



FRG Elected Officials

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931-551-8406

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Position Vacant

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Commander's Update



This past month has brought more promotions and other accomplishments within the company. Both Private First Class Tina Namie and Private First Class Frank Larrea were promoted to Specialist. Private First Class Rosemary Santiago was promoted to Specialist. Specialist Warren Carter was promoted to Sergeant and Sergeant William Vandiver was promoted to Staff Sergeant. Specialist Paul Herring and Sergeant Allison Halbrook received the Army Reserve Component Achievement Medal. This medal is awarded to Army Reserve Soldiers for continued years of service as appreciation for their sacrifices. Several Soldiers received Certificates of Achievement for their hard work around the facility. They are Staff Sergeant Jason Carter, Sergeant John Holmstedt, Sergeant Michael

Martinez, and Specialist Gabriel Desequiera. The Certificates of Achievement are from the MP Task Force Commander; therefore, the Soldiers get awarded promotion points from these Certificates of Achievement.

Specialist Paul Herring and Sergeant Allison Halbrook competed for the Task Force Guardian Soldier/NCO of the Quarter. Sergeant Allison Halbrook won the NCO of the Quarter for Task Force Guardian. It is quite an accomplishment. She was awarded a Certificate of Achievement from the Task Force Guardian Commander, various gifts and a four day pass to Qatar. Specialist Paul Herring performed very well on the board, but the competition was tough. He received a Certificate of Achievement for his outstanding effort. Both Soldiers represented the 450th

Military Police Company very well.



We were finally able to get food again for a cookout and we had a cookout last Sunday.

The sun is setting early so we carried food into the facility for the Soldiers who were working day shift. We also have erected a tent near our living area to provide a place for Soldiers to gather and hang out. It provides a place at 'home' for the Soldiers to hangout other than in the same place they sleep. We are getting heaters installed in the tent and should be getting a concrete floor installed.

I would like to thank the families and friends of the unit for sending so many care packages. They continue to pour in. It really helps morale and makes the time go by quickly. Thanks again.

Very Respectfully,
Jennings W. Bunch, Jr.

FREE Packing Materials from the USPS

The United States Postal Service is offering free packing materials to spouses and families of military members who are deployed overseas. To take advantage of this service call: 1-800-610-8734 and press 1 (for English & then 3 for an operator) and they will send you free boxes, packing materials, tape and mailing labels. These products are to be used to mail care packages to service members. You can also access this informa-

tion by going on the internet: supplies.usps.gov (no www.)

You can order every item you'll need except for the Priority Tape. You have to call the 800 number above to receive tape. Some of the items you can get online are:

Box #7 - 12x12x8 and/or
Box #4 - 7x7x6
106A - Labels
Form 2976A - Customs Form

Form 2976E - Envelope for Customs Form

VR,
CYNTHIA A. DILLARD
MAJ. AV
Deputy Chief, FA43
Proponency & Training
2461 Eisenhower Ave, Rm 804806
Alexandria, VA 22331-1600
Commercial 703-325-7278
DSN 312-221-7278 FAX -5235
www.army.mil/fa43

The Emotional Cycle of Deployment: A Military Family Perspective (Part 2 & 3)

By: LTC Simon H. Pincus, USA, MC, COL Robert House, USAR, MC, LTC Joseph Christenson, USA, MC, and CAPT Lawrence E. Adler, MC, USNR-R

Deployment

This stage is the period from the soldier's departure from home through the first month of the deployment.

A roller coaster of mixed emotions is common during the deployment stage. Some military spouses report feeling disoriented and overwhelmed. Others may feel relieved

that they no longer have to appear brave and strong. There may be residual anger at tasks left undone. The soldier's departure creates a "hole," which can lead to feelings of numbness, sadness, being alone or abandonment. It is com-

mon to have difficulty sleeping and anxiety about coping. Worries about security issues may ensue, including: "What if there is a pay problem? Is the house safe? How will I manage if my child gets sick? What if the car breaks down?" For many, the deployment stage is an unpleasant, disorganizing experience.

