



Silver Caduceus Association, Inc.

THE SCA NEWS

Vol. 1, Issue No. 1201

Winter 2015

IN THIS ISSUE -

Message from the President	1
Congratulations to the New SCA Leadership.	2
SCA New Members	2
2014 Membership Expirations and 2015 Membership Renewal	2
New MSC Corps Chief	3
2014 SCA Reunion .3	
2016 SCA Reunion .3	
SCA Excellence in Leadership Award .4	
Message from Our Board Member. . . .5	
The AMEDD Historian	5
SCA Scholarship Program.	5
Check Out What is Happening in the SCA.	5
In Memoriam	5
Newsletter	5
A Thought to Ponder.	5
Note from Our Chaplain	6
Health News	6



"In The Silver Caduceus Association, Camaraderie Is A Passion That Makes Friendships Endure!"

Message from the President



Dear Fellow SCA Member:

In Sept 2014 at the SCA Reunion in Washington DC, I stated how honored I was to be elected President of this organization. I also stated I had some "big shoes" to fill, following in the footsteps of George Waters and Jim Vinci. One of their hallmarks was the amount of information they put out in the SCA ENews and SCA Newsletters. Now, unfortunately the two individuals, Steve Sheridan and Dick Ginn, who helped with these publications may have been "burned out" and decided to resign. They are to be commended for their fine work. Now VP Chuck Adams and myself, after some delay,

have found two sources to assist us in getting information to you. Former President Ed Hollingsworth has agreed to assist us in getting the ENews out "periodically" and Cindy Stephens and friend, Sandy Smith, will assist us in putting out the Newsletter on a periodic basis.

A second area of concern is the number of expired memberships. At the end of 2014, over 35 percent of SCA memberships expired. While we have received a fair amount of renewals, we still have many (more than a hundred) to renew. SCA is not about the SCA Board of Directors but about the entire Corps of retired and active duty MSC officers. One of our goals is to encourage multiple year renewals. Through this organization we are able to keep in touch with fellow officers we served with over the years. Later in this Newsletter I encourage you to read the thoughts of Board Member Jim Vinci and then the response from a family member to Doug Brandel, SCA Chaplain, after sending a sympathy card to the family of a deceased former MSC.

FYI: A congressional commission has called for the overhaul of the military health system that does away with Tricare! The report released 29 Jan 2015 would require that family members of AD and retirees under 65 to be covered through commercial insurers, similar to plans under the Federal Employees Health Benefit Program. AD families would get an allowance to cover their premiums, however, retirees younger than Medicare-eligible would pay their premiums out of pocket up to 20% of the cost of commercial plans. While certainly not to be instituted as is, SCA Members need to be aware of possible upcoming changes.

I look forward to working with our fellow MSC officers in building our Association and continuing the efforts to promote and support the MSC mission.

Linn Danielski, President

Happy New Year!

The Board of Directors of the Silver Caduceus Association wishes you and your families a very HAPPY NEW YEAR.

Linn Danielski, President

Congratulations to the New SCA Leadership

During the Business Meeting at the SCA 2014 Reunion, the following members were elected to lead the Silver Caduceus Association:

Elected Officers:

Linn Danielski, President
George (Chuck) Adams, Vice President
Garrett Barron, Secretary
Tom Barker, Treasurer

Board of Directors:

Dudley Brown
Mary Garr
Ed Haraguchi
Tammie Jones
David Rubenstein
James Vinci
George Waters, Jr.

Appointed Officers:

Doug Braendel, Chaplain
Jim Whitmire, Membership Coordinator
COL (R) George Hammond, Scholarship Program
COL (R) Jim Hayes, Scholarship Program
CW4 (R) Doug & Cindy Stephens,
Website Coordinators

SCA NEW MEMBERS

We are pleased to welcome new members:

BG (Res) Sandra L. Alvey
CPT (AD) James Carey
LTC (R) Donald W. DeGross
COL (R) John D. Grabenstein
COL (R) Thomas R. Hoopes
COL (R) Ernest M. Irons, Jr.
CPT (AD) Mathew L. LoPresti
COL (R) Fred McLain
1LT (AD) Michael Pyle
1LT (AD) Michael G. Schoenen
COL (R) Robert Stieneker
CPT (AD) Cynthia Sun

2014 Membership Expirations and 2015 Membership Renewal

Members with 2014 Membership Expiration Dates are encouraged to renew their membership. Renewal of your annual membership is only \$15.00 each year. You may pay your membership online at the SCA Website, www.SilverCaduceusAssociation.com, or by mailing your check to SCA, Post Office Box 39514, San Antonio, Texas 78218. I also express my appreciation to those who have already renewed their membership; moreover, I extend a special "THANK YOU" to many of you who elected to make multi-year renewals.



