



FRG Elected Officials

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Commander's Update



Family and Friends,

We finally have religious services up and running on Sunday evenings in the facility.

We also received a 57inch flat/wide screen format TV for our MWR room. We continue to receive more exercise equipment. We have actually received more than we have room for and have sent some to other units. We received six treadmills and four stationary recumbent bikes but only have room for two of each because we also have two elliptical gliders and two stair masters along with tons of free weight machines and cable machines. No one has an excuse for being out of shape when we get home.

PFC Armstrong represented the Company for the Soldier of the Quarter board last month for the Task Force board and came in second by less than a point. First and second place are generally separated by several points. SGT Halbrook won the Company NCO of the month board and SPC Herring won the Company Soldier of the month board for the month of July. Both did very well. If they compete for the Task Force NCO and Soldier of the quarter they

have a very good chance to win.

Things keep moving along here in Afghanistan. As you know, we are still sending Soldiers home on R&R leave. The month of August has been relatively uneventful and is passing quickly. The biggest event this month was making sure Soldiers were able to call home before and



after Hurricane Charley. I know some of you received damage and

you are in our thoughts and prayers. However, I am very glad it was no worse than it was. The good news for this month is that we have received promotion orders and have promoted several Soldiers and will promote the others when they return from leave. The following Soldiers were promoted from Private First Class to Specialist: Nathaniel Agee, Jerry Booker, Christopher Dickon, Seth Keizman, John Liddell, Jonathan Marshall, Kerry Nietzsche, Kenneth Price, Jr., Cody Reynolds, and Jerry Stover. The following Soldiers

were promoted from Specialist to Sergeant: Maxine Hunter-Simpson, Charles King, Jennifer Mahoney, and Michael McGuire. We still have others to promote when they return from leave, but those will occur in September.

I had a meeting last week with the Deputy Commanding General of the 25th Infantry Division (Light). He had so many great things to say about the 450th and its Soldiers. He told me how proud he was of the job we are doing and how professional and confident he thinks the Soldiers of the 450th are. He went on to say that he really enjoys coming by to visit because the soldiers do such a good job here. Their professionalism is a direct reflection of the support they receive from home.

The Command Sergeant Major of the 25th Infantry Division (Light) came by for a visit a couple of weeks ago. He was impressed with the job the soldiers are doing. He was overwhelmed by all the care packages the unit has received from HELP HOT, the FRG, and different groups.

Your support is really what keeps us going.

Thanks for the continued support.

Very Respectfully,
CPT Jennings W. Bunch, Jr.



Debra's Corner - A Message from the FRG Leader



Families and Friends,

I don't know about you, but my summer has

flown by! I can't believe it's almost September and school is back in session. Amazing! I hope both our children and our parents are adjusting to the new schedule. Have a great school year!

We have over 30 families in the state of Florida. Needless to say, I was bit worried when Hurricane Charley blazed through the state. Our FL FRG Coordinator, Beverly Smith, called all our families prior to the storm to check in and then after the storm, followed-up with the families living in the areas hit by the hurricane. Thanks to Beverly for letting our families know we care and for keeping me informed. I spoke with a few of our families and although some had property damage, everyone is safe. Praise God!

Last month's newsletter had a survey in it. This survey was to help us help you. However, very few families returned the survey. Please take the time to complete the survey so that we know what you, as a family member, are interested in learning more about. The information will also be helpful in planning

future FRG events.

I am still working on the website. I have received photographs via email from several families. **THANK YOU!** I am working hard to finish the website design and get it on the web for all of you to view. Please continue to send me photographs of R&R time and any photographs your Soldier emails you.

Yard sale...The FRG will be hosting a yard sale fundraiser at our next FRG meeting, Saturday, September 22nd. We will host yard sales in Clarksville and Nashville. If you cannot come to either of these locations, we encourage you to have your own yard sale in your neighborhood to help raise funds for the FRG. We are raising funds to send Christmas Trees to our Soldiers and to plan for the welcome home festivities for the Soldiers and their families. For Nashville info, call me with questions... 625-529-9203. For Clarksville info, call Liz Blankenship at 932-906-2427. Watch for an email from me as well.

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 holi-

day luncheon. Our Florida families will be collecting and making ornaments/decorations at their October 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...

September 11th: FRG Yard Sales. Nashville & Clarksville. 7:00 a.m. - noon.

