



April 16, 2004

Vol. 1 No.9



Don't be a victim of the desert heat

By Sgt. Vanessa Bagley

"You can lead a horse to water, but you can't make him drink," goes the proverb.

If a Soldier doesn't drink water during Kuwait's intensely hot summer, however, a life-threatening heat injury can be the consequence.

All military personnel should be

quart of water per hour, said Sgt. David A. Young, a treatment NCO with the 602d Area Support Medical Company.

The basic hydration concept is simple, but leaders need to keep many factors in mind when taking care of Soldiers in the heat.

Leaders need to be aware of the

During rest cycles, leaders should "have a shaded, cool area and water available," according to Young.

Leaders should also consider that Soldiers who are prior heat casualties, are overweight or are new to the environment in Kuwait are at a higher risk for heat injuries.

It takes two to three weeks for newly deployed Soldiers to acclimate to Kuwait, said White.

During this acclimation period, White said Soldiers should "get accustomed to the conditions slowly."

Commanders should be aware of troops who are more susceptible to heat injuries, and adjust their work details and exercise programs accordingly, he said.

When possible, strenuous physical activities should be scheduled for the early morning or late evening and away from direct sun.

"As long as you're following good guidance, you're staying hydrated, and you've gone through the acclimation period, you can maintain good work cycles," said White.

Perhaps you can't make a horse drink water, as the proverb goes, but it's your responsibility to make sure Soldiers around you are hydrating properly to avoid dangerous heat injuries.

On the Net: U.S. Army Center for Health Promotion and Preventive Medicine site: <http://chppm-www.apgea.army.mil/>



familiar with the different types of heat injuries and the preventive measures for these conditions, according to FM 4-25.12, Unit Field Sanitation Team.

Injuries range in severity from painful heat cramps to heat stroke, which is considered a medical emergency.

The best preventive measure is one that all Soldiers should know well.

"Stay hydrated!" said Lt. Col. Dennis J. White, chief of professional services for the 8th Medical Brigade.

Depending on the heat category, Soldiers should be drinking at least a half quart but no more than one

wet bulb globe thermometer because its readings are based on a combination of temperature, humidity and wind, said White. The WBGT describes the basic level of discomfort for people outdoors.

"You can have 90-degree temperatures, and, if the humidity is only 20 percent, it's just warm outside," he explained. "But if it's 90 degrees and you've got 70 to 80 percent humidity, it feels oppressive."

White said that by using the WBGT, commanders can more intelligently schedule work and rest cycles with Soldiers' safety in mind.



Spotlight

Camp Udairi to be renamed for fallen LTC

By Sgt. Vanessa Bagley

Kuwait's Camp Udairi, a training ground for troops headed north to Iraq, will be renamed to honor a fallen psychological operations officer early next month.

Lt. Col Charles H. "Chad" Buehring was the senior psychological operations officer in Iraq



U.S. Army Photo

when he was killed October 26, 2003, during a guerilla rocket attack on the Al Rasheed Hotel in Baghdad.

"His uncanny drive, intense mission focus, superb leadership candor, and his unique ability to care for the needs of his Soldiers were paramount at all times," according to a Pentagon biography.

He is survived by his wife, Alicia, and his two sons, Andrew and Nick.

"A video remembrance of the man and the dedication is being prepared for the family," said Lt. Col. Robert Johnson, deputy chief of public affairs for Coalition Forces Land Component Command.

Information about Buehring courtesy of:
<http://www.arlingtoncemetery.net>

Basic Heat Injury Prevention

1. Consider water a tactical weapon. Drink water frequently.
2. Eat meals. Add salt to taste.
3. Be aware that dark yellow, infrequent urination is a sign of dehydration. Increase water intake.
4. If possible, perform heavy work in the cooler hours of the day, such as early morning or late evening.
5. Minimize heat stress by decreasing the work pace and/or increasing rest periods.
6. Be aware that full heat acclimatization can take two to three weeks.
7. Consider that Soldiers who are overweight, prior heat casualties, or being treated for illness may be at a greater risk for heat injury.

Soldier Talk

How do you stay cool in the heat at home?



I go to the beach in Savannah, Ga.

