

Gunfighter Gazette



31 OCTOBER 2007

Volume 1, Issue 6

CHANGE OF RESPONSIBILITY CLAYTON J. SNEED TO BRIAN A. FLOM

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THE 401ST
WOULD LIKE TO
THANK FIRST
SERGEANT CLAY-
TON J. SNEED
FOR HIS SERVICE
TO THE 401ST. WE
WISH HIM THE
BEST IN HIS CA-
REER!!



ABOVE: The 401st Mass formation at the Change of Responsibility ceremony. **BELOW:** Outgoing ISG Clayton J. Sneed gives his final remarks as Gunfighter 7.



At a mid morning ceremony on 8 October the 401st Military Police Company took part in a tradition dating back many years and saw First Sergeant Clayton J. Sneed relinquish responsibility of the 401st to First Sergeant Brian A. Flom. The Change of Responsibility ceremony was marked with the passing of the Non-Commissioned Officer sword from Master Sergeant Keene, the 401st Operations Sergeant to First Sergeant Sneed. The sword was then passed from the outgoing First Sergeant to the Commander, CPT Copeland, who then turns over the sword to the incoming First Sergeant as a symbol of the responsibility he is intrusting the new First Sergeant with.

First Sergeant Flom and his family are welcomed back into the Gunfighter Family from HHD, 720th MP BN. First Sergeant Flom was deployed with the 401st during the last deployment, as the 2ndPLT Platoon Sergeant. First Sergeant Sneed will now serve with the 720th through the end of the deployment.

GUNFIGHTER 6 SENDS

CPT JOHN W. COPELAND



This month marks my final month of command with the 401st Military Police Company "Gunfighters." Words don't accurately describe the mixture of emotions associated with this change. I think I can narrow them down to a few though – Honor, Pride, Humbleness, and Sadness. I am so proud of each and every Soldier in the company and their enumerable accomplishments. Deploying and working with these fine Soldiers is an honor that will never be replaced. I am aware of the trust bestowed by parents, husbands, wives, sons, and daughters and I do not take it lightly. Thank you for your confidence. Everyday I



The Commander and his Squad...CPT Copeland (second from left) and his secu-

see what your Soldier does in support of our mission. They humble me daily. The platoon leaders and sergeants plan, synchronize, and coordinate at a

level that outdo most captains and first sergeants. The squad leaders do more in a single day to take care of Soldiers than many of their peers do in an entire tour of duty. The operators battle track every day without fail. And of course the staff makes the whole thing function with an unmatched level of expertise.

I could never thank each Soldier and leader enough for their contributions, commitment, courage, and professionalism. Thanks to the rear detachment for your continued company support. You make things go with little to no direction. See CDR—Pg 10

GUNFIGHTER 7 SENDS

ISG BRIAN A. FLOM



Greetings to all the Gunfighter Soldiers, families, and friends of the 401st MP Company, from Brooke Army Medical Center (BAMC), in San Antonio, Texas. Well, my time as First Sergeant of the 401st MP Company really started off with a "Bang!" As many of you are aware, on the evening of October 10th, several Soldiers and I were wounded when we were struck with rockets on Camp Liberty. I want to let everyone know that the Soldiers of the 401st MP Company responded with the utmost of competence and professionalism to a chaotic situation. I wish to thank them personally for their efforts. As for myself, I am recovering well and am expecting to be back with the unit within a few weeks.

So now I would like to intro-



ISG Brian Flom assumes responsibility of the 401st Military Police Company

duce myself to everyone out there. I am originally from Los Angeles, California and have been in the Army for just over 16 years. I am married (Monika) and have two girls (Sasha and Alexandra). I'm on my third deployment to Iraq in addition to three other deployments to

various locations. Prior to coming over to the 401st, I was the Intelligence NCOIC for the 720th MP BN and had been deployed since March. When I'm not deployed or working, I enjoy riding my Harley Davidson along with my wife (who rides her own). Other than that, I have a love for the Army and being with Soldiers. There is not much that I can write about the Soldiers since I was only there a short time prior to being wounded. I did get a chance to address them all and answer any questions they had of me. Additionally, I was able to make it around to all the sections and see what they do to support company operations.

They say that a first impression is a lasting impression and I will See ISG—Pg 10

GUNFIGHTER 3 SENDS

MSG JEREMY KEENE

The Police Transition Team mission continues and the latest efforts have focused on recruiting new Iraqi Police in an effort to increase short-ages and provide police to areas that currently don't receive police coverage.