On the positive side, the ability to communicate home from Bosnia, or any other site, is a great morale boost. The Defense Satellite Network (DSN) pro-

vides soldiers the ability to call home at no cost, although usually for a fifteen-minute time limit. For some soldiers, who are unwilling to wait on line, using commercial phone lines is an option. Unfortunately, it is common for huge phone bills to result, which can further add to familial stress. Another potential source of anxiety for families is that several weeks may pass before soldiers are able to make their first call home.

For most military spouses, reconnecting with their loved ones is a stabilizing experience. For those, who have "bad"

phone calls, this contact can markedly exacerbate the stress of the deployment stage and may result in the need for counseling. One possible disadvantage of easy phone access is the immediacy and proximity to unsettling events at home or in theater. It is virtually impossible to disguise negative feelings of hurt, anger, frustration and loss on the phone. For

example, a spouse may be having significant difficulty (children acting out, car breaking down, finances etc.) or a soldier may not initially get along with peers or a supervisor. Spouse and soldier may feel helpless and unable to support each other in their time of need. Likewise, there may be jealousy towards the individual(s) whom the spouse or soldier do rely on, or confide in, during the deployment. These situations can add to the stress and uncertainty surrounding the deployment. Yet, military families have come to expect phone (and now even

video) contact as technology advances. However, most report that the ability to stay in close touch - especially during key milestones (birthdays, anniversaries, etc.) - greatly helps them to cope with the separation.

Sustainment

The sustainment stage lasts from the first month through the fifth (penultimate) month of deployment.

Sustainment is a time of establishing new sources of support and new routines. Many rely on the Family Readiness Group (FRG), which serves as a close network that meets on a regular basis to handle

problems and disseminate the latest information. Others are more comfortable with family, friends, church or other

religious institution as their main means of emotional support. As challenges come up, most spouses learn that they are able to cope with crises and make important decisions on their own. They report feeling more confident and in control. During the sustainment stage, it is common to hear military spouses say: "I can do this!"

Article continued on page 4

Stage 2: Deployment	
•	Mixed emotions/relief
•	Disoriented/overwhelmed
•	Numb, sad, alone
•	Sleep difficulty
•	Security issues
Time frame: first month	

Stage 3: Sustainment	
•	New routines established
•	New sources of support
•	Feel more in control
•	Independence
Confidence ("I can do this")	
Time frame: months two thru five	

Special Thanks to...

Special thanks to Sharlene Grant for providing refreshments at the FL FRG meeting.

Special thanks to SSG Halverson, our Family Readiness Liaison, for helping the FRG in setting up the bake sale this month and helping to collect additional donations.



Special thanks to Liz Blankenship, Leslie Arnold, Debra Myrick, and Jenn Banks for baking goods for the bake sale.

Special thanks to Beverly Smith, our FL FRG Sub-Leader, for stopping by the FRG bake sale while visiting relatives in the area. Thanks for showing your support.

Special thanks to Liz Blankenship for taking minutes at the FRG meeting.

Please let us know if there's someone or a business that you would like to recognize for helping to support the 450th MP Company Family Readiness Group.

Send information to Liz at meesma@aol.com

Recently Promoted Soldiers - CONGRATULATIONS!



SGT Carter



SPC Santiago



SSG Vandiver

ARMY



Minutes from Oct. 9th FRG Meeting in FL & Oct. 16th FRG Meeting in TN

We began the meeting by introducing ourselves and who our soldier was and I welcomed everyone and introduced the speakers for the meeting. The guest speakers included: Mr. Bob Fisher-Family Readiness Program Coordinator, Judy Lott-BSR TRICARE Representative, Lou Currey-TRICARE Service Center Manager - Orlando and LT Luis Silva-Chaplin 641st ASG.

Chaplin Silva opened the meeting with an invocation and handed out pamphlets for the gospel reading and a prayer for our soldiers that we all read together. He also handed out some helpful information on coping while our soldiers are deployed and what we can do together to help one another.

