



GUNFIGHTER GAZETTE

1st Battalion, 1st Aviation Regiment Family Readiness Group Newsletter

APRIL 2004



1-1 FRG Leadership

BN FRG Leader

Laura Moore

09819-722-283 (Home)

09802-832-808 (Work)

0160-9835-1530 (Mobile)

davidandlauramoore@t-online.de

BN FRG Advisor

Diane Alpeter

09872-805-385

alpeter@t-online.de

BN FRG Advisor

Heidi Lumley

09872-805574

lumleyh@hotmail.com

BN FRG Newsletter

Frannie Schneider

09875-978-402 (Home)

09802-832-064/883 (Work)

frannie.schneider@us.army.mil

BN FRG Treasurer

Kerri Burton

09802-833-213

kerri_burton@eu.odedodea.edu

HHC FRG Leader/BN Advisor

Laura Rouse

09802-953851

lauchreth@hotmail.com

A Co. FRG Leader

Julie Broam

09825-927-055

Jrbroam@aol.com

B Co. FRG Leader

LaSandra Wise

09827-928-749

Lasandra.wise@hotmail.com

C Co. FRG Leader

Heather Scott

09875-978-649

heather.d.scott@us.army.mil

D Co. FRG Leader

Alison Thompson

09875-978-439

edlasalle@hotmail.com

A Message From Gun 6

Gunfighters and Families,

The Gunfighters have the controls. We successfully conducted a thorough relief-in-place (RIP) with 4th ID's attack helicopter battalion, 1-4 Aviation, at FOB Speicher (A Co., B Co., D Co., and HHC) and FOB Anaconda (C Co., D Co., and HHC) and are well into the mission at hand.

Our success started with the highly effective training and preparation we did at Camp Udairi, Kuwait. We gained confidence in our skills, our equipment, and our team. And it paid off in our ground and air approach north into Iraq. All members of the ground convoy performed spectacularly on the demanding three-day journey, where at times our soldiers were fueled only by their courage and resolve. Equally impressive were the aircraft and crews that all left Udairi and made the five-hour flight with minimal complications. And when the enemy interfered with our mission, we reacted superbly, assisting each other with maintenance, medical care, leadership, and firepower.

Upon arrival at our bases in Speicher and Anaconda, we went straight to work learning from our counterparts in 1-4 AVN. We signed for the equipment they were leaving behind (computers, a/c units, tents, etc.) and helped them prepare for their departure south to Kuwait. The RIP was complete with the Transfer of Authority Ceremony on March 13, 2004, where we uncased our battalion colors to fly over the Republic of Iraq.

Since then, we have conducted countless day and night missions for the Division, the ground maneuver brigades, our 4th Brigade, and our battalion. The critical tasks have included aerial reconnaissance of roads, villages, and countrysides. We've looked for explosive devices, ambushes, suspicious activities, and enemy forces. We've also participated in raids with infantry units to find specific enemy personnel, weapons, ammunition, or material to make bombs. And we've provided security for ground convoys, UH-60 flights, and distinguished VIPs (such as the Acting Secretary of the Army). Of course, these missions could not have been performed without the outstanding maintenance of our aircraft, vehicles, and equipment, done to the highest of Gunfighter standards.

Our assembly areas are improving daily—with the help of hard-working,

"A Message from Gun 6" is continued on page 3.

Rear-Detachment Numbers

Staff Duty Office (24 hours)

09802-832-815

Commander

CPT Josh Burton

09802-832-815/783/545 (Work)

09802-833-213 (Home)

0171-337-4147 (Cell)

josh.burton@cmtymail.98asg.army.mil

NCOIC

SFC Ernest Blakemore

Ernest.blakemore@cmtymail.98asg

army.mil

Family Readiness Liaison

SGT Ronald Harding

09802-832-815 (Work)

0175-662-7398 (Cell)

Ronald.harding@cmtymail.98asg.army.mil

Chaplain

CH (CPT) Frantisak Halka

09802-832-785

1-1 Web Site

<http://www.1-1avnbn.ansbach.army.mil/default.htm>

In Loving Memory of Alannah Lynn Harper

October 2, 1999 — March 28, 2004

"Mommy, I am going to have that Miss Universe Crown someday," said Alannah Lynn Harper to her mother, Stacie, during the recent televised pageant. Winner of twelve trophies, a medal, and everyone's heart, Alannah died Sunday, March 28, 2004, due to illness.

"There was nothing that would upset that child," said her father, PFC Thomas Harper. "There is nothing negative you could say about her. She never met a stranger, and she always had a smile on her face."

Alannah, her parents, and her brothers, Dylan and Dominic, have been living in Katterbach for less than a year. Her father is an ammunition specialist with HHC, 1-1 AVN REGT in Iraq.

"She really liked the snow and the castles here in Germany," said her father. "Whenever you asked her what she wanted to eat she said chicken nuggets. But then, if you said, 'Do you want pizza?' every time after that, she wanted pizza to eat."

"She wanted to see the Cinderella castle while we were here, but we never got the chance," said her mother.

However, Alannah did shine as a princess in her parents' and grandparents' eyes. Born in Grapevine, Texas, on October 2, 1999, Alannah dazzled local and state officials by the age of three with her beauty and personality. She placed in the Sunburst Beauty Pageant Local in Houston. She received top honors in the following categories: best eyes, best hair, and best smile; she was the second runner-up overall in beauty. Alannah advanced to the State Sunburst Pageant in Houston where she received the following awards: most photo-

genic, best photo composite, best portfolio, first runner-up in Western wear, and second runner-up in beauty overall. She was very excited about competing in the International Sunburst Pageant in Atlanta.

