



# GUNFIGHTER GAZETTE

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

JULY 2004

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## A Message From Gun 6



I may be a little partial, but these days, it's great to be a Gunfighter.

**G**etting closer to getting home, everyday! The 42nd AVN BDE commander is visiting this week!

**U**pgrades galore: command posts, containers, painting, gravel, and barriers.

**N**COs and soldiers are performing, getting promoted, reenlisting, and making it happen!

**F**ixing vehicles and aircraft is our business, and our mechanics rock! Mission rate: 97 percent!

**I**raq is developing steadily, and its success means our success. As of June 28: sovereignty.

**G**reat chow and improving—pizza and scoop ice cream! Don't forget a good helping of PT.

**H**eating up, yes. Sweaty, sure. AC and water, you bet. Dealing with it, hooah!

**T**raining to stay sharp—physical, drivers, weapons, AH-64 live-fire, and combat lifesaver.

**E**quipment is a bit lighter; body armor is off with lower threat level and higher temps (only when on post).

**R** & R allocations—getting stronger each month. We may make our 100 percent goal yet.

**S**afely done—1,000 hours flown this month! We're focused, and it shows.

Keep up the great work here in Iraq, in Germany, and in the states! And enjoy each day for what it offers!

Very Respectfully,  
Dave Moore, Your Local Gunfighter 6

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# Down in the Trenches

*Contributed by LTC Dave Moore, Gun 6*

Gun 7 is in St. Louis giving away his daughter's hand in marriage this week. So for a different perspective, I interviewed PV2 Jerome J. Kemp III, a 13F in our fire support element and one of the most junior members of our great team. Here are PV2 Kemp's thoughts on a variety of matters:

- ◆ **Morale and leadership:** Quite alright; wouldn't change a thing.
- ◆ **Living environment:** Comfortable, but we're not getting complacent.
- ◆ **DFAC:** Awesome! My favorite meal is the T-bone steak.
- ◆ **Hot:** Most definitely and climbing.
- ◆ **PX:** Good, well-stocked, and the lines aren't too long.
- ◆ **R & R:** Looking forward to leave; September is my month.
- ◆ **Roving guard duty:** An exciting challenge; I'd like to do more of that.
- ◆ **Returning to Germany:** Looking forward to my last two years there.
- ◆ **Iraq:** I wouldn't even mind coming back for another rotation.
- ◆ **Info sharing:** Good; I get what's available, as soon as it's available.
- ◆ **Being a Gunfighter:** It is pretty good for my first duty assignment.

Thanks, Kemp!

# Taz Devil Update

*Contributed by 1LT Aaron Morris, Taz 2-6*

Well another month down, and another successful month for the Taz Devils. Our schedules pretty much remain constant. Eat, work, sleep, drink coffee, watch a movie, and go back to work. The temperatures continue to climb well into the 100s shortly after sunrise, but we keep moving along with our daily business. The company flew more than 300 hours in May and continues to support the ground units as we have since we arrived in Iraq. Our mission focus has slightly changed in that we now also help safeguard Iraqi infrastructure, such as the oil pipelines, in order to ensure a smooth hand-over of power to the interim Iraqi government in just a few short days. Our maintenance support has been outstanding, and we would be nowhere near as successful as we have been without the hard work and dedication of our maintainers. They are, without a doubt, the oil in this finely tuned machine.

We were fortunate enough to promote one of our crew chiefs this past month. On June 1, **Frankie Davis** was promoted to sergeant, and we look forward to him taking a bigger role in the company. Congratulations.

Construction continues within the Taz Village. People who are building houses continue to build, while those who already built work to improve what they've completed. Having seen other bases in the area, I can assure you



**Above:** CPT John Broam promotes SPC Frankie Davis. **Below:** An AH-64 unmask.

*"Taz Devil Update" is continued on page 4.*

## Fourth of July Message from Dragon 6

I am pleased to report that five months after our departure from Katterbach, everyone in the 4th Brigade Combat Team is making you proud of their service to our Army and the nation—providing relevant and responsive aviation support to the 1st Infantry Division during combat and peace support operations in north-central Iraq.

Here's a quick update on what the brigade has accomplished. We've flown more than 7,500 hours on our AH-64 and UH-60 helicopters conducting reconnaissance, security, escort, aerial insertions, air assaults, command and control, and battlefield circulation for the 1st Infantry Division, coalition, and Iraqi leaders. This is an unprecedented amount of flying for this relatively short period of time. It would not be possible without the dedication and hard work of our whole team working together: HHC, 4<sup>th</sup> Brigade; 1-1 AVN; 2-1 AVN; 601st ASB; B/3-58 ATS; our U. S. Air Force weather team; Task Force Katterbach; our family readiness groups; and our spouses, family members, and loved ones. All comprise our Brigade Combat Team. Other events include the change of command of the brigade's headquarters and headquarters company (HHC) in May. CPT Heather Dunton was recognized for her many accomplishments with HHC over the past seventeen months. CPT Ken Smith, the former Brigade S4, is the new company commander. He and his team are off to a great start. We've hosted visits by the commanding general, MG John R.S. Batiste, as well as both the assistant division commander (support), BG Steve Mundt, and the assistant division commander (maneuver), BG John Morgan. All have been impressed by the depth and breadth of what 4th Brigade accomplishes here in Iraq and back in Germany each day.

We remembered our fallen comrades by conducting a Memorial Day ceremony on the May 31. On June 6, we reflected on the sixtieth anniversary of D-Day and the Big Red One's landing on the beaches at Normandy during World War II. We also received the division patch shoulder-sleeve insignia, officially designating our wartime service in Iraq with the Big Red One. Efforts to improve our quality of life and improve force protection on Camp Speicher continue. The improvements have been dramatic: Living containers and quarters have been built, renovated, improved, and hardened. New company, battalion, and brigade headquarters and a brigade aid station have been built. Old tents have been

taken down and hangars have been renovated. Our area on Camp Speicher looks much different (and better) than when we first arrived in Iraq more than three months ago. R & R leave and FMPP slots have increased dramatically from our initial allocations. We're doing everything possible to get as many of our soldiers on R & R and FMPP as possible.

