HAWAII'S OWN NATIONAL GUARD

# 298TH REGT, MFTU (RTI)

HAWAII ARMY NATIONAL GUARD

NA LEO O KUPONO—"THE VOICE OF EXCELLENCE"

**Volume 1, Issue 2** **October 14, 2012**

## Greetings From The Commander

COL SUZANNE P. VARES-LUM

**Aloha 298th Regiment Soldiers!**

I salute all of you for your hard work and tireless efforts over the past several months! You have been running full-speed ahead with back-to-back training of Soldiers. You all deserve congratulations for completing three 11B ALCs whose rosters were filled with the names of active duty Soldiers. This is a groundbreaking movement toward the Total Army Training Concept.

The cadre and staff indeed also managed to perform well while teaching a WLC and 11B ALC concurrently. The challenges of scheduling ranges, transportation, ammo storage, safety, mess support, Quality Assurance Internal Self-Evaluations, and manage the facilities could not have been met without professionals like you!

Further, this past summer, the OCS cadre invested their time and expertise with our future National Guard lieutenants in South Dakota. We were fortunate to have two new second lieutenants receive their bars in August. The OCS cadre has already begun a new class of 7 candidates. Also, the OCS program is celebrating its 50th year! To commemorate this event, the 1st BN is planning a tree planting ceremony in November -- more to come.

Clearly, every single one of you has been stretched with long hours and long nights while ensuring world-class training, and you never gave anything but your very best! No doubt your families have made tremendous sacrifices, so please ensure that in the next three months you take time for your families.
In the next three months we have an opportunity to focus on our individual training needs, our families, and ensuring we are prepared for the upcoming accreditation before we ramp up with ARPRINT missions in January.

Let's keep Safety and suicide prevention at the forefront of our minds. It is everyone's responsibility to ensure we all focus on the physical, mental and spiritual health of all Soldiers. Please take the time to get to know each other in this unit. It is also important that we include our families in our unit. For this reason, I urge you to please support the Family Readiness Program.

In closing, I would like to share one of my favorite quotes from an unknown author:

"Watch your thoughts,
They become your words.
Watch your words,
They become your actions.
Watch your actions,
They become your habits.
Watch your habits,
They become your character
Watch your character,
It becomes your destiny."

**Thank you and your families for your dedication and service!**

CSM DANA W. WINGAD

## Command Sergeant Major's Corner

Now that we have closed out the Training Year for 2012, I would like to take this opportunity to personally thank all of you for your outstanding performance on completing our Mission. As we begin our transition into the Training Year for 2013, we will begin to focus our priority towards our TRADOC Accreditation in March 2013. This TRADOC Accreditation will pave the future pathway for our 298th Regiment, to become the premier academy of the pacific.

As stated before, at the 298th Regiment our primary focus is to train Soldiers and Non-Commissioned Officers to be leaders and mentors to our enlisted force in both the Garrison and Combat environment. With this being said, last month the Army conducted a Suicide Prevention Stand Down on September 27 2012. This Stand down aimed to promote good health, teammate involvement, risk reduction and resilience training.

During the month of October our unit will promote Comprehensive Soldier and Family Fitness, stigma reduction, resiliency training, protective factors and effective treatment resources. As the lead trainers of our organization we must ensure we continue to educate our Soldiers and Family members to ensure we our successful in this ongoing battle.

Over the next three months we will have the opportunity to "take a knee" and focus our efforts on the training needs of our staff to ensure we are well prepared for our upcoming training Missions and TRADOC Accreditation. Please ensure we all take the time over the next three months to integrate with our Soldiers and Families.

Suicide Prevention Stand Down Day (IDT)
Clockwise from top left:

1. Mr. Dave Kaul, discussing Behavioral Health and Financial Stressors.

2. A variety of material was provided for our Soldiers during the event.

3. SSG Washington and SFC Uesugi providing CSF2 training for the OCS candidates and cadre.

Volume 1, Issue 2

## Eye On Safety - National Fire Prevention Week

During National Fire Prevention Week, October 7 - 13, 2012 attention is focused on promoting fire safety and prevention, however we should practice fire safety all year long. Many potential fire hazards go undetected because people simply do not take steps to fireproof their home.

Many bedroom fires are caused by misuse or poor maintenance of electrical devices, careless use of candles, smoking in bed, and children playing with matches and lighters. Most potential hazards can be addressed with a little common sense. For example, be sure to keep flammable items like bedding, clothes and curtains at least three feet away from portable heaters or lit candles, and never smoke in bed. Also, items like appliances or electric blankets should not be operated if they have frayed power cords, and electrical outlets should never be overloaded.

Fire Safety Checklist:

- Install and maintain a working smoke alarm outside of every sleep area and remember to change the battery at least once a year.
- Designate two escape routes from each bedroom and practice them regularly.
- Teach everyone the "Stop, Drop, and Roll" technique in case clothing catches on fire.
- Avoid storing old mattresses in the home or garage.
- Teach kids that matches, lighters and candles are tools, not toys. If you suspect that a child is playing with fire, check under beds and in closets for telltale signs like burned matches. Matches and lighters should be stored in a secure drawer or cabinet.

*Source: Rachel Cooper, About.com Guide*

Sparky the Fire Dog is the National Fire Protection Association's (NFPA) mascot.

The NFPA partners with communities to increase fire prevention awareness, and promote fire safety.

## HAPPY BIRTHDAY!

**AUGUST**
**CPT Lee**
**SFC Neal**
**SFC Race**
**SSG Serrano**

**SEPTEMBER**
**SSG Huynh**
**SSG Largo**
**SSG Washington**
**SPC Valdez**

**OCTOBER**
**COL Vares-Lum**
**MAJ Tsuda**
**SFC Delossantos**
**SFC Uesugi**
**SPC Soriano**

## Family Readiness Group News

The 298th RTI's Family Readiness Group, "Ohana Ikaika" has been revived, with the appointment of Kenton Wandasan as the group's Key Leader. In addition to attending the Annual Key Volunteer Workshop in August 2012, Kenton has been active in gaining knowledge and collecting resources for the families and Soldiers of the 298th RTI.143232

An FRG Newsletter will be published soon, but in the meantime Kenton has created, and will be administering, the 298th FRG's official Facebook site at: www.facebook.com/298thFRG - be sure to "LIKE" this page to receive regular updates.

Former members of "Ohana Ikaika" have been contacted to fill Key Volunteer positions, which will enable the group to begin building the unit's FRG informal fund. This fund will directly support unit FRG activities, such as the upcoming Holiday FRG Organizational Day at Bellows AFS Beach on December 2, 2012.

Family members and friends who are interested in contributing to the success of this year's Holiday FRG event are invited to contact Kenton directly, by calling (808) 729-3070 or via e-mail: kentonwandasan@gmail.com

Kenton Wandasan and BG Hara at the 2012 Annual Key Volunteer Workshop

## Upcoming Training Dates

**03-04 November 2012**

**01-02 December 2012**

**05-06 January 2013**

## Memorable Moments - Officer Candidate School