

# FRG NEWSLETTER

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## Commander's Corner

**CPT Stefan M. Nock**

July proved to be another productive month for Company C. We successfully completed another rotation on Force Protection here on South Camp, and our monthly training requirements, before heading back into South Sector at the end of the month. We focused our training this month on Convoy operations, combatives, and Army Warrior Tasks, which included individual and squad movement techniques. We also spent a full day on the Spellman range zeroing our weapons and, additionally, managed to squeeze in a Company run and a short ruck march.

Being an international mission, and the 4<sup>th</sup> of July being a work day, we celebrated Independence Day on the 7<sup>th</sup> of July, as Thursdays here in Egypt are the beginning of the weekend. We had a huge BBQ and invited all of the other Contingents, including: France, Hungary, Italy, and I think I recall seeing some Fijians and Uruguayans. Major General Whitting, the Force Commander, came down from North Camp to join us as well. The Wild Geese, a local British Pub, even roasted a pig to commemorate the day. To top off the evening, we enjoyed fire works over the Red Sea.

Near the end of the month we welcomed the new Task Force Sinai Commander, Colonel Monty Willoughby, and said farewell to the outgoing Commander, Colonel Michael J. Johnson, and the outgoing Command Sergeant Major, CSM Kevin Fauntleroy, at their Change of Command ceremony held at North Camp. The incoming CSM has not yet arrived and our Battalion Command Sergeant Major, CSM Donald R. Connelly, will be the acting TFS CSM in the interim. In case you are a little confused or need a refresher, here's a recap of the MFO's command structure. As you may know, the MFO is actually headquartered in Rome, Italy. The Force Commander, MG Whitting, is located in North Camp, Sinai and he commands all of the MFO multinational Contingents. The US Contingent is commanded by the Task Force Sinai Commander, which is who the US Battalion (USBATT) falls under.

As for Morale, Welfare and Recreation (MWR), the softball team continued their winning streak for a while and it looked like we were positioned to win the Championship. Unfortunately, we lost in the playoffs to one of HHC's teams. Congratulations to Company D, for winning the Softball Championship. Next month the basketball tournament begins and Company C will be fielding a team.

On a personal note, I had scheduled my leave for the end of July with hopes of timing my leave with the birth of my daughter. Unfortunately, as with most plans, outside forces plot a course of their own and things don't always work out as expected. Our daughter Athena was born on 8 July 2011, exactly one month early and two weeks before I was able to get home. She and her mother, Julie Ann, are both doing very well.

*(continued on page 2)*



1-175th Infantry Regiment

**KEY POINTS OF CONTACT**

**FRG Leader**

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443-965-8182 (cell)  
renee9802@aol.com

**Family Assistance Specialist**

Baltimore FAC Office  
410-576-2990

**Address in Egypt:**

Rank and Name  
Charlie Company, 175th IN  
Unit # 31530  
APO AE 09833

## Commander's Corner *(continued)*

I spent much of my leave helping out with the new baby, playing fire trucks with my two- year old son, Bowen, and making breakfast in bed for my wife. When not occupied by those tasks, the rest of my time was spent doing baby laundry, washing dishes, assembling the new baby furniture, and fixing the amazing number of things that can break in a house over a four-month period.

It was great to be home, and as I'm sure you can imagine, the time passed by much too quickly. It was very difficult to say goodbye to my family and to head back to the Sinai, but the call of duty is strong. Remember families, as your Soldier puts on a brave face and stoically says goodbye to you at the airport after his leave, I can assure you that he would much rather remain home with you.

Very Respectfully,

Stefan M. Nock  
Captain, Infantry  
Commanding



## 1SG's Corner

Hello Families,

I think we have hit the point of the deployment that is hardest. Not the mission, that continues along quite well; but as families. I guess I should have been expecting it; after all, I've been around this block a few times. But as we roll up on the half way point, it seems that we are all ready to crack. The novelty has worn off, as has the "I can do this" pep talk, and it seems like we have such a long way to go. I think sometimes we just all need a reality check. Have any of these topics been a heated discussion with your spouse? Please allow me to give my two cents worth.

Life over there. Contrary to popular belief, it is not one big beach party in Egypt. Contrary to popular belief, it is not girl's night out every night back home. Duty in Egypt still is 38 days straight followed by 4 days off to take pictures and post on Facebook. After caring for your offspring all day, the only plan most nights is to try and get some sleep, or maybe a bowl of chocolate ice cream and an old movie on the TV.

