

COMMANDER'S CORNER



November marks a special month for our service members. First it is a time to honor and recognize our veterans, past and present, for their service....it is particularly noteworthy during a time when our country is at war. I am very proud of all of our serving soldiers and to many of our civilian members, as many of them are veterans. Second, Thanksgiving is almost upon us and it gives us an opportunity to be thankful for all that we have - especially our families. Our families help us get through many of life's challenges and we should take this time to recognize their efforts. We stress the importance to support our servicemembers and their families and the month of November allows us to take time to do both!

COL Bill Stacey

Grizzly 6



6th Air Defense Artillery Brigade

The Heart of the Branch

November 2010

LEXINGTON + SARATOGA + YORKTOWN
BARBARY WARS + LAKE ERIE + NEW ORLEANS
MONTEREY + VERA CRUZ + BULL RUN + SHILOH
ANTETAM + CHANCELLORSVILLE + GETTYSBURG
INDIAN WARS + SANTIAGO + MANILA
BELLEAU WOOD + MEUSE - ARGONNE + MIDWAY
GUADALCANAL + ANZIO + BATTLE OF THE ATLANTIC
NORMANDY + ARDENNES - ALSACE + TWO JIMA
BERLIN AIR LIFT + PUSAN + INCHON + SEOUL
GULF OF TONKIN + ROLLING THUNDER + DAK TO
KHE SANH + TET OFFENSIVE + COLD WAR
GRENADA + PANAMA + GULF WARI + BOSNIA
SOMALIA + KOSOVO + TORA BORA + KANDAHAR
PALLUJAH + SADR CITY + BASRA

HONORING ALL WHO SERVED

Veterans Day

November 11, 2010

*You have been given citizenship in a country like none other on earth, with opportunities available to you like nowhere else on earth. What will be asked of you is hard work; nothing will be handed to you... use your education and success in life to help those still trapped in cycles of poverty and violence. Above all, never lose faith in America.
Its faults are yours to fix, not to curse. ~General Colin Powell*

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The White House

Office of the Press Secretary

For Immediate Release

October 29, 2010

PRESIDENTIAL PROCLAMATION--MILITARY FAMILY MONTH

**BY THE PRESIDENT OF THE UNITED STATES OF AMERICA
A PROCLAMATION**

We owe each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support. During Military Family Month, we celebrate the exceptional contributions of our military families, and we reaffirm our commitments to these selfless individuals who exemplify the highest principles of our Nation.

Across America, military families inspire us all with their courage, strength, and deep devotion to our country. They endure the challenges of multiple deployments and moves; spend holidays and life milestones apart; juggle everyday tasks while a spouse, parent, son, or daughter is in harm's way; and honor the service of their loved ones and the memory of those lost.

Just as we hold a sacred trust to the extraordinary Americans willing to lay down their lives to protect us all, we also have a national commitment to support and engage our military families. They are proud to serve our country; yet, they face unique challenges because of that service. My Administration has taken important steps to help them shoulder their sacrifice, and we are working to ensure they have the resources to care for themselves and the tools to reach their dreams. We are working to improve family resilience, enhance the educational experience of military children, and ensure military spouses have employment and advancement opportunities, despite the relocations and deployment cycles of military life. Our historic investment to build a 21st-century Department of Veterans Affairs is helping to provide our veterans with the benefits and care they have earned. We are also standing with our service members and their families as they transition back into civilian life, providing counseling as well as job training and placement. And, through the Post-9/11 GI Bill, our veterans and their families can pursue the dream of higher education.

However, Government can only do so much. While only a fraction of Americans are in military families, all of us share in the responsibility of caring for our military families and veterans, and all sectors of our society are better off when we reach out and work together to support these patriots. By offering job opportunities and workplace flexibility, businesses and companies can benefit from the unparalleled dedication and skills of a service member or military spouse. Through coordination with local community groups, individuals and organizations can ensure our military families have the help they need and deserve when a loved one is deployed. Even the smallest actions by neighbors and friends send a large message of profound gratitude to the families who risk everything to see us safe and free.