Spc. Troy Cokley

175th Maint. Co.



I sit on my couch and watch TV.

Staff Sgt. Jessica Vargas

348th Pers Grp



I go surfing in California.

Pfc. Travis E. Miller

MWSS



In Nevada, we stay indoors.

Spc. Robert A. Dallenbach

B Co., 135th AR



I watch the Minn. Twins play in their air-conditioned stadium.

CW4 James Anderson

CFLCC ARA



I get a snowball (shaved ice).

Spc. Antoinette Harrell

348th Pers Grp

Easter at Camp Arifjan, "a little bit of lunacy"



Photo and caption by Sgt. 1st Class Deborah Robichaux.

Staff Sgt. Wayne Ashby from Tacoma, Wash., dyes eggs at his desk Easter morning at Camp Arifjan, Kuwait.

Ashby is serving in Kuwait with the Stryker Brigade from Ft. Lewis, Wash.

"Just because you are half-way around the world doesn't mean life has to end," Ashby said of being away from his family for Easter. "You have to make the best of it, have little bit of fun... and a little bit of lunacy too."

Soldiers gather for Easter sunrise in Baghdad

*By Staff Sgt. Tony Sailer
122nd Mobile Public Affairs Det.*

BAGHDAD, Iraq (Army News Service, April 12, 2004) -- In the quiet dawn, Soldiers assembled for a special Easter sunrise service lakeside near the 1st Cavalry Division's main headquarters at Camp Victory.

Scores of troops -- enlisted, officer and civilian -- sang, prayed and worshiped during the hour-long celebration opened by 1st Cav. Div. Commander Maj. Gen. Pete Chiarelli.

"The Army is full of traditions," Chiarelli said. "But let's not make this one of them, being in Baghdad, I mean."

For several Soldiers, Sunday marked a special day far from home and family and an Easter made more significant for many reasons.

"Easter to me is always important because it is the foundation of my faith," said Capt. Silas Session, 3rd Battalion, 82nd Field Artillery Regiment, 2nd Brigade Combat Team.

Pfc. Derick Van Gorkum, a chaplain's assistant with 1st Cav. Div.'s headquarters company also recognized the unique aspect of Sunday's service.

"Being where we are and in the situation that we are in, [Easter] does mean a little more," he said. "It is nice to have the spiritual aspect here."

The division chaplain, Lt. Col. David Moran, gave the sermon and reflected on the nature of Easter Sunday in a deployed location.

"It is absolutely different from every other experience of Easter," Moran said.

"We are not in the usual day-to-day routines. I guess, sadly, [back home] Easter becomes ordinary. We really don't experience what it must have been like for the disciples.

"Over here, facing death, so many [Soldiers] have died just this past week," Moran continued. "We are not facing Easter the same way. I think that makes today a very poignant celebration. It helps us to look at Easter the way they did the first time and to listen for Christ calling our name."

At the end of the service, with the sun high in the sky over the man-made lake, Soldiers walked away in somber moods, reflecting over the sermon, the songs and the shaping of their own unique memories of Easter in Iraq.

Finding Nemo at KNB



By Sgt. Vanessa Bagley

Soldiers armed with hooks and near-beer spent a cloudy day fishing at the Kuwait Naval Base April 9.

The Morale, Welfare and Recreation office sponsored Camp Arifjan's first fishing trip to give Soldiers a chance to relax.

MWR provided bus transportation and all the fishing equipment for the trip. Organizers also

brought coolers packed with bottled water, sodas and near-beer so it would feel more like fishing at home, said Staff Sgt. Eric J. Robinson, an MWR representative with the 377th Theater Support Command.

"These guys (at Camp Arifjan) are really hospitable," said Sgt. Andrew D. Woolwich as he baited his hook at the pier. "It feels good to do something different."

Woolwich recently came to Camp Arifjan from Iraq with the 743rd Maintenance Company, which was preparing to redeploy.

The MWR office has fishing trips scheduled for every weekend through the end of June.

For more information, call DSN 825-4455, or on the Net: 377th TSC Intranet site: <http://intranet.arifjan.arcent.army.mil/>



Bon Temps

Volume 1, Issue 8

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