

COMMANDER'S CORNER



Heart of the Branch!

Brigitte and I hope that all the Soldiers and families had a wonderful Thanksgiving. We are very thankful for the wonderful leaders, soldiers and family members of the 6X team. We continue to improve many of our processes and I am very proud of the effort by the team. It is finally time to take a well deserved break. The FRGs are doing a wonderful job with many of the holiday parties they are providing.....Brigitte and I look forward to seeing the soldiers and families at these events.

As we prepare for Holiday Block Leave, let's ensure we take the extra time to carefully plan our holiday activities. The Brigade will be very busy getting our Soldiers ready to depart here and enjoy some time off. There are some of the soldiers who will stay back and I've asked our chain of command to ensure we have plans/sponsors for these warriors during the Christmas period. This is a great opportunity to reflect on a wonderful past year and look forward to an even better new year. The Brigade has many plans going into next year.

One of the events is the Saint Barbara's Day Ball on the 21 JAN. This event is open to all members of the Brigade and will be a great event to share time with each other and kick the New Year off. Additionally, the Brigade has wrapped up the commander's cup trophy and will be presented that in January - congrats to all of our intramural teams, coaches, and leadership that supported these events. Intramurals is a team building, character enriching event that enables our soldiers to showcase their talents - so job well done! Also, the Retention NCOs, unit leaders, and soldiers have done an outstanding job with retaining our very best soldiers and families. These soldiers represent the future of our Army and during this period of transition, it is going to remain a very important function that our leadership must stay engaged in.

Brigitte and I wish everyone a very happy holiday and new year!

Sincerely, COL Bill and Brigitte Stacey



6th Air Defense Artillery Brigade

The Heart of the Branch

December 2010



TOY'S FOR KIDS PROGRAM
3-21 DECEMBER
DROP OFF POINT: BLDG 1607,
ENTRANCE WAY

The mission of the U. S. Army Toys for Kids Program is to collect new, unwrapped toys November and December each year, and distribute those toys as Christmas gifts to needy children in Fort Sill/Lawton community.



From the Chaplain



580-917-7544 Cell

580-442-2398 Office

580-549-6108 Home

The Virgin Birth

Mat
1:22

Now all this was done, that it might be fulfilled which was spoken of the Lord by the prophet, saying, Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us.

In just a few short weeks we will be celebrating with our families and friends the most awesome time of the year, the birth of our Lord and Savior. The problem is it goes against all common sense that woman can conceive unless a man be a part of the process, but, that is exactly what God has done with the birth of Jesus Christ or is it just a myth brought forward for several thousand years.

Let me tell you a true story about a mission student from America, her name is Kate. Kate was attending a bible college and as expected ones a year she and other girls from her college were ushered off to other countries to witness Jesus Christ as best they could. Kate unlike the other girls on her team was shy and always stood in the background as other girls would talk through their interpreter about their faith. Kate was classified as prayer support.

A few months before going on this mission trip Kate's mother had asked her to help her support the Frank Gram's shoe box give away to children in 3rd world countries. The shoe boxes were to be filled with tooth brushes, tooth paste and other hygiene items that were of great value in other nations but something we think nothing about in America. Kate and her mother worked diligently to put several boxes together and carefully put a toy in each and made sure they were identified as for a girl and for a boy before shipping. They carefully decorated each box and then sent them off to be the Billy Graham head Quarters to be shipped all over the world.

While Kate was on this mission trip she and the interpreter got separated from the rest of group and eventually lost. They were standing in front of small shack and decided to ask directions from those who may have lived there. The interpreter knocked on the door and a girl of eight years old answered. The interpreter introduced herself and mentioned that she had a friend from America and her name was Kate. The little girl quickly identified herself and stated, "I have something from America as well," and ran inside to get the shoe box that had been given her. She returned with the very box that Kate and her mother had decorated and put together for a little girl.

Let me explain, the chances of Kate ending up in the same country of the box she and her mother had sent was 1 in 2 million, the chances of her ending up in the same country and same town was 1 in 1 trillion but to end up in the same country and same town and by mistake ended up in the same house, well you do the math. It was a miracle performed by God to put the right person in the right place at the right time to witness Christ in a way that all of that home could come to God's grace.

If God can take a simple decorated shoe box, ship it half way around the world and then with perfect timing plan the maker of the box to be at that exact location shortly after it was delivered then I have no problem with God divinely producing a child. Over two thousand years ago Jesus was conceived by the Holy Spirit and nine months later a Son was born of the Virgin Mary, the only begotten (birth) of our Father who is in heaven. Why would God do such a thing? Bottom line, for God so loved the world and that means you, me and our neighbors. God defied all human intelligence and gave birth to His Son that we might live and live abundantly. That is why we celebrate Christmas!

