

FRG NEWSLETTER

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Commander's Corner

CPT Stefan Nock

Dear Friends and Families,

I am writing to share with you how very proud and honored I am to be the new Company Commander for Company C. I have served in the 1-175th for over nine years, starting as a Specialist in Company C and later serving in the Company as a Platoon Leader during Operation Iraqi Freedom in 2007-2008.

I would like to sincerely thank each of you for your support during this past year. Having recently served as the Battalion Assistant Operations Officer, I am quite aware of the extra demands presented to you and your Soldier this year. My wife Julie Ann, and son Bowen, have experienced these demands, picking up the slack during the extra drill periods, meetings and homework during this time.

Having previously deployed with Charlie Company, I know first-hand the stress on families and employers during deployment. While my first priority is our mission, I have every intention to ensure that your Soldier has the ability to access telephones, computers and mail in order to stay in touch. Additionally, both the Battalion and the Company have Facebook sites, where you can stay in contact with your Soldier and watch our progress.

I look forward to serving with your Soldier this year and making this a successful, educational and enjoyable deployment.

Sincerely,

Stefan M. Nock
CPT, IN
Commanding



1-175th Infantry Battalion

KEY POINTS OF CONTACT

FRG Leader
Renee Delawder
717-993-5351 (home)
443-965-8182 (cell)
renee9802@aol.com

FRG Co-Leader
April Snyder
443-980-4060 (cell)

Family Assistance Specialist
Lynette Walters
Baltimore FAC Office
410-576-6019
410- 570-7421 (cell)

YOU'RE INVITED—FRG MEETINGS

- All Charlie Company Family members are invited to attend the monthly FRG meeting! The purpose of these meetings will be to spend time together and offer support as we are all going through the deployment, as well as to share information of interest to families. Any and all family members are welcome—spouses and significant others, parents, siblings, friends. Children are always welcome as well. FRG meetings will be potluck and held at the Towson Armory. Check the newsletter each month for dates and times.

The next FRG meeting will be: **Saturday, April 9th, 12:00pm at the Towson Armory**
Don't forget to bring something to share for the potluck lunch!

Meet the New Commander

Captain Stefan M. Nock is the new Company C Commander, effective 02 March 2011. He most recently served the 1-175th Battalion as the Assistant Operations Officer. CPT Nock enlisted into the Maryland Army National Guard in 2002 and he graduated Basic Combat Training as the Honor Graduate and High APFT Award winner the same year. After a short stint as a Rifleman in Company C, CPT Nock next attended Maryland Officer Candidate School (OCS), Class 45, and graduated as the Distinguished Honor Graduate, Academic Award winner and High APFT Award recipient and was commissioned as a Second Lieutenant in August 2004. Following OCS, CPT Nock attended Infantry Officer Basic Course (IOBC) and then earned his Ranger Tab in 2005. After Ranger School, CPT Nock returned to Company C as a Platoon Leader, before being selected as the 1-175th Battalion Scout Platoon Leader. CPT Nock was moved back to Company C during the Operation Iraqi Freedom (OIF) deployment in 2007 in order to serve as the Platoon Leader for 3rd Platoon in Mosul, Iraq. During his deployment, CPT Nock was awarded the Combat Infantryman's Badge and a Bronze Star for his service. Upon return from the OIF deployment, CPT Nock was selected as the Company A, 1-175th Executive Officer (XO).

In the civilian world, CPT Nock is a licensed Professional Engineer who works for General Dynamics Robotic Systems where he serves as a Senior Mechanical Engineer and helps design Autonomous Robots for the Department of Defense. He graduated from Drexel University in 1996 with a Bachelor of Science in Mechanical Engineering. He has also worked for Black & Decker, where he was awarded two Patents.

Captain Nock is married to Julie Ann Cavnor, they live in Baltimore, MD and have a son named Bowen.

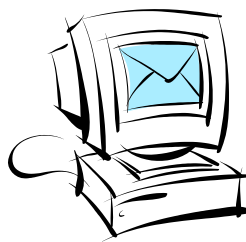
THE FRG NEEDS YOUR EMAIL ADDRESS!

Due to a lack of funding, the FRG is no longer able to do mass mailing of the newsletter. Therefore, the newsletter will be sent by email—make sure we have your email address so you don't miss out on anything!

If you do not have email, you may receive a paper copy in the mail. Please call Renee to request a paper copy.

If you are not on the FRG email list, please send an email with your name and Soldier's name to:

Rachel Flanders, brflanders@comcast.net



PHONE TREE VOLUNTEERS NEEDED

Looking for a way to get involved? The FRG is looking for phone tree volunteers to make calls throughout the deployment. The phone tree will be used to help put out official information. Each caller will be expected to call 5-10 families, about once every other month.

For more information, contact:
Cynthia Duvall, Phone Tree Coordinator
443-934-1054

or

Renee Delawder, FRG Leader
717-993-5351

*****Don't miss out on information, make sure the FRG has your phone number & email address.*****



In recognition of “Month of the Military Child” the Maryland National Guard Child & Youth Program and the Baltimore Orioles would like to invite military youth to be on the field during the Opening Day Ceremonies!