The Abu Ghraib area just graduated 1500 new recruits and they have reported to the stations. A few new stations are still being constructed so

the police without a station have been attending training at a centralized location. 2nd Platoon, in particular, has had a large part in this effort by providing a squad to train the police while we wait for stations to be completed. Once the stations are completed we hope to be able to staff them with fully trained police who are ready to assume the responsibility of security in the area.

The Mansour District is also actively recruiting new police. 1st and 3rd Platoons assisted in the recruiting drives with 1-64 Armor where approximately 1800 volunteers showed up to apply to be local police.

In addition to the recruiting the squads continue to conduct daily missions to train and mentor the police in an effort to turn over the security of Iraq to the Iraqi people.

GUNFIGHTER GAZETTE

401st Military Police Company, Fort Hood, Texas
76544

The Gunfighter Gazette is a Soldier produced newsletter designed for and distributed to the families, friends and Soldiers associated with the 401st Military Police Company while deployed to Operation Iraqi Freedom 07-09. The opinions in this newsletter are not those of the United States Army, the United States Department of Defense or the United States of America. The opinions expressed in this newsletter are those solely of the Soldiers of the 401st Military Police Company. If you have questions or comments about this newsletter you may contact: SPC David S.

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This is a monthly publication distributed to the families care of the Family Readiness Group. You may contact the Family Readiness Group:
(254) 287 - 2431
Bldg 16003, Fort Hood, Texas 76544

The Soldiers of the 401st Military Police Company sincerely thank you for your support!
To mail a letter or package to your deployed Soldier please use the provided address:

PVT Lastname, Firstname III
92ND MP BN
401 MP CO
APO AE 09342

401st Military Police Company
92nd Military Police Battalion
89th Military Police Brigade

GUNFIGHTER 5 SENDS

CPT MUSGRAVE

October has come and gone yet the month stayed filled with active days and long nights. The month began with the Change of Responsibility where we said good bye to 1SG Clayton Sneed and welcomed in 1SG Brian Flom. The Change of Responsibility was only the beginning as the rest of the month was packed with Change of Command inventories, ranges, and constant operational adjustments. October will end and November will begin with the Change of Command from CPT John Copeland to CPT Rudy Sandoval. CPT Copeland will be missed throughout the Company from every Soldier.

As I am reaching my fourth month with the Company I have gained a high level of respect for CPT Copeland. He is a man of honor and never faltered when faced with adversity. CPT Copeland has proven to be an excellent Commander to the Gun Fighters of the 401st Military Police Company. He will out-class any officer and Soldier alike in his future endeavors. CPT Copeland is a man and leader who Soldiers want to follow into combat. Thank you John for everything you have done and best of luck in the future!!

Gun Fighter 5, Out



On 28 October 2007 the 89th MP Brigade handed over responsibility to the 18th MP Brigade, from Mannheim, Germany. The 401st is looking forward to working with the 18th and wishes the Soldiers of the 89th a safe trip back to Fort Hood.



Iraqi Police, U.S. Military Police work to make Baghdad safe

Multi-National Corps – Iraq PAO

BAGHDAD – At the Iraqi Police headquarters in the Mansour district of Baghdad, Iraqi

Police and U.S. Military Police work together to conduct patrols and respond to problems within their community.

“It is good when the local citizens see Iraqi Police helping them in their

communities,” said Col. Rahim Jabar Fehid Jabara, police chief of the Mansour district,

speaking to Capt. Rodolpho Sandoval, a native of San Antonio and commander of the

401st Military Police Company, 92nd MP Battalion, 18th MP Brigade.

The 401st MP Co. has trained and worked with Jabara and his Iraqi Police

Officers for more than four months as they continue with their 15-month tour in Iraq.

“Now we (Iraqi Police) are on the offensive,” said Jabara “People realize that terrorists are hurting them not helping them.”

The 401st has been conducting police transition team missions in the Mansour

and Abu Ghraib districts since they arrived in Baghdad.

Part of the 401st mission at the police headquarters is to train and monitor the success of the Iraqi Police there.

The 401st have conducted many training events with their Iraqi counterparts including checkpoint operations, vehicle searches, mounted and dismounted patrols, community relations, community policing, first aid and weapons training, said MasterSgt. Michael Fleser, native of Rothbury, Mich., 401st MP Co. operations sergeant.

