



# HHC 42nd CAB Family Readiness Group Newsletter



*Thank you to our Soldiers,  
Spouses, and Families*

## INSIDE THIS ISSUE:

From our Co-Leads	2
From the Commander	2
About the FRG	2
OPSEC/Farewell SSG Antal	3
Anti-Terrorism Training	3
Acronyms	3
Soldier's Corner	4
Community News	4
Anniversaries	5
Upcoming Events/Resources	5



## FROM OUR CO-LEADS:

Your FRG team is planning family day with your Soldiers during September's drill!! Please be sure to mark your calendar. We hope to see you all there!! We would love to get your input; we want to know what you liked and what you didn't from years before. We are hoping to have 100% participation on such a momentous weekend.

We are still contacting family members, so if your family member is interested in helping out, there are still plenty of areas left. It can be something easy like the phone tree, for family day, or just for a resource or suggestion. Every minute spent to support our Soldiers is a minute well spent! Please have them contact us - Dawn at [DawnL904@msn.com](mailto:DawnL904@msn.com) #716-563-6513 or Susy at [sooozie-now@yahoo.com](mailto:sooozie-now@yahoo.com) #845-471-1792. We look forward to hearing from your families and getting to know you all!

Please be sure to check your email for our FRG newsletter! Jennifer Rowinski did an amazing job on the last newsletter for our FRG; we hope you forwarded it to your loved ones. We do our best to send it out Wednesday prior to drill weekend. We would love to add more family members to our email list - If you have a parent, a spouse, a significant other, or a loved one, who you want to get the newsletter, please send us their email. Membership is automatic and participation is voluntary.

Your FRG Leads,

Dawn Lockwood  
Susy Nowak

## NOTE FROM THE COMMANDER:

The first publication of the HHC 42d CAB newsletter was a success. The soldier profile section is a great way for families and friends to learn what individuals do within the CAB. I hope you are taking advantage of the well deserved perks and discounts offered to you. My wife would always smack me when I asked a store or amusement park if they offered a military discount until we were at Disney and I asked the question. We ended up saving a large amount of money and I no longer get hit for asking the question. Thank you FRG Staff, I'm sure all readers are pleased with the product.

Families and Friends, please do not hesitate to give Ms. Lockwood or Ms. Nowak a call or shoot them an e-mail with any questions or concerns you may have. They are here for you.

Again, FRG membership is automatic and participation is voluntary.

CPT Squires

## ABOUT THE FRG

The Family Readiness Group (FRG) is "an organization of family members, volunteers, soldiers, and civilian employees belonging to a unit/organization who together provide an avenue of mutual support and assistance and a network of communication among the members, the chain of command, and community resources."

The FRG has established this network of communications. The FRG is used to pass along information and to facilitate the flow of information up the chain for family needs or problems that may require assistance.

The FRG supports families and friends during military deployments or in times of need. Simply stated, we are here for you.



## FAREWELL TO SSG ANTAL

Congrats to SSG Antal on his promotion and move to HQ 42nd ID. We appreciate all he and his family did while he was assigned to the HHC 42nd CAB. His knowledge and experience created a lasting mark on the unit. He was also a key NCO for every soldier. We also want to recognize his mother Donna Antal and Fiance Kim Shyer for their contributions to the FRG. We wish him luck in his future endeavors.

## OPERATIONS SECURITY (OPSEC)

We would like to bring attention to Operations Security (OPSEC). OPSEC is the "practice of safe-guarding any information that is relevant to movement, unit strength, and unit capabilities with technology, ammunition, or skill set." OPSEC protects planned and completed operations. Family members of the military community play an important role in protecting our soldiers.

We would like to remind all soldiers, spouses, family members, and friends to conceal all classified information such as flight schedules, temporary duty locations, installation activities, deployments, annual training, or even drill weekends. Please be vigilant in the information you are giving out on the internet, facebook, twitter, or in blogs. We need to protect our soldiers so they can complete their mission in the safest and quickest way.