New MSC Corps Chief

On 7 November 2014 BG Patrick Sargent became the 18th Medical Service Corps Chief. For those of you fortunate to have attended the 2014 Reunion in Washington, DC, BG Sargent presented

the Keynote Address to the attendees.

Brigadier General Patrick D. Sargent was a Distinguished Military Graduate and commissioned as an Adjutant General Corps Officer from the

Florida State University ROTC Program. His first duty assignment was with the 502nd Personnel Services Company, 2nd Armored Division where he served as the Assistant Chief Administrative Services Division, Company Executive Officer and Chief, Soldier Actions Branch. He branch-transferred to the Medical Service Corps and reported to Fort Rucker, Alabama to attend Flight School and the UH-60A (Blackhawk) Transition. In October 1988, he served in Korea as a Flight Platoon Leader and Company Flight Operations Officer with the 377th Medical Company (Air Ambulance). Upon returning to the States in 1989,

Continued on Page 3

New MSC Corps Chief

Continued from Page 2

he joined the 2nd Armored Division for a second tour as the Chief, Division Medical Operations Center.

Brigadier General Sargent deployed to Operation Desert Shield/Storm as an Aeromedical Evacuation Pilot with the 236th Medical Company (Air Ambulance) and later as Commander, Charlie Company, 115th Forward Support Battalion, 1st Cavalry Division. He changed command in June 1992 to become an Instructor with the Army Medical Department Center and School Officer Basic and Advanced Courses. In June 1994, he returned to Korea to become the S-2/3, 52nd Medical Evacuation Battalion. Upon returning to the States in 1995, he served as a Medical Service Corps Branch Career Manager. He graduated from the Command and General Staff College at Fort Leavenworth, Kansas in 1997 and returned to Fort Hood, Texas.

From 1997 to 2000, Brigadier General Sargent served as the Executive Officer, 36th Medical Evacuation Battalion and later as Commander, 507th Medical Company (AA). In April of 2000, he was selected as an Army Congressional Fellow and reassigned to Washington, DC serving in the Army Senate Liaison Division on Capitol Hill. In January 2001, he was selected to serve as a Legislative Assistant to U.S. Senator Richard J. Durbin. At the conclusion of the 106th Congress, he became the Director of Congressional Operations for the Army Surgeon General.

From June 2002 to June 2004, Brigadier General Sargent was Commander of the 421st Medical Evacuation Battalion, Wiesbaden, Germany deploying in support of OPERATION IRAQI FREEDOM. In July 2004, he returned to the States to attend the National War College. Upon completion of the National War College, he became the Executive Officer to the Chief of Army Legislative Liaison, Office of the Secretary of the Army. In June of 2006, Brigadier General Sargent assumed command of the 62nd Medical Brigade and returned to Iraq as the Commander of the Medical Task Force completing a 15-month tour in October 2008. After changing command in December 2008, Brigadier General Sargent returned to Washington, DC to become the Chief of Staff for the Army's Warrior Transition Command. In June 2011, Brigadier General Sargent returned to Fort Hood to command the Carl R. Darnall Army Medical Center. In April 2013, he relinquished command to become the Special Assistant to the Army Surgeon General. On 1 July 2013, he became the MEDCOM G-3/5/7. On 7 November 2014, BG Sargent was named the 18th Corps Chief of the Medical Service Corps.

Brigadier General Sargent is a graduate of the Adjutant General Officer Basic Course, Initial Entry Rotary Wing Course, Aviation Officer Advanced Course, Combined Arms and Services Staff School, Command and General Staff College, and the National War College. He holds a Master of Arts Degree in Human Resource Development from Webster University, and a Master of Science Degree in National Security Strategy from the National Defense University, and a Bachelor of Arts Degree in Political Science from the Florida State University. In 2011 he earned a Certificate in Healthcare Leadership from Cornell University.

His awards include the Legion of Merit with three oak leaf clusters, Bronze Star Medal (1 OLC), Meritorious Service (4 OLC), Air Medal, Army Commendation Medal with (2 OLC), and an Army Achievement Medal with (1 OLC). He has earned the Expert Field Medical Badge, Senior Army Aviator Badge, Parachute Qualification Badge, Air Assault Badge, and the Army Staff Identification Badge. Brigadier General Sargent is board certified in Healthcare Administration and a Fellow in the American College of Healthcare Executives, a member of the Order of Military Medical Merit and Order of Saint Michael. In 2003, he was selected by the Tuskegee Airmen, Inc. as their Department of Defense recipient of the prestigious General Benjamin O. Davis Jr., National Military Award. Most recently, Brigadier General Sargent was awarded the Army Surgeon General's prestigious 9A Proficiency Designator for being eminently qualified as an Aeromedical Evacuation Officer.