FRSA Notes



Wishing you a joyous holiday season!

LETRA offers Lodge for catered holiday parties

Planning a Holiday party? Book the LETRA Lodge for your get together, wedding reception or other party today. Catering is offered thru Lil' Java Café, Patriot Club or the Impact Zone and they deliver. For a no-muss, no-fuss event, call (580) 442-5541 or 442-5854 to book your event today.

Comanche County Women of the Year

Command Guidance:

*6X deadline January 30 for Command review

*One nomination from each battalion and HHB

Nominations Packets need to include:

* Application packet FRSA office or online at

<http://www.lawtonokmcs.org>

* Nominees must volunteer in Comanche County to champion or serve as an advocate for issues important to women. For those involved in issues through their employment, nominees must be

A Soldier Is A Gift

As we celebrate Christmas, and we open our gifts, we realize what priceless gifts a soldier gives to our country—the gifts of patriotism, service, and deep dedication to our nation.

As we feast on a variety of fine Christmas delicacies, we acknowledge that a soldier personifies a variety of fine qualities: courage, good character, honor, fortitude amidst hardship, persistence in subduing evil, and bravery in the face of danger.

A soldier is a cut above the rest of us, doing jobs we could not or would not do.

While we are surrounded by Christmas comforts, we remember soldiers in places we would not want to be, bringing the gift of adaptability to any situation, no matter how harsh or difficult.

As we "ooh" and "aah" over the Christmas lights and shiny ornaments

we recognize that a soldier gives us the most cherished gift of all, the shining light of freedom.

At Christmas, let us wrap our hearts and minds around our treasured soldiers.

May they understand how very much their service means to us. Let us send the Christmas gifts of love, respect and admiration to our steadfast, loyal, magnificent warriors and their essential civilian support staff.

They themselves are the most precious Christmas gift of all, our protectors—our soldiers.

By Joanna Fuchs

considered for work that is "on the side," something above and beyond their normal job experience.

* 300 words or less, why the nominee would be the best choice, to include information about her service and the impact of that service explaining significant contributions to the improvement or enrichment of Comanche County Women.

*Three letters of endorsement

Please submit completed packets to FRSA, BLDG 1607, RM 110 NLT January 30, 2011.

Recipes Wanted by Local Museum

The Museum of the Great Plains be 50 years old in 2011 and one of their new projects is to publish a 50th Anniversary Cookbook. Please send them your favorite recipes by email greatplainsmuse@greatplainsmuse.pmailus.com or to MGP, 601 NW Ferris, Lawton, OK, 73507. Thanks for participating in this project.

Special Holiday Programs



6th ADA BDE Toy Drive

It is definitely the season of giving. The Annual 6th BDE Holiday Toy Drive which benefits military families got off to a good start at the 6th ADA BDE Saint Nicholas Day Celebration. Our Soldiers and Families opened their hearts and donated several toys to support the Fort Sill Toys for Kids Program while enjoying cookies, cocoa and a visit from Saint Nicholas himself on December 6.

Thank you for your generous donations of toys. Unwrapped new toys will be accepted through 17 DEC at BLDG 1607, RM 110 or via collection box. Just ask 1SG Moore for the key. Toys collected will be distributed to families in need this holiday season.



Holiday Gift Wrap Fundraiser

Gift wrapping does not need to be a daunting task, many of our great FRGs will be participating in this years Gift Wrap Fundraiser. Volunteers are needed please contact your FRG to assist. Mark your calendars to support 6th ADA BDE FRGs.

HHB: 03 DEC, 1700-2100 & 23 DEC, 1700-2100, POC: Rose McCollum, 580-9170808, rosemc1971@yahoo.com

1-56 ADA: 12 DEC, 1300-1600 POC: Michelle Niedert, 785-375-1537, michth2000@yahoo.com

2-6 ADA: 14 DEC, 1400-1600 POC: Susana Whiteside, 915-276-0235, susana.a.whiteside@us.army.mil

3-6 ADA (B Btry): 12 DEC, 1500-1800, POC: Tara Curtin, 203-578-5536, didomita@hotmail.com

3-6 ADA (HQ/A Btry): 24 DEC, 1100-1500, POC: Sun Smith, 831-261-6369



Tree for Troops

Free live Christmas Trees will be available to Active Duty Military Families at Recycling Center. Distribution schedule: Saturday, 11 December 2010, 0730-1700 and Sunday, 12 December 2010, 0900-1700



German Christmas Service offered Dec. 10 at Frontier Chapel

The German Catholic chaplain from Fort Bliss will conduct a German Christmas service, Deutscher Weihnachts-Wortgottesdienst or Liturgy of the Word Friday, Dec. 10 at 7 p.m. at the Frontier Chapel on Fort Sill. The German representatives here at Fort Sill planned and organized this event, which is open for the German and U.S. community of Lawton and Fort Sill.