Mr. Fisher explained that he would be available for any help. He informed the group of several programs that are available for families in the Orlando and Tampa areas. Some of the programs that he mentioned were: Operation Home Fires, Operation Home Front, Blue Front and of course, Army One Source. He assured the families that someone would always be available whether it was their FL POC or himself. He shared his contact information with everyone.

Judy Lott talked about the different types of TRICARE and emphasized that TRICARE is not insurance, it is a benefit. She covered all areas and encouraged questions. She talked about the TAMP Program which extends the

benefit program for 180 days. The soldier has only 30 days after returning from deployment to file. Chaplin Silva closed with the Prayer for Our Soldiers as we joined along.

Stories were shared by myself and Rafael Santiago. I would like to share the stories with you. The other day when I came out of the store I found a note on the driver's side window. I opened the note and it was clear that someone had passed my car and saw the bumper stickers showing support for both of my sons who are serving and it read "Tell your son's thank you!" It made me cry but also my day. I called the one I could reach and told him and when Doug called I told him. He sounded truly grateful that there are those that take time to say thank you and that they care.

Rafael and Angie's daughter, Rosemary, had a birthday in Sept. He called the radio station to have them play Happy Birthday and a song for her. He wanted her friends to hear. What the DJ's did was just great. They all joined in together and sang Happy Birthday and then had a moment of silence. Then they sang and played our National Anthem and then played the song "My Girl" It makes you appreciate others.

A friend of mine made lots of yellow ribbons for everyone to hang on their doors and mailboxes. I read the 2 stories that have been around a long time. "I Am The Mother of an American Soldier" and "If you're not in love with

a soldier". I found some great paper at Office Depot with the American Flag as the background and printed it out. I changed the son to a daughter for the families with daughters. They took some to share with other families of soldiers.

To finish we joined Ruth Watson's 3 children who were under the guidance of my friend and worked on Christmas ornaments for our soldiers. The kids made door hangers for their rooms as special treat. Sharlene Grant provided cake and cookies and I brought drinks.

We had a great time and made new friends

Beverly Smith, FL FRG Sub-Leader

TN FRG Meeting Notes

FRG members met at the unit at 9 am to set up for a bake sale. SSG Halverson received a donation of goods from a BP gas station in Nashville during their merchandise reset and we collected and sorted those items to add to bake sale and for shipping to our soldiers. During the luncheon meeting at O'Charleys restaurant, several issues were discussed. Those issues included, volunteers for the vacant FRG leader and phone tree coordinator positions, telephone tree calling responsibilities,

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The Emotional Cycle of Deployment *continued from page 2.*

One challenge, during this stage, is the rapid speed of information provided by widespread phone and e-mail access. In the near future, one can even expect that individual soldiers will have the ability to call home with personal cellular phones. Over long distances and without face-to-face contact, communications between husband and wife are much more vulnerable to distortion or misperception. Given this limitation, discussing "hot topics" in a marriage can be problematic and are probably best left on hold until after the deployment when they can be resolved more fully. Obvious exceptions, to this rule, include a family emergency (i.e. the critical illness of a loved one) or a joyful event (i.e. the birth of a child). In these situations, the ideal route of communication is through the Red Cross so that the soldier's command is able to coordinate emergency leave if required.

On a related note, many spouses report significant frustration because phone contact is unidirectional and must be initiated by the soldier. Some even report feeling "trapped" at home for fear that they will miss a call. Likewise, soldiers may feel forgotten if they call - especially after waiting a long time on line to get to a phone - and no one is home. This can lead to anger and resentment, especially if an expectation regarding the frequency of calls is unmet. Now that Internet and e-mail are widely available, spouses report feeling much more in control as they can initiate communication and do not have to stay waiting by the phone. Another advantage of e-mail, for both soldier and spouse, is the ability to be more thoughtful about what is said and to "filter out" intense emotions that may be unnecessarily disturbing. This is not to say that military couples should "lie" to protect each other, but rather it helps to recognize that the direct support available from one's mate is limited during the deployment.

