

# Never Broken News

This newsletter contains official and unofficial information. The inclusion of some unofficial information has not increased the cost to the Government, in accordance with DOD 4525.8-M

Aloha!

The end of summer block leave marks a beginning of our training phase in earnest and signifies the reality of another deployment. This deployment will be somewhat different though for the Soldiers in that our most likely theater is Afghanistan requiring the battalion's Artillery skills be employed.

As most of you know, the battalion will be deploying for training in August to the Big Island of Hawaii and the Pohakuloa Training Area (PTA). This is one of two Artillery live fire training opportunities we have this year and the Soldiers are working hard preparing for section qualifications. All howitzer sections will fire with support from their respective battery fire direction sections; Headquarters Battery will provide metro and survey support. Elements of Golf Forward Support Company (FSC) will conduct convoy live fires and the entire battalion will conduct marksmanship and other field related training.

As the Commander, I am ultimately responsible for the preparation of each and every Soldier in the battalion and this training is a key building block in strengthening our entire unit for the deployment. I take my responsibilities in training very seriously and expect the same of each Leader in the battalion.

The past three months have seen the departure of many Soldiers and their families. We welcome those recently arrived and incoming Soldiers and Families to our Ohana, recognizing that personnel transitions in the Army are the natural order.

I'd like to particularly thank all the tremendous volunteers for their continued support to the battalion. From the FRG members to individual soldiers and every single person who demonstrates their support in ways unseen. You enhance this battalion's diversity and strengthen its character.

Thank you again for your continued service to our Army and this great nation.

*"Never Broken by Hardship or Battle"*

LTC Rick Kelling  
Steel 6

## Make sure you are ready for PTA

PTA Expo

- > 22 July 5-7:30pm and
- > 23 July 9-11:30am
- > BN Gymnasium (third floor bldg 549)
- > Update Powers of Attorney
- > Lots of post services represented
- > More Info Page 2

### Rear Detachment

MSG Ricky Hogan  
655-1421 (# good in Aug only)  
655-0884



**PTA BN FRG MTG**

**July 20th, 6-7 PM**

**Sgt Smith Theater**

**For childcare call 655-1426**

**kkadelberg@us.army.mil**



Bravo Bulls fire timed rounds in honor of each of the 50 states in the union following the 39th Annual 4th of July Spectacular at Schofield Barracks, Hawaii, July 4. The salute battery also lent their boom to the 25th ID band as they played the 1812 Overture. The public event invited families to the many games, prize giveaways and performances in celebration of Independence Day.



# Find our Group Page on Facebook

We are now on Facebook! 3/7 FA has a group page so look us up!

We post updates on the page weekly with the latest promotions, reenlistments, babies etc. If you have news for that you think the battalion family would enjoy reading send it to [NeverBrokenFRG@hotmail.com](mailto:NeverBrokenFRG@hotmail.com)

## **FOCUS** Program Resiliency Training for Military Families

3/7 FA is hosting FOCUS group classes during August and September.

Classes are 90 min in duration.

### **August 17—Getting Your Word Heard**

Identifying the Value & Obstacles to Good Communication Skills & Developing Awareness of Different Types of Communication (both verbal & non-verbal).

### **August 24—Communication is a Two-Way Street**

Practicing Effective Two-Way Communication & the Power of Positive Appreciation with your children.

### **September 14– Keeping the Family on Target**

Working on the Importance of Setting Goals, how to identify them, & Practical Steps to Achieving Them.

### **September 21– Building the Family Team**

Implementing the Goal of “Good Family Relations” & Guidelines for how to establish a Pre-Deployment Family Meeting

Class location to be determined based on childcare availability. Class time will be in the vicinity of 5:30 or 6:00 PM.

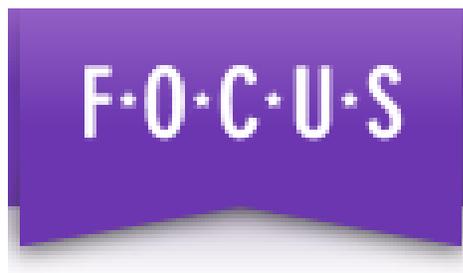
Training services are free of charge to all military families.

Confidential sessions are available during family friendly hours at the Armed Services YMCA (located on Wheeler Army Airfield).

During individual family sessions, your family will learn skills to:

Improve communication; Problem solve around family challenges; Identify strategies for dealing with deployment reminders; Increase family closeness; Enhance mutual support

To set an appointment or for more info call 808-257-7774.



**Families Over Coming Under Stress**



LTC Kelling passes the Gladiator guidon to the CPT Hoskins as she assumes command of Golf Forward Support Company.

# Golf Passes Guideon

Gladiators watched as CPT Astwood relinquished command to CPT Hoskins on May 18 through the passing of the guidon.

3-7 FA and Golf FSC welcome CPT Cynthia Hoskins and her family CW3 Rob Hoskins, daughter Jayda and son Robby to our ohana.

CPT Brian Astwood is staying within the brigade and during his farewell speech said that he will forever be a Gladiator and will always Support the Boom.



## Bulls Farewell Outgoing Commander

During the Relinquishing of Command Ceremony on July 30th the Bravo Bulls said goodbye to CPT Jeff Fuller and family as they PSC off island. Good Luck to the Fullers!

