

Inside this issue:

Message from Commandant	2
1st Battalion Update	4
OCS Message	5
2nd Battalion Update	6
Regiment News	8
Safety	10

Greetings from the Regiment Commander



COL Suzanne Vares-Lum

Aloha 298th Regiment MFTU Soldiers and Leaders!

I cannot thank you enough for all your hard work and dedication to the unit and the mission to train Soldiers. I write this letter to express my heartfelt gratitude and farewell as I complete my last month as the Commander of the best learning institute in the nation. All of you have built this premier learning institute in the Pacific into an institution of high standards, and I am sincerely proud to say that I had the opportunity to serve with each and every one of you.

The 298th Regiment MFTU Change of Command Ceremony is scheduled for Sunday, 4 May. COL Gary Littlefield, who previously served as the

1st BN Commander, will assume command of this institute of excellence. And he comes with solid knowledge of the 298th and a wealth of experience and strong leadership.

The second quarter of FY14 began back on the podium for our instructors with a successful Warrior Leader Course. As you may know, this Warrior Leader Course was the first time in years that the 2nd BN integrated aviation into the STX portion of the course. BG Oliveira and CSM Wingad were able to observe training from the newly fielded Light Utility Helicopter LUH-72. Overall, the course was a success, and the Soldiers who graduated were highly motivated.

Also, during this quarter, the 1st BN witnessed a record number of OCS Candidates enrolling in the Accelerated OCS Phase I and Phase II in Alabama. This is a landmark year for the OCS program as MAJ Rosner and MAJ Dodson begin their journey to establish the 1-year OCS Phase II program; it has been over 7 years since the 298th ran a traditional program.

Last month, we welcomed our new 1st BN Commander

Tracey Omori. LTC Omori comes to the RTI with a great reputation of hard work, dedication, and commitment to the Guard. LTC Omori comes to us as a Logistics Officer and has served in multiple positions including Petroleum Officer, 29th Support Battalion, Ambulance Platoon Leader, Supply Officer, and Property Control Officer. She also previously served as the Headquarters Detachment, 103d Troop Command Commander, and she also commanded the Joint Forces Headquarters Detachment, State Area Command. LTC Omori is no stranger to the 298th, as she previously served as the Deputy Commander of the 298th Regiment in 2010. Please welcome LTC Omori.

As I close, I would like to leave you with a few thoughts: 1) Always do your best and do what is right both on and off duty; 2) Take care of yourself and your family; and 3) Balance your military and civilian jobs along with your family and community, while maintaining your physical and spiritual health.

Thank you again for the opportunity to serve with you!
Makaukau Kakou!

Upcoming Drill Dates

5-6 April
3-4 May
7-8 June
12-13 July

Other Important Dates

22 March **HNGA Conference**
29 March **Good Friday**
24 May **Memorial Day**

298th Regiment, MFTU
711 Tinker Road
Waimanalo, HI 96795

Commander
COL Suzanne Vares-Lum

Commandant
MSG Dennis Higa

Military Point of Contact
LTC James Faleafine
(808) 672-1808

Family Readiness Group
Cheryl Tsuda
298rti@gmail.com



"All of you have built this premier learning institute in the Pacific into an institution of high standards..."

“You have armed these Soldiers with new found skills and knowledge that will definitely have a profound effect on our future Army.”

Message from the Commandant



MSG Dennis Higa

Aloha Soldiers of the 298th!

Now that the holiday season is behind us, we have already shifted into high gear with ARPRINT.

Before I continue, I would like to thank you ALL for your hard work. Not only have you accomplished so much last year, but you have done it professionally and without incident. During 2013, over 200 Active, Guard, and Reserve Soldiers were trained here at the RTI with no Class-A accidents or safety violations. Great job!

Kudos to our Warrior Leader Course instructors who recently trained and graduated 29 students! You have armed these Soldiers with new found skills and knowledge that will definitely have a profound effect on our future Army.

Although the course was lengthened to 22 days, it did

have its challenges. Issues and concerns were immediately addressed and you all continued on without breaking stride. The aviation integration was also a success. With the support of Major Wandasan, we were able to air lift WLC Class 001-14 into their STX lanes via UH-60s.