We will pause for a while on July 4 to celebrate our nation's freedom. We'll reflect on the 228th anniversary of the Second Continental Congress's unanimous adoption of the Declaration of Independence. We'll also reflect on our role as soldiers in defending the nation's freedom. The Iraqi people will reflect on their new freedom—a freedom still in its infancy—but very significant, none the less. The Iraqi people will celebrate their first steps toward a representative and multi-ethnic government. They will celebrate a transfer of sovereignty and the freedom to build a better life for themselves, their children, and their children's children. I will close my Independence Day letter to you with a quote from a former U. S. President, John Adams, written on July 4, 1776. In many ways, the quote is just as applicable today as when he wrote it 228 years ago: "I am well aware of the toil and blood and treasure it will cost us to maintain

*"I am well aware of the toil and blood and treasure it will cost us to maintain this declaration, and support and defend these states. Yet through all the gloom I see the rays of ravishing light and glory. I can see that the end is worth all the means. This is our day of deliverance."*

—President John Adams

this declaration, and support and defend these states. Yet through all the gloom I see the rays of ravishing light and glory. I can see that the end is worth all the means. This is our day of deliverance."

Hope you have a happy and safe Fourth of July. God bless you all. Wings of Victory! Duty First!

COL Walter Golden

Commander, 4th Brigade Combat Team (Dragon 6)

### Patriotic Trivia

- ◆ 125,000 flags were flown over the U. S. Capitol past year at the request of House and Senate members. On July 4, 1,200 were flown. (U. S. Capitol Flag Room)
- ◆ Thirty places nationwide have "liberty" in their name. The most populous is Liberty, Mo. (U. S. Census)
- ◆ 66 million Americans said they took part in a barbecue last year. It's probably safe to assume a large number of these took place on the Fourth. (U.S. Census)

## Taz Devil Update

*Continued from page 2.*

that we have the good life here at Speicher and not to worry because living conditions could be worse.

The mess hall continues to provide four meals a day. Morale was highly boosted with the return of ice cream. It's funny how the small things continue to make life better. You all have no idea what a cold Mountain Dew with lunch does to make your day here.

The biggest news was that we also received our first R & R allocations in June and sent the first group of Taz Devils home for a couple of well-deserved weeks with their loved ones. We just received our July allocations, and those fortunate people were notified and have begun to plan their time off. I can assure you that the R & R program is now in full swing, and you will begin to see your loved ones soon. The number of slots we receive changes every month, but we're hoping that they continue to be high so that all of us will be able to get a break and see our families.

We also sent our first group of Taz Devils on the Fighter Management Pass Program to Qatar and Lake Dokan, Iraq. This is a program that gives soldiers a four-day break from their daily routine and is separate from the R & R program. All who went said they had a great time and relaxed in their time off. Both places provide facilities and activities that allow the soldiers a small taste of home and enable them to relax for a few days. Like R & R, we receive monthly slots for this program and will send soldiers to either the Army resort in Qatar or to the resort at Lake Dokan, which is in northeastern Iraq.

The Taz Devil family would like to wish a happy birthday to **Christine Whitehead** and **SGT Frankie Davis** on July 7 and **Shelby Lucio** on July 28. We'd also like to wish **CW3 Mark and Cindy Knigge** a happy anniversary on July 1.

Pictures will continue to be added to our company Web site so that you can see what we are up to here at beautiful FOB Speicher ([www.angelfire.com/hero/apache](http://www.angelfire.com/hero/apache)). We appreciate the love and support you have given us throughout the past months, and we continue to think about and plan our return home. We truly miss all of you and can't wait to see you again. Please continue to keep Elizabeth informed and let us know if you need anything. Attack!

A Bravo Co. aircrew operates in the 1-14 IN, 25th ID sector.



## Wolfpack Update

*Contributed by CPT Malcolm Wise, Wolf 6*

To all of our family and friends back home: We wish we could be there with you enjoying the cooler weather that Germany brings. As you probably know from your service member, the temperatures here in Iraq have been exceeding the 100-degree mark on a daily basis. Even so, the Wolfpack is surviving the soaring temperatures. We've even had a small victory this month with the 11D uniform standard. We are no longer required to wear the full battle-rattle in and around our work areas! That one change just made life that much more bearable here at FOB Speicher. Just wearing all the gear alone increases the temperature to the body by another ten degrees, so you can see how the change in uniform policy affects unit morale. Life is so much better. Ahhhhh. However, it's still hot, hot, hot!

So what's in the news for the Wolfpack? Well, I guess the most exciting news is that the division's R & R leave is back on track. That's evident by the significant increase in the number of slots that the battalion has received over the past two months. Thus far, B Co. has received eight slots for R & R for the months of June and July. To put that in perspective, that's more than one-fourth of the company's total personnel. Also, according to the dates that our soldiers have requested to take R & R, no one has missed a requested time frame. That's outstanding! So what does that mean for our spouses and family members back home? First, that means we (from company leadership to division leadership) have not given up on the fight to see that your loved one is allowed to take his or her fifteen days of R & R. On top of that, our goal for the Wolfpack is to allow every soldier the opportunity to take a four-day pass to one of the Field Management Pass Program (FMPP) site locations. Secondly, with the increased number of R & R slots, we will continue to work and exchange dates internally and within the battalion in order stay on track in filling 100 percent of everyone's first choice time frame. So if you don't know what dates your service member has requested to take R & R, I would suggest that you ask. Who knows; the way things are going, your soldier may return home on R & R just as he or she planned.

B Co. is once again conducting missions in support of the 25th "Tropic Lightening" Infantry Division, 2nd Brigade (from Hawaii), which is attached to the 1st Infantry Division. What does that mean? Well, a lot for the pilots, as we will begin flying more hours and conducting more operations in support of the ground units. Believe it or not, that's exciting news for our pilots and maintainers. In our minds, there is nothing more important than directly supporting our ground troops as they conduct day-to-day operations. On top of that, we get to visit a new PX every now and then.

