

6th Air Defense Artillery FRG

Newsletter

AUGUST 2011

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Greetings to the 6X soldiers, civilians, and families. Brigitte and I hope that this hot summer hasn't dampened your spirits. We are half way through the summer and soon we will be freezing during the winter. All of our soldiers are trained in preventing heat related injuries, so I hope they are sharing some of that training with our families and you can use it to enjoy many activities outdoors. School for the kids will begin soon, so don't forget to take that family vacation or outing with the kids. No one person is too important in this Brigade to not be able to enjoy some leave time. I intend to take leave next month with the family.

The brigade remains busy with training and the numerous transitions of personnel. We have a lot of new faces and families and look forward to getting to know all of them. As with any unit, we have many leaders and soldiers that have (or will have shortly) departed our ranks. First, congrats to all our retirees and thank you and your families for the many honorable years of service to our Army. Additionally, thanks to all of our leaders and families for your great contributions to this organization as you depart to future assignments. Your dedication to our mission and family wellness have made a difference and made our branch stronger. Best of luck as you travel safely and begin another chapter in your careers.

Thanks to all who came out to LETRA to spend an afternoon with of all us. It was great seeing and getting to know you and your families outside of the work environment. Thanks to CPT Ancheta, the S3 shop, and HHB for helping to set everything up and making it an enjoyable afternoon. There are quite of few activities available at LETRA and if you haven't had the chance to go there, I would encourage families to spend an afternoon or weekend there.

Finally, as we work our way through the summer and all the transitions, take time to look after yourselves and your family's wellness. Often times, we overlook the simple indicators such as stress, anxiety, depression and don't seek help until it is too late. The brigade has an outstanding group of Chaplains and Chains of command, including many spouses and FRGs to help other spouses through trying times. Additionally, FT Sill has many providers and services to help soldiers and their families. The Army has invested a lot of money into these services and we need to ensure that we do our part to help ourselves or our teammates.

Thanks for all you do, COL Bill and Brigitte Stacey

FRSA NOTES: The Army from A to Z

As you have seen, the Army has it's own language. But did you know they re-named the alphabet, too? They are not being fussy, there's a good reason. When you try to spell something over a radio, or even a telephone, some letters sound a lot alike: M&N, S&F, B&D, etc. If we had to say F-R-G over the radio we would say Foxtrot-Romeo-Golf. Here's the Alphabet code. The next time you have to spell something out, give it a try. But maybe not at the spelling bee!

A _{ALPHA}	B _{RAVO}	C _{HARLIE}	D _{ELTA}	E _{CHO}	F _{OXTROT}
G _{OLF}	H _{OTEL}	I _{NDIA}	J _{ULIET}	K _{ILO}	L _{IMA}
M _{IKE}	N _{OVEMBER}	O _{SCAR}	P _{APA}	Q _{UEBEC}	R _{OMEO}
S _{IERRA}	T _{ANGO}	U _{NIFORM}	V _{ICTOR}	W _{HISKEY}	X _{-RAY}
		Y _{ANKEE}	Z _{ULU}		

Exceptional Family Member Program

Exceptional Family Member Program (EFMP) Reynolds Army Community Hospital (RACH) AR 608-75 mandates that all Soldiers who have a Family member with an identified medical and/or educational condition must enroll in the Exceptional Family Member Program (EFMP). Soldiers are also responsible to update EFMP enrollment every three years; however, updates can also be made anytime the condition changes. Contact the Reynolds Army Community RACH EFMP Special Needs Advisor, Irene Reid at (580) 558-3460 for updates, dis-enrollments or to request a copy of your EFMP Summary Report

The Army Community Service (ACS) Exceptional Family Member Program (EFMP), B4700, Christine Carruthers, EFMP Program Manager, (580)442-6818 works with other military & civilian agencies to provide comprehensive & coordinated community support, educational, housing, personnel, & medical services to Active Duty Soldiers and Family members enrolled in the program

