



A/29th BSB conducts fire drill exercise with Kuwaitis



Spc. Dustin Zembik, left, and Sgt. Tammy Strickland, A/BSB Medics, prep a mock casualty from the U.S. Army Vessel Churubusco fire for transport during the SPOD Fire and Emergency Drill, March 25.

By: Maj. Pam Ellison
29th IBCT PAO

At the Sea Port of Debarkation, medics of A Company, 29th Brigade Support Battalion, participated in a Fire and Emergency Drill coordinated by the Navy Military Sealift Command, in conjunction with the SPOD Security Forces, to ensure that all the key personnel at the SPOD are prepared to respond if there is a real emergency. With a two vehicle accident, an unconscious driver and a fire, the exercise began with a bang. First to become involved in the exercise was A Company, 29th BSB's Base Defense Operations Center, who received word from the 1181st Vessel officer in charge about a fire on the U.S. Army Vessel Churubusco, an Army Landing Craft Utility vessel berthed at the local pier.

The call was followed almost immediately by a report of a collision between a heavy expanded

mobility tactical truck and a non tactical vehicle.

The Kuwait Marine Fire Department, Kuwait Industrial Fire, Spill Response were then dispatched by the Kuwait Public Authority Tower; additionally, the BDDC notified the Fire Department and 437th Medical Company.

Medics arrived on scene and immediately began to triage and assist the fire department with the extraction of the unconscious HEMTT driver.

After securing the area, the firefighters took the lead as scene commander and continued fighting the fire and assisting with the accident. Observers were quickly distracted by the firefighting vessels that arrived to the scene by sea and the Maritime Expeditionary Security Squadron patrol boats, who created a secure perimeter around the incident and began firefighting efforts.

Once the mock casualties of the USAV Churu-

busco were evacuated to the pier, the A Company medics continued to exercise their skills. After successfully working on the unconscious HEMTT driver, they went to work on the two newest mock casualties. Together they triaged and provided first aid to the two injured Sailors and got them prepared for transport to the local medical facility.

Before the exercise was over, there was a discovery of a man overboard who needed assistance and was retrieved by the MESS patrol boat and Kuwait Marine Fire Department, who had their rescue divers on board.

With the final accountability check completed and all personnel accounted for, the drill came to a close before a hot wash of the day's events were conducted to ensure that the lessons learned from the drill were evaluated for incorporation into SPOD related standard operating procedures.

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29TH LAVA BRIGADE COMMANDER



Colonel Bruce Oliveira BDE Commander

Greetings from an increasingly busy, dusty, and warm Kuwait. Temperatures here have been in the mid-90s recently with some days reaching into the 100s. This is just the beginning of the heat and dust we associate with the summer months in Southwest Asia. The rainy season that limited some of our operations has gone and now the wind and dust have taken its place. Even amidst the elements we are out there day after day accomplishing the mission to the highest standard.

Well, it's been just over six months since the Lava Brigade deployed to Kuwait and Iraq. In that short time we have become a crucial and trusted asset to Army Central Command. Our missions have taken us to nearly every corner of Iraq, providing vital support to our troops on the ground every day, around the clock. Our Soldiers have accomplished an amazing amount in the past few months, keeping sustainment convoys secure, moving tons of equipment and providing essential support to ground units throughout our area of operations. I'm tremendously proud of each and every one of you and the outstanding work you do, day in and day out.

Over the next several weeks operations will pick up in intensity and volume. We will be asked to do more and we will meet that challenge all across Kuwait and Iraq. With several areas of the country facing increasing challenges, I am proud to report that we have responded to that call. When you hear praise from the Iraqi government for the assistance of U.S. forces, know that you are front and center among those thanked.

Change is a constant in the Army and we've seen our share recently. The 311th Sustainment Command (Expeditionary) left and the 1st Sustainment Command (Theater) has taken their place as our higher head-

quarters. Also, changing command this month was the ARCENT Commanding General Lt. Gen. James J. Lovelace. Next month we will have the opportunity to meet with the new ARCENT leadership and Lt. Gen. William G. Webster.

Another significant change is also on the horizon. Last month we hosted a pre-deployment site survey (PDSS) visit by the 115th Fires Brigade command team as they prepare to replace us. They were a welcomed sight for all units here and put a light at the end of the tunnel to focus on. Their command is professional, focused on the mission they are about to assume and committed to preparing their Soldiers for the task at hand.

What hasn't changed is the exceptional support we receive from our Family Readiness Groups. I want to thank the FRGs for their selfless work at home in caring for our Families, particularly those who have dealt with personal tragedies over the past few months. I know the grieving Families appreciate your assistance and support as do those of us who can only watch from afar as the rear detachments and readiness groups care for our Army Family.

I'm continually amazed by the gallantry and adaptability of our Soldiers and Families. Thank you all for your selfless dedication and commitment to this vital cause.

LAVA!

Command Sgt. Maj. Coronado's Comment

29TH LAVA BRIGADE SERGEANT MAJOR



CSM Edgardo Coronado
BDE CSM

During the month of April, I had the opportunity to observe the brigade perform their war-time mission in Kuwait as if it were another day in downtown, Honolulu. What I mean by this is not that the Soldiers are perfectly happy and enjoying their surroundings, but that they accept their combat tasks and perform them as if doing it for years; no fuss, no complaints. Only in the Army Guard can

you see people from all civilian backgrounds come together as easily, and perform missions they were never trained for with such excellence.

