

# 450th Military Police (MP) Company

# FRG Newsletter

<http://www.geocities.com/epw304mp>

Volume 1, Issue 7

December 2004

## **FRG Elected**

### **Officials**

#### **FRG Leader**

Vicky Vandiver

Vickie.vandiver@att.net

256-272-0498

#### **Secretary**

Valerie Key

tnspaz@charter.net

931-551-8406

#### **Treasurer**

Kim Haidys

Kimberly.lynn.haidys@us.army.mil

931-906-1614

#### **Telephone Tree Coordinator**

Position Vacant

#### **Florida Sub Group Coordinator**

Beverly Smith

chaletbeverly@hotmail.com

352-799-8928

## **Inside this Issue**

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## COMMANDER'S UPDATE

December 15, 2004

Happy Holidays to everyone. The Soldiers are doing well. We received the Christmas trees and gifts. Thank you so much for your generosity and support. As you probably know by now, we received 20 replacement Soldiers, which has really helped the unit. There are plans for more Soldiers to arrive to assist us at our mission before we leave. These Soldiers will benefit both us and our replacement unit by making their transition into the mission much smoother.

We celebrated Thanksgiving this year at the dining facility. For once, the food was really good. First Sergeant and I got tricked into serving ice cream. It sounded like an easy job; however, the ice cream was hard as rocks. I never thought I would break a sweat scooping ice cream. Fortunately, we were relieved after about 30 minutes by two others who got suckered into serving ice cream.

I can tell we are near the end of our deployment because all the Soldiers have completed their leave, except for three of us and we will be leaving this weekend. Another indicator is the contact that I have had with the unit that is replacing us. They should be at their Mobilization Station now. We can see the light at the end of the tunnel.

The Soldiers continue to do a great job. They have had a tough mission that required a lot of maturity. It has been very rewarding to watch the younger Soldiers mature during the deployment. They are very aware of the importance of the mission with which they have been tasked and have performed it well.

We continue to promote and award Soldiers while we are here. SGT Vaillencourt provided the information of promoted and awarded Soldiers; it should be listed elsewhere in the newsletter. We will continue to recognize the Soldiers accomplishments and development. Today we held the Company NCO and Soldier of the Quarter Boards. The winners are SGT Jennifer Mahoney and SPC Paul Herring. They will move on to represent us at the Task Force NCO and Soldier of the Quarter Boards. I know they will represent us well.

The NCOs that have been promoted since we arrived here were invited to an NCO induction ceremony yesterday. The 450<sup>th</sup> MP Company was represented well. Not only did we have several new NCOs there; SGT Jennifer Mahoney sang the Star Spangled Banner.

Once again, Happy Holidays. I hope each and everyone has a wonderful holiday. Thank you for remembering us through your support. We look forward to seeing you early next year.

Very Respectfully  
Jennings W. Bunch, Jr.

*Clifford O. Troop*

# IMPORTANT TAX/PAY INFORMATION

## Schedule of release for Tax Statements

Press Release 0442  
Nov. 29, 2004

ARLINGTON, Va. (Nov. 29, 2004) – The end of the calendar year is quickly approaching and that means only one thing in the tax world, tax statements (W-2, 1099R). The Defense Finance and Accounting Service (DFAS) has compiled a schedule of dates when service members, military retirees and annuitants and defense civilian employees can access their tax statements through myPay and when they can anticipate to receive the hardcopy delivery by mail.

Military members, retirees/annuitants and Department of Defense civilian employees will once again have access to view, save and print their tax statements from myPay at <https://mypay.dfas.mil>.

DFAS delivers personal pay information and provides the ability to process pay-related transactions timely, safely and securely to all its members through myPay. The Web-based system eliminates the risks associated with postal delivery by allowing members to access electronic tax statements and other financial information online. myPay matches existing industry standards for the highest level of encryption and security. This prevents customer information from being accessed by others on the Internet.

