



1st BNI 147th FA

South Dakota National Guard Family Readiness Program

Editor/Publisher:
Tammy Chase

BN Cookbook

Thank you to everyone that contributed recipes to the BN cookbook. They have lots of great recipes and will make a great keepsake or gift.

Asking for help when you need it

Many people are better helpers than receivers of help. Asking for help – when you are feeling overloaded at work or facing personal or family issues – is difficult for many of us. Remember that asking for help is a sign of resourcefulness & strength, not weakness. It also lightens your burdens & helps you feel better.

If you are going through a difficult time or need help, turn to someone you trust & say, "May I ask for your help?" Most people want to help. They just need to know what to do.

We have our Family Readiness Groups and our FAC's that are always there to help or listen.

Mark your calendars

We have combine forces with the State Family Office and the Yellow Ribbon Program, we will not be having our Christmas speaker/meal in Watertown as originally planned for the BN. We will be having our speaker at: The South Dakota Army National Guard's Yellow Ribbon Program "Sustainment" event and "Drop and Shop" December 12th and 13th for Families. We will be enjoying many other topics of discussing with the Families from the Air Guard and the 211 Sapper. Enclosed is a copy of the agenda, look for the RSVP in the mail.

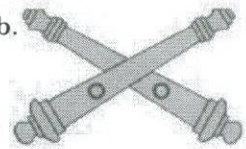


Hello From Kuwait,

It is really hard to believe another month has gone by for us the time is flying by hopefully it is for you as well. We are staying very busy as usual which really helps keep us focused. The weather is really starting to change for the better only about 100 during the day and down to the low 80's at night - there is actually a hint of fall in the air. With fall most of us start thinking of the hunting seasons we are missing back home, it will just ensure that we enjoy it that much more next year. I know I sound like a broken record but I just need to say once again how proud I am of every soldier here with us and every family back home. Our soldiers are doing great work over here and are making a huge difference in the global war on terror. To put this in perspective for individual searches our soldiers have searched roughly the population of Sioux Falls. In terms of vehicle searches if you put all of the vehicles searched so far bumper to bumper on I-29 it would stretch from Sioux Falls to roughly Wahpeton, ND.

The Success of our mission directly effects the success of thousands of other soldiers throughout the Southwest Asian theater of operations. Without your sacrifices and support we could not do our job, you are a very important part of our mission success. We have nearly reached the half-way point which is a tremendous milestone in any deployment. I look at it like this; six more newsletters and we will be home. This is also the time when things can start to get overwhelming for families, do not forget you have the greatest support group in the world. Do not hesitate to call the Family Support Group to help you when you need them as I said they are the best. We are also into our leave cycle so some of you have probably already seen your soldiers at home hopefully they get a few items off of the "honey do" list when they are home. Our October newsletter will be published in the next couple of days it has a lot of the details of the last month you can view it at www.dakotasteelrain.com on the web.

Sincerely, LTC David P. Chase
Commander 147th FA



Website

The Soldiers overseas have been working on a website to share information and photos with us. We also have our Family Readiness newsletter on this site. Please check out the site at: www.dakotasteelrain.com



FAMILY WELLNESS

Issue 11 September 2009

For Families, Spouses, Significant Others & Military Members

Family Assistance Center (FAC's)

Michele Anderson

FAC Coordinator – Contractor - MPSC

1-800-659-3930 (Rapid City, SD)

michele.m.anderson@us.army.mil

After hours cell 605-381-2859

Taryn Broomfield

FAC Specialist – Contractor - MPSC

1-605-737-6641 (Rapid City, SD)

taryn.lundquist@us.army.mil

After hours cell 605-415-1807

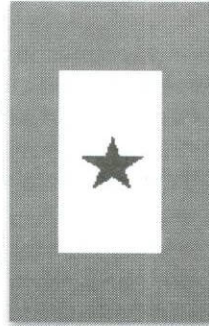
Kim Chase

FAC Specialist – Contractor - MPSC

1-866-597-0017 (Brookings, SD)

kimberly.chase@us.army.mil

After hours cell 605-415-1705



Brookings Military Family Support Group

Family members are invited to be part of a community family support group. This meeting is open to all military family members, past and present, and their families.

