



September 2003

# Warrior News

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



## 3rd/378th

### Upcoming Drill Dates

#### September

13 - 0700-0715 First Formation

Uniform: BDU

14 - Uniform: PT

October 18-19

November 15-16

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## Commander's Corner



I want to thank each of you for making my assumption of command ceremony go extremely well. It is easy to see why the soldiers of the Warrior Battalion are held in such high esteem. As I said in my comments, I don't want soldiers who meet the standards; I want soldiers who exceed them. From what I have seen so far, I have what I want.

I have identified three areas that I feel are critical for the success of our battalion, and I need your help with all three.

- 1) **RETENTION.** I don't want to lose a single good soldier. Those who are unwilling to carry out their responsibilities we will assist in finding another home, but we will do everything in our power to retain our quality soldiers. We will provide quality training where you will feel your time has been utilized wisely, we will identify and meet the needs of our soldiers (pay, NCOES, etc.), and recognize and reward those whose performance are exemplary.
- 2) **DRILL SERGEANT PRODUCTION.** Simply put, we have got to increase our drill sergeant strength. I have placed a goal of 5 candidates for the January Phase I DS school. All candidates in the program must make satisfactory progress towards completion of the program. We don't need a candidate who "takes up permanent residence" in the course. Any unit member who refers a prior service soldier who joins the unit as a DS candidate will be given a half day as a reward for the time they spent recruiting for the unit.
- 3) **UNIT STRENGTH.** Currently, we are standing at about 96% strength, but when you pencil in all our projected losses, that number drops to below 90%. We are all recruiters. Again, any unit member who refers a soldier who joins our unit will be rewarded.

We truly have the best battalion in the brigade. With your help we will not only maintain that level, but reach even greater heights. I look forward to the next three years as the commander of the Warrior Battalion.

*MAJ Johnny Crabtree  
Battalion Commander*

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## Featured Website

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### Army Family Team Building

<http://www.armyfamilyteambuilding.org/home.asp>



Army Family Team Building is a volunteer-led organization with a central tenet: provide training and knowledge to spouses and

family members to support the total Army effort.

The Army Family Team Building Program recognizes that leaders in the Army have a responsibility to establish a partnership between the Army and Army families.

Numerous studies indicate that soldier performance, readiness, and retention relate directly to family satisfaction with Army life.

Lessons learned from recent deployments also indicate that Active and Reserve component families must be trained together to support each other during these contingency operations.

In support of this increased emphasis on family awareness and responsibility, courses developed for AFTB educate the Army family (Active, Reserve component, DA civilian employee, and family members) in a wide variety of knowledge, skills, and abilities fostering personal and family preparedness to enhance Army readiness. Lesson topics include:

- The elements needed to build cohesive teams within the family member structure.
- The military and civilian community resources available to family members at installations and Reserve Component centers. Awareness and understanding of the resources available will empower family members with the ability to better manage their lives during separation and while living within the Army culture.

- The importance of political savvy as it relates to understanding organizational structure and policy.
- The techniques for building effective professional relationships within the community and unit.
- The methods and techniques that provide family members with professional growth and leadership development opportunities.

The target audience for Level I training is family members new to the Army. For level II training, the target audience includes experienced family members who have begun to assume leadership roles within the community and unit/organization. Level III training is for senior community leaders and AFTB Trainers.

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### Value of the FRG to the Family and to the Soldier

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#### An excerpt from The Army Family Readiness Handbook

Last month, this column discussed the FRG and what it can do for you. I wrote briefly about the purpose of an FRG and what an FRG is made up of. Now, I shall discuss the value FRG to the families and soldiers.

**Value to the Family:** For the family member, a unit's FRG is an effective way of gaining information and support during deployment. Through successful FRG efforts, many spouses have developed a more positive attitude toward themselves, the deployment, and the Army. Involvement in FRG activities may result in acquiring valuable new skills.

**Value to the Soldier:** For the soldier, it is reassuring to know that family members will receive reliable and friendly support when the soldier is called away. This contributes to a consistent level of performance in the unit, increases the effectiveness of training, and ensures a psychological readiness to flight.

What is the value of this to the command? For the command, a unit FRG increases the level of group confidence, commitment, and predictability among soldiers and improves training. The FRG can enhance unit togetherness and

increase unit readiness by institutionalizing self-help and helping family members identify with the unit.

FRGs can help the unit prevent problems within families that impact adversely on soldier performance or reduce unit strength through attrition. This frees up the unit commander's time and conserves other resources (psychological, social, and budgetary). Through the assistance of FRGs, detractors from the military mission can be reduced.

Note: We are all looking forward to that time when our soldiers return, so look for the special upcoming editions which will focus on REUNION!

*Lorna L. Fairchild*  
Family Program Coordinator  
95th Division (IT)

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## Annual Family Picnic

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**Please join us for family, food & fun!**

This years picnic is going to be a blast, we have tons of neat events planned; have you been dreaming about slapping a pie in a certain Drill Sergeants face? Well, now's your chance. We have some great prizes and giveaways planned. Plus don't forget the BBQ, we have Ribs, Brisket and BBQ chicken, just remember if you want some of the Ribs, we start eating at noon, and it's first come first serve. Here are the details:

**When:** Sunday September 14. Drill will release at 1030 hours so you have time to change and go pick up your family. We'll start handing out the grub at 1200 hours.

**Where:** Lake Thunderbird State Park, Indian Point Beach

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## Physical Fitness Uniforms

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Effective October all troops need to be wearing the new IPFU Physical Fitness uniform. The gray uniform will be obsolete, so make sure you have your new gear. If you do not have it you might want to see your supply guy or head to the nearest MCSS. Hooah!

