

HHC 42nd CAB Family Readiness Group Newsletter



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

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NOTES FROM OUR CO-LEADS:

From Dawn Lockwood:

I am thrilled to announce your FRG Leaders. My co-lead is Susy Nowak, the wife of 1 LT Davyd Bullock. The treasurer is Jennifer Rowinski, wife of WOC Joshua Rowinski. Jennifer is also kindly taken over the FRG newsletter. The co-treasurer is Diane Ricci, wife of LTC Albert Ricci. Also Colleen Rubeor, the mother of PFC George Wade, has graciously volunteered to assist with our Facebook page for the FRG.

Each of these wonderful women brings something different to your FRG. I am confident that this group of strong, dynamic women will lead the FRG to amazing levels! I am proud to work with each wonderful woman.

I am still contacting family members, so if your family member is interested in helping out, there are still plenty of areas left. Please have them contact myself at DawnL904@msn.com or #716-563-6513 or Susy at soozienow@yahoo.com or #845-471-1792. We look forward to hearing from your families and getting to know your all!!

From Susy Nowak:

Hello Everyone! I am Susy Nowak and my husband is Lt. Davyd Bullock. He was deployed in 2008, so I have a little experience with what happens during a year long absence. He is also a professional firefighter, so I can understand the feelings associated with having a loved one who is in a potentially dangerous situation.

I live near Poughkeepsie, New York; about halfway between Albany and New York City. We have three children (who include a 21 year old son, a 12 year old daughter, and an 8 year old daughter) as well as quite a few furry and finned critters in our small house. I am active and volunteer in the fire department, two PTA's, am a Girl Scout Leader, and do many other things in the community. I am looking forward to meeting as many of you as possible and I hope to make this FRG community a success.

NOTE FROM THE COMMANDER:

All spouses, family members, friends, and community members,

Welcome to the new, invigorated HHC 42d Combat Aviation Brigade (CAB) Family Readiness Group (FRG). Things are beginning to take off with the persistence and determination of Dawn Lockwood, your FRG leader. The organization, ultimately, will be composed of family members, volunteers, Soldiers, and civilian organizations that will together provide an avenue of mutual support, assistance, and a network of communication among members, the chain of command, and community resources. Everyone's help and participation can make this a success. I ask for your support and involvement in the decision making process to help improve the Readiness Group. Membership is automatic and participation is voluntary.

Dawn is a direct conduit to me, the commander, regarding issues directly affecting the unit and FRG. Further duties and responsibilities of the FRG leader include: supporting the commander's family readiness goals, provide overall leadership for the unit FRG, recruit other volunteers for key positions, supervise planning and running of all events, preside over FRG events, review fund status and newsletters, ensure that all members are involved in group decisions and events, ensure key information is conveyed to members, ensure the phone-tree is functional and current, and represents the FRG at steering committee meetings.

I want to commend Ms. Dawn Lockwood for kick-starting the program. She has already done wonders by reaching out to many family members, developing the FRG newsletter, and recruiting volunteers for key positions. I am truly thankful Dawn. I look forward to personally meeting Dawn, the FRG staff, and many of its members once they hold their first meeting.

Regards,

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.



MAY IS NATIONAL MILITARY APPRECIATION MONTH

National Military Appreciation Month (NMAM), as designed by Congress, provides a period encompassing both the history and recognition of our armed services with an in-depth look at the diversity of its individuals and achievements. It allows Americans to educate each generation on the historical impact of our military through the participation of the community with those who serve encouraging patriotism and love for America.

This month gives the nation a time and place on which to focus and draw attention

to our many expressions of appreciation and recognition of our armed services via numerous venues and also to recall and learn about our fast American history.

National Military Appreciation Month includes Loyalty Day (1st), VE Day (8th), Military Spouse Appreciation Day (7th), Armed Forces Day (15th) and Memorial Day (30th). This very important month honors, remembers, recognizes and appreciates all military personnel; those men and women who have served throughout our history and all who now serve in uniform and their families as

well as those Americans who have given their lives in defense of our freedoms we all enjoy today.

It recognizes those on active duty in all branches of the services, the National Guard and Reserves, plus retirees, veterans, and all of their families—well over 90 million Americans and more than 230 years of our nation’s history. Let us celebrate them just as we celebrate the other important entities that make up this wonderful country of ours.