The Army designed the EFMP to be a comprehensive, coordinated, multi-agency program that provides community support, housing, medical, educational, and personnel services to military Families with an EFM. If you or someone you know may benefit from more information on this program, please visit <https://www.myarmyonesource.com/FamilyProgramsandServices/FamilyPrograms/ExceptionalFamilyMemberProgram/default.aspx>

Workforce Investment Act Funding for Military Spouse Education

FUNDING: Available to Military Spouses who have relocated (PCS) with the service member to Fort Sill recently and were employed prior to coming to Fort Sill. SUPPORT FOR COLLEGE - TECHNICAL CENTERS

TUTION - BOOKS - FEES!!! Career Technology Centers \$5,000; College - Associates Degree \$7,000; College - Bachelor's/Master's Degree \$10,000. Funding is available over a two year period. Provided through the WIA (Workforce Investment Act) Dislocated Worker BRAC Grant. For details on this program and eligibility requirements contact: Mr. Shofner (Career Counselor) Fort Sill Workforce Center, M/W/F - BLDG 4700 Mow-Way Rd. - ACS/ER (580) 442-4256 T/TH - BLDG 2871 Craig Road - ACS/ER (580) 442-4903.

Patriot Spouse Club Super Sign Up!!

Patriot Spouse Club (PSC) is a non-profit service organization that supports a variety of social, cultural and educational activities to benefit its membership club.

Membership is open to US Military ID Card holders of

all rank, to include retired military personnel, all US sponsored foreign liaison personnel, and all civilian ID card holders, their spouse and family members age 18 and older.

Annual Membership dues are as follows:
\$20.00 - Active Duty E7 and above
\$10.00 - Active Duty E6 and below
\$5.00 - CCC, BOLC, WOBC Students
\$20.00 - Retired
\$20.00 - DOD Civilians

24 August 2011
1000—1400
At the Sherman



August 2011

Headquarters, Headquarters Battery

It has been an incredible month for HHB, first we helped to set up the very successful BDE Social at LETRA Lake on July 23rd. Everything from volleyball to cooking out on the grill made it a splendid event for all those who could attend. Currently, HHB Soldiers are in preparation for the upcoming 6X Range week that will take place in August and will be a well deserved break from all the hard work going on within the Battery.

Baby News

The Headhunters family would like to welcome Dominic Xander Rose, son of SPC Rose to the family. He weighed a healthy 7lbs, 10 oz and was 20 inches long.

Hail

We would like to also welcome SGT Coyne to the Headhunter team and he will be assisting in the BDE Legal offices.

Farewell

Sadly we had to say goodbye to SGT Harrison and SGT Bradley. We wish them nothing but the best in the future endeavors and look forward to working with them in the future.

Promotion

Congratulations to SFC Wallace on his well deserved promotion to E-7.



Headquarters, Headquarters Battery

HHB FRG would like to celebrate your birthday!

HHB Families and Soldiers are invited to come and enjoy a simple celebration, a gathering of friends; here is wishing you great happiness, a joy that never ends. Join your FRG Team on the last business day of each month for FREE cake BLDG 1607 Entrance Way beginning Wednesday, 31 August, 1100- 1330!

Thank you for all that you do!

POC: April Stallings, FRG Leader, 254-319-4165

Upcoming Events:

July 05, 1100- 1300 Hamburger/Hotdog Fundraiser
BLDG 1607

August Back to School Bash details to follow



1-56th ADA BN

“Night Hides Not!”



FRG Leader: Michelle Niedert

Greetings again to all friends and families of 1-56 ADA!! The Family Readiness Group is the heart of a unit!

The month of July brought scorching hot temperatures and even wild fires to the area as the PCS season continues! Great Soldiers will always come and go, but the guidon remains! This month we celebrated Independence Day! 235 years since that historic Declaration! For military families across the nation, this is the time for vacations, families and fun in the sun during the height of summer! In 1-56, we enjoy all of these things and continue to execute world class training for our Air Defense Artillery officers.