2014 SCA Reunion

Again, we want to thank Mark Lyford and his team for their efforts in putting on a most successful SCA Reunion in Washington, DC this past September. For those of you unable to attend, you can look at pictures provided by COL (R) Jettaka Alexander at <http://scareunion2014.shutterfly.com> or a video provided by CW3 (R) Joe McClain at <http://mscwarrants.com>.



2016 SCA Reunion

SAVE THE DATE!! The 2016 Reunion will again be held at the Doubletree Hotel in San Antonio from 28 Sept-2 Oct, 2016. Jim Whitmore has agreed to lead the team to make this another great gathering. Additional information will be provided at a later date and updated on the website as well.

SCA Excellence in Leadership Award



In November 2014, CPT Carl Vickers was presented the SCA Excellence in Leadership Award by BG(R) David Rubenstein during the Captains Career Course Graduation Ceremony. CPT Vickers has had a unique military career and we asked him to share his bio.

A message from CPT Vickers:

My name is Carl L. Vickers, born into and raised by a coal miner's family. As far back as I can remember, my mother always insisted three things: hard work, personal convictions, and honesty. As the youngest of three children in a single-parent home, I never understood those lessons until I graduated from high school and was faced with the reality of rent, utilities, and a host of other responsibilities accompanied with adulthood. For those in a coal mining community, the norm following high school graduation was to go to work in the coal mines, get married, have kids, and 'provide a living for the family' (in that order). Without question, I broke that pattern by joining the military. Yet, I often find myself referring to the work ethics of those involved in my upbringing and how their work ethics continue to influence me today.

With humble roots stemming from the heart of the Appalachian Mountains (Norton, VA), hard work and complete dedication to duty still remain my foundation in terms of serving as a professional Soldier. Enlisting as a Private (E-1) and culminating my enlisted career as a First Sergeant (E-8), my development was

cultivated by many NCOs over the years. Along the way, however, my own role as a coach, teacher, and mentor allowed me the opportunity to do what leaders do—take care of Soldiers! Although there are many highlights in my enlisted career, the one position in which I continue to compare other assignments is that of serving as a First Sergeant at the (former) Walter Reed Army Medical Center. Undoubtedly, the opportunity to serve the 580 Soldiers and their family members of Bravo Company proved to be not only challenging but extremely rewarding. This opportunity, ironically, motivated my decision to commission. As a Junior Officer, I incorporate nearly 23 years of military experience into the one thing that I am charged to do—complete the mission while taking care of Soldiers to the best of my abilities. Looking ahead, I anticipate and look forward to challenging assignments that will provide me the chance to make a difference in the life of America's most precious asset, the Soldier.

Since earning a commission in 2010, my assignments include the following: Platoon Leader, 3rd US Infantry Regiment (The Old Guard), 529th Regimental Support Company, Fort Myer, VA; Medical Operations Officer, 3rd US Infantry Regiment (The Old Guard), 529th Regimental Support Company, Fort Myer, VA; Health Services Material Officer, 65th Medical

Brigade, 168th Multifunctional Medical Battalion, Camp Walker, Korea; and Adjutant, Walter Reed Army Institute of Research, Silver Spring, MD. My awards and decorations include the Meritorious Service Medal (3-OLC), Army Commendation Medal (3-OLC), Army Achievement Medal (4-OLC), Army Superior Unit Award (1-OLC), Army Good Conduct Medal (6th Award), National Defense Service Medal (1-Star), Global War on Terrorism Service Medal, Korean National Defense Service Medal, Military Outstanding Volunteer Service Medal (2nd Award), Army Service Ribbon, Overseas Ribbon (3rd Award), and the Expert Field Medical Badge. I hold a Master's Degree in Organizational Development from the University of Incarnate Word, San Antonio, Texas, and a Bachelor's Degree in Resource Management from Troy University, Troy, Alabama. My wife of 25 years is Clara. We have two sons, Andrew and Daniel.

“...the opportunity to serve the 580 Soldiers and their family members of Bravo Company proved to be not only challenging but extremely rewarding.”

Message from Our Board Member

Good MSC Friends

From Jim Vinci, SCA Board Member

"Good MSC friends are like quilts - they age with you, yet never lose their warmth."

I have posted to LinkedIn too many MSC friends and colleagues that have left this world, too soon; before they understood the great freedom that comes with aging.