Tax statements will be available as follows:

	<b>myPay access</b>	<b>mail dates</b>
Retired Annual Statement	12/04/04	12/17/04 - 12/29/04
Retired 1099R	12/13/04	12/17/04 - 12/29/04
Annuitant Annual Statements	12/13/04	12/28/04 - 12/29/04
Annuitant 1099R	12/14/04	12/27/04 - 12/29/04
Air Force, Army, & Navy Reserve W2s	12/27/04	01/04/05 - 01/05/05
Civilian W2s	01/06/05	01/10/05 - 01/14/05
Marine Corps Active & Reserve W2s	01/10/05	01/18/05
Air Force, Army, & Navy Active W2	01/14/05	01/18/05 - 01/24/05

### **Below are statements that are available by mail only**



Special Compensation for Severely Disabled 1099Rs: 12/17/04  
VSI/SSB W2s: 01/04/05 - 01/05/05  
Travel W2s: 01/10/05 - 01/11/05  
Savings Deposit 1099INTs: 01/10/05-01/11/05

"During the months of January, February and March 2004, an average of 1.4 million myPay users viewed their tax statements each month, and we continue to encourage users to view and print their statements online," said Jim Pitt, director of Electronic Commerce, DFAS Military and Civilian Pay Services. "Earlier access to W-2s and other tax statements is another way myPay gives user's control of their pay information."

### **About DFAS**

The Defense Finance and Accounting Service is the world's largest finance and accounting operation. It provides responsive, professional finance and accounting services to the men and women who defend America. In Fiscal Year 2004, DFAS made 104 million pay transactions to about 5.9 million people, processed more than 12.6 million invoices from defense contractors, disbursed more than \$455 billion and managed more than \$234 billion in military trust funds. For more about DFAS visit <http://www.dfas.mil>.

Press Release 0434  
September 22, 2004

## DFAS Launches MyPay Enhancements



ARLINGTON, Va. (Sept. 22) - myPay, the online pay account information system of the Defense Finance and Accounting Service (DFAS) inaugurates new enhancements and upgrades for all users.

All myPay (<https://mypay.dfas.mil>) users:

- can assign a "restricted access PIN" to a designated individual to view the information, but cannot make any changes to the allotments or account information
- can add a personal email address, so users are notified of pay changes and other items of interest

All active duty Army, Navy and Air Force members:

- can view 12 months of Leave and Earning Statements
- are able to start, stop and change financial allotments and savings bonds

myPay is a web-based system that allows customers to access and control their pay account information. Receipt of electronic LES and other financial information eliminates the risks associated with postal delivery. myPay provides members up-to-date information on pertinent changes by delivering notices to users' email addresses.

Today, myPay has nearly three million users with customized PINs and serves all military members, military retirees and annuitants, Department of Defense civilian employees and Department of Energy employees.

450<sup>TH</sup> MILITARY POLICE COMPANY  
REAR DETACHMENT COMMANDER  
INFO

Commander, 304<sup>th</sup> MP BN  
160 Whitebridge Rd.  
Nashville, TN 37209

Work: (615)353-2500 Ext 1035/1034/1032

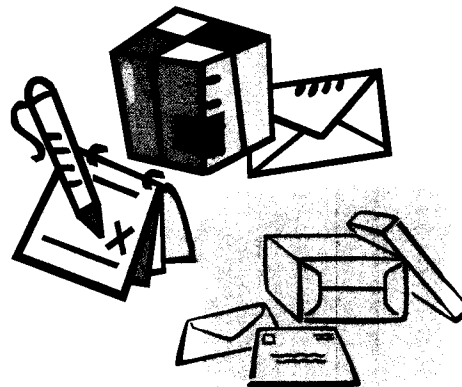
Cell: (205)914-9759

Fax: (615)353-2504

Email: epw304mp@yahoo.com

### Mailing Address

Soldier's First and Last Name  
450<sup>th</sup> MP Co  
APO AE 09354  
(Do NOT include last 4 # SS  
and rank is OPTIONAL)



Any Changes????

Please let us know if you are leaving your home for an extended period of time.

Additionally, any changes to your home address, home phone, cell or email address....please let us know.

Contact the rear detachment NCO (SSG Halverson), the Commander (LT COL Richards), or let your POC know when they give you a call!