~ December 2010 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 Tree Lightening @ McNair Hall, 6 PM	3 Toy for Kids Center Opens 1:00 PM HHB Gift Wrap@ PX, 5-9 B BTRY, 3-6 Christmas Party, Masonic Temple	4 Christ Kindl Markt @ Rinehart Gym, 10 AM – 6 PM Heroes' Tree Ornament Workshop @ NYE Library, 1-2 PM
5 Christ Kindl Markt @ Rinehart Gym, 12-5 PM	6 St Nicholas Day  Cookies & Hot Chocolate @ FRG Resource Room, BLDG 1607, RM 110	7 6X Strong Bonds POC: Ch Gibson 6-9 PM, RTC, Auditorium EFMP Snowflake Extravaganza @ Patriot Club, 6-8 PM	8 FRG LDR TRNG: FASST, BLDG 4700, RM 203, 8:45 AM -3 PM 6X FRG Steering MTG, RTC, 1800 RM 151 & 152	9	10 C Btry, 3-6 Xmas Masonic Temple 6 PM 1-56 ADA BN Xmas, First Baptist Fellowship Hall, Elgin, 6 PM	11 HHB Xmas, Patterson Community Center, 6 PM Tree for Troops
12 Tree for Troops 1-56 ADA BN Gift Wrap @ PX 1-4 PM B Btry, 3-6 ADA BN, Gift Wrap @ PX 4-7 PM Candlelight Stroll, 6 PM	13 2-6 ADA BN Xmas, Cameron University, 6 PM	14 2-6 ADA BN Gift Wrap @PX 1-5 PM	15 Volunteer of Month Nominations due to FRSA	16	17 HQ/A Btry, 3-6 ADA Christmas Party, TBD	18
19	20	21 Winter Solstice	22	23 HHB Gift Wrap @ PX, 11AM – 3 PM	24 Christmas Eve B Btry 3-6 AD BN Gift Wrap 11AM-3 PM	25 Christmas 
26 26 DEC -01 JAN 	27	28	29 Newsletter Submissions Due	30	31	Notes: Next SillFacts Jan 04, 2011 10AM

Santa is Coming to Town!



Santa Claus Express Train

The Santa Claus Express is back on track! Hosted by the Altus Armed Services YMCA, the train ride will be on Dec. 11 at 10 a.m. and 1 p.m. Travel round trip from Quartz Mountain to Lone Wolf while enjoying cookies and milk with Santa! Each child can visit with Santa, take a Photo, and don't forget your wrapped gift! Call 580.471.9733 to purchase tickets (\$25 each) or to sponsor a military family to ride along!



Brunch with Santa

The Patriot Club is hosting a Brunch with Santa on Sunday, December 12th. Enjoy great food and holiday cheer at this special event! Children will have the opportunity to visit with Santa Claus and have a free picture taken to remember the day. There will be two settings for the brunch; 11 a.m. and 12:30 p.m. Cost is \$11.95 adult; \$5.95 children 4-12; Free for children 3 and under.

Reservations are required in advance! Please RSVP by Wednesday, December 8th with credit card or cash to 442-2020 or visit the MWR Administration Office in Building 4700 at 442-3842/3081. Reservations not cancelled 72 hours prior to event will be charged. Thank you.



Santa on Radar

Preparations are underway at the North Pole for Santa's annual launch, and North American Aerospace Defense Command controllers will be tracking him across the globe from Christmas Eve until he's finished making his drops to all kids of all ages. This Christmas marks the 52nd holiday season NORAD has tracked Santa's flight path. Tiny tots with their eyes all aglow who find it hard to sleep can log on to www.noradsanta.org for updates. Beginning at 2:00 am MTN on Christmas Eve, Santa can be tracked live as he makes his annual journey to bring toys to all the boys and girls around the world.



Patriot Spouse Club

The air is getting colder, the hustle and bustle has begun. Join us to de-stress and have some holiday fun!

We're celebrating the season of giving with a special gift for you to de-stress through the holidays along with our Holiday Tree Auction. Decorated trees, in an array of themes, will be on display for guests to have the opportunity to bid and win the trees to take home. All proceeds will benefit the Fort Sill Patriot Spouses' Club Scholarship and Grant Fund.

