

COSTY'S LAST CORNER...FOR NOW

It is with the deepest love that I say farewell to the 100th!!! I have come so far since becoming a member of this unit. I came here after a deployment and was still very green when it comes to a lot of the things commonly known among the experienced Army population. I was surrounded by excellent Non-Commissioned Officers and Officers alike, and I grew up here. I was always the young blood and in a Brigade such as this I was also the lowest ranking Soldier everywhere we went together, but that wasn't the attitude I felt from most of you. Multiple Soldiers took me under their wing and showed me what it takes to be a successful NCO in today's Army...and for that I thank you!

I was given the opportunity to turn what was a mediocre at best Public Affairs Office (equipment wise) to a full-functioning multimedia and graphics shop. I was also given the opportunity to travel to Alaska, California, Japan, and a few other TDY locations. Most of this I have the XO Lt. Col. Mark Krzow-sizzzzzzski...or however you spell that weird last name...to thank for! Thanks for signing in the approve block all of those times, Sir!

I am going into a position which requires A LOT more responsibility on my part and I feel comfortable in doing so having the experience I gained here with the 100th. I will be the Supply NCO for the 217th Space Support Company, which gives me an opportunity to touch actual Army equipment again! You didn't

Unit Safety Day a smorgasbord of events

by Maj. Laura Kenney
Public Affairs Officer

COLORADO SPRINGS, Colo.—From an often gory movie about food safety to vehicle safety inspections, the Soldiers at HHB, 100th Missile Defense Brigade (GMD) here were treated to a full menu of safety classes designed to keep them safe this winter, in the kitchen and out-of-doors.

The food safety class focused on requirements to handle/cook foods properly, since one can't always trust that purchased products are safe. The movie followed animal by-products and demonstrated how frequently they could be infected by salmonella and e-coli. Stories of people who had died from food borne illnesses brought the subject home.

Next, two skiing experts presented a class on ski

think I was going to write this without reminding all of you how nice we have it here did you? White collar Army all the way...not that I'm complaining...it was a good run, but I think I need this new experience to be even more successful than I have been thus far. I started a HMMWV for the first time in three years the other day. XO...do you even remember what a HMMWV looks like, Sir? What kind of fuel goes in there? Alright, I will quit messing with you, Sir...even though you can't fire me anymore! Reality sort of settled in though that I am a Soldier still, and it felt good!

So in closing, although I hate to leave not only this position which I am deeply passionate about, but this Brigade as a whole, I need to get into a field with some upward mobility and new challenges. I want to thank you all for helping me grow not only as a Soldier but as a responsible adult in my personal life as well. The mentoring you gave went farther than you probably know...thank you...Costy out!



and snowboard safety and tips on how to venture into the back country Colorado is famous for safely. The newest in safety devices were shown, and avalanche protective gear was demonstrated. The strongest advice of all: never ski or go into back country alone, and, always, always go prepared.

Last but far from least -- vehicular safety. Everyone was instructed to be fastidious about sweeping *all* the snow off their cars to ensure that the drivers following them wouldn't want to "road rage" them. The importance of vehicle prep was discussed, the necessity of a winter survival kit was stressed, and safe winter driving habits were detailed. The afternoon was topped off by individual vehicle inspections.

Menu/mission accomplished, the Soldiers left to brave the single digit temperatures and e-coli-riddled outside world, better armored against its dangers.



The MIDCOURSE UPDATE



100th Missile Defense Brigade (GMD)

4th Quarter 2009 HOLIDAY ISSUE

Change of Responsibility for "backbone" of Missile Defense Battery

by Maj. Laura Kenney
Public Affairs Officer

COLORADO SPRINGS, Colo.— "In the six years since this unit's inception, there have been three brigade commanders and five headquarters battery commanders. The positions that have rarely changed have been that of command sergeant major and of first sergeant, proving that the non-commissioned officers truly are the backbone of the command. Today, we say goodbye to the 100th Missile Defense Brigade's second First Sergeant, William Jewell, and

welcome its third, William Ray," said the fifth Headquarters and Headquarter Battery commander, Capt. George Lambos during a change of responsibility ceremony held here at brigade headquarters.

A passing of the ceremonial sword marked the "passing of the reins" from one NCO's hands to the other's. Jewell has been the first sergeant since 1 February, 2007. He originally joined the unit

in December, 2003, as a Future Operations Officer for the Missile Defense Element.

The brigade commander, Col. Greg Bowen, had strong words to say about the outgoing first sergeant.

personal creed of putting Soldiers first. In his farewell speech, he spoke of his pride in the unit and its Soldiers.

"Being the HHB First Sergeant was a very rewarding experience and if I helped as many people as

I made mad during my tenure, then I was successful. I appreciate having had this opportunity. The Brigade has a lot of outstanding officers and NCOs and it's been an honor serving with you all. I wish 1st Sgt. Ray the best and continued success for the Brigade," said Jewell.

Ray, who is one of the original "GMDers" as they were initially christened when the program stood up in 2002, expressed his happiness at being back with the brigade

after a long stint with the battalion in Alaska.

"It's been a privilege to be part of this unit from its beginnings, to see it grow, and to be involved in its mission of national defense. But I can see that I'll have to work on saying brigade instead of battalion," he joked after his first command to the unit utilized the wrong term.



Capt. George Lambos, battery commander, hands the sword symbolizing the power of the office of first sergeant to the incoming 1st Sgt. William Ray during a Change of Responsibility Ceremony at Headquarters and Headquarters Battery, 100th Missile Defense Brigade, (GMD) Dec. 4. Outgoing 1st Sgt. William Jewell and (Sgt. 1st Class Donald Reeder, who served as NCO of the ceremony, looked on during the exchange. (Photo by Maj. Laura Kenney)

"This NCO epitomizes the phrase 'moral courage.' First Sergeant Jewell let nothing stand in the way of what he believed to be right, and sometimes that included tact. He acted first and foremost in the best interest of the Soldier, and that has made him an outstanding leader. He will be missed."

