



41ST BCT ANA FAMILY NEWSLETTER



VOLUME 2

JUNE 2006

Commander's Corner

By COL Cameron A. Crawford
41 BCT Brigade Commander

By the time most of you read this, many of our soldiers will be on the ground in Afghanistan. I can assure you they are ready! In early May I visited the soldiers at Camp Shelby. All of the good things you've heard are true! This group of soldiers has great leadership, the best training the Army can provide and all of the "tools of the trade" necessary to hit a home run on their Afghanistan National Army training mission.



The 41st Infantry Brigade Combat Team is an extended family. And right now that family is temporarily separated. We have some 900 soldiers deployed to Afghanistan with another 2400 remaining here in Oregon. Both parts of the family have extremely important jobs to do. The deployed soldiers will perform their federal mission to a high standard and bring great distinction upon our organization. The soldiers at home have an equally important mission. We must reach high levels of personnel readiness and transform our Brigade into the new Brigade Combat Team configuration. When our soldiers return next summer, they will come back to a very different organization than the one they left. But it will be an improved organization, one that continues to provide opportunities for all of our soldiers.

As discussed in last month's newsletter, there are numerous resources to assist you while your soldier is deployed. Do not hesitate to call upon the outstanding family program personnel supporting our units, battalions, and the brigade. I can assure you that your request will be treated with respect and confidentiality. Things happen, especially when your soldier is deployed. My family and I have faced some of the same problems and certainly understand how difficult it can be. Under no circumstances will your soldier be the recipient of any kind of adverse action as a result of your working with the family program or any other resource.

I am very proud of what you and your soldiers are doing right now to serve our country. Let's work together and share information as much as possible until all of our soldiers return home safely.

CAC

Salvation Army Youth Camp for 2006

Camp Kuratli is the second annual camp held by the Salvation Army for the children of our soldiers. Camp Kuratli is located in Carver, Oregon and is for 8 – 12 year olds. They are accepting 150 campers this year. The dates of the camp are 16 – 21 August. Camp Kuratli is a faith-based camp that will include age-appropriate inspirational instruction throughout the camping session along with an activity-focused program. Funds for Camp Kuratli (approximately \$300 per camper) were raised by KPAM radio - Bob Miller - and the Salvation Army graciously donated to the Oregon National Guard to provide this camp. To register please call (503)231-2357 and key in your zip code to be connected to a representative near you. If it is long distance for you, you may call 1-800 858-7126 and ask for Mariel Grimord.

SUPPORT GROUP

FOR: Anyone with a Family member deployed to Afghanistan or Iraq

WHEN: Meets Thursdays
7:00 to 8:30 p.m.
(light refreshments at 6:45)

WHERE: Woodburn United Methodist Church
700 N. Cascade Dr., Woodburn
(no religious program included)

Free child care provided.

Questions? Call Lyn Landis (503) 981-9108
Call the church (503) 982-2891

TRICARE UNIVERSITY

A FREE online training tool to enhance your knowledge of your tricare benefits.

Course: TRICARE Public Course Online

For more information Visit
<http://tricareu.tricare.osd.mil>



The Armed Forces Vacation Club (AFVC) is an eligibility based Space-A rental program. You must use Base # 341 when registering to use this service. First time users must register by phone at 1-800-724-9988. No Membership required. This is not a time share. A minimum 7 night's stay required, This program has more availability the closer you get to your travel dates. Friends are eligible to stay too. www.AFVClub.com



JAG's Corner

By LTC Rudy Murgo
41 BCT JAG (503) 932-2754

We continue to assist soldiers and their families during deployment. If there has been a change in your family, perhaps a new child, a marriage, or some other life event it is a good time to update your will. In addition it is possible family members may have missed prior opportunities because of other needs during the initial deployment stage.