*"Wolfpack" is continued on page 5.*

## Ghostrider Update

Contributed by CPT Lee Fennema, Ghost 6

I hope everyone is enjoying your summer months wherever you may be. If you are not having hot, dry, sunny days, we'd certainly appreciate you sending some rain and cooler weather our way. At the peak hours of the day, we are experiencing temperatures above 120. This is proving to be tough on not only us humans, but also the equipment we are flying and maintaining. We are, however, adapting and overcoming the heat. Many of your ingenious boys are coming up with new systems to combat the sun, one of which is a soon-to-be patented external air conditioner on wheels that is hooked up to the aircraft to cool all the computers and systems. You may also find some of these apparatuses hooked up to pilots and crew chiefs, who are trying to cool off on the unforgiving flight line. You must realize that the air conditioners in the aircraft are not meant for the sweating pilots but to cool the precious computer components. Everyone continues to develop new and innovative ways to beat the heat.

This month the Ghostriders were selected to conduct yet another new mission to our south. We are now supporting an entirely different ground unit, which allows us to see even more of this interesting country. Everyone is very excited about our newest escapade as it again demonstrates our flexibility, hard work, and diversity. It also breaks up the monotony of conducting the same mission over the same scenery. We expect to fly an awful lot of hours on these aircraft during the month of July, which will result in long, wearing days fixing and maintaining the birds. Everyone is doing a phenomenal job working together.

July will be additionally busy due to the four R & R slots we received for the month. Fortunately, everyone is more than willing to go the extra mile during these months to ensure these slots continue to arrive without hindering out operations. I expect to receive this same amount of allocations for the upcoming months. Additionally, we are still sending the guys on the four-day slots to Lake Dokan and Qatar.

A very happy birthday goes to **CW2 David Lewandowsky** on July 11, **SPC Dustin Williams** on July 13, **Sandra Lawson** on July 14, and **Kaitlyn Richards** on July 17.

Congratulations are in order for **SGT Jeremy Walker**, who was promoted to the rank of staff sergeant this month.

Please continue to enjoy your summer months and continue to keep everyone updated on your whereabouts and issues. Take care.



**Above:** SGT Sellers looks out for his pilots, CPT Lee Fennema and CW2 Brent Cole. **Right:** Our newest Ghost PC (pilot in command), CW2 Aaron Mitchell.



## Wolfpack

Continued from page 4.

Speaking of more hours, congratulations are in order to the Wolfpack. Our aircrews have flown more than 1,000 combat hours in the past three months in Iraq. As a battalion, we have flown more than 3,000 combat hours since leaving Kuwait. So congrats to all of 1-1 AVN.



Allow me to put the number of flight hours into perspective for you: We are currently flying at a rate that is 2.3-times greater than what we would fly under normal conditions in Germany. Now think about if you increased your annual driving mileage by the same number. In other words, instead of driving an average of 12,000 miles per year, you drove 27,600 miles. Could your car could sustain the increased wear-and-tear? That's what our pilots and maintainers are dealing with. On top of that, they are doing it safely and accomplishing the mission with pride: "safely" because our job requires it and "with pride" because the Wolfpack is a cohesive band of disciplined, motivated, and technically and tactically unsurpassed warriors. We possess the skill, will, and teamwork required to destroy any enemy.

The Wolfpack would like to wish a happy birthday to the following: **CW2 Mylon Gladden**, whose birthday we missed on June 11. We also forgot to mention **SGT Durham** in the month of June. For the month of July, we would like to wish a happy birthday to **CW2 Jason Callegari** on July 26. Congratulations are in order for **CW2 Angie Gilpin**, now CW2 Angie Nixon, who married while in the Bahamas on her R & R.

Please stay in contact with our FRG and/or the rear-detachment as you make plans. If there is anything LaSandra or I can do to help, let us know. Once again, thank you for all the care packages and letters. Be safe and enjoy the summer! Attack!

# Viking Update

Contributed by CPT Scott Thompson, Viking 6

The feeling is in the air—undeniably. Having never actually been to Hawaii, I was unfamiliar with “island fever,” but SFC Dan Phillips says that’s what it is anyway. For some, it takes on the appearance of a far-away stare as they recount sandy beaches and the strum of a ukulele; I mistook it for a daze that resulted from the 120-degree temperatures. For others it was more pronounced. Take, for instance SGT Shawn Czarnecki, who was seen decked out in full aloha gear as he danced his cares away.

But I heard the battalion’s silent (or not-so-silent) pleas, and I’ve organized the first (and hopefully last) annual All-American Luau at FOB Speicher. The PC shop has taken the lead on planning and entertainment, and they have promised quite the show. CW4 Scott Edwards and CW4 Marty Calkins have gone so far as to rehearse an entire dance routine. Yes, I will be sure to post pictures. This event should be happening on July 11, our own 1-1 Day.

Progress on WMTP, the battalion radio station, is moving along, albeit slowly. We are patiently awaiting the arrival of the broadcast equipment before we can initiate broadcasting. Tune in next month for more information.

Facilities are nearing completion (we currently have built the only two-story structure on the FOB. People actually use it as a landmark for navigation. They stop by all the time (“So-and-so told me it was near the two-story building. . .”), and talk has begun of adding something to further increase the landmark-nature of our new building. Of course, if it gets any taller it will have to have a light put on it and be plotted on navigation maps in order to not be a hazard to aircraft.

The uniquely American holiday, our own Independence Day, will be celebrated in style here on the FOB. A plethora of events are scheduled, including a morning fun run, a tug-o-war, and a top-40 band. No plan for fireworks at this time, but we have had enough of those lately that I don’t think the demand for any is here.

Normally this section of the Gazette is filled to the brim with slightly embellished stories of the adventures of the fine members of the Vikings drawn from our day-to-day operations here on FOB Speicher. This month I have changed the format slightly in the hopes of providing a little more information in order to help answer questions many of you seem to have.

