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Warrior News

<http://www.usarc.army.mil/95thdiv/2bde/3-378th/newsletter.html>



3rd/378th

Upcoming Drill Dates

May – FTX Ft. Sill

14 -0700 First Formation

Uniform: PT

0715 APFT

Bring LCE and Kevlar

15 - Field

16 - Field

June 12

Old Glory Run

July 10-11

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3D Battalion, 378TH Regiment
2ND Brigade, 95TH Division
1507 W Lindsey Street
Norman, OK 73069-4301



Commanders Corner



ARE YOU READY?

By now I hope that all of you have read the e-mail by BG Archer entitled "Building an Airplane in the Sky While Flying" that I forwarded to your company commanders. If not, I will have copies at the May drill for all our soldiers. It has some very important, critical information on it that directly affects our future. To quickly summarize, we are a nation at war. It is not going away. We, the 95th, will play an increasing role in the fight on terrorism. We will structurally change to meet the needs of the Army, while still maintaining focus on our missions, thus the "building the airplane in flight" analogy. Mobilization is not a single event. Here at Norman, I believe we are ahead of the task with the emphasis we have placed on infantry tactics and field training such as our April STX Lanes. We will continue to build up on this to be ready as needed.

RECRUITING/RETENTION

This again is a responsibility of every member of the Warrior Battalion. We are starting to pick up the number of referrals, which is great. Let's keep building momentum. Company commanders- A reminder, I expect each of you to sit down and counsel your soldiers in writing who are within one year of ETS. Find out their status, what we can do to ensure their reenlistment. We can't lose good people. I appreciate all your work; let's continue to strive for excellence in all we do.

LTC Crabtree
Battalion Commander

Boots on the Ground

Some news from our deployed soldiers and their families.

Hello everyone,

Well, White and Gilles were promoted to SPC. Everyone is doing well. I finally got a letter from home. I was going about 30 days straight with no mail which isn't that long but seems like an eternity. I found out why I have not been promoted to SPC. Its because my Time in grade paper was lost out of my file. It happened when headquarters transported the files overseas. Since I am on my AKO right now, I figured I get that paper of the AKO. Anyway, the last thing I ate was chicken patty, green beans, and rice with water. we are staying in nice trailers. I need to go but I will write later. --*Sometime Later*-- The weather is kinda like Oklahoma. It rains and then its hot and dry and then its cold. We haven't done much so there is really no daily routine.

Normally we PMCS our vehicles and then do whatever is on the agenda which is usually nothing except weapons maintenance.

PFC Ryan Taylor

Sorry for the lack of emailing but for the past month we have not had internet. A few days ago our battalion set up a internet place in walking distance from my trailer. The living conditions here are good. We have a surprisingly wonderful chow hall. The weather right now is getting hotter by the day and its pretty much sandy everyday here.

My daily duties vary every day. One day I could be sitting in a guard tower, hauling stuff in the back of a 5 ton, or like the past couple days escorting equipment to Forward Operating Bases.

I have some really good pictures that a friend of mine took that I can send. It will give you a more visual of what Iraq is like. Well I am going to go catch some chow but I will write more later. Take care and thank everyone for there support.

SPC Ross Henry

Birthdays - May

Happy Birthday to the members of the 378th and their families.

- Jennifer Nagy – May 1
- Les Brown – May 6
- Dusty Gilles – May 9
- Sheila Perez – May 18
- Alex Luther – May 24
- Caroline Marie Todd – May 31
- SFT Dorrin Caldwell – May 31
- Tred Bonds
- Tailorial Bonds

Quotable Quotes

"If you want happiness for a lifetime, help someone else!"
-- C.W.

Featured Website

www.milspouse.org

The Military Spouse Resource Center (MilSpouse.org) is a U.S. Department of Labor sponsored web site designed to assist the spouses of U.S. total force military personnel.

Our mission is to provide easy access to information, resources, and opportunities related to education, training, and employment within the United States.

MilSpouse.org will be extending services to military spouses directly through this site and through partnerships with other organizations and the U.S. Department of Labor's local One-Stop Career Centers.

