



# Mountain Medic News

VOLUME 1, ISSUE 2

MARCH 2013

## UPCOMING EVENTS

### 15 Mar

1. Newcomers Brief 1500 in CCR

2. Hospital Hail and Farewell Formation 1600 @ BLDG 704

3. Senior Hail and Farewell - TBD

### 16 Mar

1. EGGsperience : 0900-1500 @ Iron Horse Gym  
Cost: \$1 per person, \$5 for families of 5, 3yr. and under free.

### 30 Mar

1. 10th CSH Easter Party 1200 - 1600 @ TBD

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## MONTHLY ROUNDUP

February was a month of "DONSA's" as we were awarded the Monday after the Super Bowl off to recover from the burgers and barbeques. Additionally, we celebrated George Washington's birthday, in the middle of the month with a four day weekend. Thankfully there were no major incidents and all the Mountain Medics returned safely. The weather has had a major impact on Colorado Springs



Photo taken by SPC Redman

and the Ft. Carson community this month as well. With several days of snow and ice, work calls were delayed to reduce the risk of accidents throughout the Colorado Springs and on Ft. Carson. Additionally, it impacted Soldiers training at the range

while trying to zero and qualify their weapon systems. Fortunately, all training events were thought-out by strong leadership and composite risk management played a major role in reducing the risk for the training event. Lastly the 10th CSH is very proud of the following Soldiers for making the Commandant's list while attending the Warrior Leaders Course; SPC Becker, SPC Cerna, SPC Cupp, SPC Santellancs, and SPC Hawthorne.

## STRONG BONDS

Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training.

CH (MAJ) Macupa and her ministry team (CH (CPT) Allen, SGT Pettegrew, SPC Meyers, and PFC Shafer) planned and coordinated a Strong Bonds Training in Denver, Colorado 19-20 Feb 2013. The event was a great success and the turn-out was phenomenal. The couples that participated were excited about the opportunity to have

some time to themselves and enjoy a couple days to strengthen their relationships.

Written by CH (MAJ) Macupa





# FAMILY READINESS GROUP (FRG)



**PFC  
Starner  
and his  
family at  
his WLC  
graduation**

Photo taken by SPC Redman

(FRG) is a command sponsored organization of family members, volunteers, Soldiers, civilian and employees associated with a particular unit.

FRG's are established to enhance the flow of information, increase the resiliency of Soldiers and their families, provide practical tools for adjusting to military deployments and separations, and

enhance the well-being and esprit de corps within the unit. The activities emphasized will vary depending on whether the unit is in pre/post deployment, deployed, or in a training/sustainment period at home station. Since one of the goals of an FRG is to support the military mission through provision of support, outreach, and information to family. Certain FRG activities are essential and common to all groups, and include member meetings, staff and committee meetings, publication and distribution of newsletters, maintenance of virtual FRG websites, maintenance of updated rosters and readiness information, and member telephone trees and e-mail distribu-

tion lists.

All Soldiers and family members to become an active part in the 10th CSH FRG.

March 19 - DRU FRG Meeting, 1800 @ FRC Guest Speaker CYS

March 25 - Alpha FRG Meeting, 1700 @ Bldg 1187

March 27 - Bravo FRG Meeting, 1100-1300, @ Bowling Alley

March 28 - 2nd FST ACE/ Family Readiness Training and Luncheon

## February Promotions

PFC MALDONADO, JONATHAN  
PFC HAYDEN, DON  
PFC MITCHELL, EDWARD  
SPC ABERNATHY, DARRYL  
SPC COOK, ZACHARY  
SSG MCNUTT, ARIEL  
SSG ODELL, CARMON  
LTC DUGAI, JODY  
LTC SPANGLER, BRIAN

## Sudoku Puzzle

Find the key in next month  
Newsletter

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

## CHAPALIN'S CORNER

When I think of March, I think of March Madness. I think of the 31 days of Oscar. I think of St. Patrick's Day. But mostly, spring, my favorite time of the year. During this season everything is new and we are experiencing great growth and development. The winter is gone and the buds on the trees are in bloom, the flowers are growing and showing their new colors and there is freshness in the air. This is also Lent season. Lent is a

special time of prayer, penance, sacrifice and good works in preparation of the celebration of Easter. It spans from Ash Wednesday through Resurrection Sunday. It is the time for us to personally remember and reflect on the newness or freshness of our Redeeming Savior.

Other Holy days this month are: Purim Jewish; Magha Puja Day Buddhist; and Holi Hindu.

This time of season, is a good time for praying that you are prosperous, in good health and spirit. Grace, mercy and peace from God the Father and from Jesus Christ, the Father's Son, be with you in truth and love.



Submitted by CH Allen &  
PFC Shafer