"[She would say] Nanny, I want to compete in another pageant this summer when I come home to visit," said Pat Marshall, Stacie's mother and Alannah's grandmother, who lives in Texas.

"My daughter has two personalities," said Stacie. "She loved to plant in her Nanny's garden and play with the chickens, the ducks, and the pigs. And she loved to dress-up and be a princess." Horses, dogs, and lately giraffes have been on Alannah's list of favorite animals.

"She loved to draw, roller skate, and swim," said Pat. "She loved swimming. Before she moved, we were just teaching her to water ski."

"Alannah also loved being a big sister and loved playing mommy," Stacie said. Alannah is remembered by her family as forever loving and forever happy.



Alannah Lynn Harper

Alannah Lynn Harper Memorial Fund

1-1 AVN REGT and the FRG have set up a memorial fund in memory of Alannah Harper. If you would like to make a contribution in Alannah's memory, please make checks payable to the *Alannah Harper Memorial Fund*. Donations can be brought to CPT Josh Burton at 1-1 AVN headquarters or Frannie Schneider at Army Community Service. Please mail donations to CPT Josh Burton, CMR 454 Box 2954, APO AE 09250.

Notes from the Front: Company Updates

Viking Update

Contributed by CPT Scott Thompson, Viking 6

Delta Company has neared the end of its first month in Iraq. The company continues to run split-based operations. Thirteen soldiers are actively supporting Charlie Company at Camp Anaconda in Balad, while the bulk of the company continues to support the remainder of the battalion at Camp Spiecher.

Living conditions are much better than originally planned prior to deployment. Building materials are plentiful at both locations and are getting a great deal of use. Plywood castles are sprouting around the single hangar allowing the different sections to spread out and

have their own areas for work and relaxation. A new gym opened a week ago and is helping to melt the pounds the dining facility is adding to the company.

Internet and phone access is readily available to those stationed at Camp Spiecher. An MWR café has been acquired by Charlie Company and should be up and running within the next couple of weeks allowing the soldiers in Balad to easily make contact with their family and friends elsewhere. While the lengthy deployment isn't easy for anyone, the continually improving living conditions make it more tolerable at both bases.

A Message from Gun 6

Continued from page 1.

innovative soldiers, host-nation civilians, and Kellogg, Brown, and Root (the Army's major contractor). Our area is becoming more functional, safe, and clean. We continue to enjoy great food, Internet and phone service, showers, latrines, electricity, laundry service, air-conditioned quarters, and a recently added MWR trailer with weights, large-screen TV, and reading and movie rooms. And the best part is that all these facilities are within a very short walk from our assembly and work areas.

Needless to say, I'm very please with the battalion's accomplishments to date. But before I close from Iraq, I'd like to thank the hard-working soldiers of Task Force Gunfighters, the truly professional members of the FRG, and the highly supportive families of the Gunfighter battalion. We continue to perform our mission in Iraq because of the selfless foundation you provide us in Germany and the States. Whether the days carry happiness or challenges or sorrow, we know we can count on each other. What a great feeling!

Finally, the deepest sympathy of our entire battalion goes out to Thomas, Stacie, Dylan, and Dominic Harper for the passing of their daughter and sister, Alannah. We will miss her dearly, but we can all look forward to seeing her again someday, in heaven...

Sincerely,



LTC David R. Moore
Commander, 1-1 AVN Regiment, 4th BDE, 1ID

Taz Devil Update

Contributed by CPT John Broam, Taz 6

Hello from Camp Speicher, Iraq. We have been here just about a month. After landing, we began our integration almost immediately. Our convoy came under fire on the way here, but we made sure those insurgents won't bother us anymore. Our soldiers' training and toughness paid off. I was sure glad to see that.

We have been performing raids, convoy security, reconnaissance, and local security since we took over the mission from 1-4 AVN. They made sure we got a good hand off. We have flown more than 400 hours in the past month in support of OIF 2 (we flew 1750 hours all of last year). The crew chiefs are working very hard to keep our war machines going. We haven't missed a mission yet, and they take pride in that. Our pilots have been flying long hours but enjoy supporting the ground units. It is our duty and pleasure to assist the infantry and ground units in any manner possible. We will continue this support whenever called upon.

We are constantly improving our living conditions and work areas. These guys are some building fools. I will let them tell you about the weather, living conditions, etc. We are safe, and despite numerous rocket and mortar attacks, we are doing well. Don't worry; we will find the enemy. Just the other night we assisted in a raid that captured many of the insurgents that have been

conducting attacks on our FOB. Just remember that we miss all of you very much and can't wait to get home when the mission is accomplished.

We would like to welcome **1LT Michael Ferlazzo** and his fiancée **Carrie Powers** to the company. He comes to us from HHC and has been waiting patiently to get into an aircraft. We are glad to have them both. Wasn't it just last month in Udairi that we made **SPC Bill Arnold** a corporal? And now we would like to congratulate him on his promotion to sergeant. He will be promoted on his birthday, March 31. He is ready to head to alterations already to get his uniforms sewn with his new rank.