On a daily basis the 401st conducts the Iraqi Police In-service Training Plan, the Police Officer Survival Course and the Total Quality Management Course. These

training courses focus on community policing and joint patrolling, said Fleser.

The 401st is broken down into nine squads which cover two districts worth of Iraqi Police Operations. The company is responsible for 15 Iraqi Police stations in the

Mansour and Abu Ghraib districts.

401st Soldiers have witnessed great leadership abilities working alongside the

Mansour district police chief, said Staff Sgt. Jonathan Stanifer, native of Hamilton, Ohio

and Police Transition Team squad leader for the 401st MP Co.

Jabara is very pleased with the 401st and how they have helped the station

prepare for a successful future for the Mansour district.

“I am satisfied with the 401st, they are good guys. When I need things they get them,” said Jabara.

In addition to training, the 401st has helped clean up the police stations and helped reopen a station in the Mansour district that was not operational before the 401st arrived.

The Iraqi officers and the 401st have also improved the Mansour district police headquarters building. Water, plumbing and lighting have been upgraded so the station will be efficient.

There has also been much improvement in the overall safety of the community as a result of both the Iraqi Police and Coalition Forces efforts in the Mansour district.

“Everything is much safer here; that means we are doing our jobs.” said Jabara.



Native of Hamilton, Ohio, Staff Sgt. Jonathan Stanifer (right), squad leader with the

401st MP Co., 92nd MP Battalion, 18th MP Brigade discusses future operations for the police headquarters of the Mansour district in Baghdad with Col. Rahim Jabar Fehid

Jabara (center), the police chief in Mansour, Nov. 12. (U.S. Army photo by Sgt. Daniel

D. Blottenberger, 18th MP BDE PAO).



Military Police Soldiers with the 401st MP Co., from Fort Hood, Texas, dine with Col.

Rahim Jabar Fehid Jabara, police chief of the Mansour district Baghdad at the Mansour

police headquarters in Baghdad, Nov. 12. The meal was to welcome Capt. Rodolpho

Sandoval, a native of San Antonio, Texas, commander of the 401st MP Co. to the

Mansour headquarters. (U.S. Army photo by Sgt. Daniel D. Blottenberger, 18th MP BDE PAO).



Capt. Rodolpho Sandoval, a native of San Antonio, Texas, and commander of the 401st

MP Co. from Fort Hood, Texas, discusses with the Mansour police chief, Col. Rahim

Jabar Fehid Jabara, how the 401st can help the Iraqi Police Force in Mansour at the

Mansour district police headquarters Nov. 12. (U.S. Army photo by Sgt. Daniel D.

Blottenberger, 18th MP BDE PAO).

1st PLATOON

The WARFIGHTER times

PLATOON LEADER: 2LT TRAVIS LYNCH

PLATOON SERGEANT: SFC ZILA



Always First, from the First Platoon Warfighters. Life in Iraq for the Soldiers of First Platoon has been anything but routine. Missions have been changing, Soldiers have been earning promotions, and new leaders have arrived in the unit. And of course, training and hard work remain a constant, necessary part of daily life.

Soldiers in First Platoon continue to train and assist Iraqi Police in order for them to become self-sufficient to do their duties as law enforcement, and great progress has been made. As a result of this progress and the ever changing battlefield, the focus as shifted to new Iraqi Police stations and more Iraqi Police will be recruited, trained and mentored, so that they too can do their duties as law enforcement officers and to ensure law and order, peace and stability, within their country. Warfighters are doing their part and helping the Iraqi police by being a part of the recruiting process of the future Iraqi Police. The Warfighters have aided in gathering and inputting the biometric data as well as helping the IP in their interview process. One such Soldier, Private First Class Tiffany Suurmeier, has devoted

countless hours in taking fingerprints, and photographs, of new Iraqi Police recruits, and entering their data and information into a vast database. It makes everyone feel good to know that what they are doing truly is making a positive impact in this country.

One change that has been taking place here in Iraq has been the weather. With the weather starting to finally cool off, Soldiers are constantly seen barbecuing, playing volleyball, or playing catch with the football in their free time. Other Soldiers choose to stay inside and play video games, watch movies, or talk to family back home. Private First Class Stephen Armstrong can often be found in his trailer, talking to friends and family, and making sure all is well for his son, Luke Armstrong. PFC Armstrong is the newest Dad in the Warfighter family, and we all extend our congratulations to him and his wife. In further good news, Ring's Place (another MWR facility) has recently opened. It is a great place for Soldiers to wind down with music and food on Friday nights, as well as a place for them to relax when they are not on missions.

