



GUNFIGHTER GAZETTE

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

JUNE 2004



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A Message From Gun 6

Fellow Gunfighters,

Add another month of safe and effective combat operations in Iraq to the Gunfighter's long list of achievements. It's hard to believe but warming to think (no pun intended), that it'll be June next week. Our Gunfighters—your Gunfighters—continue to serve their brigade, division, and nation with distinction. This month, I've decided not to compete with the company commanders' superb (and humorous) "month-in-the-life" coverage of their unit's accomplishments. Instead, I'll dabble in a little philosophy.

Learn From the Past

We're always looking for ways to improve, using. . .

- **Sensing Sessions:** This month, all companies participated in assessments of their unit's strengths and weaknesses in order to make them better. Open, candid feedback is what will make us stronger.
- **Lessons Learned:** Everyday, we share our lessons learned with each other, and we'll do so formally with the next unit to help them succeed. All aviation units share their procedures within the theater as well.

Focus on the Present

It's how we accomplish the mission, by. . .

- **Being Safe:** We've been successful in this area because we always think about ways to reduce our tactical risks (harm from the enemy) and accidental risks (harm from ourselves). This will continue to be our primary focus.
- **Fighting Complacency:** Although missions may look similar, each one has totally different variables (aircraft, weather, enemy and friendly

"A Message from Gun 6" is continued on the next page.

Rear-Detachment Numbers

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The staff duty numbers may be used to reach all rear-detachment personnel.

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www.1-1avnbnsbach.army.mil/

Newsletter Web Site

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A Message From Gun 6

Continued from previous page.

activity, crew selection, rest, etc.). We are avoiding complacency by approaching each mission (flight, convoy, maintenance inspection) with a fresh look. Easy to say, hard to do—but we're doing it.

Dream About Your Future

Our destiny approaches us quicker than we may think. Here's what I dream about. . .

- **R & R Leave:** Good news is around the corner. Division expects to get a windfall of slots for the second half of June and beyond. Keep the faith!
- **Transfer of Authority:** 42nd Infantry Division (New York National Guard) will replace 1ID. 8-229th AVN (AH64-A Reserve, Ft. Knox) is our replacement; the battalion commander and I are corresponding now. We expect the transfer of authority to occur in January 2005, with redeployment shortly behind.
- **Follow-on Plans:** Think now about your next assignment, in or out of the Army. Step 1: Ask yourself what is currently important to you: stability, family time, predictability, military schooling, post, job, etc. Step 2: Tell your chain of command your preferences. I'll do my best to help you achieve your goals. Step 3: Be patient and flexible as facts change, and recognize that previous facts and assumptions may no longer be valid. Here's what I know to be the current facts:
 - ◆ 1-1 AVN is still going Longbow (aircraft turn-in from Iraq, deactivation in May 2005, individual schooling in the summer or fall of 2005, unit forms at Ft. Hood in November 2005 as a PCS move, trains until June 2006, redeploys to Germany—currently 1-1's future home station—in late summer 2006). A small rear-detachment will stay in Katterbach during the transition.
 - ◆ 2-6 Cavalry, graduating from Longbow training in June 2004, will return to Illesheim and be redesignated 3-1 Aviation as 1ID's second attack battalion. 6-6 Cavalry will become 1AD's second attack battalion. Changeover dates aren't finalized.

If we balance our successful past, our challenging present, and our hopeful future, we'll continue to be a great organization. We really do get a lot done, take good care of each other, and achieve high standards everyday, both here in Iraq and there in Germany. It's great to be on the varsity with talented, experienced teammates you can count on. Thanks for your support.



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

A Message from Gun 7

Contributed by CSM James Martin, Gun 7

Days and months have come and gone here at FOB Speicher, and the spirit and enthusiasm of our 1-1 soldiers have not waned. The outstanding Gunfighter soldiers of 1-1 AVN continue to lead the way with small and large accomplishments everyday.

Your soldiers have constantly been reinventing themselves through continual improvements to their living areas, construction of new work spaces, and preparations for 1-1 Gunfighter Day, which included repairs to the basketball court, among many other things. They continue to endure and inspire.

Summer is on its way, and our soldiers have been able to withstand the sun and heat and even the pressure we throw their way when the mission changes. Be proud of your love ones because I am. Daily I boast about how the soldiers of the Gunfighters can withstand any task or mission. And time and again, I am proved right through their actions. Now I see why I was chosen to be here with this organization. 1-1 AVN BN, 1ID, stands for the following: The first number one stands for first-rate leaders, the second one stands for people and mission first, and finally, the third number one stands for no one is greater than me, the 1-1 AVN soldier! NCOs leads the way, but our soldiers make it happen!

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Notes from the Front: Company Updates

Each month, the five company commanders of 1-1 AVN are asked to submit an update on the events of their company during the past month in order to provide the families and friends of the Gunfighters with a better idea of what life is like in Iraq. What they choose to include and highlight is entirely up to them. We hope you enjoy this month's "slice-of-life" updates.

Taz Devil Update

Contributed by CPT John Broam, Taz 6

It seems like the movie *Groundhog Day* around here. We get up, eat, fly, fix aircraft, e-mail, eat, and sleep. Each day is like the one before it. The only difference is that it is getting hotter by the day. We are well into the 100s now on a daily basis. We continue to support the ground units with convoy security, reconnaissance, local security, and raid support. Our OTEMPO wasn't as fast paced as April, but we still flew around 400 hours for the month (three months worth if we were in Germany). The aircrews are very confident in their ability to support the ground units, and in support of that, our Taz maintenance keeps us flying twenty-four hours a day. Everyone seems to be doing well and has adjusted to their schedules.

