

COMMANDER'S CORNER



In addition to the unexpected weather challenges, January and February were exciting times for the soldiers and families in the 6th ADA BDE. We would like to thank all those who put together and participated in the Brigade St Barbara's Day Ball. CPT Bates did a wonderful job making this event a memorable evening. The Patriot club did a wonderful job supporting over 400 soldiers and families. MAJ Warner, the master of ceremonies, kept things moving and ensured we all enjoyed the evening. It was wonderful to see and hear from CSM (R) Wilbur Adams as our guest speaker. Additionally, we would like to extend a special thanks to our DJ- SSG Hamptom, photographer: SSG Goodrich, and the color guard - all did a wonderful job. Finally, a well deserved congratulations for the winners of the Honorable Order of St Barbara and the Molly Pitcher awards. We look forward to our next St Barbara's Day formal on Dec 9, 2011.

We also had a couple of events that I would like to highlight; first, is the Growing Spouses Army Strong (GSAS). This is a combined effort with the 428th FA BDE to provide a 4 day forum to help train and educate our Captains Career course spouses. Everything from customs and courtesies to FRG meetings is presented in an enjoyable atmosphere. Many thanks to our FRSA and the 1-56 ADA leadership and spouses for assisting in getting our junior spouses involved and putting on a great forum. Secondly, is the brigade Strong Bonds program. We recently completed our retreat at the Great Wolf Lodge in Grapevine, TX with 25 families. The event was well done by the BDE Chaplain and enjoyed by all the families. We have Strong Bond retreats scheduled for every month at the Great Wolf Lodge and it is a free event for our families, single soldiers, and couples to participate in some fun programs and enjoy a weekend at a wonderful resort. I want to encourage all to inquire about our next retreat and look forward to their participation.

Finally, thanks to all of our FRGs and wonderful volunteers in the BDE. We want to continue reaching out to all of our families and include them in our activities and get-togethers. Let's encourage those who have not been a part of FRGs, coffees, or other social events to participate. They may find that there are many great individuals that are part of this organization and many who have great ideas about how to make it even better. There are numerous events and activities that are coming up and many of the families and spouses may not even know about them - we all might be surprised what new acquaintances we might make this year!

COL Bill and Brigitte Stacey



6th Air Defense Artillery Brigade

The Heart of the Branch

February 2011

Scholarships Deadlines:

08 FEB 2011 Our Future scholarship (graduating High School Seniors) <http://www.ourfamilyfoundation.org>

22 FEB 2011 Commissary Scholarship for Military Children Program www.militaryscholar.org

01 MAR 2011 Hero's Legacy Scholarship, www.militaryscholar.org

29 MAR 2011 Patriot Spouse Club Scholarship, <http://www.fortsillpsc.org>

01 APR 2011 AER Scholarship: MG James Ursano Scholarship www.aerhq.org 20 May 2011 Educational Grants (for military spouses) <http://www.ourfamilyfoundation.org> May 20, 2011

Significant Events:

15 FEB Volunteer of Month Nominations due to FRSA

18 FEB CYS Closed – Staff In-Service

20-27 FEB Military Saves Week

22 FEB Team Sill FRG Expo for Battery Level FRG Leaders, Patriot Club, 1800, childcare RSVPs due NLT 14 February.

23 FEB Newsletters Submissions due to FRSA

26 FEB Cherish the Gifts of Love and Security (Family Wellness), 0830-1530, RTC www.sillmwr.com

26 FEB MCEC's Living in the New Normal Wes Watkins Center, Stillwater OK www.militarychild.org

28 FEB, 6th BDE Care Team Training @ RTC, 1800-2100 childcare RSVPs due 14 FEB, contact FRSA for more information.

In this Issue:

FRSA Notes- Roles & Responsibilities of FRG	2
2011 Military Saves Week Proclamation	3
The Five W's of Military One Source	4
ASYMCA 2011 Art/Essay Contest	5
NMFA- Stand Behind Military Kids Initiative	5
From the Chaplain- Psalms 51	6
Patriot Spouse Club- Hooked on You Dinner	7
Battalion/Battery Updates	8-15
Knowledge Management "Doing your Part"	16
Photos across Brigade	17-18

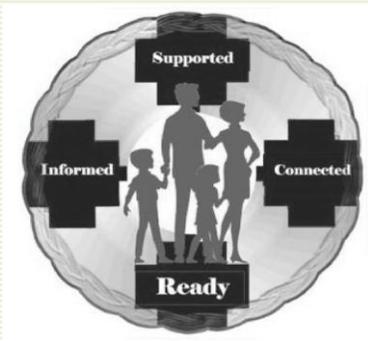
Don't miss this

Opportunity!

