



GUNFIGHTER GAZETTE

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

FEBRUARY 2004

1-1 FRG Leadership

BN FRG Leader

Laura Moore
09819-722-283 (Home)
09802-832-808 (Work)
0160-9835-1530 (Mobile)
davidandlauramoore@t-online.de

BN FRG Advisor

Diane Alpeter
09872-805-385
alpeter@t-online.de

BN FRG Advisor

Heidi Lumley
09872-805574
lumleyh@hotmail.com

BN FRG Newsletter

Frannie Schneider
09875-978-402 (Home)
09802-832-064/883 (Work)
frannie.schneider@us.army.mil

BN FRG Treasurer

Kerri Burton
09802-833-213
kerri_burton@eu.odedodea.edu

BN FRG Secretary

Christine Whitehead
09802-958630
ptsasec0203@yahoo.com

HHC FRG Leader/BN Advisor

Laura Rouse
09802-953851
lauchreth@hotmail.com

A Co. FRG Leader

Julie Broam
09825-927-055
Jrbroam@aol.com

B Co. FRG Leader

LaSandra Wise
09827-928-749
Lasandra.wise@hotmail.com

C Co. FRG Leader

Heather Scott
09875-978-649
heather.d.scott@us.army.mil

D Co. FRG Leader

Alison Thompson
09875-978-439

A Message From Gun 6

Dear Gunfighters,

On the eve of our deployment, I want to take a moment to reassure everyone that the great soldiers of the 1st Battalion, 1st Aviation Regiment are trained and ready to accomplish our mission in Iraq with professionalism, safety, and discipline. And with the steadfast support of our families, friends, and loved ones, we will remain focused on the difficult tasks ahead of us.

I look forward to sharing our journey in Kuwait and Iraq with all of you. Likewise, I am excited about knowing the things that happen back in Katterbach. Let's keep each other updated on our lives—our closeness will make the deployment pass quickly.

Remember to keep planning for your R & R trip, as well as your follow-on assignment or post-Army career. Both are closer than you think, and it's exciting to dream about the future.

In closing, Laura and I are very proud of what our unit and its families have accomplished and what we all will achieve in the future. We look forward to continuing to serve this great Gunfighter family.

Sincerely,

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

Important Reminder from the RDC

If you plan on being away from your home for more than twenty-four hours during the deployment, please provide your company FRG leader or the rear-detachment commander with your contact information. We are not trying to invade your privacy; the rear-detachment needs to be able to contact you in case of any kind of emergency. Thank you!

Rear-Detachment Numbers

Commander

CPT Josh Burton
09802-832-815/783/545 (Work)
09802-833-213 (Home)
0171-337-4147 (Cell)
josh.burton@cmtymail.98asg.army.mil

NCOICs

1SG John Frady
John.Frady@cmtymail.98asg.army.mil

SFC Ernest Blakemore

Ernest.blakemore@cmtymail.98asg.army.mil

Staff Duty Office (24 hours)

09802-832-815

Family Readiness Liaison

SGT Ronald Harding
0175-662-7398 (Cell)
Ronald.harding@cmtymail.98asg.army.mil

Chapel

09802-832-785

1-1 Web Site

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



Around the Hanger: Gunfighter Happenings

1-1 Skate Night!



Please join us Saturday, March 13, 2004, for the 1-1 AVN Family Readiness Group's second-annual family-fun skate night! The event will be held at the Ansbach Middle/High School gymnasium from 1800-2000.

Beat the winter blues with a night out with fellow spouses and kids. Kids (and adults, too!) should bring their own roller skates, inline skates, and/or strollers. You're welcome to bring anything with wheels, but wheels must be plastic or hard rubber and clean. If you don't own your own skates, you can rent them from MWR Outdoor Recreation. They are located in Hangar 2 on Katterbach and can be reached at 09802-833-225.

Due to safety requirements, a parent must be present to supervise his or her own children and their friends. Hot dogs and drinks will be for sale. Contact your company FRG leader or battalion FRG representative if you have questions.

Please join us!

What: 1-1 AVN Skate Night

Who: 1-1 Spouses and Kids

When: March 13, 1800-2000

Where: AMHS Gym



Ghostrider Update

Contributed by CPT Lee Fennema, Ghost 6

Hello members of the Ghostrider family! By now, all of your soldiers should have departed Katterbach and arrived in Kuwait. Alison and I both feel that it is most important for spouses to keep in touch with one another as often as possible to prevent feelings of isolation and worry that so easily take over—even if it's a two-minute phone call.