On another positive note, we all know that the Army is strict on haircuts.

The standard for haircuts has not relaxed simply because of a deployment. However, in Iraq, getting haircuts is much more of a hassle than back home. There is nearly always a wait, often lasting more than a half-hour, to get a simple 'high-and-tight'. Fortunately, for the First Platoon Warfighters, some Soldiers have taken it upon themselves to provide haircuts to those in need. Specialist Jose Ramos-Falcon does as good a job as any of the barbers here in Iraq. His diligent work, along with other Soldiers who know how to cut hair, saves several Soldiers a lot of time and annoyance, not to mention dollars. It certainly makes life easier when the Warfighters are helping each other out in manners such as this. It is this type of teamwork that makes the Warfighters such a great platoon. As the Platoon Motto, initiated by Sergeant Paul Adams, says: "Mission, Soldier, Self."

As always, all soldiers here appreciate the dedication and sacrifices made by their loved ones back home. The support never goes unappreciated, and the friends and families back home are always in our minds and hearts. Thank you all for all that you do. Warfighters, signing out.



Can you guess who I am? I am a proud Warfighter of First Platoon.



PFC Graves takes a picture of an Iraqi Police Applicant during Iraqi Police Recruitment on the 15th.



SPC Gravelle performs a Biometric test on a local Iraqi Police Applicant.



PFC Suurmeier performs a biometric test on another Police Recruit on 15 Oct 2007.

2nd PLATOON

The PUNISHER corner

PLATOON LEADER: 2LT MARTINEZ

PLATOON SERGEANT: SFC SMITH



ABOVE: An Interpreter working with 2nd squad, relays instructions from SGT Puckett on the proper way to search a vehicle. **BELOW:** PFC Key and PFC Bass demonstrate First-Aid at Nasir Wa Salam.



ABOVE: PFC Prankienas gives a class on First Aid with the help of an interpreter. **BELOW:** CPL Kluthe inventories equipment being downloaded and given to Nasir Wa Salam police station.



This month your Punishers have been working extra hard in the Abu Ghraib area. 1st Squad resourced a train the trainer class for the Iraq Police in the Abu Ghraib District Head Quarters. They also picked up IPS White Gold and are working with their 200 new IP's that just got assigned to the station.

2nd Squad this month started training IP with 2-5 Cav at Nasir Wa Salam IPS in their Orientation and Indocination in western Abu Ghraib area.

3rd squad has also been traveling out to Nasir Wa Salem and been working hand-in-hand with the IP commander MAJ Faysal. They have been working diligently on the basics of PTT and jump starting a police station which hasn't been in operation since before the war began.



TRAINING...SPC Hamelin gives a class on radios to his squad members.



BRIEF TIME...SSG Lucas checks his notes before giving a convoy brief prior to a mission.

3rd PLATOON

A HOOLIGAN REPORT

PLATOON LEADER: 2LT WALTER

PLATOON SERGEANT: SFC DECKER

There have been many happenings for the Soldiers of 3rd Platoon during the month of October. The main interest to many of the Soldiers is the fact that the temperature has fallen steadily since the beginning of the month and does not go above 100 degrees, even during the hottest part of the day. When they exit their trailers in the morning hours to conduct physical fitness training or to prepare for mission, the Soldiers are greeted with temperatures that are between 65-70 degrees.

Specialists Danielle Jennings, Ericka Schlueter, and Daniel Fennwald were promoted to the rank of Corporal during the month of October. This begins their careers at Non-commissioned Officers (NCOs) within the company. These Soldiers have already attended Warrior Leaders Course, attended the Sergeant promotion board, and have been serving in a team leader position. CPL Jennings, CPL Schlueter, and CPL Fennwald are now waiting for their promotion points to become valid and they should be promoted in the very near future to Sergeant. Staff Sergeant Lewis Decker, platoon sergeant, was selected by a Department of the Army centralized promotions board for promotion to the rank of Sergeant First Class, his sequence number was selected and he was promoted also at the beginning of the month.

