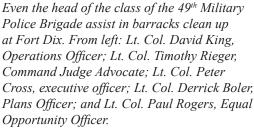
49th Family Readiness

Overseas with the 49th Military Police Brigade, California Army National Guard

September 8, 2009







Spc. Wesley Adams (top) and Sgt. Anthony Pantazis practice combat mobility.



Master Sgt. Michael Dawson secures a spot following an unreal vehicle explosion.

Overcoming challenges

Soldiers stay focused on mission necessities

Hello families and friends! Welcome to our latest bulletin we've pieced together strictly for our loved ones at home.

Be assured we're doing fine and driving forward at our temporary home in Fort Dix, NJ.

All across the board, we miss our families. But our focus remains strong. Our mission comes first, thus we continue with the training Fort Dix provides. Every training aspect makes us become better Soldiers and wiser warriors. What we learn, we'll take to Iraq. We'll implement our best training into the real world to complete our mission and return to you.

Our next few days will be preparation time for a core training: Mission Readiness

Exercise, also called an MRE. Trainers here will see how our brigade command staff reacts to real-life situations we'll likely face in Iraq. This is a test of our decision-making abilities. We look forward to this challenge with the same motivation we've had with other tests, tests we've successfully overcome.

Keep the prayers and best wishes coming! Likewise, you're all in our hearts and minds as well.



Sgt. Arlyce Baty, Sgt. Cynthia Bell and Lt. Donald Lipscomb.

Barbecue, volleyball and softball

Even Soldiers have to eat, right? We get hungry, too.

Well, on Aug. 27 we united our sources and held a company barbecue just outside the barracks. Our grills were hot with chicken, ribs, hamburgers and hot dogs. Our main table included beans, rice and salad. (Just what you need to satisfy hungry warriors.)

Nearby, Soldiers competed in volleyball and took turns hitting a softball.

It was a good day to relax and refrain from our daily training regiment. In fact, the day was so good we did it again about a week later!

As said earlier, Soldiers get hungry too.







TOP LEFT: Master Sgt. William Spruill displays a plate of goods straight off the food table.

TOP: Staff Sgt. Brian Bullock cooked up a variety of ribs, chicken and hot dogs.

LEFT: Spc. Donald Moore utilizes his chef skills and cooks up hamburgers.

BOTTOM: Ageless Lt. Col. Peter Cross answered the softball challenge by rapping a pitch from Spc. Paul Bradford.

