

# THE Falcon Flyer

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"Marne Air!"

June 2013

Story and photos  
by Capt. Chad Ashe

KANDAHAR  
AIRFIELD, Af-  
ghanistan – Physical  
Training is a posi-  
tive 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 de-  
ployments by creating  
a positive outlet for  
others.

603rd deputy SPO,  
Capt. Rachel Penny  
helps others stay  
healthy, as well as  
resilient, by instruct-  
ing 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

## Penny For Your Resiliency



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.

ZUMBA® in 2011 following her previ-  
ous deployment with Task Force Falcon,  
but first tried the fitness method in 2009.  
Since then she has been involved in sev-  
eral events in the Savannah, Ga. area and  
says ZUMBA® specifically helps her now  
because it is a great way to relieve stress.

"Physical training helps with resiliency  
during deployments because it gives me

an enjoyable, produc-  
tive 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 expe-  
rience 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 begin-  
ning 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 ZUM-  
BA® to others because the exercise is  
phenomenal, the atmosphere is outstand-  
ing, 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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### TASK FORCE FALCON

Commander - Col. Allan M. Pepin

Command Sergeant Major - Command Sgt. Maj. James Snyder  
Chief Warrant Officer of the Brigade - Chief Warrant Officer 5 Randy Godfrey

### TASK FORCE FALCON PUBLIC AFFAIRS

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 Forward 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.



## Marne Air Social Media

To read more stories and see the photos that go with them, as well as some videos, check out the links below. Read and share what you see and pass along the Soldiers' stories.

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