Being part of a military family can be challenging and great at the same time. It's our goal to make this transition as easy as possible. But, can't we do this alone? The correct answer is no. A Family Readiness Group (FRG) is a group made up of the civilians, family members and volunteers formed by the unit Commander at the unit level, to allow and offer the opportunities for mutual social and emotional support, outreach services and information. So don't miss this opportunity!

Who can be part of the team?

**Family
Retirees
Dependants
Spouses
Parents
Friends
Neighbors
Volunteers**



FRSA Notes

Family Readiness Groups

What are our roles as an FRG?

Unit Commander

- Establish and supports a unit FRG.
- Appoints, in writing, FRG Leadership positions and supervises their efforts toward Family Readiness goals.
- Appoints a Family Readiness Liaison/MPOC to assist FRG.
- Reviews and approves FRG funds, fundraisers and FRG activities.
- Encourages all soldiers, Families, and extended Families to participate in FRG activities.

Family Readiness Support Assistant (FRSA)

- Serves as the link between the FRG and commander
- Provides FRG logistical and administrative support as needed
- Updates the Unit Roster

FRG Leader

- Supports the commander's Family Readiness goals
- Plans & conducts FRG activities; presides over meetings; encourages participation
- Identifies and recruits volunteers
- Keeps accurate command information flowing
- Acts as unit FRG spokesperson for communicating family members' concerns and ideas to the unit commander

FRG Secretary

- Maintains accurate minutes of meetings and distributes information and correspondence to the FRG Leader and newsletter editor
- Maintains a FRG binder with calendar, rosters, reports, resources and other information
- Updates the unit contact roster

FRG Treasurer

- Set up fund account at local bank
- Maintains FRG funds records
- Prepares monthly reports and presents them to FRG Leader, Commander and membership

FRG Phone Tree Coordinator

- Prepares the unit telephone tree
- Recruits Key Callers
- Assigns groups to callers & passes information
- Maintains confidentiality and discourages rumors & gossip

For More Information:

Lisa Villarreal-Hughes

Family Readiness Support Assistant

(580) 442-3547 or (580) 442-483-8248

Lisa.m.villarrealhughes@us.army.mil

2011 MILITARY SAVES WEEK
by the
Garrison Commander, COL Raymond P. Lacey,
A PROCLAMATION

WHEREAS, personal and household savings is fundamental to America's stability and vitality; and

WHEREAS, adequate emergency savings, retirement funds, and safe debt-income ratios are critical components of personal financial security; and

WHEREAS, personal financial security of Service Members is a crucial aspect of military readiness; and

WHEREAS, Military Saves is a national marketing campaign to persuade, encourage, and motivate Service Members and their families to take financial action in building wealth through saving money and reducing debt;

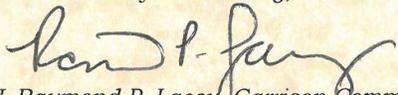
WHEREAS, Lawton/Fort Sill and surrounding communities are partners in the Military Saves campaign and are committed to helping its Military Families, including Officers, (Sailors, Airman, Soldiers), family members, retirees, and civil servants take immediate financial action to build wealth, not debt;

NOW, THEREFORE, I, COL Raymond P. Lacey, Fort Sill Garrison Commander, do hereby proclaim the week of February 20 - 27, 2011 as:

MILITARY SAVES WEEK

I HEREBY call upon all members of our Army Family to set a personal savings or debt reduction goal, make a simple savings plan, and take action on that plan, or take another positive wealth-building action during MILITARY SAVES WEEK, and pledge to sustain that action during the following year.

IN WITNESS WHEREOF, I have hereunto set my hand this
1st day of February, 2011.


COL Raymond P. Lacey, Garrison Commander,



Who's eligible for Military OneSource?