As America asks ever more of military families, they have a right to expect more of us -- it is our national challenge and moral obligation to uphold that promise. If we hold ourselves to the same high standard of excellence our military families live by every day, we will realize the vision of an America that supports and engages these heroes now and for decades to come.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2010 as Military Family Month. I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in support of our service members and our Nation.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-ninth day of October, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fifth.

BARACK OBAMA

From the Chaplain



580-917-7544 Cell

580-442-2398 Office

580-549-6108 Home

Pressing on the battle is won!

Deut. 3:22 Do not fear them: for the LORD your God Himself fights for you.

On October 31st, 1917, six hundred soldiers of the Australian 4th and 12th Light Horse Brigade, under the command of Brigadier General William Grant, led a daring attack against the Ottoman army in Beersheva. Armed with only horses and bayonets they charged the deeply entrenched Ottoman army. As machine guns fired, and men and horses were dying, the Lighthorsemen dug in their spurs and continued to press forward to victory. The bewildered enemy failed to adjust their gun sights and their fire began passing harmlessly over the heads of the horsemen, who then quickly overran the Ottoman army utterly defeating them in less than an hour. Historians describe this remarkable battle as the last successful cavalry charge in history.

Sometimes the warfare against us seems overwhelming. We feel inadequately armed, outgunned, and too weak to attack. But fighting with the Lord on our side we do have the weapons we need to achieve the victory! And amazingly, some battles can be won far quicker than we think. We need only press forward and put our trust in God. A man with God at his side is an army, undefeatable!

Worthy ministries

FRSA Notes

This is the time of year when we all give thanks for the many blessings we have received and we reflect how grateful we are for our family and friendships. Have a very joyous Thanksgiving and holiday season.

November is Military Family Appreciation month. Celebrate by visiting the Military OneSource.com for informative articles and ideas on how to keep your military family strong.

Upcoming webinars:

11/16 - "Health Coaching: What's it all about?" Webinar

11/17 - "Don't Bust Your Budget" Webinar

11/19 & 11/29 - "Managing Holiday Stress" Webinar

11/22 & 11/30 "The Sibling Battle" Webinar

11/24 - "Staying Connected Over the Holidays" chat

Educational Grant available for Military Spouses

As a spouse of an active-duty Soldier stationed at one Fort Sill, you are eligible to apply for the Educational Grant. The 2011 Our Future Educational grant application period is open. This is a one-time grant of \$5,000 can help with any phase of education. Applicants may attend community college, technical college or university. Please visit <http://ourfamilyforfamiliesfirst.org/> to apply.

Our Family for Families First strives to support the educational goals of the spouses of our active-duty Army Soldiers.



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 & 24 DEC, 1100-1500, POC: Tara Curtin, 203-578-5536, didomita@hotmail.com



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

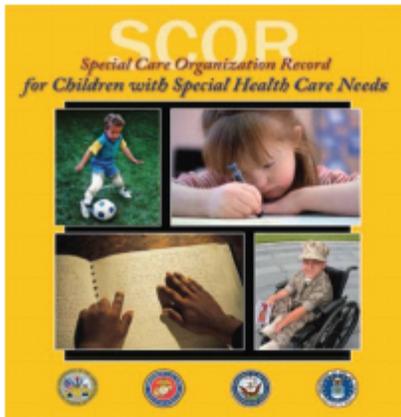


HELPFUL PRODUCTS and SERVICES FOR MILITARY FAMILIES WITH SPECIAL NEEDS

DoD Special Needs Parent Tool Kit

The *DoD Special Needs Parent Toolkit* was developed for military families that include a child with special needs. It has comprehensive information to help parents navigate the maze of medical and special education services, community support, and benefits and entitlements. Important facts, records, tools and sample letters are included. The Toolkit is available in hard copy or CD from Military OneSource at www.militaryonesource.com/specialneeds.

Whether you need to learn about early intervention services or want to learn how to be a more effective advocate for your child, you will find the information you are searching for here!