Recently our sister brigade, the 4th Sustainment Brigade from Fort Hood, Texas, conducted the 2009 Wrangler Rumble Combat-ives Competition in Camp Arifjan, Kuwait. The Lava Brigade demonstrated strength and warrior spirit by dominating the event. Please see the great photos and coverage from our PAO team in the May Lava Flow. It was a great event and we are sincerely thankful to the 4th SB for allowing our Soldiers to participate. Hats off to all great competitors –you are Lava strong.

Speaking of strength and endurance, I need everyone to focus on physical fitness and hydration. Those of us who have lived in this area of the world before know very well the intense temperatures we will have to endure. In the next few months the heat can be very dangerous, especially if we do not prepare for them properly. In addition, many of you are planning on attending military required courses after deployment; such courses have prerequisites as height and weight, and body fat tape test. There is no better time to prepare for such tests than now.

In regard to military education, I ask each of you to speak with your Family members and employers in

order to draft your individual career paths for after this deployment. Military schools are a requirement for career growth and they should not be taken lightly. Each of you has given a considerable amount of time to the military during this deployment and in previous years as well. Most Soldiers in the brigade have deployed more than once; I encourage you to review your past accomplishments and schooling by making sure you have provided each and every document proving your attendance and or completion of any civilian or military courses. You can personally manage your documents by logging into your Army Knowledge Online, and review your recorded information by looking in your iPerms. If you are not familiar with this site than you need to do become familiar today.

Lastly, just as you prepared for the first 100 days upon arrival into theater I ask you to keep in mind the last upcoming 100 days by thinking before you act. You are the greatest asset the Hawaii Army National Guard has, and your safety is our greatest concern.

As always, know that you belong to the best maneuver combat brigade in the Army National Guard, without you the mission of the Army could not be completed.

Gracias and Mahalo, L7

Haole to Hanai

By: Justin Bowling
HHC, 29th IBT, S4

Soldiers of the Hawaii Army National Guard, 29th Infantry Brigade Combat, are the closest team in the U.S. Army. Most of them are already known by other members in the company, however, there are Soldiers new to the unit serving amongst them on orders commonly referred to as COADDS, or Contingency Operation for Active Duty Operational Support. From the unit I currently serve with, Headquarters and Headquarters Company, 29th IBCT, there are two COADDS Soldiers, including myself.

Even though we are not originally with the unit, we have come to be called Hanai brothers by some. It is this close-knit mentality that makes COADDS Soldiers proud to be part of the brigade. We have come to fit in well with our new brothers and sisters at arms, it seems as if we belong.

"They have performed superbly and have taken on many of the tasks that would have overloaded the personnel that we brought. Their

addition has been crucial to our success," said Cpt. Ronald Kozan, HHC 29th IBCT Commander.

Everyone in this unit knows what needs to be done and accomplishes those tasks with minimal guidance; this is what makes the unit run like a well-oiled machine. Every last Soldier does his or her part to make it run as smoothly as possible. If one of us has an issue then everyone is there to offer guidance and support to get that soldier back on track and the mission running smoothly again.

Even though we are away from our Families, it is most certainly noticed that no one is alone within this unit. It doesn't matter what section a Soldier is in, he or she can always count on their fellow comrades to help with a job as simple as moving equipment from one office to another, or asking a Soldier if their okay when they look down.

HHC 29th IBCT COADDS Soldiers are Spc. David Salzer and myself. We are part of the unit now and as such are glad to call ourselves members of the "Lava Brigade." There are also those Soldiers, such as Spc. Chelsea Stansbury, that currently reside in Hawaii but are originally from somewhere else; and Staff Sgt. George McPherson who was individually mobilized from his unit to join ours only for the deployment.

"The unit cohesion here is great. It shows in the way we communicate throughout our day to day activities and duties," said Salzar. "Working with the 29th IBCT has been a valuable learning experience."

When asked to write an article for the company, I wondered why they would want someone not originally from the unit to write it. Now I know whether a Soldier is originally from Hawaii or just COADDS, the 29th IBCT is one team and will always be there for each other, even after this deployment is over.

As we say at the end of every work shift here, "Pohaku," meaning rock, it is this unity and mentality that make all Soldiers here strong, caring, and supportive.

Spc. Justin Bowling,
HHC, 29th IBCT, S4
Section



Little to lose but the weight – A life changing story My journey to losing weight and changing my life

By: Danielle Little
HHC, 29th IBCT, S3 Section



Every Soldier on this deployment has probably struggled with issues, such as career choices, finances, relationships, and living situations. Well, my biggest struggle has been my weight. My journey to a better life began when I realized I had nothing planned for the future. I was in the military looking to get out and become a civilian again, and enjoy the civilian life. With a Family history of illnesses and ailments such as diabetes, high blood pressure, and asthma, I knew I needed to make a change in the way I lived. As the deployment kicked off, I left Hawaii weighing 282 pounds; for me I thought that wasn't too bad. I would

eat anything without a care, because in my mind I thought I didn't have anyone to impress.

I made the first change in my life when a friend, I've come to call a big brother, Sgt. Kimo Wong, said to me, "Little, I want you to do something." He told me to keep a log of everything I ate and at the end of the week he would review it. I started the log September 2008 and kept it for 60 days. The experience made me realize how much calories I consumed daily. Being a big person to begin with, I love to eat, but by changing my eating habits and daily routines I realized I could still eat a lot of the foods I enjoy, but just in moderation.