Just when I thought the Taz village had finished construction, we began work on five new homes. The property value is climbing, and I'm thinking of selling my condo in January 2005 for a big profit. The guys continue to improve their living conditions, and the first sergeant is improving the area as a whole. We are very lucky to be here at Speicher. In our company area we now have Internet, showers, AFN, air conditioning, and many other pleasantries. It's not home, but it will do for the next eight months.

The convoys of supplies and food have been getting through on a regular basis now that we are providing aerial security for them. The dining facility has gone back to serving breakfast, lunch, dinner, and a midnight meal. As you can imagine, this has increased moral.

We anticipate receiving some R & R allocations in June, and we will make the most of any fighter management pass program allocations we receive. I will try to get you the information as quickly as possible when the allocations are received. Please remember we must maintain the required personnel to accomplish the mission at all times.

The Taz Devil family would like to wish a very happy birthday to **Denise Lee** on June 12, **Aleah King** on June 13, **Anna Estrella** on June 20, **SPC Dustin Cain** on June 23, **Jessie Thompson** on June 25, and my sweetheart, **Julie Broam** on June 29. We would also like to

wish **SPC Cory and Tamra Karsten** a very happy anniversary on June 1. Pictures are being loaded onto our company Web site each week for you to look at and see what we are doing (www.angelfire.com/hero/apache). The newsletter will have numerous pictures, and some should be posted on the battalion Web site as well.

Your continued support is deeply appreciated. We find ourselves talking about our families all the time. We truly miss all of you. Please continue to keep Julie and Elizabeth informed, and let us know if you need anything. Duty First!



Top: An A Co. bird keeps the skies of Iraq friendly. Bottom: The Taz Devils take time out from their busy schedules for a group photo.

Wolfpack Update

Contributed by 2LT John Landers, Wolf 1-6

Hello to all our families and friends from sunny and dusty FOB Speicher. It's hard to believe that we have been gone for a quarter of a year already. The second week of May marked three three-month mark since our departure from Katterbach.

I will start with our personnel changes. **CW3 Dan St. Peters** left to go work with the G3-Air Section at 1ID headquarters, located in the palace at Tikrit. **1LT Scott Dunkle** has also left us. He has gone to work with the 1ID TAC as an aviation liaison officer. He will also be at the palace at Tikrit, at least initially. Farewell gentlemen, and we hope that you will be back with the Gunfighters again come late summer. We welcome **1LT Mike Snowden** to the Wolfpack. He hails from Mississippi, and he got his commission from the little known "Army School for Boys on the Hudson." But we will not hold that against him. Mike spent more than six months working with battalion as the S5. Hail!

SGT Theodore Rodgers reenlisted for an additional six years in his present duty assignment. We think he wants to stay a Wolfpack member forever. Thank you, SGT Rodgers, for your continued service to our nation.

We joined the rest of 1-1 for Gunfighter Day on May 11. The day's events concluded with an awards ceremony that had the 4th BDE commander, COL Golden, in attendance. Our own **SGT Rudy Laumbach** was awarded the Army Commendation Medal with Valor ("V" device) for his bravery under fire when our battalion's convoy was attacked in early March. His actions saved the lives of several Gunfighters. Lumpy, we're proud of you. **CW2 Troy Moseley** was awarded the Army Commendation Medal for getting the battalion and all our equipment from Katterbach to Iraq. Good job, Troy. The Wolfpack also claimed first place for the inaugural "Halo" smack down on Gunfighter Day with **CW2 Troy Moseley** and **CW2 Micah Johnson**.

Happy birthday to **CW2 Scott Mansfield** on June 11 and **CW2 Jason Defrenn** on June 14. Happy anniversary to **CW2 Jason and Jennifer Defrenn** on June 8 and to **SPC Patrick and Becky Montgomery** on June 7.

Please keep the mail and e-mails coming. Until next month, best wishes from the Wolfpack.



SGT Theodore Rodgers reenlists in the Army with the help of his fellow soldiers. From left: SPC Shawn Noel, SGT Theodore Rodgers, 2LT John Landers, SPC Michael Johnson, and CPT Malcolm Wise.



1LT Mike Snowden, SPC Patrick Montgomery, and CW2 Micah Johnson brave the heat on Gunfighter Day on May 11.



Ghostrider Update

Contributed by CPT Lee Fennema, Ghost 6

Families and friends of the Ghostriders: Spring was here for a short time, and we have moved immediately into summer. Temperatures have been above 100 degrees just about every day this month. Amazingly, we've continued to complete all missions put before us despite the heat. This month particularly shows our great resolve because we were selected to support a new infantry unit—2nd Brigade, 25th Infantry Division out of Hawaii. We've already conducted numerous successful missions with them and have received accolades and praise from our friends from the islands.

All of our success and achievements would not be possible without the rest of the members of the Charlie Company team. The boys from the battalion TAC do an exceptional job tracking all our missions and ensuring we receive timely and accurate information from our

battalion headquarters in Speicher and with the ground units we are supporting. The 3/5 platoon slice is constantly busy filling and feeding our thirsty and hungry helicopters with fuel and ammunition. Their job just got a lot busier, as we are now sharing ramp space and refueling with Air Force Special Operations helicopters. The Viking slice is doing a magnificent job fixing and maintaining these aircraft and ensuring the many weapon systems we use daily are shooting on target.

