

# THE LIFELINERS NEWS

*MARCH 2020*



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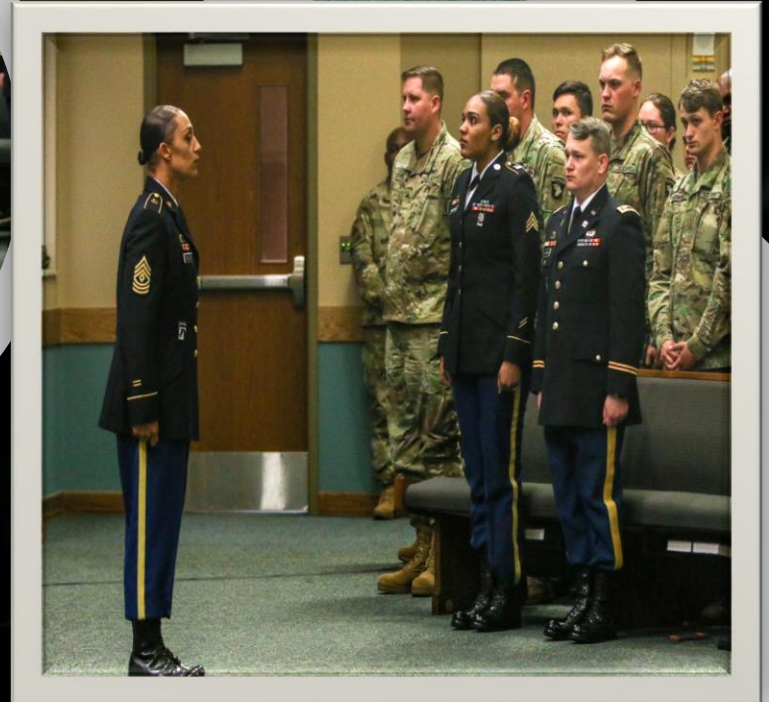




**In HONOR OF**  
**SFC RAYMOND R. HALEY**







The 101st Airborne Division (Air Assault) Sustainment Brigade held a memorial service, at the Liberty Chapel on Fort Campbell, Ky., March 11, 2020. to celebrate and honor the life, service and memory of Sgt. 1st Class Raymond R. Haley





Lifeline leaders conducted "Train the Trainer" training to set the standard for instructing Soldiers during the upcoming Army Combat Fitness Test.



# Pfc. Damar Richmond

Pfc. Damar Richmond earned the rank of specialist early due to his incomparable professionalism and dedication.

Earning the rank of specialist before the minimum two years of time-in-service is no easy task, however, for Richmond it was rightfully earned.

He was also the winner of the Paralegal of the Quarter in 2019.



# Ssg. Jeremiah Hix

Congratulations to Ssg. Jeremiah Hix, for earning the Distinguished Leadership Award while attending the Senior Leader Course at the Army's Noncommissioned Officers Academy, Staff Judge Advocate General's Legal Center and School, in Charlottesville, Va., February 14, 2020.

Way to represent the 101st Airborne Division (Air Assault) Sustainment Brigade with dignity and respect. You're a prime example of what an NCO should be.

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## 101<sup>ST</sup> SBDE BEST WARRIOR COMPETITION







Day 1 Lifeliners completed a written exam, attended a competition board and tested their combat ability by completing the brigade's air assault obstacle course.

Lifeliners had to completely disassemble and reassemble, zero and qualify with their individual assigned weapons.

Day 2 Then they had to demonstrate their knowledge of combat lifesaving skills by evaluating and manually carrying casualties

Day 3 Lifeliners had to demonstrate their knowledge of Land Navigation during both the day and at night and also completed a 12-mile ruck march.







Congratulations to Staff Sgt. Pablo Martinez and Spc. Bonifacio Ramirez for winning the 101<sup>st</sup> SBDE *Best Warrior Competition*





584th Support Maintenance Company held their change of command ceremony on Friday, February 28, on U.S. Army Fort Campbell.