As you are aware, it has been an extremely busy and hectic time for all of us. We've had a change of command, a company hail and farewell, Christmas, New Year's, block leave, a battalion formal, weddings, meetings, briefings, and yes, deployment preparation and deployment. Alison and I truly appreciate the teamwork, supportiveness, and patience each and every one of you has put forth during these difficult times. This could not have been accomplished without your willingness and understanding to help and learn.

Please extend best wishes to the following individuals if you run into them. Charlie Company birthdays in the next month include **CW2 Mike Harmison** on February 26, **PFC Jesse Coble** on March 7, **SGT Jeremy Walker** on March 15, **Brian Richards** on March 22, and **CW2 Sean Richards** on March 29. **Aaron and Christy Mitchell** will be celebrating a wedding anniversary on March 18, and **PFC Jesse Coble** will be promoted to specialist on March 1. Congratulations!

There is an **FRG dinner** at Christy Mitchell's on February 26 at 1800. Please RSVP by the February 23 to 09841-401-355.

Heather Scott will be producing a digital Ghostrider newsletter monthly. We will be sending digital photos and updates from our forward locations for Heather to consolidate and distribute. My plan is to focus on four or five soldiers each month as well as give updated info on the entire company. This is still in the works so please be patient. Please feel free to offer any suggestions or ideas to Heather, Alison, or me. Heather is currently creating a distribution list for everyone who would like to receive it (parents, girlfriends, friends, etc). Please contact her if there are other addresses you would like to add.

Please continue to take care of each other.

Taz Devil Update

Contributed by CPT John Broam, Taz 6

All of our equipment has been sent to Kuwait, and by the time you get this, we will have followed. As I look back at the holidays and past month, we have accomplished an incredible amount in preparation for OIF II. I hope you have had time to spend with loved ones.

We would like to congratulate **SPC Karsten** on his recent promotion and **CW2 Ward** for being selected for CW3. It is always great to have Taz Devils get promoted or selected for promotion. In November, we welcomed **CW3 Griffith** into the Taz family. He brings a wealth of knowledge and experience to us. We look forward to utilizing his maintenance experience.

The Taz Devils have seen the departure of two great soldiers in the past few months. **CW4 Calkins** has

"Taz Devil Update" is continued on page 6.

Family News

If you would like to include your family news (soldier and family birthdays, anniversaries, new baby announcements and photos) in an upcoming newsletter, please contact Frannie Schneider at frannie.schneider@us.army.mil or 09802-832-064/883. We'll make sure your soldier sees it in print!

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 that 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 Frannie Schneider or Heidi Lumley.



Be my Valentine! Join the Ansbach Library on February 14 from 1400-1600 for a **Valentine card party**. You'll surely bring a smile to someone's face with your work of art! Call 0981-183-1740 for more information.

Get the popcorn ready because **free movies** continue this month at the Terrace Playhouse. *Rundown* (PG-13) will show Sunday, February 15 at 1500; *Cold Creek Manor* (R) will show Friday, February 20 at 1900; *Intolerable Cruelty* (PG-13) will show Sunday, February 22 at 1500; *The Missing* (R) will show Friday, February 27 at 1900; and *Under the Tuscan Sun* (PG-13) will show Sunday, February 29 at 1500.



Shop 'til you drop with February's **One-Day Getaway** offerings! These kid-friendly weekly events are free of cost, and transportation is provided. On February 12, we'll travel to Toys-R-Us, and on February 19, we'll hit the Wertheim Outlet Mall. Departure times are: Illesheim ACS at 0830, Bleidorn Library at 0845, and Ansbach High School at 0900. Buses will return between 1400 and 1430. Sign up at ACS or Outdoor Recreation.

Are you new to the community or have you been here a few months and want to learn more about your new home? You are invited to join Army Community Service for a four-day welcome-aboard orientation, called **People Encouraging People**, which will introduce you to our community and the beautiful surrounding area. ACS will reimburse for childcare during the PEP week. Children are welcome on the Thursday train trip to Nuremberg. Upcoming PEP dates are March 8-11 and April 5-8. The program is held from 0830-1400. Call ACS at 09802-832-883/846 to register or for more information.