Meetings will be held at the Brookings VFW the first Tuesday of every month at 7 p.m. For more information contact the Brookings Army Recruiting Office at 605-692-6329.

FRG Meetings

You can attend any meetings you would like – your unit specific information will come through newsletters, emails and phone calls. You are not expected to travel across the State to attend meetings.

Addresses for Soldiers

Soldier name

HNB 1/147th FA

APO, AE 09337

Soldier name

Btry A 1/147th FA

APO, AE 09337

Soldiers name

Btry C 1/147th FA

APO, AE 09366

Please do not use the rank of the Soldiers on the address.

USEFULL WEBSITES

<http://www.operationabitofhome.com> A Bit of Home supports over 150 different soldiers per day by providing necessary and hard-to-get toiletries.

<http://www.adoptaplatoon.org> Adopt a platoon has several ongoing projects to ensure that no soldier overseas walks away from mail call empty-handed

<http://www.appreciateourtroops.org> Purchase a Support Our Troops mug and free personalized mug will be given to a current or former service member.

<http://www.booksforsoldiers.com> Help the troops escape boredom by donating some books. You can also donate DVD's and CD's requested by soldiers.

<http://www.booksformilitarychildren.info> Here you will find several fiction books for all age groups portraying children

with parents in the military.

MAKE A DIFFERENCE DAY!

The National Day to Help Others. America's Largest day of Doing good, Make a Difference Day is the 4th Saturday of October.

Make A Difference Day is the most encompassing national day of helping others -- a celebration of neighbors helping neighbors. Everyone can participate. Created by USA WEEKEND Magazine, Make A Difference Day is an annual event that takes place this year on October 24, 2009.

The Black Hills RSVP plans to participate in this day of service, by showing support to our men and women of the SD Army National Guard. There are currently 366 South Dakota guard men and women deployed of the 1/147th FA deployed to Kuwait.

If you have a moment to write a thank you to Angie Weeks, head of the RSVP in Rapid City, it would be greatly appreciated.

Angie Weeks, Director

Black Hills RSVP

333 Sixth Street

Rapid City, SD 57701

I have been in touch with Angie and the community, County, City and many other organizations have come together to support "OUR TROOPS." They have been very generous in their donations for Soldiers that they do not even know. THANKS RSVP & ANGIE!



Members of HNB 147th Field Artillery take time out of their busy schedules to gather for a unit photograph. All unit members are wearing T shirts that were given as gifts, from our family support group. This gesture of good will is returned by our unit members who smile for our loved ones back home.

HNB 1-147th Field Artillery members thank you, Family Support Group for designing and giving the T shirts. Photo by Steve Anderson and story by Dale Aadland.



HHB Family Readiness

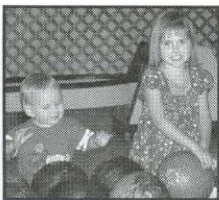
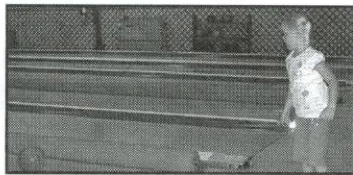
July 2009

October Meeting

We will be gathering in Watertown at the National Guard Armory at 10:00 a.m. We will be discussing upcoming events.

September Details

On September 12th free bowling was available for Families at Lakeland Lanes in Sisseton. Stan & Yvonne Hippen opened their establishment up for us to enjoy an afternoon of bowling.



September Details

On September 17, 2009, Watertown honored the Families of the 1/147th and all Veterans on Constitution Day. The day started with a meal at Second Street Station with guest speaker General Doohen. The afternoon was open for shopping at the area stores that offered specials for the Families. The evening event was held downtown Watertown with a picnic, music and Lake Area had plans flying over. A great time was had by all.

Constitution Day in Watertown



UPCOMING EVENTS~

Oct. 24	Meeting at Watertown Armory – 10:00 a.m.
Nov. 14	Meeting at Watertown Armory
Dec. 12 & 13th	Speaker Mr. Zubke – Yellow Ribbon Event in Sioux Falls. 9:30 am- 4:30 pm on Saturday and day care on Sunday until 2:00 pm.

