



# *Lele Makou No Na Puali* **LIGHTNING ATTACK** →

**1-25th Newsletter ❖ An FRG Publication for Soldiers & Spouses**

## **YOUR FRG NEWSLETTER**

The purpose of your 1-25 Family Readiness Group newsletter is to pass along family support news and information related to the 1-25 mission. Your ideas and comments are always welcome. Please contact the Editor if you have an idea for an article or would like to contribute an article to the Lightning Attack newsletter.

### **The 1-25 Newsletter**

**PURPOSE:** This newsletter is intended to provide the soldiers and family members of the 1-25th Aviation Regiment with general information, unit training and family support news. The information presented in this newsletter is true and correct to the best of our knowledge at the time of printing. The contents, views and opinions expressed in this newsletter are not necessarily those of the U.S. Government, Department of Defense or the Department of the Army.

## **The Commander's Corner**

Aloha, and Lightning Attack! Due to the length of time it takes to get mail over here, I just finished reading the newly arrived August edition of the FRG Newsletter. Hopefully you got yours much quicker than I did. As always, Becky has done a great job editing the company commander's ramblings and mine, turning them into some semblance of useful information. I really appreciate the personal time she spends every month keeping our families informed.

One article in this past newsletter caught my eye and provided some inspiration for my monthly challenge of letting you know what we are up to. Becky's short segment regarding our Hawaiian Motto "Lele Makou No Na Pauli; We fly for the Troops," was especially insightful and right on the mark. Each day, that is exactly what this Battalion does and each of your Soldier is an essential element in the success of our daily combat operations. I know most of you probably rely on the major news networks, newspapers and magazines to get much of what is "really" going on over here, but I must tell you that most of those venues have a pretty narrow perspective on what ground truth is. That is not to say that the press is not giving you what they believe the facts to be, it is instead just a statement of fact that good news does not sell nearly as well as sensationalism. Daily our aviators, supported by the battalion's air and ground mechanics, medics, staff sections and refuelers are doing great things while conducting a myriad of complex air and ground operations throughout the Baghdad area. Every mission we conduct, whether it is reconnaissance, security, or close combat attacks is closely coordinated with and in direct support of fellow Soldiers operating on the ground. These operations are vital to the stability and security of the country and are instrumental in our ultimate goal of returning this country of so much potential back to the Iraqis. These efforts do not go unnoticed by the average citizens of Iraq, nor our fellow Soldiers. Regardless of what you read and hear in the press, we have made tremendous strides in bringing stability, security and a better life for the Iraqi people.

—CONTINUED ON PAGE 2—



Democracy and freedom does not come cheap and requires patience and persistence, as our Nation has learned over the years.

This steady progress is clearly evident everyday as we conduct our combat patrols. Since transferring sovereignty to the Iraqi People, it is routine for the farmers in the fields and people in the city to wave to the aircraft with great enthusiasm. Although many back home in Hawaii would not be too happy with us buzzing around the neighborhoods of Mililani at rooftop level, flying in and around the streets or between the hotels in Honolulu or hovering low over the Pineapple Fields near the Kahukus, the average Iraqi has come to realize the same comfort our Soldiers have when we are up and about. The kids are always especially glad to see us. In the former regime, the helicopter was greatly feared by the Iraqi people because it was an instrument of oppression by Saddam. This was very apparent when we first arrived in country, as few Iraqis would wave and many would often hurry inside as we flew nearby. Much of this has changed, as the vast majority of the Iraqi people have come to realize our aircraft are one of the many symbols of our Nation's commitment to their security. They know we are having a direct impact on defeating the terrorists and insurgents that attempt to

stand in the way of the daily improvements that our Soldiers on the ground are working so hard to bring to the Iraqis everyday. Things that we as Americans take for granted are precious commodities in Iraq: reliable electrical power, working sewers, clean drinking water and security. Our Soldiers, both air and ground, provide the security and support to ensure these basic necessities are being improved daily. When we first arrived it was not uncommon to fly over a darkened city and outlying towns. Now, Baghdad is a vast sea of lights...one of the many indicators of our continued success. Other successes can be counted in the large numbers of Iraqi Police and Iraqi National Guard soldiers who now patrol the streets and secure areas that once were manned by American fighting men and women...again, another hopeful sign for the future of Iraq. Inner city markets are bustling with commerce and the number of construction projects in and around the city is readily apparent. These are just a few of the many examples of our progress and are a major catalyst for foreign terrorists and insurgents that are desperately trying to prevent a free and democratic Iraq.

