

FRG NEWSLETTER

Commander's Corner

CPT Stefan M. Nock

August was another successful month for Charlie Company and a milestone for Soldiers and their families. By the time you read this, we will have passed our furthest point from home, as we are now past the halfway point of this year long mission. I expect Soldiers and families are both starting to see the light at the end of the tunnel.

It's been a long journey already as Charlie Company has unfortunately lost family members, welcomed new additions, and has had to release a few of our Soldiers from active duty service. The stress from deployment has begun to take its toll on some of our Soldiers, as I am sure it has on some families back home as well. One of the greatest comforts a modern Soldier has is his internet connection. The use of e-mail, Facebook and video chat allow deployed Soldiers and their families to stay in touch like never before. While these conveniences can help to cut the distance and allow good news, pictures and videos to arrive instantly, they can also deliver unfavorable news, which can make a Soldier anxious or frustrated and add even more stress to an already stressful deployment.

Deployments are difficult periods for Soldiers and families alike. Families are forced to live without their loved ones for a year, are in a perpetual state of worry about their Soldier's safety, and have to "cover down" on most of their Soldier's responsibilities and chores in their absence. A deployed Soldier experiences the same stress of separation from family and friends, as well as being subjected to the mentally and physically demanding challenges of active duty military service, such as conducting long and often boring operations in extreme conditions, spending long hours in close quarters with the same group of men day in and day out, and the ubiquitous "hurry up and wait". While the stress of deployment alone can be great, sometimes the accessibility of information from back home can inadvertently add additional stress to a Soldier's already heavy burden. Whether it's bad news such as a sick family member, an earthquake, hurricane, talk of layoffs at work, rumors of infidelity, a child not doing well in school, or even relatively minor issues such as a car in need of repairs or a broken laundry machine, a Soldier can quickly become overwhelmed when trying to address issues on two fronts. Unfortunately, a large number of the problems on the home front may not be remedied by a deployed Soldier, simply due to his geography. I remind my Soldiers that sometimes the issues back home may not need an immediate solution, but may just need an attentive ear and a little reassurance. I realize this can be a tough task for most Soldiers, who are trained to fix any problem with which they are presented. I myself am a little guilty of this from time to time. I remind and encourage Families and Soldiers both to reach out for help if the stress they are feeling proves too much. There are numerous resources back home to help families, starting with the Family Readiness Group, which exists for this very purpose. As for Soldiers, your battle buddy, leadership and Chaplain are always available.

August also unfortunately brought bad news to Company C. We were very saddened to learn that SGT Jameel T. Freeman was killed in Kandahar Province, Afghanistan on Thursday 11 August 2011 while performing his duty in support of Operation Enduring Freedom. SGT Freeman's vehicle was struck by a road-side bomb killing him and 4 other
(continued on page 2)



Inside this issue:

1SG's Corner	2
Pictures from Egypt	3
From the FRG Leader	4
Dress Swap	4
Promotions & Awards	5
Managing Deployment	6
Family Readiness Survey	6
Resources	7
Dates to Remember	7
Holiday Open House	8

KEY POINTS OF CONTACT

FRG Leader

Renee Delawder
717-993-5351 (home)
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)*

Soldiers. He was assigned to the 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division. He was 26 and is survived by his wife, a five-year old son and a two-year old daughter. SGT Freeman served with Charlie Company as part of Operation Iraqi Freedom in Mosul, Iraq in 2007-2008. Charlie Company conducted a memorial service for SGT Freeman on 28 August in order to honor his sacrifice. He will be missed and remembered as an honored member of Charlie Company.

As for operations in August, we completed another tour out in South Sector at the remote sites, had a 4-day MWR break, took our turn standing guard on Force Protection, and conducted several days of training. We also took part in a Battalion fun run and invited the Italian contingent to shoot with us during our weapons qualification range. Private Second Class Virgil Keller was promoted to Private First Class and Private First Class Edwin Mendoza was promoted to the rank of Specialist. The Battalion Commander, Lieutenant Colonel Kevin Baker, awarded Several Charlie Company Soldiers a Battalion coin for outstanding achievements. We also received a visit from Lieutenant General Mick Bednarek, the Commanding General of First Army. As you can see, it was another full month.