## A Message from the FRG Leader: Vicky Vandiver



With the holidays upon us it is always a very busy and exciting time for all of us. Everyone is busy trying to fill their gift list. I hope we will all be able to find the time to do something nice for some one who is not on our gift list. Remember it is the little things that sometimes mean the most.

My prayer for each of you this holiday season is: Stay safe, Find a reason to laugh each day, be surrounded by good friends, Eat all you possibly can and still never gain an ounce.

HAPPY HOLIDAYS

Nov 20 2004

### **The FY 2005 Military Authorization Act**

Military pay and benefits are primarily based upon two yearly acts of legislation. The first is the Defense Appropriations Act, which allocates funds to the military. The second is the Defense Authorization Act, which basically tells the military how to spend the money granted by the other act.

Both bills for Fiscal Year 2005 are now law. The President signed the final bill, HR 4200, the FY 2005 Military Authorization Act, into law on October 28th. The bills make up 19.9 percent of the total fiscal 2005 federal budget and 3.6 percent of the gross domestic product. Last year, the percentages were 20.2 percent and 3.8 percent, respectively. So, what are the major provisions that Congress has in store for military members?

**Basic Pay.** This year, Congress authorized an across the board 3.5 percent basic pay raise (see [FY 05 Basic Pay Charts](http://usmilitary.about.com/library/milinfo/pay/bl2005basepay.htm) <http://usmilitary.about.com/library/milinfo/pay/bl2005basepay.htm>).

Unlike the past several years, this year Congress elected not to target higher percentages to certain ranks/pay groups. This across-the-board raise will lower the "average pay gap" between military pay and civilian pay to 5.1 percent. As with other years, the raise becomes effective on January 1, which means service members will see the increase in their January 15th paychecks.

**Housing Allowance.** Five years ago, the Department of Defense began pushing a plan to reduce average out-of-pocket expenses when a member lives off base to zero by the year 2005. The FY 2005 Military Authorization Act continues to support this plan, authorizing an average raise of 3.5 percent more than the increase in housing/rental prices. This means that most military members will see an average BAH raise of around 6.2 percent over their 2004 rates. DOD is currently in the process of gathering housing price data to compute the new rates for 2005. Historically, they release the new rates around the middle of December. As with previous years, the new rates will take effect on the 1st of January, so service members will see the increase in their January 15th paycheck. Under current BAH rules, if a service member moves to a state-side location for an assignment where dependents are authorized to travel at government expense, the military member receives the BAH rate for the location of his/her assignment, even if they elect not to move their dependents. The new law allows military members serving at an assignment for training or school that is less than 12 months in duration, to elect the BAH rate of their previous assignment, if they choose not to relocate their dependents.

**Combat Pay.** In 2002, Congress temporarily increased Hostile Fire Pay, also known as "Combat Pay," or "Imminent Danger Pay," from \$150 per month to \$225 per month. This temporary increase was scheduled to run out on January 1. The new law makes the increase permanent.

**Family Separation Allowance.** As with Combat Pay, in 2002 Congress passed legislation to temporarily increase [Family Separation Allowance](#) from \$100 per month to \$250 per month. This provision would normally expire on January 1, but the new act makes the increase permanent.

**Exclusion of Pay for Federal Assistance.** The new law excludes family separation allowance and combat pay when determining eligibility for certain Federal assistance programs, including the Richard B. Russell National School Lunch Act, Child Nutrition Act of 1966, the Head Start Act, Child Care and Development Block Grant Act of 1990, and the Low-Income Home Energy Assistance Act of 1981.

*Continued on pg 5*

Continued from pg 4

**Servicemans Group Life Insurance.** The FY 2005 Military Authorization Act increases maximum SGLI coverage from \$250,000 to \$350,000. However, this increase isn't effective until 1 October 2005. Additionally, the provision automatically increases the maximum coverage each year by a percentage equal to the average increase in basic pay, beginning in 2007. Also, beginning 1 October 2005, the first \$10,000 of SGLI coverage will be provided to service members for free, with the amount of "free" coverage increasing each year by the same percentage as base pay increases.