Special Care Organizational Records

The *Special Care Organizational Record (SCOR) for Children with Special Health Care Needs* and the *SCOR for Adults with Special Health Care Needs* are organizational systems for caregivers. Both provide central repositories for recording and tracking information about a family member's ongoing support and health needs. Although the focus for each SCOR differs, they share the same fundamental goal of making it easier to organize, track, and update information for special needs family members. The SCOR for children is available to order in a hard copy binder from Military OneSource. The SCOR for adults is available to be downloaded from the Military OneSource website at www.militaryonesource.com/specialneeds

Military OneSource (MOS) Specialty Consultants

Military OneSource has a team of highly qualified Specialty Consultants who specialize in the lifestyle of military families with special needs. Call 1-800-342-9647 to schedule an individualized, private and confidential consultation. The consultants can answer questions about family support, as well as questions about transitioning, post-secondary education, housing, moving, support for adults, and much more.

Military OneSource consulting services can be especially helpful to Guard and Reserve families who don't live near an installation, or to members who are geographically isolated.



For more information visit www.MilitaryOneSource.com/specialneeds or Call 1-800-342-9647



Headquarters Headquarters Battery “Headhunters”

The Headhunters family welcomes another little one to the clan. SPC King’s wife, Marisol gave birth to Alexis Elana Jo on September 29th. She was delivered at SW Medical around 8:00 AM; weighed 8lbs 12 oz and 20.5 inch long. Her older siblings and parents enjoyed their time with her. We also say goodbye to SFC Dunning and SFC Carter who both departed to become 1SGs in 1-56 BN. We wish them well and look forward to working with them in the future. HHB teamed with the Germans for a potluck lunch. Several units from the 6th ADA BDE were invited to attend and all enjoyed the comradery and diverse selection of both German and American cuisine. The FRG participated in the Post Wide Garage Sale and raised over \$680. Lastly, the next FRG meeting is scheduled for Thursday 18 Nov at 1800 in BLDG 1607 conf room.





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! As the fall continues, October blew the winds of change throughout the "Night Hides Not" Battalion as we prepared for TRADOC Accreditation! The month began with the promotion of 1LT Rowse to CPT Rowse and ended with the Family Readiness Group tailgate of the Fort Sill MWR Haunted Trail 29 OCT! In between the 1st week of October and the 29th there were Change of Responsibility Ceremonies for HQ/A and Bravo Batteries, a Battalion Hail and Farewell, the Army Family Action Plan Conference, and by the way the TRADOC Accreditation of the Fires Center of Excellence! Though the final results are still pending, every family in 1-56 ADA sacrificed more family time than usual to make this critical event for the Air Defense Artillery School and 6th Air Defense Brigade a success.

The Headquarters and Alpha Battery 1-56 ADA held it's Change of responsibility. Friends around post gathered as we said a tearful goodbye to the Silasavage Family while welcoming First Sergeant Dunning!



1SG and Mrs. Silasavage (Above Left) New "Lone Wolf Seven" 1SG Jonathan Dunning (Above Right) addresses the crowd

The Bravo Battery 1-56 ADA Change of responsibility. Friends around post gathered as we said yet another tearful goodbye to the Wyatt Family while welcoming First Sergeant Carter!



CPT Springer with Mrs. and MSG Wyatt (Above Left) New "Spartan Seven" 1SG Gerald Carter (Above Right) addresses the crowd

In case you missed it, the "Night Hides Not!" Battalion



QUITE A FEW FAMILIES STOPPED BY ON THEIR WAY TO THE HAUNTED TRAIL. THE OSBORN FAMILY MADE THEIR WAY TO THE TRAIL VIA THE TAILGATE (UPPER LEFT). THE PROPST FAMILY (UPPER RIGHT) ALSO STOPPED BY! STEPHEN TOLBERT STOPPED BY

WITH MINIATURE VERSIONS OF MICHAEL MYERS AND JASON VOORHEES (LOWER LEFT) AND CPT ROWSE (LOWER RIGHT) WE BELIEVE WAS JUST IN IT FOR THE FAKE CANDY FLAVORED BLOOD! (ABOVE) SCENES FROM THE NIGHT HIDES NOT FRG HAUNTED TRAIL TAILGATE!

Last but not least special congratulations are in order to the Feild and Niedert Families as Fort Sill MWR will recognize the respective family's dedicated volunteer service to the Greater Fort Sill communities with an early evening dinner in November!