Charlie Company continues to successfully complete our mission and I remain proud of the men and honored to serve as their Commander.

With best regards,

Stefan M. Nock
Captain, Infantry
Commanding

1SG's Corner

1SG Michael Cahill

Hello Families,

I received a phone call the other day, a reporter wanted to talk with me about 9/11. It's been 10 years since that sunny Tuesday morning changed our history. In many ways, it is hard to believe that it was that long ago. No one reading this, however, can deny how deeply that event has affected our lives.

It is hard to articulate the things that motivate those that volunteer for military service. It may be harder still to comprehend the devotion of the families that watch them go, then hold their breath for a year waiting for their return. We have seen a nation that cannot grasp this go through a change, for at least now they respect what they themselves will not do. Indeed, the threads of understanding the commitment of Soldiers and their families is wound into the fabric of what we are.

When I am asked why I do this, like a true Irishman, I answer questions with questions. I ask the person what they did today. Did they go to work? School? Are they married? Do they have children? What did they do today? Did they go to the grocery store? Did you have a meal today? Can you walk the streets without fear? Go to whatever church you wish to go to? Complain loudly to the government if your perceived needs are not met? Did you ever stop to think what it takes to be able to do that?

Those of us who serve do not start off with any understanding of

why we do this; some may never fully get it. Those that have served overseas see the contrast. In Iraq, small children on donkey carts sell whatever they can to survive; gas is sold in one gallon plastic bottles, food from who knows where. Here in Egypt, they gather around the tourists with handmade necklaces of strings and beads. Unfinished buildings with rebar protruding from concrete columns house families of squatters with no electricity and no water. Here, Egyptians finally shook off a government whose police were hated and feared because the police were primarily concerned with keeping the government in power.

We are not a perfect nation; we all know that there are always things to improve. But a lot of what we do is right, and it's worth our own effort to preserve. To my brothers-in-arms on my left and right is why I do this, to build Legos with my son is why I do this, to listen to my daughter play the clarinet is why I do this, to go to work while my wife shops is why I do this. It's been 10 years since we were attacked on our own soil. On that day, we were reminded of what it takes to be able to go to work, to go on school trips, to go to the church you want, and to walk the streets without fear; because on that day, it was taken from us. We took it back. That's why I do this.

We are crossing the halfway point on this mission, everyone. Stay safe, stay strong.

Pictures from Egypt



In memoriam **SGT Jameel T. Freeman**



From the FRG Leader

Hello All,

I hope everyone is doing well and recovering from the crazy weather we have had this month. I have received some information that I want everyone aware of. There have been some deployed Soldier's families who have received phone calls from Arabic speaking individuals who eventually speak English and tell the family member that their Soldier has been captured and is being held in Pakistan or a foreign country. They may ask for money or information in order to free the Soldier. This is a scam!!!! If you receive a phone call like this you should not give them any information, hang up the phone and contact myself or the FAC office. This needs to be reported!! This has been seen on past deployments. Always be aware of any phone calls you may receive, I know this is a big issue in the area, even for those not related to the military. I had heard a similar issue where a grandmother received a phone call that her grandson had taken a cab and ended up in another state; the caller asked for money to be wired to them so they could get the child back home!! Always use your common sense and never wire any money or give any information over the phone.

Pizza pick-up has been changed to Friday, September 16th; because we did not get enough orders, Joe Corbi's will not deliver the order so I have to go to Baltimore to pick it up. New pick up time will be Friday September 16th from 12:30pm to 1:30pm. I know this may be inconvenient to some of you, if you have an issue picking up the pizzas at this time please contact me and we can make arrangements. Thank you to all of you who sold pizzas to support our FRG!

Sunday September 18th will be our Company picnic combined with HHC. The picnic will be held at Merritt Point Park, 7710 Dunman Way, Dundalk, MD 21222; please bring a dish to share. This will be a fun day to come out and talk with other wives, and let the kids play! I hope to see you all there!