July means execution time for the Reserve Component Captains' Career Course (RC-CCC) and the summer iteration of the Pre-Command Course (PCC). The RC-CCC prepares reserve officers for command of ADA units in phases. The course is broken up into two resident phases and one non-resident phase to facilitate the civilian career schedules of our reserve officer leadership. The PCC prepares lieutenant colonels and colonels for command of air defense units. This course is facilitated in conjunction with the Fires Center of Excellence here on Fort Sill. Both courses are taught in addition to our ongoing BOLC and CCC courses. With four additional courses beginning in August, there will be no rest for our Instructor Cadre!



SFC Kemper gives the order to pick up and move out to BOLC B 006-11! Cadre and students continued training despite the heat. A number of risk mitigation efforts this summer beginning with Brigade Safety Stand down in May has reduced the risk of heat injuries. BOLC students board a bus after completing training while CPT Byrd and 1SG Carter (below) look on. Temperatures were routinely over 100 degrees during the month of July.

Spirit has fifty times the strength and staying-power of brawn and muscle” - Mark Twain

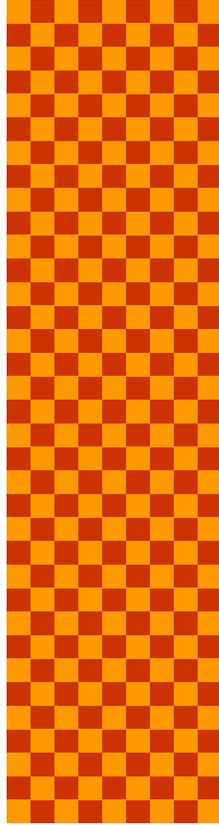




Back to Basics! The rallying cry continues as 1-56 ADA conducted Leader Professional Development (NCODP) conducted by the 6th ADA Brigade Muscular-Skeletal Action Team (MAT) under CPT Miller. CPT Miller's team reinforced training on the Army's Physical Readiness Training (PRT) regimen to our Cadre of instructors providing tips to prevent injuries.



LTC Adams 2-6 ADA CDR, LTC Wanat 1-56 CDR and COL Stacey 6X CDR share a moment (left) following the graduation of BOLC B 02-11. LTC Adams was the guest speaker for the ceremony imparting words of wisdom and keys to success to newly graduated lieutenants.



Working hard and playing even harder! The “boys of summer” (Above) burn up the base paths with electrifying play. The 1-56 team comprised of students and cadre unwind while showing off their skills in intramural softball. Intramural football is fast approaching!

See you out there!

Farewell



We bid a fond farewell and a special thank you to MAJ Ron and Mrs. Michelle Niedert for their contributions in running the Battalion FRG for the past year! Thank you for the memories and your service to the Officer Education Battalion! Best wishes in all of your future endeavors! We would like to welcome the Carney, Geisler and Rupprecht families to the battalion! We know we will all benefit from your collective knowledge and experiences.

Safe Return

We are glad for the safe return of LTC Wanat and CPT Guy from a special mission in Iraq! Also, a special note of thanks to our deployed Logistics personnel: SSG Blaisdell returns from deployment in August and CW2 Woodberry currently serving in Iraq, you remain in our hearts and minds as we continue the

Upcoming Events

- 19 Aug First Day of School Lawton Public Schools
- 24 Aug Patriot Spouses Club Membership Drive
- 25 Aug FRG Meeting
- 10 Sep Body VS. Earth Triathlon! The event is on Saturday, September 10, 2011 and begins at 8 am! For more information and to sign up, visit www.sillmwr.com
- 17 Sep United States Marine Artillery Detachment Presents The 18th Annual Devil Dog Run! Saturday @ 8 am Fort Sill Conference Center (Gunner's Inn), Fort Sill, OK.