Military OneSource extends the military's existing family support system at no cost to service members. Programs are especially helpful to service members and their families geographically separated from installation services, or to those who can't seek assistance during traditional working hours. People eligible for Military OneSource include: **Active-duty service members and immediate family members National Guard and Reserve members and immediate family members; Retired and separating service members and their immediate family members for up to six months following their separation Extended family members seeking assistance on behalf of the service member some qualified DoD civilians. For specific information, contact a Military OneSource consultant.**

What does Military OneSource do?

Military OneSource supplements existing installation services, provides free help and information (by phone with a professionally trained consultant or online) on a wide range of issues that affect you and your family -- from budgeting and investing to relationships and deployment. Whether you're single or married, a parent or not a parent, Military OneSource can help with the issues that are important to you. For service members and families who live far from military installations, Military OneSource is especially useful. No problem is too big -- or too small. If we don't know the answer, we'll find it. Military OneSource also provides free counseling services (up to 12 sessions per person, per issue), face-to-face in the local community, by telephone, and online.

When can I contact Military Onesource?

It's available whenever you are -- 24 hours a day, 365 days a year.

Where do I contact Military OneSource?

Contacting Military OneSource is easy -- whether you're in the U.S. or overseas. Visit our Web site at www.MilitaryOneSource.com or call 1-800-342-9647.

Why should I call Military OneSource?

- Financial aid, scholarships, and obtaining college credit for military experience.
- Special needs
- Spouse training, education, and Elder care issues
- Budgeting
- Debt reduction
- Credit issues
- Tax preparation.
- Financial planners
- Legal issues.
- Violence and trauma
- Relocation
- Transition to civilian life
- Healthy habits.
- Consumer issues and travel
- Translation assistance

- Counseling services for personal and relationship issues
- Stress management
- Grief
- Relationships
- Parenting-skills
- Child care and parenting issues
- Deployment and reunion issues.
- Education
- Help locating a school when you move
- Understanding school ratings
- Homeschooling resources
- Evaluating public and private schools
- Assistance with college applications

[Military OneSource](#) will present a series of webinars this month designed to aid military families with everything from parenting and homework to money management and debt.

Webinars are web-based training sessions using teleconference audio and the Internet to deliver an interactive seminar.

February 17 - Nutrition for Life

February 21 - Tips for Getting a Good Night's Sleep

February 23 - Avoiding Health Care Scams

February 24 - Fit for Life with Exercise

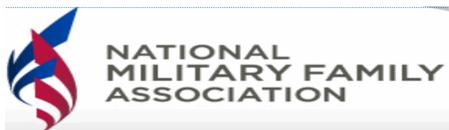
February 25 - Raising a Healthy Eater



The Armed Services YMCA is accepting entries for their 2011 Student Art: "My Military Family" and Essay Contest: "My Military Hero". Children of all active duty or retired (with 20+ years of service) military personnel from Army, Navy, Marine, Air Force, Coast Guard and National Guard/Reserve families in first through twelfth grade are eligible to enter. Complete rules and entry forms can be downloaded from the ASYMCA Web site at www.asymca.org. Entries may also be emailed to tharper@asymca.org by March 18, 2011 or postmarked and mailed by March 18, 2011. Mail entries to:

AYSMCA
ATTN: Essay Contest
6359 Walker Lane, Suite 200
Alexandria VA 22310

Call 703-313-9600 ext. 106 or email tharper@asymca.org if you have questions. All essays become the property of the Armed Services YMCA and will not be returned. Good luck!



STAND BEHIND MILITARY KIDS

Like their moms and dads, military kids serve proudly. They give so much—they say goodbye, write letters, step up at home, and give up one of their parents for months at a time. But all too often they don't get thanks for all they do. That's why, from today until Dec 31st, we are inviting as many people as possible to help build a wall of thanks for these kids. **With your help, we'll make sure that the military kids in our programs see this amazing display of support throughout 2011.**

To add your photo to the Stand Behind Military Kids campaign, here's what you need to do:

- Get the sign — Click here to download the sign (it's a PDF). Print out as many as you want.
- Take your photo — Fill in the blank on the sign and take your photo.
- Send us your photo — Email your photo to ThankMilitaryKids@MilitaryFamily.org. Include your name in the subject line how you'd like it to appear in the slideshow. ***Pictures will be added to the slideshow within 24 hours.***

You don't need to have a Flickr account to participate. But if you do have a Flickr account, you can join the "Stand Behind Military Kids" group at www.Flickr.com.