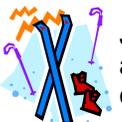
Attention moms-to-be! **Childbirth classes** begin again on February 23! This four-week course will cover pregnancy, labor and delivery, newborn care, and breastfeeding/bottle feeding. The class will be held every Monday evening from 1900-2100 in the ACS classroom. Contact Shelly Bourke at ACS at 09802-832-516 or Beth Calkins at WIC at 0981-183-739 for more information.

Ansbach/Illesheim Community Libraries are sponsoring an **African-American heritage history quiz**. Pick up an entry form at either library and test your knowledge. All correct entries turned in by 1800 on February 29 will be entered into a drawing. For more information call 0981-183-740. Good luck!



Get in touch with your crafty side at **Cobbled Corner Crafts**! On February 14, Scrapbooking 101 will be offered from 1300-1500. Cost is \$8. Framing and Matting will be offered February 18 from 1730-2130. Cost is \$15 for the class; the fee does not include the price of the frame, which can be paid that night. Bring a 3 1/2 x 5-inch or 5 x 7-inch photo. Wood Shop Safety will be offered February 21 from 1030-1130. Cost is \$5, and this course is required in order to use the wood shop. Don't miss Beginning Sewing on February 21 from 1000-1400. You'll learn the basics of sewing and how to operate a sewing machine as well as simple stitching. A project will be completed at the end of class. Sewing machines and materials are included in the \$25 cost of the class. Are you looking for a gift to send to your special someone downrange? Then consider joining us February 28 from 1000-1700 for Heart Pillow Quilt class. Cost is \$20. All classes are on a pre-pay and pre-registration basis. Call 0981-183-627 for more information.

Now that your spouse is deployed, are you wondering how to manage the pay benefits from the deployment? ACS is offering **Deployment Finances** to family members of deployed soldiers to help you explore investment and savings opportunities. You'll be able to watch your money grow throughout the deployment and beyond! The next class will be offered February 18 from 1300-1500 at ACS. Call 09802-832-883 for more information.



Join Outdoor Recreation for a one-day **ski/snowboarding trip** to Austria. Ski trips will be held February 21 and 28, and the cost is \$30 per person. The price includes transportation and equipment but does not include the lift ticket. Call Outdoor Recreation at 09802-833-225 for more information.

"Around the Community" is continued on the next page.

Around the Community

Continued from the previous page.



Do you need activities to occupy your little ones? ACS offers **play groups** every other Monday for newborns through three-year olds. The next session will be held February 26 from 1000-1200. Call Shelly Bourke at ACS at 09802-832-516 for more information.

The Terrace Playhouse offers **pre-school creative drama** every Friday from 1000-1100. Call Vicki Hanrahan at 0981-183-636 for more information.

Little readers won't want to miss **pre-school story hour** at the Bleidorn Library from 1100-1200 every Wednesday. Call 0981-183-1740 for more information.

Volunteers needed! The Terrace Playhouse is looking for **instructors for dance, music, theater, arts, and preschool/early childhood music and rhythm classes**. If you are interested, please call the Terrace Playhouse at 0981-183-636 or e-mail victoria.hanrahan@cmtymail.98asg.army.mil.



Army One Source

Army One Source is a place where soldiers and family members can quickly find the most up-to-date and useful information to help them balance their work and family life—especially during a deployment.

The online features include articles on such topics as parenting and child care, education, midlife and retirement, older adults, disability, financial, legal, everyday issues, managing people, and much more. The site also offers self-assessment tools for life changes, stress, and depression. More importantly, however, AOS offers privacy, including a toll-free number where individuals can speak to a masters' level social worker twenty-four hours a day, 365 days a year. Information about all conversations remains private.

AOS can be reached online at www.armyonesource.com. Use the user ID "army" and the password "onesource." Once connected to the site, the user can create his or her own user name and password. The toll-free number from Germany is 001-800-464-81077 (dial all numbers) or call collect 484-530-5889. If you have questions about Army One Source, call Rich Lopez at ACS at 09892-832-516.

What to Expect: The 5 Stages of Deployment



Stage 2: Deployment

Throughout 1-1 AVN's Operation Iraqi Freedom rotation, we'll explain the stages of deployment in the newsletter as we experience them. Although this information may seem irrelevant, knowing what to expect during each stage of the deployment can go a long way toward normalizing your experiences and situation.

The good news is that we just finished stage one of the deployment cycle (pre-deployment) and are now well into stage two (deployment), which extends from the time of the soldier's departure through the first month of deployment. So if you're feeling mixed emotions, overwhelmed, or sad, you're not alone. These are some of the characteristics of this stage.