**Bonuses.** As in previous years, both versions contain provisions which allow the services to pay bonuses (such as enlistment and re-enlistment bonuses) for the next year. Additionally, the law allows the services to pay re-enlistment bonuses to military members with up to 16 years of service. The previous law authorized re-enlistment bonuses only to members with 14 or fewer years of military service.

The new law also increases the maximum re-enlistment bonuses for reservists from \$10,000 to \$15,000, and authorizes the services to pay the bonuses in a "lump sum" (of course, that doesn't necessarily mean the services will choose to do so).

Additionally, the law increases the maximum enlistment bonus for reservists from \$8,000 to \$10,000, and allows the Reserves to pay a maximum \$3,000 bonus for active duty troops who leave active duty to join the Reserves.

Also, the bill allows the Reserves to pay a maximum \$2,000 bonus to reservists who re-train into a critical job.

The bill allows the Reserves to pay a maximum \$6,000 accession bonus to new commissioned officers in "critical skills."

**Reserve Medical Care.** Medical benefits for guardsmen and reservists who are called to active duty change significantly under provisions in this year's authorization act. Recent changes made reserve component members and their families eligible for medical care up to 90 days before a deployment. A major change in the new act provides for considerably extended coverage after deployment as well. Activated reserve-component Servicemembers are now eligible for one year of Tricare Standard coverage for each 90 days of active duty service. Members pay 28 percent of the cost for care, but must agree to stay in the Selected Reserve for their entire period of coverage. Previously enacted temporary benefits -- including 180 days of transitional health care for activated reservists, waiver of Tricare deductibles for those called to active duty for more than 30 days, and payment of up to 115 percent of Tricare maximum allowable charges -- became permanent under the new act as well. The act also addresses medical readiness of reservists and guardsmen. It provides for a review of medical and dental readiness of reservists and guardsmen called to active duty.

**Guard/Reserve Education Benefits.** In the past, education benefits for reserve component troops were considerably below those for active duty troops, even when RC Servicemembers were activated for extended periods. That is now changed, based on how long a reserve member is activated. Members who have been activated more than 90 consecutive days will now receive 40 percent of the active duty monthly rate under the Montgomery G.I. Bill, or \$401 a month for those attending school full time. The rate goes up to \$602, 60 percent of the active duty rate, for those activated more than one year. For those reserve component members activated at least two years, the rate jumps to 80 percent of the active duty rate, or \$803 per month. Active duty Servicemembers must generally serve at least a three-year enlistment to earn full benefits under the Montgomery G.I. Bill.

**Selected Reserves End-Strength.** Both versions of the bill contain identical end-strength numbers for the Selected Reserves:

- Army National Guard -- 350,000
- Army Reserve -- 205,000
- Naval Reserve -- 83,400
- Marine Corps Reserve -- 39,600
- Air National Guard -- 106,800
- Air Force Reserve -- 76,100
- Coast Guard Reserve -- 10,000

The authorization act also eliminates the so-called "180-day rule." Under previous accounting guidelines, reserve component Servicemembers who were mobilized for more than 179 days had to be counted against active duty statistics. Now, mobilized reserve members do not count against the active duty end-strengths, no matter how long they are mobilized.

**Reserve Member Call-up.** The act now allows the military services to mobilize their RC members for training. In the past, a common scenario was to activate guardsmen or reservists, send them away from home for training and then deploy them to an operational mission. That often resulted in an 18-month continuous active duty (training, plus deployment).

New rules contained in the authorization act allow RC members to be activated just for training, then demobilized until they're needed for operational missions. <http://usmilitary.about.com/od/militarypay/a/2005authact.htm>

## Recently Promoted Soldiers- congratulations

Soldiers that were promoted in Dec are:

To SGT---Jeffery Myrick;

To SPC---James Barbre, Stephanie Ortiz,  
Jovon Sanders.

Soldiers that received ARCAM awards

SGT Michael Martinez &

SPC Jason Cross.