The Taz Devil family would like to wish a very happy birthday to **SFC Larry Hood** on April 1, **CW2 Eric Whitehead** on April 3, **SSG Alberto Estrella** on April 8, **SPC Noe Lucio** on April 9, **Michael Knigge** on April 10, **PFC Angelica Perales** on April 10, **CW2 Daryl Hosler** on April 21, and I (**CPT John Broam**) turn an old thirty-four on April 21. We would also like to wish a very happy anniversary to **CW2 Graham and Stephanie Ward** on April 5, **SGT Angelo and Laura King** on April 12, and **CW3 Ron and Mison Thompson** on April 26. The Taz family



"Taz Devil Update" is continued on page 4.

A Message from Gun 7



"This, ladies and gentlemen, is the new Big Red One standard."

—CSM James Martin

Taz Devil Update

Continued from page 3.

would like to announce the birth of a new little Taz: **SGT Angelo and Laura King** became the proud parents of a ten-pound boy named **Lamar** on March 15. We would all like to congratulate them on the newest addition to their family.

I would like to thank all of you for your continued support of the Taz Devils. With your support, we can truly accomplish anything. We will begin posting pictures on our company web site (www.angelfire.com/hero/apache) and the battalion web site, so look for your favorite Taz Devil soon. Please take advantage of the video teleconference capability in Katterbach to allow you to see and speak to your loved one. Ask 1-1 AVN rear detachment for details. Please keep Julie informed and let us know if you need anything. Duty First!

Wolfpack Update

Contributed by CPT Malcolm Wise, Wolf 6

Hello to all the Wolfpack members back home keeping the den warm. The Wolfpack has been quite busy since our last newsletter. Having finished our equipment preparation and training at Camp Udairi, Kuwait, the Wolfpack flew our helicopters and drove our trucks up to our new home at FOB Speicher. We were warmly greeted by the Sidewinders of C/1-4 AVN and given the nickel, dime, and quarter tour of the base and local flying area. After waving goodbye and patting the Sidewinders on the back for a mission well done, the Wolfpack set about establishing our own paw prints on the camp.

We are now flying every day/night—often more than twice daily. The Wolfpack is out on the hunt, taking care of business. And of course, if we are flying, the maintainers are maintaining. In the little time off between work and sleep, most get a chance to send an e-mail or make a phone call home. We always appreciate mail call; letters from home are great, bills not so much, but the packages are the best.

We've included a few photos on the side, so you can get an idea of what our life is like downrange.

We love you, we miss you, and we will stay safe.



B Co. soldiers attend the transfer of authority ceremony.



B Co. soldiers are hard at working building a maintenance "saloon."

Ghostrider Update

Contributed by CPT Lee Fennema, Ghost 6

Greetings from LSA Anaconda, Iraq! The entire Ghostrider team arrived here safely and on time. We traveled by three different modes of transportation: Apaches, Air Force C-130 transport planes, and ground vehicles. Each soldier has his or her own interesting story about the journey. Be sure to ask him or her.

LSA Anaconda certainly has some communication challenges. I can tell you that they are improving daily though. There is free MWR Internet access on the other side of post (about a twenty-minute drive). Currently, they do not have an Internet café with unlimited usage (although one is in the works). There are AT&T phones also located on the other side, and we have the battalion Iridium satellite phone. We are also receiving snail mail. Please use the address listed on page 10 of the newsletter for writing your Ghostrider soldier in Balad.

"Ghostriders" is continued on page 5.

Hammer Update

Contributed by CPT Levi Dunton, Hammer 6



We made it! In spite of the miles on the rigs, the varying degrees of hospitality offered by the locals, and the punishing movement schedule, we made it all the way from Kuwait to north-central Iraq in time to send our Texan precursors home and plant our unit colors in the sand.

Unfortunately, our happiness over our successful deployment and assumption of the mission here in Iraq is subdued in the face of the Harper family's loss. It is with a sad heart that I convey condolences from every member of the Hammers to the family of Alannah Harper. Thomas was able to return from Iraq to join Alannah and his family before she passed away on March 28 and will

remain with Stacie, Dylan, and Dominic in Katterbach. We all join the Harper family in mourning her loss and hold Alannah in our thoughts and prayers.

We'd like to express our gratitude for the outpouring of support from Laura Moore, Laura Rouse, and all the families in the Katterbach community and to everyone who came together and put themselves in harm's way to get Thomas back to Germany on short notice. In the face of such profound loss, it's good to see everyone come together. May the Lord bless Alannah and keep her; may His face shine upon her.

In light of Alannah's passing, events here in Iraq seem minor in comparison. But I'd be remiss if I didn't address some of the good things that our soldiers have accomplished since leaving Kuwait.

I couldn't be more proud of how the Hammers performed on the thunder run from Udairi, Kuwait, through Baghdad to Points North, Iraq. Despite the chaos that comes

with trying to move alongside 10,000 of their best friends in uniform, your soldiers braved rough roads, mind-numbing fatigue, a few misguided individuals who have the rest of eternity to contemplate the consequences of hassling us as we moved through Baghdad, and the challenge of controlling and maintaining more than forty vehicles through five hundred miles of wasteland and contested terrain.

If I wrote down all of the individual acts of selfless service and quiet bravery that I personally witnessed during that [journey north], I could fill a book.