Once again, the "HOOLIGAN" Soldiers continue to set the example for the rest of the company to follow. The 401st Military Police Company Soldier of the Year board was held at the end of September with all but one participate coming from 3rd Platoon. SGT Donald Womack and SGT Erik Neal were participates in the NCO board and SPC Schlueter, SPC Jennings, and SPC Fennwald were the participates in the Soldier board. All

NCOs/Soldiers who participated in this mentally demanding board gave it their all. But in the end, only one NCO and one Soldier could be selected. SGT Erik Neal, team leader in 2nd Squad and SPC Schlueter, team leader and driver in 1st Squad were selected as the winners. Congratulations to all 3rd Platoon Soldiers that participated in the board!

3rd Platoon "HOOLIGAN" Soldiers would like to wish 1SG Flom welcome to the unit, he took over on the 8th of October. Unfortunately 1SG Flom was one of eight Soldiers from the 401st that received injuries from the rocket attack of 10 October. SGT Parsons and SGT Womack, both team leaders in 3rd Squad were also wounded, but both were returned to light duty tasks after thorough medical evaluations. We are looking forward to all that were wounded a speedy recovery and returning to full duty in the very near future.

The unit held an awards ceremony on 1 October to present two Soldiers several awards that were well-deserved. SGT Scott Seli, 1st Squad Leader, was awarded the Army Commendation Medal for his leadership during the EFP strike on 17 July 2007. SGT Kari Adams, who has now moved to 2nd Platoon, was awarded the Purple Heart Medal and the Army Commendation Medal with Valor Device, for her actions during the same EFP strike. Both SGT Seli and SGT Adams gave speeches that brought tears to almost every eye in the formation. These awards were long overdue and hopefully have brought some closure to the tragic day of 17 July 2007. Once again, all Soldiers of the 3rd Platoon "HOOLIGANS" would like to thank the families for all of their support over the last six months.



PROMOTION: SSG Decker is promoted to SFC in a 1 October ceremony in front of the Company area.



PROMOTION (S): SPC Fennwald and SPC Schlueter are both promoted to Corporal. On 1 October.



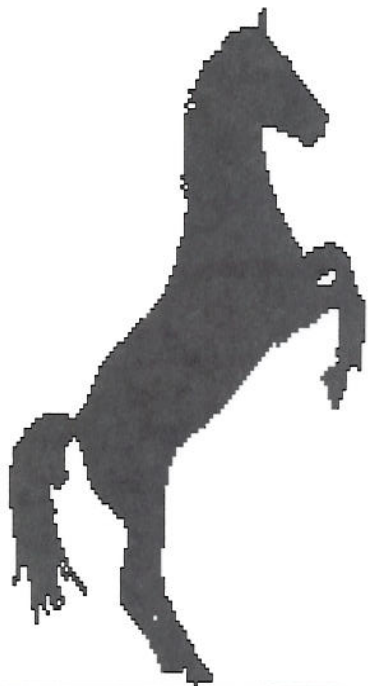
PROMOTION: SPC Jennings is seen receiving her Certificate of Promotion after being promoted to Corporal.



AWARDS: SGT Adams is awarded the Purple Heart and ARCOM for Valor.



AWARD: SGT Seli is awarded the ARCOM for heroic actions on 17 July.



FROM THE HORSE: A WORKHORSE report

PLATOON SERGEANT:
SSG GARTH JOHNSON

During the month of October the Headquarters platoon *Workhorse* performed their mission to standard and above par as that has come to be expected.

This month the Headquarters Platoon Sergeant, SSG Johnson took EML and HQ being understaffed continued to excel.

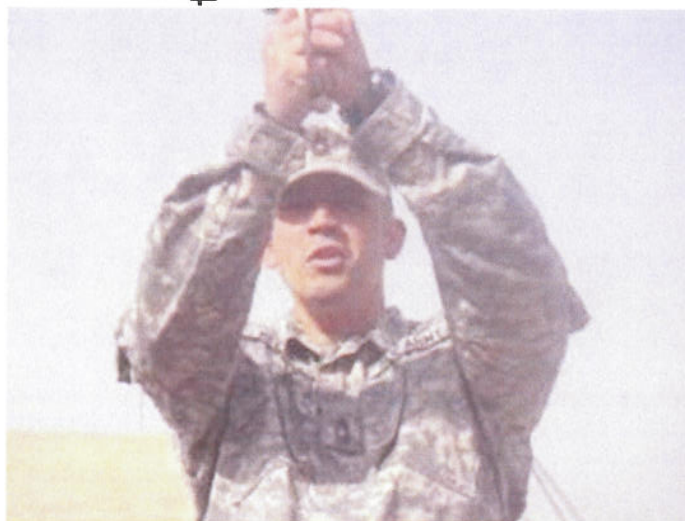
All sections are working diligently and hard to prepare for the Company Change of Command which is scheduled for early November.