Lastly, thank you for your patience and diligence with the implementation of our vehicle safety inspections and seatbelt checks. We must ensure that safety remains a top priority so that we all return to work safely.

Maintain that high level of motivation and stay plugged in hooah!

RTI Wraps Up First ABIC/SGITC of 2014

The 298th Regiment ran its first Army Basic Instructor Course (ABIC) and Small Group Instructor Training Course (SGITC) of the year. Students from 100/442nd INF, 1/487th FA, RTSM, and the RTI were in attendance.

The combined course is 15 days of instruction and once completed, students will receive the 8 skill identifier for

enlisted soldiers and the 5K skill identifier for officers. Graduates of this course meet the minimum requirements to teach anywhere in the Army school system.

Each student is required to teach several blocks of instruction up to 55 minutes in length in the Army style. According to student SSG Jaralba, “...preparation is key. If you

don’t know the material, you will not have the confidence to present.”

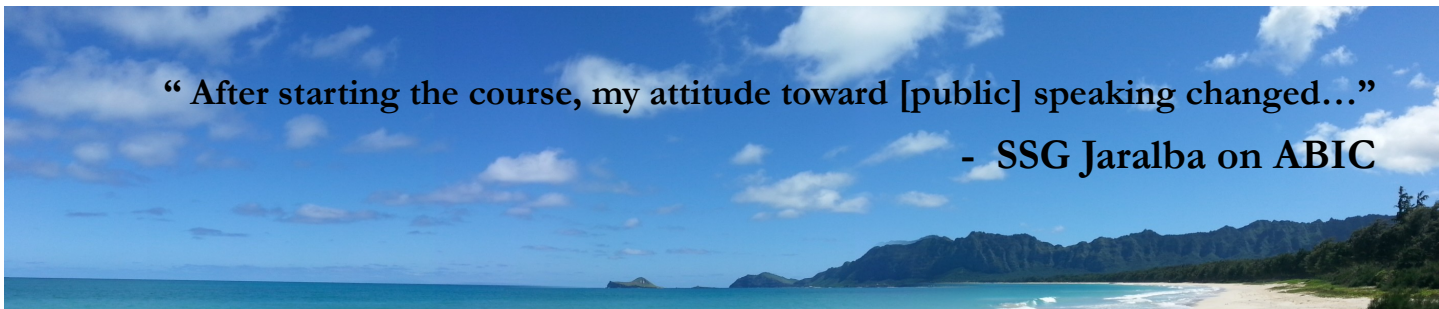
These graduates will be called upon in the future to teach WLC, ABIC/SGITC, MOS-T, or Modern Army Combatives both here at the RTI and in the Army Reserve. No matter where these instructors end up, our future Soldiers will be in good hands.



SSG Jaralba preparing for an ABIC presentation

“ After starting the course, my attitude toward [public] speaking changed...”

- SSG Jaralba on ABIC





COMPREHENSIVE SOLDIER & FAMILY FITNESS

BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

FRG Training – Resilience Training & Emergency Preparedness “READY and RESILIENT”

FOR HING FRG, Key Ohana and Families

Session 1 & 2 – Saturday Nov 16, 2013 0800-1200 103rd Troop Command
MOD 1 Unit 1 Resilience and MRT Competencies / Unit 2 Hunt the Good Stuff
MOD 2 Unit 1 ATC / Unit 2 Avoid Thinking Traps

Session 3 – Saturday February 22, 2014 1200-1600 29th IBCT
MOD 2 Unit 3 Detecting Icebergs / Red Cross and Pets in Disasters

Session 4 – Saturday March 15, 2014 1200-1600 TBD
MOD 2 Unit 4 Problem Solving / Interview Skills and Resume Writing

AKVW – April 26-27, 2014 TBD
Make Up Sessions 1-4

Session 5 – Saturday May 17, 2014 0800-1200 TBD
MOD 2 Unit 5 Put it in Perspective / Unit 6 Mental Games / Unit 7 Real Time Resilience

Session 6 – Saturday June 21, 2014 0800-1200 TBD
MOD 3 Unit 1 Character Strengths / Unit 2 Character Strengths: Challenges and Leadership

Session 7 – August 15-17, 2014 TBD
MOD 4 Unit 1 Assertive Communication / Unit 2 Effective Praise and ACR
Emergency Preparedness / Make Up Sessions 1-6

•Participants will receive a “Certificate of Completion” at the end of all 7 sessions. Presented by FRSA Team Subject to Change.