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## Army One Source Program

**Toll Free Informational Hotline**  
**www.militaryonesource.com**

Army OneSource (AOS) provides you with information and resources that can help improve many areas of your life, from personal to professional. But we do more than give you information -- we help you take action, with materials that get you thinking and tools that help you set things in motion. This confidential service is available 24/7.

Army OneSource supplements existing family programs by providing 24-hour, Seven days a week, toll free information and telephone line service available to active and, mobilized reserve component soldiers, deployed civilians and their families worldwide. The CONUS number for the Army One Source is 1-800-464-8107, and is free of charge to callers. If toll free service is not available, calls may be made collect to 484-530-5889.

AOS provides information ranging from every day concerns to deployment/reintegration issues. Additionally, if there is a need for face-to-face counseling, AOS will provide referrals to professional civilian counselors for assistance in the continental US. Outside CONUS, Personal counseling is provided through existing contracted Marriage and family counselors.

AOS program coordinator is the U.S. Army Community and Family Support Center which will implement, manage, and oversee the AOS program worldwide. A contract is now in place and the AOS will be operational beginning 15 August 03.

Army OneSource Online, an award-winning Web site, helps you find the answers to whatever life issues you're facing. The site is secure and requires you to log in; you may contact the toll free number or email morningstar.cornell@us.army.mil for logon information.



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## Army Humor

**Some uncommon wisdom from the Military....**

"A slipping gear could let your M203 grenade launcher fire when you least expect it. That would make you quite unpopular in what's left of your unit."  
- *Army's magazine of preventive maintenance.*

"Aim towards the Enemy."  
- *Instruction printed on US Rocket Launcher*

"When the pin is pulled, Mr. Grenade is not our friend."  
- *U.S. Marine Corps*

"Cluster bombing from B-52s is very, very accurate. The bombs always hit the ground."  
- *U.S. Air Force*

"If the enemy is in range, so are you."  
- *Infantry Journal*

"It is generally inadvisable to eject directly over the area you just bombed."  
- *U.S. Air Force Manual*

"Whoever said the pen is mightier than the sword obviously never encountered automatic weapons."  
- *Gen. MacArthur*

"Try to look unimportant; they may be low on ammo."  
- *Infantry Journal*

"You, you, and you . . . Panic. The rest of you, come with me."  
- *U.S. Marine Corp Gunnery Sgt.*

"Tracers work both ways."  
- *U.S. Army Ordnance*

"Five second fuses only last three seconds."  
- *Infantry Journal*

"Don't ever be the first, don't ever be the last, and don't ever volunteer to do anything."  
- *U. S Navy Swabbie*

"Bravery is being the only one who knows you're afraid."  
- *David Hackworth*

"If your attack is going too well, you're walking into an ambush."  
- *Infantry Journal*

"Any ship can be a minesweeper ... once."  
- *Anon*

"No combat ready unit has ever passed inspection."  
- *Joe Gay*

"Never tell the Platoon Sergeant you have nothing to do."  
- *Unknown Marine Recruit*

"Don't draw fire; it irritates the people around you."  
- *Your Buddies*

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## Birthdays - September

**Happy Birthday to the members of the 378<sup>th</sup> and their families.**

- Danika Cowns – September 4
- Serela Garcia – September 11
- Jared Atkinson – September 19
- Joray Bunch – September 26
- Kerstin Mackey – September 29

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## Welcome

**Welcome to the newest Warriors!**

- SPC Jenny England – Echo
- SPC Frederick Maul – Echo
- SPC Eugene Logan – Delta
- SPC Catherine Frank - HQ

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## Classifieds

**Have something for sale, want to buy something, having a garage sale, announce it here!**

**FOR SALE: 1975 White Dodge Minnie Winnie RV 21ft.**

New water heater, 2 new tires, new battery, new alternator, and new fan belts. 54,000 original miles. Previously owned by a radio station. This RV can sleep 3-4 people. It has a full kitchen; sink, stove, oven, microwave, and refrigerator. It has 2 sofas one is a pull out for sleeping. It has AC that runs on a generator or electricity. Interior is black and white with gray carpeting. \$4000 OBO. Engine runs well. Sold As Is. Call 405-789-8515.



## Our New Commander

Norman, OK, The 3<sup>rd</sup> Battalion of the 378<sup>th</sup> Regiment had a change of command. Major Virginia A. Todd, after serving as the interim Battalion Commander, relinquished her command to Major Johnny D. Crabtree on Saturday, August 9<sup>th</sup> 2003.



The ceremony was held at the Joe A. Smalley United States Reserve Center, where the 3<sup>rd</sup>/378<sup>th</sup> is located at.

The ceremony was reviewed by Colonel Guier, a former Battalion Commander of the 3<sup>rd</sup>/378<sup>th</sup> and several distinguished members from 2<sup>nd</sup> Brigade and the 95<sup>th</sup> Division.



As with tradition, the troops were called to attention, and the Color Guard was posted. Our Color Guard composed, from left to right, Drill Sergeant Nix, Drill Sergeant Shall, Drill Sergeant Glenn, and Drill Sergeant Davis and was lead by Command Sergeant Major Wagner.

Symbolizing the transfer of command, the Command Sergeant Major retrieved the Battalion Flag and presented it to the outgoing Commander, who in turn passes the flag to the Brigade Commander. The Battalion Colors are then presented to the incoming Battalion commander who receives all the duties and privileges of the position. The flag is then passed back to the Command Sergeant Major who shows our Battalion's pride with the Guard.



All participating officers spoke about the transfer of command and spoke highly of our troops who distinguished themselves with a show of discipline and character throughout the ceremony.

As with any good ceremony, everyone was invited to refreshments and cake. A very well planned show for the Command of the 3<sup>rd</sup>/378<sup>th</sup> and the Family Support Group, led by Mrs. Judy McIntire.

