

FRG NEWSLETTER

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Commander's Corner

CPT Stefan M. Nock

It's been a busy and productive month, and it seems that the time has really flown by. We've already completed our first tour in South Sector where we perform the main effort of our mission: to observe and report violations of the Treaty of Peace. We've also completed our first rotation on Force Protection, taking our turn to guard South Camp by standing our posts in the guard towers and at the Entry Control Point (ECP). We are responsible for controlling the access of every individual and vehicle entering and exiting South Camp. Additionally, we've conducted a bit of training, including: Combat Water Survival Training (CWST), Combat Life Saver (CLS) training, convoy training, armored vehicle training, safety training and much, much more.



1-175th Infantry Regiment

Soldiers are encouraged to take advantage of the Arabic language classes at the Education Center, in addition to taking college classes through the University of Maryland office here on post, or through online correspondence courses. Although our mission is our main priority, and training is a constant in the U.S. Army, we make every effort to maximize our Soldiers' "down time". There is a beach located here on base as well as a few Morale, Welfare and Recreation (MWR) centers. In addition to advancing our academics, Soldiers have the opportunity to greatly improve their physical conditioning this year at the gym with the base's full-time trainer, "Mick", or through organized sporting activities. Currently, Company C's Softball team is undefeated, with a 4-0-1 record against the other US teams on post. The opportunity for Soldiers to visit local cultural and historical sites such as the Pyramids in Cairo, Mt Sinai, Jerusalem and Petra are also quickly approaching.

We've already been honored with the presence of many esteemed visitors, including: Major General Kenneth Dowd, the Commanding General, 1st Theater Sustainment Command, Major General W.J. Whiting, the Force Commander, Colonel Michael Johnson, The Task Force Commander and several others. It seems everyone wants to come meet the new guys. Our hard work seems to be paying off, as we've been getting great remarks from our "higher" (the Command structure above us), which it seems is already very impressed with our performance.

It seems that Egypt is always in the news these days, I'm sure some of this is due to paying closer attention to this region of the world, but it's also a newsworthy and historical time for Egypt. As you may know, the Rafah Gate from Egypt to Gaza has just been reopened, this year's "Day of Catastrophe" has come and gone, and more recently there are talks of lifting the curfew in Cairo. Although the region may

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KEY POINTS OF CONTACT

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 Unit # 31530
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Commander's Corner *(continued)*

seem volatile on the news, the vast majority of the 1-175th is located on South Camp, which is at the Southern tip of the Sinai Peninsula (see map on page 3), so we are somewhat removed from the major activities and events in the region. Additionally, the locals in Sharm el Sheikh appreciate having the MFO personnel here, as our presence adds to a sense of security in the area and helps bring in tourism. The coming months look to be very interesting, as Palestine seeks to be recognized as a state by the United Nations and Egypt looks towards their presidential elections in September.

Charlie Company is continuing to do a great job and I am as proud and honored as ever to be their Company Commander. I anticipate that we will continue to meet the many challenges we will encounter this year. As always, I encourage you to support your Soldier by remaining in touch through letters, telephone and the internet. You can also follow our progress on Facebook, through our Company website and of course, this newsletter. You can also learn more about our mission at www.mfo.org.

Maa salaama (Good bye in Arabic, literally "Go with Safety")

STEFAN M. NOCK
CPT, IN
Commanding

1SG's Corner

Hello Charlie Company Family!

Well, if I thought I would not have anything to do, our first month here has set me straight! Battalion wide, I think we had been so conditioned to hitting this mission at full speed and to avoid complacency that we were not totally prepared for what we found. Mind you, it is still looking like a great mission, and I can't say too many bad things about previous units. Still, the 175th is used to clear policies and procedures. What we are finding is 30 a year accumulation of practice, policies and straight up fairy tales that often contradict each other. Unfortunately, I think the only thing Joe hates more than policies that make no sense is constantly changing policies. We are trying to make things better, I promise!

