SHARRITT
PHARMACY NCO



SPC JASON REEVES
LABORATORY TECHNICIAN





IN THE SPOTLIGHT



“I, (state your name), DO SOLEMNLY SWARE....”

JANUARY RE-ENLISTMENTS

SSG Isaiah Hawkins - Logistics NCO
SSG Joshua Pardo - Operating Room NCO
SGT Ishma Price, Pharmacy NCOIC
SGT Javier Esquivel, Medical Logistics NCOIC
SGT Dale Krizinski, Movement NCOIC
SGT Jonathan Bennett, Operating Room Tech
SGT Carlos Green, Operating Room Tech
SPC Ryan Bennett - Operating Room Technician

***MAJ Peacock, TF 28 S4, re-enlists
SSG Hawkins on 1 January 2010***



DOUBLE DUTY AT SATHER

***MAJ Maani, Chief, Anesthesia, re-
-enlists both SSG Pardo and SPC
Bennett during a dual re-
enlistment on 12 January 2010.***



MASS RE-ENLISTMENT AT COB ADDER

***CPT Palacios re-enlisted five A Co Soldiers on 23 January
2010. From front to rear: SGT Carlos Green, SGT Jona-
than Bennett, SGT Dale Krizinski, SGT Javier Esquivel,
and SGT Ishma Price***

“AND THE UNIFORM CODE OF MILITARY JUSTICE....”





HIGHLIGHTS



HAPPY BIRTHDAY CHINA DRAGONS!



CAKE



ANYONE?



JANUARY BIRTHDAYS

SPC Jose Avila	25 January
SFC Troy Barnes	29 January
CPL Deborah Bachelor	01 January
CPT Kimberly Bates	25 January
CPT Vernita Berg	23 January
PFC Kim Black	19 January
PFC Justin Boley	09 January
SPC Erik Borja	29 January
SFC Frank Bragg	02 January
SPC Chanel Coklow	03 January
SSG Jazrie Curtis	16 January
SFC David Douglas	28 January
SFC Donnie Fann	05 January
MAJ Andrew Fong	12 January
SPC Patrick Green	30 January
MAJ Mary Hannon	08 January
SPC Sherrita Hedgepeth	24 January
CW3 Corey Hill	02 January
SPC Ancil Hinson	19 January
PFC Christopher Hruda	09 January
SGT Robert Hyde	21 January
SPC Charlotte Jones	07 January
CPT Meghan Leary	24 January
COL Ruth Lee	23 January
PFC Tasha Miller	15 January
SSG Christine Neer	28 January
SSG Kristen Pack	12 January
SPC Benjamin Piner	11 January
SPC Michael Salter	22 January
SPC Valentin Staneata	09 January
SPC Jakeivan Vicera	29 January
SSG Clinton Walls	20 January
SGT Daniel Wardlow	15 January

FEBRUARY BIRTHDAYS

LTC John Balser	03 February
PFC Dwayne Belson	07 February
1LT Brent Bendson	06 February
SFC Robert Briggs	14 February
MSG Bryan Brown	20 February
SPC Clifton Davis	23 February
PFC Shawn Dillard	16 February
SFC Thomas Edmonds	06 February
SGT Shane Fesinstine	18 February
1SG Billy Foushee	15 February
SPC Jessica Franklin	28 February
PFC Joel Garza	21 February
SGT Taurian Harris	10 February
SFC Christine Johnson	04 February
CPT Edward Keen	01 February
CPT Michael Marquez	05 February
PV2 Andrew Mayer	12 February
SGT Jennifer McLean	14 February
COL Bruce McVeigh	10 February
PFC Ryan Mousseau	15 February
CPT Eric Mueller	06 February
SPC Gwen Neubauer	05 February
SPC Kristen Norfleet	22 February
SGT Raymond Orosco	27 February
CPT John Paap	03 February
CPL Edgardo Quinones	01 February
PFC Arington Robinson	21 February
SPC Alexander Rojasfranco	24 February
MAJ Theresa Rollason	09 February
SPC Aslin Santiago	17 February
1LT Christopher Shear	15 February
CPT Regina Thorp	24 February
SPC Axel Torresantiago	02 February
SPC Wesley Tucker	07 February



*"In Cadence...One,
Two, Three, One-One,
One, Two, Three, One-
Two,.....One, Two,
Three, THREE-
ZERO!"*





HIGHLIGHTS



THE CHINA DRAGON "BLUE BONNET" CLUB



COL McVeigh explains the mission of the Operating Room during a visit by the Sheila Marshall Band on 22 January 2010.

