

Commander's Corner

I would like to make a special acknowledgement of Infantry Cpl. Glenn Watkins, who was killed in action on April 5, 2005, while on a combat patrol in Baghdad. My and my family's prayers are with the Watkins family during this time of grief. Cpl. Watkins was an American hero. He died honorably on the field of battle in the service of his country. The legacy he left us through the way he lived his life is an amazing one.



As a warrior who served with the 1st Battalion, 184th Infantry Regiment, Cpl. Watkins embodied what I believe to be the ideals of freedom and free choice.

Cpl. Watkins was not a man who took his freedom lightly or for granted. This can be seen in the choices he made with his life.

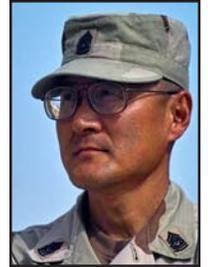
Cpl. Watkins chose to serve his country by voluntarily joining the Army. He chose to be a front line infantryman—a "grunt"—the hardest and most dangerous job there is during a war. He served one combat tour honorably in Iraq and made the personal choice to stay on for another. By making each of these choices freely, he demonstrated dedication to mission, selfless service, as well as compassion for the Iraqi people.

Glenn's life was a clarion statement to the power of freedom and choice.

May God bless and watch over Glenn's family during this time of grief. As Glenn was part of the 29th BCT's extended family, we each grieve alongside them in our own personal way.

CSM's Message

By the time this newsletter reaches the press, the 29th BCT will have completed 3 months of BOG, or Boots On the Ground. As each day goes by, soldiers become more street-smart. As far as I'm concerned, every soldier here, regardless of their rank, MOS, assigned duty, unit or geographical location, is making a big contribution to OIF3. Every soldier came here to do a job to the best of their ability and go home safely, whether their job was doing combat patrols outside the wire, pulling security at the Entry Control Points (ECP), tower duty, working in one of the Operations Centers, caring for soldiers in a medical clinic, or doing other support work back in the FOB. I had the opportunity to accompany soldiers from F Troop, 82nd Cav and B Company, 100-442nd Infantry Battalion on their Combat Recon Patrols. With that small experience, I have gained an enormous respect for those soldiers who do these jobs day and night. I also watch soldiers doing a very good job of screening personnel and vehicles at the ECPs, or soldiers on tower duty sending in accurate and timely reports to their Tactical Operations Centers or Joint Defense Operations Center, and I'm just as proud of them too. This daily, but hazardous routine goes on with our troops in Baghdad, Kuwait and Saudi Arabia. Keep up the good work.



Lastly, we lost a soldier and a comrade, CPL Glenn Watkins who was one of the 81st Armor Brigade soldiers who volunteered to stay behind and join our team because he felt he had something to contribute. I want to remind all the 29th BCT soldiers to be careful, think safety, and keep your guard up.

Lava!

(continued on page 15)

MESSAGE FROM THE GOVERNOR



Photo provided by the Governor's Office

Aloha!

As the legislative session comes to a close on May 5th, I look forward to sharing with the 29th Brigade Combat Team the successes of this session, especially as it pertains to our dedicated military personnel. As always, I appreciate the invaluable service and sacrifices you all have made. My heart goes out to the family and friends who are grieving the loss of Cpl. Glenn J. Watkins. There's no one else who wants peace more in the world than he who lays his life down where peace is absent. My thoughts were with you as I spoke on the Battleship Missouri at the official Military Appreciation Month Ceremony, remembering your service and hoping to welcome you home in the near future.

Linda Lingle
Governor

BRIG. GEN. CHAVES' MOTHER'S DAY POSTCARD

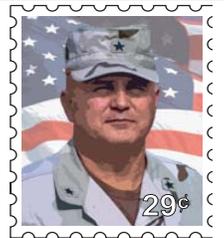
Dear 29th BCT Moms,

Although we're in a foreign land, half-a-world away from you, the bond we share with you is one that can never be broken. Though at times we may have behaved otherwise, we have never out-grown our need for you or for your encouragement and love.

Mother's Day is a special day on which many of us reflect on fond memories. Childhood memories: as vivid as your soothing kiss on a bruised elbow, or as tender as tears wiped gently away after a fall, or as colorful as our crayon drawings that you treated as if they had been drawn by Picasso himself. Your love was our mainstay, your tender arms our home, and your refrigerator our art gallery. Though those days are long gone, the special place in our hearts for you remains always.

Your strength and guidance throughout our lives has helped to set our moral compasses straight. It is a credit to you that we stand tall on this special day—as soldiers proudly serving the greatest country on Earth. We salute you mom.

Mother's Day!



To 29th BCT Moms

From the Lava Brigade

IN MEMORIAM

Cpl. Glenn Watkins

By Spc. Jayson Howell

BAGHDAD — Cpl. Glenn James Watkins' life of service ended tragically after a bomb attack on April 5, 2005. The infantryman attached to Company A, 1st Battalion, 184th Infantry Regiment, was in the gunner's turret of his humvee when a vehicle approached his convoy near the Al Ad Darwah market. The vehicle borne explosive detonated, killing Watkins and injured other soldiers who were with him.

Watkins, 42, began his military service immediately following high school, serving for four years in the Navy. He then served for more than ten years in the Army, seven of which were spent in the National Guard. In the Guard, he served with the 1st Bn., 184th Inf. Regt. In 2003, he transferred to the Washington National Guard's 81st Brigade Combat Team and deployed with them in support of Operation Iraqi Freedom II. Upon learning that his old unit was being deployed under OIF III, Cpl. Watkins became one of over seventy soldiers from the 81st BCT who voluntarily extended their tours to serve a second combat tour in Iraq.

Watkins' sense of service survived his passing, as evidenced through his children. His oldest son Andrew joined the Army and serves with the famous 82nd Airborne Division. His second son John recently joined the Navy. His daughter Alicia is in the process of joining the Israeli Defense Force. His youngest child Joe is finishing high school at home with his mother Anne.



Photo courtesy 1st Bn., 184th Inf. Regt.

