



Rock Steady Review

Issue 3

June 2004

SGT Castorena LTF 524 NCO of the Month

SGT Gordon Castorena was named the LTF 524 NCO of the Month on 3 June 2004. The NCO that succeeds in correctly answering the most questions from the panel of Non Commissioned Officers, headed by the LTF Command Sergeant Major, is named the NCO of the month. SGT Castorena will travel to Bagram Air Field, Afghanistan in mid June to compete at the next level for the Joint Logistics Command NCO of the Month. We are all very proud of his achievement.



SGT Gordon Castorena

MK-19 Range in Afghanistan

On the 27th of May LTF 524 conducted a MK-19 Automatic Grenade Launcher range near Bagram Airfield, Afghanistan. About 20 soldiers from the Battalion attended the range and were able to fire the MK 19 at targets approximately 1200 meters away. Soldiers trained on the weapon system for several days prior to the range. They learned how to load, unload, fire, and perform actions upon a malfunction.



During the range the teams of soldiers first prepared range cards to determine targets in their sector of fire. The teams consist of the primary gunner and the assistant gunner. The primary gunner is responsible for aiming and firing the weapon. The assistant gunner is responsible for loading the weapon, spotting the impact of the rounds down range, and assisting the gunner to make corrections on the sights. The soldiers from HHD that fired the MK 19 were: PFC Maki, PFC Morales, PFC Guisti, SPC Nesbit, SPC Valerio, SGT Castorena, 1SG Young, CSM Harper, and CPT Wallace.

Mission Accomplished at Manus, Kyrgyzstan.

The HHD soldiers that were deployed to Manus, Kyrgyzstan to assist in the reception of the 25th Infantry Division (L) into the theater have completed their mission. The soldiers were successful in moving thousands of troops and hundreds of thousands of tons of equipment into and out of the area of operations. The soldiers that participated in the mission were: MAJ Munn, CPT Bathrick, SSG Needham, SGT Favorite, and SPC Johnson. All of the soldiers performed the mission flawlessly and were commended for their job by the LTF Commander. The mission lasted about two months and the soldiers are now with the rest of their unit at K2 Airbase.

HHD, 524 CSB

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If you have any information or announcements that you would like included in the next issue of the "Rock Steady Review" please email me at: wallacee@K2.afgn.army.mil

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First Sergeant: (808) 624 - 2373

FRG Leader:

Megan Way (808) 623 - 3618

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First Sergeant

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Unit Leadership Notes

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Hello Rock Steady Families!! Over the past month the unit has remained very busy in supporting the mission here in Uzbekistan and Afghanistan. More and more of our soldiers are becoming very experienced in the logistical operations necessary to support customer units. We have been performing the mission over a wide variety of locations which means that each soldier is that much more vital to the successful completion of each tasked mission. Due to the high operational tempo that we are placing on our soldiers we are allowing them to take needed time off in order to regroup. We have begun sending some of our soldiers on a rest and relaxation period in Qatar. The R&R trip lasts about four days. During the break soldiers have the opportunity to go swimming, shopping, and visit the local area. A hand-full of HHD soldiers have already gone on R&R and were very happy to jump at the opportunity. While we are allowing our soldiers needed down time, they have not stopped training. This past month we deployed several HHD soldiers to Bagram Airfield to fire the MK19 grenade launcher. All the soldiers were more than happy to fire the weapon system. Leaders have participated in professional development classes in order to hone their knowledge of our enemy opponents and their capabilities. We have reviewed the rules of engagement and walked through scenarios specific to situations in which soldiers may be faced.

I would like to thank you for your continued support of all of our soldiers as you are separated from your loved ones. Each day that passes brings us all closer together as a family of soldiers. We will continue to ensure everything that we do is done safely and to standard. God Bless America! **CPT Wallace**

ALOHA everyone!!