Late this month we had the privilege of hosting our brigade commander, COL Golden, and command sergeant major, CSM Murray, for an entire day. The Ghostrider team was able to show off all our accomplishments in the assembly area that we have built from the

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Ghostrider Update

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ground up. Needless to say, they were very impressed and pleased with our Ghostrider operation. COL Golden addressed all of us and informed us that we would be moving to Speicher in about ninety to 120 days when living conditions are completely established for us, which means living in trailers with full air conditioning and electricity. COL Golden also told us that he is looking forward to the Ghostrider welcome-home party when we return to Germany.

We were able to send one soldier home for R & R during May, and we eagerly await our June allocations. You will be the first to know after I receive them. Additionally, we sent three soldiers on four-day passes to Lake Dokan and Qatar. The three who went said they had fun and relaxing trips, filled with fishing, jet-skiing, eating at Chili's, and even a few cold ones.

Birthday wishes this month go out to the following: **CW2 Joe Ladd** on June 17 and **Dean Christianson** on June 23. Happy anniversary to **Shane and Heather Scott** on June 9, **Doc and Paula Carter** on June 16, and **Lee and Alison Fenneman** on June 25.

Congratulations are in order for **SPC Jason Whitlock**, who was promoted to sergeant, and **PFC Robert Levis**, who was promoted to specialist. Congratulations also to **CW2 Aaron Mitchell**, our newest pilot in command.

Please enjoy the summer months and be sure to keep one another informed on your whereabouts and any issues that arise.



Above: C Co. NCOs relax during cigar night.

Right: PFC Jeremy Loomis in the C Co. assembly area.



Viking Update

Contributed by CPT Scott Thompson, Viking 6

"These are really good. Dried plumbs with spice—ling hing mui," SFC Dan Phillips says to me as he holds a container.

"Really?" I ask. I figure what the heck; I am always looking for a new flavor to tempt my less-than-discriminating palate.

I grab one of the small red powder-coated things and pop it in my mouth. I was underwhelmed by the lack of flavor of the small rock sitting on my tongue. For a second, I ponder why anyone would eat a cherry pit with dust on it and call it good. Then the flavor hits me, a mix of horseradish, coffee grounds, sawdust, and a hint of lemon for good measure. My mouth is now devoid of moisture; in fact, it feels similar to sleeping a night with your mouth open.

CW4 Marty Calkins sits with bated breath, awaiting my reaction. His ear-to-ear grin shows he is getting exactly what he expected. **CW4 Scott Edwards** looks up from his computer screen and soon has the Cheshire cat look plastered across his face as well.

I physically shudder as the wave of bitterness sweeps over me. Bitter is a word that is insufficient to describe the taste sensation I was just subjected too. It started strong and grew stronger. My mouth is now so dry that the desert seems wet. Judging by the scarcely concealed laughter of the twins (as the first sergeant kindly refers to CW4 Edwards and CW4 Calkins), the taste is clearly displayed on my face. It's too much—I can feel the tears swelling in my eyes.

I immediately rush to the trashcan to expel the foul matter. The rapid expulsion of the offending matter, followed by several rinses, ends the bulk of the suffering; but it will be a full day before my taste buds finally recover. I'm not entirely sure because I have never actually tasted it, but I am relatively certain that I just sampled a perfect substitute for monkey butt.

Overruling my better judgment and showing exactly what length I am willing to go to show up my peers, I found myself once again sampling the wonderful spice of ling hing. CPT Levi Dunton, the HHC commander, and I were enjoying some of the fine cuisine often prepared by our local Hawaiian chef, SFC Phillips. He had recently received a box from home (a rather common occurrence for him, so much so that we have had to dedicate an entire 20-foot milvan to store these treasures), and it included a dessert version of the ling hing rocks. SFC Phillips proudly showed these to CPT Dunton. "These are really good. They are both sweet and sour at the same time," SFC Phillips said. He looked at me and added, "These are better than the other

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Hammer Update

Contributed by CPT Levi Dunton, Hammer 6

Okay—it's officially hot. Not quite my-body-is-a-desiccated-husk hot, eyeballs-shriveling-like-raisins-in-their-sockets hot, but hot enough to make conversation difficult because we can't hear each other speak over the constant sizzle of brain cells cooking like popcorn kernels inside our Kevlar domes of obedience. But we're surviving, adjusting, and maybe even thriving. My guess is that in a month, we'll either be some seriously nocturnal night fighters, or go totally south-of-the-border native to beat the heat. Doc Robertson is already suggesting sombreros in place of helmets. Don't worry—we'll send pictures if Poncho Villa starts running around.

So now it's May, nearly June, and we balance a sense of satisfaction at having already completed the first third of our deployment (woo-hoo!) with the reality that we still have the remaining two-thirds to contend

You would be amazed by the amount of time we can debate the finer points of which sports team is obviously better than its record shows or which episode of The Simpsons merits the honor of representing an art form at its zenith.

with (sigh). Yes, the days often seem long, but the weeks have been flying by. It seems like last week we were tossing horseshoes, scrapping it out on the basketball court, talking smack over spades or dominoes, or blasting our buddies into electronic Valhalla in the Halo tournament during Gunfighter Day. That was nearly three weeks ago. The guys who left here in March would have a hard time recognizing the place if they saw pictures. They would probably be amazed by the amount of work that has gone into turning their modest, motley collection of tents into a full-on military encampment. They would be right to say that they lived much harder while here but couldn't really begrudge us the fruits of our labor: We've been some seriously productive dudes.