Veterans Records

Buried Veterans Records Now On Web

Sally Naporlee turned to the Department of Veterans Affairs to find out more about her grandfather, who served during World War I.

After a few weeks wait for a response, Naporlee learned from the VA that Carmelo Castorina is buried at Long Island National Cemetery in Farmingdale, N.Y. Unexpectedly, she also learned from VA that her grandmother is buried with him, a privilege extended to veterans' spouses.

VA has made it easier and faster for the public to get answers about family history, old war buddies or famous war heroes. The agency put on the Web 3.2 million records for veterans buried at 120 national cemeteries since the Civil War.

The VA's Nationwide Gravesite Locator, at <http://www.cem.va.gov>, also has records for some state veterans cemeteries and burials in Arlington National Cemetery since 1999.

Joe Nosari, VA's deputy chief information officer for Memorial Affairs, said the records used to be on paper and microfilm. Private companies have put some of the information online and charged for it, but the VA information is free, he said.

Naporlee, of Spokane, Wash., also learned her grandfather served with the Army's 161 DB unit, enlisting June 24, 1918. He was honorably discharged December 17, 1918.

The VA's gravesite navigator includes names, dates of birth and death, military service dates, service branch and rank if known, cemetery information and grave location in the cemetery. The VA will withhold some information, such as next of kin, for privacy purposes.

The site will be updated daily. Annually, about 80,000 veterans are buried at national cemeteries.

The VA also hopes to add records for veterans whose families requested grave markers from the VA. Those markers may go to private cemeteries or cemeteries overseas.

Commissary Privileges Threatened

Pentagon cost cutting threatens commissaries.

WASHINGTON — Military families, already stressed because of loved ones serving overseas, are fighting at home to stave off Pentagon cutbacks at commissaries.

Continued on page 3

Late last year the Defense Department announced that 33 of the 275 commissaries in the United States, Germany and 12 other foreign countries could be closed.

The commissaries — essentially military grocery stores — sell food at cost plus 5% to active and retired military and their dependents. National Guard and Reserve members also have unlimited access to commissaries, which save a family of four about \$2,700 a year — or \$225 a month — over civilian grocers.

Customers consistently rank commissaries as the military's top or second-highest noncash benefit, according to military surveys.

Master Sgt. Amanda C. Ogle, stationed at Hickam Air Force Base in Hawaii, said living on base with her husband, who is also in the Air Force, and two preteen sons has shown her the importance of commissaries. A gallon of milk costs \$6.99 at a local supermarket but only \$3.99 at the commissary.

"On average, I save over \$300 per month purchasing groceries at the base commissary," she said. "I'm telling you, my commissary is a lifesaver. It really is."

In a further attempt to save money, the Pentagon has ordered a \$500,000 study on introducing commercial-style pricing for commissary products that would cap customers' savings at 30% below retail and use the additional money to offset operating costs such as electricity and cashiers' salaries. The Pentagon also wanted a political appointee to lead the Commissary Operating Board instead of an active-duty, three-star general or admiral.

The objective: Save a portion of the \$1.2 billion a year in taxpayer money used to run the commissary system.

The 5% surcharge already collected at commissaries is used for store construction, repairs and equipment to keep the annual taxpayer subsidy as small as possible.

Charles S. Abell, principal deputy undersecretary of defense for

personnel and readiness, said the department is working "to provide the commissary benefit in the most efficient and cost-effective manner to be able to guarantee that each dollar the Congress provides from the American taxpayer is well spent."

But Defense Secretary Donald Rumsfeld has long talked about privatizing commissaries along with housing, Defense Department elementary and secondary schools, base exchanges and other services because he believes the services can be performed more efficiently by the private sector.

Lee Lange, a retired Marine colonel and deputy director of government relations for the Military Officers Association of America in Alexandria, Va., said most military retirees and active-duty personnel are skeptical of Pentagon claims that it is trying to give the same benefit for less money.

"Every time we hear that kind of thing, we have our warning antennas go up," he said. "How do you do that? We don't know how you do that."

The Pentagon's effort to close so many commissaries at a time when a large number of troops are in danger away from home set off a firestorm of protest from Congress, military and veterans service organizations, families and even commanders of troops in the field.