Cpl. Glenn James Watkins

March 4, 1963 - April 5, 2005



Photo courtesy Ken James

IN MEMORIAM



Photo by Capt. Kyle Yonemura

Photo by Capt. Kyle Yonemura



Photo by Capt. Kyle Yonemura



Photo courtesy Ken James



Photo courtesy Ken James

Photo courtesy 1st Bn., 184th Inf. Regt..

Go for Broke-Change of Command

By Sgt. Lauran Robinson

LSA ANCONDA — During a Change of Command ceremony on April 1st, 2005, Lt. Col. Colbert Low assumed command of the historic 100th Battalion, 442nd Infantry Regiment.

Lt. Col. Low assumed command from Maj. Paul Gault who commanded the battalion from February 23rd-April 1st of 2005. At the ceremony, Maj. Gault was awarded the Army Commendation Medal for his leadership of the battalion.



Lt. Col. Colbert Low replaces outgoing commander Maj. Paul Gault, as Sgt. Maj. Estrabrooks holds the unit's colors.

Photo by Sgt. Lauran Robinson

Lt. Col. Low stated that he plans to continue on the successful course and tone set by Maj. Gault and battalion's the company commanders. "The immediate goals are to stop and deter the insurgency," he said, "the ultimate goal is to train the Iraqi Army and the Iraqi police to control their internal affairs."

Lt. Col. Low was stationed in Kuwait as a Civil Affairs Officer for the previous eight months and had been scheduled to return home in September, 2005. Upon learning he had been selected as the new battalion commander, he extended his tour of duty in Iraq. "I took the position as the Commanding Officer because I have worked with the company commanders before. I know their strengths and weaknesses, as they know mine, and it makes for great teamwork. There are great commanders, great Soldiers and staff making it easier for me to command," said Lt. Col. Low. "Go For Broke."

1-184's newest addition is old school

By Capt. Kyle Yonemura

One of the 1st Battalion, 184th Infantry Regiment's newest members is Spc. Donionell "Don" Williams, from San Fernando Valley, California. The 43 year old California native has spent the last 12 years of his civilian life as the Dean of Admissions of Bryman College at San Fernando. Bryman is a private Vocational College.

A replacement who joined the unit in March, Spc. Williams decided to take "a big cut in pay" and volunteered for duty as an infantryman in Iraq for personal reasons. "I wanted to come out here and see what was happening for myself," he said. "I also feel I have something to offer." Another motivating factor was Williams' desire to finish off his remaining years of service for retirement benefits. After graduating from California State University at Northridge with a B.S. in Political Science, Williams enlisted in the Marines at the age of 21. He served in Operation Desert Storm, assigned to a unit that flew UH-1H and CH-46 helicopters. During Operation Desert Storm, Williams saw a lot of skirmishes and firefights. His unit captured 1,192 Iraqi prisoners of war. Williams left the Marines after eight years of active service, having earned the rank of sergeant. After a 14 year break in service, he's back serving his country.

"I think 3rd Squad is a great squad and I have a lot of confidence in them," said Williams, who has been on numerous raids and "knock and searches" since joining the unit. "The guys work together and really know what they're doing—they behave like real veterans with a lot of combat experience," he said.

"Don" Williams had many motivations for volunteering to serve a combat tour in Iraq.



Photo by Capt. Kyle Yonemura

NEWS FROM THE FIELD

Baghdad run - EOD escort

By Capt. Eric Walstrom

Commander Troop F-82 CAV, Balad, Iraq

200730APR05:

1st Platoon, Troop F, 82nd Cavalry gathered recently to escort the 332nd Expeditionary Force, USAF Explosive Ordnance Detachment to their supply depot at Camp Victory, Baghdad.

This run is made about every other week from Logistic Support Area Anaconda to Baghdad for the purpose of repair to the EOD robots, re-supply, and transition personnel afterwards to remote forward operating bases around LSA Anaconda.

“We are going to keep a tight formation, especially once we hit the traffic,” said 2nd Lt. Richard Paetz, Platoon Leader. “Everyone mount up and let’s get it done.”

The overall travel time to Baghdad from the LSA is just over an hour, traveling at 45-60 mph along one of the main freeways going north to south in Iraq. Sometimes it calls for the convoy to travel down the opposite side of the road heading into traffic because of the congestion.

The travel is intense, every trooper concentrates on his task otherwise one mistake could cause an accident for either the soldiers or the civilians. It is understood that the Coalition Forces in Iraq have priority on the roads and locals are to extend this courtesy to move out of the way when a convoy approaches. Speed is an additional safety measure while traveling along the dangerous roads of the country.

The mission was half over within the next hour. The platoon known as “Fightin’ First” dropped off the important EOD team and moved to a much deserved

break at the post exchange and local bazaar. The bazaar is where souvenirs can be purchased and mailed back to loved ones in the States. It has things like old regime currency and rank, lamps, gold, and rugs. It is quite a draw for the troops. Plus, the PX is never a bad stop to take to get items of importance called “pogie bait” (candy, Gatorade, movies, CDs, and such) for the trip back to the LSA.

The talk soon turned to an event felt by those gathered around the vehicles as a concussion from over six miles away exploded into a white and black cloud. It was a vehicle bomb. It attacked a large U.S. semi convoy loaded with new armored humvees. The news made the papers the next day. There was one reminder of how fortunate we are for not running into anything on the way from the LSA.

The platoon discussed courses of action to take while we waited for the EOD team. The option to visit one of Saddam’s palaces struck a chord with the group. So, the platoon moved from the PX to the parking lot in front of a palace, home to Coalition Forces.

The tour was worked out and the platoon was allowed to walk the incredible grounds of one of Saddam’s palaces. The building doesn’t look especially inviting on the outside, but the interior is all marble and gold trimmed. The platoon members were taken back by the extravagance of it all.

After the tour the platoon saddled up to join the EOD team and complete the mission back to LSA Anaconda.

Photo courtesy Troop F, 82nd Cav.