So what's the latest news on R & R? Good question and one I don't have the answer to. We are still facing the prospect of only a few slots to go around for at least the first half of June. Word on the street is that the number of slots will increase after mid-month, but I

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Viking Update

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ones—these have honey."

Now CPT Dunton is a fairly adventurous eater but to encourage him to share the joy that is ling hing, I grabbed one. He grabbed a "candy" as well.

It was clear that I had forgotten the intensity of the flavor of the vile spice. Just as we were beginning our journey of suffering, CPT John Broam, the A Co. commander, stopped by.

"Oh, you gotta try this candy, sir," SFC Phillips told him. "It's good. Sweet and sour with honey."

"You should try one," CPT Dunton and I chimed in. This was getting good—two of my fellow commanders; the looks on their faces would be priceless.

A simple okay was all CPT Broam said as he grabbed a candied pebble as well. So we popped the bundles of suffering into our mouths as the rest of the PC shop cast furtive glances our way.

We were engaged in a struggle as old as human history; modern man has coined the term Mexican standoff for situations such as this. Each of us controlled our facial expressions carefully as the sweetness of the honey coating was occasionally superceded by the powerful flavor of the ling hing. Minutes passed. The conversation continued, covering the news, the weather, anything to take our minds off the flavor of monkey butt.

I couldn't believe it. They weren't folding. The sweet candy coating was wearing thin, and the flavor of the ling hing was hitting me in waves. The endurance of these men was unbelievable. I had not seen so much as a flinch.

Eventually, I had taken all I could. I blinked first, ending the standoff as I rushed to the trashcan. Of course, CPT Broam followed me muttering something along the line of "it's about time" and obviously wanting it all to end. CPT Dunton sat with a smug expression for only a few more seconds before he, too, had to spit out the vile substance.

"Not my favorite," he added.

In between mouth rinsing, I said, "Now you know why we call it monkey butt."

In news you can use, we are working on creating a D Co. section of the battalion Web site. Look for more in next month's edition.



SFC Dan Philips poses with the Hawaiian delicacy of ling hing mui.

Hammer Update

Continued from page 6.

continue to take the pragmatic stance of "I'll believe it when I see it." Our first scouts haven't yet returned from passes to Qatar, so that report will have to wait for the next letter. But I suspect that being stranded in tropical paradise for a weekend isn't too bad compared to our own five hundred miles of beachfront.

So how does the motivated super trooper deal with the prospect of soldiering on for at least two more seasonal changes before wearing something a little more casual than our daily business attire? Well, in the most basic sense, we do this by taking things one day at a time. We break our days and weeks into manageable chunks: Three days until we can pick up our next batch of clean laundry, four hours until we can take refuge in the air-conditioned dining facility for our next meal, three meals until we finish our shift and count another day closer to a change of scenery. Highlights are the e-mail messages and telephone calls back to the world, scrounging that last chocolaty-goey Kuwaiti Danish Dairy treat out from under the stack of freezer-burnt Rocket Pops in the dining facility cooler, the unanticipated discovery of something new or funny or insightful or wise about someone you've worked alongside of for months and never expected. The fact that you have a package waiting at mail call is often more important than its contents. The generosity of strangers never ceases to amaze. War stories brought back by the pilots and whispered around the dinner table take on near-legendary dimensions after the sixth or eighth retelling. You would be amazed by the amount of time we can spend debating the finer points of which sports team is so obviously better than its record shows or which episode of *The Simpsons* merits the honor of representing an art form at its zenith. And we do all this while getting the job done, keeping the Apaches airborne and ready for action around the clock, turning that mess of overheated and over-driven metal back into a vehicle for another week, and putting stuff in the pockets or backpacks or living areas of our fellow troops who keep us safe while we sleep, so that we can return the favor when it's our turn.

Most importantly, we have friends and family who support us in spite of the distance and uncertainty that goes along a deployment to a combat zone and the media barrage that sensationalizes the 5 percent that is wrong with us and Iraq. You keep us grounded because you're the ones who remind us that we don't have it quite so bad if we can gripe about wearing body armor when the threat seems so low, or that the people who do our laundry for us for free only let us turn in one bag a day, or that we could be eating MREs and taking showers between thirty-day patrols. "No cable? This sucks!" is all a matter of perspective, right? Thanks for keeping us sane—you rock.

SFC Hughes, SGT Williams, and SPC Loooper battle PFC Waller, SPC Bonilla, and SPC Harrison, all in HHC, for the three-on-three basketball championship title during Gunfighter Day.



Family News

Happy birthday to **SSG Donald Branham**! We love you and miss you very much, and we are always thinking of you!

Love, Katina, Albert, and Jordan

Happy birthday to **SPC Robert Tuma**! We hope you have a wonderful twenty-first birthday! We can't wait to see you. We love and miss you!

—Stephanie and Bryce Tuma

Congratulations to **SPC Robert and Stephanie Tuma**, who welcomed Bryce Kayden Tuma to the world on May 26, 2004, at 7:12 p.m. Baby Tuma weighed 8 pounds, 1 ounce and was 20 inches long.



Bryce Kayden Tuma, the littlest Gunfighter

To include your family news (birthdays, anniversaries, birth announcements, and graduations) in an upcoming newsletter, contact Frannie Schneider at frannie.schneider@us.army.mil. Submissions should be limited to three sentences and are due the twentieth of each month.

Care Packages

Running out of care package ideas? There's no question that it's hard to keep up with the constant requests for packages, and we could all use a few new ideas. If you have creative care package ideas or tips that you would like to share with other Gunfighters, please e-mail them to frannie.schneider@us.army.mil by June 20, so we can include them in July's issue.