Photo Guidelines

The Stand Behind Military Kids "Wall of Thanks" is a way to have fun and show your support for the kids who don't often get recognition for their service. We encourage your creativity and recommend that you follow these guidelines:

- Photos should be in JPEG format (.jpg or .jpeg)
- Be sure your sign can be read clearly in the photos you submit.
- Do not post any photos that are obscene, violent, or defamatory; the National Military Family Association reserves the right to reject any photos submitted to the campaign.



580-917-7544 Cell

580-442-2398 Office

580-549-6108 Home

Psalms 51:17 The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.

The word contrite in Hebrew is 'dakah' which means one that is crushed to pieces. Paul wrote of being a 'living sacrifice' holy and acceptable to God. Being a living sacrifice means we often can walk off the altar. To be a continual living sacrifice we need to renew our minds day to day! Let your mind be renewed -- off the things which are worldly and onto those things which are Godly. When our minds are focused on those things above, on His holiness, His righteousness, His grace, and His mercy -- we realize that we can always be closer to Him! We understand what Isaiah meant when he said, "our righteousness is nothing but filthy rags before the Lord."

When God provided for Himself the perfect sacrifice, His Son, 2000 years ago -- His heart burst! His heart was cut through -- cut for you! God desires you to be a living sacrifice and a necessary ingredient is a heart that has been cut through by God's sharp knife. When you allow your heart to be continually cut through by God's Spirit, then your life will be a living sacrifice, holy and acceptable before Him!

Soldiers and family members it's wonderful what God can do with a broken heart, especially when we give Him all the pieces!

Walk with God, find a place of worship and read (listen) daily from his word. God's word is like a two edged sword which cuts the heart into and makes one ready for his/her work He has laid before you.

Worthy Ministries

& Chaplain Gibson



The Headhunters family welcomes a little one to the clan. PFC Smith's wife, Amanda gave birth to Aubrey on January 7th. She weighed 6lbs; 10 oz; 19.5 inch long and was delivered at St. Edwards Hospital, Ft. Smith AR. at 10:20 PM. The Headhunter family congratulates SFC Burns, SFC Costick and SSG Wallace for their induction into the Association of the St. Barbara. Mrs. McCollum and Mrs. Miller were inducted into the Order of Molly Pitcher. All were recognized at the St. Barbara Ball for their outstanding dedication and contributions to the Air Defense Community. Lastly the HHB, FRG will hold its next meeting on the 10th of February at the Recplex.



Patriot Spouses Club presents Hooked on You Valentine's Dinner

Tuesday, February 15, Patriot Club, 6:00 PM

reservations@fortsillpsc.org



1-56 ADA BN “Night Hides Not!”



Commander: LTC John Wanat
FRG Advisor/Leader: Michelle Niedert nichtj2000@yahoo.com

Acting CSM: MSG Diana Morris

The Family Readiness Group is the heart of a unit! Happy New Year again to all friends and families of 1-56 ADA!! January was a new beginning not only in terms of a calendar year but for the unit! January was all about renewing traditions as cadre members attended military formals and attended “open house” events.



The beginning of “payday activities” on the first Friday of each month affords the opportunity to dust off our Army Service Uniforms (ASUs) and increase individual and collective readiness through dedicated training! We began anew garrison traditions such as training students on conducting the in-ranks inspection. Our instructors continue to represent 6X in leading FCoE’s renewed focus on professionalism.

Congratulations to the 1-56 ADA St. Barbara’s day awardees:

Honorable Order of St. Barbara: CPT Bugado, CPT Tobert, SSG Henderson, and SFC Capps

Honorable Order of Molly Pitcher: Mrs. Bugado, Mrs. Tolbert



ADA CCC Spouses at the FCoE Growing Spouses Army Strong (GSAS) Seminar!

Growing Spouses Army Strong (GSAS) provides spouses with an in-depth program to develop their knowledge of Family Readiness Programs and being Commanders Spouses. GSAS uses a team-building approach and small-group settings to discuss military family readiness and challenges. The Commanders Spouse Battle Book has been transformed into a curriculum that specifically provides understanding of the importance of the leading spouse roles in supporting the Army's mission.



2-6 ADA BN- "Set the Standard"

Our Battalion has begun the New Year with focused on our Family Readiness Groups and ensuring that our leaders are all qualified and trained. We completed two days of FRG Training as a part of our four-day Leader's Planning Conference. We received terrific support from our Brigade FSRA and we appreciate all her efforts!