Tuesday, 14 December 2010
 The Patriot Club
 11 a.m. - 1 p.m.
 \$13.00 per person

RSVP by 7 December with your luncheon and childcare reservations. Childcare is offered at First Baptist Church in downtown Lawton through First Discoveries Program. Cost is \$5 per child. RSVP online at www.fortsillpsc.org or contact: Debbie Gallagher • 580-357-0179, reservations@fortsillpsc.org

Please note Patriot Spouse Club is an all ranks organization.

HHB



The Headhunters family welcomes a few more little ones to the clan. CW2 Miller's wife, Karma gave birth to Mayowa Zion on November 1st. He weighed 7lbs; 9 oz and was delivered at Reynolds Army Community Hospital at 4:22 PM. SGT Woods's wife, Danica gave birth to Derrick on November 9th. He was delivered at Reynolds Army Community Hospital around 6:00 AM; weighed 7lbs 6 oz and 21 inch long. SPC Collins' wife, Courtney gave birth to Emily Paige at 3:30 PM on November 10th. She weighed 8 lbs 2 oz and 21 inch long. Her older siblings and parents enjoyed their time with her. We also congratulate SPC Harrison, on her graduation from WLC and making the Commandants list. SPC Donahue and SPC Patton, both proudly raised their right hand and re-enlisted for four additional years of service. Lastly, on Dec 11 at 5:30 Pm, the FRG will host the battery Christmas party at the Patterson Center.





1-56 ADA BN “Night Hides Not!”



Commander: LTC John Wanat

Acting CSM: MSG Diana Morris

FRG Advisor/Leader: Michelle Niedert nichtj2000@yahoo.com

The Family Readiness Group is the heart of a unit! Happy Thanksgiving to all friends and families of 1-56 ADA! This month began with the CG’s Challenge Run/Walk and ended with the Thanksgiving Holiday! As the fall draws to a close, November continues the winds of change throughout the “Night Hides Not” Battalion! The Battalion conducted in-processing for two new classes (BOLC-B 001-11 and CCC 001-11) while saying goodbye to two other classes (BOLC-B 007-10 and WOAC Phase I 501-11). We welcomed Chaplin (MAJ) Randall Thomas our new ethics instructor to the 1-56 team!



SSG Dartagnan Baker and his family re-enlisted indefinitely this past month in front of the 6th ADA Brigade HQ!



And while there was only one FRG event this month; an Advisory meeting on the 29th of November, 1-56 families continue to make an impact in the community. The Bugado Family, Slinger Family, Propst Family and others were seen enjoying the Lawton “Frost ya Fanny 5-K and One-Mile Runs” event fundraiser for charity the 20th of November! The Woodberry family wrapped up a season of coaching little league football in Elgin. Also, congratulations again to the Feild and Niedert Families as Team Sill and Fort Sill MWR recognized the respective family’s dedicated volunteer service to the Greater Fort Sill communities at the Post Family of the Year Ceremony.



The next FRG event is the Holiday Party 10 DEC from 1800-2000 (6:00-8:00PM) at the First Baptist Church Annex in Elgin, OK. Detailed information to follow with the invitations! Additionally, a FRG fundraiser (gift wrapping at the PX) will occur on the 12th of DEC for a few hours. Please contact Mrs. Michelle Niedert for details on volunteering for the unit during this time. Additionally 1-56 will donate a table top Holiday tree for auction at the Patriot Spouses’ Club luncheon on the 14th! If spouses have not participated in a PSC event, definitely do not miss this event!

Get involved! Our FRG is in need of volunteers! We still have some final planning to do for this year’s holiday extravaganza! If you want to get involved please contact Mrs. Michelle Niedert @ michtj2000@yahoo.com or 580-492-5575. You can also contact MAJ Irvin R. Hawkins@ irvin.hawkins@us.army.mil or call 580-558-0577.

Pictures from around the Battalion this past month!







2-6 ADA BATTALION

We have had a great month beginning with the completion of the Post Wide Haunted House and support to the Haunted Trail. We were able to earn enough money to fully fund our Holiday Party for the Battalion at Cameron University which will be held on 15 December!

This event is a direct result of our creative and dedicated FRG Leadership from Rebecca Tukel, Patricia Pendon, Merilee Kirkpatrick, and Candice Guy. Additionally, Susana Whiteside and Danny Adams have rounded out the support from the collective leadership enabling our program to thrive.

Special thanks go to SFC Gahl and his wife for their volunteer efforts for the Post Wide Haunted House. Without their support, the event would not have been a success.

We will be saying goodbye to CPT Tukel and his wife Rebecca during the Holiday Party as they move to their next duty assignment in Canada. Their support and care for our Soldiers has been unmatched and their presence will be missed.