Money. Those of us in the green suits should know that no battle plan ever survives first contact. Well, guess what, neither do financial plans. There is always an expense you forgot, something you really want to make your life easier and that intangible "Where did the money go?" question. Take a deep breath, reassess, and adjust a little. Everyone needs a little cash to spend on something totally useless, just keep it within reason. Set limits, stick to them, and realize that mistakes and the unexpected always happen.

## 1SG Michael Cahill

Rumors and Fidelity. Ultimately, there should be no one you trust more than your spouse. Conversely, there is no one's trust in you that you should guard more than your spouse's. I am pretty sure no one took a vow to never be within 10 miles of someone else of the other gender. It's OK to interact and be friends with the other gender, but there is a line. If you are married, one-on-one dinners with someone may be innocent; it just doesn't look that way. But a picture in a bar with a bunch of guys and girls, including your spouse, probably is. That said, despite incredible advances in communication technology, the word still gets through that your spouse is shacking up with someone. I have no idea where that word comes from, what it is based upon, or how it becomes interjected into the communication path; but it usually is wrong.

I know, I know; right now someone is thinking, "Yeah, but...". (Yabbits? Yabbits live in the woods.) Yes, there are exceptions; and we are even dealing with a couple. Please, folks; don't be that exception. Think about what you are doing. Deployments are not the time to make major, life changing decisions. Long as the time may seem sometimes, our time apart is temporary. Understand it is hard on both sides of the pond. Realize that there will be days you just need to take one at a time, but don't be afraid to look forward to the homecoming. Dream a little; Disneyland, dinner in that special restaurant, or a new car; me, I'm going camping. It will be here before you know it.

-First Sergeant

# Rear Detachment Corner

*1LT Jeffrey Hartline*

Hello friends and family of Charlie Company, 1-175 Infantry Battalion,

For those of you don't know me, my name is First Lieutenant Jeffrey Hartline. I am the current Rear Detachment Officer in Charge. I'm writing this bit to update everyone on what the Rear Detachment has been up to. As I write this, we have just completed training on a rainy day in Fort Indiantown Gap. We have trained hard and eagerly await the return of the forward element of Charlie Company, 1-175 IN.

While the forward element has been gone, Charlie Company's Rear Detachment has been busy. We conducted Annual Training at Ft. A.P. Hill, Virginia from 4 to 18 June. We led and participated in basic rifle marksmanship, machine gun training, Javelin recertification, urban operations, platoon and squad-level exercises and physical fitness. I'm proud to say that Charlie's Rear-D did excellently in all events and performed above the standard across the board.

On July 4<sup>th</sup>, the 1-175 IN marched in the Dundalk parade in celebration of our nation's independence and history. The Maryland National Guard in general and specifically the 1-175 IN have a proud tradition of defending this nation both serving the local community during times of national disaster as well serving abroad when our nation requires

it. During that event, we proudly represented the 1-175 IN.

In the upcoming months, the Rear Detachment will be engaged in a number of training events which will foster our continued emphasis on improving the individual soldier's skill set. We will do marksmanship training in September and begin to qualify our weapons in October. The yearly training plan for 2012 is in the final stages of being approved and we look to have an exciting set of drills next year.

It is important for us as a Rear Detachment company to support the forward element. Part of that support involves supporting the families who are left behind during a deployment. We are in the process of planning and participating in FRG events in the coming months. So keep checking your e mails and direct any questions or ideas to myself at [Jeffrey.hartline@us.army.mil](mailto:Jeffrey.hartline@us.army.mil) or Renee Delawder at [renee9802@aol.com](mailto:renee9802@aol.com).

Six months ago we waved goodbye to our friends in Charlie Company. We are now around the halfway point. Soon enough, Charlie Company will return sfrom their deployment and reunite with friends and loved ones. We are proud of their accomplishments in Egypt so far and look forward to that day when we can welcome our friends home.