HHB Lead Volunteers:

Sharon Roberts – 605-886-6090 jsroberts@iw.net

Tammy Chase – 605-698-7438 cbchase@venturecomm.net

BTRY A – Aberdeen

Angie Johnson ~ A Battery Family Support Leader 605-229-1267 home / 605-228-4791 cell

A Battery North Spartans

September 2009

Rear Detachment SSG Greg Maisch 605-626-2270 ext 7101
 SSG Philip Johnson 605-626-2270 ext 7102 605-415-0637 cell

Family Support Meeting ~ Saturday, September 17th

Commanders Call

- Weather is pretty warm. Not much fishing with the heat.
- Many soldiers losing weight.
- Mission going good. They are inspecting 6500 people per week.

Wish list for Soldiers

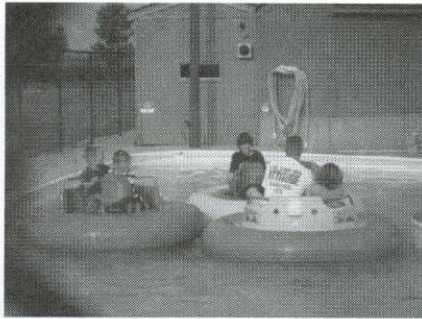
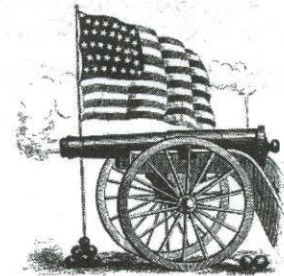
We received a wish list from the soldiers. They asked for board games and jerky. We are sending a package of games (Monopoly, Jenga, Lasso Golf) and are working with a local group for Jerky. They are looking for History & War books to read while they are there. If you have any that you would like to donate, please drop them off at the armory and I can send them off.

Fun Night

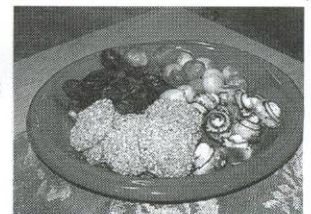
Due to no RSVPs we will not be having the European Tour on the 10th of October. I will be planning one for November that will be Tastefully Simply & Just Beading Around. They have some great gift ideas for the holidays. If you have any ideas, please contact me.

Military Appreciation Day Big Success!

The Military Appreciation Day was a big success again! Wylie Thunder Roads and Mini Golf donated free rides on go-karts and bumper boats with rounds of mini-golf to bring the families together. Hot dogs and hamburgers were donated by Cash-Wa (Formerly Hoggs's Restaurant). Thanks to all the families that came out to share in the fun!!



Kuwait Culture Day - The MWR staff hosted a Kuwait Cultural event on the evening of Sunday August 30, 2009. The Hosts and Hostesses were dressed in Kuwaiti attire, creating an atmosphere of the Middle East. With music, décor and large tent the mood was set for the cultural festivities to begin. Attendees were taught the proper way to greet and how to respond when greeted in Kuwait. The Program was well planned, concise and covered many key aspects of Kuwaiti culture. After the exchange of greetings the program focused on Kuwait's history. Emphasis was placed on the great migration of Arabic tribes settling on Kuwaiti soil and the independent state of Kuwait. Key information such as population, currency, customs and courtesies were also discussed. While guests were entertained, ethnic food such as coffee, tea, dates and Kuwaiti sweets were served with Kuwaiti hospitality. Hosts and Hostesses scurried about serving ethnic delights while a documentary titled "Fires of Kuwait" was shown. "Fires of Kuwait" is a documentary film about the invasion, devastation, and liberation of Kuwait. The oil fires that ultimately resulted from the Gulf War is why the documentary earned the title "Fires of Kuwait." The documentary brought a somber realization to everyone who attended the event. After viewing the documentary and contemplating it is not hard to realize what our purpose is here. When the documentary ended a raffle was held and trivia questions were asked about Kuwait. Winners received gifts that represented Kuwait. Traditional dress was the final event of the evening. Volunteers had the opportunity to wear traditional attire and have photos taken in a Diwaniah setting with Arabic accompaniments. The photos and festivities were a success and the cultural event was a learning experience for all. Story and Photos SSG Aadland



FAMILY WELLNESS

For Families, Spouses, Significant Others & Military Members



CHARLIE BATTERY 1-147th FA

September 2009

Family Readiness

YANKT ON



Joan Schild 665-5535 or jschild1@iw.net / Kelli LaCroix 665-5061 / kjlacroix@hotmail.com

Upcoming Fall Events

OCTOBER

To say "Thanks" and "We support you!"
The Yankton Kiwanis Club is hosting a picnic
and afternoon of fun for our military families.

