



Diligent Times

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SUPPORT FIRST!

701st Brigade Support Battalion

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'Diligent' Soldier Organizes a Shadow Race for Sexual Harassment and Sexual Assault Prevention

By U.S. Army 2nd Lieutenant McKinsey Hulen
Task Force 701 UPAR

PAKTIKA PROVINCE, Afghanistan (September 21, 2012) – On September 16th 151 runners and one military working dog participated in a 5K/10K race to raise awareness for the prevention of sexual assault and sexual harassment. The race, sponsored by the Kansas City Running Company, was organized by First Lieutenant Kathryn Buckland, Medical Logistics Officer for Task Force 701, and Sergeant First Class Willie Watson,



One hundred fifty-one Soldiers participated in shadow race



Pat Beckwith from 2-32, won the 10K race with a time of 38:55

Equal Opportunity Adviser for Task Force Dragon.

Medics from Charlie Com-

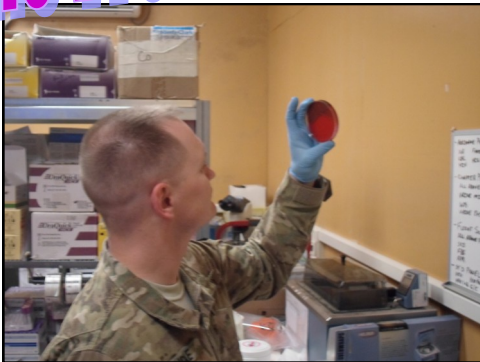
pany, 701st Brigade Support Battalion (BSB), also assisted with the race operation and provided medical coverage.

Soldiers and civilians from across Forward Operating Base Sharana participated in the race, including Soldiers from 701st BSB, 4-1 Brigade Special Troops Battalion, 2-32 Field Artillery (FA), 1-78 Engineers, 2-50 Infantry, Headquarters Company for Dragon Brigade and contract workers from AC First. Prizes were awarded to the top male and female finishers for both the 5K run and the 10K run. Captain Scott Broome and First Lieutenant Stephanie Hanson took first place for the 5K with times of 20:50 and 23:41 respectively. For the 10K run, Captain Pat Beckwith, from 2-32 FA, finished first with a time of 38:55 and Captain Bridget Robshaw, also from 2-32, came in as the first female with a time of 48:47.

The race was a great way for Soldiers to show their support for Sexual Harassment and Sexual Assault prevention. Both Buckland and Watson were impressed with the level of enthusiasm and the number of participants.

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This Week in Photos



Lab technician at Charlie Company looks at a blood sample



Alpha company Soldiers pray together before a mission



Bravo Company Commander pins an award on a Solider



HHC Soldiers pose with some kids as they organize jingle drivers for a convoy

'Tis the Flu Season

By: CPT Shannon Hafertepen, Battalion PA

The days are getting shorter, there's a chill in the air, leaves are changing—fall is just around the corner. For most of us, this translates into the kids going back to school, the start of football season, baseball post-season (Go Reds!!), and...flu shots.

Influenza is a serious respiratory illness caused by the influenza virus. The CDC estimates that thousands die every year from influenza or from other complications of an influenza illness. People who get "the flu" can demonstrate a very wide range of severity with the disease; from just a mild illness with fever or chills with a runny nose or cough, to a more severe illness including body aches, nausea or vomiting, or a developing pneumonia. Generally, the variances in the severity of the flu are dependent on the age of the individual, underlying health issues of the individual, or women who may be pregnant.

Getting your annual flu shot is the best way to prevent getting the flu!! Anyone who is 6 months or older should be immunized against the flu, but there are certain groups of people who should be sure to get their flu vaccine. Those with chronic respiratory conditions like asthma or COPD, long-term medical conditions like diabetes; women who are pregnant, all individuals over the age of 65, or anyone who cares for people with those particular health issues. Children also are at high risk for developing serious illness with the flu, so any child between the ages of 6 months and 5 years of age should receive the flu shot, as should their parents or caregivers. Children who have never received a flu shot will need 2 shots spaced 4 weeks apart to ensure that their bodies develop the right immune response.

The flu vaccine works by introducing your body to a weakened or killed version of the influenza virus. This allows your immune system to learn to recognize the virus, so that if you're exposed, your immune system will spot the flu virus immediately, fighting it off to prevent you from becoming ill.

There are two ways you can get this year's flu vaccine: as a shot or as a spray in the nose. The flu shot (given in the shoulder) is made up of killed flu viruses, while the nasal spray (Flu Mist) is made up of live but weakened viruses. It generally takes your body about 2 weeks to build the proper immunity to the flu virus, so it's very important to get vaccinated as soon as vaccine is available in your area.