Our October meeting will be held in Dundalk, we will be having Amy Preston come speak about how the FAC office can assist you! Bring a dish to share, and come enjoy the company of other family members!

Some of the families are working hard for the Holiday Open House on October 22, 2011 at the Dundalk armory. Come on out and do some holiday shopping and show your support! It sounds like it is going to be a fun filled day, bring your friends and family!

Any questions or concerns please contact me.

Thank you,
Renee Delawder

DRESS SWAP Get Ready!

After the holidays, the MDNG Child & Youth Program will be hosting a dress swap event for high school girls and up. The idea is for every girl attending to leave with a dress for prom, formal, or school dance. Details to come later, but you can get ready now by starting to collect items to donate (clean, new and/or gently used):

- ***Dresses:** long, mid & short party dresses & formal wear in all sizes (Juniors to Women's)
- ***Shoes**
- ***Costume Jewelry**
- ***Handbags and other accessories**



Promotions & Awards

Article by Staff Sgt. Eli Blagg, Photos by Spc. Jeffrey Mackey

A ceremony was held on 29 June 2011 for C. Co. 175th INF out of Towson Maryland, which is currently deployed to Task Force Sinai for the Multinational Force and Observers (MFO) mission. Staff Sgt. Laubach (pictured right) of C. Co. 1/175th INF out of Towson, Maryland has distinguished himself by displaying outstanding tactical knowledge and poise, demonstrated leadership and has set the example for all Staff NCOs in Charlie Company and for his efforts he was awarded the Army Commendation Medal. Charlie Company Commander Cpt. Stefan Nock took great pride in presenting this award because of all of Staff Sgt. Laubach's tireless efforts, to make C. Co. and their Soldiers the best in the Battalion.



A promotion ceremony was held on 27 August 2011 for C. Co. 175th INF. Pictured left is Pfc. Edwin L. Mendoza from C. Co. 1/175th INF out of Towson Maryland, presented in front of the Company for his promotion to the grade of E-4 Specialist. Charlie Company Commander Cpt. Stefan Nock is shown here applying Spc. Mendoza's new rank, while Charlie Company's 1st Sgt, 1st Sgt Michael J. Cahill reads off the promotion order.



Also during that ceremony (pictured right) Pvt. Virgil V. Keller was promoted to the grade of E-3 Pfc. Charlie Company Commander Cpt. Stefan Nock is shown here congratulating Pfc. Keller on receiving his new rank.



On 29 August 2011, during C. Co. 175th INF rotation back to South Camp the Soldiers pictured left stood proudly before the company, to receive a Battalion Commander Coin for their individual outstanding performances while serving in the Sinai Peninsula, Arab Republic of Egypt as part of the Multinational Force and Observers (MFO) peacekeeping mission.

(From left to right: Pfc. Michael L. Stanley, Staff Sgt. Aldrin R. DeLaRosa, Spc. Nathan P. Ander, Spc. James W. King, Spc. Brian N. Beno, Spc. Antonio J. Washington, Spc. Gregory L. Knighton, Spc. Ronald J. Bedingfield, and Pfc. William V. Keller.)

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

Tips for Managing the Emotional Cycle of Deployment

As we are crossing the halfway point in the deployment, here is a refresher on some things to help us get through the ups and downs that come with any deployment.

(Tips from Military One Source, https://www.militaryonesource.com/MOS/FindInformation/Category/Topic/Issue/Material.aspx?MaterialID=5292&MaterialTypeID=9&NoCookieCTI=1#section_12)

