



FRG Elected Officials

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Commander's Update



The month of September marks our half-way point over here. It is a good feeling to know we have more time behind us than ahead. Labor Day was celebrated this month with a base cookout and the following weekend we had a remembrance ceremony for all the victims of September 11, 2001. Later this month we will be celebrating the Military Police birthday. Planned events include a Fun Run, all day cookout, outdoor games and a ceremony authorizing us to start wearing our Former War-Time Service Shoulder Sleeve Insignia, (aka Combat Patch). You may not have noticed, but not all Soldiers wear a patch on their right sleeve. This patch is called a 'combat patch'. All Soldiers serving in Afghanistan are authorized to wear this patch.

We were able to get Hurricane Charley out of the way and then Hurricane Frances came along and now Hurricane Ivan. I know there were many prayers prayed on this side of the world for all the families in Florida. Fortunately Frances weakened before landfall and Ivan seems to be heading for Mobile, Alabama. The families in Alabama are still in our prayers. We make every effort to ensure soldiers get and take the opportunity to call home especially before and after storms. I would like to take this chance to say a special thanks to Mrs.

Beverly Smith who has been instrumental in coordinating with the families in Florida during all these storms.

Believe it or not, I actually received my Bachelors of Science in Meteorology from North Carolina State University, if you receive an evacuation order, heed it. Hurricanes are extremely powerful storms whose destruction is multiplied by flooding and tornadoes. In the military we conduct risk assessments on all of our operations to determine if the benefit outweighs the risk and determine how we can mitigate the risk. Do the same when it comes to dealing with the storms. None of us want to leave our homes to the will of Mother Nature, but if you stay you will not be able to stop the storm.

The month of September has brought more promotions. The following Soldiers were promoted: from Private First Class to Specialist- Travis Armstrong, Jason Cross, Christopher Predoehl, David Vargas, and Laura Wakefield; from Sergeant to Staff Sergeant- Vincent Benjamin and Jason Threet. Congratulations to these Soldiers for their exemplary performance. I want all the members of the FRG to realize that Soldiers are not promoted on past performance alone but also on their potential to handle greater responsibility. All of the Soldiers here are doing a great job of proving they have

the potential to succeed.

The Soldier of the month for September is SPC Joshua Roberto. The NCO of the month is SGT John Holmstedt. Once again both of these Soldiers performed extremely well on their respective boards. It will make it very difficult to select a Soldier and NCO of the quarter to compete at the Task Force level.

Unfortunately we have not been able to have any company cookouts for the past couple of months. The food has just not been available for us to have a cookout. We are working on other improvements in living conditions. We have received approximately 30 real beds and mattresses last week and should be receiving more this week so all Soldiers will eventually have a 'real' bed. We are also getting cable TV installed. It will provide four television channels and three music channels. Currently we have two channels. Eventually the base is going to try and provide cable TV with approximately 30 channels. We may not be here long enough to see that happen.

Thanks again for all the support we receive from all on you. We all need a support system at home to make being deployed bearable. You make it possible.

Very Respectfully,

Jennings W. Bunch, Jr.

Debra's Corner - A Message from the FRG Leader



Families and Friends,

We just celebrated the

first day of the Fall season and it's absolutely gorgeous in Nashville! I hope each of you are coping well with the separation from your Soldier and are staying in touch with them and family and friends. In a few months we will enter the holiday season and will need their love and support.

This will be my last message to you as the FRG leader. It has been my pleasure to serve you over the last few months. The decision to step down was a difficult one, but I feel it's the best decision at this time. I have built many friendships over the past few months and intend to keep in touch with you, just not as the FRG leader. LTC Richards will be appointing a new leader to take over October 1st.

In this issue of the newsletter, you will find part I of a series on the Emotional Cycles of Deployment. Although we are in stage III of this deployment, Sustainment, I think it will be helpful to read about stages I and II.

Also, a new section called "Coming Home" is being started to provide you with tips on preparing for your Soldier's homecoming. I think this new section will give you lots to think about and prepare you for the family briefing you will receive prior to redeployment.

What's been happening with the FRG over the past month?

Yard sale...The Nashville FRG yard sale was big success. Thanks to Leslie Arnold and Barbara Fultz (my mom) for helping me on Saturday, Sept 11th. We raised \$380 for the FRG.

Christmas Trees for our Soldiers: The FRG has purchased Christmas trees for our Soldiers. There will be enough for each B-hut to have a tree. The trees will be shipped in Mid-November to assure on-time arrival. However, the Soldiers will need items to decorate the trees and that is where your assistance is needed. We will be collecting and making ornaments/decorations for the Soldiers at the November FRG holiday luncheon. Our Florida families will be collecting and making ornaments/decorations at their October 9th FRG meeting in Orlando. If you cannot attend either of these meetings, please send a box of ornaments/decorations to your Soldier for his/her B-hut.

Looking ahead to future FRG events...

October 16th: The FRG will be hosting a bake sale at the Reserve Center in Nashville beginning at 9:00 a.m. and then having a picnic lunch at Elmington Park. The park is located on West End Avenue, just off I-440. 3531 West End Avenue. There is a playground for the children. Pick up lunch and join us around noon in the park.