SFRSA michael.a.szustak.ctr@mail.mil 672-1687~29th IBCT FRSA ramona.v.lariosa.ctr@mail.mil 844-6016



"...a lot has remained the same—the always 'can-do' attitude of the cadre/staff, the camaraderie, and team-work..."

1st Battalion Commander's Update



LTC Tracey Omori

Aloha 298th Regiment Team!

It truly is an honor and a privilege to be here once again - training Soldiers and future leaders, and to work alongside the best of the best, in two of the best organizations in the entire world, the 298th Regiment and the Hawaii Army

National Guard!

Although some of the faces have changed since I left here in 2010, I see that a lot has remained the same – the always 'can-do' attitude of the cadre/staff, the camaraderie and teamwork, and of course, the highest level of professionalism around! I am excited to be here and my sincerest 'thank you' to everyone for welcoming me back to the 298th 'ohana with open arms.

Please join me in congratulating LTC Stuart Tomasa for completing an outstanding command tour here at the 1st Battalion, 298th Regiment. His accomplishments over the past two years have been numerous and exceptional, and he leaves

behind a legacy of excellence that will forever be remembered. Thank you LTC Tomasa - Best wishes to you, Monica, and Alex as you move on to your next assignment.

As we start the second half of Fiscal Year 2014, we ask for your continued support as we execute the remainder of our classes and ARPRINT missions. Remain flexible, always remember to take care of your families and yourselves, and always maintain a good balance between family/friends, work or school, and the National Guard.

Thank you again for all that you do and I look forward to meeting each and every one of you in the months ahead.

Change of Command for 1st Battalion

On March 4th, the 1st Battalion said farewell to its commander LTC Stuart Tomasa as it welcomed LTC Tracey Omori as the new Battalion Commander.

LTC Tomasa served as Battalion commander for the last 2 years. He led the Battalion through numerous courses and an accreditation for which the

Regiment was recognized as a "Institute of Excellence."

LTC Tomasa has served as a commander two previous times. First as a Company Commander of an Engineer Company then as Commander of an Embedded Training Team (ETT) in Afghanistan in support of Operation Enduring Freedom.

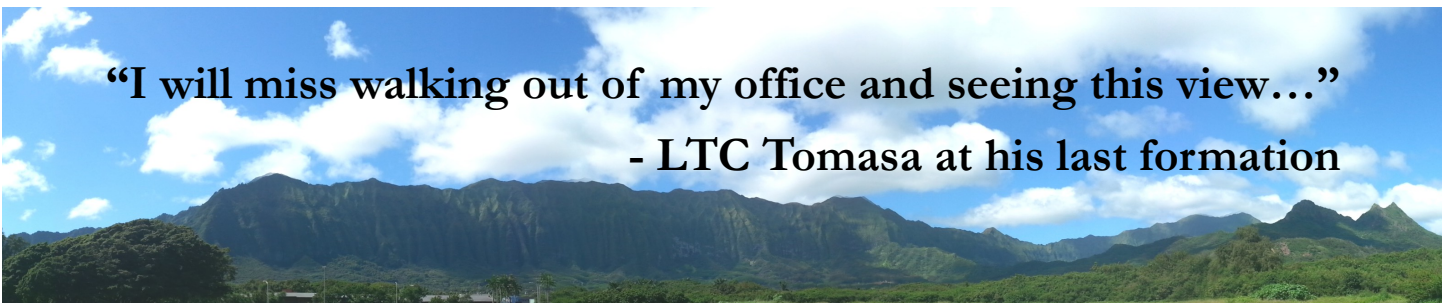
His strong leadership, positive outlook, and timely humor will be missed at the Regiment. LTC Tomasa will return to his full-time duties as G6 for HIARNG. Mahalo and best wishes to LTC Tomasa, Monica, and Alex.