NEWS FROM THE FIELD

201500APR05:

The Fightin' First was fueled and ready to complete the day's mission with the trip back to the LSA. 2Lt. Paetz gave a radio check and call for all members to report then off the platoon runs toward the gate and the dangerous roads of Iraq.

The trip was interrupted after 20 minutes by another coalition force stopping all traffic and the convoy. They report a suspected road-side bomb just in front. A M1 Abrams' tank nearby scans the terrain and discovers no significant objects, so the convoy resumes. But as they do, the platoon reports noticing lots of potholes around the vicinity where prior bombs were placed.

The rest of the mission went fairly smoothly and return to LSA Anaconda was without incident. The only thing the men talked about is how hot it was in their body armor and vehicles. A complaint anyone will take rather than having a trooper injured or killed.

Afterwards, the platoon gathered and talked about what happened and any improvements needing to be done. Every mission given to First platoon is never the same as before. That is what keeps them ready to react and fight should the situation call for this measure.

“Good job First, always ready, always leading of the rest,” said 2Lt. Paetz as he went to make his report to the Brigade.

Lava medical support

By Sgt. Lauran Robinson

LSA ANACONDA — The Soldiers of Company C, 29th Support Battalion, 29th Brigade Combat Team are working hard to provide a wide spectrum of medical care to Soldiers, sub contractors, and Iraqi nationals alike, as well as introducing some new medical services to Logistic Support Area Anaconda.



Photo by Sgt. Lauran Robinson

Sgt. Greg Andres, a medic for Co. C, 29th Spt. Bn. gives Spc. Mapu Siufanua of B Co., 100th Bn. 442nd Inf. Regt., an x-ray of his ankle after spraining it during a patrol mission.

Company C is a medical company with several sections that perform medical services such as standard sick call, optometry, mental health, preventive medicine, radiology, medical training, dentistry, and physical therapy. They also provide medical support at the entry control points of LSA Anaconda.

An average of sixty people a day sign in at the Patient Administration and Disposition desk for various reasons from sick call and check ups, to medical treatments that do not require surgery. “The most interesting part of my job is that I get to meet new people all the time”, said Spc. Michelle Tucay, a medic at the front desk who assists the patients.

Soldiers assigned to LSA Anaconda have come to the right place if they are in need of glasses. The optometry department is the only facility in theater with fabrication capabilities to make glasses on site. They accommodate Soldiers throughout the Middle East so that they can focus on their mission and not on their eyes.

If the light at the end of the tunnel seems a little too far out of reach, stressed out Soldiers can share their problems with a mental health specialist at the Lava Clinic. Many factors from home, work, or combat stress can break people down. In Co. C there is someone who will listen.

NEWS FROM THE FIELD

The latest medical service that Co. C is providing is physical therapy. This new service allows Soldiers to remain on post without having to be sent elsewhere for rehabilitation, saving time and money, and keeping up unit strength. “The most common injuries are lower back injuries.” said 1st Lt. Michael Caraang, the physical therapist.

The purpose of Preventive Medicine is to decrease the number of disease and non-battle injuries beforehand by educating the Soldiers. As the Brigade Preventive Medicine Officer, Cpt. Apolla Benito performs tasks such as collecting air, food, and water samples, evaluating sites for safety hazards, educating Soldiers about insects and animals they may encounter, and investigating outbreaks of disease.

Co. C has a medical supply section to equip the brigade with medical items ranging from Band-Aids to trauma supplies. They also supply Task Force Konohiki with additional Combat Life Saving kits that are used to help train Iraqi Soldiers. If any necessary items are not available here, the section will order them.

Training is a continuous process for the Soldiers in Co. C. In addition to regular duties, they sharpen their skills by giving their personnel classes in EMT Basics, Trauma Aids, and Pre-hospital Trauma Life Support. SSG Douglas Barbieto helps coordinate the medical training schedule to keep this medical company proficient in their specialties. “Training helped out. When it came time to perform, it was like second nature.” said Spc. Bobbi Marie Huntley, a medic at the entry control points, who has used her medical skills in real situations to assist victims.

Co. C provides medics at entry control points for LSA Anaconda, 24 hours a day. The medics stay busy attending to Soldiers working at the gates, sub contractors and Iraqis for various medical conditions, including dehydration, burns, infections, and wounds.

Co. C, 29th Support Bn., 29th BCT, provides the brigade with a wide spectrum of medical care. The Soldiers continue training, as they work under real life conditions.

G5 Joins Savior with Saved

By Maj. Marc Lawton

In the course of their various missions, 29th Brigade Soldiers sometimes meet with the Iraqi civilian population. For the Brigade G5 (Civil Affairs) section, Civil-Military Operations *is* our everyday mission. Sometimes the job is emotionally difficult as we are forced to deny claims against US forces even when we believe the claimant is deserving. But the job brings many rewarding moments too. One such moment came with the reunion of an Army medic and the sick child whose life he saved.

Kasim’s sixth child, Israa was born with severe jaundice and the doctors gave her only six months to live. For 18 months Kasim searched for someone to help her. But Iraqi, Jordanian and Syrian doctors all told him they could do nothing to correct a condition that was causing toxins to build up in her frail little body. Still Kasim never gave up hope for his baby.

In March 2005, he attended a Local City Council meeting with Israa’s medical records in hand, desperate to find help for his sick child. The Local City Council requested assistance from the U.S. Army representative at the meeting, who called in PFC Mitch Knaphmiller, a 91W (Medic) from his brigade. The medic reviewed Israa’s medical records and quickly determined that she was seriously ill and needed US medical attention. PFC Knaphmiller wrote a note for the father authorizing him to take his daughter to the nearest US base for medical treatment.