The next FRG event is the Holiday Party 10 DEC from 1800-2000 (6:00-8:00PM). More information to follow!

Get involved! Our FRG is in need of volunteers! We have a lot of 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 BN- "Set the Standard"

Our FRG is Here for You!

Steering Committee:

LTC Brian W. Adams	brian.w.adams@us.army.mil	580-558-0794	580-917-8112
Danny Adams	danny.adams26@ATT.net	580-357-0230	
Susana A Whiteside	susana.a.whiteside@us.army.mil	580-558-0793	915-276-0235
Patricia Pedraza (Pendon)	patricia.h.pedraza@conus.army.mil	580-558-0132	580-715-0094
SSG Valerie Harris	valerie.dorsey@us.army.mil	580-558-0132	985-992-0915

Battery Leaders:

A BTRY – Samantha Brown	samanthabrown5@gmail.com	915-309-6099	
B BTRY – Merrilei Kirkpatrick	merrilei1979@hotmail.com	580-492-5859	
C BTRY – Patricia Pedraza Pendon (same as above)			
D BTRY – Candace Guy	candylea0704@yahoo.com	757-478-9667	
A/3 BTRY – Amber Smith	ambersmithfrg@yahoo.com	931-436-1850	

Thanks to all who showed their support and came out to support the first annual Haunted House event.





Thriller Dancers



Soldiers and NCOs of Charlie Battery played in the Post Championship football game. These Soldiers were from the only AIT unit on Fort Sill to make it to the Championship.



3-6 ADA BN- “Right Starts Here!”

Wow, what a crazier than usual month this has been. As you all must recognize, there has been a little more scurrying on the side of our military members throughout the month of October. Every Soldier and Civilian within 3-6 ADA has been burning midnight oil in order to ensure we put our best foot forward for our TRADOC accreditation...that is, our higher, higher, higher headquarters sent their folks down to evaluate just how we do our jobs. Let me tell you, I have but one word for all of you...FANTASTIC! I am so lucky to have the quality Soldiers and their more than supportive families on the team...congratulate your Soldier for a job well done during this three-day madhouse we call accreditation.

We have not been all work, though...3-6 ADA was proud to be a part of the Lawton/Fort Sill Superheroes Run, supporting Cancer Research. This event is one of the larger in the community and we were out in full force. SSG John Walker, as is his fashion, coordinated with our CO-OP partner, Arvest Bank to allow the two of us combined to be a real presence in support of the run. Charlie Battery kicked off the start of the race with a Patriot Launcher display. The toughest part of their job throughout the day was trying to keep young children AND their parents from jumping off the back off the launchers, or from trying to climb onto the missile canisters. Charlie Battery was not the only unit to support this event, however, as all three units provided folks to assist in several ways throughout the day. Thank you to the AIT students who used this opportunity to do some community service, and to all the folks, students and cadre alike that dressed up in Superhero costumes and spent the larger portion of their day smiling for pictures with the over 700 children that completed the “Kid’s Marathon” that day. I will never be able to read a comic book the same way again! 😊

Some of the 3-6 family spent additional time with Roadback, Inc, the halfway house that we co-sponsored with Arvest Bank, doing more clean up and repairs to their area. Time and effort is greatly appreciated, and a big “KUDOS” goes out to the cadre members that took the time to spend with their Soldiers, working within the community!

This month, we said our final goodbyes to Casey Hood, our beloved administrative assistant with a luncheon at Lonestar restaurant. We keep saying goodbye, but she has kept popping back onto the third floor for her daily dose of the command group...we wish her luck as she moves on in the Army National Guard and pursues her goal of becoming an EOD Soldier.

A change of command this month in HQ/A provided an opportunity for the Battalion to recognize CW4 Weston for his accomplishments while in command, and welcome a familiar face from the S3 shop into the ranks of Commanders, CPT Dobkins. As always the Army challenges us in every move we make, and we wish CW4 Weston luck as he awaits his orders for another job at Fort Sill. CPT Dobkins, welcome to the rush!

Congratulations to Maria Eagan on her new job at Nye Library. Her focus, organizational skills, and interaction with people will surely make her a hit with the patrons.