The Bulls are soon to welcome CPT Joseph Handke, wife Rachel and their first child Carter.



CPT Jeff Fuller praises Bravo Soldiers and Families as he says farewell.



**Chaplain Joseph Park**

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# Ohana Day 2010



From the fire truck filling the dunk tank to the group photo at the end of the day there was excitement and fun throughout the battalion during 3-7 FA's Ohana Day. There was plenty of food thanks to Golf company cooks who put together a fantastic spread of BBQ ribs and chicken, the Golf Command Team that spent most of the day at the grill serving up burgers and dogs, and all the families who brought pot luck side dishes. Big MAHALOS go out to the countless people who were tasked and volunteered. They made the day a fantastic success!



PULL !! PULL !!



Egg Toss Winner!!!



CSM gets wet ...



... twice !!



Grill Masters



Alpha Battery receives trophy for Pineapple Festival Parade.



Watching Dad retire the colors.

# PTA Deployment Expo

Army Community Services  
Child, Youth & School Aged Services  
Military & Family Life Consultants  
Library

Morale, Welfare & Recreation  
FOCUS - Resiliency Training  
Outdoor Recreation Center  
Plus More...

Thursday 22 July 5-7:30PM Friday 23 July 9-11:30PM

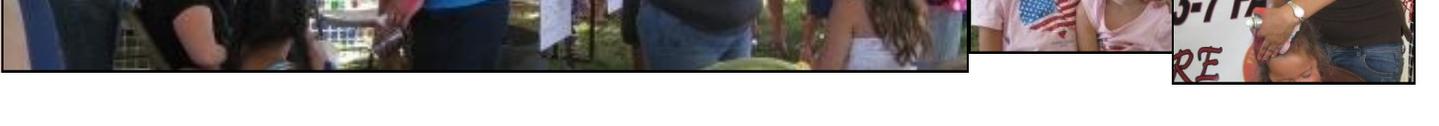
BN Gym—3rd Floor Bldg 549, E Quad

## Key Calendar Dates

July 20	BN FRG Meeting 6-7pm SST	Oct 1	BN Training Holiday
July 22-23	BN PTA Deployment Expos	8-11 OCT	Columbus Day Weekend
JUL 22-23	PTA Pre-Deployment Expos	4-5 NOV	Bde Training Holiday
AUG 17	FOCUS Resiliency Training	Nov 11-14	Veterans Day Weekend
AUG 24	FOCUS Resiliency Training	Nov 25-28	Thanksgiving Break
SEP 3-6	Labor Day Weekend	Nov 30	BN FRG Mtg—6-7PM SST
SEP 14	FOCUS Resiliency Training	Dec 3	St. Barbara's Day Ball
SEP 17/20	BDE Training Holiday	Dec 6—Jan2	Block Leave
SEP 14	FOCUS Resiliency Training	Jan 3	Bde Training Holiday
SEP 23-25 (T)	Marriage Retreat	Feb 12-27	Block Leave

Training dates are not published in the newsletter. They will be published at FRG mtgs.  
BN will do its best to not change any leave or training holidays!

# This Spring has been busy for the Families as much as the Soldiers with Fun Fest, WTT and Fourth of July being suc-



BN FRG - MTG  
Sgt Smith, Theater  
20 July 6-7 PM

# CSM Corner

Aloha to the entire 3-7 Field Artillery Team, the Leaders, Soldiers, Families and Friends.

The 3<sup>rd</sup> of July marked my first 100 days as the senior enlisted member of our great organization. I am utterly fascinated and appreciative of the diversity of our organization and the accomplishments the "Never Broken" family sets and achieves consistently.

August is right around the corner, and with it comes the first of our training rotations away from home. Our near-term training will be multi-faceted, that includes the obvious strategic, tactical, and technical tasks required to accomplish our missions, but also, our Families and Family Readiness Groups should be honing their "tasks" identified as critical when we Soldiers are away. Additionally, our Rear Detachment personnel will be faced with many challenges during our absences and should be identifying and training their 'critical tasks' necessary to accomplish their mission and support all of the unit's Soldiers and Families.

In our approach to our multiple training regimens, I ask that everyone keep safety foremost in their planning and execution phases. I expect every Soldier, regardless of rank or position, to be a "Safety Officer", in that you are expected to point out any safety hazards or procedural violations when others do not see them. Nothing, absolutely nothing we are doing during training is worth the life, limb, or eyesight of any Soldier.

As we transition from phase to phase in our preparations for deployment, I'd like to express my appreciation for and gratitude to all of our Steel Soldiers, their Families, Friends, and supporters for all that you do.

*"Never Broken by Hardship or Battle"*

CSM Dale Perez  
Steel 7

3rd Battalion  
7th Field Artillery Regiment



Never Broken by Hardship or Battle

## Rear Detachment

MSG Ricky Hogan  
655-1421 (# good in Aug only)  
655-0884  
ricky.hogan@us.army.mil

**We're on the web**  
**www.armyfrg.org**

## Know your FRG contact



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gladiatorfrg@gmail.com

*Staff Duty available 24/7*

*808-655-0884*

Confused? Contact the FRSA  
(Family Readiness Support Assistant)  
Kristina Adelberg  
808-655-1426



Rachel Handke

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