Aside from getting your flu shot, there are some very easy ways to help prevent the spread of the flu:

- Cover your mouth when coughing or sneezing.
- Wash your hands frequently with soap and water, or use an alcohol-based hand sanitizer.
- Stay home if you're not feeling well, unless you're heading for medical care or necessities.

There are many options for getting your flu shot. Here in Afghanistan, we're providing shots at the Charlie Med treatment facility, delivered with a smile by your favorite medics. Back home, there are flu clinics given through the military treatment facilities on post, community flu shot drives, or you could head to your local pharmacy to get your shot. But remember—the flu shot only works if you actually go get it.

Stay safe this flu season.

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Condors



Chaplain's Corner

FOLLOW INSTRUCTIONS CH (CPT) GEORGE L. OKOTH

Do you face problems in life? Are you making the most of the talents God has given you? Are you in awe of those who succeed beyond your wildest dreams? How did they attain their stature? Why are they so fortunate in their accomplishments? Are they truly that much smarter than you? Do they work that much harder than you? What gives them this edge over your abilities?

As I look back on my 50 years of living, I realize that everyone has their own unique problems.

I've come a long way from living in a home with no indoor plumbing. Who would have thought that I would get a college degree, when neither of my parents had a high school diploma? I've overcome the childhood resentment of growing up as a poor orphan. I started as an altar boy and rose to become a high school Principal, a College Chaplain, a Counselor, and now an Army Chaplain. I've achieved many personal goals.

So, I've learned to look for the answers when I'm confronted with problems.

There are ways to solve most problems. Most of the problems we face can be overcome, if we'll only follow instructions. There are instructions for making an apple pie, for changing the oil filter in your car, for using your I-pod, and most any other thing you can think of.

If you follow the instructions, you get the desired results. Unfortunately, your birth certificate, diploma, degree, or marriage license doesn't come with directions. There are other helps, if you'll just look around.

Others have been in your place and can be good mentors. There are so many people around us who possess the qualities that we would like to have and those who have affected us in a way that makes us want to be better people. You can also find do it yourself books, which can be helpful. There are people who have not forgotten where they came from, how they got to where they are now and always looking back to see if they can help those that came from the very same place.

Whether you like it or not the choice you make or stumble upon make you who you are. I always tell people, whether you like it or not people are looking at you, for better or worse.

But, what I also like to tell people about; even talking to God has a set of instructions. The Bible tells us; you need to ask for what you want and to believe that you will receive it. The trouble with most people is; they've don't read the instructions, hence, they never believe.

You can control your destiny and have the life you long for. You can achieve great things and accomplish your goals. It's knowing just what directions you will follow. Serve God and your fellowman. Be a worker that is not ashamed. Remember, it does take work, courage, and your talents, but God will give you directions, every step of the way. Be a good instructor to some troubled Soldier today and you will never regret the fruits of your labor. May God bless you as you serve Him.

Make it a great week.

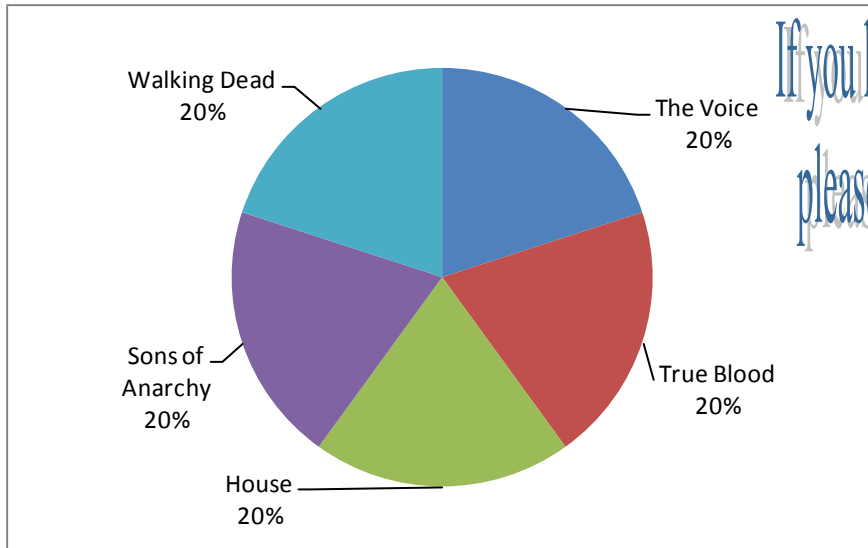


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Weekly Diligent Poll

Find our weekly poll on Facebook to add your input

Which TV Show are you most looking forward to catching up on upon redeployment?



If you have suggestions for a poll please comment on Facebook!



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