Photo By Spc. Naomi Suzuki

The Army doctor at that base diagnosed her condition to be beyond his resources and referred her and her parents to LSA Anaconda’s 332nd Air Force Theater Hospital (AFTH). When the parents arrived at the gate of LSA Anaconda, secured by the Alpha Co. 29th Support Battalion they met

NEWS FROM THE FIELD

guards SPC Derek Bisquera and SGT Eddie Trevino. The guards found that Israa's mother, Raja had forgotten her ID and, in keeping with force protection requirements, was initially denied access. However, the gate Officer-in-Charge, 1LT Joshua Jacobs, had Charlie Company Medic, SPC Brian Hinkle, evaluate the seriousness of Israa's condition. Based on SPC Hinkle's medical recommendation, LT Jacobs made the decision to allow Raja to enter and take her baby to the AFTH. The family was taken to the AFTH in an Army ambulance driven by SPC Patricia Ortiz.

At the AFTH, Dr. (MAJ) Christopher Coppola, a pediatric surgeon on a four month rotation at the AFTH, diagnosed Israa with a total obstruction of the common bile duct and a scarred gall bladder. This condition prevented the elimination of waste products from the liver, causing a dangerous toxic build-up which would lead to her death. The treatment plan in the U.S. would be a liver transplant, but this is not an option here in Iraq. Dr. Coppola's only option was to recommend a very dangerous surgery. The surgery would involve removing the common bile duct and gall bladder, then cutting away some of the liver's outer membrane and connecting the small intestines directly over the opening. This would allow direct elimination of the processed waste from the liver through the intestines. Chances of survival for this procedure on an 18 month old are only 20%.

On the 4th of April Dr. Coppola began the surgery with the assistance of a pediatric anesthesiologist, flown in from another base, and a team of highly skilled Air Force nurses and support staff. Many hours later the teams work was done but Israa's had just begun. Now she had to recover and regain her strength while the staff watched anxiously for any signs of infection, a grave possibility given the location of the intestinal attachment.

After about the fifth day Dr. Coppola declared the operation an initial success and Israa's prognosis was upgraded to 90% chance of survival. With the immediate fear of infection passed the most important factor now became the possibility of scarring over of the outer liver membrane which would seal off the excretion of toxins. The extent of scarring won't be known for some time so Israa will revisit the AFTH for follow-up examinations. Her complete recovery will take about one year but Dr. Coppola is optimistic.

During Israa's first few days in the AFTH, 29th Brigade G5 staff including SPC Naomi Suzuki and translator, Eva met Israa and her mother and father. They were staying at the hospital day and night and lack some basic items that the hospital wasn't able to provide, including an Arabic speaking woman for the mother to converse and confide in during this very tense time. So SPC Suzuki and Eva made daily trips to provide material and emotional support over the subsequent weeks or so.

Upon hearing of Israa's remarkable recovery the G5 staff



Photo by Spc. Naomi Suzuki

PFC Mitch Knaphmiller, a medic the the Air Force T Hospital, continues to tend to Israa, an Iraqi girl who suffered from total obstruction of the common bile duct and a scarred gall bladder.

coordinated with PFC Knaphmiller's unit to arrange a meeting between the little girl and the soldier who started the process that saved her life. Coming off a combat patrol the platoon leader brought his platoon through LSAA to let the medic see the life he had saved. The emotion was thick in the air as Kasim and Rabad tried to express the gratitude that no words, Arabic or English, could fully convey. Israa was released from the hospital on 13 April and completed her first check-up on 28 April with positive results. She's not completely out of the woods yet but as each day goes by her chances of a full, healthy life improve. And the G5 section is cheering her on all the way.

NEWS FROM THE FIELD

What's in a name?

By Capt Kyle Yonemura

The term “hajji” is colloquially used by both Iraqis as well as American soldiers. However, the context in which the word is used by each group is very different. Iraqis use the term to describe a person who has completed the hajj—a religious pilgrimage to Mecca. This pilgrimage is required of all Muslims at least once in their lifetime. The hajj is one of the Five Pillars of Islam. Only those who cannot make the hajj due to medical or financial reasons are excused from this obligation.



Photo by Capt. Kyle Yonemura

A family of Iraqi farmers stand next to their field outside the village of Al Shahabi.

Some American soldiers use the word hajji as a slang term when referring to a member of the various terrorist organizations that Coalition Forces are fighting against. The term is also frequently used by soldiers when referring to Iraqis in general. American soldiers have coined terms to describe the people on the opposing side in previous wars. German soldiers were commonly referred to as “krauts” by U.S. soldiers during WWII, while people of Japanese descent were typically referred to as “nips” or “japs.” Koreans were referred to as “gooks,” during the Korean War. The same term was often used by soldiers to describe the Vietnamese people during the Vietnam War. As we are con-

ducting Military Operations Other Than War, it is important to consider the effect the use of a term such as hajji might have.

Using the term “hajji” to refer to Iraqis or other Middle Easterners is disrespectful to them as well as to the Muslim faith. It implies that a Muslim who has made the hajj is our enemy. When used by soldiers to refer to Iraqis in general, it includes them in a term we use to refer to our enemies. Since Muslims and the Iraqi people are not our enemies, this term should not be used other than for its true meaning, i.e., to describe a Muslim who has made the hajj.

A great rule of thumb to use is to, “Treat others as you’d like to be treated.” There are variations on this proverb, however, the basic meaning remains the same. Developing positive and lasting relationships built on trust and mutual

