

# THE Falcon Flyer

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“Marne Air!”

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Story and photos by Capt. Chad Ashe  
**KANDAHAR AIRFIELD, Afghanistan** – Physical Training is a positive method used to strengthen resiliency for those deployed to environments such as Afghanistan. 603rd Aviation Support Battalion’s deputy Support Operations Officer with Task Force Falcon, 3rd Combat Aviation Brigade, copes with stresses related to deployments by creating a positive outlet for others.

603rd deputy SPO, Capt. Rachel Penny helps others stay healthy, as well as resilient, by instructing a ZUMBA® class twice a week on Kandahar Airfield, Afghanistan for those who want additional PT in the evenings.

Penny says she was licensed to teach



**Army Capt. Rachel Penny, from Columbia, S.C., teaches a ZUMBA® class to service members and civilian contractors on Kandahar Airfield, Afghanistan, June 4. Penny is assigned to Task Force Falcon, 3rd Combat Aviation Brigade.**

## Penny For Your Resiliency

an enjoyable, productive and positive way to eliminate everyday stressors and remain focused on the mission at hand,” said Penny.

Army Staff Sgt. Barethea Hicks has attended the class since Penny started instructing here, and has seen the class grow from 6 to 80 participants.

“I even asked if we can find a bigger place. I suggested the flight line,” said Hicks jokingly. She says the class is a great experience for everyone to work out and enjoy what you are doing.

Army Spc. Mykael Quinones assigned to Task Force Light-horse, 3rd CAB, recommends the class to others who are hesitant about going. He says at the beginning it was easy to adjust to the routines

and progress as more and more routines are added—which for him kept things interesting and fun.

“I would definitely recommend ZUMBA® to others because the exercise is phenomenal, the atmosphere is outstanding, and the attitudes are great; there’s no reason not to recommend anyone for an

**See Penny, Pg. 2**

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experience like this,” said Quinones.

Air Force 1st Lt. Gretchen De Blaey, a Staff Weather Officer assigned to Task Force Falcon has been attending Penny’s class since April 2013. She says for her personally, it was a way to still dance on deployment—she attends dance classes when not deployed.

“It proves to be a fantastic workout as most dance classes are, but it’s more the joyous aspect of the class amongst a rather stressful deployment. Once someone goes, they are hooked, which speaks volumes to Captain Penny,” said De Blaey.

Penny, through the enjoyment from others, has seen the class flourish under her watch. She has the best view of her results from her

place on the stage.

“ZUMBA® allows us to decompress from the work environment and participate in something that is good for us. As the instructor nothing is more fulfilling than looking out into the class and seeing a crowd of people smiling, laughing, sweating and having fun,” said Penny. •

**Army Capt. Rachel Penny, from Columbia, S.C., teaches a ZUMBA® class to service members and civilian contractors on Kandahar Airfield, Afghanistan, June 4. Penny is assigned to Task Force Falcon, 3rd Combat Aviation Brigade.**



**Happy 238th Army birthday from Task Force Falcon**

## THE FALCON FLYER

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**TF FALCON PAO - Capt. Chad Ashe**



The sunset on Kandahar Airfield, Afghanistan as seen near the flight line. Temperatures here can reach 120 degrees Fahrenheit consistently during the summer months. (Courtesy Photo)

### Task Force Falcon safety message from CW5 Michael Balke, Aviation Safety Officer

During summer months here in Afghanistan and at home in Savannah, it is extremely important that every Soldier and their Family members maintain awareness of rising temperatures, hydrate accordingly and utilize common sense when outdoors to ensure everyone stays safe. Safety is a priority as both Afghanistan and Savannah heat up.

The hottest months in Afghanistan are between April and October. These months are predominately dry with average temperatures ranging from 100-120+ degrees Fahrenheit with a UV Index from 8-10+.

The operational tempo for Soldiers in Afghanistan has not slowed down due to the heat. Soldiers are carrying more equipment and wearing heavier personal protective equipment. This equipment, while critical to Soldier survival, can strain and decrease the effectiveness of the body's natural cooling mechanisms. Staying properly hydrated will help prevent hot weather injuries especially here in Afghanistan where temperatures can reach 120 degrees Fahrenheit.

Soldiers are held responsible for most

injuries caused to themselves under their own negligence but the responsibility does not stop there. Soldiers are also responsible for their own Family's well being and safety. Just as Soldiers must comply with unit standard operating procedures, obeying the orders of the leaders appointed over them and watching out for their battle buddies, Family members are encouraged to do the same with each other.

Families are at risk for heat-related injuries, naturally spending more time outdoors during the summer months near the water. When enjoying time by the water, ensure that proper floatation devices are worn by those who can not swim well without them, and only swim in designated locations.

Riptides are especially hazardous in Savannah areas so Families must be careful when swimming in the ocean or brackish water. Additionally, obey all local laws when enjoying time on marine recreational vehicles. Savannah, because of many locations for outdoor fun and proximity to the beaches, is an outstanding place to enjoy if done safely.

These summer months pose risk to both Soldier and Family members. During the increased heat, whether here in Afghanistan or in Savannah, it is important to know

where the limitations are when conducting outdoor activities.

You don't have to be in a supervisory role to report a safety violation or help out a friend or battle buddy. Everyone is a safety officer and we can all look out to ensure our summer months are without unnecessary injury to ourselves or others.

***"Safety is a priority as Afghanistan and Savannah heats up."***

According to the U.S. Army Combat Readiness/Safety Center Command Sergeant Major, CSM Rick Stidley, there's no better time to start [being safe] than now. June is National Safety Month, and USACR/Safety Center has put together a media package to help focus your summer safety efforts. Information articles, public service announcements from Army leadership, posters and other materials are available at <https://safety.army.mil> for your convenience.

Remember Task Force Falcon, slow is smooth, smooth is safe and safe protects the force and completes the mission.

Marne Air! Rock of the Marne!





# MARNE AIR WARRIOR



**SGT Kimberly Carlin** is a 92A (Automated Logistical Specialist) serving as a Delta Company, 4-3 Aviation Technical Supply Non-Commissioned Officer in support of Task Force Viper. When you enter the local Tech Supply building on Foward Operating Base Wolverine, SGT Carlin will greet you with “welcome to tech supply” and offer as much assistance as needed to fulfill all requests for aircraft parts searching, ordering and tracking. Sergeant Carlin is a shift Supervisor and is responsible for the morale and well-being of her assigned Soldiers. Additionally, she is responsible for the daily technical supply and logistical operation for the Task Force Viper’s assigned aircraft, Aviation Life Support Equipment and Aviation Ground Support Equipment. Sergeant Carlin’s additional duties include company weight control NCO and fork lift operator. Sergeant Carlin’s outstanding mentorship and sponsorship has contributed to Soldiers being recommended for promotion during the rigorous and demanding Task Force Viper Promotion Boards. She successfully reenlisted and is planning on using the retention school option at Armstrong Atlantic University upon redeployment to Savannah. Sergeant Carlin’s most notable and challenging feats are the turn-in and retrograde of 419 lines of items worth \$9,428,298.99. Without Sergeant Carlin’s hard work and dedication to the mission, the retrograde and closure of FOB Wolverine will not be accomplished on time.



Army Sgt. Zach Smola, rear-door gunner on a CH-47, keeps watch on the mountains in Uruzgan Province. (U.S. Army Photo/Released)

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