Gen. B.B. Bell, commander of the U.S. Army in Europe, said closing the targeted commissaries in Germany "would only be viewed as an erosion of the commitment of our nation to embrace military families who are making personal sacrifices and demonstrating extraordinary commitment during this time of war."

Since the outcry, the Defense Department has backed off — somewhat.

Abell, testifying before a House Armed Services subcommittee last month, said that after a further review, "There are no current plans to close those commissary stores."

But he warned that commissaries

were not out of danger and would continue to be reviewed. Stores no longer justified by their customer bases may close or be scaled back, he said.

"While this scrutiny may make some uncomfortable, this annual review of the commissary system will be increasingly important," Abell said.

The Defense Department also appointed a three-star admiral to the commissary operating board but is still working on the pricing study.

Joyce W. Raezer, director of government relations for the National Military Family Association, said her organization was concerned that the Defense Department's emphasis is on efficiency and not quality of life in communities that rely on commissaries.

"We're watching it," she said. "We want the commissary agency to be efficient, but we also know that it provides a benefit ... that is especially important in some of the small, isolated communities."

Rep. John McHugh, R-N.Y., chairman of the House Armed Services Total Force Subcommittee that has jurisdiction over commissaries, said it's a wait-and-see game on the commissary closings and the pricing study.

"Clearly, if not done correctly, the end result of some of these initiatives could well be erosion of the benefit, and we are adamantly opposed to that," he said.

Jan Tyson, whose husband is a chief master sergeant stationed at Travis Air Force Base, Calif., northeast of San Francisco, said the base commissary is a very good deal, especially for local military retirees.

"If you take away the commissary here, the retirees would probably go hungry because they don't have the money to shop on the economy," she said. "It's an expensive place to be." onent advisor on the Army Physical Disability Agency.

By Dennis Camire, Gannett News Service

Liquid Body Armor

Army scientists, engineers develop liquid body armor. - by *Tonya Johnson*

Liquid armor for Kevlar vests is one of the newest technologies being developed at the U.S. Army Research Laboratory to save Soldiers' lives.

This type of body armor is light and flexible, which allows soldiers to be more mobile and won't hinder an individual from running or aiming his or her weapon.

The key component of liquid armor is a shear thickening fluid. STF is composed of hard particles suspended in a liquid. The liquid, polyethylene glycol, is non-toxic, and can withstand a wide range of temperatures. Hard, nano-particles of silica are the other components of STF. This combination of flowable and hard components results in a material with unusual properties.

"During normal handling, the STF is very deformable and flows like a liquid. However, once a bullet or frag hits the vest, it transitions to a rigid material, which prevents the projectile from penetrating the Soldier's body," said Dr. Eric Wetzel, a mechanical engineer from the Weapons and Materials Research Directorate who heads the project team.

To make liquid armor, STF is soaked into all layers of the Kevlar vest. The Kevlar fabric holds the STF in place, and also helps to stop the bullet. The saturated fabric can be soaked, draped, and sewn just like any other fabric.

Wetzel and his team have been working on this technology with Dr. Norman J. Wagner and his students from the University of Delaware for three years.

"The goal of the technology is to create a new material that is low cost and lightweight which offers equivalent or superior ballistic properties as compared to current Kevlar fabric, but has more flexibility and less thickness," said Wetzel. "This technology has a lot of potential."