If a soldier or the soldiers family has specific legal needs in Oregon, at Camp Shelby or in country our legal team is here to assist. In Oregon you can reach LTC Rudolph (Rudy) M. Murgo at the Tigard Armory 503-557-6006 on Monday and Wednesday, or in Salem 503-584-3571 or 1-800-452-7500 on Tuesday, Thursday or Friday, or other days and evenings by appointment. It is best to call in advance.

In addition, LTC Daniel Hill, CPT Bryan Libel and CPT Thomas Lee are either deployed or being deployed with the ANA mission. Soldiers should work with their chain of command for appointments in country. The JAG team in country is able to communicate with the JAG team back in Oregon to coordinate legal concerns.

We look forward to successfully meeting the legal needs of soldiers and their families.



24/7 help with issues large and small.

Chaplain's Corner

By Chaplain MAJ Daniel Thompson
41 BCT Chaplain (503) 932-2571

Love covers a multitude of sins.

No body is perfect. We have all said things or done things that have caused problems in the family or in the marriage. We have all lost emotional control a time or two and let the words fly. Later, we regret what happened and wish we could take it all back. Reality does not allow us to rewind time or ask for a "do over". We cannot go back and change the past. What has been done is done.



The trick is to not let the past control the future. We have all been given the option to forgive and move on. Not always easy to do, but mandatory to happiness, especially in family relationships. The power and the motivation to forgive and "move on" rooted in our ability to Love. If I love someone, I will forgive them because I care about them more than what they did wrong.

The pressure of deployment puts unusual stress on the family and that can often result in trouble getting along with each other. It's normal to struggle with the change that accompanies deployment. In times of stress we often hurt the ones we love. It is easy to take it out on the family.

Steven Covey's example of the emotional bank account is useful. If you are going to take your stress out on your loved ones, or make "withdrawals" at your families' expense, you had better balance those moments out with deposits of love, encouragement and quality time together. The Bible says it like this "Love covers a multitude of sins".

The Guard Family Team Building web site is a wonderful resource and training site that is available for everyone: Service Members, Spouses, Parents, Children, Retirees, Civilian Employees, and interested Community Members. It helps the Guard “family” by teaching all aspects of life associated with the military, specifically the National Guard. Some of the online courses available are; Effective Leadership, Conflict Management and Resolution, Family Finances, Stress Management and Deployment and Reunion. The GTFB Mission is: GTFB will increase family self-reliance, which will promote individual and Unit Readiness, Family Readiness, and Well-Being.



Free SAT/ACT Prep Programs to All Military Families

Thanks to the football players represented by the Victory Sports Group, the \$199 SAT or ACT Power Prep Multimedia CD/DVD Programs are now available for just shipping and handling. For the second consecutive year, the players of the VSG sports agency have sponsored the entire retail cost of these programs to all military families. This includes all active and retired members of the U.S. Air force, Army, Navy, Marines Corps and Coast Guard, and all branches of the Reserves, and the National Guards in every state. It is their way of saying “thank you” to all the families that sacrifice to protect our freedom and serve our Country everyday. The sponsorship waives the \$199.95 retail cost of the programs and the service member only pays the Shipping/handling/materials cost of \$9.95. To request the program go to http://www.militaryhomefront.dod.mil/portal/page?_pageid=73,46096&_dad=itc&_schema=PORTAL&currnt_id=20.20.100.30.0.0.0.0

It’s all in how you look at it

How attitude affects deployment

By Tracy Kaluzny
Wisconsin State Volunteer

A situation, you and your reaction — three things that can, believe it or not, determine your future.

Situations are put before us everyday, but how we react to them is the key. We cannot control those situations but we can control our reactions. The negative or positive emotions and actions that we have in response to any situation will often determine future emotions and actions as well.

When negative reactions are the only reactions the negativity can consume you making it difficult to see a positive side to anything. Life typically, then becomes negative along with everyone and everything in it. And let’s face it life is too short to be miserable. Ultimately it’s all in how you look at it.