I would like to send all of our best wishes out to Darlene Felicetti as she continues in her recovery from surgery. Our families have been so helpful in providing her and 1SG (aka Steve) with things to help them through her recovery period. We are thinking of you and can’t wait to see your smiling face and fabulous shoes at our next get together!

Finally, after 41 weeks of not looking pregnant, we will welcome Fiona Curtin to our 3-6 Family. Mark your calendars, because one year from the 28th of October, you know the Curtin family will be celebrating a birthday!

Thank you to all, and all the best until next month!

Giant 6

Greetings to all our 3-6 family members.

We would like to start out by welcoming Barbara Dobkins into our FRG family. HQ/A Battery is excited to start promoting their FRG and becoming as active as our current two others. They have already had luck in finding an enthusiastic young lady, Sonia Litch, who has volunteered to stand in and perform duties as FRG leader during the initial stages. HQ/A brings a lot of new ideas to the table, and we look forward in the sharing of those ideas amongst all of our leaders and making our Battalion family stronger.

The Commanders and 1SGs conducted an informal steering committee meeting with myself and my daughter, and a lot of good information was passed, and a few new ideas surfaced for ways the FRGs can raise money while promoting time with families, and general, good-natured fun. As we conclude the holiday season, we look forward to some of these new activities.

There have been so many things going on in October, that Maria and I were unable to host our Battalion coffee. The next event is a High Tea on the 10th of November, and our class on formal table settings and etiquette, so wear your white gloves, hat, and stoles and join us for the fun!

Our best wishes to Darlene and hopes for a quick recovery from her surgery.

Tara will finally be having her baby on 28 Oct...she has milked the pregnancy thing long enough, and she would prefer not to give birth to a toddler.

A reminder to all that our formal season is on the way. We are always looking for ladies who would like to road trip to the outlets in Dallas.

Hugs and smiles to all;

Sun Smith and Maria Eagan







B/3-6 FRG has kept busy this October. We started the month off by participating in the Fort Sill Garage Sale and with the help of those who donated their used items and our volunteers, we made over \$500! A special thank you to Julianne St. Clair and Monica Wallace who volunteered their time to help organize and price the donated items, SFC Parker and SFC Fadale who woke up extra early on a Saturday morning to help transport our "treasures" to the site of the garage sale, the St. Clair family who helped set up our area and sell items and the van Soolen family for selling items and helping break down our area. We would not have been successful if it was not for your help!

We had representatives from Child and Youth Services present at our October FRG meeting. They shared the many programs available to our Fort Sill families including the Hired Program and the Youth Center to name a few. There are so many opportunities here at Fort Sill to engage our children and families, check out www.sillmwr.com <<http://www.sillmwr.com/>> to see for yourself!

As for upcoming events, instead of an "official" FRG meeting for November our B/3-6 FRG plans on holding a special Volunteer Appreciation event. Also, our battery will be participating in the Holiday Wrapping Fundraiser sponsored by the Patriot Spouses' Club. Our time slot is Sunday, December 12th 4 to 7 pm; please come out and support! And lastly and perhaps most fun, our unit holiday party will be held the evening of Friday, December 3rd. Invitations will be sent out soon and it will be extremely important for our soldiers and families to RSVP to this event.

From our B/3-6 Family to yours, we wish everyone a wonderful Thanksgiving and blessed holiday season!

:)Tara Curtin

B/3-6 FRG Leader

bravobulldogs36@gmail.com



The Cobra FRG started off the month of October participating in the Post Wide Garage Sale on Oct 2nd. The FRG sold items donated by members of the unit and raised \$727.90. That more than triples what we made at the Spring Post Wide Garage Sale. Thanks to everyone who donated items, along with the great selling skills of our volunteers (I think some of them would make great used car salesmen), we were able to make this one of our most successful fundraisers to date.

Congratulations are in order for the Harvey family! On October 1, 2010 at 6:40 P.M., SSG Harvey and his beautiful wife Nubia, welcomed their precious daughter, Samantha Lluvia Harvey, into the world. She weighed in at 6 lbs 6 oz. and 19 inches long. Mother and baby are doing wonderfully. We are very proud to welcome this newest addition to our Cobra family.

