



# Mountain Medic News

VOLUME 1, ISSUE 3

APRIL 2013

## UPCOMING EVENTS

### 29 May

1. DRU FRG Meeting  
FRC, Time TBA
2. B Company FRG Meeting  
1187, Time TBA

### 31 May

1. A Company FRG BBQ,  
Iron Horse park, Lunch  
time

### 6 June

1. A Company Change of  
Command, Pershing  
Field, 1100

### 14 June

1. DONSA—Army Birth-  
day

## INSIDE THIS

What is PII 2

April Promotions 2

Chaplain's Corner 2

## MONTHLY ROUNDUP

**A**pril was a great month for the 10th CSH. The CSH descended upon the Garden of the Gods for offsite PT and went on a hike. The scenery was beautiful and it was a nice break from the norm.



*A Co in formation at Garden of Gods*

For CBRNE training we went to the gas chamber. To gain confi-

dence in your NBC equipment (i.e., your protective mask). Confidence in your equipment will mean a great deal if you need to use it in a real life situation.

438th went to Patriot Elementary school and volunteered for their Field Day. The children enjoyed interacting with Soldiers, and the Soldiers enjoyed playing old school recess games.

We also had LTC Dugai and 1SG Davis inducted into the Order of Medical Military Merit (O2M3). O2M3 is a private organization founded by the Commanding General of



*SPC Perez survives the gas chamber.*

*Photo taken by SPC Redman*

the U.S. Army Health Services Command in 1982. It recognizes excellence and promotes fellowship and esprit de corps of senior leadership within the AMEDD. To date that makes a total of three 10th CSH Soldiers inducting into the organization this year.

## Summer Events in the Springs

### **Delicious Downtown Food Tour** (719) 322-5731

Every Saturday 2:30pm –5:00pm.  
\$49 per person  
Walking food tour, to up to six culinary destinations where you will savor generous samples of food and drink.

### **Rocky Mountain PBS KTSC Kids Fun Fest** (719) 428-5851

Sat, 8 June 10:00am-2:00pm  
Free, Acacia ark

community outreach event and the opening of the Uncle Wilbur Fountain. There will be booths, entertainment, bounce houses, costume characters, the Millibo Theatre Circus and MORE!

### **Sky Sox Baseball**

(719) 526-5366  
Military appreciaon day  
Sun, 9 June 7:00pm  
Sky Sox Stadium

Free ticket vouchers are available now at to the Fort Carson Community at the Information, Tickets and Registration (ITR) Office bldg 2429.

### **White Water Rafting**

(719) 526-3907  
Every Fri, Sat, Sun starting 1 Jun  
Pricing varies  
Enjoy a fun and wild ride through Big Horn Canyon on the mighty Arkansas river.

# What is Personal Identify Information?

Personal Identity Information also known as PII, is defined as: Identifying information that can be linkable to an individual. Examples of PII include but are not limited to: name, date of birth, social security number, birth place and credit card numbers.

Protecting your PII is important because loss of PII can result in the confiscation of an individual's existing accounts, the ability to make unauthorized charges to those accounts, open new financial accounts and identity theft. Identity Theft can lead to incurred charges and indebtedness in an individual's name without

that person's knowledge.

Ways to protect your PII are to limit as much personal information you carry in your purse or wallet, don't leave ATM/charge receipts behind and do not post PII to social media sites (Facebook). Shred documents containing any PII to include credit card numbers, bank statements, charge receipts or credit card applications. For more information on PII go to <http://iase.disa.mil/eta/>

*Written by SPC Layman*



## April Promotions

SGT ST. Ann, Danisha  
SGT Biberi, Marina  
SGT Bower, Duane  
SGT Rascon, Jacob  
SGT Hernandez, Oscar  
SGT Cupp, Brandon

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

Last Month's  
Sudoku

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

## CHAPLAIN'S CORNER

The 10th CSH has initiated Total Fitness and Resiliency Training (TFRT). TFRT is the Commander's initiative to ensure his Soldiers are physically, mentally and spiritually fit. The training will be organized by the Chaplain section. It is important to note that while this event is put on by the Chaplain section the spiritual portion is personal to the individual Soldier. Our 1st TFRT event was a success. The events were Zumba, nutrition, ACE, and finance. There was great feedback from the Soldiers.



The next TFRT event is scheduled for 31st May at building 704.

*"Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy."*

*Proverbs 31: 8-9*