It's no exaggeration to tell you that I have been blessed to work with heroes. If I wrote down all of the individual acts of selfless service and quiet bravery that I personally witnessed during that trip, I could fill a book. Perhaps I

will someday. Until then, know that your spouses and loved ones have what it takes and more to get the job done and bring each other home safely.

The great thing is, the Hammers didn't quit once they rolled into the gates here at FOB Speicher. Tired, dusty, and road-weary, they took a deep breath, rolled up their sleeves, and haven't stopped improving our assembly area to make it secure. Our soldiers ensure the Apaches keep flying and shooting, the vehicles rolling, the supplies coming in, and that those little comforts are secured to make life tolerable while away from those we love.

Groundhog Day isn't here yet—there are still too many chores to do to make this place more than transient housing for a unit who thought they were only going to be here eight weeks before the hot season sets in. Though a few diehards recognize that there are

Continued on page 6.

Ghostriders

Continued from page 4.

We are currently busy constructing our new living area—Ghostbach. Thanks to your soldiers' keen engineering and ingenuity, it is proving to be quite the establishment. We are fortunate to be one of the first units to arrive here in Anaconda for the hand-over. A lot of units are leaving us some quality equipment. There is no lack of air conditioners, generators, freezers, and tents.

When we are not busy improving our living conditions, we are fixing and flying our six airplanes. I can tell you that flying here is quite a bit different than burning holes in the sky over the Bavarian countryside. Each Ghostrider is well aware of the relevance and important protection our Apaches provide the guys on the ground.

Please wish the following Ghostriders a happy birthday when you see them: **Kevin Christianson** on April 2, **SPC Alix Cassagnol** on April 7, **CW2 Aaron Mitchell** on April 14, **Lateasa Perry** on April 18, **PFC Jeremy Loomis** on April 23, **CW2 Mark McKee** on April 23, **Andrea Harmison** on April 24, and **SGT John Sellers** on April 25. We also wish **Brent and Vanessa Cole** a very happy anniversary on April 25. Last but certainly not least, we have two Ghostriders getting promoted: **CW3 Bob Fullerton** was promoted to CW4 on April 1, and **PFC Downy** (formerly Hines) achieved the rank of specialist on April 1.

I sincerely hope you are all doing well. The deployed members of this team truly appreciate the cooperation, communication and togetherness you ladies are putting forth. Without your positive sentiments and thoughts, our difficult missions would be that much harder. You ladies are fantastic.

Until next time, best wishes from Charlie Company.

Hammer Update

Continued from page 5.

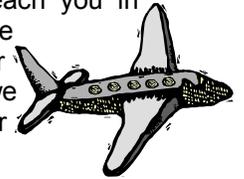
still ways that we could make this place better and the candor to remind us regularly, we're living pretty well, all things considered. We have air conditioning (never quite enough, but some is better than none!), excellent chow, daily mail delivery, Internet access, telephones, and laundry service right next door. Even more importantly, we're in a location more secure than most other installations in country, and the vast majority of the locals do really like us here because they can see their lives and their children's futures improving in spite of the pathetic efforts of a few bad apples who actually think they had it better under Saddam's tyranny.

No, it's not all roses and victory parades. In fact, there's plenty of hard work with enough suck factor to go around for everybody to get a taste. But it's getting a little better every day, and we're achieving enough lasting good to make this all mean something. Now 1SG Dawson and I just need to figure out how to communicate this to the blokes in the trenches when the sun is beating down and workload is piling up. There's also enough low-key excitement in the form of convoys and air missions to keep us sharp and break up the potential monotony of Groundhog Day.

That's the latest. We send our love, hope, faith in the future and the ultimate goodness of humankind, and prayers for those who have lost something dear. More than you know, you rule.

TF Gunfighter Update

Please keep Task Force Gunfighter and your FRG leader informed with a good phone number if you'll be away from home for more than twenty-four hours. It is imperative that we are able to reach you in case of an emergency. Again, we are not trying to infringe upon your privacy; however, it is crucial that we are able to reach you in a timely matter with essential information.

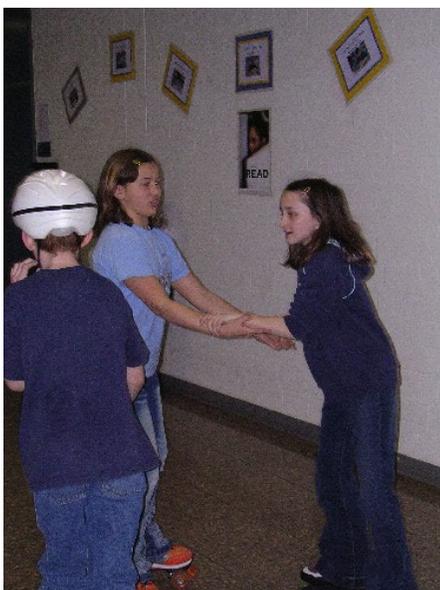


Kids in the Community

Do you need activities to occupy your little ones?

- ◆ ACS offers play mornings every other Monday for newborns through three-year olds. Moms can chat while the kids make new friends. Dates for upcoming play mornings are April 5 and 9 and May 3 and 17. Call Shelley Bourke at 09802-832-516 for more information.
- ◆ Preschool creative drama will be held at the Terrace Playhouse the following Fridays from 1000-1100: On April 16, we'll become pirates and search for buried treasures; on April 23, we'll see what grows in our imaginary gardens; and on April 30 we'll go sailing and fishing! Call 0981-183-636 for more information.
- ◆ The Bleidorn Library holds preschool story hour every Wednesday from 1100-1200. Call 0981-183-740 for more information.