The next thing we had on our Cobra FRG agenda was our participation in the Halloween Haunted Trail. Our FRG sold caramel apples and Halloween temporary tattoos. We made over \$300.00 participating in this fundraiser and had an amazing time doing it. All the profits from these fundraisers will be used to fund a first class Christmas Party for our Charlie soldiers and their families.

October was a busy month for our Cobras with all the fundraising, so on November 4th, we had a little fun by hosting a Chili Cook Off for our Battery. We gave away prizes (gift certificates from MWR) for the best chili, the hottest chili, and the most unique chili. A big thanks goes out to MWR for our prizes and to all of our chili contestants. You all did an amazing job and we were all able to relax and have a little fun.

Charlie Battery would like to welcome a new soldier to the unit SSG Holman and her husband Phil (who is currently overseas). We hope your transition to Fort Sill has been relatively smooth and we look forward to working with you.

Looking ahead to Dec., we are planning an awesome Christmas Party for our Charlie Cobra family. To be held on Dec. 10th at 6 P.M. at the Masonic Lodge on NW Lincoln. Thanks to all of our fundraising and all of the hard work our volunteers have put in to our FRG, we are all anxiously looking forward to attending. This should prove to be a truly amazing event.

" Strike Hard, Strike Fast"

Darlene Felicetti ☺
C 3-6 ADA FRG Leader
910-261-5691



Knowledge Management

The tree of life

Things never come out the way we think that they will because we continually focus on that which we do not want to happen and what we wish would happen to someone else... Remember "Every person on the face of the earth is going through something, no matter what you see on the surface, everyone of us is an iceberg (only 5% on the surface and another 95% just below the level that can be seen by anyone else) carrying our own burdens, large and small..."

Several years ago I heard a proverb from India, and I want to share it with you:

Imagine with me for a moment... Looking across a vast desert of sand... you can see nothing for miles and miles, but in the far distance you can see a huge tree. From this tree, you can see a long line of people waiting in this line for their turn at the tree and you get in line too (You can help thinking what it's all about ...and when you finally reach the tree you can see the beautiful fruit it bears and there is a small plaque that reads:

This is the Tree of life! and it has the answers to your every question, a fix for every problem. Every burden you have will be lifted away and added to the thoughts, souls and problems of every person on the face of the earth as it is written on each of its fruits.

It has been said that you can put all of your pain, worries, suffering, problems and difficulties all into one fruit and place it on the tree of life and have them lifted from your shoulders forever... and the only thing that you MUST do is take the fruit of another in its place. So you say to yourself "Oh, that's easy, I saw COL Jones in the line too, I'll take his fruit or Mr Smith's fruit (He drives a nice car)... So you place all of your burdens into the fruit, and start your reach for someone else's fruit, and you search, and search, and search... to no avail, you say to yourself..."Oooh Nooooo, I'm not taking that one or that one or that one"...I never knew people had so many problems and issues in their lives!

100 times out of 100 times, after checking the other fruit on the tree of life, you will always come back to you own fruit. After looking at all the problems, worries, pain, hardship, suffering that others have or are going through (which you don't want) you will most surely stick with your own fruit (Which are "yours" to bear) which are understood best by you.

One thing that you and I share as human beings is that we all have disappointments, pain, worries, setbacks and difficulties (You are not alone) and light always comes after the darkness, and the sunshine after the rain. One of the key things that I would like for you to know is this "You are stronger now because you did go through.....that period in your life and no one can take that away from you"

You are a strong person and you are bigger then any problem that you may have or are going through, so keep your head high. "Winners always win and never, never, ever quit; no matter what"

Have a super week,

James

PS: Share your stories with us, we want to know what's going on in your life... Because it can do several things; help someone else through, and teach others what you have learned. We are a family and a TEAM!

"Only those who risk going too far can possibly find out how far one can go." – T. S. Eliot – Poet

"What lies behind us and what lies before us are tiny matters compared with what lies within us." – Oliver Wendell Holmes Jr. – Supreme Court Chief Justice

I'm thankful for _____

Love, _____