Capt. Michael Knight relinquished command to Capt. Gregory O'Morrissey during the ceremony held at Lozada Fitness Center.





## 101<sup>ST</sup> STB HHC

Headquarters and Headquarters Company, 101st Special Troops Battalion, conducted their change of command ceremony, February 28, 2020.

We would like to give a warm welcome to Capt. Zachary Peterson and look forward to working together.





# TOWN HALL MEETING

The 101st Division Sustainment Brigade hosted a town hall meeting to discuss updates within the brigade on Fort Campbell, February 27, 2020.

Col. Stephanie Barton, 101st Div. Sust. Bde. commander, and Command Sgt. Maj. Kevin Campbell, 101st Div. Sust. Bde. senior enlisted advisor, for hosting this event for our Soldiers, leaders and family members.

Congratulations to the outstanding Soldiers that have stood out within the brigade and received coins.







## The German Armed Forces Badge for Military Proficiency

Lifeliners had the opportunity to earn their The German Armed Forces Badge for Military Proficiency.  
February 28, 2020.







# Re-enlistments morale flight



Twelve Soldiers, from the 541st TC Fuel Hogs, were awarded with a morale flight around Fort Campbell for their recent re-enlistments on February 18, 2020.





# AIRBORNE



Congratulations to Sgt. Stalin Vallecer, 101st Division Sustainment Brigade command team driver, for completing Airborne school today, in Fort Benning, Ga, February 23, 2020.



A huge congratulations to Capt. Hector Moncada, Headquarters and Hector's Company, 101st Special Troops Battalion, for completing ranger school March 6, 2020, in Fort Benning, Ga,





# 101st Special Troops Battalion

Soldiers, from the 101st Special Troops Battalion, visited Northeast Elementary School during family read night to read to the students., February 20, 2020.







101<sup>st</sup> Airborne  
Division (AASLT)  
Sustainment Brigade  
*Severe Weather  
Response Guide*

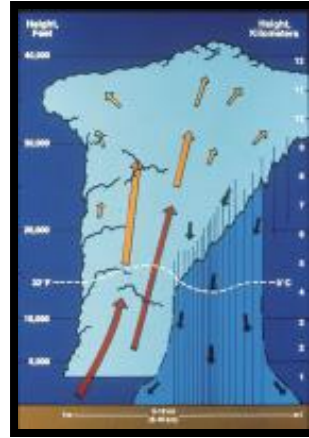


## Severe Weather

We've all experienced the wrath of mother nature in one or several forms including tornados, lightning, micro-burst winds, flash flooding or hail. Since most thunderstorms are mild or just graze our location, we tend to become complacent and ignore the hazards that could eventually cause our demise.

Fort Campbell lies on the boundary of the region that receives the greatest number of thunderstorms annually. The risk of injury or death is real.

## Thunderstorms



Mature Thunderstorm

The threat is real. Historical data demonstrates the real hazards involved with severe weather. Disregarding the risk will only increase your chance of becoming a statistic.

### Tornadoes

- Cause an average of 70 fatalities and 1,500 injuries .
- Produce wind speeds in excess of 250 mph.
- Can be one mile wide and stay on the ground over 50 miles.

### Lightning

- Causes an average of 80 fatalities and 300 injuries each year.
- Occurs with all thunderstorms.

### Strong Winds

- Can exceed 100 mph.
- Can cause damage equal to a tornado.
- Can be extremely dangerous to aviation.

### Flash Flooding

- Is the #1 cause of deaths associated with thunderstorms.
- More than 140 fatalities each year.

### Hail

- Causes more than \$1 billion in crop and property damage each year.

For more information regarding weather hazards and current conditions visit <http://www.nws.noaa.gov/>

## Tornados



Although tornadoes occur in many parts of the world, they are found most frequently in the United States.

In an average year, 1,200 tornadoes cause 70 fatalities and 1,500 injuries nationwide.