Photos from 1-1 AVN Family Skate Night



Above: Kelsey Alpeter and Bre Anna Fisk lend each other a helping hand as they roll through Skate Night.



On March 13, 1-1 AVN family members and friends gathered at the Ansbach Middle/High School cafeteria for a night of food and fun—and skating.

Top Left: Ethan Rouse and Lillian Laumbach hold tight to Laura Moore as they make their way around the skating "rink." **Bottom Left:** Jack Thompson runs next to a skating Christian Rouse. **Above:** Dylan Harper is still smiling even after taking a tumble.

Gunfighter Happenings on the Home Front

Don't Forget!

What: 1-1 AVN Volksmarch

Who: 1-1 Spouses and Kids

When: April 24 from 0845-1400

Where: Meet at the Katterbach Gym at 0845 to follow the bus.



Congratulations!

Congratulations are in order for **Diane Alpeter** and **Heidi Lumley**, who were named the February 2004 235th BSB Volunteers of the Month. Diane and Heidi were nominated by the 1-1 AVN Family Readiness Group for their leadership in the Operation Valentine's Day mission and for their continual dedication and commitment to the FRG. Thank you for all that you do!

Company FRG Updates

HHC: The HHC FRG will hold a Stammtisch (standing reservation) every other Friday at Enzo's, an Italian restaurant near Barton Barracks; it has great food, cappuccinos, and is kid-friendly. The Stammtisch is an informal way for HHC family members to get together at the end of a hectic week. If you are interested, please call Daggi Sather at 09873-948-536 or e-mail daggi_1969@hotmail.com. Mark your calendar for the next Stammtisch, which will be held 15 April.

I would also like to thank the following individuals for their generous support during the tragedy that struck the Harper family:

- Laura Moore for her countless hours at Stacie and Alannah's side and all of your support to the Harper extended family. Thank you for taking care of things at the hospital and with the unit. The list of what you have done is never-ending.
- Michelle Jackson for being there non-stop as Stacie's personal friend. Thank you for keeping her boys and for your endless support.
- Angela McCormick for the many phone calls, taking care of Stacie's two boys, and your endless support for Stacie at home and at the hospital.
- CPT Josh Burton, SGT Ron Harding, and the rest of the Task Force Gunfighters who put in endless hours. You were there and made things happen the best you could. You're a great team!
- Brandy Panter, Maria Martinez, and Tina Myers for your generous offers of support to the Harper family and for meals provided.

I am very proud to be a part of this unit and company. Thank you to all of the spouses for making my job easier.

—Contributed by *Laura Rouse, HHC FRG Leader*

Alpha Company: A special thank you to all who baked for the Skate Night fundraiser and for the crowd of adults and children who joined us for a good time. We especially appreciate the rear detachment for joining us—even if they didn't venture on skates!

A Co. would also like to thank CPT Tresa Van

Heusen for speaking to our ladies concerning casualty notification and assistance. It is a difficult topic to discuss, but she handled the discussion as a true professional and helped us become more informed.

Our next coffee will be held April 23 at 1830 at the home of Doris Hood. As always, please join us for a good time!

Please welcome our newest Taz Devil! The King family has added a baby boy! He weighed just over ten pounds and was born on March 15. Congratulations!

—Contributed by *Julie Broam, A Co. FRG Leader*

Bravo Company: Thank you so much letting your FRG leadership know the weekly e-mails are appreciated. Thank you to Dena St. Peters for hosting the sugar scrub and lotion party for company spouses. Also, thank you to Kathy Holtz, Daisy Landers, and Yarametha Francisco for watching the kids. Your time was well-spent. Mark your calendars now for a special Bravo Company FRG event from April 19-23. More information will follow!

—Contributed by *LaSandra Wise, B Co. FRG Leader*



B Co. spouses (from left to right) Paula Moseley, Kristin Laumbach, and Elizabeth Whitmer make sugar scrubs at a company FRG event March 18 at the Yellow Ribbon Room.

Charlie Company: Thank you to Christy Mitchell and Brittany Sellers for hosting Charlie Company's previous two coffees. The April coffee will be held Friday, April 30, at Mindy Richard's home. The coffee will begin at 1830. Directions and more details will be distributed closer to the date. Please call me with any questions that you might have.

—Contributed by *Heather Scott, C Co. FRG Leader*

Around the Community

Are you looking for ways to fill your time now that your spouse is deployed? The good news is that there's a lot going on within the Ansbach community. Besides the activities that will be sponsored by the FRG throughout the deployment, the 235th BSB is increasing the number of programs available for spouses and family members. In each newsletter, we'll highlight just a few of the community activities targeted toward family members. For more information on any of the programs listed here, contact Heidi Lumley or your company FRG leader.



The **Easter bunny** is coming to Katterbach! He will be hopping his way through the Katterbach and Katterbach leased housing areas on Saturday, April 10, beginning at 1000. From there, he will hip-hop over to the Shoppette for visits and pictures (with parents taking their own photos). The event will run until 1200. For more information, please call 09802-832-395.