We also enjoyed the 6th Brigade Saint Barbara's Day Ball and supported it with record attendance from our Battalion. We celebrated our newest members of the Honorable Order of Saint Barbara and recognized Mrs. Pendon, Mrs. Whiteside, and Mrs. Brown with the Honorable Order of Molly Pitcher for all their support of our families.

We look forward to the next quarter in planning our Batteries' FRG events and we continue to be excited about what we will be able to accomplish. The major events that will occur over the next few months will be the hosting of the Lawton and Fort Sill Special Olympics in April followed by a Battalion Easter Egg Hunt.

We appreciate everyone's efforts!

LTC Brian W. Adams & CSM Robert D. Gooden



3-6 ADA BN- “Right Starts Here!”

This is the beginning of a great year for the “Bear the Standard” Battalion.

Going along with the Post Commander’s guidance, the Battalion participated in the Post-wide Pay Day Activities. During this time we got back to the basics, really showing the newer Soldiers some of the traditions that have gone to the way-side. This included Class A/ASU inspections, counseling sessions, and it culminated with a Battalion Formation for awards and promotions.

The Soldiers who were promoted at this formation were: CW3(P) **Curtis A. Miers** to CW4, SSG(P) **Kevin R. Nelson** to SFC and SSG(P) **Joshua A. Vance** to SFC. All of their families were able to attend this milestone in their careers.

Congratulations to **WO1 RiveraGonzalez** and **WO1 Vansant** for receiving the Meritorious Service Medal for their service in 6th Brigade as instructors before they became Warrant Officers. Also congratulation to **SPC Byron McClure** for receiving the Army Achievement Medal for his dedication and service while assigned to 3-6 ADA BN before PCSing to 31st Brigade.

The Battalion Command Team, **LTC Elizabeth Smith** and **CSM Thomas Eagan** started the year off with a Post-Holiday Reception at the Smith’s home. The event was filled with fun and camaraderie, the food was delicious, and most importantly the attendees had a fabulous time. We hope to see you and your families at the next event!

This month 6th ADA Brigade also hosted the Saint Barbara’s Ball at the Patriot Club. The event has over 400 people in attendance! The Soldiers were dressed in their Dress Uniforms and their dates were in Black-Tie and Ball Gowns. Everyone looked spectacular. Out of the 38 persons to receive the Honorable Order of Saint Barbara in the Brigade, 18 were from the “Bear the Standard” Battalion. Congratulations to the following people for being ‘tried and found worthy to be numbered as one of the trusty members in the brotherhood of Stonehurlers, Archers, Catapulters, Rocketeers, and Gunners.’

CPT Daniel Curtin
CPT Daniel Pluff
Mr. John (Jay) Rodgers
SFC Anthony Ackee
SFC Renaldo Armstrong
SFC Gabriel Rodriguez

SFC James Taylor
SFC Ernie Thornell
SFC Anthony Wiley
SSG Martinis Butler
SSG Mandrill Demps
SSG David Farris

SSG Jason Harvey
SSG Earlzenna Holback
SSG Christopher Holder
SSG James Jenkins
SSG Joshua Kolak
SSG Christopher Taylor

In addition, congratulations to **Mrs. Holly Thornell** and **Mrs. Angela Taylor** for being inducted into the Honorable Order of Molly Pitcher for their significant contributions to the Air Defense Artillery Community.



CW3 Strambler and SFC Carter experiencing “ that Air Defense Thing”



CSM Eagan and LTC Smith adding to the Grog Bowl



CPT Devonshire, Mr. Jay Rodgers and Mrs. Day Rodgers.



SFC Canchola, SSG Aldrich, and SSG Johansen



SFC Ackee receiving his Saint Barbara’s Award



CPT Pluff receiving his Saint Barbara’s Medal.

Sports!!

The Battalion Sports Teams are back in full swing and ready to help defend the 6th Brigade title of Post Commander’s Cup Champions. The HQ/A basketball team is 3-0 with the last game being a rout of Bravo 2-6 ADA BN by 20 points. MVPs were **SSG Samuel Duffey** with 22 points alone and **SSG Yancy “Big Hamp” Hampton** with 15 rebounds.