As has been the custom of the other Gazette articles, each section has been mentioned individually. This month the entire Headquarters platoon deserves spe-

cial recognition for their hard work during a tough month, continuing to work long hours and maintain to the standards of the mighty 401st!

The Headquarters platoon welcomes First Sergeant Brian Flom to the workhorse family, and wishes him a speedy recovery!

-SGT Grounds



ABOVE LEFT: MSG Keene rehearses with the Non-Commissioned Officer Sword just before the Change of Responsibility Ceremony. **ABOVE:** SGT Breese checks the sound board for the Change of Responsibility Ceremony. **LEFT:** SPC Andersen (AKA Gunfighter Michelle) and SPC Cruz are seen wearing their "full battle rattle" due to the attacks on Camp Liberty, the Uniform Protection Posture was briefly raised. Soldiers around the base remained in full protective gear when traveling outside.

the SOLDIER'S corner



"To my wife Amanda, and my son Justice - you make me so proud of you both and I love you both with all my heart!"

SGT Chris Ament

HQ PLT WORKHORSE

"To my mom get the 'Arroz con pollo' ready, to my brother get the XBOX ready and to the love of my life get the apple-sauce ready. I'll be home for leave soon! And to my battle buddies - don't worry I'll miss you guys too. SPC Casiano

1st PLT WARFIGHTERS



To family at home, I want to say I miss you and love you. 9 months left!!

PFC Louie Castillo

2nd PLT PUNISHERS!

To all of you back home, I hope you are not missing us too much! Were all having fun and kicking butt as well. See you soon!

SPC Shane Osterman

3rd PLT Hooligans



Hi to all my friends and family back home. I miss you guys, see you soon!

SPC Kristina Andersen

Operations Section

MESSAGES FROM YOUR SOLDIERS TO YOU. EACH MONTH THE GUNFIGHTER GAZETTE WILL PUBLISH MESSAGES FROM 5 SOLDIERS. KEEP A WATCH OUT FOR A MESSAGE FROM YOUR SOLDIER!

CONGRATULATIONS GUNFIGHTERS

OCTOBER PROMOTIONS:

To Sergeant First Class:

SSG Decker

SSG Smith

To Sergeant:

CPL Parker

SPC Winston

SPC Fontaney

To Corporal:

SPC Hastings

SPC Jennings

SPC Schleuter

SPC Fennewald

BIRTHDAYS:

SGT BARNUM

PFC BASS

SPC BASS

SPC BRADEN

SPC CRUZ

SSG GIUFFRE

PFC GUSHARD

PFC HORNSBY

SSG JOHNSON

PFC MOORE

SPC MORGAN, AMANDA

CPL NICHOL

SPC RAMOS

SFC WILLIAMS

AWARDS:

BRONZE STAR W/ VALOR DEVICE

CPT COPELAND

CONGRATULATIONS TO

SGT PURSER

AND

SPC ANDERSEN

FOR WINNING THE NCO AND SOLDIER OF THE MONTH BOARD!

ISG....Continued from pg. 2

say that never before have I realized how true that statement is than with these outstanding Soldiers. They are definitely doing great things. I have the confidence in knowing while I recover, the Gunfighters are conducting business thoroughly and competently. Gunfighters – continue to set the standard, and keep up the good work.

I want to take this time to bid farewell to CPT John Copeland. His leadership abilities as a commander are evident in the caliber of Soldiers in the company. Sir, even though we only spent three short days together, we have experienced an event that will unite us for life. I wish you and your family the best of luck in your future assignments.

I would also like to welcome the incoming commander, CPT Rudy Sandoval. Sir, I look forward to getting back and taking the company to continued greatness with you. See ya' soon.

The last thing I would like to discuss is the Family Readiness Group (FRG). The FRG is a group that exists for you. It is as much or as little as you make of it. The potential for you to be involved and support the unit as well as your Soldiers is infinite. I would like for everyone who is able to come to the meeting and see how you can help or how the FRG can help you. I know there are many family members who are out there hiding in the local area...please come out and give it a shot. For those who are not in the area, you can be just as involved, just let someone know.

As I have told the Soldiers and I will relay to the families and friends, my door is always open. If there is anything I can do for you, please don't hesitate to ask. Please try and resolve any issues through MSG John Arceneaux that are in the rear, he will continue to pass information to myself and the Commander.