COL McVeigh, COL Smith, LTC Tobler, and SFC Glover, NCOIC Operating Room (OR), give BG Heidi Brown a tour of the OR during her New Year's visit on 4 January 2010.



RING IN THE NEW YEAR CHINA DRAGON STYLE!

SPC Bennett, OR, helps the Command Team bring in the New Year with a smile!

**HAPPY NEW YEAR
TF 28TH CSH!**



A PERSONAL "THANK YOU" FROM GENERAL ODIERNO!!



General Odierno poses for a picture with CD6 and CD7



Soldiers line the hallway at the United States Forces Hospital and receive a personal "Thank You" from General Odierno during his visit on 2 January



On behalf of General Odierno, COL McVeigh presented coins to over 20 Soldiers and recognized them for the outstanding direct and indirect patient care they provide





IN THE SPOTLIGHT



FAREWELL CHINA DRAGONS!



COL McVeigh presents a Bronze Star to COL Sitenga, Chief Radiology Services, on 12 January 2010 before he departed the CSH.



MAJ Gerald Ross, ICU Head Nurse, presents COL Grathwohl with a mini T-wall signed by the ICU staff during a farewell party held on 25 Jan 2010



Natalie Zaya, one of the Sather CSH interpreters, prepares a feast for COL Grathwohl's, COL Robinson and LTC Cooper's farewell luncheon on 23 Jan 2010.

SPECIAL THANK YOU TO THE FOLLOWING CHINA DRAGONS FOR A JOB WELL DONE!

*COL NEIL SITENGA, Chief, Radiology Services
COL KURT GRATHWOHL, Chief, Critical Care
COL RANDAL ROBINSON, OB/GYN Surgeon
LTC ELLIS COOPER, Chief, Orthopedics*

THANK YOU SATHER AIR FORCE RELIGIOUS SERVICE TEAM FOR SUPPORTING THE CHINA DRAGON FAMILY





**HAPPY NEW YEAR FROM TF 28TH CSH
"CHINA DRAGONS"!**

United States Forces Hospital
الولايات المتحدة والمستشفى العسكري
Baghdad, Iraq
بغداد، العراق

28th CSH
OIF 09-11

COMBAT SUPPORT HOSPITAL
28th CSH

United States Forces Hospital
الولايات المتحدة والمستشفى العسكري
Baghdad, Iraq
بغداد، العراق

274th Forward Surgical Team
MEMORIAL CEREMONY
16 January 2010
Sgt. Ronald J. Spiller
"All Gave Some...Some Gave All."

United States Forces Hospital
الولايات المتحدة والمستشفى العسكري
Baghdad, Iraq
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CHINA DRAGONS!!



COMMITMENT TO SAVING LIVES ON TODAY'S BATTLEFIELDS, AND TO THE ENTIRE CHINA DRAGON TEAM

HONE YOUR WARFIGHTING SKILLS AND LIFE-SAVING SKILLS — BOTH ARE VITAL

INVIGORATE AND MOTIVATE SOLDIERS IN THIS COMMAND. UNDERSTAND THE JOB OF YOUR SUBORDINATES AT LEAST TWO LEVELS DOWN

NEVER QUIT

ANTICIPATE ISSUES, PROBLEMS AND REQUIREMENTS AT ALL TIMES

DISCIPLINE AND PRIDE. SELF-DISCIPLINE FACILITATES GENUINE PRIDE IN DOING IT RIGHT, AS AN INDIVIDUAL, A TEAM, A SECTION, A PLATOON, A COMPANY AND A HOSPITAL

READINESS = EQUIPMENT & SUPPLY MAINTENANCE; AT ALL TIMES AT ALL LEVELS

ALWAYS PREPARED TO DEPLOY, FIGHT AND WIN. SAVING LIVES IS OUR BUSINESS!!

GO THE EXTRA MILE IN EVERYTHING YOU DO AT ALL TIMES TO TRULY BE AT YOUR BEST

ONE TEAM—ONE FIGHT

NOTHING ABOVE YOUR SOLDIERS—DO WHAT'S RIGHT, ALL THE TIME!!

SUPPORT THE CHINA DRAGON TEAM—AND LIVE THE ARMY VALUES