Saturday, October 10th 2:00-5:00

South Shelter (On 19th Street between
Douglas and Mulberry) at Memorial Park

- * Food
- * Games and activities for all ages
- * Prizes for the kids
- * Weather permitting* Tethered Hot Air
Balloon Rides
- * Bring an item to put in a care package to
our soldiers

This is a special event planned just for you. It
will be a great chance for you to get together
with other Guard families and community
members.

If the weather is bad, this will be held
at The Center (900 Whiting Drive)



Charlie Battery t-shirts now available to order!

Including special orders with your soldiers name

Contact Rachel Stokes at sunny1432@hotmail.com
for design and details. Thanks Rachel!

NOVEMBER

Yankton Middle School is inviting you to be
honored guests at their annual Veteran's Day
Program.

Wednesday, November 10th
9:00 AM

Yankton Middle School
2000 Mulberry

You will have special seating and will be
recognized during the program. Refreshments
will be served following the program.

LET US NOT FORGET...

November 8-18th

Fallen Heroes Banners

on display at GAR Hall in Yankton

Watch for details on November/December
events in the next newsletter.

PARENTS...NEED A BREAK?

Take advantage of **Parent's Time Out**

Free quality childcare for infants through 5th grade

Friday Evenings from 5:30 – 8:00

(activities and meal provided)

Calvary Baptist Church 2407 Broadway, Yankton

Call the church by 5:00 Thursday evening to sign up

665-5594

We need your email addresses!

Please drop us a quick note if you would like to receive periodic updates and messages!



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Oct 24th 4 pm (rsvp)

The Ghosts and Goblins from FCS and B Btry will be brewing up a Halloween Party at the Sioux Falls armory. There will be a need for some spooktacular volunteers to help during the party - let us know if you are not afraid to venture out...We are planning a costume party with games & refreshments. Please bring your favorite Halloween desert to share, beverages will be provided. RSVP is requested in order to plan sufficiently.

Send your rsvp to Jennie or Denise.

jenn_dallas_army@yahoo.com or wdvandenberg@sio.midco.net

Nov 14th Pre holiday 4 pm (RSVP)

This event for FSC and BBtry is being planned with a variety of activities. Beginning with a free preassembled, postage paid care package for you to send to your Soldier: card making for all ages so you can add this to your care package. Operation Military Kids will have several booths set up for kids' activities. The Red Cross will be available with Operation Video Connect for you to record a short holiday message to be sent to your Soldier. You must bring your Soldiers e-mail address and have an idea what you would like your message to be.

RSVP is requested in order to plan sufficiently.

Send your RSVP to Jennie or Denise

jenn_dallas_army@yahoo.com or wdvandenberg@sio.midco.net

Upcoming Meetings

Oct: 24th - Time: 4pm
Location: Sioux Falls Armory
Activity: Halloween Costume Party-for the kid IN ALL OF US!!!

Nov: 14th - 4:00 pm
Location: Sioux Falls Armory
Activity: Pre holiday

Dec: 12th & 13th
12th - 9:30- 3:30
13th - 8:00 -2:00
Location: Sioux Falls
Activity: Combined Event
By: Yellow Ribbon Program
For: 114th Wing
211th Sapper
147th FA
RSVP's required

Point of contact for

FSC Sioux Falls Family
Readiness news
Mary Ann Arends
gemarends@sio.midco.net
361-6014

FSC - Mitchell

Carrie Pohlen - 605-236-5350

Trish Schaefer - 605-239-4280

In October 1SG Bryan Pohlen will be on leave during our meeting so we are planning on him giving us an update of life in Kuwait and a Q&A time. We will also be discussing some creative ways to bring Christmas to Kuwait.

