

November 2010

## FRG NEWSLETTER

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### KEY POINTS OF CONTACT

**Company Commander**  
1LT Anthony Caldwell  
[anthony.caldwell@us.army.mil](mailto:anthony.caldwell@us.army.mil)

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

**Family Assistance Specialist**  
Wayne Stinchcomb  
(410) 576-6019  
[wayne.a.stinchcomb@us.army.mil](mailto:wayne.a.stinchcomb@us.army.mil)

### SRP Follow-up for Families:

Do you know where all your important family documents are located? This includes will, Power of Attorney, financial documents, etc. Prepare for the upcoming deployment by making sure you talk over with your Soldier where all of these things are.

## Commander's Corner

### 1LT Anthony Caldwell

Charlie Company Soldiers and Family members,

I am pleased to be able to write to you again in this month's edition of our FRG Newsletter. This month I'd like to provide a quick recap of the activities that occurred during November's drill and a look forward to December's drill weekend.

During November's drill, the Battalion conducted the administrative Soldier Readiness Process (SRP). This was the first step in preparing the Battalion for deployment. I thank all of the soldiers for their patience and professionalism dealing with long lines and computer issues. The second step will occur during January's drill where medical evaluations will take place. Big items that were addressed during the SRP include creating wills, power of attorney and ensuring all financial documentation was current and correct.

If you did not create a will or power of attorney during the SRP and now wish to have one written up JAG representatives are available, by appointment, each day at the 5<sup>th</sup> Regiment Armory.

Looking forward to December's drill, the Battalion will be conducting the annual Pass and Review Ceremony. The Pass and Review is a great opportunity for families throughout the Battalion to interact and a fun day for the children with plenty of planned activities.

Following the Pass and Review, all Soldiers E-6 and above are invited to the Reception. The fee is \$25 each per Soldier and guest. If you would like to attend and have not received an invitation please contact SFC Penley to make arrangements.

This year Charlie Company is not planning to hold a holiday celebration on the Sunday of drill weekend. I have elected to allow soldiers to spend the time at home with their families, provided they complete the required online training, and still receive credit and pay for the day. Charlie Company will be holding a Dining Out Ceremony during February as a formal celebration prior to being mobilized.

As always, if at any time you have questions or concerns I can easily be reached through email at [Anthony.caldwell@us.army.mil](mailto:Anthony.caldwell@us.army.mil).

*1LT Caldwell*



# National Military Family Month—Presidential Proclamation

“We owe each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support. During Military Family Month, we celebrate the exceptional contributions of our military families, and we reaffirm our commitments to these selfless individuals who exemplify the highest principles of our Nation.

Across America, military families inspire us all with their courage, strength, and deep devotion to our country. They endure the challenges of multiple deployments and moves; spend holidays and life milestones apart; juggle everyday tasks while a spouse, parent, son, or daughter is in harm's way; and honor the service of their loved ones and the memory of those lost.

Just as we hold a sacred trust to the extraordinary Americans willing to lay down their lives to protect us all, we also have a national commitment to support and engage our military families. They are proud to serve our country; yet, they face unique challenges because of that service. My Administration has taken important steps to help them shoulder their sacrifice, and we are working to ensure they have the resources to care for themselves and the tools

to reach their dreams. We are working to improve family resilience, enhance the educational experience of military children, and ensure military spouses have employment and advancement opportunities, despite the relocations and deployment cycles of military life. Our historic investment to build a 21st-century Department of Veterans Affairs is helping to provide our veterans with the benefits and care they have earned. We are also standing with our service members and their families as they transition back into civilian life, providing counseling as well as job training and placement. And, through the Post-9/11 GI Bill, our veterans and their families can pursue the dream of higher education.

However, Government can only do so much. While only a fraction of Americans are in military families, all of us share in the responsibility of caring for our military families and veterans, and all sectors of our society are better off when we reach out and work together to support these patriots. By offering job opportunities and workplace flexibility, businesses and companies can benefit from the unparalleled dedication and skills of a service member or military spouse. Through coordination with local community groups, individuals and organizations can ensure our military families have the help they need and deserve when a loved one is deployed. Even the

smallest actions by neighbors and friends send a large message of profound gratitude to the families who risk everything to see us safe and free.

As America asks ever more of military families, they have a right to expect more of us -- it is our national challenge and moral obligation to uphold that promise. If we hold ourselves to the same high standard of excellence our military families live by every day, we will realize the vision of an America that supports and engages these heroes now and for decades to come.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2010 as Military Family Month. I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in support of our service members and our Nation.

IN WITNESS WHEREOF, I have hereunto set my hand this twentieth day of October, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fifth.”