Until next time...

CDR....Continued from pg. 2

tion from me with skill and ease. I appreciate you very much. I must admit, I am quite sad to leave. Daily I think of our fallen heroes and thank God to have known and served with them. I will always carry every "Gunfighter" close to my heart. They are all a step above the rest and have motivated me daily to be a better person. I know the company is in good hands as I pass the guidon.

CPT Rudy Sandoval and ISG Brian Florn will make a dynamic team. They are Soldier-focused leaders who care. I trust both these leaders will guide the company to continued success. Gentlemen, you have the world's best Soldiers at your hands. Take care of them.

To my consummate supporter – Claire, thank you for always being by my side (even from the other side of the world) throughout this command tour. Thank you for your understanding, words of encouragement, and open ears. You and Nathaniel are on my mind and in my heart. I look forward to seeing you both soon. I love you both.

Good luck and God speed to the "Gunfighters." Thank you for all you do.

"Always First!" "Gunfighters!"

401st Military Police Company

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"Always First"
Supporting the
Gunfighter Posse:

Coming Soon to the Web

NOVEMBER 2007

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10 Officer's wife club
11 Veterans day	12	13	14	15	16	17 Turkey scramble
18	19	20	21	22 Thanksgiv- ing 	23	24
25	26	27	28	29 FRG meet- ing	30	

Nov 10-11: 26th annual FT Hood officer's wives' club . Killeen Civic and Conference center, WS Young drive Killeen

Nov 11: Veterans day

Nov 17: Turkey scramble at the courses of Clear Creek

Nov 22- Jan 6: Nature in lights at Belton Lake . Daily from 17.30-23.00

Nov 22: Thanksgiving

Nov 29: FRG meeting—Bowling Extravaganza—6:30 p.m. at Phantom Lanes off of Clear Creek near the Clear Creek Gate to Ft. Hood

Kid's Corral Cotton ball snowman

Lets get creative and Make your own little Christmas gift for your deployed loved one. This will bring a big smile on his or her face for sure. And you will have so much fun making it. Hope ya'll have fun!

Materials

- 1) Cotton balls
- 2) Clear contact paper
- 3) Construction paper
- 4) Scissors
- 5) Stapler

Directions

Cut three circles from clear contact paper. The circles should be in three different sizes ranging from a diameter of 1 1/2 - 2 inches to 4 1/2 - 5 inches.

Staple the contact paper, backing side up, to the construction paper to form a snowman shape.

Now You can peel off the backing and stick cotton balls to the contact paper to cover the snowman.

If you like, cut additional snowman features such as a hat or carrot from construction paper and glue to the snowman.



FRG Fund
"Dollars and Cents"
• Beginning - \$1,012.50
• Expenses - \$225.00
• Funds Added—\$670.00
• Current - \$1457.50
• Budget Items - None scheduled

Rear Detachment Commander—Round Up

MSG Arceneaux

First I would like to bid a Gunfighter farewell to CPT John Copeland and his family Claire and Nathaniel. They have been a stellar command team and their presence will be missed in the Gunfighter Family. This is the second time I have had the pleasure to work with CPT Copeland and he has been a great leader and mentor and will do well in his future assignments. Taking over the reins of the Gunfighters will be CPT Rodolpho (Rudy) Sandoval and I have worked with him and let me say the Gunfighters will be in great shape by having another Commander that I know and trust.

The Holiday season is approaching rapidly and with that in mind the last FRG meeting focused on SAFETY. I know many of you will be visiting Family and friends through out the next few months and that involves

travel to many destinations near and far. Regardless of the distance and the mode of transportation keep SAFETY first and foremost in your mind.

As the Rear Detachment Commander I am responsible for nine Soldiers and every weekend and with more emphasis on Holiday weekends we conduct a safety briefing and check their vehicles to make sure it is functioning and safe. Two things from the safety briefing I would like to leave with you as you prepare to travel; 1) Drinking and driving don't mix and 2) Do have a plan i.e., routes you will travel, rest breaks to stretch out and rejuvenate your senses and have emergency numbers available (local authorities, towing, etc..).

Listed below are some of the items we check on a vehicle prior to a Sol-

dier taking leave or for a Holiday weekend:

- Headlights
- Turn Signals / Emergency Flashers
- Brake lights
- Brakes
- Tires (wear and proper inflation)
- Windshield Wipers
- Seatbelts
- First Aid Kit/Signal Flares (not required but recommended)

** Before and after any extended driving a good idea is to go to a lube center and have your oil and all fluids checked and topped off.