Furthermore, rapid communication can lead to unanticipated rumors, which then circulate unchecked within the Family Readiness Group (FRG). The most damning rumor involves an allegation of infidelity that is difficult to prove true or false. Other troubling rumors may include: handling the deployment poorly, accidents or injuries, changes in the date of return, disciplinary actions, or even who calls home the most. Needless to say, such rumors can be very hurtful to soldier, spouse, the FRG. At its worst, unit cohesion and even mission success can suffer. Limiting the negative impact of such rumors is a constant challenge for unit leaders and chaplains. It is extremely important to keep soldiers and family members fully informed and to dispel rumors quickly. In fact, rumors lose their destructive power once the "secret" is exposed:

There was a rumor that a commander's wife reported that a deployed soldier was having an affair. Members of the FRG, who were very upset, related the details to their deployed spouses. Senior

Negative Changes in Children				
	Ages	Behaviors	Moods	Remedy
Infants	< 1 yr	Refuses to eat	Listless	Support for parent, pediatrician
Toddlers	1-3 yrs	Gries, tantrums	Irritable, sad	Increased attention, holding, hugs
Preschool	3-6 yrs	Potty accidents, clingy	Irritable, sad	Increased attention, holding, hugs
School Age	6-12 yrs	Whines, body aches	Irritable, sad	Spend time, maintain routines
Teenagers	12-18 yrs	Isolates, uses drugs	Anger, apathy	Patience, limit-setting, counseling

unit leaders decided not to tell the commander because the allegations were deemed too inflammatory. Unfortunately, unit morale and cohesion began to suffer greatly as the rumor spread throughout the ranks. A month later, the commander finally learned of this destructive rumor, which had been undermining his authority to lead. He immediately confronted his wife, senior leaders and the soldier about whom the

allegation had been made. Evidence about the validity of these allegations, or how the rumor started in the first place, could not be found. In response, the commander issued a very firm policy regarding exposing all rumors - whether they be true or false. Unit morale and cohesion, although badly bruised, then began to recover.

The response of children to extended deployment of parent is very individualized and also depends on their developmental age: infants, toddlers, preschool, school age, and teenagers. It is reasonable to assume that a sudden negative change in a child's behavior or mood is a predictable response to the stress of having a deployed parent.

Infants (< 1 year) must be held and actively nurtured in order to thrive. If a primary caregiver becomes significantly depressed then the infant will be at risk for apathy, refusal to eat and even weight loss. Early intervention becomes critical to prevent undue harm or neglect. Pediatricians can perform serial exams to ensure growth continues as expected on height/weight charts. Army Community Services and Social Work can assist with parenting skills and eliciting family or community support. Lastly, the primary caregiver may also benefit from individual counseling.

Toddlers (1-3 years) will generally take their cue from the primary caregiver. One issue is whether it is the mother or father who is the soldier leaving - especially when children are very young. If the "non-deploying" parent is coping well, they will tend to do well. The converse is also true. If the primary caregiver is not coping well, then toddlers may become sullen, tearful, throw tantrums or develop sleep disturbance. They will usually respond to increased attention, hugs and holding hands. The "non-deploying" parent may also benefit from sharing their day-to-day experiences with other parents facing similar challenges. In particular, it is important for the primary caregiver to balance the demands for caring for children alone with their own needs for time for self.

Preschoolers (3-6 years) may regress in their skills (difficulty with potty training, "baby talk," thumb sucking, refusal to sleep alone) and seem more "clingy." They may be irritable, depressed, aggressive, prone to somatic complaints and have fears about parents or others leaving. Caregivers will need to reassure them with extra attention and physical closeness (hugs, holding hands). *Article continued on page 6*

ARMY ONE SOURCE

Submitted by COL Maryann Steinmetz,
COL, AN

HQDA, OTSG (DASG-HS-CN)

Army One Source - a Soldier and family resource program to help make your life run a little smoother.