Gunfighter Happenings on the Home Front

Let's Eat!

Task Force Gunfighter is sponsoring a soldier and family picnic at Soldier's Lake on **Saturday, June 12, from 1100-1400**. Please join Task Force Gunfighter soldiers and all 1-1 AVN families for this event. A grill and grill power will be provided. Please bring your own meat/entrée for your family. In addition, please bring a dish to share:

- HHC: Dessert
- A Co.: Salad
- B Co.: Plates, napkins, utensils, or condiments
- C Co.: Salad or dessert
- D Co.: Soda or chips

In addition, there will be raffle and simple games for the kids. Soldier's Lake is located on B14 between Katterbach and Ansbach. Please contact SGT Ron Harding with questions.

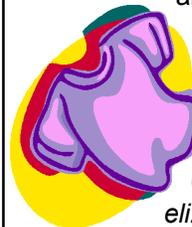


Show Your Support

Show your support for your Gunfighter with a 1-1 AVN Operation Iraqi Freedom II T-shirt! Task Force Gunfighter has designed and is now selling T-shirts unique to 1-1 AVN for family members to show their support for the unit.

A limited number of T-shirts and sizes are currently available for sale in battalion headquarters, room 48. We will be taking orders for sizes that are unavailable. The deadline for the pre-paid order is June 9. Cost per T-shirt is \$12. You must pay by the time the order is placed. Available sizes are adult S, M, L, XL, and XXL, and youth S, M, and L.

Please call Elizabeth Randall, Family Readiness Administrative Assistant, with questions or to place an order. Elizabeth can be reached Monday-Friday 0900-1700 at 09802-833-013 or simply send her an e-mail at elizabeth.randall1@us.army.mil.



Get Out and Vote

There's no question that it's a little more difficult to rock the vote when you're living in a foreign country. But don't worry; we're here to ensure that your voice is heard just as much as your stateside counterparts. The first step to voting in the 2004 elections is completing a Federal Post Card Application (FPCA) and mailing it to the state where you vote. To get the FPCA, contact 1LT Kip Chojnacki or CPT Josh Burton at Task Force Gunfighter, or download it from www.fvap.gov. Task Force Gunfighter is here to assist you in completing your form, and they also have books available which provide examples for each state. The deadline to mail your FPCA is August 15, 2004.

Ten Ways to Ensure Your Vote is Counted

1. Contact Task Force Gunfighter for help in absentee registration and voting. Task Force Gunfighter personnel can provide you with the Federal Post Card Application as well as assist you in completing the postcard correctly.
2. Visit the Federal Voting Assistance Program's Web site at www.fvap.gov for information on the absentee registration and voting process.
3. Ensure that you applied for your absentee ballot using the hard copy or on-line version of the FPCA.
4. Make sure your local election official has your current mailing address.
5. Sign and date all election materials.
6. Fulfill your state's witness/notary requirements (if necessary).
7. Ensure that your ballot or FPCA is postmarked.
8. Register to vote and request your ballot in a timely manner—no later than September.
9. VOTE! Mail your ballot no later than October 15, 2004.
10. Use the Federal Write in Absentee Ballot if you are overseas and your state absentee ballot does not arrive in time to be mailed back by the state's deadline.

Voting Web Sites

Before going to the polls, check out these Web sites to educate yourself on your voting responsibility.

- ◆ League of Women Voters: www.lwv.org
- ◆ Kids Voting USA: www.kidsvotingusa.org
- ◆ Project Vote Smart: www.vote-smart.org
- ◆ Federal Election Commission: www.fec.org
- ◆ Public Agenda: www.publicagenda.org



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 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.



Registration for the Community Library's **summer reading program** begins June 1 for Bleidorn Library and July 1 for Illesheim Library. The theme this year is "Join the Winners' Circle: Read," and the program is open to all school-age children grades one through six. For more information and to sign up, call 0981-183-1740 (Bleidorn) or 09841-834-675 (Illesheim).

Lotus Massage Therapy is holding an open house on June 3 from 1800-2000 in Building 5843 (PX/Furniture Store building). Stop by for beverages, sweet treats, and healthy food. Let registered massage therapist Nancy Royden introduce you to the benefits of massages and aromatherapy. Call 0160-841-4284 for more information. 



Let's go! Join MWR for this month's **One Day Wanders**. On June 3, cruise the Main River and enjoy the breathtaking views of Wurzburg from the scenic river. On June 17, explore the cobbled corners of the medieval city of Rothenburg with a city tour. For more information and to sign up, call Outdoor Recreation at 09802-833-225.

This month's production at the **Terrace Playhouse** is *I Never Saw Another Butterfly*. Production dates and times are as follows: June 4, 5, 10, 11, and 12 at 1930 and June 6 at 1400. Call 0981-183-636 for more information. 



Cobbled Corner Crafts will be holding a children's craft class on June 5 from 1300-1500. Other June craft events include: framing and matting on June 9 from 1730-1930, Scrapbooking 101 on June 12 from 1300-1500, wood shop safety on June 19 from 1030-1130, Fourth of July quilting class on June 19 from 0900-1700, and beginners sewing class on June 26 from 1000-1400. Call 0981-183-7627 for more information.

Outdoor Recreation has a full month of trips planned for June. Grab the kids on June 5 for a trip to Legoland, and grab your wallet on June 12 for a crystal shopping trip in Karlovy Vary, Czech Republic (passports required). Cost is \$40 for adult, \$20 for child. From June 19-20, a white-water rafting and canyoning trip is planned. Cost is \$149 per person. Call Outdoor Recreation at 09802-833-225 to sign up. 