Happy Holidays, be SAFE and "Drive to Arrive".

Gunfighter (Rear) Happenings



SPC VanHoose Re-Up Ceremony with CPT Sandoval at Fort Hood, TX.



SSG Chevalier is awarded an MSM for 20 years of service by LTC Lydon.



SPC Bass promotion to SGT with SSG Boyd pinning on her stripes.



SGT Dorsey receiving the Hood Hero Award from BG Rudesheim

FRG Prepares for Christmas



On 03 November 07 the FRG gathered together to decorate 170 pre-sewn stockings that were donated by Jenny Lynch's mother.

Amid several bottles of paint, glue and fabric (and don't forget the glitter) the stockings were individual decorated by the women and children of the 401st MP CO FRG.

Top Left—Monika Flom shows off her handy work.



Top Right—Amanda and Meaghan Arceneaux decorating a stocking.



Left—Ross Claudio contemplating her next stocking.

Right—Silvia Detinne all smiles as she adds her artistic flare to a stocking.



Bottom Left—Ymani VanLeemput and Alexandria Flom and glitter paint equals another two stockings down.

Bottom Right— Jenny Lynch and a set of scissors to complete another master piece.



Bottom Center—Sasha Flom finding her inner artist as she decorates a stocking.



Helping your kids get through a deployment

Deployments are hard! So many of us, including myself, have had to say goodbye to their loved ones this year, not knowing when they'll see them again. While we are proud of our soldiers, we still struggle with our feelings. Children are especially vulnerable because they often don't know how to handle all the changes and uncertainties. Thankfully, there are things we can do to support them.

How Children React to Stress

Many of us who have coped with deployment before can vouch for the fact that our kids sometimes seem a bit restless, often moody and occasionally downright unmanageable. It is important to remember that these behaviors are often the way children express negative feelings like fear, worry, anxiety, and loneliness. Children show us how they are feeling by their actions more than their words so we must pay careful attention to body language and behavior. While parents need not to allow inappropriate behavior, simply punishing these behaviors won't stop them and may actually compound them.

What Kids Need

Inevitably families change when someone deploys. Routines change and the mood of the parent at home changes. The American School Counselor Association and the National Association of School Psychologists have many suggestions for parents and school personnel to focus on when supporting a child of a deployed parent.

Consistency and Routine - Above all else kids need routine, consistency and structure during this time. They are feeling insecure because of all of the uncertainties regarding the deployment and they need a predictable routine and home life.

Good Communication - Kids often have a lot of questions during deployment. Daily, honest (yet age appropriate) discussions about feelings (yours and theirs) can help ease tension and relieve concerns.

Attention and Good Times - This is a great time to plan special events and start new hobbies. Children can feel neglected during deployments because one parent is gone and the other parent can be busy and stressed. Children should have many opportunities to feel loved and special during the deployment.

Healthy Lifestyle - Not only do children need to have fun but they need to be healthy. They should maintain healthy diets, have opportunities for exercise and not spend all their time in front of the TV.

To Be a Kid - Do not discuss your fears in depth with them and do not expect them to take the place of your spouse. Also, be careful about how much exposure your child has to the news. When my husband was gone I was glued to CNN and only realized I needed to limit my TV watching when my four year old asked me, "Why is that building blowed up?"

Reassurance - In deployment situations children often feel a loss of control and stability; they have experienced a major change and could do nothing to prevent it from occurring. Reminding them that you will always love them no matter what and that you will survive this deployment together will help ease their anxiety.

A Good Behavior Plan - While it is important to understand that misbehavior during deployment can be a result of negative feelings, it is also important to set limits and have consequences. Parents can eliminate a lot of problems by making a chart and pre-determining consequences for specific behaviors. For example, if you don't put your bike away you will lose bike privileges for one day. Parents can also set up positive behavior controls such as sticker charts or marble jars.

Physical and Emotional Expressions of Love - Hugs, Hives Fives and "I Love You" go a long way in helping children cope with difficult situations.

Activities to Do

There are many simple things the parent at home can do to have fun with their children and make this time memorable. Here are some examples:

- Have Family Fun Nights - Have each child take turns selecting an activity.
- Take turns planning dinners for each other.
- Keep a family timeline during the deployment on a large piece of paper taped on the wall.

Article by Rachel Robertson