

6th Air Defense Artillery FRG

Newsletter

SEPTEMBER 2011

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Well it is that time again - the beginning of school and Brigitte and I hope all of your children got enrolled and off safely to school. For some, this can be a stressful time, so be patient and communicate. Often times, just some words of encouragement can help inspire our young ones to get past obstacles and get the necessary confidence to succeed. School is very important, so stay engaged with your children and teachers and be proactive in curtailing problems before they become insurmountable.

Congrats to SFC Gahl, 2-6 ADA for being selected as the AIT PSG of the Year.....this is a great honor and speaks volumes for him and accomplishments. We are very proud of him and wish him the best of luck as he prepares to "tour" the TRADOC force and pass the gospel.

Also, congrats to the 1-56 ADA softball team for their 3d place finish in the Post Softball Championship. A great team effort by the battalion. The intramural Flag Football season has commenced and we have 6 teams entered from the BDE - so get and support these teams as they compete.

There are a bunch of things going on in the BDE.....and with a lot of senior leaders taking leave, more and more of our junior leaders will have to step up. We appreciate all the hard work and ask that we continue to press forward. I know we have many new families coming aboard, so Brigitte and I would ask that all of us reach out to them and welcome them to FT Sill. We encourage all to participate in FRGs, Team Sill activities, and stay up to date by reviewing the BDE Face Book site.

Sincerely, COL Bill and Brigitte Stacey



Submit your
Fundraising
Request now.

Post Wide Yard
Sale (01 OCT)
permits go on
sale 29 AUG

Haunted Trail
(28 OCT)

Christmas Gift
Wrap (dates
drawn at NOV
Sill Facts)

**Special
Announcements:**

**OU Sooners Tick-
ets available at
Adventure Travel**

Get tickets now
at Adventure
Travel in the
Welcome Center
for all OU Soon-
ers home games
4700 Mow-Way Rd
inside the North
Entrance, call
580-250-4040, or
visit the
[www.adv-
travel.com](http://www.adv-travel.com)

FRSA NOTES

2011 ACT SAT Test and Registration Dates

Remember to reference:

SAT Test and Registration dates- collegeboard.com

ACT Test and Registration dates- www.actstudent.org

2010 - 2011 Frances Hesselbein Student Leadership Program Application deadline 10 September 2011

The Frances Hesselbein Student Leadership Program provides outstanding sophomore or juniors participating in their high school S2S program the opportunity to apply for selection to a five-day leadership development program at the United States Military Academy at West Point New York.

The Frances Hesselbein Student Leadership Program scholarship covers: Full Tuition Including meals, lodging, program materials, and transportation (from student's home base to training location and back)

School is going strong. Are you? (Adapted from the Child & Youth Services website)

What are you doing to help yourself be a better student? You have the power to do so if you do some basic things!

Get into a good pattern of getting lots of sleep every night. Elementary aged children need at least 10 hours of sleep each night! Teens can use at least 9.

Not getting enough has very negative consequences besides just being cranky! Your brain doesn't work as well. You aren't as coordinated. You can get sick easier because you are tired.

Eat a well rounded diet. Do not skip breakfast. And NO: sodas and cheetos are not considered a good breakfast! Cereal and fruit are the perfect brain and muscle builders for the growing body! Slow down and eat a good breakfast. It pays off in the long run. Studies show that a child eating a nutritious breakfast is less likely to be obese. Don't forget about a good lunch either. All schools offer more than just pizza, hamburgers and fries! Not only will a salad be better for you, it is probably cheaper than the junk food. One way to eat better is to at least try one lunch a week that is different from what you usually eat. Hey: you might find something new that you like in the old cafeteria.

Exercise:

Are your thumbs the only thing getting a good workout?! Get outside and do something fun. Rediscover your bike, scooter, roller blades or basketball goal that is outside! Exercise is great for your brain, heart and having fun. Just be sure to drink plenty of water and get outside to exercise.

Job Fair

The Army Career, Alumni Program (ACAP) and The Employment Readiness Program (ERP) have joined forces to conduct a Fort Sill Job Fair for Soldiers, Family Members, and Civilians.

Friday September 16, 2011, 1:00 pm – 4:00 pm

There will be numerous agencies attending in various fields including government agencies, defense contractors and training institutions.

This event is free and open to the public!

For more information about the events please call the Fort Sill Employment Readiness Program at (580) 442-4359/4681. Visit us at www.sillmwr.com for upcoming events! Or on Facebook at www.facebook.com/FortSillMWR.