Kimo also took time to teach me a little something about health. At the time, my only daily activity was playing basketball; on top of that I was a smoker. So, I started to exercise regularly, quite smoking and ate right. I saw the pounds drop away. Now I'm here in Kuwait, weighing 246 pounds. Though, it didn't stop there, this was just the beginning of a whole new life.

In February, I returned home to Hawaii for rest and recuperation leave, weighing 254 pounds. Imagine going back home to the local "grinds" or food such as poi, laulau, kalua pig, and sushi. I began

thinking to myself, "Self, how am I going to keep off the pounds?" I realized the only way I was going to accomplish this was to continue my current mindset. I was determined not to disappoint everyone who devoted their time, knowledge, and support in order for me to succeed.

After my vacation I had to return to the sandbox for another six months. Two weeks after my return I weighed myself and found that I only weighed 246 pounds; I had lost seven more pounds!

For the first time, I am living a healthy life and looking toward the future with a greater sense of optimism.

Presently, some would say the economy is in a "depression;" I know remaining in the military will provide better stability and opportunity for my career. I am finally on the right path to achieving my goals.

In conclusion, I hope the story I have shared with you may help you too overcome your challenges and in turn achieve your dreams if only you have faith in God and in yourself, and hopefully have Family and friends who also have faith in you!

A Company BSTB's journey to Taji



Soldiers lay down their equipment for 1st Lt. Haught as part of their pre-combat checks and inspections before making a long drive to Taji.

Article and photos by: 1st Lt. Todd Yukutake, 1-299th CAV UPAR

Soldiers and Combat Engineers of Company Alpha, 29th Brigade Special Troops Battalion, have been attached to the 1-299th Cavalry Battalion since the beginning of the brigade's mobilization in August 2008, where they now make up Convoy Security Company 3.

As CSC 3 our job is to escort supply convoys from Kuwait, throughout Iraq, and back. One of our most scenic missions takes us from our base at Camp Buehring, Kuwait, to Camp Taji, located just north of Baghdad. The distance covered on this mission is almost equal to the distance from Niihau to the Big Island – which is part of the Hawaiian Islands located approximately 600 miles from each other.

Planning for missions begins days before the drive to Iraq. We prepare our weapons, vehicles, and personnel for the long nights ahead. We receive much needed support from the 29th BSTB mechanics at Camp Buehring who help to keep our vehicles and thus ensuring our mission readiness. Leaders such as Capt. Tumpap, First Sgt. Ross and 1st Lt. Haught oversee our inspections of equipment prior to us rolling out the gates.

Mission day finally comes around and we escort the convoys through the Kuwait-Iraq border. Traveling by night there isn't much to see,

nothing but desert and sand as far as the eye can see. The first thing we come across is an oil refinery which blows out huge flames and can be seen for miles in the pitch-black night. There are also palm groves and small rundown buildings along the road. The funniest thing we've seen are signs posted along guard shacks which read "Sons of Iraq. Do not shoot." Sons of Iraq are

former Iraqi Soldiers who now guard the roads throughout Iraq; judging by the signs, it seems like they have a rough job.

The night is cold for the gunner who is exposed to the chilly air in the gun turret and the driver who is exhausted yet doing a good job avoiding potholes and scanning the road for danger.

In the vehicle, we do a lot of small talk and tell each other jokes which make time go by faster. Some of jokes are about the unique fragrances of Iraq. Each region of Iraq can be identified by its unique odor, such as burning trash, sewage, land fill, swamp, and other less than desirable smells.

One of the good things about deployment is the endless supply of free Rip it energy drinks we receive and gulp down on each mission. Iraqi Soldiers and Police also love Rip its, as we pass by they wave their arms and yell "Rip it, Rip it" and "Chem lites, Chem lites", hoping we'll give them some.

Everything goes smooth on the road; we meet and greet other U.S. convoys passing us on their way back toward

Kuwait. It's a long and slow trip as the semi-trucks we escort carry heavy loads such as tanks, vehicles, and containers of supplies.

It normally takes us a few days to get to Camp Taji, so we stop at bases along the way to rest.

Eventually we arrive there and the first thing we see is an awesome tank graveyard which seems to go on forever. Camp Taji was once a tank manufacturing depot for the Iraqi Army and Republican Guard prior to the second Gulf War. Now, the camp serves as a storage area for the rusting and dilapidated tanks.

The tanks are covered in graffiti from U.S. Soldiers passing through and leaving their mark. We see messages they write such as "happy father's day dad" and "John loves Lyndie", which gives character to the tank graveyard.

There are not only hundreds of Iraqi T-72 tanks, but also armored personnel carriers, artillery canons, anti-aircraft guns, trucks, and even boats. I go for a closer look but my boots sink to my ankles in mud. I crawl inside of the cramped T-72 tank and am surprised to see what's inside – the cabin within the tank is perfectly intact but dirty. There are levers and switches all over the place with instructions written in a foreign language, maybe Russian. I imagine being a tank commander loading the main gun, looking through the sights, and pressing the button to fire. But then I realize that Iraqi tanks didn't do so well in the war and decide I wouldn't want to be in one.