Free movies sponsored by the Terrace Playhouse will continue in April. However, due to construction at the Playhouse, movies will be shown at the Ansbach Elementary School Cafeteria. Showings for this month include: *Beyond Border* on Friday, April 9 at 1900; *Matchstick Men* on Sunday, April 11 at 1500; *Matrix Revolutions* on Friday, April 16 at 1900; *The Cat in the Hat* on Sunday, April 18 at 1500; *Gothicka* on Friday, April 23 at 1900; *Paycheck* on Sunday, April 25 at 1500; *Texas Chainsaw Massacre* on Friday, April 30 at 1900; and *Something's Gotta Give* on Sunday, May 2 at 1900. For more information, please call the Terrace Playhouse at 0981-183-636.



April's **One Day Wonder** event will be a trip to the Klaushof Animal Park in Bad Kissingen. The event is scheduled for April 7 from 0900-1400. Interested participants must call ahead to make reservations. Contact Outdoor Recreation at 09802-833-225 to register. This event is free of charge.

Katterbach Army Community Service's Deployment Readiness program is offering **Family Readiness Group Leader/Family Readiness Liaison Certification Training** from April 13-15 from 0900-1400 daily. This training arms current and future FRG leaders, rear-detachment personnel, and family readiness liaisons with everything they need to know to be effective leaders in our community. If you are interested in attending this training, please contact Amy Pealer at ACS at 09802-832-370/883.



The Exceptional Family Member Program (EFMP) and the New Parent Education and Support Program (NPESP) will be offering a sign language class once again. **Beginning Sign Language** will run April 15 through May 20 every Thursday from 1500-1600 at ACS. Finger spelling, conversational phrases, and vocabulary will be covered. Contact the NPESP office at 09802-832-516 for more information.

What are you doing with your summer? High school students between the ages of fourteen and twenty-three years old can apply for the USAREUR **summer hire** program. For more information on the program, log on to the CHRMA website (www.chrma.hqusareur.army.mil) and click on the "Summer Hire" link. Youth Services is also offering classes on preparing for the Summer Hire program. Classes include career interest, résumé writing, proper grooming and attire for interviews, interview skills and interpersonal skills, and the importance of punctuality. Classes will be held April 19 from 1730-1830 and April 20-23 from 1700-1800 at the Katterbach MS/Teen Center. Contact Russell Jackson at 09802-832-395 for more information.



The next **Townhall Meeting** is scheduled for Tuesday, April 13, at 1800 in the Ansbach High School Cafeteria. All community members are invited to attend, and the meeting is mandatory for building and area coordinators. Please call Katterbach AST with any questions at 09802-832-266/267.

Attention housing occupants! We will pick up your **bulk items** the last week of every month. Please do not put bulk items out until this time. Call Katterbach AST with any questions at 09802-832-266/267.



Join the **Terrace Playhouse** for their production of *Noises Off*. The production will run April 30, May 1, 7, and 8 at 1900 and May 2 and 9 at 1400. Call the Terrace Playhouse at 0981-183-636 to reserve your seat today.

Soldier's Lake will begin holding its monthly **fishing event** this month. The event will be held the first Saturday of every month from 0600-1200 every month from April through October. Soldier's Lake will also host a **Sunday brunch** the third Sunday of every month from 0930-1330. This month's brunch is scheduled for April 18. Call 09802-1635 for more information on both programs.



Letters from 1-1 Kids

In each newsletter, we invite kids to write letters to their deployed parent to be published in the newsletter. If you would like to include a letter to a deployed parents in the May newsletter, please send it to Frannie Schneider at frannie.schneider@us.army.mil or CMR 454 Box 3542, APO AE 09250.

To SPC Leo Cleversley

Dear Leo,
I miss you a lot. How are you doing over in Iraq? Good, I hope. Mom got Justin and me a BB gun at a small swap meet. My grades went down, but not all of them. . . I am sorry, I did not think that they would go down. I'm going to change the subject now. At SAS, we are doing adopt-a-soldier, and we can send things to everyone in Iraq, like chess and other kinds of board games or balls or even toys. Oh yeah, we can also send drinks and food. Well, I'll send another letter



to you some other time. Bye now! Love,
—Mikey Roston, Age 10

Dear Dad,
How are you? If you're doing good that's great because I love you and I don't want anything to ever happen to you. . . Are you sad because I am not there with you? If so it is okay because you have lots of friends with you. Well I love you and miss you.

—Justin Cleversley, Age 10

Dear Dad,
How are you? I am good. I can read books. I can do my best reading. I like to read books. I like the zoo. I play bingo at school with Mikey. I love you. Mom says hi and she loves you.

—Clay Cleversley, Age 06

What to Expect: The 5 Stages of Deployment



Stage 3: Sustainment in Kids

The response of children to the extended deployment of a parent is very individualized and also depends on their developmental age: infants, toddlers, preschool, school age, and teenagers. It is reasonable to assume that a sudden negative change in a child's behavior or mood is a predictable response to the stress of having a deployed parent. In this issue of the newsletter, we'll explore negative changes in children and ways for you to cope with these changes.

Infants (less than one year) must be held and actively nurtured in order to thrive. If a primary caregiver becomes significantly depressed, then the infant will be at risk for apathy, refusal to eat, and even weight loss. Early intervention becomes critical to prevent undue harm or neglect. Pediatricians can perform serial exams to ensure growth continues as expected on height/weight charts. Army Community Service and Social Work Services can assist with parenting skills and eliciting family or community

support. Lastly, the primary caregiver may also benefit from individual counseling.