We look forward to the New Year and are excited about what we will be able to accomplish. During the last week in January, we will execute FRG leader training for all our Commander and First Sergeant Teams and their spouses. Additionally, we will map out our FRG Strategy for the entire year and ensure that everything is planned and resourced.

We are expected to have over 250 Soldiers, Civilians, and Family Members attend the Holiday Party. And again, this will be a tremendous event!

LTC Brian W. Adams & CSM Robert D. Gooden



3-6 ADA BN

What another great month in 3-6 ADA! This past month, there have been many exciting events that everyone should be proud of!

The Giant Nation has worked hard over the last several months in order to prepare for the TRADOC Accreditation in which the unit goes through several days of inspections to certify the Battalion is up to the challenge of training future Air Defenders. All of that hard work paid off and the unit passed with flying colors. In recognition for their efforts, several members of the Giant Team were acknowledged by the Battalion Command Team in formation. Congratulations to the following for receiving awards for Accreditation:

SFC Marcus Barnes

SFC Joe Cantu

SFC George Pabon

SFC Christopher Pierson

SFC Marc Rich'ard

SFC Gabriel Rodriguez

SSG Joshua Ferrier

SSG Robert Fortune

SSG Breland Jones

SSG Christopher Holder

SSG Christopher Taylor

SSG Edward Thornton

SSG John Vermilyen

SGT Alejandro Castellanos

SGT Francine Espinosa

SGT Kevin Williams

SPC Endy Fonrose

SPC David Pickney

SPC Chaundra Wintrow

Mr. Ronald Grossman

Ms. Carolyn Solarte

Mr. Spencer Meyers

Additionally, four Soldiers received a Letter of Appreciation from the Commander, Armed Forces Adventure Area, LTC Barton B. Schuck, United States Air Force, for their outstanding contributions during the 2010 National Boy Scout Jamboree.

SSG Mandrill Demps

SSG Joey Salas

SSG Harry Nelson

SSG Christopher Taylor

The President's Volunteer Service Award recognizes individuals, families, and groups that have achieved a certain standard – measured by the number of hours of service over a 12-month period or cumulative hours earned over the course of a lifetime. 3-6 ADA was proud to give **SSG Amy Smith** and the **McChesney Family** the Gold Award and **Jullianne St. Clair** the Silver Award from the President's Council for their service and civic participation in recognition and appreciation of their commitment to strengthening our Nation and for making a difference through volunteer services.

3-6 ADA and our CO-OP, **Arvest Bank** have partnered up in several volunteering events through **Roadback Inc.** in order to help the community clean up several facilities that help the people of Lawton who are trying to turn their lives around after drug and alcohol abuse. **Ms. Christina Erman**, Executive Director, and **Mr. Bruce Ballou**, Operations Director, from Roadback Inc. presented tokens of appreciation to both organizations for all of their efforts.

With all of the hard work that **3-6 ADA** and **Arvest Bank** have been putting in, we finally took the opportunity to kick-back one Friday afternoon and play a round of golf in a friendly tournament style setting. The competition was fierce and the difference between the first place team and the last place team was only 4 strokes!

Headquarters/Alpha Battery is currently looking for a spouse to volunteer to be their FRG Leader. If your Soldier is in HQ/A and you are interested, please let the Battery Command Team know!

Charlie Battery FRG hosted a chili cook-off on 4 November at the RecPlex. There were several chili submissions and a sizeable turnout. **SSG and Mrs. Taylor's** chili was voted the best, with **1SG and Mrs. Felicetti's** chili being voted as the hottest. All who attended had a great time.

Charlie welcomed a new member to their team this month: **SSG Stephanie Holman**. Sadly they also said farewell to **SSG Paris Jones** on 10 NOV and will say farewell to **SGT Morton Facey**, **SSG Jesus Arellano**, **SSG Joey Salas**, **SSG Amy Smith**, and **SSG Harry Nelson** in December.

As always.... the **3-6 ADA Facebook** page is a great resource for events in the Battalion. We will post pictures of our events, videos from graduations and other information there on a regular basis. This is the address: http://www.facebook.com/?ref=home#!/pages/Lawton-OK/3rd-Battalion-6th-Air-Defense-Artillery-Brigade/119259838122073?ref=sgm&_a=46&ajaxpipe=1, or just do a search for 3rd Battalion, 6th Air Defense Artillery Brigade.

Until next month, "BEAR THE STANDARD!"

LTC Liz Smith

SPECIAL THANK YOU

Before we get into the Battalion's events and information, I would like to take a moment to personally thank all of you. I am writing to you again from California where my father just passed on Nov 17 at the age of 84. His death was not unexpected as he suffered from Alzheimer's disease for many years.