As I said above, our efforts have not gone unnoticed by our fellow Soldiers who are operating on the ground as

well. The greatest tribute that one Soldier can give another is an acknowledgement that they know they can count on you during the most difficult times and they know you are willing to risk everything for the mission and your fellow comrades in arms. Other commanders routinely tell me how much they appreciate our aircrews laying it on the line for their Soldiers operating on the ground each and every day. They often speak of the confidence that they and their Soldiers have when we are flying and place great faith in our aircrew's courage and abilities. However, the greatest compliments always come from the young Infantry, Armor or Military Police Soldiers who speak with awe about some harrowing experience that one of our teams helped them get out of. One of these Soldiers stopped me in the chow hall the other day and asked me what I flew. I told him I flew Kiowa Warriors. Initially, I expected to enter into the "How do I go to flight school discussion?" Yet, instead, was treated to a rather lengthy and colorful story of how his patrol came into enemy contact and requested aviation support. He told me with amazement that one of our Scout Weapons Teams "came out of nowhere," quickly dispersing the enemy contact, allowing his patrol to close with and capture the enemy force. He said he was sure in the initial part of the

engagement that he thought there would be a high likelihood of friendly casualties in his patrol, but that thought quickly left his mind as our team checked in on station. As we started to part ways, he told me to make sure and thank the crews for him.

Since this event occurred a couple of weeks previous to our discussion, I told him I would look back through the debriefs to find out exactly what team was on station at the time. He told me it wasn't important to know who exactly it was, but instead to thank all of the crews..."ya'll (he's from Arkansas) are always out there when we need you, we all know we can count on the KWs when the chips are down." I thanked him for sharing the story and told him I would pass it along to the crews and the Soldiers who make it possible for us to always be out there living up to our motto.

Although sometimes it is easy to look only "down our own lane" it is important for each of us to reflect on what we have truly accomplished as a team. Some things are easy to measure and provide insights into how hard we have worked together; other less tangible successes are not. Flight hours and Operational Readiness Rates are a couple of ways to gauge an aviation unit's performance. The battalion is clearly unmatched in these areas. This is only possible through the hard work and dedication of your Soldiers. But flight hours and readiness are not what are truly important. The real measure of success is the confidence that is instilled in that young ground Soldier who knows we are always out there with them and will be the first on the scene when the situation gets tough. That is the true tribute to your Soldiers efforts. Again, I am proud to serve with each and every one of them and their sense of duty and professionalism never ceases to amaze me. "Lele Makou No Na Pauli; We Fly for the Troops!"

## LIGHTNING ATTACK!

Strike 06



## Chaplain's Column



### KEEPING THE AX SHARP

One man challenged another to an all-day wood chopping contest. The challenger worked very hard, stopping only for a brief lunch break. The other man had a leisurely lunch and took several breaks during the day. At the end of the day, the challenger was surprised and annoyed to find that the other fellow had chopped substantially more wood than he had. "I don't get it," he said. "Every time I checked, you were taking a rest, yet you chopped more wood than I did." "But you didn't notice," said the winning woodsman, "that I was sharpening my ax when I sat down to rest." (Lewis Sperry Chafer, *Grace*).

Perhaps you can relate to the man in this story who worked hard all day. Your day is filled with activity, but it seems you have little to show for it. You realize you need to "sharpen your ax." In spiritual terms it means discovering your purpose in life, knowing God personally and following His pattern for your life. Where can you go to find out what that purpose is? Let me suggest two best selling books, *The Purpose Driven Life*, and the book on which it is based—the best selling Book of all time, *The Holy Bible*. Keep the ax sharp by getting to know God through the pages of the Bible and commune with Him in prayer. The "wood cutting" of your daily activities will be much more productive as you begin to act on what you read.

Chaplain

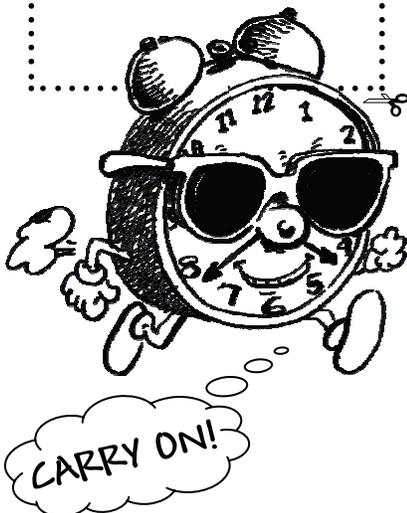
# Keep Your Mind FOCUSED as the Clock Ticks Down



—by MAJ Waits

## To Do List

1. Get kids ready for school
2. Organize photo album
3. Work on the Scrapbook
4. De-clutter the house
5. Finish Painting
6. Think about the holidays
7. Exercise
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- 12.