Now that summer is here, **Soldier's Lake** is a busy place. The monthly fishing event will be held June 5 from 0600-1200. Sunday brunch is scheduled for June 20 from 0930-1330. And a day trip to fish at Rehnhof Lake is scheduled for June 26 from 0600-1400. For more information, call 09802-1635.

BOSS is taking you to **Six Flags Holland** on June 21! Call Ansbach Outdoor Recreation at 09802-833-225 to sign up and for more information. 



A **beach volleyball tournament** is scheduled at Soldier's Lake on June 26 from 1000-1700. Sign up will be from 0900-1000 the day of the tournament. For more information, contact the Katterbach Fitness Center at 09802-832-810.

The Child and Youth Services (CYS) **parent education/parent advisory council meeting** is scheduled for Thursday, June 24 at the Katterbach Yellow Ribbon Room from 1130-1300. The topic is "Family Fun in Bavaria." You'll learn about exciting places in Bavaria to explore with your child. Stay after the education portion to let your voice be heard at the PAC meeting. Call Central Enrollment Registry at 09802-832-533 for more information. 



Army Community Service's New Parent Education and Support Program is offering a **baby sign language workshop** on June 22 from 1030-1200 at ACS. The course will explore the trend in using sign language to help babies communicate and explain why signing increases communication. Basic signs will also be taught. Call 09802-832-516 for more information or to sign up.

To Dad, With Love

In the June newsletter, we invited relatives of Gunfighter soldiers to send Father's Day messages to their loved one downrange. Every effort has been made to preserve the integrity of the message; however, minor changes to grammar and spelling have been made for readability and consistency purposes. Happy Father's Day!

To SGT Kenneth Ashline:

Happy Father's Day! I hope to see you soon for R & R. Hope you are doing well. We are all fine; don't worry about us. We miss you a lot. Take care of yourself.

Love and kisses, Ina, Steven, Angelina, and Sam

To SGT Stephen Aubin:

I couldn't have asked for a better man to be the father of my children. You are the greatest father in the world, and I wouldn't change a thing. Stay safe and hurry home. Happy Father's Day!

—From your loving wife, Laney

To SGT Stephen Aubin:

I love you with all of his heart, and I can't wait for my daddy to come home and wrestle with me. Happy Father's Day!

—Tyler

To SGT Stephen Aubin:

You are the best daddy in the whole wide world, and I can't wait for you to get home, so we can play and play games on my PlayStation and you can wrestle with me.

Happy Father's Day!

Love, Brett

To SSG Donald Branham:

Even though you are enjoying all that sun and sand down there in Iraq (yeah right!), remember that you are thought about 24/7, and we wish you could celebrate Father's Day with us. But since you can't, remember that you are a wonderful father to Albert and Jordan and a wonderful husband to me. Try to have a somewhat happy Father's Day!

Your loving wife, Katina

To SSG Donald Branham:

I am very proud of the man and the father you have become. I know that you would rather be with your kids today, but they are thinking of you. We are all thinking of you. Take care of yourself and your soldiers. Be safe and may God bless you.

Love, Mom

To SSG Donald Branham:

Hi daddy. I miss you. I am proud you are my daddy, and I pray for you. I hope you have a nice Father's Day, even though you can't have your family there. Happy Father's Day. Be safe, and I am proud of you.

Love, Albert

To SFC Jason Bryant:

My love, we will miss you terribly on Father's Day, but we will go outside when it is dark and look upon the stars. I am sure you will look at the same star. Sara and Zoe say, "I love you, daddy." They are waiting for you to come home just as I am. You are always in our thoughts. We love you. Be safe.

—Kat

To SPC Leonardo Cleversley:

Hello dad. Seems like today is Father's Day. I love you and miss you. I've got a poem for you. Well, here it goes: Roses are red, violets are blue, I know you love me, and dad, I love you.

—Justin

To SPC Leonardo Cleversley:

Hi Leo. How are you doing? Good, I hope. Well, happy Father's Day. Today is your day. You should be getting the day off. But instead you are in Iraq. You have to go to war. What do you guys do for fun over there? I'm playing games right now. I'm also writing you.

Love, your son, Mikey

To SPC Leonardo Cleversley:

I love you, dad. Happy Father's Day.

Love, Clay

To SPC William Closson:

Happy Father's Day, daddy! I love you, and I miss you very much. I am saving hugs and kisses for you, and I am taking care of mommy for you. Please be safe and come home soon.

—Heather

To SGT Shawn Czarnecki:

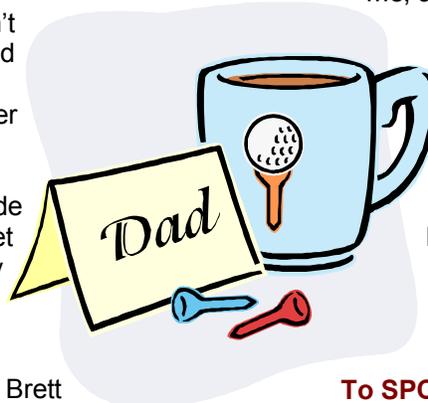
You're the best dad in the world because "you feed me and you say 'yes' to everything when mommy says 'no'" (Jacob). "You're a funny dad" (Jessica). We love you and miss you! Happy Father's Day!