My family and I would like to extend our most sincere thanks to our entire Fires Center of Excellence family for the many calls, cards and emails. Your sentiments helped us through a difficult time, and are truly appreciated.

Tara, Darlene, Maria and our 3-6 family will always have a special place in my heart for their concern and offers to help out if needed.

That again proves beyond a doubt that our Army family is not just something we preach, but something we practice.

Thanks again for your support, concern and love,

Son

NEWS FROM THE FRG ADVISORS

Dear FRG members and supporters,

Well, the holiday season is upon us and Maria and I sincerely hope you had a wonderful family Thanksgiving! Our hearts and prayers go out to those that we all remember are deployed and were unable to be with their families.

Christmas is fast approaching and with that, there are many social functions for all of us to partake in; Maria and I hope to see you many of you there.

EVENT CALENDAR

2 December: Post Christmas Tree Lighting at McNair Hall (Our Soldiers from 3-6 were charged with putting together the skit for this, it should be a riot!!)

3 December: Bravo Battery's Holiday Party at the Masonic Lodge

4-5 December: Christ Kindl Mart at Rinehart Gym

8 December: FRG Leader Training at B4700

8 December: BDE FRG Steering Group Meeting

10 December: Charlie Battery's Holiday Party at the Masonic Lodge

17 December: HQ/A Battery's Holiday Party

Please bring your families and your Soldiers and enjoy time spent away from work supporting our unit, its Soldiers, and its Families.

Happy Holiday Preparation to All, we look forward to seeing you around at the many events this month!

Sun and Maria



Golf Tournament with Arvest Bank at Lawton Country Club

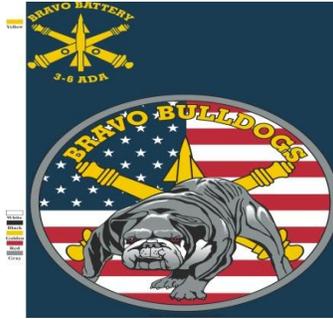


Golf Tournament with Arvest Bank at Lawton Country Club



Charlie Battery for Halloween

3-6 ADA BN- "Right Starts Here!"



Hello Bravo Bulldogs!

What a wonderful time of the year! November and December have always been my favorite months; family get-togethers were plentiful and the food was always fantastic! Everyone seems to have a little extra joy to share and it is the perfect time to tell people how much they mean to you. This year is even more special for me and my family. We welcomed our little girl, Fiona Rose Curtin, into the world on October 28th and have been blessed by an outpouring of love and support from many people in 6th BDE. The nurse who delivered Fiona was CPT Pluff's (C/3-6) AMAZING wife Holly...talk about keeping it in the family:) Dan and I are very thankful for all the well wishes, visits, cards and gifts from the people we are happy to call friends, Thank you!

As for FRG business:

Our B/3-6 FRG has much to look forward to this month! We have our Holiday Party taking place on December 3rd at the Masonic Lodge here in town. The event begins at 6 pm and is being catered by the delicious Crockett's Smokehouse. It will be a wonderful way to begin all the month's holiday festivities! Also, on December 12th from 4 to 7 pm our unit will be participating in the holiday gift wrapping fundraiser sponsored by the PX and the Patriot Spouses' Club. Please come out and support!

Congratulations are in order for Jullianne St. Clair who received the Presidential Service Award for her volunteer work with the FRG. Great Job Jullianne!

Also a big congratulations to SSG Reeh who passed his selection board for the prestigious Sergeant Audie Murphy Club and to SSG Martin, SSG Muse, SSG Nelson D, SSG Butler and SFC Sobecki who all reenlisted this month!

On behalf of the B/3-6 Command Team and FRG, we wish everyone a joyous and safe holiday season,:)Tara Curtin

B/3-6 FRG Leader
bravobulldogs36@gmail.com



The Cobra FRG started off the month of November with a Chili Cook-Off. Prizes were given out for the best chili, hottest chili, and most unique chili. SSG and Mrs. Taylor took home the best chili award. In all, 33 members of our FRG were able to enjoy each other's company and eat chili until their heart was content.

Congratulations are in order for SSG Amy Smith, who recently received the Presidential Volunteer Service Award. SSG Smith has been an instrumental part of the Cobra FRG since the unit arrived to Fort Sill, and she will be extremely missed upon her departure next month.

The next thing on our Cobra FRG agenda is the long awaited Cobra Holiday Party on December 10th. The event will feature full catering, games, and outstanding prizes donated by many MWR agencies across Fort Sill. We also have it on good word that Santa Claus will be on hand to deliver the first round of this year's presents to all of the children in attendance.

November has been a busy month for our Cobras and we are all looking forward to an outstanding Holiday Party and a couple weeks of time with our Families over the holidays.