A roller coaster of mixed emotions is common during the deployment stage. Others may feel relieved that they no longer have to appear brave and strong. There

may be residual anger at tasks left undone. The soldier's departure creates a hole, which can lead to feelings of numbness, sadness, being alone, or abandoned. It is common to have difficulty sleeping and anxiety about coping. Worries about security issues may ensue including: What if there is a pay problem? Is the house safe? How will I manage if my child gets sick? For many, the deployment stage is an unpleasant experience.

On the positive side, the ability to communicate home from Kuwait or Iraq is a great morale booster. Soldiers often have the ability to call or e-mail home at either no cost or at a very minimal cost through the military. For some soldiers who attempt to use cell phones, a huge phone bill can result, which can further add to familial stress. Another potential source of anxiety for families is that several weeks may pass before soldiers are able to make their first call/e-mail home.

For most military spouses, reconnecting with loved ones is a stabilizing experience. For those who have

"bad" phone calls, this contact may markedly exacerbate the stress of the deployment stage. One possible disadvantage of easy phone access is the immediacy and proximity to unsettling events at home or in the theater. It is virtually impossible to disguise negative feelings of hurt, anger, frustration, and loss on the phone. For example, a spouse may be having difficulty (children acting out, finances, etc.) or a soldier may be frustrated with his or her living conditions. Spouse and soldier may feel helpless and unable to support each other during their time of need. Likewise, there may be jealousy toward the individual(s) the spouse or soldier do rely on during the deployment.

Yet for all of its downside, military families have come to expect phone and e-mail contact as technology advances. Most report the ability to stay in close touch greatly helps them cope with the separation.

Look for information on the sustainment stage in the March newsletter or go to www.hooah4health.com.

Bridging the Miles

There are certain things that you can expect to find in the Gunfighter Gazette. One of them is "Bridging the Miles," a regular feature on reconnecting with your spouse or child despite the distance. Each month, we'll provide a list of ways to bridge the distance between your family and your soldier. Although there is nothing we can do about the physical distance, we can shorten the emotional distance. We hope that these ideas, coupled with your creativity and flexibility, will aid you in building, maintaining, and enjoying strong relationships with your soldier even while you are apart. Some ideas in this section are taken from the National Institute for Building Long Distance Relationships.

Romancing the Distance

Here are a few ideas to keep the romance alive, despite the distance!

- ♥ Buy a box of chocolates. Under each chocolate, place a short note. (Do this soon, before the temperature heats up!)
- ♥ Send a box of thirty greeting cards to your soldier, so he or she can open one each day for a month.
- ♥ Send a "heart attack." Cut out heart-shaped pieces of paper and write on them the things that you appreciate about your significant other. Place all the hearts in an envelope and send them to your spouse.
- ♥ Buy a copy of your favorite romance novel. Go through and cross out the names of the two lead characters and replace them with your names. Gift wrap the book and send it to your spouse.
- ♥ Write a monthly thank-you letter to your spouse.
- ♥ Every night for a week write down ten things that you appreciate about your spouse. By the end of the week, you will have written 70 things. Send the list in a romantic card.



Being There at Bedtime

Most of these activities are written as ideas for the soldier to be apart of his or her child's bedtime routine. However, the remaining parent and child could easily reverse these ideas and send the project to the deployed service member.

- ♥ Rewrite your child's favorite bedtime story by replacing the main character's name with your child's name. Another idea is to make computer print outs or purchase stickers of your child's name and stick them over the name of a character in one of his or her favorite books. You can also get pictures of your child's face and place them over the character's face.
- ♥ Make a videotape of you reading bedtime stories. Another option is to read your child a story by phone as communication becomes more readily available. The child could send a care package of books downrange!
- ♥ Write a letter to be read to your child while he or she is rocked to sleep. You can also send the letter on audio or video tape.
- ♥ Tell your child about one of your favorite nighttime dreams. Be sure to ask your child about his or her favorite nighttime dream.



Attention FRG Volunteers!

If you have volunteered for any FRG activities (skate nights, point of contact, Volksmarch, welcomes, etc.) in the past year, please contact Christine Duer, the installation volunteer coordinator, at Army Community Service to make sure you are registered and have logged your hours. All community volunteer hours must be logged by March 5.