The sun starts to set which signals it's time to start rolling on the long trek back to Camp Buehring, our home away from home.



BSTB food service aims to please while they feed

*By: Sgt. 1st Class Randall Inafuku
HHC, 29th BSTB, Food Service*

When our brigade received activation orders in 2008 to deploy into Kuwait, the news brought with it many questions about what our food service section would be doing.

In Iraq, when the brigade was deployed during OIF-2005, our section had such duties outside food service as tower guard and vehicle maintenance. This time around, our section was quite shocked to learn we would actually be working in a dining facility.

Mobilization in Hawaii and Texas brought with it the usual military training, such as convoy operations, urban operations, clearing buildings, searching personnel, and improvised explosive device awareness training.

We have all been through this type of training before, but the online classes dealing with labor violations in foreign countries, ethical behavior in a work place, and contracting was new to us.

With each new class we gained a better understanding of what to expect throughout the new deployment. We soon learned how different it would be than our usual meal preparation, cook-

ing, and serving as done during drills and annual trainings back home.

Although we do not actually cook here in Kuwait, we still use our skills to oversee those who do by assuring they properly prepare and serve each meal, handle equipment and upkeep building maintenance.

Through hours of hard work, the online classes and classroom requirements we completed certified us as Technical Monitors.

Technical Monitors for the BSTB Dining Facility are Sgt. 1st Class Randall Inafuku, Staff Sgt. Joel Burdett, Sgts. Ernest Fejes and Christopher Nakama, and Spcs. Terina Blue and David Ross.

Our overall responsibility here at the Camp Virginia DFAC is sanitation and keeping the food fresh, as to prevent Soldiers from getting sick. In a desert environment, trying to keep the equipment and eating rooms clean is definitely a challenge. DFAC workers are constantly wiping down equipment and tables to provide for the cleanest kitchen.

Besides cleanliness, one way we assure the food is safe from spoilage is by regularly taking the temperature of both hot and cold dishes.

From November 2008 through March 2009, our DFAC has served almost 425,000 meals or 2,800 meals per day. With every meal, served our staff is dedicated to pleasing the Soldiers, and that is what's most important.

Whether Soldiers are going up to the combat zone or leaving for home, seeing them enjoy their meals is why our section feels truly blessed to have this DFAC mission.



Sgt. Christopher Nakama checks cooking equipment for sanitation at the DFAC on Camp Virginia.

BSTB prevents damage; maintains equipment

*By: Cpt. Ralph Hasegawa
HHC, 29th BSTB, S4*



Sgt. Joel Burdett, left, and Spc. Ernest Fejes performing maintenance on a Polaris at Camp Virginia.

Vehicles, weapons, computers, optics and communications equipment are necessary for the 29th Brigade Special Troops Battalion's mission as mayor's cell at Camp Virginia, Kuwait. The extremes of the Kuwaiti environment, with lots of sand and high temperatures during the summer months make it important our equipment stay clean and properly maintained.

Maintenance begins with regular Preventive Maintenance Checks and Services, or PMCS, which are completed by all equipment users, including vehicle drivers and others who operate computers, radios and weapons.

Our high operating tempo, optimized staffing levels and considerable amounts of equipment, make PMCS an ongoing challenge. To help with the challenge, we develop Standing Operating Proce-

dures, remain vigilant trends, and use maintenance standards published in Technical Manuals.

Sgt. 1st Class Carmen Kanei and Spc. Christopher Smith, 29th BSTB S4, are responsible for dispatching and maintaining our vehicles. With more than 50 vehicles – including non-tactical, tactical, buses and Polaris – the S4 is concerned about the safety of their Soldiers and the readiness of their vehicles. They have established PMCS as one of their top priorities and reserve every Wednesday for user training.

On Wednesday's Soldiers bring their vehicles to the Motor Pool to receive training, supervision and equipment necessary to check their vehicle's oil, clean out the air filters, fill the tires with air and all the many other PMCS tasks. If mechanical issues are found beyond the proficiency of the operator, Kanei uses her years of maintenance experience to get it fixed.

As with all Army tasks, vehicle maintenance requires leadership, teamwork, training and the initiative of the individual Soldier. PMCS Wednesday's is another example of 29th BSTB Soldiers hard at work.

Brig. Gen. Kozlov visits 100-442nd Infantry Soldiers

*By: Cpt. Timothy Zeisset
HHC, 100-442nd IN PAO*

Commander of the 9th Regional Readiness Command at Fort Shafter, Hawaii, Brigadier General Kozlov, paid visit to Soldiers of the 100-442nd Infantry Battalion at Camp Virginia, Kuwait, March 19.

Familiar with the 100-442nd IN as the only Infantry Battalion in the 9th RRC, as well as in the Army Reserve, Kozlov wanted to take the opportunity to tour the Battalion Headquarters and talk with some of the leaders.

He also visited with Soldiers as they prepared to depart on one of their daily convoy escort missions.

Since the battalion's arrival to Kuwait in October, they have completed more than 1,020 escort missions North of Kuwait and driven over 311,000 miles, without a single accident. Kozlov gave congratulatory remarks for the battalion's safety record and encouraged them to stay vigilance throughout the remainder of their deployment.

Kozlov then administered the oath of reenlistment to Sgt. Aaron Lin and Spc. Darnall Fuiava, Company Bravo, 100-442nd IN Bn and continued to the dining facility for a meal with the battalion leadership.