Certificate's of Achievement:

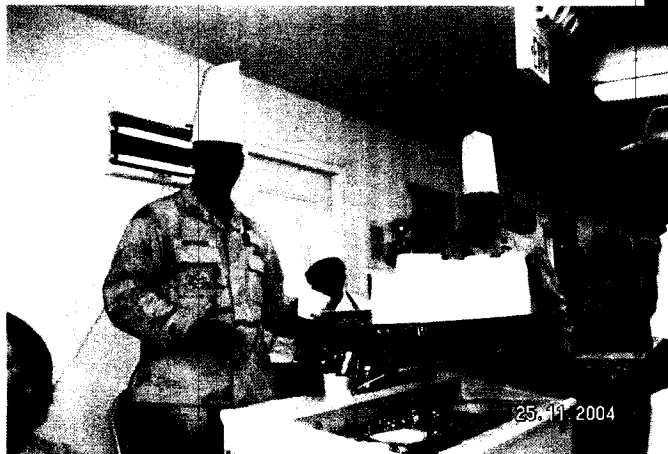
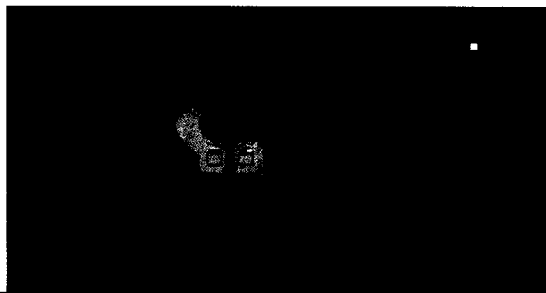
SGT Maxine Hunter-Simpson,

SSG William Vandiver, SGT Warren Carter & SPC Anthony Macias.



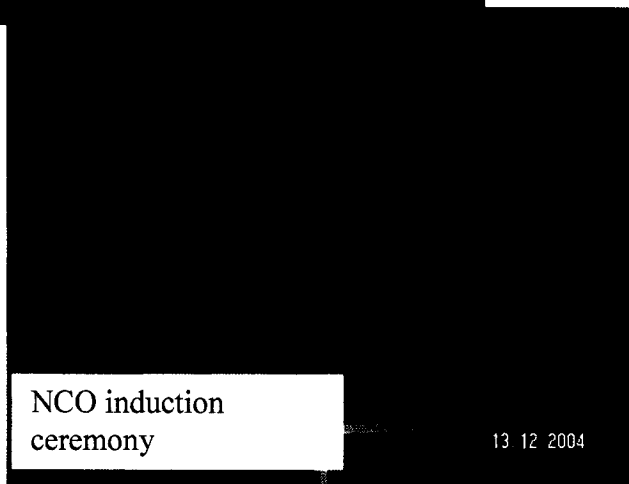
SGT Myrick

# ARMY



25 11 2004

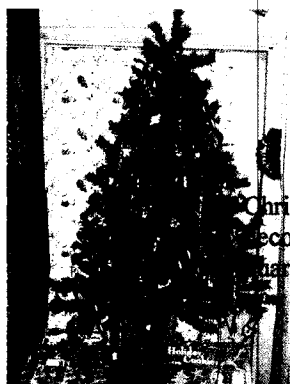
1SG Mortensen and CPT Bunch serving ice cream



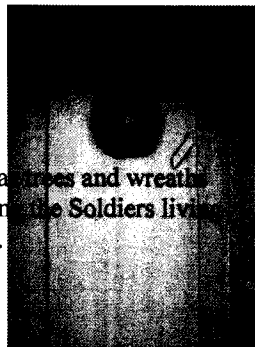
NCO induction ceremony

13 12 2004

...and the stockings  
are hung by the  
company mess hall.



Christmas trees and wreaths  
decorating the Soldiers living  
quarters.



Soldiers getting to  
meet Robin Williams  
during USO show.

Special Thanks to....

\*Leslie Arnold for providing Christmas Trees for all of Our Soldiers in their living Quarters and for the great food and decorations at the Christmas Party!

\*Beverly Smith for wreaths sent for all of our Soldiers.

\*Bill Vandiver for bringing his special friend, Santa Claus to the Christmas party.



\*Lynn Threet and her company, Colsa, for obtaining donations for the children who attended the Christmas Party on Dec. 4, 2004,

\*Vicky Vandiver, Mitzi Vandiver and HELP HOT for providing gift bags for the children.