Logging your volunteer hours is not only beneficial to you as an individual, but it also helps the FRG and the entire community. Volunteer hours can help justify funding for paid positions, but to count for anything, they must be logged by the installation volunteer coordinator. Take, for instance, the FRG administrative assistant currently being hired to help the rear-detachment; this position was created, in part, because of the large number of hours logged by our FRG volunteers. So don't wait; log your hours!

Also, watch the March newsletter for more information on the 235th BSB's annual volunteer recognition ceremony.



Force Protection

All family members are invited to participate in annual force protection awareness training to heighten their awareness of their surroundings. Training can be completed online at <http://www.at-awareness.org>.

You can use the word "aware" to access the system and setup your account information.

Mark your calendar now for the Mesheim Spouses' and Civilians' Club bazaar April 2-4! Look for more information in March!

Deployment Q & A

Do you have a deployment-related question that you would like answered? E-mail your questions to Frannie Schneider, and we will find the answer for you!

My soldier's parents are very concerned about this deployment. Where can they get the kind of information I get?

The shortest and best answer is from you. Even if you don't have a great relationship with his parents, there is no time like the present to improve it and no better way than by sharing the information you are given at FRG meetings with other people in the world who care very much about the welfare of your soldier. You can e-mail the information in a short note, send copies to them in the mail, or tell them what you know on the phone.

Although they are not required to do so, some FRGs have set up e-mail phone lists to send deployment information to people the soldier has requested receive it. This is another great way to keep extended family in touch, but many FRGs don't have the people or the time to do this, and the cost of mailing information to the States can add up quickly. But if you or your soldier's parents have an interest in helping keep extended family in touch, talk to your FRG leader about volunteering!

Taz Devil Update

Continued from page 2.

moved on to D Company. He was a great asset and leader. I know he will do well, and we wish him all the best in the future. **SPC Lamaris Failes** has been selected to attend WOCS. We all look forward to seeing WO1 Failes in a few years flying Apaches. We wish both of them the best of luck.

The Taz Devil family would like to wish a very happy birthday to **CW3 Dawne Griffith** on January 9, **Kelly Arnold** on January 25, **CW2 Scott Sweat** on January 26, **CW3 Ron Thompson** on January 30, **CW2 Jason Whitehead** on February 5, **SFC David Hood** on February 13, **1LT Kyle Randall** on February 19, and **SGT Brian Husmann** on February 22. We would also like to wish a very happy anniversary to **1SG Trefus and Denise Lee** on February 18.

I would like to thank all of the Taz Devil family, and most importantly the spouses, for your help and understanding during this very difficult time. You make it possible for us to accomplish any mission.

I promise to take care of your Taz Devil. That will be the first sergeant's and my main responsibility in Iraq. We all look forward to the day that all of the Taz Devils are back home in Germany with our families and can celebrate our mission accomplishment. Until then, please keep Julie informed, and let us know if you need anything. Duty First!



Useful Web Sites

Check out these web sites for information on coping with the deployment of your loved one.

- <http://www.hooah4health.com/>
Health-related web site that addresses the emotional aspects of deployment.
- <http://www.aflo.org>
Your Army well-being information source.
- <http://www.deploymentlink.osd.mil>
Aims to better prepare you on health issues that go along with deployment.
- <http://www.armycommunityservice.org>
Contains "Operation Ready" materials, which provide information on dealing with deployments.

Congratulations

Congratulations are in order for **Julianna Greene**, who was named a 235th BSB volunteer of the month in November. Julianna was nominated by 1-1 AVN FRG for her outstanding support and dedication to the FRG and the Ansbach community. Thank you for all that you do!

You've Got Mail

Did you receive this issue of the *Gunfighter Gazette* through your CMR or stateside address? If you have access to e-mail, please consider receiving the *Gunfighter Gazette* electronically. You'll receive the same great content in a digital format that's easy to open and navigate. Plus, you'll receive the newsletter much quicker than you do through your CMR or stateside address, and you'll get a better look at pictures included from downrange.

Do you have family and friends in the States who would like to receive the *Gunfighter Gazette* electronically? If so, please contact Frannie Schneider at frannie.schneider@us.army.mil with their e-mail addresses, so they can be added to the distribution list.

Letters from Kids

Starting in the March newsletter, we would like to include letters from children to their deployed parents. Please send the letter to Frannie Schneider (frannie.schneider@us.army.mil or CMR 454 Box 3542, APO AE 09250), along with the name and age of the child and the name and rank of the service member. We'll make sure copies of the newsletter with the letter reach the deployed parent.