LTC Tomasa receives a gift from 1st Battalion leadership

"I will miss walking out of my office and seeing this view..."

- LTC Tomasa at his last formation



Message from the OCS Company Commander



MAJ Mike Rosner

Aloha 298th Regiment MFTU Soldiers and Leaders!

First and foremost, I would like to thank all of the Regimental Staff and full-time team

members who have poured so much of their time, energy, and support into helping OCS stand up our Phase II Traditional Program over these last few months. Your support, flexibility, and responsiveness have been critical to our success – THANK YOU!

Our work is not yet finished as we continue to set the conditions for success into FY15. Our current OCS Phase 0 Class is the largest in recent history and will become this OCS Team's inaugural Phase II Class later this summer. While much of what we do is consistent with traditions and practices of the past, we are also continuing to adapt to emerging OCS policies, procedures,

and best practices as we go. We will continue to evolve, and our State OCS program will continue to be the best in the Nation, providing exceptional training and mentorship for our HIARNG future leaders.

Hails and Farewells:

LTC Tomasa: Thank you for your leadership and guidance, we will miss you!

LTC Omori: We look forward to your leadership and bringing you into our OCS world!

CPT Miyahana: Congratulations on your Command appointment, we will miss you!

1LT Fisher: We look forward to your Instruction and men-

torship as a Platoon Trainer!

For those of you who have not yet met 1LT Fisher, she comes to us following successful command of F, FSC, 1-487th FA. She is currently serving on ADOS orders with the 29th Brigade as part of the Transformation Team and is a former Specialty Branch Officer Recruiter as an ADOS Soldier for the Recruiting and Retention Battalion. 1LT Fisher is an officer of the highest caliber and we are lucky to have her joining our ranks here in the OCS Company.

From all of the "Black Hats" on the OCS Team, Makaukau Kakou!

"Our work is not yet finished to set the conditions for success into FY15"

OCS Phase II Comes Back to the Hawaii RTI

National Guard officers are commissioned through one of five commissioning sources. One of those sources is right here at the RTI in which a Candidate may receive their commission through either a traditional or accelerated OCS program.

The Accelerated OCS Program is made up of 5 drill weekends and 8 weeks at Ft. Meade, South Dakota. It is a fast paced and grueling program that is not designed for all soldiers. The 54-day program is more intense than the 12-week federal program. The National Guard offers an 18 month long

program that can be accomplished through drill weekends and annual training. It is well suited for the Soldier who requires minimal disruption to work or school, or for the Soldier who may require additional mentoring time that the accelerated program does not offer. The traditional program also offers Candidates an opportunity to enroll in OCS while they are still completing their 4-year degree.

It has been 8 years since the 298th RTI has offered a traditional OCS program. The accelerated program met the needs of HIARNG during a

time of high operational tempo. Our current operational environment together with budget constraints makes it the perfect time for HIARNG to re-start the Traditional OCS Program. Phase II of OCS will now be conducted here in Hawaii over 12 drill weekends. Phase I and III, which are both 2 weeks in length, will still be conducted at Ft. Meade.

Soldiers who meet physical, academic, and leadership prerequisites are encouraged to see the HIARNG OSM, MAJ Mike Rosner to start assembling their packet for OCS.



Candidates prepare for instruction on Individual Movement Techniques

“Our WLC Instructors performed brilliantly coaching, teaching, and mentoring our Soldiers...”

2nd Battalion Commander's Update



LTC Mark B. Young

Aloha Soldier of the 298th (MFTU) RTI,

I want to congratulate you all on yet another incredible job in raising the bar of excellence and for taking our WLC to the next level. This is the first time that air assets (UH-72A and UH-60M's) were incorporated into the Warrior Leader Course (WLC) 001-14 STX which brought relevant training, excitement and a memorable experience for our students!

Our entire team came together with our S1, S3 and S4 for providing outstanding administrative, operational and logistic support! Our WLC Instructors performed brilliantly coaching, teaching and mentoring our Soldiers, bringing out the best from our students, successfully graduating 29 in WLC-001-14!