## Pictures from Egypt



## From the FRG Leader

Dear Families,

The meeting this month was a great turn out! I was so happy to see some new faces. I hope as the months go on we see more of you. The meetings are a good way to get support and to meet other military families. We have a lot coming up in the next few months. September will be our company picnic which we are combining with Headquarters Company. October we will have a normal meeting on Sunday October 2nd at the DUNDALK ARMORY. October 23, some Family members within our Battalion are holding a Holiday Open House for family and friends to come out and "Support the Soldiers and their Families". While showing support, you can do a little of your Christmas shopping or find something nice to treat yourself!

The pizza fundraiser did not go as well as we would of liked. Those of you who have not participated but would still like to, There is still time!!! If you haven't turned in your pizza forms, all forms must be turned in by September 5, 2011. Delivery remains the same. All pizza items must be picked up from Towson Armory on Saturday, September 17, 2011 from 11:00am - 12:30pm. If there are any issues and you cannot pick up your items please let me know ahead of time so we can try to make arrangements. Any items not picked up will be donated.

I would like to take a minute and share some very sad news. SPC Jameel Freeman, a former Charlie Company Soldier was killed last week in Afghanistan. SPC Freeman was assigned to the 10th Mountain Division based out of Fort Drum, New York. His unit went to Afghanistan in support of Operation Enduring Freedom in March. Please keep SPC Freeman's family and friends in your thoughts and prayers during this difficult time. May SPC Jameel Freeman Rest in Peace.

I hope everyone is doing well and enjoying what's left of summer. Any questions or concerns please feel free to contact me anytime.

Thank you,  
Renee Delawder



## FREE College Prep Workshop

**Saturday, September 17th**  
**Time and Location TBD**

Military Child Education Coalition's (MCEC) Parent to Parent's College Application Workshop is three hours of interactive fun instruction on topics such as: finding the right college for you, the financial aid process, writing a winning essay, the college application timeline, resume and transcript building, academic planning for college acceptance. Our trainers lead the participants through the search process giving them great tips and information which can make this complicated process an easier one. Backed by our well researched, top notch resources our experienced trainers help you succeed at the application and admissions game.

For questions and registration information contact:

Theresa (Beth) Stoddard, State Youth Coordinator  
Office: (410) 576-2994  
Cell: (443) 603-4654

## Promotions

Article by Staff Sgt. Eli Blagg, Photo's by Spc. Jeffrey Mackey

C. Co 175<sup>th</sup> Ceremony on 29 June 2011

On 29 June 2011 during MFO 55's duty rotation back to South Camp. Sgt. Joseph Zubey and Sgt. John Kauffman both from C. Co. 1/75<sup>th</sup> INF out of Towson Maryland were presented in front of the Company for their promotion to the grade of E-6 Staff Sgt. C. Co. Commander Cpt. Stefan Nock shown here congratulating these Soldiers on their accomplishments.



A ceremony was held on 29 June 2011, for C. Co. 175<sup>th</sup> INF out of Towson Maryland, which is currently deployed to Task Force Sinai for the Multinational Force and Observers (MFO) mission. During that ceremony (from left) Pvt. David J. Monk, Pvt. Ronald E. Miller, Pvt. Kyle C. McNamara, and Pvt. Charles R. Grove were being promoted to the grade of E-3 Pfc.

Shown right, Antonio J. Washington and James W. King promotion from E3 to E4.



## HOLIDAY OPEN HOUSE

*Mark your calendars and join us for an event to support our military Families!*

**When:** October 23, 1-5pm

**Where:** Dundalk Armory, 2101 North Point Blvd

**What:** Party Plan Companies Extravaganza  
Representatives from Pampered Chef, Thirty-One,  
Scentsy, Hero on My Arm Bags, Jewelry and many more

There will also be a craft and bake sale. For more information or to donate your time or items, please contact Amanda Nolker at [mandicolleen@verizon.net](mailto:mandicolleen@verizon.net), 410-273-2638 or Victoria Katlic at [vkatlic@comcast.net](mailto:vkatlic@comcast.net), 410-443-969-2369.

All are welcome! Bring Family and Friends  
We will also have online sales available.

## MASCOT PMCS (Preventive Maintenance, Care & Services)

BY: SSG Eli Blagg

MFO Mascots are valuable force protection assets for the remote sites due to their natural territorial instincts. They are also loyal companions which provide comfort and companionship to the Soldiers. Cleanliness is one of the first lines of defense in disease prevention.