Let’s use a deployment as an example. We cannot control our guard member getting deployed, but we can control how we react to the deployment. Whether it is a short duty deployment or an extended duty deployment I have yet to meet anyone that is excited to send their loved one off. I have though, met many that have accepted the fact they have no control over the deployment yet are determined to make the best of it. The decision to be positive and not let the situation beat them has made all the difference.

The phrase “when given lemons, make lemonade” comes to mind. There are many ways to beat the situation and to survive the separation. Just a few thoughts:

- Each day find and list one thing to be thankful for – identify what is really important in life.
- Set a personal goal for yourself – take a class, set an exercise routine, clean the closets.
- Find new ways to express your affection for your guard member – this often strengthens your relationship upon return.
- Find one positive point to every negative situation that occurs.

Remember: **Attitude is a choice.**

41st BSTB*Battalion Family Program Coordinator****Michelle Stanley***

Hello to all our families and soldiers. Thank you for your patience as we are building our phone trees and confirming email addresses. We have a large group and many new families.

Some exciting news - a 2nd grade class from Errol Hassel Elementary School in the Beaverton will be writing letters to our deployed soldiers. They needed a writing project and this is a great way for them to show their support. The kids are very excited to show off their writing skills.

HHC 41st BCT will be having a family meeting at the Mason Armory in Tigard on June 11th at 2:00PM. All of our units in the battalion are planning activities during the summer for families. Couple things to look forward to are a BBQ, Harvest Party, and a few other surprises. Details will follow as I have them. If there is anything you would like to do or have ideas on activities, please contact myself or your unit coordinator.

Here is a message of support:

Chief Petty Officer Jeff Edwards said to his wife about being a great spouse when he wrote: "You are a patriot - the sort of citizen that all of us should be, but so few of us are. You live with sacrifice, because you believe in the rights and ideals that your husband defends. Although you wear no uniform, you are a part of that defense - a vital link in the chain of freedom. Although you wear no medals and will reap no glory on the field of battle, you are hero in the truest sense of the word. You are a military spouse."

Take care and remember we are here to help and assist in any way we can – Michelle and Alicia

1-82nd CAV (RSTA) Squadron*Battalion Family Program Coordinator****Jenny DeCelle***

Hello Families and Soldiers! My name is Jenny DeCelle and I am the 1-82 CAV (RSTA) Squadron Family Readiness Coordinator! I am excited to be working with this wonderful group of coordinators, soldiers, and families and look forward to meeting you! As we sit amidst this ANA deployment, please feel assured that families are at the forefront of our minds and actions. If there

are any questions or concerns, please do not hesitate to contact your troops Family Readiness Coordinator for assistance. I too am always available at 503-551-3368 or 541-548-5848 .

Here are just some of the upcoming activities for the squadron:

In June A Troop out of Lebanon is participating in the Strawberry Festival and Brownsville Pioneer Picnic and will even be special guests in both parades. At each of these events there will be an FRP booth set up selling magnets to raise money for the program. On July 4, they will also have a booth at the Lebanon Star Spangled Celebration, again selling magnets as a fundraiser. Finally, August 12 is the annual family picnic with lots of prizes to raffle off! If you have questions about these activities please contact the troops FRP coordinator.

C Troop out of K Falls is busy as well. For the ANA families, on the 2nd weekend of each month they are invited to attend a potluck (location to be determined by the troops FRP coordinator). On the 3rd weekend of each month the coordinator will be holding a family program meeting for the entire unit. On the 4th weekend of each month is a dinner out at a local restaurant. However, this gathering time is designed specifically for the wives of the deployed soldiers. This is a "going dutch" activity. Finally, on July 8 the troop has planned the unit BBQ to be held at a local park. Please contact the units FRP coordinator for further information and details.