Lately, there seems to be a bit of confusion among some as to what the FRG is and what it does. The FRG is a commander’s program run by *volunteers*. The mission is to assist families in becoming self reliant while they deal with myriad issues faced during a deployment. This assistance normally is rendered through meetings (either a formally scheduled event or an informal meeting or phone call) to identify and discuss issues. Our volunteers will then attempt to follow up on unresolved issues by identifying and contacting existing resources in the community. The FRG’s primary function is to serve as a communication chain and information source. Some seem to feel that the FRG should or could do more. If you think this, I encourage you to volunteer and make the organization that much better. The current group of volunteers offers a significant portion of their time to assist others, and I think that it would be unfair to ask any more of such dedicated and selfless individuals.

I would like to offer a special thank-you to Cara Czarnecki for her efforts in planning and organizing the first-rate events being held back in Katterbach. I would also like to thank all of the family members who sacrificed their time to prepare our Fourth of July goody bags.

I would also like to offer a special thanks to Interim Healthcare of Cincinnati, Ohio, for donating many of the goodies for the Fourth of July bags. Finally, thanks to DECA for their support of our upcoming All-American Luau.



SGT Shawn Czarnecki, in his full aloha gear, shows off his hula skills at the D Co. luau.



SGT Michael Moore, SFC Dan Phillips, CW4 Marty Calkins, and CW4 Scott Edwards don their Hawaiian hats for the luau.

## 1-1 AVN T-shirts

Show your support for your Gunfighter with a 1-1 AVN OIF II T-shirt. Task Force Gunfighter will be placing a third order for shirts, so if you missed last month’s order, it’s not too late.

A replenishment of T-shirts will soon be for sale in battalion headquarters, room 48. An additional order will be placed for sizes that are unavailable. Cost per T-shirt is \$12.

Please call Elizabeth Randall, Family Readiness Administrative Assistant, with questions at 09802-833-013 Monday-Friday from 0900-1700.

**TIP:** They make great gifts for families in the States!

# Hammer Update

*Contributed by CPT Levi Dunton, Hammer 6*

I never knew heat before I rode in the back of a Blackhawk helicopter, doors open, through the Iraqi desert late on a June afternoon. It was like I was skydiving into the sun. The heat was so intense that I had to squeeze my eyes shut or risk having them evaporate in a cloud of superheated steam right out of their sockets, even behind goggles cinched so tight that they might as well have been grafted to my face. The heat made it difficult to breathe because my body reflexively closed off my windpipe and sinuses to keep the blast-furnace air from scorching my lungs. It was so pervasive that I couldn't tell if my buns were cooking in the under-seat convection current or if it only felt like I was sitting on a griddle with a chef slowly cranking up the burner. I couldn't drink water from my insulated camelback fast enough to prevent it from turning scalding hot before hitting my mouth. I might as well have stuck my head directly in the engine-exhaust nozzle of an Apache helicopter for an hour.

Then I got out of that cursed helicopter and breathed a sigh of relief as I massaged my neck muscles, which were sore from holding my head upright against the hurricane-force heat wave that ripped through that passenger compartment. Then I discovered that it was merely as scorching on the tarmac. It would take an egg at least ten—no, fifteen—seconds before sizzling away. If I walked fast enough, I could even keep the soles of my boots from melting into the blacktop. I actually had enough feeling in my sun-seared hands to remember that I still clutched my red-hot poker of an M-16—there are many rifles, but this one is mine, and I can prove it because the serial number is branded on my skin—which reminded me that if I got any hotter, my ammo would start cooking off in its pouches. That's when I realized that I better pick up the pace before SPC Vegh materializes with an IV bag, a ten-gauge needle, and a nervous combat lifesaver trainee in tow.

The good news is that it's only June. I hear that August is when it gets really hot here. Of course, it could always be worse; I could be eating *ling hing mui*.

Did I say June? I did, didn't I? It's hard to believe that Independence Day is nearly upon us, Iraqis and Americans alike. That means it's nearly July. That's another month closer to unloading trains in a blinding German late-winter blizzard—all right! The Fourth is a day traditionally celebrated with amazing airborne pyrotechnic displays accompanied by earth-shaking reverberations, which might describe some parts of this delightful nation on a near-daily basis. But for those of us in the other 98 percent of this country, it's a rare occasion indeed. Granted, we may celebrate in typical Army fashion by participating in such planned absurdities—I mean, activities—as “fun” runs, tug-of-war competitions, Olympic-style parades, and mid-day outdoor Army band concerts, which are sure to be followed closely by such

unplanned festivities as the team stretcher carry event, impromptu combat lifesaver certification, and heat casualty prevention hip-pocket training. But at least it will be a change from the day-to-day humdrum, and rumor has it there might be real fireworks (the friendly kind) after sunset. Talk about messing with the locals' minds: We're going to shower the local real estate with a barrage of blinding aerial detonations and deafening explosions to commemorate their freedom. Once they stop running for cover, they'll be as impressed by the pretty lights as the rest of us. Instant U.S.A. fan club material!

Well, the Apaches stay busy all over the Iraqi countryside, probably because they are the next best thing to security blankets for troops on patrol outside the perimeter (by busy, I mean flying, which doesn't necessarily mean that the pilots aren't close to being bored out of their gourds with uneventful patrols). But those of us here in FOB Speicher and LSA Anaconda have definitely gotten our routines down. While you are probably more than happy to hear that we have virtually eliminated the need to go tooling around the Iraqi countryside in anything except an armored attack helicopter bristling with weaponry, the downside is that the occasional convoy kept us sharp with the possibility of excitement. Without a glimpse outside the wire every once in a while, daily life can start looking suspiciously like the grind. Yes, there are worse things to deal with than monotony, but it does tend to make the days feel that much longer.

One thing that helps is having something downright *good* to look forward to—like time off. Instead of dwelling on the countrywide bumper crop of suck factor, allow me to engage in a thinly veiled attempt to distract you with tales of luxury and ease: The official trip reports from Qatar are in. It's strange how being able to wear shorts and drink a cool one beside the ocean turns this unbearable heat into subtropical Nirvana, but that seems to be the verdict. I'm starting to suspect that our researchers may have lost their clinical objectivity, especially because the troops coming back from the lakeside resort in Dokan, Iraq, claim that it's like spring break all year round. I'm not exactly sure what that means, but it sounds suspiciously like fun, and we all know how the Army feels about “fun.” Tell you what: If you don't tell anyone, I won't either. Consider it our little secret. The downside of the matter is that we received so many R & R slots for July that we may have to cut back on passes to keep the mission happening, but I trust that you'll agree that it's a worthwhile sacrifice.