Headquarters and Headquarters Detachment has continued to do an outstanding job with all our missions over the last month. We are currently in the process of expanding our operations and supporting more soldiers deployed to this region. Major Powell, CPT Bathrick, SFC Potter, SFC Brown and SSG Wilgus have joined our other soldiers that are doing an outstanding job making all the logistical coordination's for our move forward. We conducted a MK-19 range in which eight soldier were trained on the correct operation and firing of that weapon. Our soldiers are continually training to making things happen. During our most recent NCO of the Quarter Board, SGT Castorena earned the honor of being awarded the Noncommissioned Officer of the Month for June. He will be representing us at the 33rd ASG board on the 24 June.



Our unit was awarded its first Rest and Relaxations passes this month which seven soldiers had the opportunity to go Qatar and enjoy some down time. Our R&R leave period has begun so start looking for your love ones to return home. This base recently opened an Education Center and soldiers are signing up for College classes to further their education during free time. The unit's Softball team continues to be a force on the field and we will continue to play hard until its time to depart this location.

Once again, Thanks for your love and continued support for all our troops. **"Rocksteady 7 Out"**

Battalion Commander Notes

Hello family and friends from the triple digit temperatures of Uzbekistan and Afghanistan. We are slowly dividing the headquarters and the Logistics Task Force up to better support the combat forces. What that means is that some of us will remain here in Uzbekistan, others in Northern Afghanistan, and the majority of us in eastern Afghanistan. It will be an interesting time for everyone – as we start showing the war-fighters that we can keep them supplied while they go out and win the fight. My intent is to ensure that we provide all the headquarters Soldiers an opportunity to support from more than one base. This will give us flexibility to ensure that we can send them home on leaves and so we can take advantage of the Rest & Recuperation program in Qatar. Keep the cards and letters coming in addition to the email. We only receive mail once a week, and when it comes in – everyone gathers around the mail clerks like moths to the flame. We have something really nice planned for the Fathers out there on Fathers Day – and for all of our graduates out there – CONGRATULATIONS! Have a fun and safe summer.

P.S. This is CPT Wallace's third newsletter – and from my foxhole, I think it is one of the finest newsletters in all of Afghanistan and Uzbekistan. Like everything in HHD, First Class! – Hoo-ah!



Section Updates

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Battalion S1

Hello from K2! The S1 shop is going strong, processing personnel actions for the Task Force at record speed. PV2 Patel and SFC Jester toured the Uzbek aircraft this month and the pilots were smitten by them. SPC Saleme and PFC Giusti have continued their trend in excellent performance. I am lucky to work with such a great crew! Even though we all miss our families and friends back home, we look forward to the new challenges that lie ahead and intend to provide the best personnel service possible. Thank you for all of your good wishes and support, we keep you in our hearts.



Battalion S2

The S2 shop conducted classes on Enemy Tactics, Techniques and Procedures. In order to defeat the enemy it is vital we understand the enemy. The class was productive and gave soldiers a better understanding of the enemies capabilities. We also gave a class on enemy weapon systems. The class covered the various types of weapons that we could encounter on the battlefield. I believe all of the soldiers who received the training got something out of each class and prepared us more for our future mission. CPT Martinez



Battalion S3

Aloha, the S3 shop is hard at work planning and preparing the LTF for future operations. As the Battalion Commander mentioned earlier we are beginning to run our support mission from two different locations. The S3 shop now has personnel in both locations, which keeps us all very busy. We have had some of our Soldiers go on R&R in Qatar. Everyone in the S3 shop is doing a great job, and we all want to say Aloha and Mahalo for your support, keep the mail and care packages coming. God Bless you all, take care from the S3 shop. CPT Edgerton



Battalion S4

We have hit our three-month mark, ¼ of the way through our tour, but our job is still far from becoming routine. The real routine here is the constant heat. It seems to get hotter every day. However, our spirits are high and we take comfort in the fact that our family and friends back home are there to support us all the way. CPT Jacobsen