"Strike Hard, Strike Fast"

Darlene Felicetti ☺

C 3-6 ADA FRG Leader

910-261-5691

THE CHRISTMAS TREE

Submitted by James Wall

Why do we decorate the Christmas tree? The habit is probably inherited from the Egyptians that used to decorate their houses with palm tree leaves in the day of the astrological winter. The habit was taken by the Romans that used instead of palm trees the conifers.

But the story really begins around the 7th century when a monk from Devonshire came to Germany to teach the word of the Lord. Legend says that he used the triangular form of the Christmas tree to symbolize religious meanings. In the Europe of the 12th century, on Christmas day, the Christmas tree was installed upside down, hanging down from the ceiling!

It appears the tree was first decorated at Riga in 1510. At the beginning of the 16th century, M. Luther decorated the tree with candles to suggest to his children the sparklings of the stars in the sky.

At the middle of the 16th century, in Germany, appear the first markets specialized in selling presents for Christmas, usually food or objects of practical use (**Christkindlmarkt**).

Christmas decorations that were meant to suggest snow were invented in Germany in 1610. At that time not only they were silvery, but they were also made out of silver. There were invented machines to make thin silver strings for the tree. Silver lasted long but it oxidized very quickly, so they tried to ally it with cooper and zinc, but the product was so heavy that it just broke under the action of his own weight. So silver was used till the middle of the 20th century.

In Great Britain, the Christmas tree came along with merchants that originated from Germany and settled in England. Decorating the Christmas tree meant silver ornaments, candles and pearl-like ribbons all produced in Germany and Eastern Europe at the time. The custom said that every family member or invited person had to have a little tree placed on the table in front of him, with the presents besides it.

In 1846, Queen Victoria and Prince Albert – both born in Germany - appear in "Illustrated London News", along with their children, all around the Christmas tree. The popularity of the regal family made this custom to spread fast among the people. The tree became a fashion matter not only in the Britain Islands, but also on the eastern coast of America.

Decorations were of a huge variety. Mostly home made because they were expensive at the time. Young ladies spent hours cutting paper snowflakes and stars, folding presents envelopes and paper supports for candy.

In America, the Christmas tree appears around 1747, in German communities from Pennsylvania, but it spreads only along with the development of communications, at the middle of the 19th century.

In 1882 the electric light bowl is invented and in 1892 it is adapted for the Christmas tree.

And so, we get to our present tree that combines all the elements presented above in the most ingenious and creative mixtures. Your tree has gone through several evolutions, changes and upgrades over the last several hundred years, and the thing that makes your tree very special is that YOU have designed it the way that pleases YOU the most!





4 tips for making resolutions that matter!

All over the world, turning the calendar over to January the 1st is an excuse to make personal resolutions for the coming year. It is also a way to bring about certain frustration for you if the goals that you set for yourself are unreachable, unattainable, or just something you have no interest in doing.

Making resolutions can be done at any time of the year (Really!), but if you have been thinking about several new ones for the coming year, here are four tips to help you not only make resolutions, but to keep them too.

1. I Resolve To... Okay, you have made your resolutions. Now, step back and take a look at each one of them. Are they resolutions you wanted to make or resolutions others have told you to make? Make certain that each resolution is something you definitely want to keep, not a half hearted attempt at reaching a goal that you really aren't interested in reaching in the first place. If your resolution needs to be modified, DO IT NOW!

2. My Goals Are... Are your resolutions reasonable or are they reaching well beyond what can reasonably be expected? Let's say your goal is to lose 70 pounds in the coming year. While the weight loss resolution is admirable, do you have the time to exercise regularly? Change your eating habits? Change your lifestyle?... Is the 70 pound weight loss goal too much, too soon? Would it be better for you to stretch the amount you want to lose "beyond one calendar year?" Consider your health: both physical and mental when evaluating your goals. Keep in mind how your resolution may impact friends and family members...you may be a "bear" to live with over the

next twelve months! IF that's your true goal... GO FOR IT!

3. I Have Fallen and I Cannot Get Up! Do you quit at the first sign of failure? If you splurge on food, do you consider your diet and resolution to be over? If so, why? Simply start again and continue.(It sounds easy, because it is) The road to any goal is paved with pitfalls and you are bound to backslide from time to time (We all do). Best advice: Find an accountability partner who knows [and understands] your resolution and can encourage you to keep it (The last thing anyone wants to do, is look bad in front of a partner or friend that you are accountable too).

4. Reward Yourself. Reward yourself along the way, and at the end of the year, based on how well you kept your resolution. If you hit your weight loss goals, consider going on a cruise -- don't overeat! -- as a reward for good behavior. If you miss your goals, keep the cruise idea open for when you "DO" meet your goals. In other words, some resolutions are ongoing and shouldn't be restricted by a 365 day calendar.