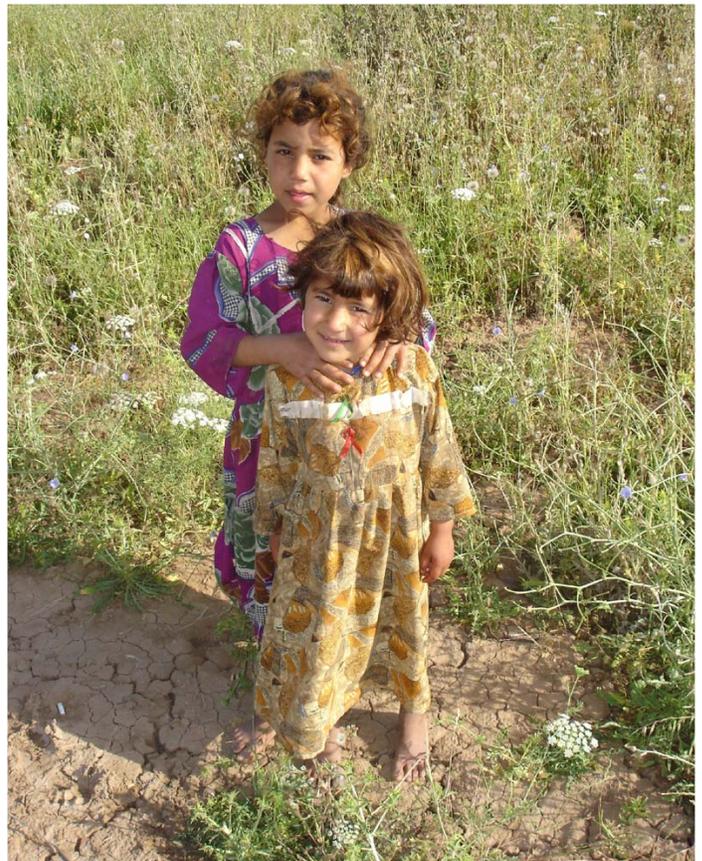


Photo by Capt Kyle Yonemura

Little girls play in a farm field outside LSA Anaconda.

NEWS FROM THE FIELD

29th Support Softball Team

By Capt. Hallah Nilsen

On April 16-17, 2005, thirteen teams from various units participated in the Anaconda Double Elimination Softball Tournament. The 29th Support Battalion, 29th Brigade Combat Team, was one of the thirteen teams. A conglomeration of soldiers from Company A, Company C, Headquarters, Headquarters Company, and 29th BCT Military Police Platoon formed the softball team known as the "Corruptions." The coach of the Corruptions was Master Sgt. Lee Yamauchi from Ewa Beach, HI. He stated "We have a lot of guys with natural talent on our team." Not only did the team have natural talent it also had a few players such as, Major Tyson Tahara from Mililani, HI, who played softball in college. The combined natural talent and the past softball experiences contributed greatly to the team's overall success in the tournament.



Photo by Sgt. Lauran Robinson

The "Corruptions" softball team placed 3rd during the April 2005 Softball Tournament at LSA Anaconda.

Four weeks prior to the tournament the team practiced every Sunday and Wednesday. Two weeks prior to the tournament, the team practiced daily. During the team's preparation period, scrimmages were held between other softball teams involved in the tournament. This allowed the Corruptions the ability to analyze their future opponents and develop strategies utilized in the tournament. In the end, the team's dedication, practice, and hard-work paid off on tournament weekend

Over the course of the weekend, the corruptions played a total of five games over a two day period. The team had two winning games on the 16th and one winning game on the on the 17th. The two close losses on the 17th were to the 50th Signal Battalion. The scores for these close losses were 2-1 and 3-1. Their 3-5 tournament record placed them third out of thirteen teams behind 50th Signal Battalion and the 211th Maintenance Company.



Photo by Sgt. Lauran Robinson

Spc. Robert Aiwohi, a security escort for HHC, 29th BCT, slides into home plate to score a run, and helps win a game on April 16th.

NEWS FROM THE FIELD

Care packages from home

By Sgt. Damien Lariosa

LSAANACONDA— Soldiers from Headquarters Headquarters Company 29th Brigade Combat Team received care packages from the “Na Ohana hana-pu-like” Family Readiness Group.

Soldiers are always excited about receiving mail from home. Many check the mail room everyday asking, “Eh I get mail today?”

On April 22, the answer was yes. Everyone in the 29th BCT’s Headquarters Headquarter’s Company received a packet of goodies that hadbeen packaged with love.

The care packages were donated by people from the FRG and contained items such as toiletries and snacks. Volunteers from Na Ohana hana pu like Family Readiness Group put in many hours and a lot of labor into the preparing packages.

Their hard work was much appreciated. The Soldiers of HHC, 29th BCT would like to thank the FRG for all their support and generosity. Mahalo!

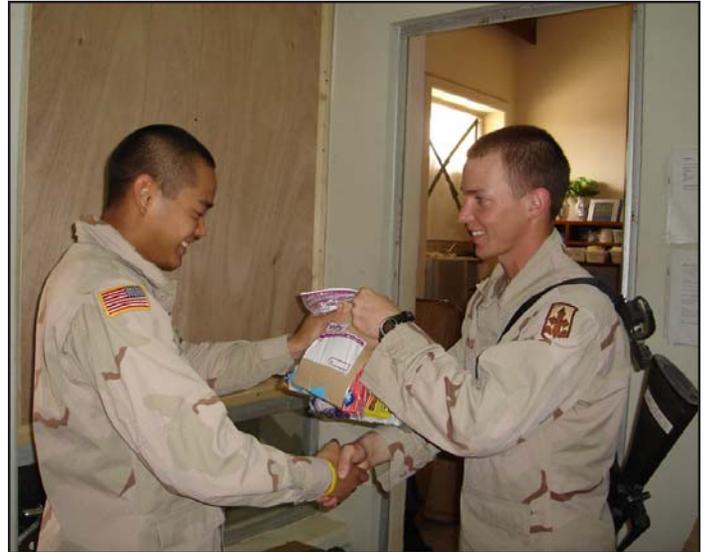


Photo by Sgt. Damien Lariosa

Spc. Nicanor Abelardo passes out a care packet from Na Ohana hana pu like Family Readiness Group to Sgt Brandon Collins.

Question of the Month: “What has this deployment taught you?”

Photos by Sgt. Terry Eldred

Spc. Clay Hull
HHC, 29th
Support Bn
S-5 Civil Affairs

Spc. Ibera
Norison
HHC, 29th BCT
Unit Armoror

Sgt. Suzette
Fernandez
HHC, 29th BCT
Brig. Supply
NCO

Sgt. Lorinda
Ballesteros
Unit: HHC, 29th
BCT Medic

Sgt. 1st Class
Ians Ross
227th Engineers
Co. Operation
Sergeant

Sgt. Maj.
Milton Yee
HHC, 29th BCT
Brig. Ops Sgt.
Maj.



“Patience and to never take any thing on face Value!”



“To appreciate the conveniences of home, family, friends and to never take them for granted.”