Battalion SPO

Aloha again from the great country of Uzbekistan. This month we want to welcome back SSG Needham to the SPO. He has been working night and day in Manas to ensure the 25th ID (L) arrives safely in the CJOA. Great Job SSG Needham!! SFC Hull had an awesome re-enlistment ceremony on the K-2 flight line. We were all proud of him!!! On a sad note we want to bid our fearless leader, MAJ Munn, SPO OIC, an Aloha farewell. MAJ Munn has left the SPO to work as the MMC Chief in Bagram. God Speed and Make a Way to you MAJ Munn... The LTF 524 Support Operations want to welcome our new fearless leader MAJ Powell. He was the MMC Chief at Bagram and we want to welcome him and his family to our Make a Way Family. CPT Asis

Chaplain's Blessing

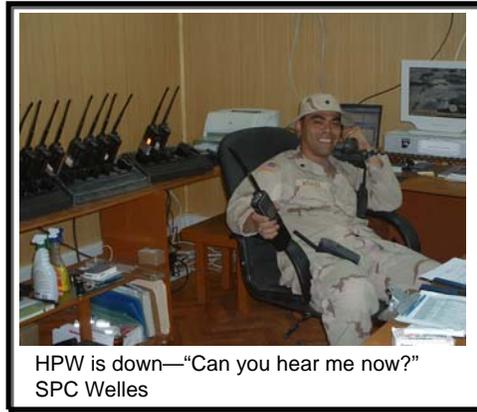
Dear Rock Steady families. With our second month in the rearview mirror each of us are busy in support of the global war on terrorism. Thanks for your great support. The soldiers enjoy mail, email and care packages more than you will ever know. This month, I had a family member ask me how she and her husband could grow spiritually during this time of separation. My advice to her was to make a copy of Next month's calendar and list a different personal or family prayer request on every day. Your deployed soldier should do the same and exchange calendars by mail or email as you take turns praying for each others needs on a daily basis. This will bring you closer as a family and close to the Lord. Contact me if you need anything at wehlagew@k2.afgn.army.mil Blessings, God Makes a Way, CH Wehlage.



Mazar E Sharif Update

New Housing

TFI recently completed the construction of our new FLE House. The old FLE House consisted of a wood building for the common area with tents branching off for the sleeping areas. We lived in the house for approximately three months. This past week we moved into the new FLE House. The house consists of prefabricated containers connected together to make a building. It actually has showers, bedrooms and a kitchen- which our two cooks love. Two young Privates being responsible for a kitchen that feeds approximately 20 personnel is a great experience for them. Definitely a major improvement from what we use to call "our house." The Soldiers here at MeS definitely have their work cut out for them throughout the day – and have a nice comfortable place to lay their heads after a long day's work. Our next project to be completed soon – is the Jordanian Hospital. It also is made of prefabricated containers. Hopefully by the end of the month the new hospital will be fully operational. Once the hospital is completed the Jordanians will be able to treat the locals with the medical attention that they require in a first class facility. **CPT Moreno**



HPW is down—"Can you hear me now?"
SPC Welles



MSG Morse and 1LT Way enjoy a traditional meal "MANCEF" with the Jordanians.



MSG Caruso, CPT Moreno, Jordanian First Commander and MSG Morse – just a friendly visit with our neighbors.



This is what we used to live in
Showers were down the road



This is what we live in now Showers are
down the hallway. Major improvement!!!



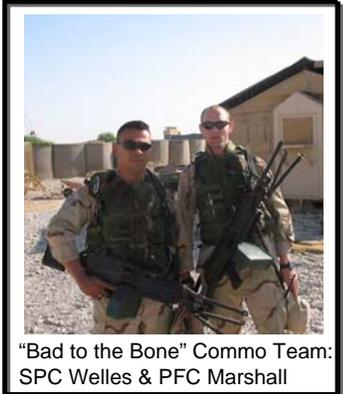
CPT Moreno and PFC Colon on the way out
to provide security for the weekly re-supply flight



CPT Moreno



1LT Way
MeS Mascot named Jack
(we don't use his last name)



"Bad to the Bone" Commo Team:
SPC Welles & PFC Marshall



Current Events

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HHD Softball Team



Our softball team has been continuing their winning ways. Since the beginning of the season in early May the team has won seven out of ten games even though there are constant changes to the roster with all the soldiers moving around the area of operations. We always seem to have the right people on the field to pull out the victory. We recently lost two key players, one young short stop who rarely lets a ball past and an elder gentlemen that held an important position in the outfield. Our record is 7 - 3 and the season will continue through early July.