**UPCOMING FRG MEETINGS**  
**NASHVILLE, TN**

**Saturday January 15, 2005-**  
Bake sale @ 9:00 a.m. meeting to Follow at 1 p.m.\*

**Saturday February 12, 2005-**  
Bake sale @ 9:00 a.m. meeting to follow at 1 p.m.\*

\*Meeting location- Nashville Tech  
The FRG is still seeking a volunteer for the Telephone Tree coordinator. Please contact Vicky or the unit if you're interested in



724 <sup>th</sup> MP BN	FRG Leader Maria Ferrell (Ft. Lauderdale, FL) <a href="mailto:maria.farrell@us.army.mil">maria.farrell@us.army.mil</a>	813-991-5821
810 <sup>th</sup> MP Co	FRG Leader Melissa Segreaves (Tampa, FL) <a href="mailto:melissa.segreaves@us.army.mil">melissa.segreaves@us.army.mil</a>	407-344-8772
810 <sup>th</sup> MP Co	FRG Leader Cynthia Cruz (Tampa, FL) <a href="mailto:cynthia.cruz2@us.army.mil">cynthia.cruz2@us.army.mil</a>	813-238-1173
320 <sup>th</sup> MP Co	Ragan Seely <a href="mailto:ragan.seely@us.army.mil">ragan.seely@us.army.mil</a>	
317 <sup>th</sup> MP Co	Ellis Baldwin <a href="mailto:Ellis.baldwin@se.usar.army.mil">Ellis.baldwin@se.usar.army.mil</a>	813-353-3132

**Additional Units Contact Information for FL Families**

# “COMING HOME”

A Guide for Parents, Extended Family Members or Friends of Service Members Returning from Mobilization / Deployment.

Points of view or opinions in this pamphlet do not necessarily represent the official position of the U.S. Department of Defense.

As a parent, extended family member, or friend of an active, Guard or Reserve Service member, who is just coming home or is arriving soon, you are probably both excited and nervous about the homecoming. Even if you've been through a mobilization/ deployment before, this one has been different because of the increased stressors of the time. Regardless of your experience and Service member's assignment, there will be a period of adjustment. You may find this tip sheet helpful in ensuring a successful homecoming and readjustment.

## ***What to Expect When the Service member Comes Home:***

You have certainly missed your Service member, as they have missed you. Reestablishing relationships will take time and communication.

It's normal for the returning Service member to “need space” upon their return.

It's normal to feel nervous and anxious about the homecoming.

Plan for homecoming day.

After homecoming, allow the returning Service member to schedule the next few days.

Expect things to be different. Take time to understand how the Service member has

changed. Be prepared and flexible. The Service member may have seen or experienced some things that were very upsetting. Some normal reactions to these abnormal situations are fear, nervousness, irritability, fatigue, sleep disturbances, startle

reactions, moodiness, trouble concentrating, feelings of numbness, and frequent thoughts of the event. Talking with others who were there and/or counselors trained in crisis stress reactions is very important. The Service member may be facing a change in job assignment or a move.

Readjustment and job transition cause stress. This may be especially true for demobilizing Guard and Reservists who are transitioning back into civilian life.

## ***Making the Reunion Easier:***

Take time to get reacquainted. Communicate your love and concern.

**COMMUNICATE!!** Tell each other how you feel—nervous, scared, happy, that you love and missed them. Listen to each other. The best way to get through the reacquaintance jitters and regain closeness is to talk and actively listen.

Reassure the Service member that they are needed, and that you are happy he/she has

returned safely. Be calm and assertive, not defensive, when discussing events that have taken place during the Service member's absence. The service member may need to hear that it wasn't the same doing these things alone, that you're glad he/she's back, and that you'd like to discuss problems and criticisms calmly.

Prepare children of the extended family for homecoming and involve them in reunion activities.

## ***Take Time for Yourself to Make the Reunion for Everyone Concerned Easier:***

Make time to rest. Negotiate social events and activities.