“To never take running water and porcelain toilets for granted.”



“To be patient with my self, with others and with time!”



“To be more aggressive in current operations and patience.”



“A fine leader once told me “Tactical patience, let the situation develop” I am applying this to make better decisions.”

STAFF SECTION

29th BCT Safety

Prevention of Heat Injury

By Chief Warrant Officer Hargrave

Heat is no stranger to soldiers of the 29th Brigade. Most were raised in hot weather conditions all of their lives. Heat Injury Prevention, has been non-existent due to the immediate relief from cool island breezes and the opportunity to retreat to shaded areas, where they may rest and relax with a refreshing island drink in their hands. Iraq on the other hand, has offered some different challenges unknown to the Pacific Islander. The nights are cool and can become cold or freezing before sunrise and it quickly gets warmer after sunrise, with temperatures exceeding 120° F through the mid afternoon. Most of the time there is no wind or breeze, but when the wind does blow, it feels like hot air blowing from a hot furnace. A more direct heat prevention challenge for soldiers in this war zone environment is the amount of clothing and equipment each soldier must wear, including Individual Body Armor, Kevlar and Weapon for their protection.

Heat Injury is more evident under these conditions and climate, as soldiers can quickly become dehydrated. Leaders must enforce hydration and know how to recognize soldiers who are experiencing symptoms of dizziness, headache, dry mouth, nausea, weakness and muscle cramps that can develop into a casualty. Prevention is a leadership issue and a focus for that leader to maintain combat readiness. The key to prevention is to establish; work and rest cycles, environment acclimatization, hydration, exercise and rest for each soldier. Recommend soldiers, drink enough water to replace any daily sweat loss; refill water canteens and camelbaks at every opportunity; consume meals daily to replace body salts and further recommend that soldiers DO NOT follow low calorie diets in hot weather environments. Command emphasis is essential to provide frequent lessons learned about how heat casualties can be avoided. Leaders at all levels must be directly involved by educating their soldiers in the prevention of heat injury.

In Operation Iraqi Freedom I, a reported six soldiers died from heat related injuries, with over 30 heat strokes and

scores of other heat related casualties. Daily temperatures exceeding 120° F coupled with the intense sunlight creates dehydration. Heat can and does kill, prevention works and it is the command's intent to offer suggestions toward prevention. Utilize the tools that offer awareness and training, such as Heat Injury Prevention (HIP) Pocket Guides, Fluid Replacement and Work/Rest Guides. These tools will help maintain combat readiness, awareness and assist with prevention of Heat Injuries. Educate and monitor each soldier to know his or her individual risk factors and risk levels to plan an effective heat prevention program.

Education means nothing without enforcement. Implement the established controls and accept all risk at the appropriate level, following the guidelines provided. Adhere to the controls, allow extended rest beyond the work/rest cycle guide in high heat categories and ensure soldiers are resting in shaded areas. Monitor eating habits to ensure adequate consumption of body salt replacement. Encourage frequent drinking of 1 quart of water per hour, but not more than 12 quarts of water per day and ensure soldiers are hydrated prior to any mission. When controls fail, heat injuries occur. Recognizing heat injury is paramount and you need to take immediate action if heat injuries are observed or suspected. Stop – Rest – Cool, then evaluate in accordance with warning signs and symptoms. When in doubt, Evaluate and Supervise, reevaluate the mission if necessary to protect soldiers from heat injuries.

Safety has an important impact on how we conduct tasks to complete assigned missions. Whatever the mission, convoys, escorts, guards or patrols, the process of implementing safety into what we do affects our combat readiness. Commanders and Senior NCOs are encouraged to use the Guide to Risk Management of Heat Casualties, which is the process of identifying and controlling hazards to protect the force and your combat readiness. It comes down to this: soldiers become complacent and leaders will enforce and maintain established standards. All uncomplacent performance will increase productivity and sustain combat readiness.

STAFF SECTION

Since 29th BCT occupied LSA Anaconda, our missions have increased and combat is not just a word, but also a way of life. We train, prepare and perform our mission with purpose and to the established standards. As leaders, we have to ensure the same standards are maintained for the prevention of heat injuries. Think Safety and ask yourself; did my soldiers hydrate prior to the mission? Are their canteens full of water? Have they eaten the required meals? And did they have enough shaded rest? Education, planning and monitoring is a good preventive measure toward reducing heat casualties.

WHEN CONTROLS FAIL — HEAT INJURIES OCCUR

Commanders are responsible for soldier safety and the quality of their safety program. Unit Safety Reps in each unit recommends to the commander sound principles for a successful safety program. Do not accept any unnecessary risk and ensure all risk decisions are made at the appropriate level.

YOUR INVOLVEMENT SAVES LIVES “BE SAFE — MAKE IT HOME”



Photo by Capt. Kyle Yonemura

MSG Kao and Specialist Guieb stand a shift of guard duty outside the JDOC

Staff Judge Advocate

SCRA Benefits for Activated Guard and Reserve Soldiers

Cpt. Lloyd Phelps II

Knowing is often times half the battle. In the legal world, knowing your legal rights can affect the entire battle. In this article, the second in a series covering the Service Members Civil Relief Act (SCRA), we focus on SCRA provisions regarding interest caps on soldier's preexisting debt. Soldiers called up to active duty are eligible for a number of protections and benefits under the Service Member's Civil Relief Act (SCRA). These protections begin on the date soldiers enter active duty service, and terminate upon release from active duty. For soldiers assigned to the Lava Brigade, the protections began with the Brigade activation on August 16, 2004, and will terminate upon release from active duty sometime in 2006. Under Title II, Section 207, of the act, soldiers can cap the interest they pay on qualifying debts, which existed prior to being called to active duty, at 6%.

