





SGT Julie Quintal and Major Leo Luna greets Major General Stephen Tom.



Lieutenant General Steven Blum pumps up the troops in the Tactical Operations Center.

Aloha, Task Force Mental Health section has been in full steam conducting suicide prevention and combat stress control classes for the 29th BCT. Leaders please assist with enforcing a comprehensive exercise, work, and rest plan and MWR activities to decrease stress during training. Soldiers need to continue stress management techniques during the block leave and enjoy a safe holiday season. Merry Christmas and Happy New Year!!!

29th BCT Mental Health Section available for Consultation

LTC Laura Wheeler

Located in BLDG 9406( 29th BCT ALOC)

McGregor Base Camp

569-9038



### Chaplain's thoughts

Are you aware that...

1. McGregor Range Chapel and Dona Ana Chapel are open 24 hours a day to allow a quiet place for praying, meditation, and scripture reading?
2. Catholic, Protestant, Latter-Day Saint Services are held regularly?
3. You can talk to a chaplain or chaplain assistant about privileged and sensitive information and that it will not be disclosed to third parties without your consent?
4. Chaplains are available to all individuals, families, and the command for pastoral activities and spiritual assistance?
5. Free bibles and religious material are available at the chapel?
6. Chaplains do not accept fees for performing ministrations, pastoral and family counseling, and ordinances?
7. Chaplains may perform marriage ceremonies for authorized DOD personnel upon request IAW the laws of the state or county.
8. POC is undersigned at (915)569-9273 office, (915)726-5195 cell.

Chaplain (MAJ) Leonardo Jamias

*DA LAVA FLOW STAFF*

**PUBLIC AFFAIRS OFFICER**  
**CAPTAIN KYLE YONEMURA**

**PUBLIC AFFAIRS NCO**  
**SERGEANT ROBERT CURRAN**

## Soldier Kit All Soldiers Receive



USSOCOM  
Silk Weight Underwear



Coolmax & Polarmax T-Shirts



Black Fleece Bibs



Wiley-X Goggles



Hydration System



Combat Belt



Standard Army Desert Boot



AF Desert Flyers Boot



M4/M16  
Magazines



COTS Socks (4 Per)



Cold Weather Cap



Close Combat Optic  
(fielded to Soldiers  
with M16 or Carbine;  
BOI 1 CCO/5 soldiers  
EAB; 1 CCO/soldier  
BCT)

## Brigade Combat Team Platoon Kit



Quickie Saw and Replacement Blades



Grappling Hooks



Halogan Tool



Fiber Optic Viewer



Modular Entry Tools



Door Ram



Battle Axe

## Mobility / Lethality Kit (Issued to BCTs Only)



Advanced Combat Optical  
Gunsight (ACOG)



Knee and Elbow Pads



MICH Comms Systems  
and Accessories



MOLLE and Accessories



M122/A1 Tripods



M249 Rail / M240 Rails



M249 Ammo Soft pack  
M240 Combat Ammo Pack



M4/M16  
Magazines



Advanced Combat Helmet (ACH)  
and Accessories



XM107  
(new fielding plan  
coming out)



Mark VII



Weapon Light



VIPER (VECTOR 21)



MBITR  
(fielding plan being  
modified by DA)



Light Weight GPS  
(being replaced by DAGR)



Small Binoculars



M145 Machine Gun  
Optics

## ***REQUEST LINE***

S1— Please inform your families the last day to send out mail from these respected areas is December 12th, 04. This will allow mail clerks to process mail in time to get to their destinations before block leave and exiting FT. Bliss. Otherwise your mail may not reach you.

S5— “Do’s” in Iraq

- Respond to a woman’s greeting only when she initiates the contact. Allow her to shake hands using only her fingertips, refer to the entire family when making inquiries, well wishes, or blessings.

“Don’ts:”

- Show women attention by addressing, touching, or staring at them. Don’t ask males direct questions about female relatives. Don’t withdraw if a man greets you with a hug and a kiss, this is a common greeting from among male friends.

### Iraq situation update

#### Security

U.S. warplanes, artillery and mortars attacked areas of Falluja on Monday, November 15, as diehard insurgents held out to the last in the week-long battle and heavy clashes broke out in the Iraqi cities of Mosul and Baquba. The U.S. military says it has taken full control of Falluja, but scattered pockets of resistance remain, particularly in southern parts. (Reuters)

Iraqi security forces have started regaining control of the northern flashpoint city of Mosul from rebels, taking at least two police stations in the city. The Iraqi National Guard had deployed its forces in several districts in Mosul, as well as alongside the river and in the west of the city. Two police stations were retaken in the centre and the north of the city. Armed with anti-tank missiles and assault rifles, members of the national guard were seen patrolling the streets in several districts. (The Australian)

NATO is conducting its first training course for Iraqi security personnel at its Joint Warfare Centre in Norway, part of the training mission the alliance took upon itself at its Istanbul Summit in June. Nineteen mid-level and high-level officials from the Iraqi military and the Ministry of Defense and the Ministry of Interior are participating in headquarters-level training. (International Information Programs)

Interim Vice President Ibrahim al-Jaafari announced that Iraqis would select a 275 member parliament on January 27. (VOA News)