Congratulations to SFC Isaac Tandal who was awarded the “Instructor of the Cycle!”

During this class, you all were confronted with unique challenges that come with change and adjusted accordingly. I thank you for your professionalism as we continue sharpen our sword by learning from our trials and building upon the way we perform our mission.

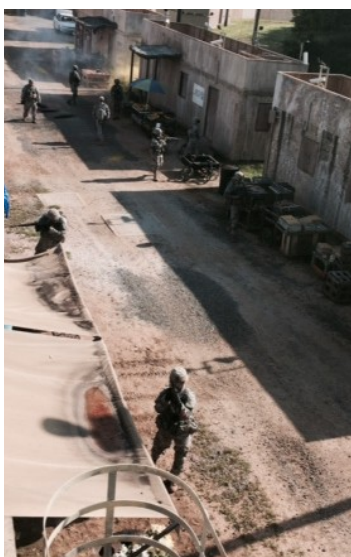
Mahalo to TSGT Andrew Jackson from our Public Affairs Office (PAO), SSG Satya Chhe from 117th MPAD and all of those who have worked

hard in developing the 298th (MFTU) RTI WLC video! The intent of the WLC video is to highlight our program and motivate prospective students as they prepare for WLC.

http://www.youtube.com/watch?v=rtOxcej_Xns&feature=youtu.be

Finally as we welcome our new Regiment Commander, COL Gary Littlefield (during our May IDT Change of Command), we would like to wish our Commander, COL Suzanne Vares-Lum a warm aloha and thank her for the phenomenal leadership that she provided to our Soldiers during her tenure as our Regiment Commander. COL Vares-Lum's “inspirational leadership style” has motivated each and every one of us to always strive for excellence both on and off duty!

Makaukau Kakou!



Soldiers patrol the built-up area in TA-3



SFC Matsuyama mentoring a Soldier



Air assault during WLC STX



Graduation day with Battalion Cdr and Commandant in foreground



A squad of WLC students dismount from a UH-60M in TA-2

RTI Runs WLC 001-14

The first Warrior Leader Course of 2014 graduated 29 students from the Army National Guard and the Army Reserve. Aviation assets were incorporated into the STX for the first time. Two UH-60M Blackhawks and a UH-72A Lakota from 1-171st AVN supported the training.

The STX consisted of four squad lanes: React to Sniper, React to IED, React to Ambush, and a Non-lethal engagement lane. Two of the lanes were conducted in an urban environment. The STX ran for

a continuous 36 hours from 12-13 FEB at Bellows AFS training areas 2 and 3.

WLC students are required to pass this tactical leadership evaluation with a minimum score of 70%. They are evaluated on their ability to lead a squad during both day and night operations. This exercise provides the students with an opportunity to lead their peers in a stressful environment., test their newly learned leadership techniques, and undergo a critical evaluation by instructors.

WLC Students conduct an AAR on the non-lethal engagement lane during the STX



Upcoming Events

WLC 003-14 (21Mar14-12Apr14)

WLC 004-14 (18Apr14-10Apr14)

WLC 005-14 (30May14-21Jun14)

WLC 006-14 (01Aug14-23Aug14)



Helmet and cape in the foyer display case

New Display in Regiment Foyer

You may have noticed a new display in the foyer of building 711. It is a replica feathered cape and helmet created by MSG Higa.

The “Mahiole” or feather helmet was traditionally constructed from plant material and the feathers of the O’o and I’iwi birds. The same feathers were used to make the “Ahu’ula” or feather cloak which is a replica ceremonial cape worn by Kamehameha I as a youth.

MSG Higa fabricated the cape and helmet from artificial fibers rather than real feathers. It was constructed over 12 hours on his own time.

A current model Advanced Combat Helmet (ACH) was added to the display to contrast the new technology with the old Mahiole helmet.

The display represents the pride that the RTI has in its appearance, local heritage, and most importantly our warrior traditions.