Know that we'll be thinking of you as we celebrate the red, white, and blue and knock back a lukewarm nonalcoholic brew or two in your honor on the Fourth. Thanks for leading lives that have gained the admiration of the world and give the people we're here to help hope for their children's futures.

# Gunfighter Happenings on the Home Front

## Farewell, CPT Burton!

Gunfighter Families and Friends,

I'll be deploying to Iraq on July 16, but CPT Pete Schneider will be here to take my place. Many of you know CPT Schneider, and those who do know that Task Force Gunfighter will be in very capable hands under his leadership. He will be returning from Iraq after serving with the Gunfighters at FOB Speicher since the unit deployed.

It has been my distinct pleasure serving as the rear-detachment commander for the past six months. We have a very strong community of Gunfighters here in Germany and abroad—all who are doing their best to support their deployed soldiers in Iraq. It's been great getting to know everyone, working with all the Gunfighter families and volunteers, and helping out from time to time. Stay strong; the deployment will be over before you know it. And remember, the rear detachment is here to help out in anyway it can.

Josh A. Burton  
CPT, AV  
Commanding

### New Rear-Detachment Contact Info

After July 15, please use the following information to contact the rear-detachment commander, CPT Pete Schneider.

Work: 09802-832-815/783/545  
Home: 09802-833-217 or 09875-978-402  
Mobile: 0171-337-4147  
E-mail: [peter.schneider@cmtymail.98asg.army.mil](mailto:peter.schneider@cmtymail.98asg.army.mil)

## FRG Leader Training

You don't have to be an FRG leader to be an informed volunteer. If you're interested in volunteering for the FRG or would just like to learn more about this organization, Katterbach Army Community Service is offering FRG leader certification training August 17-19 from 0830-1400. Course participants have the opportunity to learn about the various support agencies in our community and meet the managers of those programs and agencies. A wide variety of topics are covered, including fundraising, POC training, and deployment support. A working lunch is provided, and child-care costs are reimbursable. Call ACS at 09802-832-883 to sign up.

## Soldier/Family Picnic

On June 12, Task Force Gunfighter soldiers and battalion families kicked off the summer months with a soldier and family picnic. Thanks to all those who attended and made the event a huge success! Here are a few photos from the day. Enjoy!



Heather Scott (left) and CPT Josh Burton (right) give their dogs, Rosco and Babe, a workout and entertain Gunfighter kids at the same time.



Gunfighter families dig into the food and enjoy the good company.



Task Force Gunfighter soldiers challenge each other with a game of beach volleyball.

## 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.



Celebrate the Fourth of July at the **German-American Volkfest** at URLAS (Shipton Training Area—near Soldier's Lake) from July 1-5 (Hours: July 1-4 from 1300-2300 and July 5 from 1300-2100). The Freedom Rocks fest will include rides, booths, entertainment, and food. The opening ceremony will be held July 1 at 1800, and Fourth of July fireworks will kick off July 4 at 2200. Be sure to bring the kids by on July 5 for family day. Call Outdoor Recreation at 09802-833-225 for more information.

Come out for the summer shout out! Activities in the Katterbach area include the following: **Superman** will be making a guest appearance on July 2 at URLAS at 1000. **Duece Mcallister** will be holding a football clinic and autograph/photo session on July 15 at the Katterbach Fitness Center. On July 25, **Billy Blanks (creator of TAE Bo)** and **Shellie Blanks-Cimarosti** will have an aerobics tie-in at the Katterbach Fitness Center, followed by an autograph/photo session. Times for the July 15 and July 25 date have not been determined. Contact Vicki Hanrahan at the Terrace Playhouse for further information at 0981-183-636.



Outdoor Recreation is taking advantage of the warmer weather with summer-themed trips. On July 10, travel to **Neuschwanstein and Linderhof castles** in southern Germany. See the castles of the fairy-tale king, Ludwig II, for \$25 (does not include admittance). Enjoy an adventurous day with the family at **Europa Park** on July 17. Sights and activities range from the ancient German fair to the Mississippi steamer. Cost is \$25 for adults, \$12.50 per child and does not include admittance. Need a little thrill? Then this trip is for you! **Tandem jump** off a small mountain in Austria and enjoy the beautiful landscape from a bird's eye view on July 24-25. Cost is TBA. And save your money for August 7, which is when Outdoor Recreation is sponsoring a trip **Polish pottery shopping trip**. Passport is required, and non-U.S. citizens must inquire about a visa. Cost is \$45 per person. For more information on all of these trips, contact Outdoor Recreation at 09802-833-225.

**One Day Getaway** trips continue in July: Venture into the wild animal kingdom at the **Frankfurt Zoo** on July 9. See the famous wood-carved altar of the **Herrgotskirche and Creglingen Castle** on July 15. And don't miss a day of **horseback riding** on July 29. Transportation is free, but a small fee may apply for admittance or the activity. Contact Outdoor Recreation at 09802-833-225 for more information.



DoDDS is accepting applications for **Sure Start** at Rainbow Elementary School. Sure Start is a program for command-sponsored dependents in the Ansbach military community. It is primarily a program for qualified four year olds. Children qualify for Sure Start based on family dynamics that may put the child "at risk." Priority is given, but not limited, to families of E-4 and below. All families of four year olds are encouraged to apply. Applications can be picked up at Ansbach or Rainbow Elementary School. For more information, please call Rainbow Elementary at 0981-15984.

ACS has a full month of classes and programs scheduled: **Play mornings** are scheduled for July 12 and July 26 from 1000-1100 (infants) and 1100-1200 (toddlers). If you're interested in learning more about the community you now call home, check out **People Encouraging People (PEP)** on July 26-29 from 0830-1400. You don't have to be a newcomer to benefit from this spouse-orientation program. For more information on these and other ACS programs, call 09802-832-883.