A major Sunni Muslim political party has quit the interim Iraqi government and withdrawn its single minister from the cabinet in protest against the U.S. assault on Fallujah, the party's leader said. (AP)R

#### Reconstruction

The powering-up of two generators in al-Qudas, a rural village 30 miles west of Baghdad, shooting an additional 192 megawatts of electricity to the national grid in 48 hours, highlighted October’s milestones for Restore Iraq Electricity. Thirty-three megawatts of power came online from in al-Qudas in September, bringing the total megawatts generated to 225. (Defend America News)

Iraqi and multinational force officials are taking on a \$50 million program to bring 200 water treatment and sewage facilities in Iraq up to modern standards. Besides repairing the water supply, the program will create hundreds jobs for the local economies. (American Forces Information Service)

#### Economy

The World Bank granted \$7 million to help train Iraqi civil servants to prepare them for reconstruction and economic reforms. The money will be used by Iraq's planning ministry to boost the financial skills of senior Iraqi civil servants, the bank said. (Big New Network)

## ***Benefits update***

SUBJECT: Congressional Update – Defense Authorization Agreement

1. The following is a summary of several pay and benefit programs, which were agreed to during a congressional conference on HR 4200. The conference report authorized \$445.6 for defense programs for FY 2005.

### **2. Pay and Bonuses**

3.5% percent across-the-board pay raise.

Making permanent the increased rate for imminent danger pay from \$150 to \$225/month.

Making permanent the increased rate for family separation allowance from \$100 to \$250/month.

Extending several special pays and bonuses for active and reserve component soldiers.

(Enlistment bonus; re-up bonus; special pay for EM assigned to high priority reserve units; affiliation bonus; prior service enlist bonus; special pay for health professionals in critical specialties; repayment of education loans for certain health professionals.)

Elimination of out of pocket housing expenses.

### **3. Healthcare**

*Making permanent the now temporary eligibility of dependents and reservists to obtain TRICARE benefits up to 90 days before a member's active duty date.*

*Waving deductible payments for dependents and reservists called to active duty for more than 30 days.*

*Six months coverage made permanent for all personnel separating from active duty.*

*For every 90 days of consecutive active duty, the member & family are eligible for one year of TRI-CARE coverage while in a non-active duty status (if member commits to continued service in the Selective Reserves).*

### **4. Survivor Benefit Plan**

*Elimination of the Social Security offset under the SBP by increasing the annuities paid to survivors of military retirees who are 62 or older from 35% of retired pay to the percentages below:*

*For months after Sep 05 and before Apr 06: 40%*

*For months after Mar 06 and before Apr 07: 45%*

*For months after Mar 07 and before Apr 08: 50%*

*For months after Mar 08: 55%*

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*SUBJECT: Congressional Update – Defense Authorization Agreement*

*5. Transportation of Family Members to Visit Seriously Injured Service Members*

*Expanded the number of family members entitled to transportation at government expense.  
Authorized family members to receive a per diem or be reimbursed for travel expenses.*

*6. Repeal of Requirement to Pay Subsistence Charges While Hospitalized.*

*All hospitalized military personnel are exempted from paying for meals while they recuperate in military hospitals.*

*7. Donation of Air Travel*

*Secretary of Defense can accept donation of frequent flyer miles, credits and tickets to be used for service members.*

*8. Family Supplemental Subsistence Allowance (FSSA - An allowance to military households who are eligible for food stamps).*

*Family separation and hostile fire or imminent danger pay is excluded from the calculation of household income for eligibility for FSSA.*

*FSSA received by a service member is excluded for determining the eligibility of dependants for certain low-income assistance programs.*

*9. Death Gratuity Enhancement*

*Death Gratuity payable to survivors of deceased serviced members is indexed to the average % increase in base pay taking effect each year.*

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focused tasks. Training and equipping an army for war has never been an easy endeavor. Countless armies of the past, and armies of the future will face the same challenges you've borne so well. I congratulate you on your soldierly bearing and the dignity with which you've carried yourselves through the trials and rigors of the training here. The Brigade is doing well, thanks to your individual and combined efforts. Lava 6.



# Message Center



*Happy 7th B-day to my son Bryson James. Thank you all for your prayers and support. May God bless and Happy Holidays!!*

*SPC Romelyn Roque.  
HHC /29th BCT*



*Thanks for your support, keep our soldiers in your prayers. Thanks*

*SPC Felicia Watkins.  
HHC/29th BCT*



*Aloha e na ohana, just wanted to say Merry Christmas, miss you all and I'll be seeing you soon. Me ke Aloha pumehana.*

*SPC Sharde Marshall  
HHC/ 29th BCT*



*Thank you to all my friends and families. Your love and support will get me through the days ahead.*

*Love SPC Gwen Perry  
HHC/ 29thBCT*



*War is hell but I'm having a great time! See you soon! CPT Andrea Slocum*

*HHC /29th BCT*



*Aloha all, just wanted to thank my husband, family and friends for all the love and support they have given me throughout this MOB training phase! Ilove you all and can't wait to s get home and see you ya!LOVE*

*SPC Bianca Asato  
HHC/ 29th BCT*



*Happy holidays to all my family, friends and co-workers in Connecticut. Thank you for your love and support.*

*SGT Tywanna Johnson.  
HHC/29th BCT*