In recognition of the sacrifices each Soldier and family is making as part of the Global War on Terrorism, the Army has implemented a new program of services and counseling support called Army One Source - a pre-paid Soldier (Reserve, Army Guard and Active Duty) and family resource program to help ease some of life's stresses. Army One Source is fast, private and easy to use, and there is no cost to you. And best of all, it's there for you any time of the day or night, wherever you are.

The program offers private counseling support for all Soldiers and family members. Services include individual, marital, and family counseling. Counseling occurs off post, after hours, through a civilian provider in your community. Records remain private and the chain of command is not notified unless there are issues of abuse or danger to self or others. All Army Guard, Reserve, and Active Soldiers and family members are eligible regardless of duty status.

Counseling may be directly accessed through the Army One Source number, 1-800-464-8107.

Reconnecting with Family

When a soldier returns from deployment, the initial excitement may give way to some difficulties in reconnecting with family members who remained behind. A call to Army One Source can arrange a referral to a private counselor in the community. All Army Guard, Army Reserve and Active

Duty soldiers and family members residing in CONUS are eligible.

Other Services

Army One Source will also provide information, advice and support on a wide range of everyday issues including:

Parenting and child care
International environments

Education
Work

Aging family members
Managing people

Midlife and retirement
Emotional well-being

Relocation
Grief and loss

Financial and Legal Issues
Addiction and recovery

Deployment and Return
Handling emotions

Keep reading to see how Army One Source has made a difference in the lives of some Soldiers and their families who have used its service.

Choosing a Summer Camp

"I didn't really know where to start," the single father said when he called Army One Source. "I have custody of my two children this summer. I've been browsing through Army One Source Online and I read the articles on planning summer activities. I even found some specific camps that sound interesting in your Camp Locator, but I have questions and I'd like to know more about activities in my area."

To help him get the answers he needed, an Army One Source consultant asked about the children's ages, their interests and personalities, the family's budget and other relatives who lived nearby. A few days later, the consultant mailed information about local day camp programs, along with tips on what to look for when choosing an overnight camp or a day program.

Plugging a Leaky Roof

"My neighbor has been watching my house while I'm away. He just called to say there is running down my walls after the recent storm and the roof's leaking!" a Soldier exclaimed when she called Army One Source. "What can I do? I have a meeting tomorrow and can't just cancel and come home."

The Army One Source consultant got right to work, and quickly identified several licensed, reputable roofers and contractors not far from the Soldier's home - some with after-hour emergency numbers. He even located an insured, bonded individual who could stay at her house while estimates and repairs were made. Get in touch with Army One Source today.

From the U.S.: 800-464-8107

International: 800-464-81077 (dial all eleven digits)

International collect: 484-530-5889

www.armyonesource.com

User ID: army

Password: onesource

<http://www.booshthealth.com/deployment/familymatters/armyonesource.htm>

TN FRG Meeting Minutes cont.

buying a plaque to thank the BP for their generous donation, planning homecoming events/activities, additional fundraising and donation solicitation.

The FRG yard sales, dog tag sales and bake sales have been successful. It was decided to continue having monthly bake sales during drill weekends at the Reserve Unit and to place snacks in the office during the week with a box for donations.

It was agreed by all members present that we should begin organizing a homecoming event committee and solicit for additional volunteers

to chair and participate in this activity. We discussed trying to contact "celebrities" and/or groups/corporations to attend (i.e. Local VFW and veterans groups, corporations, etc). If you have any interest in volunteering for the homecoming committee or are able to obtain donations for this event, please let your telephone tree point of contact know, or contact one of the FRG volunteers located on the front page of the newsletter.

Obtaining a police escort for the return of the unit to home station was discussed. Another local unit received a police escort from the airport to their home station. It was agreed that the FRG would look into the possibility of

having this done when redeployment month/date information is obtained.

Also discussed were making video equipment and a DVD recorder available during the next FRG bake sale/meeting at the unit in November for families to record holiday messages and greetings for their soldiers. If you would like a personal greeting, we are asking that you please bring your own blank, recordable DVD in DVD +R or DVD +RW format to the unit. Please let your POC or one of the FRG volunteers know if you would be interested in this opportunity.