### Congratulations!

Congratulations are in order for **Diane Alpeter**, who was named the May community volunteer of the month for her contribution to the Ansbach Elementary School as the volunteer coordinator. Thanks for all you do!



Wishing you a happy and safe Fourth of July!



# Summer Travel Section



Now that summer is in full swing, Gunfighter families are on the move. Many spouses and children are preparing—or are in the midst of—transcontinental journeys to visit loved ones in the States. And many of our soldiers are preparing for some well-deserved R & R leave. Whether your soldier plans on enjoying R & R in Germany or in the States, we hope that you'll find our travel tips helpful. But whatever your travel plans are this summer, we've got you covered on the following pages.

## Tips for Safe and Healthy Travel

Each year, millions of Americans travel abroad for vacation or to visit friends and family. By the year 2000, approximately 60 million international passengers traveled by air from the United States annually. About half of international travelers get sick or injured during their trip. The good news is that most travel-related sicknesses and injuries can be prevented.

So whether you're traveling to the States or seeing the sights of Europe, here are a few tips from the U.S. Center for Disease Control to keep you and your family healthy and safe during travel season.

### Be Informed

Four to six weeks before your trip, find out what you need to know about staying healthy and safe in the area where you are traveling by visiting [www.cdc.gov/travel](http://www.cdc.gov/travel). Using the site is simple. Choose the destination (by region) you are traveling to and you will get information about diseases and safety risks and how to avoid them, special notices about outbreaks or other disease activity, and what vaccinations (shots) or preventive medications (prophylaxis) you should or will be required to get.

If you are pregnant or traveling with children, traveling with pets, or if you are a traveler with special needs, the CDC has specific advice for you, which can be accessed from its travel Web site (listed above). This Web page will help you know what to do if you do get sick or hurt on your trip. On this page you will also learn how to handle altitude sickness, extreme heat and cold, and other special situations.

### Be Ready

If you will need any vaccinations (shots) or medicines, go to your health-care provider four to six weeks before your trip. This will give your shots time to work, so that you will be protected during your trip. If it is less than four weeks before you leave, you should still see your doctor. It might not be too late to get your shots or medications.

Also, prepare a traveler's health kit so you have all the medications and supplies you may need before you go.

### Be Smart While You Travel

Wash your hands often and well with soap and water or an alcohol-based hand rub to help kill germs, especially before eating.

Only eat food that has been cooked all the way through or fruits and vegetables that have been washed and peeled. Remember: Boil it, cook it, peel it, or forget it.

If you might be bitten by insects (like mosquitoes or ticks) use insect repellent (bug spray) with up to 50 percent DEET. The label on the container will tell you the DEET content.

Finally, make sure you know how to keep yourself from being injured or hurt while you travel.

Follow these tips, and you are more likely to remain healthy and safe, so you can enjoy your time away from home. Happy traveling!

## Food Factor

Traveling moms and dads will tell you that eating out is the most expensive part of their journey. But besides being the most expensive, the food factor can also be the most irritating aspect of traveling. It doesn't matter where you are; it's no fun hanging with hungry kids. Here are some tips to help you have fun and save money.

### Start the Day Right

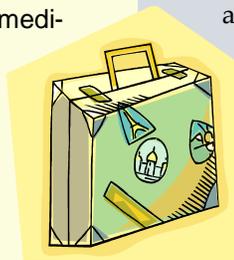
For breakfast on the cheap, stop by a local supermarket and pick up yogurt, milk, juice, dry cereal, and disposable dishes. You'll be set to start the day.

### Picnic Parties

With a picnic, there's no waiting in line, and no nagging. Buying your picnic is part of the fun, and you can shop to please the tastes of your family. Most supermarkets in the States are open day and night and have a deli. In Europe, you'll have to plan ahead, but you'll have endless choices at the farmer's markets. Another option is to locate a delicatessen for ready-made sandwiches.

### Picky Eaters

If your kids are picky eaters at home, it's not going to change while you're traveling. Look for food courts or open markets, which allow everyone to find something tasty and please all taste buds.



## Straight Answers on R & R Leave

The following information has been compiled by Task Force Gunfighter to provide you with the most accurate information possible on your soldier's R & R leave and the Fighter Management Pass Program. If you have further questions regarding R & R, please do not hesitate to contact Task Force Gunfighter.

*My husband's favorite band is performing in Frankfurt during his intended R & R leave, and we're both looking forward to front-row tickets. However, the tickets are really expensive, and I'm worried we'll be out a lot of money if his R & R falls through. What do you recommend?*

**Answer:** Travel plans should be as flexible as possible in order to allow for the possibility of short-notice changes in dates or availability of R & R. Examples of date-specific plans to be carefully considered before booking are concerts, tours, non-refundable flights, and last-minute travel deals.

Plan ahead for a scenario in which your service member is unable to participate in your travel plans. Will you take your trip anyway? Will you invite another family member/friend in his/her place?

*Expedia.com has some great last-minute travel deals, and I'd like to take advantage of my husband's R & R leave to take a second honeymoon at a steal of a price. Is this a good idea?*

Online travel discounts are great, but might not allow you the flexibility you need when working around a service member's R & R window. If possible, speak with a representative from the company or travel agent you will be using. Be sure to ask:

- ♦ What is your policy on cancellations?
- ♦ If a refund is offered, what sort will it be? A refund of money or the chance to rebook another service at a later date? What percentage of my money can I expect back? What is the deadline for cancellation?
- ♦ Do you make special arrangements for active-duty military and their families? Is there any paperwork I will need in order to take advantage of this program?
- ♦ What is the name, address, and phone number/e-mail address of the person(s) whom I will need to contact if I have to cancel my plans?

*When will I know when my soldier is getting R & R?*

Your best source of information as to if or when your

service member will be able to take R & R leave is actually your service member. Maintain good communication regarding R & R, and ask your soldier to keep you posted of changes in his or her R & R availability.