BARACK OBAMA

.....  
• From the FRG Leader  
• I want to wish all the Soldiers and Families of Charlie Company  
• a safe and Happy Thanksgiving!  
•  
•  
•  
.....  
-Renee Delawder

Have a question? Need more information? Want to get more involved? Contact Renee at 717-993-5351 (home) or 443-965-8182 (cell).

## Pass in Review Ceremony

All Charlie Company Family members are invited to attend the Pass in Review during December drill!

**Saturday, December 4th**

**at 5th Regiment Armory, 29th Division Street, Baltimore, MD 21201**

10:00am- Report time for Soldiers not bringing family

11:00am- Report time for Soldiers bringing family

1:00pm- Ceremony begins



*\*\*\*Family Activities Include\*\*\**

**Moon Bounce**

**Children's Entertainment**

**Rock Wall**

**Halo Jumper**



## Resources You Should Know About

### FREE SAT/ACT PREP SOFTWARE

MilitaryHOMEFRONT is pleased to announce the **NFL/MLB Players Donation** for SAT/ACT Power Prep is available to all Armed Forces personnel, including members of the Reserves, Active Duty, and their families. The program has been extended to military families and veterans for a fifth consecutive year. Through the eKnowledge Sponsorship Alliance, NFL, and MLB players associated with the donation, military personnel can obtain SAT/ACT Standard Power Prep program(s) for only shipping and handling costs. The SAT/ACT Standard Power Prep programs normally cost \$199.00. The SAT/ACT Power programs are available as a DVD ROM set. Each program includes more than eleven (11) hours of training video and 40+ hours of student participation-they can be used as a stand-alone complete course or as a supplement to other prep materials. The PowerPrep Programs are Mac, Vista and Win7 compatible. **Families may now use the program for an entire year even if the program is requested the last day of the sponsorship.**

For more information, go to [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil) and click on "Free SAT/ACT Prep Materials" on the left hand side.

### Websites to Check Out

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

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

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

### Are you on Facebook?

Get info and all the latest offers from the State Family Readiness Program by friending "MDNG FRP".

*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).

## Preparing for Deployment

### Resilience: What It Is, How to Build It

*From Military One Source (September 2010)*

If you or your spouse has recently deployed or is preparing for deployment, chances are you've heard the word "resilience." It means the ability of a person to withstand, overcome, and adapt in positive ways to stress and adversity.

Resilience is a feature of emotional fitness that helps service members cope with the nature of combat. It also helps families manage on the home front. Some people are naturally more resilient than others, but almost everyone can learn techniques that will increase their resilience as they deal with minor setbacks or major life crises.

Researchers for the National Center for PTSD developed a scale to measure psychological resilience in service members. They identify six key traits of resilient people and offer suggestions anyone can use to strengthen them:

- ✦ **Positive outlook.** Spend time with people who are great at dealing with stress as role models. Find an opportunity for growth in every stressful situation. Calm and comfort yourself. Try to recharge before facing the next challenge. Find something to laugh about. Practice ways to handle a situation better the next time.
- ✦ **Spirituality.** Pray or meditate. Rely on a value system or set of guiding life principles.
- ✦ **Active coping.** Take action to fix things. Don't give up trying to solve problems. Find a way to get help when it's needed. Face fears. Look at a problem in a number of ways. Look for creative solutions to the problem.
- ✦ **Self-confidence.** Expect that you can handle the problem. Know that you will bounce back from the stressful situation.
- ✦ **Learning and making meaning.** Look for meaning in the experience. Find strength in the meaning, purpose, or mission of your life. Learn important and useful life lessons from an event and learn from past mistakes. Understand that bad things can — and do — happen to anyone.
- ✦ **Acceptance of limits and circumstances.** Realize that in your life you will have times of joy and times of sadness. Be good at determining what situations are changeable and what situations are not. Accept things you cannot change. Know you have limits.

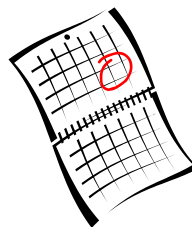
Military OneSource has many resources to help you to become more resilient. Be sure to read our articles [Mental Resilience: Bouncing Back From Adversity](#) and [Building the Resilience of Your Military Family](#). We're available 24/7 to help you with a whole range of work and personal issues, including handling stress. You can call 1-800-342-9647 or check the Web site at [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com).

## DATES TO REMEMBER

### Saturday, December 4

**\*\*Pass in Review Ceremony\*\***

At the 5th Regiment Armory in Baltimore, with Family activities. 11:00AM report time for Soldiers bringing families!  
5th Regiment Armory, 29th Division Street, Baltimore



### Upcoming Drill Dates

December 4-5

January 21-23

February 5-6