November 20th: The FRG will host a holiday luncheon to celebrate Thanksgiving as a family. We will make Christmas ornaments for our Soldiers. Location TBD.

December 18th: The FRG will host a holiday luncheon to celebrate the season with activities for the children and adults. Location TBD.

Congratulations to the Nitzsches on the birth of their third child, Corey.

Congratulations to all the Soldiers who were promoted in the last month! We are so proud of all our Soldiers!

Again, it's been a pleasure to serve you. You all are in my prayers. Please keep in touch!

Debra Myrick

Wife of SPC Jeff Myrick

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Cross-Levelled Soldiers - Home Unit Contact Information



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317 th MP Co	Ellis Baldwin Ellis.baldwin@se.usar.army.mil	813-353-3132

Recently Promoted Soldiers! CONGRATULATIONS!

Congratulations to the following soldiers who were promoted this month.



SSG Threet



SPC Armstrong



SPC Predoehl



SSG Benjamin



Special Thanks to...

Special thanks to the volunteers in Nashville for hosting a yard sale for the Family Readiness Group account to benefit the soldiers and families.



Special thanks to Kim Haidys for all of her hard work and dedication in getting all of the paperwork to establish a new FRG account.

Special thanks to Mr. and Mrs. Foster, grandparents of SPC Reynolds for raising \$160 for the Family Readiness Group.

Special thanks to Debra Myrick for being a wonderful FRG leader and helping to establish a healthy, functioning Family Readiness Group.

Special thanks to Beverly Smith for her determination to check on the health and welfare of our families in the southeast after the several hurricanes.

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 Jennifer at

Jennifer.l.banks@us.army.mil

Florida Meeting Information from Beverly

Florida Families (and anyone wanting an excuse to travel to Orlando)

Save October 9th on your calendars!

Beverly Smith will be hosting an FRG meeting in Orlando, FL. The following are all the details.

Place: *The 1LT David R. Wilson
Armed Forces Reserve Center
9500 Armed Forces Drive
Orlando, FL 32827*

Time: 2:00 p.m. - 5:00 p.m.

Agenda: TRICARE & Christmas
Ornaments for the Soldiers

Travel: If you would like to carpool with a family from your area, contact Beverly for more information.

Childcare will be available

Please contact Beverly Smith if you will be using the childcare. 352-799-8928
chaletbeverle@hotmail.com

Hotel Accommodations

Ramada Inn & Suites (1-800-228-2027)

www.ramadaorlandoairport.com

*Free Daily Hot American Buffet
Breakfast

Standard Rooms: \$39 (Military rate)

One Bedroom Suites: \$49 (Military rate)

Discount Rate code: MWRP (without
showing a military ID)

The Emotional Cycle of Deployment: A Military Family Perspective (Part I)

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

The emotional cycle of an extended deployment, six months or greater, is readily divided into five distinct stages. These stages are comprised as follows: **pre-deployment, deployment, sustainment, re-deployment and post-deployment.** Each stage is characterized both by a time frame and specific emotional challenges, which must be dealt with and mastered by each of the family members. Failure to adequately negotiate these challenges can lead to significant strife - both for family members and the deployed Soldier. Providing information early about what to expect, especially for families who have not endured a lengthy separation before, can go a long way towards "normalizing" and coping positively with the deployment experience. Furthermore, promoting understanding of the stages of deployment helps to avert crises, minimize the need for command intervention or mental health counseling and can even reduce suicidal threats.

Pre-deployment

The onset of this stage begins with the warning order for deployment. This stage ends when the Soldier actually departs from home station. The pre-deployment timeframe is extremely variable from several weeks to more than a year.

The pre-deployment stage is characterized alternately by denial and anticipation of loss. As the departure date gets closer, spouses often ask: "You don't really have to go, do you?" Eventually, the increased field training, preparation, and long hours away from home herald the extended separation that is to come. Soldiers energetically talk more and more about the upcoming mission and their unit. This "bonding" to fellow Sol-

diers is essential to unit cohesion that is necessary for a safe and successful deployment. Yet, it also creates an increasing sense of emotional and physical distance for military spouses. In their frustration, many spouses complain: "I wish you were gone already." It is as if their loved ones are already "psychologically deployed."

As the reality of the deployment finally sinks in, the Soldier and family try to get their affairs in order. Long "honey-do" lists are generated dealing with all manner of issues including: home repairs, security (door and window locks, burglar alarms, etc.), car maintenance, finances, tax preparation, child care plans and wills, just to name a few. At the same time, many couples strive for increased intimacy. Plans are made for the "best" Christmas, the "perfect" vacation, or the "most" romantic anniversary. In contrast, there may be some ambivalence about sexual relations: "this is it for six months, but I do not want to be that close." Fears about fidelity or marital integrity are raised or may go unspoken. Other frequently voiced concerns may include: "How will the children handle the separation? Can I cope without him/her? Will my marriage survive?" In this very busy and tumultuous time, resolving all these issues, completing the multitude of tasks or fulfilling high expectations often falls short.