Dear 3-6 FRG members and supporters,

Hopefully everyone had a wonderful Christmas and please enjoy a prosperous New Year. A sincere welcome to Lisa Mc Chesney who has accepted the leadership of HQ/A Battery FRG and congratulations for a super Christmas party.

Bravo and Charlie battery's Christmas parties were wonderful and we know were appreciated by our soldiers and families and the food was great.

Our thanks go out to COL Stacey and Brigitte for attending all our 3-6 functions; it was so nice seeing them greeting our 3-6 troops and we know it was appreciated by all.

We will hold our monthly coffee on Feb 8th following the Sill Facts meeting at Sun's home; all are invited. Best to all, Sun and Maria



CO-OP Corner

Arvest Bank and 3-6 ADA BN are planning on participating in the annual Day of the Child festival on April 1st. It is an all day event that gets all of the Lawton school age children out to participate in different activities. 3-6 ADA BN will be providing a static display and a number of volunteers to prepare the hotdogs and hamburgers for the children.

We are planning a Monte Carlo night at the Lawton Country Club for the night of the 7th of May. More details to follow on the Monte Carlo night.

Newborn Cubs

- Haley Grace Pluff , daughter of **CPT Daniel Pluff**, Charlie Battery, was born on November 27. She was 7 lbs, 4 ozs and 21.5 inches long.
- James Terence Nelson, son of **SSG Harry Nelson**, Charlie Battery, was born on December 22nd. He was 6 lbs, 5 oz and 19 inches long.

RE-UP!

SFC Joshua Lewis reenlisted for the needs of the Army and went INDEF.

SSG Traven Washington reenlisted for the needs of the Army and went INDEF.

SPC Moises Rodriguez reenlisted for the needs of the Army for two additional years.

Future FRG Meetings

Bravo: February FRG Meeting is Thursday February.

Charlie: February FRG Meeting is canceled. The next meeting is March 10th.

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



The Holiday festivities are now officially over and it is back to the daily grind at B/3-6! The season ended with a bang thanks to 6th BDE's St. Barbara's Day Ball. Not only did everyone in attendance have a fabulous time but we had several of our soldiers inducted into the Honorable Order of Saint Barbara: CPT Curtin, SFC Ackee, SFC Armstrong, SSG Butler and SSG Holback. Congratulations to these fine soldiers and to all other Saint Barbara and Molly Pitcher inductees!

A thank you to Mrs. Mejia (Garrison Fitness Coordinator) and CPT Kieffer (Nutritionist) who presented at our January FRG Meeting. We learned about all the fitness opportunities Fort Sill has to offer as well as nutrition advice to make make 2011 our healthiest year yet! Our next FRG meeting is scheduled for Thursday, February 3rd 6 pm at the Resiliency Training Center. We will be taking a tour of the Center itself and learn about its exciting new programs.

Bravo Battery is excited to announce that Anna van Soolen has stepped up and volunteered to take on the role of FRG Leader beginning in March when Command changes out. She has a great deal of FRG experience and we know she is going to be an AMAZING leader! More to come on that next month!

We wish everyone a Happy February!
:)Tara Curtin
bravobulldogs36@gmail.com



The start of the new year was a very busy one for our Charlie Cobras. COL and Mrs. Stacey and LTC Smith and family opened up their homes , to celebrate a Brigade and a Battalion New Year reception. Both receptions had a great turn out and were a lot of fun, with great food, friends, and laughter. Charlie battery would like to thank both COL Stacey and LTC Smith for hosting these receptions, it was a great way to start the new year off right.

The Cobra FRG held its first FRG meeting of the new year at the Resiliency Training Center. Teresa Sherrill from Adventure Travel was our guest speaker. We learned about all of the wonderful opportunities that Adventure Travel has to offer. Tickets, tours, vacations and cruises are just the start of what they have to offer. If you get a chance you should stop by and see what they can do for you.

We would like to say Congratulations to CPT Pluff, SFC Rodriguez, SSG Holder, SSG Jenkins, SSG Taylor, SSG Demps, and SFC Taylor. All of these outstanding Charlie soldiers were inducted into the order of Saint Barbara. Great job and congratulations to you all. We would also like to congratulate Mrs. Angela Taylor, who received the Molly Pitcher Award for her dedication and service to the ADA and the United States Army. Also, SSG Aldrich, you did a great job as part of the Color Guard at the ball. You all truly represent what it means to be a Charlie Cobra.