2-218 FA Battalion*Battalion Family Program Coordinator****Joyce Hamerlynck***

Hello from the 2-218

Wow, a busy time. Our soldiers coming home on leave and soon the children will be out of school and schedules will change again. This month we will be having our 4th family meeting and 3rd family event. Everyone is welcome at any of our meetings or events. Please RSVP to your unit coordinator so that we have plenty of supplies for everyone. We are in this together and can be a lot of support to one another.

Activities that we have had so far include:

May 6th We combined our Family Meeting with a Fathers Day card decorating project. The kids have great imaginations

(2-218 FA Continued)

and the cards turned out great.

May 20 was a great day at Oaks Park. We combined a picnic with Armed Forces Day. So much fun was had by everyone. The rides were free for military families, the food was plentiful, and the weather was great. What more could we ask!!

June 24th 2-4pm Wilsonville Denny's Family meeting with Dr Mohammed Khorati, with the Green Village School in Afghanistan, as guest speaker. Please RSVP to your unit coordinatif you would like to attend. If necessary we may need to change location to accommodate everyone.

July 15th 2-4pm Wilsonville Denny's Family Meeting-- Discuss school supplies and more.

July 21-28 Come one come all. Camping at Camp Riles Seaside, Or. Enjoy a week or a couple of day with us. RSVP's needed to ensure a camp site.

Aug 12 2-4pm Wilsonville Denny's Family Meeting and possible School supply assembly.

141 BSB Battalion

Battalion Family Program Coordinator

Jeanie Albin

Family Activities

The list that follows is our calendar for the remainder of the year:

July 1st Scrap Booking – Bring two pictures.

This is also a Afghanistan Family Informational Meeting

August 6th Family Picnic Camp Withycombe in the Park Area– Bring yourself,

a blanket or chair to sit on and a beverage(no alcohol).

We will video tape this event to send to the soldiers. We will have a craft table for the kids to make items for their soldiers.

September 9th & 10th Christmas Box Packing (Sending items to the soldiers for Christmas). We will have a craft table for the kids to make items for their soldiers.

October 7th (*tentative not sure of drill date*) Haunted House for the families and kids. Pumpkin painting to send to soldiers.

November 4th (*tentative not sure of drill date*) Scrap Booking – Doing Cards for the soldiers.

Afghanistan Family Informational Meeting

December 2nd (*tentative not sure of drill date*) Christmas Dinner.

2-162 Battalion

Battalion Family Program Coordinator

Chelle Young

Hello 2-162 families and soldiers. I hope that everyone had a relaxing Memorial Day and enjoyed their time with their soldiers while they were home on leave.

With school ending in the next couple of weeks and summer beginning, you will find your unit coordinators planning picnics, events and various activities for families. I hope you will all have an opportunity to participate. I know your

coordinator would appreciate any input or assistance you may have to offer. As always, if you have any questions, contact your coordinator directly, or feel free to contact myself.

I am please to announce that Alpha Co. has brought on Jennifer Cook as their new unit coordinator. Please join me in welcoming Jennifer to the program. Alpha Co. is having a light luncheon for their families Sunday, June 4th at drill. If you are an Alpha Co. family member, feel free to contact Jennifer or the unit for further information.

Your coordinators will continue to contact you on a regular basis, whether it be via email or the occasional phone call. If there is anything that you need assistance with in the mean time, please don't hesitate to contact your coordinator or myself. We are always available for whatever you may need.

1-186 Battalion

Battalion Family Program Coordinator

Barbra McLenathan

The Blue Star mothers would like the families to become involved in their meetings, please call Pat Hebb at 541-618-2212 or go to Bluestar-mothers.org for more information. There will be a 4th of July parade in Klamath Falls and we will be participating by selling water bottles.

There are upcoming support meetings, call your unit coordinator for more information.