HHD Frisbee Team

Since the 546th Maintenance Company lost to the HHD in a close softball game, they thought they would take us up in a friendly game of Frisbee football. The stakes were high, but HHD would not back down. During the romp, the 546th team is quoted as saying "C'mon guys we're losing to a bunch of old men!!" The final score was 26 to 6. In a related note, the HHD defeated the 221st Ordnance Co. on May 30th to go undefeated in the Battalion.

E-5 Promotion Board

The following soldiers were recommended for promotion to E-5 on 1 June 04:

- SPC Isaac Johnson**
 - SPC Gregory Lewis**
 - SPC Elliott Valerio**
- Congratulations guys!!**

Hail & Farewell

The HHD said goodbye to MAJ Adam Munn on May 29th. MAJ Munn served as the Battalion Support Operations Officer for the past year. His dedication to the mission has been proven time and time again as he was called upon to coordinate logistics support for the Battalion in support of Operation Enduring Freedom. He has moved to Bagram Afghanistan to serve on the Joint Logistics Command (JLC) staff. His wife Karin has been an integral part of our FRG.

HHD is happy to welcome MAJ Douglas Powell and his wife Effie to the unit. MAJ Powell will serve as the LTF Support Operations Officer. He joins us from the JLC staff.

June Weather

Average Daily High:	94F
Average Daily Low:	67F
Average Days of Rain:	2
Average Humidity:	47%
Average Winds:	17mph

June Promotions

PV2 Todd Maki	to	PFC
PV2 Jose Morales	to	PFC

Soldier Voices

June Birthdays

SPC Rebecca Wilcox	2 June
SPC Christi Salemme	3 June
CPT Clinton Jacobsen	7 June
SGT Kevin Melvin	12 June
SPC Isaac Johnson	16 June
CPT Angelina Moreno	29 June

What do you remember most of President Ronald Reagan?



MSG Dennis Bricker
SPO CL I

"I remember the speech when President Reagan asked the Russian President to tear down the wall"



CSM Lynette Harper
LTF 524 CSM

"Besides being a famous Hollywood actor with a huge smile, turned President of the greatest country in the world would be the crumbling of the Berlin wall. I was a squad leader at the time in Ludwigsburg, Germany. My squad and I were able to get a piece of the Berlin wall that will forever be a treasured part of history!" Hooah! "Make A Way"



MSG Jeffery Ardis
BMO

"I remember 10% pay raises and M1 Tanks"



Soldiers In Action

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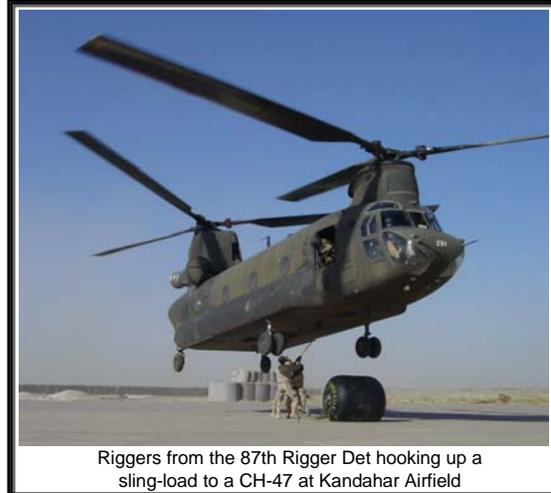
LTC Haebig presents a LTF 524 Certificate of Achievement to PV2 Patel on 3 June



CPT Perez re-enlisted SFC Hull on 31 May



SPC Mendez, SPC Angel, SSG Lee, MSG Ardis & CPT Wallace during the Mig tour on 9 June



Riggers from the 87th Rigger Det hooking up a sling-load to a CH-47 at Kandahar Airfield



PFC Todd Maki & PFC Jose Morales were promoted on 4 June



LTF 524 FLE
(HHD, 524 CSB, 725 MSB, and 312 MEDLOG Det.)