Additional pictures from around the Battalion JUN/JUL

Note

From the Air Defense Artillery School's Officer Education Battalion, we hope the summer months have been kind to you! Get involved! Our Family Readiness Group is in need of volunteers! All positions are open! Many hands make very light work! We are also looking for CARE team volunteers! CARE Team members of the FRG offer emotional support and practical assistance to Family members going through difficult situations (i.e. unexpected surgery, injury, illness, unexpected displacement, fires, etc.). We must be ready to help one another through difficult times! Remember, all volunteers must be registered in Volunteer Management Information System (VMIS). The volunteer hours tracked allows the Army to reward, inform and strengthen our military community! Please contact the TRADOC FRSA Mrs. Lisa Villarreal-Hughes @ lisa.m.villarreal-hughes.civ@mail.mil, call 580-442-3547/3849, or visit bldg. 1607 for details. Registration takes less than 10 minutes!

If you want to get involved with the FRG please contact Mrs. Lydia Hawkins @ lydia.hawkins@us.army.mil or 310-872-4266. You can also contact CPT Dustin McGriff @ dustin.d.mcgriff.mil@mail.mil or call 580-442-



2-6th ADA BN

“Set the Standard”

Hope everyone had a Happy Fourth of July! Another great month has passed by. July was a very busy but fun month for us. We continue to be excited about what we will be able to accomplish for our Soldiers and their families this year.

On 25 July 2011 we held our first 2-6 ADA BN Golf Scramble. We had a great turn out for the tournament. Thank you to all the participants and the volunteers who helped us make this a very successful and fun event. Congratulations to all the prize winners. Our first place winner was Team # 13: Mat Kap-pel, Chuck Adair, Joe Thorton and Mr. Squire. Second Place was Team # 4: Ryan Jones, Kelvin Lvztanta, CPT Dick Dobkins and SSG Eric Castillo. Third Place was Team # 8 2-6 ADA B-RTRY: SSG Taylor, SSG Hardegree, SSG Pineo and SFC Garcia.





Bravo Battery held their FRG Cultural Night on Wednesday 20 July, 2011. Families enjoyed food from different cultures. They each presented a dish from a different culture explaining why they chose it and where it was from. They had a wonderful turnout. Thank you to our families for the delicious food and the great experience.

For the month of August to end the summer fun we are coordinating a Family Organizational Day on Friday the 5th. We have many events and activities planned out for our Soldiers and their families. We also need volunteers to help us host some of the events we'll be having. 2-6 Families join us for this fun filled day. Hope to see you out there!

If any of our Soldiers or their Spouses wish to be a part and volunteer or if you just need information contact your Battery FRG Leader:

We sincerely appreciate everyone's support!

LTC Brian W. Adams and CSM Robert D. Gooden

3-6th ADA Battalion

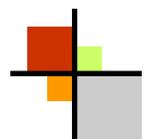
Bear the Standard

Commander's Corner
LTC Elizabeth Smith



Dear Friends and Families,

It has been an incredible month, both in the great things that happened within the Battalion and in the speed with which this month has passed. We are nearing the end of summer vacations and I know the parents are probably happier than the kids that school is looming. It has been a month of great change in the Battalion as we bid farewell to CSM Tom and Maria Eagan and their boys, and welcomed CSM Lawrence and Kerry MacDonald and their daughter. Thank you so much to all of the folks that helped to setup, execute and break down for the CSM's farewell. I would also like to take the opportunity to welcome our new crew to the Battalion; CSM Arnold and his wife GiGi, MAJ Dedmond and his wife CPT Dedmond, and MAJ Murray and his wife Tammy. Welcome aboard this wild ride we call TRADOC. I truly appreciate the attendance of our families at the Steering Group Committee for the FRGs. We have a great group of folks willing to roll their sleeves up and volunteer to help keep our families Army Strong.



Promotions

I would like to Congratulate the following exceptional Soldiers on their promotions: SFC StClair and SFC Bradley. We would also like to congratulate 1SG Sawyer and CSM MacDonald for their appointments this month.

Newborn Cubs

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Sports

Come out and support our ongoing softball efforts.... This is what we have for the next couple of weeks:

C Battery vs B Battery in a game to the death!