Protect Your Identity During Deployment

Members of the military who are away from their usual duty station may place an “active duty alert” on their credit report to help minimize the risk of identity theft while deployed. When a business sees the alert on the credit report, it must verify the member’s identity before issuing new credit. The business may try to contact the service member directly, but if he or she is on deployment, that may be impossible. As a result, the law allows the service member to use a personal representative to place or remove an alert. Active duty alerts on the report are effective for one year, unless the service member requests that the alert be removed sooner. If the deployment lasts longer, the service member may place another alert on the report.

To place an “active duty” alert, or to have it removed, call the toll-free fraud number of one of the three nationwide consumer reporting companies: Equifax, Experian, or Trans Union. The company will require appropriate proof of identity, which may include Social Security number, name, address, and other personal information:

- Equifax: 1-800-525-6285; <http://www.equifax.com>
- Experian: 1-888-EXPERIAN (397-3742); <http://www.experian.com>
- TransUnion: 1-800-680-7289; <http://www.transunion.com>

Contact only one of the three companies to place an alert—the company called is required to contact the other two, which will place an alert on their versions of the individual’s report, as well. It is important to maintain up to date contact information while these alerts are in place. When the service member places an active duty alert, his/her name will be removed from the nationwide consumer reporting companies’ marketing lists for prescreened offers of credit and insurance for two years—unless he/she asks that their name be placed on the lists before then.

Oregon National Guard Family Readiness Program

Volunteers Wanted

Please call your unit coordinator if you would like to help



Family Assistance Centers

FAC Manager (Eugene)

Darcy Woodke
541-686-0415

Clackamas

Betsy Kingsbury
503-557-5339

Tigard

Laura Higgins
503-557-6052

LaGrande

Jenifer Kotz
541-963-4221

Eugene

Chelle Young
Patty Adams
541-686-0415



41st BCT Family Program Coordinators

41 BCT Coordinator (Tigard)

Laura Higgins
C: 503-932-2809
W: 503-557-6052
Brigade Coordinator

41 BSTB (Clackamas)

Michelle Stanley
H: 503-848-7119
C: 503-956-1188
Battalion Coordinator
Elana Torres
H: 360-909-6885
Battalion Assistant

HHC 41 BCT (Tigard)

Deja Cairns
H: 503-246-1999
Unit Coordinator

Nancy Shrick
H: 503-256-4461

Unit Coordinator Assistant

HHC 41 STB (Clackamas)

Richell Warren
H: 503-675-0376
Unit Coordinator

A Co Engineer (Clackamas)

Julie Pettis
H: 503-887-8074
Acting Unit Coordinator
Debra Spriggs
Acting Unit Coordinator Assistant

B Co Intelligence (Tigard)

Brandon Black
C: 503-313-5464
Unit Coordinator

C Co Signal (Clackamas)

Open Position

141 Support Battalion (Portland)

Jeanie Albin
H: 503-722-8117
C: 503-519-6375
Battalion Coordinator
HHC (-) (Portland)

Chris Blakney
H: 503-434-5753

Linda Gates
H: 503-717-2486

Unit Co-Coordinators

A (-) Company (Salem)

Tigger Lemke
H: 503-897-2186
LaVelle Nott
H: 503-767-2332

Unit Co-Coordinators

Det 1, A Company (Portland)

Linda Fandrey
C: 503-449-1679

Tiffany Crop
H: 503-324-7022

Unit Co-Coordinators

B Company (Portland)

Michelle Christensen

H: 360-258-3879

Sara Hadley
C: 503-702-1994

Unit Co-Coordinators

C Company (Portland)

Jennifer Beck
H: 360-546-2125
Unit Coordinator

2-162 Infantry Battalion (Eugene)

Chelle Young
H: 503-831-3744

Battalion Coordinator

HHC (Eugene)

Kris Bagley
H: 541-261-8149

Unit Coordinator

A Company (Eugene)

Open Position
B Company (Corvallis)

Mandy Hernandez
H: 541-923-1258

Unit Coordinator

C Company (Gresham)

Marianne Bradley
H: 503-653-6385

Unit Coordinator

D Company (Hillsboro)