Under the SCRA, Service members are entitled to a 6% ceiling on all preexisting debt incurred before entering active duty if the military service materially affects their ability to meet the obligation. This right extends to interest rates on credit cards, mortgages, and non-Federally guaranteed student loans, to name a few. To qualify for the interest cap, service members must show that they are on active duty, the debt was incurred prior to entry on active duty, and their military service materially affects their ability to pay on the debt. For deployed Lava Brigade soldiers, this means a debt incurred prior to August 16, 2004, could possibly fall within the acts provisions, while purchases made on a credit card at the LSA Anaconda (or similar) Post Exchange, for example, would not be subject to the 6% cap.

To initiate the process, service members must send a letter requesting relief under the SCRA and a copy of their current military orders to the lender. Once granted, the interest rate cap will last for the duration of active duty service, and will apply retroactively to the first day of such service. Service members must provide the aforementioned documentation to lenders not later than 180 days after their release from active duty for the interest rate cap to apply. For more detailed information regarding this and other SCRA benefits, contact the 29th BCT Office of the Staff Judge Advocate.

STAFF SECTION

Staff Sgt. Nelson Uehara, HHC, 29th BCT, briefs Brig. Gen. Joseph Chaves on the process of R&R leave in the customs inspection area of Camp Doha. As a member of the LNO staff, Staff Sgt. Uehara acts as a point of contact for brigade Soldiers as they enter and depart the theater of operations.



Photo by Spc. Jayson Howell

Commander's Corner

(continued from page one)

It is at times like this that I reflect on the many Americans who have given their all in the service of our nation. In 1968, the 29th Infantry Brigade sent about 1,500 soldiers into combat in the Republic of Vietnam. Not all of these soldiers returned home safely. Our predecessors have left us a legacy of bravery and honor, and we cherish this heritage as we serve with the 29th BCT here in Iraq. We have answered the call today, as they did 37 years ago and continue the 29th's traditions of honor, pride and professionalism.

Always keep in mind that we are dealing with a determined enemy who continually changes, adapts, and learns from past mistakes. To see the enemy as clumsy or ignorant is a mistake.

Be strong. Do the right thing. Hang in there—we've got only about 9 more months to go.

Lava!

Do you have a Question, Concern, or Issue?

**29th BCT Inspector General (IG)
MAJ William Foss**

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or

william.foss@balad.iraq.centcom.mil

Located in the Warrior Support Center
Across from Building 4114, in the trailers
on the north side of 1st COSCOM Headquarters,
LSA Anaconda

DSN: 829-1125

STAFF SECTION

Chaplain's Blessing



Photo by Sgt. Terry Eldred

Brigadier General Joseph Chaves, Brigade Command Sergeant Major Robert Inouye, and several others of us traveled to Baghdad on 9 April 2005 to attend the Memorial Ceremony to honor the late Corporal Glenn James Watkins. Cpl. Watkins' ceremony was handled with great care and dignity. Chaplain (Maj.) Robert Blessing spoke of God during his memorial meditation that gave us inspiration and strength especially in times such as this.

I would like to mention a friendly reminder about the "Prayer Breakfast" on Friday, 0730 hrs, 13 May 2005, at DFAC 1. All are welcome and the public is invited. Seating is limited and is first come, first serve. This event will commemorate the 29th Infantry Brigade's federal activation to support the war effort in Vietnam. Our brigade lost 29 lives during this effort. We would like to memorialize our fallen comrades during this event. Please be seated by 0715 hrs, as the program will begin promptly at 0730 hrs. If you haven't heard the 29th BCT's Praise and Worship Team, this will be a great opportunity. They and other very talented individuals have unselfishly given of their time to provide special musical selections. I believe anyone attending this will walk away feeling so much the better for having done so. There also will be prepared remarks by BG Joseph Chaves, and our keynote speaker. Because this event touches on memorializing our dead, please help by being reverent and quiet around that area during the prayer breakfast.

Finally, a thought for you: A chaplain trainer asked, "What can I teach or tell the chaplains here in training to prepare them for the combat zone?"

I mentioned, "To be close to the Lord so that they would be able to handle anything they may experience here in the combat zone."

MESSAGE IN A BOTTLE

Mark's with the 184th, C.Co.INF- I want to wish my Hero, My Husband, Spc. Mark Putiri, a happy 40th Birthday. I love & miss you very much, Sus

Sgt.Gregory Santiago- Hi Babe Wishing you a very Happy 54th Birthday! Love your wife, and children Miss you!!

Happy Birthday SSG. Barry DeBlake, 29th SPT BN, A Co. We love and miss you with all of our hearts. Love Mama, Mikala & Makua!

PFC Nicholas J. Kennedy, Echo Battery, 216th ADA/1-184th INF

Cole Happy 22nd Birthday. We love you and all are proud of you and your fellow soldiers. Love Dad, Luke, Hailey and Mom

Sgt. Joseph Lewis III, HHC/S1-Driver/Aide Thank God for the gift that you are about to receive. No matter how far you are God knows how much you would like to be with your wife as she delivers your second son Kainalu S. Lewis. Congratulations on the upcoming birth of your number two son (May ?, 2005). Proverbs 17:22. Love Mom, Dad & Kala.

HAPPY BIRTHDAY & CONGRATULATIONS SGT. EMMSLEY! We love you and miss you very much! You are an inspiration to all of us and we are so proud of you and all your accomplishments! Love Always, Kanoe, Pohai, Kukea, Lewa, Emmsley Ohana & Kamana'o Ohana

HAPPY BIRTHDAY" SSG Thomas Jernigan, May 08th, you're always in our thoughts, prayers, and hearts! May you always be protected and return safely, we miss you with all our hearts, Sonia and Kourtnei!!

To SGT Shane Francisco, with HHC 29BCT, happy 5th anniversary on May 12!"What God has put together let no one separate." Love you and miss you, your wife, Rodelyn.

Happy 23rd anniversary to MSG Richard Frost on May 28th with twenty-three wonderful years and more good times to share. Love, Cynthia"

MESSAGE IN A BOTTLE

Aloha and Congratulations SGT Travis Puana, HHC 29th SPT BN, on your recent promotion. You are always in our thoughts and prayers. We love you, miss you and are so very proud of you! Stay focused, lead by example and DON'T let those flies bite you =0) Love Mom, Dad, Tashia, Torie Girl and the rest of your Ohana.