Whose business is it, if I choose to read, or play on the computer, until 4 AM, or sleep until noon? I will sing along with those wonderful tunes of the 60s & 70s, and if I, at the same time, wish to weep over a lost MSC, I will.

I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, eventually, I remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, when a fellow MSC friend dies or when a child suffers,

or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many of our MSC colleagues have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer the question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be.

And I shall eat dessert every single day, a cannoli when available (if I feel like it).

May our friendship and collegiality never come apart.

Happy 2015!

Jim Vinci

The AMEDD Historian

Spring 2015 issue of The AMEDD Historian is now posted on the SCA website.

SCA Scholarship Program

The application and information for the 2015 SCA Scholarships are posted on the SCA website.

Check Out What is Happening in the SCA

SCA: <https://www.silvercaduceusassociation.com>

Linked In: <https://www.linkedin.com/groups/Silver-Caduceus-Association-SCA-4979073>

Facebook: <https://www.facebook.com/pages/Silver-Caduceus-Association/287265814776102>

IN MEMORIAM:

It is with great sadness that I again list the passing of the following Fellow Medical Service Corps Officers.

COL Arthur E. Britt

COL Ernest T. Rezendes

COL Roy A. Bryan

COL Dana S. Slack

MAJ Gunars Dombrovskis

LTC Stephen R. Speights

COL Robert A. Mays, Jr.

COL Robert W. Thomas

LTC Edgar F. Mote

CW4 Fred A. Walker, Jr.

LTC George L. Pierce

NEWSLETTER

With the assistance of Sandy Smith, we are able to provide a great new look to the SCA Newsletter. We would love feedback and any input for future newsletters. Please contact me at ldanielski@satx.rr.com or Cindy Stephens at cmstephens@bmets-usa.com. We look forward to your input.

A Thought to Ponder:

"Be at war with your vices, at peace with your neighbors, and let every New Year find you a better man."

~Benjamin Franklin~



NOTE FROM OUR CHAPLAIN

Most of you know that our Chaplain, Doug Braendel, sends a sympathy card to the next of kin whenever we are notified of the death of a retired MSC. I would like to share with you recent communication from the family of LTC (R) Stephen Speights. For those of you who might have served with LTC Speights, I invite you to communicate with his son John.



John,

It is our custom, whenever we hear of the death of an active or retired Army Medical Service Corps officer, to extend our condolences to the family. As the Chaplain of the Silver Caduceus Association, it is my privilege and honor to send the cards. I do not remember knowing your Dad. When fellow MSC's become aware of the passing of a fellow MSC they try to notify me. I then try to track down the address of the next of kin. Usually the NOK is the officer's widow. In your Dad's

case I had to try to find an address for one of his children. Although the card was addressed to Chris, it is meant for all of you. And, all of you are invited to attend the memorial service in San Antonio next year. Please share our card with your entire family.

Doug Braendel, SCA Chaplain



From: John Speights
[mailto:pontiacbuickgmcguy@gmail.com]

Subject: Stephen R. Speights

Hello Colonel Braendel,

Recently, my father LTC (Ret.) Stephen Speights passed away and I received a sympathy card from you addressed to my big brother, Chris Speights. I apologize, but it came to my home first instead of his and my wife accidentally opened the card. First, I want to say thank you for taking the time to send the card along with the invite to your U.S. Army Medical Service Corps meeting this Fall. Second, I was wondering if you could tell me how it is you knew my father? Did you work with him or alongside him during his years with the U.S. Army? Any information you can share with me is appreciated. Thank you for serving and Happy New Year to you and your family.

John Speights, 713-232-9570
League City, TX



HEALTH NEWS

The Road to Stress Reduction

It is widely known that those who suffer with frequent high level stressors and who do not know how to control their stress levels have a greater incidence of serious disease over time. The following are some suggestions for use in reducing stress levels.

1. Create a healthy boundary for solitude (Information overload is common). Take quiet time out just for you!
2. Resolve issues of anger and fear. Discuss trauma incidences with others you trust to "deprogram" or "debrief".
3. Realize that you have the right to say "NO" without feeling guilty.
4. Make a daily practice of some sort of "mindfulness" to improve the mind-body-spirit equilibrium.
5. Exercise regularly.
6. Get enough sleep. Most adults need nine hours for optimum health.
7. Maintain healthy eating habits. If you need help identifying healthy foods, or motivation to eat healthy, talk to your Health Care Provider. Drink six glasses of water, daily.
8. See your Health Care Provider regularly. Establish a relationship with this person to be able to ask pertinent questions about your status, care and treatment, comfortably.
9. Nurture relationships with family and friends to develop strong support systems.
10. Use relaxing music to calm your mind during stressful times.