Before departing for Camp Buehring, he again wished the Battalion Commander, Lt. Col. Michael Peeters, a safe deployment and a speedy return home.

The battalion will return to Ft. Shafter, HI, and its subsequent Islands sometime in August 2009.



Sgt. Aaron Lin and Spc. Darnall Fuiava take the oath of reenlistment from Brig. Gen. Alexander Kozlov, Commanding General, 9th Regional Readiness Command, Fort Shafter, HI.

Father pays birthday visit to daughter in Kuwait

*By: Cpt. Timothy Zeisset
HHC, 100-442nd IN PAO*



Sgt. 1st Class Auma Fa'atili, visits his daughter, Pfc. Litaraleuunatotautele Fa'atili, at LSA on her birthday.

On March 9, Sgt. 1st Class Auma Fa'atili, C Company, 100-442nd IN Bn, traveled on a bus from Camp Virginia to Life Support Area, Kuwait, to visit his daughter, Pfc. Litaraleuunatotautele Fa'atili, on her birthday.

Litaraleuunatotautele, turned 20 years old on March 11, and was on her way to Qatar for a pass. Her name, Litaraleuunatotautele, is unique and was the name given for the oil used to anoint the body of Jesus according to biblical scripture.

Looking up to her father, Litaraleuunatotautele, joined the Army because she wanted to be like him, although Auma disagrees with his daughter being in the Army, because he doesn't want her to deploy into combat.

"I've served in the Army Reserve so my children wouldn't have to" said Auma. He has been in the Army Reserve for 27 years, all which was served with the 100-442nd IN. He plans on remaining in the reserve for another three years before retiring.

He was able to spend a couple of hours and lunch with his daughter before returning to his missions.

"It was nice to see Litaraleuunatotautele," Auma said of the visit. "I just wish it wasn't under these circumstances."

U.S. military brings power to coastal island

Article by
Petty Officer 1st Class
Kelli Roesch
Media Transition Team-Kuwait

More than a dozen U.S. Navy helicopters and air crews, Army medics and Coast Guard Port Security personnel recently worked together to transport and replace a broken backup generator to Warbah Island, Kuwait, April 11.

Kuwaiti Naval Force maintains outposts on Warbah Island, in the maritime border region between Kuwait and Iraq. The outpost was originally constructed as a United Nations facility in the early 1990s.

The U.S. military forces helped move the 7,700 pound generator from Behaith Marine Location, which will become the backup power source for the military outpost on Warbah Island, a few miles off the coast of Kuwait.

Warbah Island is greatly affected by the tides and sea surface conditions making removal and transport by surface craft impractical. The U.S. Navy had the only helicopters available with the necessary lift capability to perform the mission on time.

The two generators at the Warbah Island facility had been in operation since the early 1990s and the U.S. military accepted the opportunity to provide assistance to Warbah Island.

The operation also helped facilitate joint interoperability training between U.S. forces in the area.

According to Navy Lt. Dave Zerda of Mine Countermeasures Squadron Fifteen, who flew the MH-53E Sea Dragon used to transport the generator, the mission gave all services involved an opportunity to learn new skills by experiencing how each branch executes different missions following service specific procedures.

"The way the Army ground crew operates is a little different than ours, so working together gives us all an opportunity to accomplish a

joint mission by learning tactics and techniques from each other," said Zarda, a Houston native.

Two helicopters were used during the mission; one helicopter transferred the ground crew to the pickup site at a nearby access road, while the other transported the generator.

Noncommissioned officer in charge, Army Master Sgt. Thomas Odoardi, said the challenge for the ground crew was to obtain the sling load set to rig the generator properly.

"A

nonstandard load means there are no text book standards as there are with many other lifts," said Odoardi. "For this project we had to gather our own data and use our experience to determine exactly what sling set to use to safely move the generator."

Training for the mission took place at Camp Buehring, Kuwait.

Several pilots and co-pilots practiced lifting a 2,800 pound concrete barrier before lifting the actual 7,700 pound generator. Army and Coast Guard teams of rigging crews also practiced their signals and safety procedures while communicating with the helicopter pilots to ensure the three components were able to operate in unison.

During the actual generator lift, Kuwaiti Naval Forces pre-positioned the backup generator on Behaith Marine access road. The rigging crew then worked together to attach the load to the MH-53 Sea Dragon, which was flown to the drop site at Warbah Island where the rigging crew recovered the sling set.

The MH-53E Sea Dragon normally functions as an airborne mine countermeasures platform with a secondary mission as external lift and vertical on-board delivery.

Army Sgt. 1st Class Arnold Rabanal, a native of Ewa Beach, Hawaii, was new to this type of training evolution.

"Field Artillery units seldom do air assault missions, so it was fun," said Rabanal. "It gets us away from the everyday norm and allows us to cross-train. I was excited to do this and am glad it was a successful mission." 

U.S. Army and Coast Guard personnel, attach a generator from below the MH53E Sea Dragon during a slingload operation on Warbah Island, Kuwait, April 11. The U.S. military forces helped move a 7,700 pound generator from Behaith Marine Location, which will become the backup power source for the largely uninhabited military outpost on Warbah Island a few miles off the coast of Kuwait. (Photo by Pfc. Howard Ketter)

BSB Focuses on Network Security Day

*By: 1st Lt. Ben Acidera
HHC, 29th BSB, S6*

In this high-tech day and age, computers and the Internet have become a very integral part to our lives, both on and off duty. As we become more and more reliant on computer systems to conduct our work, terrorists and hackers are constantly looking for vulnerabilities to damage and hinder our efforts in theatre.