Fort Sill Family of the Year Nominations being accepted

Fort Sill is pleased to recognize families across our community who have made a difference in the lives of others. Start thinking about families you know who have made meaningful contributions to our community. Nominations for Fort Sill Family of the Year are due to Brigade Command NLT 01 October 2011. Please include a narrative (not to exceed 500 words) with your nomination packet that highlights Individual Growth, Family Teamwork, Friendship and Community Service to 6th BDE FRSA, lisa.m.villarreal-hughes.civ@mail.mil or contact 580-483-8248 for more information for processing for Command review.

Family & MWR FRG Expo

The Army Family Covenant takes pride in its members commitment to provide our Families a strong, supportive environment. Come out to the Team Sill Family & MWR FRG Leader Expo. Fort Sill Agencies and MWR programs will be present

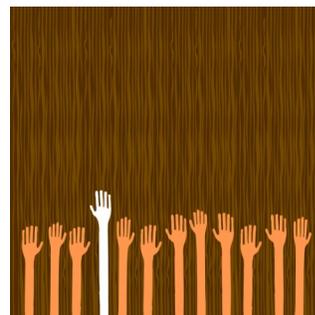
to provide information on their services.

Free childcare is available for children registered with CYSS. Please note September 09 is the cut-off date. Please call Mary Turner at 580-442-2130.

A drawing will be held to give away two (2) American Airlines tickets to anywhere in the Continental US courtesy of Family and MWR.

More information: 580-442-1799

*29 September
6:00 PM*



September 2011

Headquarters, Headquarters Battery

It has been an incredible month for the battery! Not only have we had some very hot temperatures, and the kids are back to school we have also had our quarterly Battery Hail and Farewell in which we bid farewell to many of our Soldiers and families and welcome many others to our rank. I will like to take the opportunity to thank all the folks that helped with the setup and break down of the Battery luncheon for all your hard work and to the family members that were able to attend.

CONGRATULATIONS



Congratulation to SGT Smith, Erin and SGT Salgado, Ethiene for getting 1st and 2nd place for the Fort Sill Safety Contest. Their posters will be featured in the Cannoneer Newspaper.

Upcoming Events

Labor Day Weekend - 2-5th September

The Army Soldier Show - 2-3 September

Range Week - 7th-9th September

The Annual Buffalo Burger Cookout (LETRA) - 17th September





1-56th ADA BN

“Night Hides Not!”



Greetings again to all friends and families of 1-56 ADA!! The Family Readiness Group is the heart of a unit! The month of August continued to deliver scorching hot and near record temperatures to the region. This month also signals the beginning of the school year! August is the highest OPTEMPO for the battalion in the summer with four courses beginning at various locations. Aside from the ongoing BOLC 006-11 and CCC 03-11 classes, we welcomed four additional classes to the battalion! BOLC 008-11 and CCC 04-11 as well as a Warrant Officer Advanced Course (WOAC) Phase I Class 04-11 and the fall Air Defense Fire Control Officer’s Course (ADAFCO) all arrived for August.

The ADAFCO Course is one of the only remote courses taught by the Air Defense Artillery School. Taught twice annually by Course Manager/Instructor CW4 Eric Maule at Kirtland Air Force Base in Albuquerque, New Mexico the ADAFCO course teaches Air Defense Artillery officers how to work with our joint partners in an integrated air defense. The Air Force plays a large part in the execution of this course by providing additional instructors, a venue and other resources to ADAFCO students. The students’ capstone exercise includes practicing interoperability with Air Force controllers processing air defense scenarios during a Joint Kill Chain Exercise (JKCE).

Air Defense Fire Control Officer (ADAFCO) Course Manager and Primary Instructor CW4 Eric Maule (shown left) instructing students on Air Defense Design Considerations.



BOLC Instructor CPT Trahan (above left) observing his lieutenants (above right) from Class 006-11 on a mission during Warrior Eagle FTX! 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. Temperatures were routinely over 100 degrees during the month of

August and prevented the use of blanks and pyrotechnics for this iteration of the FTX.

“You miss 100% of the shots you don't take.” -- Wayne Gretzky



Working hard and playing even harder! The battalion softball team (Above) comprised of students and cadre came from last place in league play and finished 3rd place in the Fort Sill tournament earning critical Commanders' Cup Points for the Brigade!

“Life is either a daring adventure or nothing.” -- Helen Keller

We bid a fond farewell to the Tinsley family. 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 Stone, Stringer, Reeh, Blundell, and Martin families to the battalion! We know we will all benefit from your collective knowledge and experiences.