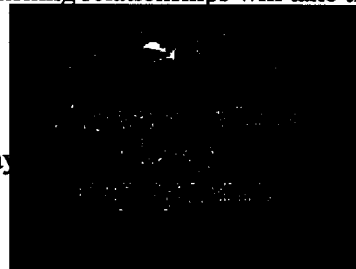
Limit your use of alcohol. Remember alcohol was restricted during the Service member's deployment and tolerance is lowered.

Go slowly in getting back into the swing of things. Depend on family and friends for support. You are part of the Service member's support network.

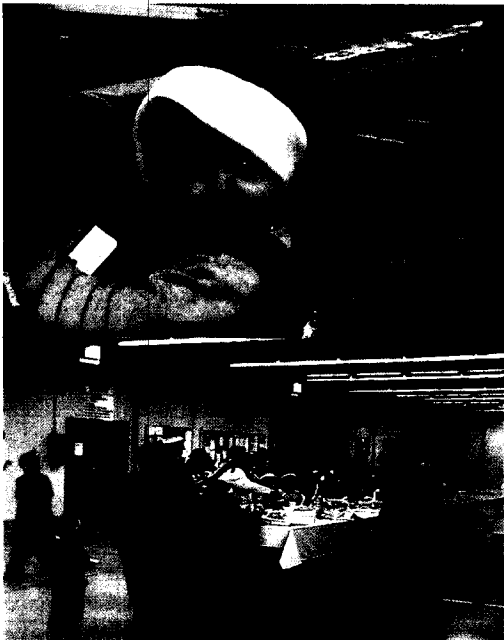
## ***Remember...***

*Go slowly – don't try to make up for lost time. Accept that your Service member may be different. Take time to get reacquainted. Reassure your loved ones. Seek help for family members, if needed.*

[http://www.bupers.navy.mil/pers66/ombudsman1/Deployment/FAMILY%20%20FRIENDS\\_1\\_.rtf](http://www.bupers.navy.mil/pers66/ombudsman1/Deployment/FAMILY%20%20FRIENDS_1_.rtf)



## FRG Meeting Minutes



## Good To Know Numbers and Websites...

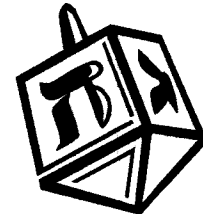


Army Emergency Relief	<a href="http://www.aerhq.org">www.aerhq.org</a>	703-428-0000
American Red Cross	<a href="http://www.redcross.org">www.redcross.org</a>	877-272-7337
Employer Spt/Guard&Reserve	<a href="http://www.esgr.org">www.esgr.org</a>	800-336-4590
Internal Revenue Service	<a href="http://www.irs.gov">www.irs.gov</a>	800-829-1040
Military Family Info/Health	<a href="http://www.hooah4health.com">www.hooah4health.com</a>	No Phone
Tricare	<a href="http://www.tricare.osd.mil">www.tricare.osd.mil</a>	888-999-5195
Veteren's Administration	<a href="http://www.va.gov">www.va.gov</a>	800-827-1000
Army One Source	<a href="http://www.armyonesource.com">www.armyonesource.com</a>	800-464-8107
United Concordia (Dental)	<a href="http://www.ucci.com">www.ucci.com</a>	888-622-2256
Family Assistance Center (Ft. Campbell)		866-252-9319
Army Family Team Building	<a href="http://www.armyfamilyteambuilding.org">www.armyfamilyteambuilding.org</a>	
Reserve Affairs	<a href="http://www.defenselink.mil/ra">www.defenselink.mil/ra</a>	
My Pay	<a href="http://www.mypay.dfas.mil/mypay.aspx">www.mypay.dfas.mil/mypay.aspx</a>	

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### Unofficial websites of Interest

<a href="http://www.militaryhusbands.com">www.militaryhusbands.com</a>	<a href="http://www.reservewives.com">www.reservewives.com</a>
<a href="http://www.militarychapel.com">www.militarychapel.com</a>	<a href="http://www.militarykidz.com">www.militarykidz.com</a>
<a href="http://www.militarywives.com">www.militarywives.com</a>	
<a href="http://www.armywives.com">www.armywives.com</a>	



Happy  
Holidays  
from the  
450<sup>th</sup>  
FRG