We have hit an early milestone here; our first 30 days on ground. This means the task force imposed restrictions are now lifted and Soldiers can spend some off duty time in town; and, oh yes, enjoy a beer after work. I'll admit that after my Arabic class, that Guinness was a fine thing. Moderation is still a key, with a two drink limit and a 10 PM curfew if you have to work the next day being the rule. I did note however, that the chow hall was almost deserted this morning at breakfast time!

In addition to working out all the particulars on leave plans for Soldiers, I have started looking even further ahead. We

1SG Michael Cahill

do not have exact dates yet, but believe it or not, our homecoming is on the horizon. One of the mandates is "reintegration"; for those who have been through a previous deployment, I am sure you recall it. There will be 3 sessions approximately one month apart. Families will be invited to usually two of them. I know that some families have less than favorable thoughts on the process, and in truth, this mission lacks the stressors of other missions. Still, we know that some families will need help and that makes it important enough that we make this mandatory for all returning Soldiers, we simply cannot afford to miss anyone. In order to avoid conflicts, we are trying to lock in dates very early. This way, if you plan to have that big homecoming family vacation, you know which dates to avoid. Expect to see these dates very soon.

Finally, I would like to thank you all for keeping our mail personnel in shape. Mail call typically takes over the entire company day room to sort it all out, and all those boxes give us a workout! Even if I call home every day, I still love to get mail. Yesterday, I received a box from my mom with "pepperettes", a kind of jerky you can only get from a shop in Syracuse, NY. If people are nice, I might even share!

-First Sergeant



Interactive Map: <http://www.mfo.org/sinaimap.php>; **Top Right:** Combat Water Survival Test; **Middle Right:** Gym area; **Bottom Right:** Herb's Beach



UPCOMING FRG ACTIVITIES

July: There will be no meeting in July due to the Fourth of July holiday.

August and September: Save the dates of Sunday, August 7th and Sunday, September 18th! One will be a company picnic and the other a regular FRG meeting. The plans are still being made. Check next month's newsletter for details on time and location for both events.

**Fundraiser orders will be due at the August 7th event and available for pickup at the September 18th event. See page 6 for details.*

Check out the FRG website! www.1-175charlie.com

From the FRG Leader

Dear Families,

I hope everyone is doing well. I will be out at the Homefront Challenge Camp again this year as a counselor, I hope to see some of your children out having a week of fun!

We are starting off our "Joe Corbis" fundraiser this month. If you did not make the meeting and want to participate please contact me and I will send you the fundraiser form. There is a great promotion that Joe Corbis is running, if you sell any of the pizza boxes you have a chance to win some great prizes. If you sell to someone and they win a prize you win that prize also!! Prizes include, flat screen tv's, IPAD, IPOD touch, free groceries, free gas and gift cards!! The more you sell the better your chances to win!! I have also included an online sales for those who want to support but live far away. All items purchased online will have to pay their own shipping and items will be shipped directly to their home. Happy Selling! Hopefully we will have some prize winners!

I want to let everyone know that one of our Family members, Tawnya Timson, will be walking in the PA Hero Walk starting June 12, 2011 through June 19, 2011. In the next week Tawnya will walk 181 miles to support the Wounded Warrior Project. Cheer Tawnya on and pray she will stay hydrated. I know she will do great! You can check Tawnya's progress by going on www.paherowalk.org. I look forward to following Tawnya's walk and hearing of her experiences during this week.

We are in the process of planning our summer picnic. This will either be August 7th or September 18th. Anyone who would like to help with the planning of the company picnic please contact me.

There will be no meeting in July. I will be attending The National Conference in July in Louisville Kentucky and hope to bring everyone back some great information. Hope everyone has a Happy 4th of July!

Any questions or concerns please feel free to contact me anytime.

Thank you,
Renee Delawder

RED CROSS UNVEILS NEW EMERGENCY NUMBER

As part of an ongoing effort to better serve the military community, the American Red Cross will move to a single telephone number for its emergency communication services in June. Beginning June 13, 2011, service members and their families can use one toll-free number -- **877.272.7337** -- to send an urgent message to a service member.

In the past, military families living outside an installation needed to remember the phone number for their local Red Cross chapters for emergency communications, while those living on a military installation used the **877-272-7337** number. Now, military members and their families can use this single number to initiate an emergency communication, regardless of where they live.