## ANTI-TERRORISM TRAINING

The 42nd CAB will be performing anti-terrorism training at the August drill. Soldiers are required to view the community awareness videos on anti-terrorism. These videos and other antiterrorism awareness materials are available to FRG's. There are three videos that can be all downloaded on the Army Knowledge Online (AKO) website at: <http://www.us.army.mil/suite/files/22915519>. An AKO account is required to access the videos.

The FRG will give a *FREE* prize to SGT Bruce Douglas if you contact Dawn Lockwood or Susy Nowak before you walk into June's drill.

Dawn can be reached at: [DawnL904@msn.com](mailto:DawnL904@msn.com)  
#716-563-6513

Susy can be reached at: [sooozienow@yahoo.com](mailto:sooozienow@yahoo.com)  
#845-471-1792.

## ACRONYMS 101

The Army is full of acronyms. In order to survive as a spouse, family member, or friend of a an Army soldier, it will help to know some basic Army acronyms.

AT - Annual Training  
APFT - Annual Physical Fitness Test  
CAC - Common Access Card  
NBC - Nuclear Bio-Chemical Training  
OPSEC - Operations Security  
PMCS - Preventive Maintenance Checks and Services  
PMI - Preliminary Marksmanship Instruction

## SOLDIER'S CORNER

This corner is dedicated to featuring and profiling one of our own

SSG Michael J. Smith was born in Bayshore, NY and enlisted in the Army Reserves in December 1991. He completed basic training at Fort Jackson, SC in August of 1992 and served as a Fire Direction Control Specialist (MOS 13E) in the 7th BN, 9th Field artillery out of Melbourne, FL.

SSG Smith entered active duty as a Food Service Specialist (MOS 92G) in 1994. His first assignment was with the HHD, 6th ordnance Battalion at Camp Carroll, Korea. His second assignment was with the C Battery 2/43 ADA at Fort Bliss, TX. In 1996, he deployed to Saudi Arabia in support of Operation Southern Watch.

In 1997, he enlisted in the New York National Guard and was assigned to the HHC 42nd Aviation Brigade as a Food Service Specialist. In 2004, he returned to active duty when he was mobilized with the HHC 42nd Aviation Brigade in support of Operation Iraqi Freedom. In July 2006, he re-enlisted as a Topographical Analyst (MOS 21U). He is currently with the HHC 42nd Aviation Brigade serving as a Senior Geospatial Engineer.

His awards include the Army Commendation Medal (4OLC), Army Achievement Medal (3OLC), Army Good Conduct Medal, National Defense Service Medal (2), Armed Forces Expeditionary Medal, Global War on Terrorism Service Medal, Iraqi Campaign Medal, Korea Defense Service Medal and the Humanitarian Service Medal.

SSG Smith is currently living in Ronkonkoma, NY with his fiancée Cindi Timmermann. They are planning an October 2010 wedding in Sebastian, FL. He currently works full time as a Police Officer with the New York City Police Department. His hobbies include collecting maps and police patches, drawing, fishing, traveling, and photography.

### Staff Sergeant (SSG)

Geospatial Engineers go through a six month basic course at Fort Belvoir, Va. In addition, Geospatial Engineer Basic Noncommissioned Officer's Course is a five month course for Sergeants and above at Fort Belvoir, VA. Students work on three briefings, strategic, operational, and tactical. Each brief takes approximately a month to research and produce a 30-45minute brief.



## COMMUNITY NEWS

### Do you like to write or blog??

The NY National Guard is seeking people to volunteer to blog for the NY National Guard once or twice a week. They are currently looking for a spouse, parent, or even a high school aged child of NYARNG soldiers. They would be blogging about their relationship with the NY Army National Guard and what their perspective is on military life. If your spouse, parent, or high-school aged child is interested in this opportunity, please contact Andrea Seeger at #518-272-6395 or you can email her at: [andrea.seeger@us.army.mil](mailto:andrea.seeger@us.army.mil)

### 42nd Infantry Division Band is coming to play!

The 36 member band has prepared a variety of musical styles from Patriotic to Latin, Rock to Pop, and of course fun concert selections to entertain audiences of all ages. The 42nd ID Band wishes to bring music and patriotism to all citizens who share this great country we have sworn to protect. Ensure you set the date aside!