FTX Packing List

Wondering what to take with you on your next FTX

Worn/Carried	
BDUs (complete w/black belt & combat boots)	
BDU Cap	
Identification (dog) Tags	
Helmet, Kevlar (w/ rank and last name printed in block letters on band)	
Load Bearing Equipment (TA-50), including:	
Pistol Belt w/harness	
1 canteen with cup and cover	
2 ammunition pouches	
First Aid pouch w/dressing	
Ear plug case w/ earplugs	
Flashlight w/ red lens cover (check batteries)	
Field Jacket w/liner	
Black Gloves w/wool inserts	
Pocket Notebook w/pen and mechanical pencil	
Carried in Duffel Bag	
Shirt, BDU	
Trousers, BDU	
Undershirt, Brown (3)	
Underwear (3 pair)	
Socks, OG 508 Wool (3 pair)	
Socks, White Athletic (2 pair)	
Army PT Shirt, Short, Pant	
Shoes, Running	
Sleeping Bag	
Civilian Clothing (1 set)	
Bath Towel (small) and washcloth (1 each)	
Lighter	
Personal/Hygiene Items Kit	
Razor/Shaving Cream	Watch/alarm
Toothbrush, paste,	Soap
Floss	Foot powder
Shampoo	Prescription
Deodorant	Glasses
Optional Items	
Lantern	Sleeping Mat
Snacks	Insect
Sleeping Cot	Repellant
	CamelBack

Family Readiness

A Message From Your Friendly Family Readiness Coordinator



Thanks to Maj. Todd for organizing the Old Glory Run coming up in June, thanks also to SFC Logan for the fundraising; You guys are awesome!!! For details on the run, check out www.intergate.com/~morningstarc/oldgloryrun/index.html. We are working on getting our own domain and soon the website will be www.oldgloryrun.org.

The Following people still owe for the Holiday Party Auction Baskets.

SFC Brown, SSG Nolin, SFC Long, SSG Schall – You can pay at next drill or mail your check (made out to Family Support Group 3/378) to the Unit, 1507 West Lindsey St, Norman OK 73069.

!!Welcome Warriors!!

- 2LT Summer, Kevin
- SPC Gransberg, Nils
- SGT Alarcon, Marco
- PV1 Robertson, Christopher
- PV1 Andrus, Bryan

!!Welcome Baby Warrior!!

Congratulations to SPC Halter on his baby boy, Austin Scott, born in March weighing in at 6lbs 2 oz.





Department of the Army Washington

Military Spouse Day 2004

We are an Army at war, currently engaged in our nation's Global War on Terrorism. During the past year, our Soldiers have once again been asked to defend our freedom and the privileges we all enjoy. While our Soldiers face increased deployments and longer separations, our spouses remain the consistent, predictable cornerstone of the well-being of our Army family. Army spouses continue to step up to meet the unique challenges Army life brings, as has been the case throughout the Army's nearly 229-year history.

Army spouses have played an instrumental role in the preparedness and success of our forces throughout our nation's history. The contributions of the first spouses who followed their Soldiers to Valley Forge in 1777 set the standard for all military spouses who followed. These brave women nursed the wounded and laundered Soldiers' uniforms, at times dodging bullets and even taking up arms when needed. They provided un-ending support and served as the Army's first force multipliers, but never received official recognition from the Army. Their immeasurable contributions to the ideals of family, patriotism, service and freedom, and their distinctive sacrifices, continue to endure today as our Army and our nation face new threats.

Much has changed for Army spouses in the years since Valley Forge. Today's Army spouses receive well-deserved recognition for their role in the defense of our nation. Support programs, systems and services allow for a level of well-being not necessarily available in the past. However, in a world where change is the norm, Army spouses remain the constant. They continue to be the home-front mainstay of moral support and encouragement for our Soldiers and the workforce that supports them. They are the driving force and energy that make our Army strong. Today, as in the days of old, through great personal sacrifice the Army spouse is a solid key component in keeping our Army relevant and ready.

Military Spouse Day, celebrated on 7 May this year, afford us the opportunity to publicly acknowledge the commitment of our Army spouses across all components, Active, National Guard and Army Reserve, and to pay tribute to their critical role in the strength of our nation and the success of our Army in accomplishing the mission. So, to the many Army spouses who support their Soldiers, thank you for your courage and patriotism and the love and commitment to your Soldiers and to the Army family. Furthermore, I would like to thank you for your generosity and your devoted service. Many blessings to you and your families, the Army and our nation, today and throughout the year.

Handwritten signature of R. L. Brownlee in black ink.

R. L. Brownlee
Acting Secretary of the Army

Handwritten signature of Peter J. Schoomaker in black ink.

Peter J. Schoomaker
General, United States Army

Handwritten signature of Kenneth O. Preston in black ink.

Kenneth O. Preston
Sergeant Major of the Army