-Lifted from <http://nmam.org>

ACRONYMS 101

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

ACU –Army Combat Uniform

APFT –Army Physical Fitness Test

AT –Annual Training

AVN –Aviation

NBC –Nuclear Biological Chemical Weapons

SOLDIER'S CORNER:

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

My name is SPC Stephanie Saunders out of the 42nd Combat Aviation Brigade in Latham. I am twenty-four years old and I am married to my husband Jeremy and have a five year old son Landan. My MOS is 15P aviation operations. As a 15P, I keep track of the incoming and outgoing flights, track flight hours for pilots, and communicate with the aircraft over the radios. I also attend college part time for substance abuse counseling at Adirondack Community College in Queensbury. I was selected to compete for the Soldier of the Year Board and am currently on ADOS orders to help support the CSMRF mission (Homeland Security) for the 3/142 Aviation Battalion.

Specialist (SPC)

After completing Basic Training and Soldiers specialty training, a Warrior becomes a Soldier. After serving a minimum of 2 years and attending a training school, a soldier earns this promotion. Warriors who enlist with a four-year college degree can enter Basic Training Soldiers specialty training as a Specialist. The insignia for a specialist is the PFC rank with the chevron pointing down, the rocker on top and an eagle in the middle.

**ARMY NEWS:**

A dedication ceremony took place on April 23rd at the Fort Huachuca Air Park. The purpose of this dedication ceremony was to recognize the 139 fallen Soldiers who had lost their lives flying for the Army. Many of the attendees at the ceremony were Soldiers or civilians who had flown aerial reconnaissance missions in two of the four aircraft on display at the park. A black granite stone monument was etched with each of the 139 fallen Soldiers.



To read the complete article, please visit

<http://www.aerotechnews.com/forthuachuca/mainnews/Soldiers--civilians-say-farewell-to-fallen-crew-members>

ANNIVERSARIES:

May 6th—SGT Grieco

DISCOUNTS & UPCOMING EVENTS

Lowe's Military Discount:

Home improvement retailer, Lowe's, offers a 10% discount all day, every-day for active-duty, National Guard, reserve, retiree, disabled service members, and military spouses. In order to receive the discount, you must present a valid military ID card.

The discount applies to in-stock purchases up to \$5,000, but it does exclude online sales and purchases of gift cards.

Home Depot Discount:

In following suit with Lowe's, Home Depot offers a 10% discount all day, everyday for active duty personnel, reservists, retired, disabled veterans, and their immediate families. In order to receive the discount, you must present a valid military ID card.

The discount applies to purchases up to \$500, but does exclude online sales purchases or in addition to existing discounts or promotions.

The First-Tee Golf Program:

Children of geographically separated Guardsman and Reservists are able to attend a golf and life skills program *FREE* of charge at one of the First-Tee chapters in your community.

There are participating locations all over New York. In order to participate, go to www.thefirsttee.org. Once at the website, click on programs, and the Department of Defense. You will need to download a brochure and coupon in order to get your child into the free program.

Here's to the Hero's:

Any active duty, activated or drilling reservist, or National Guardsman and three direct dependants are entitled to *FREE* admission at Theme Parks Operated by SeaWorld Parks & Entertainment.

This is Valid for one complimentary single-day admission per person, per year, to one of the following: SeaWorld Orlando, San Diego, or San Antonio, Busch Gardens Tampa Bay or Williamsburg, Sesame Place, Water Country USA, or Adventure Island.

In order to get free admission you must either register online at www.herosalute.com or in the entrance plaza of a participating park and show valid military ID.

Summer Camps for Military Children:

Operation Purple is from 8/1/10–8/6/10. This is an overnight camp just outside the western edge of the Adirondack Park. This camp is for children who are 8-12 years old and is *FREE* to all Military Youth. Some examples of the activities the children will participate in are swimming, crafts, boating, campfires, mountain biking, horseback riding, archery, and various sports. Registration is fill however the camp does expect some to drop out. The camp is accepting registrations for a waiting list. In order to be put on a waiting list for this camp, please email the name of the camper, age, phone number, and email to operationpurple@aldersgate.ny.org

Camp Tranquility is from 8/11/10–8/24/10. This is a *FREE* camp for all military kids. To sign up, please contact Richard Learner at (518)634-7650.

Camp 4-H Wabasso is from 6/5-6/6/10 and is located in Redwood, NY. Camp is *FREE* to military youth of all ages. Registration forms or more information can be located at omkny.blogspot.com

Camp 4-H Wyomoco is from 6/18–6/20/10. Camp is *FREE* and is open to all military families with youth of all ages. In order to register or for more information, please visit omkny.blogspot.com

Discounted Baseball Tickets:

The New York Mets offer a *FREE* ticket to Military Personnel and a discounted ticket for a guest. The ticket must be purchased the day of the game at the box office, just show your military ID. The offer is valid for most games, except for game against the Yankees, and the most popular games played. Contact the ticket office to verify a game qualifies.