Also, a special note of thanks again to our deployed Logistics personnel: SSG Blaisdell returns from deployment to Peru at the end of August and CW2 Woodberry who is currently serving in Iraq, recently celebrated the birth of his baby girl! You continue to remain in our hearts and minds. Stay safe and be blessed!

Upcoming Events

2 Sep - 5 Sep – Labor Day Weekend

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 and Welcome Center (Gunner's Inn), Fort Sill, OK.

6 Oct - 1-56 Officer Education Golf Tournament

7 Oct - 10 Oct – Columbus Day Weekend

8 Oct– 1-56 FRG Post Yard Sale (Volunteer Opportunity)- 2 Sep - 5 Sep – Labor Day Weekend



The battalion finished the month with a FRG ice cream social at the Graham Resiliency Training Campus. The social included a lot of ice cream, more than a few laughs and a tour of the campus by the Graham Resiliency Training Campus staff! Serving soldiers, family members, retirees, and DoD Civilians the Graham Resiliency Training Campus is designed to help people develop tools to help build their mind, body and spirit! “Investing in you” is the



Hard fought victory! The Commanders’ softball team celebrated a win over the CSMs. Pictured (left) from left to right LTC Wanat, COL Stacey, MG Halverson, COL(P) Karbler and MAJ Sarafis.

If you missed the Commanders vs. Command Sergeant Majors softball game on the 27th of August you missed a back and forth game with all the antics, athleticism and heart that you would expect in a game that awards the victors bragging rights for 365 days! From the lively bat of the CG, the speed of the Commandant on the base paths, the solid fielding by G6, and the steady pitching by our own LTC Wanat spectators were treated to a game as heated as the Oklahoma sun. Manager “Kit” Sarafis (our own S3) guided the Commanders to a hard fought victory.

Additional pictures from around the Battalion AUG



Notes

From the Air Defense Artillery School's Officer Education Battalion, we hope these summer months have been kind to you! Get involved! Our Family Readiness Group is in need of your support! Many hands make very light work! All positions are open to include FRG Leader! 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.).

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 would like 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 580-442-0590.



2-6th ADA BN

“Set the Standard”



As our summer months come to an end we want to welcome the children and students back to school. Hope everyone had a safe and fun first day of classes. Another hot month we had but great and busy for our Soldiers and their families. We continue to be excited about what we will be able to accomplish for our Soldiers and their families for the remainder of this year.

On 5 August 2011 we held an Organizational Day. It was a day filled with activities for our Soldiers, their Families and Civilians/Contractors. Events that took place were: flag football, ultimate Frisbee, 100m - 400m relay, tug-o-war, 3 legged-race, potato sack race, dunk tank, water balloon toss and face painting. Thank you to all the participants and families who joined us in making this a very successful and fun event. Congratulations to Charlie Battery for taking the trophy for “The Best Battery” in 2-6 ADA BN!





HQ/A Battery held their FRG meeting at the Twins Oak Bowling Center on Thursday 25 August, 2011. Families enjoyed some bowling time, thank you for the support. Our Hail and Farewell at the Patriots Club Backbone Lounge we welcomed our leaders: SGM Brown, MAJ Daoud, SFC Atkinson, SFC Hill and SFC Hall. We also said farewell to SFC Sobecki, SFC Aguirre and Mr. Tate. We wish them luck on their new journey.



We are starting the month of September slow so our Soldiers and their families can adjust to getting back to school. For the month of October we will hold our Annual Halloween Haunted House. We will start preparing for it in the month of September. A committee meeting will be held on September 9, 2011 the time is TBD at the C Battery GIF. We are looking for volunteers to help us make this great event successful and spooktacular. If you are or not able to come out and help us we hope to see you out there to support us! 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

August has yet been another exciting month for the BN.

The highlights for the month; Coffee Night was held at Charlie Battery, a Senior Leader Hail & Farewell at Chung's Korean Restaurant, and the HQ/A FRG Potluck; we had a great turnout for these events. Thanks to all those who came out and showed their support.

Hope to see you at our next FRG Meeting. This month, our focus is on Organizational Day and Monte Carlo Night on 23 September. We are looking for volunteers to be dealers for BlackJack and Texas hold 'em, so if you are interested, please contact Sun Smith (sunsmith007@yahoo.com) or Tammy Murray (Tammy.Murray@va.gov) .



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.

Hails

A warm welcome to SFC Charles Worth and SSG Marques Johnson and their families, who arrived to Headquarters/Alpha Battery on 01 August. A warm welcome to 1SG Danny Sawyer and his family, who arrived to Charlie Battery on 26 August.