USBATT Soldiers take the time to make sure that the Mascots out at the OP's maintain their proper level of cleanliness. Pictured right are PV2 Kyle McNamara, Buddy, and PFC Antonio Washington of C. Co 1/175<sup>th</sup> INF out at one of the remote sites. "Next time I come out here I'm bringing clippers, sorry Buddy but you're getting a Mohawk" said PV2 McNamara jokingly.



*Mascot Bone's (pictured left along with PFC Washington) enjoying his towel dry.*



When asked "Why are you drying the dogs off on a 100° day?" PFC Washington said "Two reasons, one we don't want to let these wet dogs run through the sand and get more dirt then they had on them. And two, this is my squad leader's towel."

### JOE CORBI'S FUNDRAISER

\*\*The fundraiser has been extended and it's not too late to get involved! All proceeds will be donated directly to the FRG to help with activities for families, along with care packages to our Soldiers and a reunion party for the return of the Soldiers. The more participation we get, the more money we can raise for these things!

Orders can also be placed online at [www.joecorbi.com](http://www.joecorbi.com) (click on Seller Login, enter OL00CHAC175 as the Online Group Code, register, then enter the Seller ID provided). Customers will be responsible for shipping costs for online orders.

#### Remember These Dates:

- \* *September 5th*: Order forms and money due.
- \* *September 17th*: Orders must be picked up at the Towson Armory between 11:00 a.m.—12:30 p.m.

**Check out the FRG website! [www.1-175charlie.com](http://www.1-175charlie.com)**

## Resources You Should Know About

### New MVA Feature—Emergency Contacts

Maryland drivers can now add three emergency contacts to their driver's license so police will know who to call if an accident occurs. The emergency contact information is stored electronically on an individual's driver's license and will be available only to authorized law enforcement personnel.

You can go to MVA's website at [www.mva.maryland.gov](http://www.mva.maryland.gov) and add your three emergency contacts in just a few minutes. Go to the website, click "On-line Transactions, then click "Account Management" and then click "Emergency Contacts Management" to add your emergency contacts. The entire process takes less than 10 minutes.

#### Are you on Facebook?

- \* Get info and all the latest offers from the State Family Readiness Program by friending "MDNG FRP".
- \* Keep up with the unit by adding the group "Charlie Company 175th Regiment".

### Websites to Check Out

[www.mfo.org](http://www.mfo.org)

[www.sittercity.com/dod](http://www.sittercity.com/dod)

(Free service to find child care provider, pet care, elder care)

[www.militaryonesource.com](http://www.militaryonesource.com)

(including free YMCA memberships)

[www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)

(Free SAT/ACT Prep software and other resources)

[www.ourmilitarykids.org](http://www.ourmilitarykids.org)

(Free grants for children's activities)

[www.tutor.com](http://www.tutor.com)

(Free homework help & online tutoring)

[www.msep.jobs.com](http://www.msep.jobs.com)

(Job search site for military spouses)

## DATE\$ TO REMEMBER

**Saturday, September 5:** Joe Corbi's Order Forms and Money are due!

**Saturday, September 17:** Joe Corbi's pickup

11:00 am—12:30 pm, Towson Armory

**Sunday, September 18:** Company Picnic

2:00—6:00 pm, Merritt Point Park (7753 Dunmanway, Dundalk, MD 21222)

**Sunday, October 2:** FRG Meeting (bring a potluck dish to share)

12:00 pm, Dundalk Armory

**Sunday, October 23:** Holiday Open House

1:00—5:00 pm, Dundalk Armory

**Sunday, November 6:** FRG Meeting (bring a potluck dish to share)

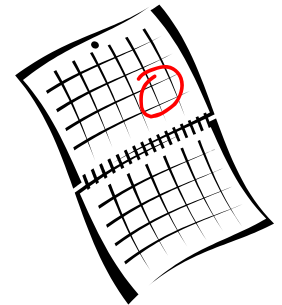
12:00 pm, Towson Armory

**Saturday, December 3:** Pass in Review

Time TBD, Fifth Regiment Armory, Baltimore

**Sunday, December 4:** Company Holiday Party

Time and Location TBD



### Reintegration

#### Save the Dates!

Time and location TBD. Required for Soldiers, Families encouraged to attend.

April 27-29

May 18-20

June 22-24

*Have something you think should be included in the newsletter?*  
Contact Rachel Flanders at 443-955-3771 or [brflanders@comcast.net](mailto:brflanders@comcast.net).