Soldiers In Action

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SGT Favorite and SSG Needham supervising the shipment of cargo from Manus, Kyrgyzstan



SPC Valerio and PV2 Maki tightening straps on a 463L Pallet as the Air Force looks on drinking coffee



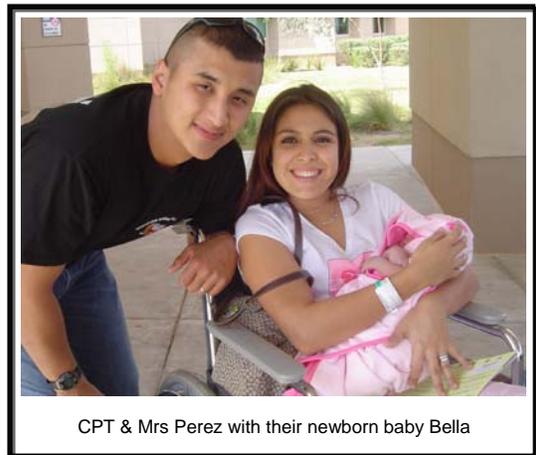
87th Rigger Detachment in front of their latest heavy drop



HHD Frisbee team after the victory over 546th Maint Co
The final score was 26 to 6
Missing in the photo is LTC Haebig



PV2 Morales & PV2 Maki firing the MK 19 automatic grenade launcher during the range on 27 May



CPT & Mrs Perez with their newborn baby Bella



Soldier Support Information

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Operation Military Care K-9

Our Military Canines Teams who have been deployed to the Middle East need our help with supplying them with the following items:

- Dog Biscuits**
- Rope Toys**
- Kong Balls**
- Tennis Balls**
- Dog Boots**
- Combs / Brushes**
- Dog Shampoo / Conditioner**
- K9 Cooling vests**
- K9 Cooling pads**

You can help these wonderful canines. Please visit the following website for more info:

<http://www.uswardogs.org/id40.html>

There is an MP K-9 Detachment stationed at K2 Airbase. If you would like to send any of these items to this K-9 Detachment mail them directly to the following address:

13th MP Detachment
ATTN: K-9 Section
APO AE 09311



"Ringo" and his handler SSG Gilbert of the K2 Airbase K9 Detachment

Next FRG Meeting

Date: June 14, 2004

Time: 6:00pm

**Location: Army Community Service
BLDG, Schofield Brks**

American Flags

If you would like an American Flag flown over Camp Stronghold Freedom please mail the flag to:

HHD Training NCO
LTF 524
APO AE 09311

The flag will be returned folded with a certificate.



The FRG is selling the large yellow ribbon car magnets that say "Support Our Troops". They are \$5 each and all of the proceeds will go into the FRG fund. They can be mailed to families on the mainland but postage must be paid in advance. Contact Megan Way for more information. (808) 623-3618 or iammeganway@yahoo.com

Gifts from the Homefront

For anyone looking for a way to support our troops overseas, here is a great alternative for you. The "Gifts from the Homefront" Program being run by AAFES is a unique program that allows you to make a direct impact on the morale of deployed troops. Certificates from this program can be applied to a wide range of products at any of the AAFES establishments both here and overseas, which ensures that each soldier can get exactly what he or she wants or needs. There is one PX on Camp Stronghold Freedom, and the latest reports from these stores indicate that the certificates are being used for CD's, DVD's, and comfort items such as snack items and phone cards. This is a great way to help without overloading the mail system, and it is fast and easy. To participate in the program, you can log on to www.aafes.com or you can call 1-877-770-4438 to purchase gift certificates in \$10, \$20, \$25, or \$50 denominations. From there, it is sent directly to a service member that you select.