- Try to find things to look forward to. Take a class, volunteer, or start a project you've always wanted to do. Set some personal goals for yourself during the deployment period and make a point of being open to new experiences and friendships.
- Reach out to others who are in the same situation. Remember that you aren't alone. Plan an event with other families who are coping with a deployment or find a support group through your military community.
- Don't try to hide your feelings. It's normal to feel sad, lonely, or angry when you've been separated from your spouse. You don't have to hide these feelings -- that may just make it harder to deal with them. Talk about how you feel with people whom you trust.
- Do something special for yourself and your family. Rent a movie or cook a meal that your spouse wouldn't necessarily enjoy. Plan fun outings with children during free time. Make time to read a book you've been wanting to read or visit with a friend.
- Try to concentrate on the things you can control. It's normal to worry about your spouse's safety during a deployment or about when he or she will come home, but remember, these are things you can't control. Try to focus on things that you can control, like spending time with family and friends or signing up for a class or volunteer opportunity.
- Ignore rumors. The military may not be able to give detailed information about the whereabouts and activities of specific units during a deployment. This makes for a climate where it's easy for rumors and gossip to get started. It may be difficult to ignore rumors or gossip, but you'll be much better off if you do. Rely on official sources of information when a family member has been deployed.
- Learn some stress management techniques that work for you. The stress of living without your service member can take a toll on the way you feel and think. Try out some different ways to relieve stress, such as an exercise class, keeping a journal of your thoughts and feelings, or practicing meditation or deep breathing.
- Seek support from your faith community. Many people find comfort and solace in their faith communities during difficult times.
- Take care of yourself. Get enough sleep and exercise, eat healthy meals, and be sure to carry a bottle of water with you. It can be easy to become dehydrated when you're pre-occupied and under stress.

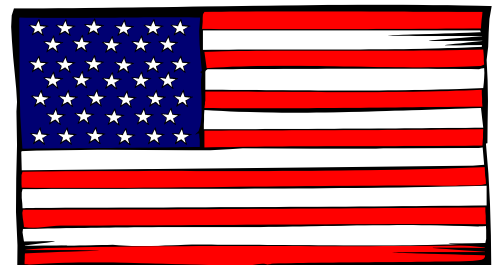
And of course don't forget about the many resources that are out there if you need help, such as the Family Assistance Center (FAC, contact info on page 1), or Military Family Life Consultants (MFLC) for free counseling (Greg Elliott, 443-517-7536). Also, come to an FRG meeting and spend some time with other Family members going through the same thing, or come to share your tips of what helps you cope. Remember, you are not alone!

FAMILY READINESS SURVEY

Help Jenn Funk, Family Readiness Support Assistant (FRSA) for our brigade, determine how to better educate and train units, FRG volunteers, and Family members! All Soldiers and Family members are invited to take this short 10-question *anonymous* survey. Jenn will use the results to plan trainings and events for next year.

<http://www.surveymonkey.com/s/5VM8JRW>

Thank you in advance for your participation!



Resources You Should Know About

FREE Books from Military OneSource

Order free books and playaways from Military One Source! The previous order limit of 10 books per year has been lifted, so even if you already ordered 10 books this year, you may now order more. The books are available on a first come, first serve basis while supplies last — availability is not guaranteed and no backorders will be filled. Paperback and playaway books are not for resale. Supplies of free paperback and playaway books are limited and will not be replenished.

<http://www.militaryonesource.com/MOS/FindInformation/Category.aspx?NoCookieCTI=1&CategoryID=139>

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)

www.msep.jobs.com

(Job search site for military spouses)

DATES TO REMEMBER

Friday, September 16: Joe Corbi’s pickup

12:00 pm—1:30 pm, Towson Armory

Sunday, September 18: Company Picnic (bring a dish to share)

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)

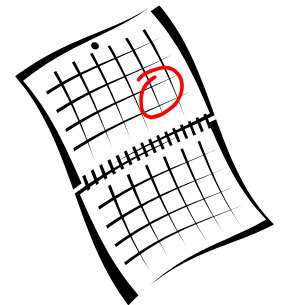
12:00 pm, Towson Armory

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.



Come get your holiday shopping done early while supporting your troops!

We will be having representatives from Avon, Cookie Lee, Scentsy, and much more available with their latest products! Local vendors will have their items available for purchase. Baked goods and crafts will be available as well!

Proceeds benefit deployed soldiers and their families.

Holiday Open House



October 23rd, 2011

1:00-4:00pm

Dundalk National Guard Armory

**2101 North Point Blvd.
Dundalk, MD 21222**



**Hosted by:
Amanda Nolker &
Victoria Katlic**