Soldier Readiness

Helpful tips on keeping your records current

Check your AKO account prior to every drill. Pay special attention to the “My Professional Data” section on the right of the splash page to see if you are AMBER on any of the readiness requirements. See the S1 section if you have any questions.

If it has been more than 12 months since your last Periodic

Health Assessment please see your supervisor to schedule a PHA. Do not wait until you are MRC4. You can check your status under “My Medical Readiness Status” on the AKO splash page. Click the link, and it will take you directly to the MEDPROS page.

If you have outstanding certificates of training and/or awards that are not in iPerms, please provide copies to the S1 for

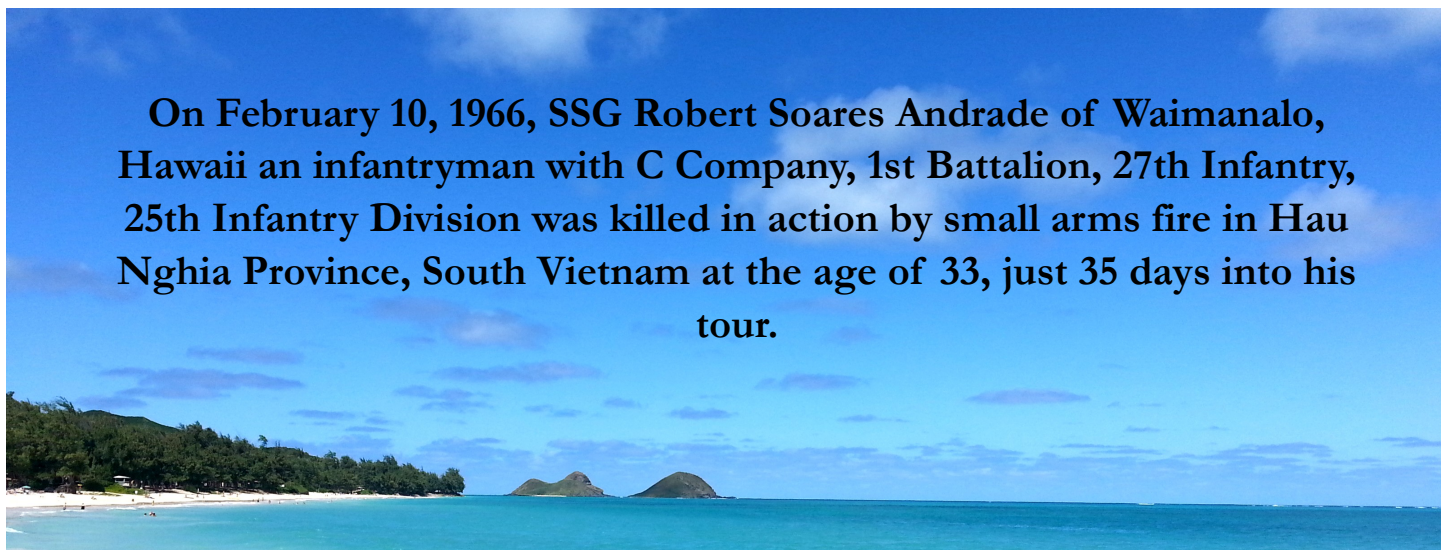
perming.

Please visit the Personnel section during the drill weekend of your birth month to conduct your annual records review. It only takes a few minutes to complete.

Prior to your annual records review, please go to <https://minuteman.ngr.army.mil/benefits> to validate your ORB/ERB.



On February 10, 1966, SSG Robert Soares Andrade of Waimanalo, Hawaii an infantryman with C Company, 1st Battalion, 27th Infantry, 25th Infantry Division was killed in action by small arms fire in Hau Nghia Province, South Vietnam at the age of 33, just 35 days into his tour.



Congratulations and Good Luck to SGT Hashimoto

During the March drill weekend the Regiment said goodbye to SGT Todd Hashimoto and his wife Jennifer. SGT Hashimoto first joined the RTI when it was still the Hawaii Military Academy in November of 1998.

His first assignment was in the HMA S1 shop, but he reminded us that he reported to SGT Bagayas in the mess on his first duty day. After 15 years, SGT Hashimoto has become an invaluable member

of the RTI staff and a subject matter expert on everything personnel related.