FSC - Webster

Debbie Baumgarn

605-265-0839

debbiebullis@hotmail.com

Photos from the
Constitution Day
Luncheon in
Watertown, on
September 17, 2009.





FAMILY WELLNESS

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For Families, Spouses, Significant Others & Military Members

The South Dakota National Guard Family Programs Yellow Ribbon Program to host combined "Sustainment" event in Sioux Falls on 12 -13 December.

The South Dakota Army National Guard's Yellow Ribbon Program is hosting a combined "Sustainment" event and "Drop and Shop" December 12th and 13th for families of deployed Service members with the 114th Air National Guard, 211th Sapper, and the 147th Field Artillery.

The "Sustainment" event will run from 9:30 AM to 3:30 PM Saturday, December 12th, (childcare provided at no cost) and will highlight issues through interactive workshops that deployed families deal with during the Holidays. Lunch will be provided at no cost.

Then, get ready to shop! The "Drop and Shop" will start Sunday, December 13th, at 8:00 AM and run until to 2:00 PM. Yellow Ribbon staff members will provide a childcare center for your children while you shop, grab a bite to eat, or run those last-minute errands. Questions contact the Family Programs Office at 1.800.658.3930.

Be watching the mail for your invitation in the coming weeks – RSVP required.



DoD Yellow Ribbon Reintegration Program Sustainment Event The Clubhouse, Sioux Falls, SD December 12 – 13, 2009



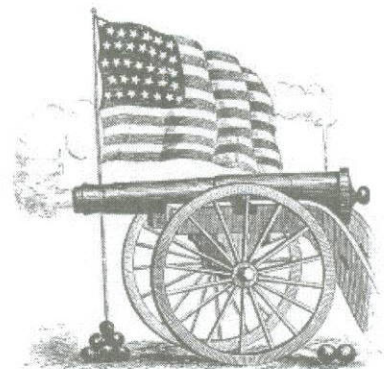
Saturday, December 12, 2009

<u>Time</u>	<u>Event</u>	<u>Who</u>
8:30 – 9:30	Child Registration	Lindsay Wermers
8:30 – 9:30	Adult Registration	Tokie Morgan
	Travel Vouchers	Kelley Crane
9:30 – 10:00	Welcome/Provider Intro.	Lynn/Nikki/Bethany
10:00 – 10:30	TriCare	Cathy Teidel?
10:30 – 11:00	Awareness Training	Jada Johns
11:00 – 12:00	Motivational Speaker	Bill Zubki
12:00 – 1:00	Lunch	Hotel Staff
1:00 – 1:15	Webinars	Lindsay Wermers
1:15 – 2:00	Choose a Presentation ~ Stress During the Holidays ~ Motivational Speaker	MFLC Zubki
2:00 – 3:30	Round Robin	Providers
	Break	Hotel Staff
3:30 – 3:45	Closing Comments	Tim Hinker
	After Action Reports	
	Sunday Events	
4:00 - 4:30	End Child Care	Lindsay Wermers



Sunday, December 13, 2009

8:00 – 9:00	Child Registration	Lindsay Wermers
10:00 – 1:00	Networking with other Families; Q & A Period with VA Representatives	Brian Wallin
1:30 – 2:00	End Child Care	Lindsay Wermers



Always Ready – Always There – The National Guard (Family Assistance Center 1-800-658-3930)



BN Cookbooks

We are almost ready to order the cookbooks for the BN. If you are interested in a cookbook and do not or are unable to attend your local FRG meetings, please contact your lead volunteer or Tammy Chase. We will get them shipped to you as soon as the money is received for the cookbooks. We are not sure on an amount at this time, we will know once they are ordered. We are thinking about \$10.00 each.

Thanks to everyone that submitted recipes. They are going to be great books. Also thanks to: Kim K. Chase, Teresa Arbach, Lindsey Paulson, Angie Johnson & Shirley Deatherige for helping enter and proof the cookbooks.

**Tammy Chase - 45980 SD Hwy 10 - Sisseton, SD 57262
605-698-7438 cbchase@venturecomm.net**

1/147th FA Family Readiness
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Sisseton, SD 57262