Suz Denker
C: 503-367-4285

Unit Coordinator

E FSC 141 BSB (Eugene)

Melissa K Bennett
H: 541-258-2955
Unit Coordinator

1-186 Infantry Battalion (Ashland)

Barbara McClenathan
H: 541-882-4182

Battalion Coordinator

HHC (Ashland)

Linda Day
H: 541-474-2255

Unit Coordinator

A Company (Medford)

Pam Dintleman
H: 541-830-8861

Britney Kinman
H: 541-475-4274

Unit Co-Coordinators

B(-) Company (Coos Bay)

Open Position

1/B Company (St. Helens)

Open Position

C Company (Roseburg)

Shelly McDowell
H: 541-935-2233

Unit Coordinator

D Company (Grants Pass)

Shannon Richardson
H: 541-476-1244

Unit Coordinator

F(-) FSC 141 BSB (Medford)

Kathy Maxwell
C: 541-659-6453

Unit Coordinator

1/F FSC 141 BSB (Coos Bay)

Open Position

2-218 FA Battalion (Forest Grove)

Joyce Hamerlynck
H: 503-558-0927

C: 503-502-6353

Battalion Coordinator

HHB (Forest Grove)

Open Position

A Battery (Portland)

Betty Clem
H: 360-260-8360

Mary Parker
H: 360-258-0336

Unit Co-Coordinators

B Battery (McMinnville)

Donna Herr
H: 503-873-6941

Jennifer Ing
H: 503-984-0355

Unit Co-Coordinators

B Company SECFOR (Forward)

Melissa West
H: 503-630-2723

Unit Coordinator

G FSC 141 BSB (Forest Grove)

Dana Anderson
C: 503-866-8862

Unit Coordinator

1-82nd CAV (RSTA) Squadron (Bend)

Jenny DeCelle
H: 541-548-5848

C: 503-551-3368

Battalion Coordinator

HHT (Bend)

Open Position

A Troop (Lebanon)

Carrie Fox H: 541-451-8088

Unit Coordinator

Angela Muse

H: 541-327-3616

Unit Co-Coordinator

B Troop (Woodburn)

Tammy Parish

H: 503-263-2138

Unit Co-Coordinator

C Troop (Klamath Falls)

Farlee Mishra

H: 541-273-7229

Unit Coordinator

D FSC 141 BSB (Bend)

Darey Wilson

H: 541-573-2801

Unit Coordinator

1/D FSC 141 BSB (Burns)

Elisha Foster

H: 541-410-5981

Unit Coordinator

HQ 41st Brigade Combat Team
Attn: Laura Higgins
6700 SW Oak Street
Portland, OR 97223-11241

Guard Family Website

<http://www.guardfamily.org/>

An on-line community to share information and provide links to resources that will address your financial and emotional needs and improve your well-being.

TRIWEST Healthcare Alliance

1-888-874-9378 www.triwest.com

Find a local doctor or view your benefits.

TRIWEST DENTAL PROGRAM

www.tricare dental program.com

Apply online for dental insurance coverage.

TF Phoenix BLOG site

www.beloblog.com/KGW_Blogs/afghanistan/

KGW has an embedded reporter who will be deploying with the 41st BCT and will update the blog daily.

Military HOMEFRONT

<http://www.militaryhomefront.dod.mil>

The official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers

Hero Salute

<http://www.herosalute.com/>

Three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission.

VFW Operation Uplink

<http://www.operationuplink.com/>

Free calling cards for deployed soldiers

Military Student

<http://www.militarystudent.dod.mil/>

Ideas and resources to assist children and educators on the social and emotional needs of children with a deployed parent

Guard Family Youth

http://www.guardfamilyyouth.org/03_teen/index.html

Teens, find resources to deal with the deployment of your parent

PAY/BAH Charts

<http://www.dfas.mil/money/milpay/pay/>