In an effort to raise awareness of high-tech vulnerabilities, the Department of Defense issued a directive to have Servicemembers conduct training on what was deemed "Network Security Focus Day".

On April 11, all permanent party Servicemembers and civilians at the Life Support Area took part in the training to raise individual awareness. The training consisted of an introductory video which gave an overview of the topics and three

briefings that discussed some dangers posed through the internet. The briefings covered the "do's and don'ts" on various topics ranging from computer viruses to "phishing" to Personal Identifiable Information.

As the LSA Information Management Officer, it was my job to ensure Servicemembers received the training. Most of the Servicemembers normally find this type of training boring, however to my surprise, many of them found the training interesting and educational. Although the information briefed was geared toward military computer systems, many Servicemembers found the information could be applied to everyday life, both military and civilian.

Out of all the topics discussed, Servicemembers felt the training on Personal Identifiable Information was most informative because it could be applied to both military and civilian life. The training discussed the "do's and don'ts" on

how sensitive information, such as personal information, should be handled and shouldn't be transferred or posted on the Internet irresponsibly.

Another popular topic was operational security, or OPSEC. With social networking websites such as MySpace, Facebook, and Twitter, it is easy for anyone to post information about themselves. Personal information such as home addresses, job titles, or even pictures are some of the things terrorists and hackers look and can be used against individuals to conduct malicious acts such as identity theft.

With training opportunities like this, Servicemembers have the opportunity to raise their level of knowledge and awareness. This, in turn, minimizes the risk of information being comprised in both the military and civilian life. For information regarding network security, contact your local Information Management Officer.

BSB Soldiers shake hands with Kuwaitis on Liberation Day



Life Support Area, KU, Area Reaction Force squad members take a picture before their patrol in Kuwait.

*By: Sgt. Raena Madeira
HHC, 29th BSB, S2*

As the winter season comes to an end, spring brings Kuwait one of its warmest seasons. The air is still a bit cool, however, the bright sun offers warmth to the Kuwait desert. It's a great day to be out on a patrol.

On Feb. 26, Soldiers of the Brigade Support Battalion, 29th Infantry Brigade Combat Team –

Capt. Michelle Puesta and Sgt. Raena Madeira, of the Life Support Area's Command Cell Intelligence Section – joined the Camp Buehring Area Reaction Force (ARF) on a patrol familiarization ride.

The Camp Buehring ARF team consists of a company-sized element from the 271st Brigade Support Battalion, 45th Fires Brigade, of the Oklahoma National Guard. When possible, an interpreter is available to assist the patrol during their travel.

This was another opportunity for the intelligence section to gain better situational awareness of the camps' surroundings. The information helps provide advice and oversight to the Camp Commander on Intelligence concerning the camp and its local area.

During the patrol, the ARF team gave a tour on the patrol areas North of Kuwait, near the Kuwait-Iraq border. The patrol visited a small town with a little local market and a restaurant. The patrol made a few stops which included offering assistance to some locals who were stranded with their vehicles.

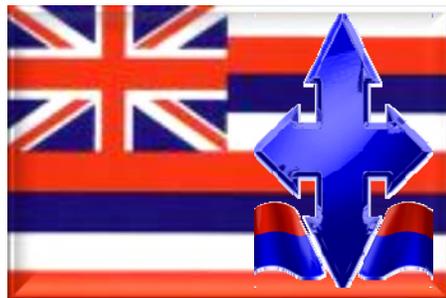
As the patrol continued their travel, they

came across one of the deserts' many unique animals, a "dhub dhub", or spiny-tailed desert lizard, known to grow as large as 2 feet long and 6 to 8 inches wide. A few pictures of the desert lizard were taken for memorabilia.

After three hours of driving, the patrol arrived at the local market which was quite busy. It had basic necessities and other items not available on U.S. military camps. Many locals were shopping for fireworks to celebrate Liberation Day, a day when the United States helped liberate Kuwait from Iraq. While the Soldiers spoke with some adults, children admired the armored humvees.

Locals were eager to meet and shake hands with the U.S. Soldiers on Liberation Day. The town visit ended with lunch at a restaurant next to the market, known for its chicken wraps.

Now that spring is here with favorable weather, the intelligence section hopes to participate in patrols more frequently. The experiences gained from these patrols provides a closer look at the camps' surroundings and is very useful in the Intelligence Field. The patrol is educational and helps build relations between the U.S. Military and Kuwait.