Through this number, Red Cross emergency communications services can put military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family faces other emergencies. Additional Red Cross services such as case management and emergency financial assistance also are available.

(Source: <http://www.defense.gov/news/newsarticle.aspx?id=64080>)

LOOKING FOR SOMETHING FUN TO DO THIS SUMMER?

Check out these offers and resources for military families.

OMK Summer Get-Away Camp: Registrations are now being accepted for the 2011 Maryland Operation Military Kids (OMK) Summer Get-Away Camp to be held this year at the beautiful Western Maryland Educational Center in Garrett County, Maryland. Camp will be held from Sunday, August 7 through Thursday, August 11 this year. Space is limited so, please get your registrations in ASAP. Registration fee is \$100 which will be refunded to you upon your child's arrival at camp. For registration information contact Jayne Fitzgerald, MD OMK Program Director, at 310-405-2833 or jefitz@umd.edu.



Baltimore Orioles Offers: The Baltimore Orioles offer a variety of discounts and events for military families. For more information, go to <http://baltimore.orioles.mlb.com/bal/community/military.jsp>.

Anheuser-Busch Hero Salute: Anheuser-Busch is proud to salute the men and women of the armed forces and their families. Throughout 2011, members of the military and as many as three direct dependents may enter SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. You MUST register at the website to get this free admission offer.

<http://www.herosalute.com/>



Discounted Hershey Park Tickets: Discounted tickets for service members and their family are available at the State Family Program Office at 5th Regiment Armory (29th Division Street, Baltimore, 21201). Price for regular adult ticket is \$39 (versus the normal rate of \$53.95). At this time, only cash is accepted. Questions? Call 410-576-6019.

Best Kept Vacation Secrets from Military OneSource: Whether you're looking to lounge on the beach or go fishing on a secluded lake, these locations are some of the best kept secrets of military lodging facilities. Visit our Best Kept Secrets page and enjoy the discounted rate for service members without sacrificing luxury or location.

<http://www.militaryonesource.com/MOS/Tools/MilitaryRecreationMWR/BestKeptSecretsMWR.aspx>

MWR: Guard and Reserve members do not need to live on an installation or even near an installation to take advantage of the many perks offered through Morale, Welfare, and Recreation (MWR). Vacation rentals, all inclusive resorts, and great travel deals for service members and their families are all available online. That long overdue vacation is now only a click away!

http://www.armymwr.com/travel/offdutytravel/great_travel_deals.aspx

Don't forget to check out the MWR Offices at Fort Meade (www.ftmeademwr.com), Fort Detrick (<http://www.detrick.army.mil/mwr/>), or APG (www.apgmwr.com) for local offers!

JOE CORBI'S FUNDRAISER



All proceeds will go directly to the company FRG to help with activities for families throughout the deployment, 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!

If you were not at the last FRG meeting and need an order form, please contact Renee. Orders can also be placed online at 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.

Important Dates:

- * *June 12th*: Sale starts.
- * *August 7th*: Order forms and money due. Checks should be made payable to "1/175th Charlie Company FRG". If possible, please write one check for your entire order.
- * *September 17th*: Orders ready for pickup.

Resources You Should Know About

Summer Activity Resources

see page 5

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

www.sittercity.com/dod

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

www.militaryonesource.com

(including free YMCA memberships)

www.militaryhomefront.dod.mil

(Free SAT/ACT Prep software and other resources)

www.ourmilitarykids.org

(Free grants for children's activities)

www.tutor.com

(Free homework help & online tutoring)

DATES TO REMEMBER

Sunday, August 7th

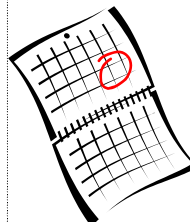
Fundraiser orders due.

Save the date for FRG meeting or picnic!

Sunday, September 18th

Fundraiser orders ready for pickup.

Save the date for FRG meeting or picnic!



Upcoming Drill Dates

(for Rear Detachment)

July 4

August 4-7

September 16-18

Have something you think should be included in the newsletter?
Contact Rachel Flanders at 443-955-3771 or brflanders@comcast.net.