Jewell himself admitted to having to learn that "tact did not include attack," but stuck by his



Col. Gregory S. Bowen
Commander

THE COMMAND SECTION



Command Sgt. Maj.
Joseph Rhodes

COMMANDER'S COLUMN

The holiday season is upon us! I'm not sure what happened, but it seems like I just assumed command a couple of weeks ago. Like everyone else here, I have been very busy and have lost track of time. As our OPTEMPO (hopefully) slows down over the holidays, we each need to take a breath, get re-acquainted with our families, and remember why we are here.

The past year has been an eventful one for the Brigade, but thanks to all of your efforts, it has been very successful. We have completed the Major Restructuring Initiative (MRI), multiple exercises and real world events, inspections, OREs -- the list goes on. After the new year, we will get busy again with the SMDC change of command and the semi-annual training brief. Take advantage of this break in the action to collect your thoughts, get organized, and again, spend some time with friends and family.

During this holiday period, please keep two things in mind. First, safety. I need each and every one of you to come back from the break re-charged and ready to go. Enjoy the holiday activities and all of the outdoor fun Colorado has to offer, but do it safely. Second, please take a moment to remember our brothers and sisters who are in harm's way. While we are home enjoying our families, they are out there protecting our freedom. Included in this are our missile defense crews and MPs, who will stand guard while the rest of us celebrate. That's why we are here, and that's why we can never fail.

Along with Kristin and Carmen, I wish each of you and your families a wonderful and joyous holiday season.

Colonel Gregory S. Bowen

CSM'S CORNER

As we approach the Holiday Season let us reflect on our life and times.

Thanksgiving has come and gone. Hopefully, you had time to reflect on the truly unique level of freedom that we as Citizens of the United States have come to expect. One can worship in the manner one wishes, speak as one wishes and be secure in the fact that each person has the right of self protection. Your belongings and property are protected. You are guaranteed due process under the law. You can vote without hindrance. A citizen is endowed these rights by the Creator.

As you listen to Christmas Carols, drink Gluhwein, open presents and worship in the manner you wish, consider what we have and why it's worth doing what we do.

CSM Joseph B. Rhodes



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"Last Dance" cont.

The church was actually the Our Lady of Sorrows Basilica which survived the Great Chicago Fire of 1871 and is no longer an active church. Its baroque architecture is an appropriate backdrop for the romantic, dramatic film short.

The director, who lives in Chicago, is very passionate about her product. She has been making films since she was 19, and is now in her early 30s. She considers this piece her best and most heartfelt to date. There's a reason beyond the obvious for that.

"I lost a fiancé to death when I was much younger. You never quite get over that, but I wanted to make this film to somehow express my belief that there will be an eventual reunion, and that the spirit and love do go on. That is why I originally conceived of the husband as being a civilian. But, when Margaret came up with the military notion, it almost immediately clicked. At first, I was a bit afraid that perhaps enough people wouldn't identify with the military part of it, but she rightfully convinced me that, with our nation at war, yes, people would empathize.

I had tried filming this before, with other actors and with my earlier vision, and we had it situated in a funeral home. I have to say, it was terrible. It just did not convey what I wanted it to, so I sort of gave up on the project for awhile. But then, when we thought of Margaret for the part, and she came up with her wonderful concept, everything started to click.

We did have a little difficulty finding a uniform to fit our handsome male star, Mark Nillson. But once that happened, it was almost like a miracle, like pieces of a puzzle. I was still worried about the venue, then, the singer of the song, Grazyna, called me very excited to say she had just given a concert in a so beautiful church, and the priest had told her we could do our film there! It was perfect. And the chemistry between Mark and Margaret was immediate -- I really felt this version of our film was meant to be. I say "our" because any film is a collaborative process, and this truly was exactly that.

I am very grateful that this film is touching people's lives. I know that the making of it has touched mine, and everyone else's that was involved in its production. As another example of it being 'meant to be', Hodowany said with a chuckle in her voice, "it just recently became available for viewing by the public at this website:

<http://www.spiritualtv.eu/page.php>."

The Lambos couple is justifiably proud of the piece, especially the husband part of the team. "I thought Margaret had just gone to help a friend with a video that had some ballroom dancing in it. When I saw the finished product I was blown away. I was not prepared for the emotional aspect or the professionalism of the film. I appreciate the tribute to military families and the message. I am very proud that Margaret was able to participate and I have an admiration for the high quality of work and effort by Aleksandra," said Lambos.

For her part, Margaret said, "Well, first off, of course it was a big honor just to be asked to choreograph the dancing. At first, I didn't understand that they wanted me to do the dancing as well, so when I figured that part out, I was doubly honored. But most importantly, when I was allowed to have the impact of putting the military flavor and emotions into it, I was very proud. My friends and family who have watched it have said their respect for the military and the spouses have grown immeasurably since viewing it. I think it really does send a message of hope that, despite the terrible tragedy of losing a husband or a wife, these widows or widowers and children will survive. It is a wonderful thought that perhaps, somehow, they could get that opportunity to say that last goodbye, and to know that they will meet again."

Anyone viewing "Last Dance," especially those affiliated with the military, and even more so in these days of a nation at war on two fronts, can empathize with its message of love lasting beyond death... and eventual reunion. The Lambos and Hodowany families have helped spread that message of hope. And now... I have also had that privilege.



"Olivia" (Margaret Lambos) stands grieving by the coffin of her "husband" who was slain in battle. Photo by Dorota Szalkowski, reprinted with permission of Aleksandra Hodowany