*Can I pick my service member up at the airport when she comes home for R & R?*

Those service members granted R & R leave who are returning to Katterbach for the duration of their leave will be available for pickup at 4th Brigade headquarters on Katterbach Kaserne. Likewise, service members must plan to be dropped off at the end of their leave at 4th Brigade. No service member may be dropped off or picked up at an airport for R & R by a family member.

*We want to spend my husband's R & R leave in Iowa. Plane tickets from Dallas/Ft. Worth and Atlanta airports to Des Moines are really expensive. Can you help?*

Service members and their families may be eligible to receive donated frequent flyer miles to defray travel costs. For more information, visit [www.heromiles.org](http://www.heromiles.org). Also, talk to specific airlines (see box below) to inquire about deals for the military.

*My wife is taking part in the Fighter Management Pass Program (FMPP). Can I meet her in Qatar?*

We highly recommend against family members attempting to meet soldiers who travel to Qatar on FMPP. Opportunities to link up in-country will be almost non-existent. Soldiers must remain on the compound in Qatar, and family members are not allowed access to the compound. Soldiers are not permitted to stay in a hotel with a family member. Qatar is a significant terrorist-threat country, and any travel or hotel stay would not be under government or division security control. Trying to meet a soldier in Qatar is a high-risk operation that entails a significant expenditure of time, money, and frustration with likely no payoff. Like R & R dates, FMPP dates are always subject to change up until the last minute.

### Fly, Fly Away

Check out each airline's Web site for specific information on R & R deals and the airline's cancellation policy. We recommend that you always get everything in writing.



**Delta:** [www.delta.com](http://www.delta.com)

**United:** [www.united.com](http://www.united.com)

**American:** [www.aa.com](http://www.aa.com)

**Continental:** [www.continental.com](http://www.continental.com)

**US Airways:** [www.usair.com](http://www.usair.com)

**Northwest:** [www.nwa.com](http://www.nwa.com)

### On the Web

Check out the following Web sites for much more information on the Army's R & R program.

♦ [www.hqusareur.army.mil](http://www.hqusareur.army.mil)

♦ [www.armyg1.army.mil/wellbeing/rrleave/index.htm](http://www.armyg1.army.mil/wellbeing/rrleave/index.htm)

## Before You Go



Summer travel can be a great experience, but only if you're well prepared. To avoid ending up frazzled, frustrated, and longing for the comforts of home, we've assembled a series of tips to get organized before you go.

- ◆ Use plastic zip-lock bags to make toiletry kits for each member of the family. Include travel-size shampoos, lotion, and other items. Also assemble a family first-aid kit, along with kits for security, sewing, and stain removal.
- ◆ Make lists for packing and check items off as they are packed to avoid leaving behind necessities. Travel Web sites often have lists you can print.
- ◆ Never pack valuables such as travel documents, eyeglasses, money, or credit cards in a suitcase you plan to check. Keep important items in your carry-on bag. Also avoid traveling with your finest jewelry.
- ◆ Go through your wallet prior to your departure and remove items that will not be used on vacation such as department-store charge cards and Social Security cards.
- ◆ Keep an emergency contact card in your wallet when you travel. Include the following: name and phone number of your emergency contact, the numbers of credit cards you're taking along with phone numbers of the card issuer, and Tricare's numbers.
- ◆ Provide the rear detachment and/or your FRG leader with your contact information.

## Planes, Trains, and Automobiles

Now that summer is in full swing, many of you are preparing for trips to the States to visit your loved ones. We all know that it can be a challenge to get yourself to and from your airport of choice. Here are a host of options to help you get from here to there and back again.

### Train

Tickets from Ansbach to the Frankfurt Flughafen run approximately 30 euros for a one-way adult ticket. You'll need to change trains once in Wurzburg, but the train from Wurzburg will take you directly to the Frankfurt Flughafen. For Nurnberg and Munich, you will take the train from Ansbach to the city's Hauptbahnhof and catch the subway to the respective airport. Tickets can be purchased online at [www.bahn.de](http://www.bahn.de) or at the Ansbach train station (most of the employees speak English). You can leave your car parked at the Ansbach train station in a parking garage for about \$.50 per day.

### Private Shuttle Service

The private shuttle service, based in Schillingsfurst, will pick you up at home, help you with your baggage, and assist you to check-in at the airport. One way to Frankfurt is approximately 120 euro for one to five people. In other words, if you arrange your travel with a friend(s), you can split the shuttle cost. Log on to [www.shuttle-service.net](http://www.shuttle-service.net) for more information. Click on the American flag for the English Web site.

### Driving a POV

Munich, Nurnberg, and Frankfurt airports all have long-term POV parking available in garages. For more information and prices, log on to each airport's Web site (all have English links):

- ◆ [www.airport-nuernberg.de](http://www.airport-nuernberg.de)
- ◆ [www.frankfurt-airport.de](http://www.frankfurt-airport.de)
- ◆ [www.munich-airport.de/EN/](http://www.munich-airport.de/EN/)

At the Frankfurt Airport, you can also park at Rhein-Main Air Base for no cost. To get there, from the A3, take the A5 toward Basel/Darmstadt. Follow the signs to Rhein-Main Air Base. Get your parking permit from the MAC terminal; they will advise you where to park. There is a shuttle that runs to and from the Frankfurt Airport, which will pick you up in front of the 64th Replacement Company (across from the DFAC). The shuttle stops at both Frankfurt Airport terminals. Contact the MAC terminal with questions (069-699-6567).

### TMP

Call the Transportation Motor Pool (0981-183-757) at Barton Barracks, which runs a shuttle service from the Franconian Inn to Frankfurt. You will need to arrange this transportation a few days in advance. This service is not guaranteed, so be sure to double check that it is available the dates you need to travel.

### SATO Travel

SATO can arrange park and fly tickets, which could save you money on your parking costs. SATO is located on Katterbach Kaserne next to the Shopette. The phone number is 09802-95020.

### Call Your Best Friend

One of the most tried and tested ways of getting yourself to and from the airport is to team up with a fellow spouse and return the favor when the friend needs a ride in the future.