Toddlers (one to three years) will generally take their cue from the primary caregiver. One issue is whether it is the mother or father who is the soldier leaving—especially when children are very young. If the non-deployed parent is coping well, the toddler will tend to do well. The converse is also true. If the primary caregiver is not coping well, then toddlers may become sullen, tearful, throw tantrums, or develop sleep disturbance. They will usually respond to increased attention, hugs, and holding hands. The non-deployed parent may also benefit from sharing their day-to-day experiences with other parents facing similar challenges. In particular, it is important for the primary caregiver to balance the demands for caring for children alone with their own needs for time for themselves.

Preschoolers (three to six years) may regress in their skills (difficulty potty training, baby talk, thumb-sucking, refusal to sleep alone) and may seem more "clingy." They may be irritable, depressed, aggressive, prone to somatic complaints, and

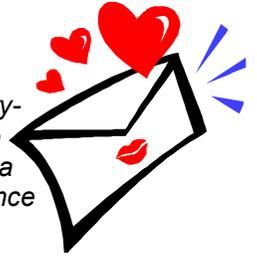
have fears about parents or others leaving. Caregivers will need to reassure them with extra attention and physical closeness (hugs, holding hands). In addition, it is important to avoid changing family routines such as sleeping in their own bed, unless they are very scared. Answers to questions about the deployment should be brief and matter-of-fact. This will help to contain any free-floating anxiety of an overactive imagination.

School-age children (six to twelve years) may whine, complain, become aggressive, or otherwise "act out" their feelings. They may focus on the soldier-parent missing a key event; for example, common questions may be along the lines of "Will the soldier be here for my birthday?" Depressive symptoms may include sleep disturbance and loss of interest in school, eating, or even playing with friends. They will need to talk about their feelings and will need more physical attention than usual. Expectations regarding school performance may need to be a little lower but keeping routines as close to normal is best for them.

"Stages of Deployment" is continued on page 9.

Bridging the Miles

In this month's "Bridging the Miles," we're focusing on ways to say "I love you" from afar. As everyone establishes a routine and gets into a groove for the deployment, it's important to remember to send reminders to our spouses that we're still thinking of them and missing them. Here are a few ideas to help you do that, compliments of the National Institute for Building Long Distance Relationships.



15 Ways to Say "I Love You"

- ♥ Write a complimentary relationship report card about your loved one and send it to him or her.
- ♥ Circle the spot on your letter that you kissed. If you used lipstick, than you don't have to circle it.
- ♥ Create a certificate informing your soldier that he or she has been inducted into your hall of fame.
- ♥ Buy a copy of *Time's* Person of the Year issue. Paste a picture of your soldier on the cover, and write an article why your soldier is the person of the year.
- ♥ Get a temporary tattoo that says "I love . . ." Take a picture of it and send it to him or her.
- ♥ Celebrate less recognized holidays, like "our first kiss" or "our engagement day." Send your soldier a card to mark the occasion.
- ♥ Write a letter as if you were stranded on a desert island. Place the message in a plastic bottle and send it down-range.
- ♥ Carve both of your initials in a piece of wood and send it to your spouse.
- ♥ Make stationary that has a watermark of a photo of you. Many word-processing programs have this option.
- ♥ Send a postcard expressing your love everyday for a week straight.
- ♥ Send a Mylar balloon with a love message written from you on the outside. Your loved one would have to blow up the balloon to read the message.
- ♥ Fill an envelope with rose petals and send it to your soldier.
- ♥ Make an extra large greeting card and fill it with your feelings for him.
- ♥ Send certificates of achievements, even for little things.
- ♥ Take a picture of any of the following ways to say "I love you. . ." and send it to your partner: carved in chocolate, with icing on cookies, spelled with flowers, spelled with Jell-O, spelled with alphabet cereal, written in the frost on your car window, spelled with rocks, written with lipstick on the bathroom mirror, spelled with French fries, written with chalk on your sidewalk, or spelled with whipped cream.

Wall of Heroes

A "Wall of Heroes" board has been posted in the Katterbach Commissary. If you would like to contribute a photo of your deployed soldier, simply bring the snapshot along with a tack. Help us support all of our 1-1 AVN soldiers!

Calling Back from Iraq

Wondering why you're hearing from your soldier more frequently now that he's in Iraq? The answer is Segovia. Soldiers are able to call from Iraq to the States and Germany for just 4.7 cents per minute, thanks to a Department of Defense contract with the communications company. Soldiers and family members can purchase minutes on-line at <http://www.segoviaip.com>. Click on "purchase calling minutes." We recommend you talk with your soldier before buying minutes to ensure they haven't already bought their own!

Stages of Deployment

Continued from page 7.

Teenagers (thirteen to eighteen years) may be irritable, rebellious, fight, or participate in other attention-getting behaviors. They may show a lack of interest in school, peers, and school activities. In addition, they are at a greater risk for promiscuity, alcohol, and drug use. Although they may deny problems and worries, it is extremely important for caregivers to stay engaged and be available to talk out their concerns. At first, lowering academic standards may be helpful; however, return to their usual school performance should be supported. Sports and social activities should be encouraged to give normal structure to their life. Likewise, additional responsibility in the family, commensurate with their emotional maturity, will make them feel important and needed.