Opening Day is Monday April 4, 2011. Participants will need to be at the Fifth Regiment Army no later than 1:30 PM. Participants will receive a ticket to the game and will be dropped back off at the Fifth Regiment Armory after the game. Adult chaperones will be attending with the youth. This event is for youth ages 8-18.

Direct all requests and questions to Theresa (Beth) Stoddard, State Youth Coordinator:

PLEASE RETURN THIS FORM TO BETH STODDARD

Theresa (Beth) Stoddard
 State Youth Coordinator
 Maryland National Guard
 Fifth Regiment Armory – Family Readiness
 29th Division Street
 Baltimore, Maryland 21201-2288
 Office: (410) 576-2994
 Cell: (443) 603-4654
 Fax: (410) 576-6150
 EM: theresa.stoddard@us.army.mil

Please print or type clearly:

Parent(s) Name: _____

Address: _____

City: _____ State: _____ Zip: _____

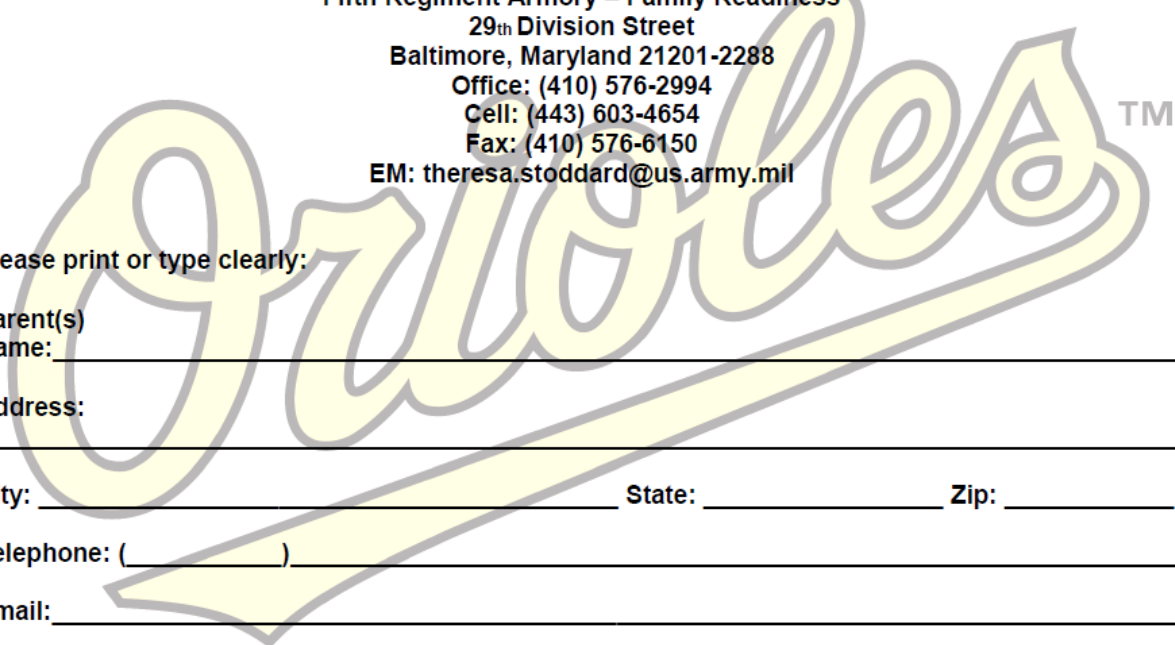
Telephone: (_____) _____

Email: _____

Unit: _____

First Name Of Attending Children:

_____	Age: _____	Adult T-Shirt Size: _____
_____	Age: _____	Adult T-Shirt Size: _____
_____	Age: _____	Adult T-Shirt Size: _____
_____	Age: _____	Adult T-Shirt Size: _____



HERSHEYPARK National Guard Day at the Park

Date: April 10, 2011

Time: 10:00a.m.-6:00p.m.

Cost: \$22 ages 3 and up (2 and under, free)

Parking: Free

Go to: <http://tinyurl.com/c8kbgu>

Enter Code: 29837

- ❖ Season passes will not be accepted for this event
- ❖ You may need to copy and paste the link to your browser
- ❖ Please contact Francois Houde with any problems accessing the link at: fhoude@hersheypa.com

Resources You Should Know About

TUTOR.COM

Free homework help and online tutoring

Eligible military families get free homework help, online tutoring and career help from Tutor.com for Military Families, a program provided by the Department of Defense. It is available at no charge to military families and allows K-12, college and adult students to connect to a live tutor online at anytime for help with homework, studying, test prep, resume writing and more.

Access to the program is free and unlimited 24 hours a day, seven days a week. All students worldwide can use the program, regardless of where they attend school. Eligible military members can get details and create an account at www.tutor.com/military.

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
(for free SAT/ACT Prep software and other resources)

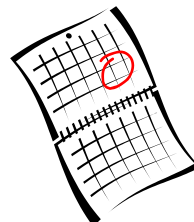
www.ourmilitarykids.org
(for free grants for children's activities)

DATES TO REMEMBER

Saturday, April 9th

****FRG MEETING****

12:00p.m. at the Towson Armory.
Potluck lunch—bring a dish to share!



Upcoming Drill Dates

(for Rear Detachment)

April 9-10

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