—Jessica and Jacob Czarnecki

To 1LT Scott Dunkle:

We wish so bad that you could be here to celebrate your first Father's Day with us. We want you to know there is not a moment that you are not in our thoughts. We hope this Father's Day will bring joy to your heart and peace of mind. We are so proud to have you as our husband

"To Dad, With Love" is continued on page 12.



Bridging the Miles

In this month's "Bridging the Miles," we look toward the future. Although this deployment may seem never ending at times, there will come a time when your spouse will be home and the Army will be but a distant memory. Here are a few ideas to get you thinking about what is to come rather than what is right now.

- Share with your spouse your goals for the next five years, ten years, and twenty years. Write this in a letter or e-mail, or devote a phone conversation to your long-term goals as a family.
- Ask your soldier to send you a list of ten places he or she would like to visit during block leave. Although dates remain too uncertain to book any vacations, it's never too early to start researching. Browse the Internet for hotels and ideas, or buy a travel book about your dream destination.
- Read a book together about a hobby you would like to take up as a couple or family when your soldier returns.
- Share ideas about what you would like to do during your retirement.
- Tell your spouse about some of the things that you would like to start saving money for. Then start saving!
- Plan your future dream home while you are apart. Buy a few home décor magazines, then clip pictures or articles of things you like or ideas. Send those to your spouse and dream of the days you'll be together again.
- Send your spouse a list of the things you want to accomplish in your lifetime. Include everything you want to do, no matter how ridiculous it may sound.

Summer Fun

Now that school is (almost) out, here are a few ways to beat the boredom and enjoy your surroundings. All activities listed here are within one hour from Ansbach. Phone numbers are listed to provide you with a starting point.

Altmuhlsee (Gutzenhausen): This man-made lake is a perfect day trip on a bright summer day. Bike paths wind around the lake, and there are countless areas for picnicking and swimming. Take B13 toward Munich. You will see signs for the lake before you reach the town of Gutzenhausen.

Aquella (Ansbach): This indoor pool has a wave pool, whirl pool, slide, kid's pool, snack bar, and more. Plus, it's just down the street from Katterbach! Telephone: 0981-977-8670.

Kindermuseum (Nurnberg): At the Nuremberg Children's Museum, the motto is "hand's on." By trying things out and experimenting on their own, youngsters of all ages can figure out how things work—and surely won't get bored in this museum. Telephone: 0911-600-040.

Kriminalmuseum (Rothenburg): Check out the collection of tools of torture in the Museum of Medieval Crime, which has helpful signs in English. The displays cover 700 years of European medieval justice. Tip: Rothenburg is a great place to spend a day and explore this medieval German town! Telephone: 09861-5359.

Playmobil Fun Park (Zirndorf): From the mighty king's castle to the hard-to-climb pirate ship, Playmobil Fun Park is an ideal summer adventure for kids. Admission is 5.50 euros per person. Telephone: 0911-96 66-900. Web site: www.playmobil-funpark.de.

Zoo (Nurnberg): This beautifully landscaped zoo is just a forty-minute drive from Ansbach. The most popular attraction is the dolphin show, but there's also a train and petting zoo. Telephone: 0911-543-0348.



Looking Ahead

One Day Wanders, the one-day travel adventures sponsored by Outdoor Recreation, have been filling up fast. So if you're interested in any of these trips, pick up and phone and reserve your spot. To beat the rush, we're listing the events planned through November. (See "Around the Community" for June's events.)

- July 9: Frankfurt Zoo
- July 15: Creglingen Castle
- July 29: Horseback Riding
- August 5: Nurnberg Zoo
- August 26: Gutzenhausen Lake
- September 9: Legoland
- September 22: Nurnberg Toy Museum
- October 7: Transportation Museum
- October 22: Fulda City Tour
- November 11: IMAX Theater
- November 29 and 30: Ansbach City Tour

All trips are subject to change. Please call 09802-833-225 for more information or to sign up. Transportation for all One Day Wanders is free, but a small admission fee may apply. Space is limited for all trips.

To Dad, With Love

Continued from page 10.

and father! We love you and miss you so very much.
Happy Father's Day!

—Leah and Tori Dunkle

To SGT Kevin Durham:

I love you so much, and you are the best husband that a woman could have ever laid her eyes on. I will be here for you when you come back. Hugs and kisses.

—Samantha Makissha Durham

To SPC Christopher Hahn:

Happy Father's Day, daddy! We love you and miss you!

—Randy, Patrick, and Nathan

To CW3 James Holtz:

Daddy, I miss you very much. I wish that you could be with me for your first Father's Day. Since we can't be together, just come home safe to me. I love you, my daddy.

—Your little Izzy

P. S.: Mommy loves you, too.

To SGT Angelo King:

Daddy, you are the greatest dad, and I miss going to the "Jay" with you. Every night mama, Lamar, and I are praying for you. I'm always taking care of Lamar, and I'm being a good girl. I can't wait for you to come home. I love you, daddy!

—Aleah King

To SGT Rudolph Laumbach:

We miss you very much, daddy! You are our hero! We love you and can't wait for you to come home. We are all proud of you and think of you every day!

Love forever, Lilli, Rudy, and Kristin

To 1SG Trefus Lee (aka Papa Bear):

What an awesome opportunity we have as your women to stand with you as you stand with your fellow members in arms to protect and defend this wonderful country of ours. When I think of all the great men in the world and all that they have ascribed to, your accomplishments as a husband and father exceed them all. You give all that you have, without complaint. You sacrifice without holding back. You love, unconditionally. Your patience revivals that of a saint, and no matter where you have been or will be, you will always be our "Papa Bear."