We will also begin our Billiards tournament and Flag Football Season soon, so bring out your pom-poms and give a shout out to our athletic Warriors!

Upcoming Events

12 Aug, the Battalion will host a welcome coffee for all of our new families at the RTC at 1830 hours. We would love to see as many families as possible join us!

08 Sep, there is a Brigade Prayer Luncheon...all folks are invited, and more information will follow.

17 Sep will be Fort Sill's annual Buffalo Burger Cookout! Make plans to join us as we enjoy some delectable morsels from around the town.

23 Sep will be the Battalion Monte Carlo night, an opportunity for fun and games with family, friends and co-workers...bring your card playing skills to the Blackjack and Texas Hold 'em tables to qualify for prizes at the end of the night!

Battalion Welcome Coffee Invitation

All Families members are invited to attend the BN Welcome Coffee on 12 August! We will welcome all of the new folks that have arrived and encourage friendships and camaraderie for our spouses. Any and all family members are welcome — spouses and significant others, parents, siblings, friends. Children are always welcome as well.

The coffee will be Friday, **August 12th, 6:30 pm at the RTC**



Battalion Social

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!”

Sincerely,

LTC Liz Smith

Words from the BN FRG

Hi everyone! It is a bittersweet month as we bid fond farewell to Darlene Felicetti and Maria Eagan. We wish you all well, good luck, and God Speed. While we say farewell to old friends, the Army brings us new ones. Welcome to Tammy Murray, Wendy Dedmond, Kerry MacDonald, Gigi Arnold. You all seem to be quite the active, fun ladies, and that is what we like to see!

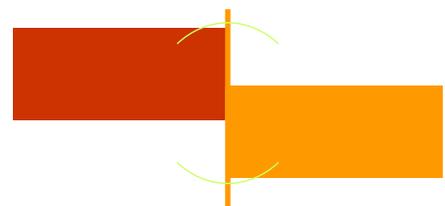
In September we have the semi annual post wide yard sale, please forward your ideas to me at sunsmith07@yahoo.com. The funds raised will go towards our annual Christmas party.

I am currently on vacation in California and Alaska, but I am looking forward to the Welcome Coffee on 12 August.

MWR has some fantastic summer programs for the kids, so don't forget to give them a call.

Have a great safe summer and see you on the 12th of August.

Sun



August 2011

Knowledge Management

The three Gs

I think that this is important enough to send to you and maybe pass it on to someone that needs to hear it.

I call this technique the 3 G's and I came up with this concept while still in the military (It has saved me soooooooooooooo much pain, that I can't tell you how much). First, let me tell you what happened to me last week: A friend of mine was visiting town for business, so he asked if I could show him around town and a few sights of the city, so I said "no problem". A great guy and I have known him for years (Then it happened) he turned pale, heart rate went up, hair started standing up on the back of his neck and he broke out into a fit of rage... Do you know what happened to him? He saw a guy he hated with a passion, and could not stand him. Now the crazy thing was he was talking about a guy that I knew very well (I think of the other guy as a good friend too).

So, I asked the question, what's with you guys, what happened? Comes to find out it was over something that had happened several years ago and he had never let it go (I think you see where I am going) so I said "you need to start practicing the 3 G's my friend... RIGHT NOW!" and he said, "Ok James, what are the 3 G's?"

Well, I came up with these a long time ago while I had been dealing with some of the wildest soldiers that have ever made it out of basic training. One day I was marching some troops to training when I saw another Soldier coming in my direction that I did not like and I just wanted to rip his head off "Then you know what happened" while I was calling him all these names in my head and cursing like a mad man while marching soldiers at the same time, I tripped and fell flat on my face (WHAM!) you talk about people laughing (Now when I think about it, it was funny, but back then it wasn't).