Congratulations Soldiers

29th IBCT Re-enlistments

29th IBCT Promotions

GO FOR BROKE 100-442nd Infantry			HIKI NO 1-487th Field Artillery		
Staff. Sgt	Trevor	Husseini	Spc.	Christopher	Barsatan
Sgt.	Kalford	Amana	Spc.	Andrew	Hirakawa
Sgt.	Darnall	Fuiava	Spc.	Andrew	Paderes
Sgt.	Len	Tanaka	Spc.	Stephen	Sylvester
Spc.	Aaron	Lin	Spc.	Ryan	Unico
Spc.	Mene	Loia	Spc.	Robert	Whittier
Spc.	Carlama	Sete	Pfc.	Jarrod	Lamm
HIKI NO 1-487th Field Artillery			KOA 1-299th Cavalry		
Sgt. 1St Class	Frederick	Feliciano	Capt.	Michael	Mathes
Staff Sgt.	Gregory	Mayo	Sgt.	Arthur	Hirayama
Staff. Sgt	Allan	Sniffen	Sgt.	Celestino	Matutino
Sgt.	Alvin	Acob	Cpl.	Rudolph	Daog
Sgt.	Liza	Ashley	Spc.	Enrico	Mateo
Sgt.	Rodne	Ezuka	Spc.	Nathan	Yacapin
Sgt.	Roy	Galo	SERVICE ALL WAYS 29th BSB		
Sgt.	Wayne	Miyashiro	Staff Sgt.	Gregory	Mayo
Sgt.	George	Tumbaga	Sgt.	Stephanie	Sylvester
Sgt.	Alexander	Ubiadas	Spc.	Albert	Iokepa
Spc.	Cristonjames	Barba	IKAIKA MAO LOA 29th BSTB		
Spc.	Ryan	Manuel	Sgt.	Geoffrey	Gabayan
Spc.	Learthur	Sanders	Sgt.	Valentine	Robers
KOA 1-299th Cavalry			Spc.	Ching	Brandon
Sgt. 1St Class	Dennis	Higa	Spc.	Timothy	Weisner
Sgt. 1St Class	Ray	Resurrection	POHAKU HHC, 29th IBCT		
Sgt.	Paul Alvin	Tercino	Staff Sgt.	Crystal	Carpenito
Sgt.	Paul	Yamamoto	Staff Sgt.	Louis	Race
Pvt.	John	Querubin			

Gov. Lingle and Maj. Gen. Lee visit with Families of 1-299th CAV

By: 1st Lt. Lisa Royce

Family members of Soldiers from the 1-299th Cavalry Regiment, commanded by Capt. Chad Daniels, met with Governor Linda Lingle and Maj. Gen. Robert Lee at the 207th Aviation unit on April 19, as part of a goodwill visit to address questions and concerns Family members had over their deployed loved ones.

A variety of subjects were touched on, including health and welfare programs and services offered on Oahu that could potentially be extended to outer island National Guard Servicemembers.

Lingle, Hawaii's first female governor in the State of Hawaii, was greeted by Lt. Col. Benedict Fuata, Commander of the 207th Aviation Unit, and by Daniels, as she disembarked from a C-26 military aircraft with Lee to meet, converse and potluck with Families of deployed Soldiers from the Big Island.

Both the Governor and Lee placed great emphasis, while addressing questions from concerned loved ones, on steps and measures currently being pursued in the political arena to ensure the continued safety, security and enhanced health and educational well-being of all Army Guard Soldiers.

Most significant was a discussion on the importance roles Soldiers of the 1-299th CAV play in the 29th Infantry Brigade Combat Team, Hawaii Army National Guard, and in the State of Hawaii.



Above: Maj. Gen. Robert Lee (left) and Governor Linda Lingle (right) visit with son and wife, Noah and Gina Haina (center), of deployed Soldier Staff Sgt. Clinton Haina.

Below: Family members of Soldiers from the 1-299th Cavalry Regiment, met with Governor Lingle, and Maj. Gen. Lee, April 19, at the 207th Aviation unit as part of a goodwill visit to address questions or concerns that family members had over their deployed loved ones.



Family Readiness Group Bulletin



JSOTF-P Soldiers returned to Hawaii after a six month deployment to the Philippines.

ways it's said, a very heartfelt and humble 'Thank You' goes out to all the Family Readiness Group volunteers for their unwavering support of the deployed Soldiers and their Families. From FRG Key Leaders, Treasurers and Secretaries, to phone tree callers, the Fundraiser and Event teams, there are upwards of 100 volunteers that give their time and energies to provide the much needed support to our Soldiers and Families.

From spouses, parents, significant others, siblings, grandparents, aunts, uncles, retirees, and children of Soldiers; the Brigade's Volunteer Ohana truly reflects the many different meanings and faces of 'Family'.

Annual State Volunteer Workshop: May 16-17 at the Waikiki Prince Kuhio. The annual workshop is an opportunity for FRG Key Volunteers from across the Hawaii Army and Air National Guard to come together for excellent training sessions, sharing their ideas and voicing their concerns for our State's National Guard Families. With a large array of new programs and services becoming available to units and FRGs, this year's workshop will have a lot of great information and resources that unit FRG volunteers can take back and put into practice for their units. The workshop is also an opportunity for State Family to recognize volunteers for their outstanding and self-less service to the Hawaii National Guard.

As always, the thoughts and prayers of the Brigade's FRGs, Families, and Friends are with you all!

Reunion and Reintegration Training for Families:

YRRP – Yellow Ribbon Reunion and Reintegration Program – is a new National Guard program that coordinates workshops for Soldiers and Families throughout the deployment cycle. As we get closer to redeployment, workshops are being scheduled for Family members on all islands to prepare them for their Soldiers return. Additionally, after Soldiers return, there will also be workshops on the 30, 60, 90 marks which will focus on many of the aspects of readjusting to civilian and family life for both the Soldier and their Families.