Maybe it's the Olympics... maybe it's the fact that replacements are already starting to train up for deployment to the Middle East...or maybe it's just that it seems like spring was a long time ago. At any rate, I've found myself thinking a lot recently about redeployment. I figured if I was thinking of the troops coming home, you must be too. These things: the glory of Olympic gold at the end of a tough race, the reassurance that help is on the way, and the simple passage of time, all tend to highlight the fact that at some point in the not-too-far future, our hardworking Soldiers will be on their way home.

As reassuring as this thought may be, however, it is also one that we should entertain with caution. Just as the athlete must focus his or her aim beyond the finish line, we must focus our aim at a point beyond the homecoming. In other words, now is not the time to start relaxing and thinking about what you can put off until after your spouse returns. Rather, now is the time to buckle down for the long haul. Now is the time to reach for that second wind, to take a good look at what you have accomplished thus far and to think about how you're going to continue this race.

As the end of a deployment nears, there is a tendency to "ready the nest," which means that family members left at home start to prepare the household for the service member's return. In a positive sense, this means organizing, cleaning, and tying up loose ends. However, the flip side of this phenomenon is that larger projects remain undone...they're consolidated and left to be finished later—when you and your spouse will have "a lot more free time." The reality, however, is that no one ever has as much free time as they hope for following a deployment. The service member is often exhausted and kept busy by the post-deployment mission. The spouse often has to continue to do many of the things he/she did during the deployment, and may have to take on some new responsibilities as well.

During the final few months of a deployment, there can also be a tendency for family members to become complacent, that is, to slow to a jog during the final stretch of the race. Little ones might not be so good about picking up their toys. Mom may no longer have the energy to ensure that they do. Teenagers might slack off on their chores or bargain for extra privileges, which they may actually get because dad is just tired of trying to do the work of both parents.

—CONTINUED ON THE NEXT PAGE—

So, how can you keep your mind on the game as the final minutes tick down on the clock? There is no correct answer to this question. Different things will work for different people, but here are a few tips to get you started:

- ★ Make a mental checklist of the “how to be a good parent and/or good spouse” rules you’ve made for yourself over the past few months. Write them down and review them every morning, in case you find yourself forgetting responsibilities or giving in when you shouldn’t.
- ★ Stick to your routines. Remembering that you’re supposed to keep doing things a certain way may help you fight off the tendency to cut corners.
- ★ Keep working on the big projects. The more of them you have finished by the time your spouse arrives, the less weight there will be on his/her back, and the more you will be able to enjoy your time together.
- ★ Set goals for yourself. Maintain a running “to do” list, or find ways to reward you and your family members for keeping on top of even the simplest of things.
- ★ Build blocks of “down time” or “prep time” into your schedule. Limiting the amount of time you spend on non-structured activities will help prevent them from seeping into your day-to-day life.

Finally, support one another in staying on-task. Chances are that you are not the only one losing steam. Helping your friends stick to their routines will inspire you to accomplish the same in your own household. □

## From the Sergeant Major

### Lighting Attack!

I would like to start off by saying thank you to all the families of the Soldiers of 1-25 Aviation for the continuing support you have given this Battalion. Special thanks goes out to all the spouses of the Battalion Family Support Group for keeping our families informed and giving assistance when needed. Your husbands, wives, sons, and daughters here are highly motivated as they carry on their daily duties. I am very proud to be serving as their Command Sergeants Major. We had several soldiers get promoted in the month of July, August and September; they were: SSG Edwards, SGT Edge, SGT Foutch, SGT Seymore, SGT Anderson, SGT Parrish, SGT Reichard, SGT Sharpe, SGT Kirkwood, SFC Sollenberger, SGT Basham and SGT Townsley. I would like to once again recognize our NCO and Soldier of the Month winners for September; they are SGT Amador and SPC Segrest. As you can see our talented Soldiers continue to excel.

The Soldiers work long hours daily with a day off about every ten days. There are scheduled activities sponsored by MWR that visits our location to give the soldiers a opportunity to relax and enjoy some of the same entertainment they get back home such as professional bands, comedians, actors, and professional sports team cheerleaders. Our dining facility have large screen TVs, so the Soldiers can check out the latest sporting events or get updated on the latest news anytime they want.