After I got back to my senses, and was back in step, I started talking to myself and forgot about the lowdown Soldier I was cussing in my mind, and I asked myself "Why did I trip and fall? There was nothing in my way or anything on the ground...what was I to learn from it?" Here is what I reasoned to myself: "I fell because I was carrying too much hate around for nothing" then the question became, how do I fix it? So, I made up the 3 G's and still use them to this day, and here is how it works:

1. Get mad- we all get mad about something and there is a fine line how you display this madness, because there is a time and place for everything. Keeping it inside is very wrong, because all you are doing is storing, building, deteriorating yourself and it takes a toll on your inner organs. Blowing your top off the stack is very wrong, because in most cases it always does more damage than good to your body and many studies will prove. PAGE 17

2. Get it out- we all have to have a release for our anger and there is no one right way to do it, so I'll give you a few of my ways to blow off some steam:

a. Be upfront and assertive in my communications and make it very clear my position (You would not believe how good it feels inside to say what's on your mind, sometimes you will have to be creative and constructive, but speak what's on your mind. It may not be as bad as you think it will be.

b. Sometimes you may just have to say "I think we had better discuss is later, before we both say some things that we don't mean" and walk away (there is power in walking away too)

c. If it is one of those very rare moments that you just can't say anything, just look for nuggets of truth in what is being said, don't give any comments and move out smartly to a private place (car, woods, vault, underwater...) and in your own private world replay it out the way that you want, with your outcome (Works for me!)

d. Go and do some exercise, run, jump, swim, walk, darts, pool, golf and focus on that only (hard, but you will feel better when you do)

3. Get Over it- this is where most people have the biggest problem (I know I did) No matter how bad it was, I always (ALWAYS) forgive the other person for what happened. Now here is where things get very sticky for most folks and the reasons why you can't forgive are all your own reasons (Yes, bad things do happen to good people, and I know it's not your fault, but it is your choice). There have been so many studies done on the effects of hate and unforgiveness and how they affect your internal organs it would make you run for the hills if you knew the truth about what hate for others is doing to your body.

NOW, if you have someone that you just can't stand (THAT'S THE ONE) you know who it is, it could even be someone from your past (Or right across the room). This is what I want you to do: Sit down and write a letter to that person saying that YOU forgive them and that they are only in your life because you have allowed them to stay in your life this long. My life is much too important for me to carry you into my future and therefore I forgive you... sign your name. After signing the letter and truly forgiving that person, place or take the letter and destroy it (burn, shred, tear in little pieces or flush down a drain) and never look back, because you have moved on.

Have a super week, James

August 2011

Chaplain's Words of Praise

Before refrigerators, people used ice-houses to preserve their food. Ice-houses had thick walls, no windows, and a tightly fitted door. In winter, when streams and lakes were frozen, large blocks of ice were cut from the frozen waters, hauled to the ice-houses, and covered with sawdust. Often these ice-blocks would last well into the summer.



One man lost a valuable watch while working in an ice-house. He searched diligently for it, carefully raking through the sawdust, but didn't find it. His fellow workers also looked, but their efforts, too, proved futile. A small boy who heard about the fruitless search slipped into the ice-house during the noon hour and soon emerged with the watch.

Amazed, the men asked him how he found it.

"I closed the door," the boy replied, "lay down in the sawdust, and kept very still. Soon I heard the watch ticking." (story taken from "Directions" by James Hamilton)

So often life can become so hectic that it becomes hard to find time to sit still and just listen to what the Lord is saying. But Jesus often secluded himself, so that He could commune intimately with His Father. In these days and in this hour it's so imperative that we spend time in our own prayer closets, so we can clearly hear what our Father is saying to us, through His still small voice. If we do, we may find some wonderful and valuable things that others have missed.

Brigade Key Events

06-07 August 11 - Cadre Single Soldier Event

19-20 August 11 - 2-6th Strong Bonds

8 September 11 - Brigade prayer Luncheon
Dave Roeber (Vietnam Veteran)

17 September 11 - Buffalo Burger Cookout

22 September 11 - Hispanic Heritage Lunch

23-25 September 11 - 2-6th Leadership Training