—From your loving Mama Bear, Tink, and Pookie (aka Denise, Jessica, and Missy)

To SGT Reginald Maxwell:

First off, I love you. Baby, have a very blessed Father's Day! Though you are not with your children, you see to it that they are loved and taken care of. Keep the faith,

daddy!

—From the heart of Chiria Maxwell

To SSG Edward McCormick:

Hi daddy! I wish you would have a really, really happy Father's Day!

Love, Kayla

To SSG Edward McCormick:

I love America and you too, daddy! I love you.

—Sarah

To CPT Michael Miller:

Hey Daddy. Happy Daddy's Day! Even though I'm not there with you, I am always in your heart and I can feel you in mine! Close your eyes and feel my little arms around your big neck and know that I love you sooooo much, and Mommy and I are always thinking of you!

XOXO, your son, Ricky

To CW2 Aaron Mitchell:

Happy Father's Day, daddy! I love you and miss you, and I can't wait until you come home so you can play with me. Please stay safe and come home soon.

Love, your son, Gavin

To LTC Dave Moore:

Happy Father's Day to a great dad and an even greater husband!

Love, Christine, Jennifer, and Laura

To PFC Andrew Myers:

Happy Father's Day to the best daddy ever. We love you and miss you very much. Keep safe. You are in our thoughts and prayers every second of everyday.

Love, your wife, Tina, and your son, Shawn

To SPC Shawn Noel:

Happy Father's Day! We wish we could do more for you this Father's Day, but for now, you have us! We love you and miss you more than anything! You are the best father and husband we could ever ask for! We want you to know that we are so proud of you and support you and always will.

Love always, Logan and Jenna

To CW4 Mark Riddle:

Hi Markie! I loved your A-frame abode. . .really looking good. I hope you sited your building correctly by making a concrete thicker wall that faces the sun for more thermal insulation! The thick wall of masonry absorbs the heat. I'll try to send you some images of simple sustainable techniques that may provide a cooler environment.

"To Dad, With Love" is continued on page 13.



To Dad, With Love

Continued from page 12.

Bravo! I hope you are doing well and think of your everyday. You know we are all praying for you. And you are the bestest daddy in the whole world!

Love ya, Bethy

To CW4 Mark Riddle:

Happy Father's Day to CW4 Mark Riddle, who is a wonderful father! Be safe and come home soon. We are ready to go to the Ceylon restaurant in Nurnberg with you again!

Love, Ian and Nancy

To CW4 Mark Riddle:

A happy Father's Day to my favorite son-in-law and the best father to my favorite grandson from your favorite mother-in-law. Keep your head down and good luck on the A-frame! I love you. P.S. Watch for the Belmont. . .

I love you, Lou Lou XXOO

To SPC Les Thornton:

Hi Daddy. I miss you on Father's Day and wish that I could have been with you on your birthday in May. I wish you could have been with me for my sixth birthday in April. I miss you so much and want to be with you

soooo bad. And if I could, I would. But try to take it easy today on your day. And I hope you call so I can talk to you. I love you and miss you forever and always!

—Little Les and Mommy

To CPT Scott Thompson:

Happy Father's Daddy! Even though you are so far away, you still are the best daddy! I love you.

—Jack

To SPC Robert Tuma:

Robert, I just wanted to let you know that you are going to be the best father ever. Thanks for everything you do for us; you are so wonderful. I love you and miss you.

Love, Stephanie

To SSG James Varnarsdale:

Hello Daddy! How are you? I miss and love you so much. Hope you'll be home soon! Happy Father's Day!

Hugs and kisses, Sophie

To CPT Malcolm Wise:

Daddy will be back so I can go fishing. Daddy can catch a shark with his fishing pole.

—Your son, Deon

Top Ten Ways to Look and Feel Great

Whatever way you look at it, twelve months is a long time to be away from your spouse. That's why it's important to put yourself first from time to time. Here are ten ways to do that—and ensure that you look and feel great when your soldier comes home!

1. **Sleep well.** The average adult needs eight hours of sleep. So get some shut-eye. If you have trouble sleeping, try meditation, deep breathing, herbal teas (chamomile), or aromatherapy (lavender and sage are the best).
2. **Eat healthy.** A low-stress diet (low in fat, starches, and sugar) is essential. Eat six small meals a day and maintain a balanced diet. Supplement your diet with antioxidants such as vitamin E and energy boosters such as B-complex vitamins.
3. **Have a sense of humor.** Laughter really is the best medicine. Read the comics. Act silly with a child. Watch a funny movie. Find something to lighten your mood each day.
4. **Try something new or wacky.** Treat yourself to something different. Take a craft class or travel somewhere you've never been before.
5. **Keep your cool.** Self-control and patience are essential to living a stress-reduced life. You cannot control what people do or say to you, but you can control your reaction.
6. **Stay active.** Exercise not only keeps your body looking good, but it also releases endorphins. Rejuvenate yourself daily by walking or engaging in a fitness program.
7. **Maintain loving, supportive, and positive relationships.** Surround yourself with people who share your interests and are encouraging and nonjudgmental. Toxic friendships and relationships are energy drainers.
8. **Be honest.** Lying means always trying to keep up and remember the lie. This can become a major cause of stress.
9. **Think positive.** Our negative thoughts and fears can be overwhelming. Living with past regrets, guilt, or resentment is detrimental to your health. Try changing the way you think; it's difficult but not impossible.
10. **Love yourself.** Work on your self-image and self-esteem issues. Stop comparing yourself to others and embrace your uniqueness!

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MPS



GUNFIGHTER GAZETTE