Our battalion has been blessed these past months as we continue to serve our country with distinction and honor. Continue to keep every Soldier in your thoughts and prayers until we return home.



### H A V E A C O N C E R N ?

The 1-25 Aviation Rear Detachment Commander

*stands ready to assistance you, anytime, anywhere.*

**808.656.4540**

**808.341.6582**

# COMPANY NEWS

## HEADHUNTERS

The Camp continues to evolve. New ground has been broken for another dining facility near our living area. The Engineer unit here on the camp has begun building our new motorpool and will most likely be complete by the time this newsletter reaches you. The phone networks and internet cafes are running strong and more connections have become available. Our PX has moved to a larger facility and now has incorporated a barber shop and a photo lab. Most importantly, the force protection measures that our battalion spearheaded months ago have grown and expanded meaning that our loved ones here are safer and more secure every day.

It seems that the summer just might be coming to a close over here. Temperatures are beginning to fall, and although it is still routinely above 100 degrees, it feels much cooler to us. But I have to tell you, the heat didn't stop your Soldiers from doing great things over the last few months. For instance, our motorpool continues to run a maintenance program that would rival even the greatest of NASCAR pit crews. The III/V platoon, running two independent refueling locations, is setting the standard across the entire brigade for service, speed, and efficiency. Our staff sections combined abilities are unmatched and they are providing first class support to the entire battalion. Our medics are the only group capable enough in the area to provide a 24-hour aid station to their parent unit without any external support. The accolades go on and on, but the bottom line is that our Soldiers are doing it right, all the time. There aren't enough words or enough pages to really speak to how good it feels to be part of this winning team.

We've promoted seven soldiers over the last two months and each has proved worthy of this recognition. We promoted SSG Sollenberger to Sergeant First Class; PFC Drummond to Specialist; SPC Basham and SPC Townsley to Non Commissioned Officer and PFC Ferqueron, PFC Ulloa, and PFC Williams became Specialists. Congratulations to each of these great Soldiers.

In all honesty, we've been here for so long now that the daily accomplishments seem to run together and it's hard to really discern what is important to put in this newsletter and what isn't. That being said, there is something that I really want to get across to you in this newsletter because it is important to me as a leader in this company. First, I am honored to walk among your loved ones here. Their dedication, determination, and desire is inspirational—be proud of them. Second, you, our family members and friends who support us at home, give us the strength to continue on over here. Your support is crucial to keeping the company focused and capable. I know how hard you are working back at home to make this deployment successful. I am as proud of the Headhunter family at home as I am of the Headhunters here. Your support through mail, care packages, phone conversations, emails, thoughts, and prayers shows your concern and caring for all of our well being.

My sincere thanks goes out to each and every one of you for your continued support and hard work. We've come a long way in this journey together and soon we will all be reunited back home—I look forward to making that a reality. We can have all the equipment and resources we want, but without the people and their families we can't accomplish anything. □

## DESPERADOS

The Desperados have maintained their marathon pace repairing aircraft. While most of our time is spent in the hangar or on the flight line, we've had a few relaxing moments: we participated in the 1<sup>st</sup> Annual Trot 5K run. CW3 Glenn and CW4 Phillips were key in organizing and running the event on Labor Day. 1SG Kirby and SFC McFadden were among the top runners in their respective age groups. The day's events also included inner tube races at the pool and a basketball tournament.

Congratulations to CW3 Pratt who was selected as the Army Aviation Association of America (AAAA) Avionics Award winner, whose been invaluable in his role as Avionics, Electronics, and Armament Platoon Leader.

Promotion congratulations to PV2 Holden was promoted to Private First Class, PFC Threefingers and PFC Taylor were promoted to Specialist. Battalion Soldier of the Month for September was SPC Tyrone Segrest. This is second time SPC Segrest has earned this title and is aiming for Soldier of the Quarter.

The holidays are around the corner with strong reminders of the physical distance between loved ones. I would encourage all family and friends to continue their out-standing support. We are grateful on a daily basis for the letters, emails and packages. The support that you give to your Soldier is the fuel and strength that makes them confident and resilient. We thank you daily for your support and think often of our safe return.

Desperados!

## REGULATORS

Aloha once again from Iraq!

As I sat down to write this month's newsletter, I had a difficult time staying within the margins, as this has been an exciting month for the company. I know that many of you stay current with the news here through your spouses and each other, but I wanted to let you know what outstanding work they are doing for the battalion.