#### Concert Dates, Location, and Times:

6/13/10	Camp Smith, Cortlandt Manor, NY	2pm
7/17/10	Snug Harbor Cultural Ctr, Staten Island, NY	3pm
7/18/10	Millertown American Legion, Millerton, NY	2pm
7/19/10	Empire State Plaza, Albany, NY	11:30am
7/20/10	The Egg, Albany, NY	7:30pm
7/22/10	Smith Opera House, Geneva, NY	7pm
7/23/10	Skaneateles Gazebo, Skaneateles, NY	4pm
7/24/10	Oswego Harbor Fest, Oswego, NY	4pm

## UPCOMING EVENTS

### Job Opportunities:

There are currently job opportunities at the Intrepid Museum in Manhattan. Included are paid positions, internships, and volunteer opportunities.

Paid Positions include: Seasonal Box Office Staff, Seasonal Tour Guides, Seasonal Museum Floor Staff, Pier Maintenance Mechanic, Maintenance Worker, and Security Officer (NYS License is Required).

In addition, there is an opening as an unpaid summer intern to join their Information Technology Staff.

For more information or to apply, visit:

<http://www.intrepidmuseum.org/Are-You-In/Careers.aspx>

### Mark your calendar:

September 12th is Family Day! The FRG team is currently planning this momentous day so if you have any ideas, please let us know.

There will be raffles, kids crafts, and other activities, so continue to look for more information!

## ANNIVERSARIES:

6/8 CPT Audette

6/10 SPC Smalls

6/23 MSG Sauer

6/30 SSG Dargen

## RESOURCES

### Free welcome home banner for your soldier

Are you welcoming home a loved one? Friends and family of the military are entitled to receive a free personalized welcome home banner or jumbo card. The only thing you have to pay for is shipping. Visit [www.builtasign.com/troops](http://www.builtasign.com/troops) to customize your banner or jumbo card today!



### Joint Service Support:

The National Guard Bureau has a web site that is user friendly and supports all aspects of Family Readiness as well as five other programs that support the Guard and Military Families. Please visit this website to register and share with your families. [www.jointservicesupport.org](http://www.jointservicesupport.org)

### Educational Resource Guide for Military Families, Military Leaders & Educators:

On May 26, 2010, Military OneSource released a new resource from the Department of Defense Education Activity (DODEA), designed to help families, leaders, and educators understand and address the challenges faced by children in military families. Children of military families face unique challenges that are unparalleled in the general student population - frequent moves, separations from a parent (sometimes both parents) because of training and deployments, and the uncertainty that comes from having a parent serving in harm's way. This booklet from the DODEA Educational Partnership has been created to help military families, military leaders, and school leaders address these challenges. It provides clear, thorough information on important policies, procedures, and best practices that are critical to support the educational needs of military families.

This resource is available as a spiral-bound booklet or as a CD. These resources are available for service providers, educators, and families to order at Military OneSource online. You will need a Military OneSource account to view and order these materials. To order these materials, please visit:

<http://www.militaryonesource.com/MOS/FindInformation/Category/Topic/Issue.aspx?MaterialId=0&Issued=60&TopicId=17&CategoryId=134>

WE'RE ON THE WEB!!  
[HTTP://DMNA.STATE.NY.US/ARNG/42DIV/42CAB/](http://DMNA.STATE.NY.US/ARNG/42DIV/42CAB/INDEX.PHP)  
INDEX.PHP



### **Organization**

**HHC 42nd CAB**  
**330 Old Niskayuna Road**  
**Latham, NY 12110**

HHC 42nd CAB Directory  
Company Commander: CPT Squires (518) 786-4886  
First Sergeant-1SG Marino (518) 786-4384  
Training NCO-SFC Martin (518) 786-6024  
Readiness NCO-SFC Giarrusso (518) 786-4790  
Supply-SSg OST(518) 786-4940  
Medical-SFC Martin (518) 786-6024  
Unit Administrator-SPC Smalls (518) 786-4859  
FRG Lead-Ms. Dawn Lockwood (716) 563-6513

If anyone has any suggestions for the next newsletter  
or if you would like to write an article, please contact  
Dawn Lockwood or Susy Nowak