We have a lot of plans for future fundraisers and events. A "Pie in the Face" fundraiser for Fri. Feb. 18th at 1 PM at the Battery is pending authorization. Plans are in the works for a Soldier and Family Bowling event at Twin oaks Bowling Center for April. Due to the new implementation of monthly pay day activities falling on the first Friday of every month, we will be moving our FRG Meetings from the first Thursday of every month to the second Thursday of every month. Our next FRG Meeting will be on March 10th at the RTC at 6:30 PM. We will be having a brief on all that the Resiliency Training Center has to offer. We look forward to seeing you at our future meetings and events.

"Strike Hard, Strike Fast"

Darlene Felicetti ☺

C 3-6 ADA FRG Leader

910-261-5691

Knowledge Management

Doing your part

A young little sparrow is lying on his back in the middle of the road. A horseman comes by, dismounts and asks the sparrow what he's doing lying upside down like that. "I heard the heavens are going to fall today," said the sparrow. "Oh," said the horseman, "and I suppose your spindly little legs can hold up the heavens." "One does what one can," said the sparrow. "One does what one can!"

The story above reminds us that, meaning. Would his little sparrow legs Who am I to say, but I can say this "He that if he braces himself on the earth that he was given, then he can do his legs should give out, he will know that This was an important story for me in know.

Several years ago I felt as if I could not was doing in many areas of life and and so or I wish I could do that or and here is what I realized, there are (And your) life everyday and say, "I wish your skills, talents, abilities... so I started in my life and afforded to me (As is a person can take is the journey inside whom and what you are.

Everything has a purpose, you have a your purpose and don't even know it! Once you are attuned into "YOUR" purpose... Not for what anyone else wants, but for what you want... Door will open like you have never seen before.

Now I ask you, are your mind, body and soul strong enough to help you through? YES! And can we get better? YES!

Have you ever achieved anything in the past? YES! (It counts!)

And can we encourage and strengthen another? YES!

YOU ARE THE LAST SPARROW... AND the HEAVENS are falling, SO HOLD ON... AND DO WHAT YOU CAN. JUST DO WHAT YOU CAN... YOU DO HAVE WHAT IT TAKES!

Have a super day,

James

THE LONGEST JOURNEY OF ANY PERSON IS THE JOURNEY INWARD.

YOU DON'T PAY THE PRICE FOR SUCCESS. YOU ENJOY THE PRICE OF SUCCESS.

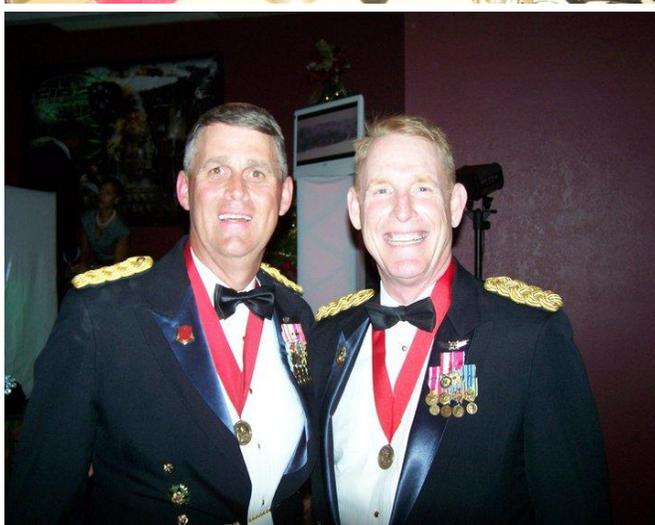
IT'S NOT ONLY THE MOST DIFFICULT THING TO KNOW ONE'S SELF, BUT THE MOST INCONVENIENT.

everything has a purpose and be enough to hold up the heavens? believes with all his heart and soul and uses the talents, skills and abilities part and what is expected. And if his he had done his best with no regrets. many ways and I'll share one with you

measure up to what everyone else found myself saying "I wish I was so looked like that or talked like that..." people everywhere that look at my I were you, I wish I could do that, had to take inventory of what was already you). One of the hardest journeys that of yourself and really taking a look at

purpose. Are may be running from

Saint Barbara's Ball Photos





New Year's Reception



January Coffee