450TH MILITARY POLICE (MP) COMPANY
REAR DETACHMENT COMMANDER INFO

Commander, 304th MP BN
160 White Bridge Road
Nashville, TN 37209



Work Phone: (615) 353-2500
Ext. 1035, 1034, or 1032
Cell Phone: (205) 914-9759 (LTC Richards)
Home Phone: (615) 792-1431 (SSG Halverson)
Fax: (615) 353-2504
E-mail: epw304mp@yahoo.com
(SSG Halverson's e-mail address)

Any Changes????!!!

Please let us know if you are leaving your home for an extended period of time. We would like to be able to keep you informed about your soldier at all times.

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

Contact either the rear detachment NCO (SSG Halverson) or Commander (LTC Richards).

GOOD TO KNOW NUMBERS AND WEBSITES...



Army Emergency Relief	www.aerhg.org	1-703-428-0000
American Red Cross	www.redcross.org	1-877-272-7337
Employer Spt/Guard & Reserve	www.esgr.org	1-800-336-4590
Internal Revenue Service	www.irs.gov	1-800-829-1040
Military Family Information/Health	www.hooah4health.com	No phone
TRICARE	www.tricare.osd.mil	1-888-999-5195
Veterans Administration	www.va.gov	1-800-827-1000
Army One Source	www.armyonesource.com	1-800-464-8107
United Concordia (Dental)	www.ucci.com	1-888-622-2256
Family Assistance Center (Ft. Campbell)		1-866-252-9319
Armed Forces Vacation Club	www.afvclub.com	
Reserve Affairs	www.defenselink.mil/ra	

UNOFFICIAL WEBSITES OF INTEREST

www.militaryhusbands.com	www.armywives.com
www.militarychapel.com	www.reservewives.com
www.militarywives.com	www.militarykidz.com

The Emotional Cycle of Deployment continued from page 4.

In addition, it is important to avoid changing family routines such as sleeping in their own bed, unless they are "very" scared. Answers to questions about the deployment should be brief, matter-of-fact and to the point. This will help to contain the free-floating anxiety of an overactive imagination.

School age children (6-12 years) may whine, complain, become aggressive or otherwise "act out" their feelings. They may focus on the soldier-parent missing a key event, for example: "will you (the soldier) be here for my birthday." Depressive symptoms may include: sleep disturbance, loss of interest in school, eating or even playing with their friends. They will need to talk about their feelings and will need more physical attention than usual. Expectations regarding school performance may need to be a little lower, but keeping routines as close to normal is best for them.

Teenagers (13-18 years) may be irritable, rebellious, fight or participate in other attention-getting behavior. They may show a lack of interest in school, peers and school activities. In addition, they are at greater risk for promiscuity, alcohol and drug use. Although they may deny problems and worries, it is extremely important for caregivers to stay engaged and be available to talk out their concerns. At first, lowering academic expectations may be helpful; however, return to their usual school performance should be supported. Sports and social activities should be encouraged to give normal structure to their life. Likewise, additional responsibility in the family, commensurate with their emotional maturity, will make them feel important and needed.

Unfortunately, some children may have great difficulty adapting to the stress of a deployed parent. If they are unable to return to at least some part of their normal routine or display serious problems over several weeks, a visit to the family doctor or mental health counselor is indicated. Children of deployed parents are also more vulnerable to psychiatric hospitalization - especially in single-parent and blended families.

UPCOMING FRG MTNGS

Sat., November 13th
@ 2:00 p.m. at Nash-
ville Tech (next to the
unit)



CHANGE!!

Sat., December 4th @
2:00 p.m. - FRG Christmas Potluck
Party at the unit.

MAILING ADDRESS:

SOLDIER'S FIRST & LAST NAME
450TH MP CO
APO AE 09354

(DO NOT INCLUDE LAST 4 SS#
AND RANK IS *OPTIONAL*)