### Tornado Safety Rules

- In a home or building, move to a pre-designated shelter, such as a basement.
- If an underground shelter is not available, move to a small interior room or hallway on the lowest floor and get under a sturdy piece of furniture. Put as many walls as possible between you and the outside.
- Stay away from windows.
- Get out of automobiles.
- Do not try to outrun a tornado in your car; instead, leave it immediately for safe shelter.
- If caught outside or in a vehicle, lie flat in a nearby ditch or depression and cover your head with your hands.
- Be aware of flying debris. Flying debris from tornadoes causes most fatalities and injuries.
- Mobile homes, even if tied down, offer little protection from tornadoes. You should leave a mobile home and go to the lowest floor of a sturdy nearby building or a storm shelter.



# Lightning

Lightning is the second leading cause of storm deaths in the United States. In many states, lightning is the leading source of weather casualties. **A recent study by the Center for Disease Control identified the military as especially at risk, based on medical reports.** This increased risk is presumed to be from increased outdoor exposure during training, deployments, physical fitness training, and recreation.



## Lightning Safety Rules

- Postpone outdoor activities if thunderstorms are imminent.
- Move to a sturdy building or car. Do not take shelter in small sheds, under isolated trees, or in convertible automobiles. Stay away from tall objects such as towers, fences, telephone poles, and power lines.
- If lightning is occurring and a sturdy shelter is not available, get inside a hard-top automobile and keep the windows up. Avoid touching any metal.
- Utility lines and metal pipes can conduct electricity. Unplug appliances not necessary for obtaining weather information.
- Avoid using the telephone or any electrical appliances. Use phones ONLY in an emergency.
- Do not take a bath or shower during a thunderstorm.
- Turn off air conditioners. Power surges from lightning can cause serious damage.

### 30/30 Lightning Safety Rule:

- Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder.
- Stay indoors for 30 minutes after hearing the last clap of thunder.
- Stay tuned to weather reporting agencies.

# Lightning

## If Outdoors and No Shelter Is Nearby

- Find a low spot away from trees, fences, and poles.
- Make sure the place you pick is not subject to flooding.
- If you are in the woods, take shelter under the shorter trees.
- If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie down.
- If you are boating or swimming, get to land and find shelter immediately!

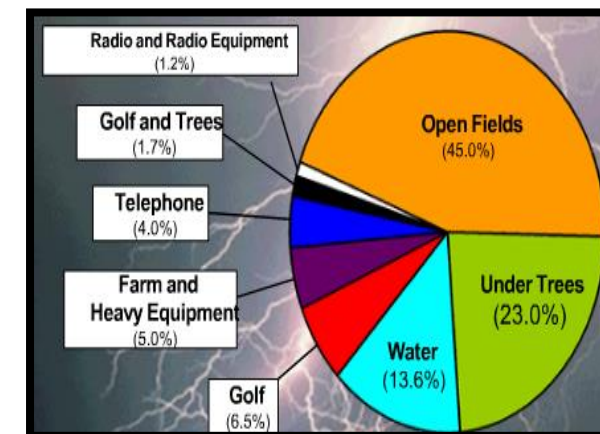
# Flash Flood



## Flash Flood Safety Rules

- Avoid walking, swimming, or driving in flood waters.
- Stay away from high water, storm drains, ditches, ravines, or culverts. If it is moving swiftly, even water six inches deep can knock you off your feet.
- If you come upon flood waters, stop, turn around, and go another way. Climb to higher ground.
- Do not let children play near storm drains.

# Military At Risk



**Due to the nature of our profession the military is at greater risk of being struck by lightning. Being caught in an open field or taking shelter under a tree significantly increases your chance of being struck by lightning. Avoid it!**

- Terminate physical fitness training if thunder is heard.
- Retreat to a building, structure or vehicle.
- Slow down if driving.

## Planning Considerations

- Always consult weather before operations.
- Make contingency plans.
- Monitor weather services.
- When conditions change reassess the risk.
- Make informed decisions.