# Crazy for Care Packages

In the June issue of the "Gunfighter Gazette," we invited you to submit care package ideas for publication. Here are the submissions that we received:

♥ When baking for troops downrange, use Crisco instead of butter or margarine. The heat will make these products rancid, but Crisco will outlast the heat.

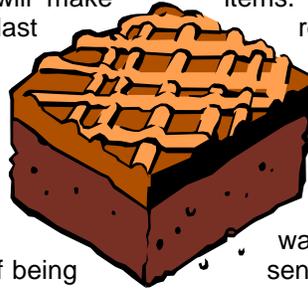
♥ Bake in disposable baking dishes. After the baked goods are cooled, wrap in layers of foil or saran. A piece of parchment paper cut to fit the top of the cake or other item is a great way to prevent sticking.

♥ Bake items within three or so minutes of being done. Remove and package as above.

♥ Try to send items that require icing. Include a tube or two of icing and some disposable utensils for spreading. Troops love brownies made this way. The icing adds moisture that is sometimes lost on the long trip downrange.

—Submitted by Elizabeth Randall

♥ My husband is really into the Bifi products. They are made in Ansbach, and there is a factor outlet downtown. You can buy the products in boxes for a lot cheaper than they are available in the supermarket. And while you shop for him, you might find some things for yourself, such as fish and ice cream. The factory outlet is located at Eyber Strasse 81, Ansbach. It's open Fridays from 1500-1800 and Saturdays from



0900-1400. The entrance is on your right.

—Submitted by Chrissy Fuchs

♥ I have relatives in the States go to the GM dealership and boat stores to pick up brochures of the new items. My husband says the brochures are being read by many. Everyone needs to dream while they're gone!

♥ Some of my husband's best boxes are packed by my son. He gets a box and proceeds through the house and fills it with things his daddy "needs." For instance, since Scott probably doesn't have time to watch *Sponge Bob Square Pants*, Christopher sent him two of his *Sponge Bob* books. Then, he took Band-Aids and other items out of his homemade first-aid kit and sent those to his dad because everyone gets a cut sometimes. He also packed Pop Tarts, special toys from his dresser, drawings, and bouncy balls. All are essentials for the deployed soldier. He'll also provide his dad with advice on how to get the bad guys in his letters.

♥ I had my dad go to Walmart and buy a bunch of summer toys, including water guns, balls, and Frisbees. Everyone needs a release now and then.

♥ For the Fourth of July, you might consider sending a box full of patriotic supplies, including napkins, plates, cups, small flags, buttons, and kid party supplies. Anything red, white, and blue will be much appreciated, so they can celebrate the day, too!

—Submitted by Diane Alpeter

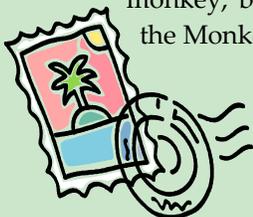
## Fun in a Box: Themed Care Packages

Every soldier loves getting mail—especially those coveted packages—but what do you do when your soldier stops giving you ideas on what to send? Here are a few themed ideas to keep your creative juices flowing.

**Surviving the Sandstorm:** Pack items to shield your soldier from the nasty sand, including eyewash, nasal spray, lip balm, and a bandana.

**Lotta Java:** Wake your soldier up with tea, cocoa, coffee singles, sugar, and cookies for dunking.

**Hang in There:** Your soldier is sure to get a kick out of this monkey-themed box, which includes a stuffed monkey, banana bread, banana chips, and the Monkeys in a Barrel game.



**A Day at the Beach:** Send everything a soldier needs to enjoy his sandbox. Items include

sunscreen, towel, flip flops, and Aloe Vera gel.

**Action Heroes:** Send your hero this fun-filled box of Powerbars, squirt guns, Red Bull drinks, small Army figurines, and comic books.

**Medicine Cabinet:** This is the perfect package for when your soldier comes down with a cold—aspirin, Band-Aids, Neosporin cream, cold medicine, and Tums.

**Staying Healthy:** Prepare your soldier for her next PT test with this health-packed package of nutrition health bars, vitamins, Nutri-Grain bars, and Gatorade powder.

"Fun in a Box" is continued on page 14.

## Fun in a Box

*Continued from page 13.*

**MRE Survival Kit:** Spice up life in the DFAC with restaurant-size condiment packs, hot sauce, taco sauce, ranch dressing, and cheese in a can.

**Correspondence Carton:** Reach out and touch your soldier with stationery, stickers, envelopes, address book (that you've filled in), and a disposable camera with a note to mail it back when it's full.

**To Be a Kid Again:** Take your soldier back to his youth with silly string, bubbles, bouncy balls, hacky sacks, and kids games.

**Tube O' Tasties:** For variety, send your package in a poster tube instead of a box.

**I'm Nuts About You:** Show your soldier how "nuts" you are for him with a box chock-full of peanuts, cash-

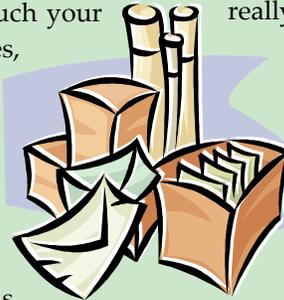
ews, pistachios, and any candy with nuts in it.

**Bathroom in a Box:** Everyone deserves to be pampered from time to time, so fill this box with toilet paper (the really soft kind), razor refills, foot powder, bars of soap, toothpaste, and a new toothbrush.

**Sloppy Kisses:** Since it's too warm to send chocolate, send a bag of Hershey's kisses and a note that explains the sloppy kiss.

**Chili Today, Hot Tamale:** Help your soldier enjoy the balmy temperatures of Iraq with this "chili" box of Hot Tamales (candy), small can of chilies, red pepper flakes, salsa-flavored sunflower seeds, peppered beef jerky, Extreme Dorritos, chili powder, spicy Check Mix, and nacho cheese in a can.

**How Do You Eat Your Oreos?** Buy a variety of Oreos for your soldier to sample and enjoy.



Frannie Schneider  
CMR 454 Box 3542  
APO AE 09250

MPS



GUNFIGHTER GAZETTE