Dates and locations for YRR events on each island coming soon.

LAVA Flow – Family Section

March and April have been full of great FRG and Family Activities! From the State Family Programs Annual Youth Training Camp, the return of the JSOTF-P (Philippines) Mission Soldiers, the OC16 Family Filming Day, Morale Video Tele Conferences for Soldiers and Families, individual FRG Easter and Mid-Tour Deployment events, Hero Pack distribution to unit Keiki, FRG fundraising, and of course, planning for the Brigade's return and all the Welcome Home Events and Parties to celebrate the occasion!

Volunteer Appreciation

The month of April is 'National Volunteer Appreciation Month' with the week of April 19-25 is highlighted as Volunteer Appreciation Week. No matter how many times or



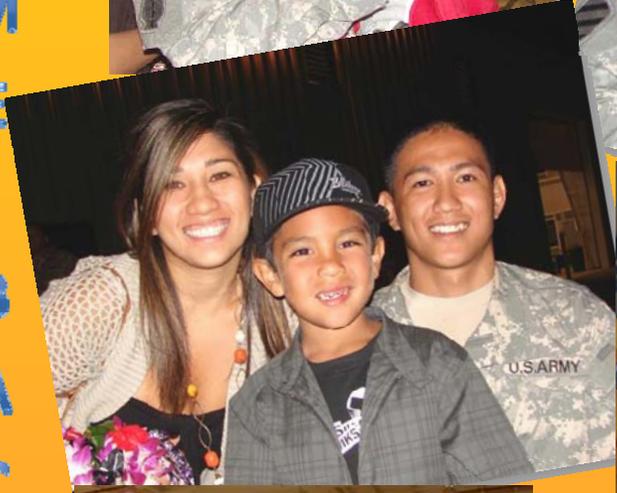
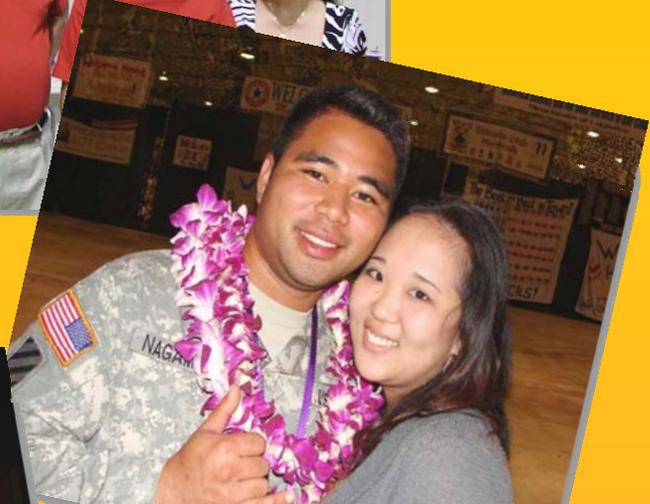
Children of the Annual Youth Training Camp pose for a picture.



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JSOTF-P





"I would like to spend as much time as possible with my Family, get closure with my HHC 29th BSTB family, and prepare myself physically and mentally to join the 93rd Civil Support Team."

~Staff Sgt. Ryan Baqui,
HHC, 29th BSTB



"I plan to enroll at Honolulu Community College to pursue my goal of becoming an electrician."

~ Spc. Ondayog, Shamron
CSC 3, 1-299th CAV

What will you do after redeployment?



"After redeployment I plan to go crazy at Disneyland with my best friends."

~ Spc. Cherise Okikawa
HHC, 29th IBCT



"I'm going back to go back home and spend time with my Family, go to the beach and relax!"

~ Spc. Chalcedony Silva,
HHC, 29th BSB

29th  IBCT

We'd like to hear from you!

ATTN: PAO
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Maj. Pam Ellison

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Staff Sgt. Crystal Carpenito

Contributors
Unit Public Affairs
Representatives

WE'RE ON THE WEB AT



Staff Sgt. Carpenito and Maj. Ellison

PAO Comment

First, I would like to highlight that the PAO NCO who does so much work to make sure that you're getting valuable information through the Lava Flow has been promoted to Staff Sgt – so, please be sure to congratulate Staff Sgt. Carpenito the next time that you see her!

Along the lines of progression, it's finally here – we're at a place where we can truly say that we have fewer months to remain in Theater than we have been in Theater. Our goal now needs to be vigilant in maintaining our focus; to not allow ourselves to get complacent. We need to ensure that we set the stage to arm our replacements

with all the tools that we can to make them successful after we leave. Having personally come into a mission where myself and Staff Sgt. Carpenito were not falling in on another PAO section, we are familiar with the challenge that a poor, or in our case non-existent, right seat/left seat ride can be very challenging.

You have all done such outstanding work in your day to day performance of your missions that it's easy to lose sight of the significance that your work has to the War-fighters that we support and further how it lends to the credibility of our Nation in the eyes of the citizens of Kuwait and Iraq. We are fortu-

nate to come from a place where the aloha spirit is so prevalent and being pono seems to come so naturally to our Soldiers as they interact with others. So, as we continue this path to mission completion, keep in mind how important our role is for the future successes of the 115th FiB and the units to follow. Keep the aloha spirit alive as you conduct your right and left seat rides – but also, remember it as you work the long, tiring hours side by side with your fellow Soldiers as you conduct your daily missions.

Lava