Happy Birthday Wishes (April 28th) to SPC Keoni Halemano, D. Co., 2nd BN, 299th INF. We love you and miss you! From Mom, Pono, Nani (in Afghanistan) and the rest of the Halemano Ohana and the Respicio Family.

To my husband SFC Bill Pacheco Happy Anniversary and I Love you. May 31. 18 Wonderful years looking forward to many more Love toots.

SFC Armstead, HHC, 29th SPT BN: Happy Anniversary, Steadman! Be safe and come home soon. Love: Minna and "Froggie"

Happy 11th Anniversary (May 1), SPC. Raymond Domingo (MNMNMKS). Love You Forever, Mahal. We miss you so much. To all the 29th BCT -God Bless you all, be safe, and come home soon. Love, Mary Grace

Happy 5th anniversary to Sgt. Albert H. Braine of HHC 29th BCT from his loving wife, Lydia. I will love you forever and ever, my soul mate and can't wait to have you home in Waimanalo with us again soon. Ana, Ena, Lani and Ua send big kisses + hugs to their awesome Dad!

Wishing SFC Roland LADERA (HHC 29th SPT BN) A Happy Happy Birthday on April 18. With all my LOVE! Your wife ROSE.

Jonathan Orcutt, SPC HHC MP
Congratulations on the birth of your nephew Zachery Franklin McGrew on March 28 at 1:10 am, weighing 7 lbs. .5 oz, 19.5 inches in length, delivered by c-section to your sister Tricia and husband Jeremy!

Hauoli La Hanau to my son Corp. Neil Apuna of B Co., 29th Spt. Bn of 29th BCT! On May 27th you'll be 25 years old! I'm so very proud of the man you've become being in the Army & now in the Army National Guard! A mother couldn't ask for more!

Love, Mom (Susan Oshiro)

Brigadier General "Papa Joe" Chaves Me, Mama, Daddy, and all of CMA Daycare are praying for your safe return. We love you.
your Grandson, Daniel Chaves-Valverde

To my fiance, Spc. Brad Howard, 100/442 D Co. Brad, Keep safe, keep alert, keep alive, and come home soon. I love you, Jessie

To SFC Joe Quiles, Delta Co. 2-299th. The Lord holds you in his hands while we hold you in our hearts. We love, miss and adore you Daddy-O! "Mi amor, usted es mi corazon y alma por siempre". Love always, your girls back home!

To my husband, SPC Joseph Albin of the 100th/442nd Inf. Bn. Your son and I love you more than life and you are in our thoughts and prayers everyday. Never forget what you have waiting at home for you. We love you, Jessica and Adam

E-4 Paytron Wiggins We love you & are so PROUD, keep safe, we miss you terribly! Hurry HOME Daddy Love, Toni, Lex, Bulla, CiCi & Paytron JR.

SGT RODEL EUGENIO, C COMPANY, 29TH SPT BN. I LOVE and MISS You So Much My Dear Husband!

SGT Skinner, Jose I Love you and miss you so much baby! Keep your head up, I m so proud of you! I'll see you soon. Love yours truly Amber B.



Spc. Demitrius Monico hands Sgt. Chris Kemp an armload of mail. Receiving mail from home is something that soldiers look forward to. Every day the soldiers assigned to the brigade's G-1 section process and distribute the precious cargo at LSA Anaconda

Photo by Capt. Kyle Yonemura

PHOTO GALLERY

The 100-442nd Inf recovered several weapons caches in early April, making the Balad area safer for Iraqis as well as coalition forces alike.

Photo by Capt. Kyle Yonemura



Photo by Capt. Kyle Yonemura

Jammed full of bodies and technology, soldiers from the 100-442nd Inf. operate as a team in their humvee.

Sgt. Roel Beldineza, HHSB, 1st Bn., 487th FA Regt., of Waipahu, HI, works diligently on the engine of a humvee as part of the battalion's motor pool.



Photo by Spc. Jayson Howell

Iraqi children sit in their classroom in the new Al Shahabi Secondary School that was built through a cooperative effort between the Iraqi Govt. and the 100-442nd Inf.

Photo by Capt. Kyle Yonemura



Photo by Sgt. Lauran Robinson

A local boy tries to communicate with Spc. Justin Pedro of Co. C, 100th Bn. 442nd Inf. Regt., during a dismounted patrol in the village of Al Shahabi.



PHOTO GALLERY



A young Iraqi girl tends to her family's livestock outside of the village of Al Shahabi.



Photo by Capt. Kyle Yonemura

Photo by Capt. Kyle Yonemura

1st Lt. John Ahrends briefs his Soldiers from Co. C, 2nd Plt. 100th Bn., 442nd Inf. Regt., before their mission.



Photos by Sgt. Lauran Robinson

Candy time: SSG Craig Barr of the 100-442nd Inf. throws candy to Iraqi children outside the Al Shahabi Secondary School.

Sgt. Maj. Harold Estabrooks 100-442nd Inf., goes into the prone position as he checks the area after small arms fire was heard during a dismounted patrol.



Local children of Al Shahabi walk Spc. Justin Pedro and Spc. Mondale Tima of Co. C, 100th Bn. 442nd Inf. Regt., back to their humvee and end the mission for the day.



SHAMELESS SELF-PROMOTION



The Lava Flow Staff would like to wish all moms a very Happy Mother's Day!

The Lava Flow is published monthly by the 29th Brigade Combat Team's Public Affairs Section.

The 29th BCT PAO is dedicated to telling the story of the men and women serving with the 29th BCT in support of Operation Iraqi Freedom, as well as bringing messages of support to the troops. Our newsletter, The Lava Flow, is a Command Information bulletin, used by BG Joseph Chaves to keep his brigade's soldiers informed.

As a morale booster, we'd like to include messages of support from family members for the brave men and women of the 29th, please contact us at the following address:

pao.lava@us.army.mil

All submissions must be no more than one sentence long, and contain the soldier's name, rank, and unit along with the message of support. Please limit your submissions to one per family per month.