Unfortunately, some children may have great difficulty adapting to the stress of a deployed parent. If they are unable to return to at least some part of their normal routine or display serious problems over several weeks, a visit to the family doctor or mental health counselor is indicated. Children of deployed parents are also more vulnerable to psychiatric hospitalization—especially in single-parent and blended families.

Despite all these obstacles, the vast majority of spouses and children successfully negotiate the sustainment phase and begin to look forward to their loved ones coming home. Stage four for the deployment process is redeployment, which begins in the last month of the deployment. We will cover that in the newsletter when the time gets closer. In the meantime, if you would like more information on the emotional stages of deployment, please refer to www.hooah4health.com.

Downrange Addresses

If letters and packages to your soldier aren't reaching him or her, here are the correct addresses. There has been some confusion about the proper way to address mail going downrange.

Rank, Name
Company, 1-1 AVN REGT, 1st ID
OIF—FOB Speicher
APO AE 09392

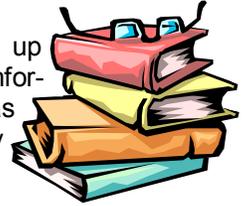


Rank, Name
Company, 1-1 AVN REGT, 1st ID
OIF—LSA Anaconda
APO AE 09391

If you're not sure if your soldier is at Forward Operating Base (FOB) Speicher or Logistical Support Area (LSA) Anaconda, contact your FRG leader or 1-1 AVN rear-detachment at 09802-832-815.

Book Clubs

Several book clubs are popping up around post. Below we've included information on the various clubs as well as relevant contact information. Happy reading!



601st-Sponsored Katterbach Book Club

Every month, participants will read a different book. The club will meet for a brown-bag lunch at the end of each month to discuss the book in the Yellow Ribbon Room. The books have been set for the next year, so pick the books you would like to read and just show up to join in the fun. There is no need to sign up for the book club. The first meeting will be held April 30 from 1130-1300 in the Yellow Ribbon Room. Please bring a brown-bag lunch. April's book is *The Five People You Meet in Heaven* by Mitch Albom. If you'd like to read ahead, May's book will be *The Da Vinci Code* by Dan Brown. The point of contact is CPT Mellanie Merritt, 601st rear-detachment commander, at 09802-832-761.

Katterbach Classics Book Club

If classic books are more up your alley, you are cordially invited to join the Katterbach Classics Book Club (KCBC), which is organized by Paula Moseley and Susanna Barte. KCBC offers spouses an opportunity to meet new people; indulge in stimulating, funny, and crazy conversations; relax; read the books that you have always wanted to read or might otherwise never have picked up; and best of all, an evening of adult conversation and some well-deserved you time away from your children. The next meeting will be held April 21 at 1830 at Paula Moseley's home. The book to be discussed is John Steinbeck's *East of Eden*. May's book is *The Great Gatsby* by F. Scott Fitzgerald. For more information or to RSVP for the next meeting, please contact Paula Moseley at 0981-466-3551.

AES Registration

Ansbach Elementary School is holding pre-registration and re-registration for the 2004-2005 school year. Registration will be held April 5-8 from 0900-1500 daily. You may complete the registration online at <https://www.registration.eu.odedodea.edu/>, but your child will not be considered registered until you come to the school to sign the paperwork and produce the necessary documents. Documents that are required include: orders with any amendments (students must be listed on the orders), birth certificate or passport, social security number, ID card of parent, and current shot record. If your child is currently enrolled, you will still need to register for next year! Contact AES with questions.



Spring Break Safety Message

With spring break just around the corner and summer rapidly approaching, there's no doubt that many in the Gunfighter family will be hitting the road. Here are some tips to keep all us safe.

Allow Enough Time: Plan your trip to allow sufficient time to reach your destination and return. Take advantage of long-range weather forecasts, so you can plan to drive under the best conditions. Consider the unusually heavy traffic weekends and holidays. Travel without exceeding safe speeds. Include time for food, gasoline, and rest stops.

Have Your Car Safety Checked: You should have your vehicle inspected for condition of tires, steering, brakes and the exhaust system. Check for proper operation of directional signals, headlights, taillights, stop lights, windshield wipers, defroster, and horn.

Your Personal Paper: Ensure that you have all necessary personal documents in your possession before leaving, such as valid driver's license, passports, insurance card, I.D. card, and copies of your leave orders.

Security: Before leaving buildings to get into your vehi-

cle, check the surrounding area for anything suspicious. Avoid late night travel. Travel with companions. Avoid isolated roads or dark alleys when possible. Habitually ride with seatbelts buckled, doors locked, and windows closed. Be alert while driving or riding. Do not allow your vehicle to be boxed in; maintain a minimum eight-foot interval between you and the vehicle in front of you. Avoid the inner lanes.

Get Plenty of Sleep and Rest: Be sure that you get plenty of sleep before starting your trip. Plan enough rest stops during the drive to prevent fatigue. Start your day's driving early and plan an early stop for the evening. This will ensure that you get plenty of rest and good accommodations at a *Gasthof* or hotel.

Stay Sober: Observe the cardinal rule not to drink before making a trip and never while operating a vehicle.

Reduce Your Speed at Dusk and at Night: Half-light time, or dusk, is the most dangerous time to drive. Objects are less distinct. Reduce speed. Turn on headlights early.

Seat Belts: Always wear your seat belt!

Frannie Schneider
CMR 454 Box 3542
APO AE 09250

MPS



GUNFIGHTER GAZETTE