I know many of you have heard by now, but we've got a few new arrivals in the company. Mr. Sun, Ms. Alejandro, and Ms. Doherty. Aloha to each!

1LT Mears and CW3 Boushey continue to recover. Both are up and around. 1LT Mears is volunteering to speak to ROTC students at the local college, and CW3 Boushey is making good use of family time. I know that we're all happy that both are doing so well, and we look forward to getting them back to the company soon.

Once again, I hope that you are as proud as I am of all the work that your spouses do here. While their jobs are never easy, and sometimes not fun, they are important, and they are making a tremendous impact on life here for both our soldiers and the Iraqi people.

Thank you for your hard work and dedication back home, for only families taking care of each other back home allows our men to stay so focused on the mission here. Take care.

REGULATOR 6

## GHOSTRIDERS

Aloha and Lightning Attack from the Warriors of the Pacific. We continue to do an outstanding job, as we are starting to see the fruits of our painstaking labor. The Iraqi Security Forces and the Interim Iraqi Government are starting to embrace their independence and work towards a common goal of bringing the violence in Iraq to an end, once and for all.

Congratulations to CPL Alcantara, who was recently promoted to Sergeant. Also, congratulations to SPC Pohle, PFC Copeland, and PFC Foley for their completion of the Battalion Crew Chief Certification Program. CW2 McHargue also achieved Pilot-in-Command prior to his departure on leave.

Welcome to CW4 Hawley and their family. CW4 Hawley arrived here early last month, and has already had a great impact on the way we conduct operations here.

I am happy to say that almost the entire company will get to participate in the Environmental Leave Program. I know that some of our Soldiers have had to wait a little longer than others, but I am extremely happy that we will be able to give every one a two week vacation from the rigors of working and living in a combat zone.

Finally, I thank the spouses and families of the Ghostriders for all of your support. A special thank you goes out to the spouses on Oahu for all of the work you have done with the planning and coordination of a Welcome Home Bash for the entire battalion upon our redeployment. As always, our thoughts and prayers are still with CW3 Sharp and his family as he continues his recovery. Thank you again for all of your support.

HOUKA! LIGHTNING ATTACK!  
GHOSTRIDER 6

## OUTLAWS

Aloha again from Iraq. I would like to begin by recognizing a couple of Outlaws. Please welcome our newest Outlaw, Ms. Quinlan. Also, Mr. Crowe was selected for promotion to CW4, I have no doubt the he will continue to excel at this new rank.

We are mostly through the deployment, and you can truly see the impact of our Nation's involvement in Iraq. It is truly a great feeling to witness first-hand a people as they come to realize that true freedom is within their power. The realization and the commendations the Outlaw crews have earned from the commanders of supported ground units allow each of us a great sense of pride and accomplishment. Each of you should be extremely proud of what your Soldier has accomplished. This company could not be successful without each and every one of them. Each Outlaw has had a direct influence in this process, and I continue to be amazed by their professionalism.

As it stands now, it appears that almost the entire company will be able to participate in the R&R leave program. In order to accomplish this and ensure mission success, some will go later during the deployment than others, but I am grateful that so many of our Soldiers will be able to enjoy a well deserved break.

In closing, I must again take this time to thank the FRG members for your outstanding support you have shown. Without your backing at home, none of this would be possible. Thank you for helping us to make a difference.

OUTLAW 6

## 1-25 Commemorative Deployment Cookbooks



Who couldn't use a  
good recipe or two?

Be sure to order your  
1-25 Commemorative  
Deployment Cookbook

by 15 October 2004. The cookbooks should  
arrive early November. You can contact your  
FRG Leader for additional information.  
Remember, cookbooks make great holiday  
gifts!

## The Miscellaneous Minutes

SEPTEMBER						
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In accordance with directives issued by the Department of Defense, the 25th Infantry Division is implementing the appropriate measures to safeguard our soldiers, civilians, and family members. Updated information can be found on HACNTV2 and on the 25th Infantry Division website:

[www.25idl.army.mil/](http://www.25idl.army.mil/)

This Family Readiness Group

(FRG) Newsletter contains official information and complies with the provisions of AR 360-81 and AR 25-51 for the dissemination of FRG Newsletters.



# LIGHTNING ATTACK

SEPTEMBER 2004

1ST BATTALION, 25TH AVIATION NEWSLETTER  
25TH INFANTRY DIVISION  
HAWAII