The New York Yankees offer a free ticket to Military Personnel. This applies to non-premium games Monday-Thursday. The ticket must be purchased the day of the game at the box office, just show your military ID. The tickets apply to seats in the Bleachers, the Grandstand, and parts of the Terrace. Premium seats are offered at half price.

Skype Calls on Verizon Wireless Phones:

Verizon wireless has announced that select Blackberry and Android phones with an unlimited data package of \$29.99 or higher are eligible for *FREE* and unlimited skype-to-skype calls. Skype mobile uses no data, wi-fi, or computer. Skype mobile allows the user to connect on a phone or a computer right from your 3G smartphone.

THERE'S MORE !!

2010 Summer Camps:

The Capital District Child Care Council have published a summer camp catalog which can be requested for free from

<http://www.cdccc.org/catalog-request.cfm>

This catalog includes over 110 summer camps all over the capital region, for a multitude of ages and interests.

Families can take advantage of a discounts to help pay for the summer camp season. In addition, financial aid is available for some of the camps. Check out to see if you qualify for a discount thru www.childcareaware.org or www.ourmilitarykids.org



The New York National Guard Family Readiness Council presents

3rd Annual Hometown Heroes Run

5k Run & Walk

This fundraiser helps raise money to support the families of our hometown heroes serving overseas as well as those protecting us at home.

When: Saturday, June 12, 2010 @ 9:15 am

Fun Run for the Kids—8:45 am *FREE*

Where: The Crossings of Colonie, 580 Albany Shaker Road

\$20 early registration

\$25 after June 10 up until Race Day

T-Shirt for first 250 paid registration participants

To register go to www.areep.com

Westchester County Veterans and Service Member Appreciation Day:

On Sunday, May 30th, Westchester County will host a Veterans and Service Member Appreciation Day at Playland Amusement Park in Rye, NY. All Veterans, service members and their families are invited to participate in this event. Playland opens for parking at 11:00 am and the park open at 1:00pm. We will hold a Memorial Day Service at 2:30 pm followed by a RAID demonstration conducted by the United States Marine Corps as part of the Fleet Week celebration. The helicopters will then land and remain for two hours as static displays.

Veterans and their families will be provided *FREE* parking and discounts on all rides. Family, particularly children are encouraged to attend, this is a family event! Playland normally attracts thousands of patrons on this weekend and they anticipate thousands more veterans and service members from around the tri-state area to attend. Feel free to call the Veterans Service Agency at #914-995-2146 for more information or to pre-register for a parking pass.

Job Fairs across New York State:

At Home Ltd. Is having a job fair on 5/19 & 5/26/10 at Orange Words, 3 Washington Center 4th floor, Newburgh.

They are seeking certified home health aides and takes place from 11am-3pm

Maxim Healthcare Services is having a job fair on 6/7/10 at Rensselaer County One Stop, 1600 7th Ave 4th Floor, Troy, NY. This will take place from 10am-12pm. They are seeking certified personal care aides, home health aides, certified nursing aides, licensed practical nurses, and registered nurses.

NAACP Diversity Job Fair at the Embassy Suites New York located at 102 North End Ave, New York, NY. On 5/17/10 from 10am-3pm. Participating employers include AARP New York, Beth Abraham Family of Health Services, Citizen's Bank, Interactive One, ITT Electronic Werfare & Systems, Liberty Mutual, Peace Corps, SuperMedia, Transportation Security Administration, Verizon Wireless, U.S. Dept of State, U.S. Army Office Candidate School, Wolters Kluwer.

AUSA West Point Boat Ride

Saturday, June, 19, 2010

Sponsored by: Greater New York Statue of Liberty Chapter, AUSA 42nd Inf.

Div. Rainbow Association and Liberty Chapter, SCRA

Celebrating: Birthday of U.S. Army & Family Day

Details: Boat departs from West Point Boat Dock. Boat Ride is limited to 140 Participants
Reserve your spot now!

Boarding: 1:00 pm

Departs Promptly: 1:30pm

Returns: 4:30pm

Boat Ride includes lunch, refreshments, & games

Cost: \$18 per adult

\$5 per child (12 yrs or under)

Dress: Casual

WE'RE ON THE WEB!!

[HTTP://DMNA.STATE.NY.US/ARNG/42DIV/42CAB/INDEX.PHP](http://dmna.state.ny.us/ARNG/42DIV/42CAB/INDEX.PHP)



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

D A T E S T O R E M E M B E R

May 7th—Military Spouse Appreciation Day

May 15-16th— Drill

May 31st—Memorial Day