Newborn Cubs

Congratulations to SSG Edward and Mrs. Keiana Thornton from HQ/A, delivering a healthy baby girl “Taylor Marie” born on 04 August; weighing 8lbs, 20 inches.

Farewells

We had to say goodbye to several more Soldiers this past month as they moved on to other chapters of their lives. From HQ/A: MAJ Jeffrey Zanelotti (PCS) and SGM Anthony Walker (PCS). From Bravo: SPC Whitney Reeves (ETS). From Charlie: SFC Kilgore (PCS).

Sports

Please come out and watch our flag football teams as they gear up. Bravo Battery’s next game will be on 08 September playing their second game against 1/56(2) and Charlie Battery will be playing their second game on 15 September against 1/56(1), so get out there

Upcoming Events

State of the BN, 01 Sept
 Labor Day Weekend, 02-05 Sept
 Warrior Adventure Quest, 03 Sept
 Army Soldier Show, 03 Sept
 BN Promotion Board, 06 Sept
 Range Week (M4/M9/M16), 07-09 Sept
 Buffalo Burger Cookout, 17 Sept
 BN Organizational Day (Ambrosia Park), 23 Sept
 Monte Carlo Night, 23 Sept

Battalion FRG Meeting Invitation

All Families members are invited to attend the monthly BN FRG meeting! The purpose of these meetings will be to spend time together and offer support as well as to share information of interest and families. Any and all family members are welcome spouses and significant others, parents, siblings and friends. Children are always welcome as well. Check the newsletter each month for dates and times.

**The next FRG Meeting will be: Thursday,
September 15, 6:00 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

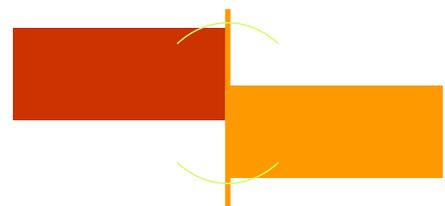
Hi Everyone,

Once again, I am off and jet-setting to California...kidding, this time it is for business. I would like to thank all of the folks who participated in our Steering Group Committee and the Battalion Coffee this month. It is great to meet and greet new people as they come into a unit to try and make them feel like they are at home!

I am really looking forward to our big events, to include Monte Carlo Night and the Post Yard Sale. Start spreading the word now about the bulgogi sale we will be having along with our booth. I will need help in the prep and cooking, so if you are interested, please let me know.

Thanks, and all the best until next time!

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 19

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

September 2011

Chaplain's Words of Praise

Matthew 5:39 But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also.

People read this verse, and think God is telling them to be passive -- to overlook what happened. That is not a bad thing -- but it isn't exactly what Jesus was saying. Turning the other cheek is not about being passive. It's about being active! So active that it actually confounds your enemy! Turning the other cheek is about taking an action so revolutionary, so shocking, so out of the ordinary that it shocks everyone around. It confounds the world -- and can also change it!

Do you truly want to overcome evil? So stop sulking about it, stop dwelling on it and stop doing nothing about it! Take a most unexpected action of surprising love -- because that is what Jesus did for us.....and it changed our lives, didn't it?

Has someone hurt you or sinned against you? Those things happen and they always will because of our sinful human nature. But now -- turn that into an action of love!

6th ADA Soldiers and Family Members let's make a habit of surprising those who hurt us! It may radically change lives, especially Your own! Forgiving others is the great thing one can do for self.

Worthy Brief - 9/1/2011



6th Air Defense Artillery Brigade

Prayer Luncheon

8 September 2011

1130-1300

Fort Sill Patriot Club



Dave Roevers is a highly sought after inspirational speaker throughout the world. Mr. Roevers shares his incredible account of surviving Vietnam, recovery and family resiliency.

Come out and enjoy his inspirational story of tragedy, triumph and humor

POC: CH Glenn

at

william.j.glenn

@us.army.mil

or 442-2498

Key Events

- 8 September 11** - Brigade prayer Luncheon
Dave Roeber (Vietnam Veteran)
- 09 September 11-** Retreat Ceremony in honor of Sept 11
- 15-16 September 11** -7 Habits of Highly Effective Military Families
- 15-17 September 11-** Commissary Case Lot Sale
- 17 September 11** - Buffalo Burger Cookout
- 20 September 11-** Patriot Spouse Club Monthly Luncheon
- 22 September 11** - Hispanic Heritage Lunch
- 23-25 September 11** - 2-6 ADA BN Leadership Training
- 29 September 11-**FRG Expo
- 30 September 11-** Patriot Spouse Club Golf Tournament
- 01 October 11-** Post Wide Yard Sale
- 07 -08 October 11-** Octoberfest