Remember this: resolutions are for your benefit, not your detriment. Your attitude toward a particular resolution will help you determine whether you should make that particular resolution or not. Any resolution made which doesn't have your enthusiastic backing will certainly become a pain in the neck come February or March and forgotten altogether by April. Make resolutions that matter and be the better for it!

YOU CAN DO THIS! TRUST ME... I KNOW YOU CAN.

I wish you wealth, health, life, joy and happiness in all things for the up coming year!

Have a super day!

James Wall

PS: If you have stories, events, things you have learned along the way... Please share them with us all, one thing is sure... There is real power in shared knowledge, experiences and understanding (YOU CAN HELP!).

In the Know

Polar Bear Plunge

On January 22, 2011, Family and MWR will host its first Polar Bear Plunge and 5K Run at Lake Elmer Thomas Recreation Area (LETRA)! The run begins at 8 a.m. and the Plunge begins at 9 a.m. Race registration is \$15 for ID card holders and \$20 for Civilians. Registration on event day increases by \$5.

<http://www.rsvpbook.com/event.php?488359>



Tricare Dental Program

United Concordia has administered the Department of Defense's dental program since 1996. During this time, the company has become one of the nation's largest and most respected dental insurance companies, processing more than 13.3 million claims in 2009 and maintaining a network of more than 68,000 dentists at more than 116,000 practicing locations. The company serves more than 8 million members, including 1.9 million active duty family members and National Guard and Reserve members and their families across the United States and around the world.

Established as a wholly owned subsidiary of Highmark in 1992, United Concordia works to provide high-quality, cost-effective dental benefits to its members. Success in satisfying members and obtaining new contracts has made United Concordia the fifth largest dental insurance company in the country. For more information on the TDP, visit www.TRICAREdentalprogram.com. For more information on United Concordia, visit www.unitedconcordia.com.

A promotional poster for the Polar Bear Plunge & 5K Run. The title "POLAR BEAR PLUNGE & 5K RUN" is at the top in large, blue, icy letters. Below it is a logo for "U.S. ARMY MWR". The central image shows a cartoon polar bear wearing sunglasses and holding a drink, sitting on a stack of ice blocks. Text on the poster includes: "Race Registration (includes T-shirt): \$15 - ID Cardholders • \$20 - Civilians Take the Plunge for FREE Registration on event day increases by \$5", "AWARDS FOR BEST COSTUME", "DOOR PRIZES", "TOO CHICKEN TO PLUNGE?? You can still participate in the 5K and register for the Best Costume! Register at www.sillmwr.com", and "Sponsored By: Billingsley, HYUNDAI, EZ GO, USA DISCOUNTERS, Fort Sill". At the bottom, it says "January 22, 2011 • 5K at 8am • Plunge at 9am • (LETRA)".

DoD has resumed the Microsoft Office Home User Program (HUP) with Office Professional 2010

1. DoD has resumed the Microsoft Office Home User Program (HUP) with Office Professional 2010.

Microsoft Office Professional 2010 includes Word, Excel, PowerPoint, Outlook, OneNote, SharePoint Workspace, Access, Publisher and InfoPath. You can download it for **\$9.95** and advise you to purchase a back up disk for an additional **\$12.00**. Other software can be purchased at a 30% discount.

2. If you choose to just download it, the site recommends saving the program to an external device so that you have a backup of the program. Only one purchase per .army.mil address is allowed. Below you can find specific instructions and the program code. You can only order it using your .mil email address.

3. When you follow the procedure below, a link will be sent to your .mil account to purchase the program. **DO NOT download the software to your work computer!** Please forward the email to your personal email account and download the program to your home computer.

4. DO NOT download the software to your work computer.

5. For purchase of a license for the Office Professional Plus 2010 Suite for use at home: During this process you have the ability to download the software and pay an additional \$12.00 to have the DVD sent to your residence.

6. Go to <http://hup.microsoft.com>

7. Select the country you want the order to be shipped to and choose the language for viewing the order Web site.

8. Enter your .mil email address and program code (**F08C39B7EA**).

9. When you receive your confirmation e-mail, the address may have the word "blocked" in front of the http. Just copy the address without the word "blocked" and paste into your internet window.

10. Please note that a fulfillment fee of \$9.95 will be charged to cover costs. If you desire a back-up DVD, you will still have the option to order (at check-out) for an additional fee of \$12.00. Orders will be shipped to the location you have chosen.

11. You will receive a product key via your .mil account in a follow up e-mail. **This key is essential to activating your program!**