Members of the Regiment have grown accustomed to a friendly and positive greeting by SGT Hashimoto whenever they reported to the S1 for annual records reviews, scheduling a PHA, or just grabbing a hot cup of coffee.

SGT Hashimoto was promoted to SGT/E-5 on the same day he was recognized with an Army Commendation

Medal for his service. It was a tearful ceremony, but the RTI staff and cadre are very happy for SGT Hashimoto as he moves on to his next assignment as a personnel NCO with the Troop Command S1. He is also a police officer with the HPD, and desires to return to the RTI one day as an instructor. Good luck SGT Hashimoto, and we look forward to having you back one day in the near future.



Newly promoted SGT Hashimoto receiving an ARCOM



Newly promoted SFC Serrano addresses the Regiment

Jonathan Serrano promoted to SFC

Congratulations to Jonathan Serrano for his promotion to SFC in February. SFC Serrano first joined HIARNG in 1998 as a 25B. He came to the 298th Regiment as a signal NCO in 2011. His expertise in information technology has been invaluable to the Regiment in the last few years. It was a skill set that the unit lacked for many years prior. We look forward to continued success as SFC Serrano leads the Regiment S6 as the NCOIC.

facebook

Facebook the people with

www.facebook.com/298thFRG

Supply Section

All RTI personnel must review their ISM records annually and during both in-processing and out-processing. The RTI does not currently have storage for TA-50 so soldiers must store and account for all their personally issued equipment. All equipment must be accounted for in the ISM system and is

subject to inspection at any time.

If you still have woodland or desert camouflage TA-50, please turn it in, and have it cleared from your record. Also turn in any unserviceable equipment or uniforms.

Reconcile your hand receipts at least once per year. If you

have equipment that is not on a hand receipt, file a hand receipt with the S4 as soon as possible. Lack of a hand receipt does not relieve you of your responsibility to account for equipment which you have been issued. (AR 735-5)





Spring Break Safety Tips

From <http://www.cdc.gov/family/springbreak>

Make this year's spring break memorable by having fun and helping yourself, your friends, and others stay safe and healthy.

Limit Alcohol

If drinking alcohol is part of your break, remember that it can impair your judgment and actions. Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes. Don't drink and drive. There are plenty of non-alcoholic alternatives.

Know the ropes

When swimming and boating, know what's expected and what you can do to prevent injury or death for yourself and others. Know how to swim. Wear your life jacket while boating. Avoid alcoholic beverages while boating. Complete a boating education course. Participate in the vessel safety check program.

Protect yourself from the sun

After a cold winter, it's tempting to stay in the hot sun all day. Although getting a little sun can have some benefits, excessive and unprotected sun exposure can result in prema-

ture aging, changes in skin texture, and skin cancer. Always wear sunscreen with at least SPF 15. For eye protection, wear wraparound sunglasses that provide 100 percent UV ray protection.

Be smoke-free

Avoid smoking and second-hand smoke. Just 20 minutes after smoking that last cigarette, your body begins a series of positive changes that continue for years. Quitting is one of the best things you can do for yourself and others.

Have a great March!

Teen Driver Safety

From <https://www.nhtsa.gov>

It's not just good parenting, it's a matter of life and death. You need to talk to your kids about traffic safety early and often—before they reach driving age. When your teenager begins driving, we recommend that you set rules and then clearly outline the consequences of breaking the rules.

We know that getting through to your teen can be tough, but research tell us that teens listen to their parents, and that you influence your kid's driving habits. Remind your teenager that driving is a privilege—a privilege they will lose if they don't drive by your rules.

Set the Standard

You need to teach safe driving behavior from the beginning.

As the parent, you can start by modeling safe driving behavior anytime you drive your kids anywhere, even before they begin to drive.

Talk to your teen about safety issues and the rules you are setting. Explain each one of your rules and the consequences for breaking it. Write up a contract with your teen driver to make sure they drive by the rules and drive as safely as possible. Include the most important issues.

"You need to talk to your kids about traffic safety early and often."



SSG Cabilin checking seatbelts during the IDT weekend