A common occurrence, just prior to deployment, is for Soldiers and their spouses to have a significant argument. For couples with a long history, this argument is readily attributed to the ebb-and-flow of marital life and therefore not taken too seriously. For younger couples, especially those experiencing an extended separation for the first time, such an argument can take on "catastrophic" proportions. Fears that the relationship is over can lead to tremendous anxiety for both Soldier and spouse.

In retrospect, these arguments are most likely caused by the stress of the pending separation. From a psychological perspective, it is easier to be angry than confront the pain and loss of saying goodbye for six months or more.

However, the impact of unresolved family concerns can have potentially devastating consequences. From a command perspective, a worried, preoccupied soldier is easily distracted and unable to focus on essential tasks during the critical movement of heavy military equipment. In the worst-case scenario, this can lead to a serious accident or the development of a soldier stress casualty who is mission ineffective. On the home front, significant spousal distress interferes with completing basic routines, concentrating at work, and attending to the needs of children. At worst, this can exacerbate children's fears that the parents are unable to adequately care for them or even that the soldier will not return. Adverse reactions by children can include inconsolable crying, apathy, tantrums, and other regressive behaviors. In response, a downward spiral can develop - if not quickly checked - in which both soldier and spouse become even more upset at the prospect of separating.

Although easier said than done, it is often helpful for military couples - in the pre-deployment stage - to discuss in detail their expectations of each other during the deployment. These expectations can include a variety of issues, to include: freedom to make independent decisions, contact with the opposite sex (fidelity), going out with friends, budgeting, child-rearing, and even how often letters or care packages will be sent. Failure to accurately communicate these and other expectations is frequently a source of misperception, distortion and hurt later on in the deployment. It is difficult at best to resolve major marital disagreements when face-to-face, let alone over six thousand miles apart.

<http://www.hooah4health.com/deployment/familymatters/emotionalcycle.htm>

Stages of Deployment

- Pre-deployment (varies)
- Deployment (1st month)
- Sustainment (months 2 thru 5)
- Re-deployment (last month)
- Post-deployment (3-6 months after deployment)

Stage 1. Pre-deployment

- Anticipation of loss vs. denial
- Train-up/long hours away
- Getting affairs in order
- Mental/physical distance
- Arguments

Time Frame: variable

“COMING HOME” - Tips for Homecoming

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

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 or weeks.

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, fa-

tigue, 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.

Many of these tips have cross-application to the Service member, spouse, children, extended family members, and friends. If you feel like you are having trouble coping with adjustment, it is healthy to ask for help. Many normal, healthy people occasionally need help to handle tough challenges in their lives. Contact a counseling agency or a minister, a Military Family Center, Military Chaplain, the Veterans Administration, or one of your community support groups that has been established in your area.

http://www.hooah4health.com/deployment/familymatters/family_friends.doc

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

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

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Cell Phone: (205) 914-9759 (LTC Richards)
Cell Phone: (615) 948-5754 (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 your telephone Point of Contact, the FRG leader (Debra Myrick) or the rear detachment NCO (SSG Halverson).

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
www.sgtmoms.com	

Beverly's Notes...

It has been a long two months for several of our Florida Families. Unfortunately the storms that we have experienced have taken their toll.

Jackson's family lost their home. The family is okay but as he said, it was material and no one was injured. Every's family lost both of their cars; they do have a vehicle now. They still have many trees down and some waiting for an excuse to fall. Kings' family was spared the last time, but is still trying to clean up. Stirling's family still has huge piles of trees and debris around their home with no way to remove them at this time.

I know that some of our other families have endured some sort of power or phone failure as well. Our family was without power for only 11 days but it seemed like forever and the phone was out longer. You forget how we take a lot for granted and this puts a lot of things in perspective. Holmstedt's mother, Jo Ann, just had her electricity restored this past Friday. She had substantial damage to her home and has lost her air conditioning system as well. She is still waiting for FEMA.

We have so many families who are optimistic, but cautious with the new storm heading this way. Please keep them in your prayers. **If there is anyone who has the skills or means to assist any of these families, please let us know.**

I am looking forward to our first meeting in October. Hopefully most of the Florida families will be able to attend. I do enjoy talking to you and your families each time I call. I am excited to say that I have some crafts for us for your soldier for Christmas. Please bring a photo for an ornament for the trees they will have in Dec. If you are not able to attend the meeting, please call and we can make arrangements for you to send them to me and we will make them for you. I look forward to meeting the children as well! Beverly Smith

UPCOMING FRG MTNGS

Sat., October 16th. Bake Sale at the Reserve Center, Nashville, TN. 9:00 a.m.
Picnic Lunch, Ellington Park. Noon.

Sat., November 13th. Holiday Luncheon.
Location TBD.

Sat., December 18th. Holiday Luncheon.
Location TBD.



MAILING ADDRESS:

Soldier's First & Last Name
450th MP Co
APO AE 09354

(Do NOT include Last 4 SS# and rank is optional)