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. Location TBD.

November 13th: The FRG will host a holiday luncheon to celebrate Thanksgiving as a family. We will collect and make Christmas ornaments/decorations 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 Blankenships on the birth of their fourth child, Liberty, to the Lopez's on the birth of their third child, Alexa and to PV2 Sanders on the birth of his son, Jovan Jr.

Congratulations to all the Soldiers who were promoted in the last month!

We are so proud of all our Soldiers!

Debra Myrick
Wife of SPC Jeff Myrick
debra.myrick@hcahealthcare.com
625-529-9203

Cross-Levelled Soldiers - Home Unit Contact Information

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



Secretary's Minutes from the August 21st FRG Meeting

Date: 21 August 2004, 10:00 a.m.

The treasurer, Kim Haidys, was finally able to get the EIN for the FRG bank account through the IRS. It should take one more week to receive the paperwork to finally open up a new account.

Tammie Wommack, the Mobilization/Deployment and Outreach Family Coordinator from Army Community Service at Fort Campbell, KY, traveled to Nashville and discussed training our spouses about how to be self-reliant - which is what the Army is concerned with.

She talked about our emotional health in trying to face daily challenges and cope with life situations, how to problem solve and use support groups and

other contacts.

We discussed fundraising ideas. We ruled out working at the concession stands at the Gaylord Entertainment Center due to the fact that you have to commit to a minimum of 15 events and all workers must go through mandatory training. We collectively decided that it was too much of a commitment and too many of us are unable to work that many events.

A yard sale is scheduled for the September 11th FRG meeting in lieu of a formal meeting.

We continue to get orders for the dog tags, not only from our unit, but from other reserve units who have seen our flier and are unable to get them in their areas. We want to remind our families

that they can also get their pictures put on the dog tags and send them over to their Soldier.

The bake sale started at 9:00 a.m. and continued during the FRG meeting. We tore everything down around 1:00 p.m.

We voted to have future FRG meetings in an informal setting such as restaurants. The location of the upcoming FRG meetings will be announced at a future date.

We ordered pizza for lunch.

Valerie Key ~ FRG Secretary



Special Thanks to...

Special thanks to Tammie Wommack, Army Community Service Mobilization/Deployment and Outreach Family Coordinator for speaking at the FRG meeting about the emotions of deployment and the services available to families. Tammie traveled from Ft. Campbell, KY to Nashville to share her knowledge with our families during Operation Enduring Freedom.

Special thanks to Kristen Cassidy for volunteering to provide child care

services during the August 21st FRG meeting in Nashville.



Special thanks to Leslie Arnold for providing food and refreshments for

Special thanks to Jane Shivers for all her hard work as our Telephone Tree Coordinator, your dedication was very appreciated.

Special thanks to Susan St. Laurent, Kim Haidys, Debra Myrick, Leslie Arnold, Jenn Banks, Valerie Key and Liz Blankenship for baking goods for our FRG bake sale at the unit.

Beverly's Florida News...

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 with questions. 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)

Departure Date Rumors

Families and Friends,

In the process of making phone calls in July, I was informed that there are rumors going around regarding the remobilization/departure date of our Soldiers. This concerned me because rumors can get hopes up and then families and Soldiers can be disappointed. I emailed Captain Bunch and he has informed me that he **DOES NOT** have a confirmed departure date for the 450th Soldiers. However, their relief has been identified and their estimated time of arrival to Bagram (at this time) indicates that the 450th will be on the ground for a year (i.e. the relief unit is not sched-



uled to arrive Bagram until sometime in March 2005). Captain Bunch was very concerned about these rumors as well because he realizes what a morale killer it will be when it does not happen by whatever time your Soldier may think it may happen. When Captain Bunch is informed of a departure date, he will communicate that date to the Soldiers as well as to the rear detachment and the FRG so that we can inform the families as soon as possible. At that time, the FRG and rear detachment will put out all information regarding the remobilization process to you, the families.

Copy of new orders: As you know, once the 450th MP Co arrived Ft. Dix in January, their orders were changed to a maximum of 18 months. Your Soldier should have mailed you a copy of their new orders. If you do not have the copy that states 545 days for period of active duty, you need to get a copy from your Soldier. If you need assistance, please let me, SSG Halverson or your FRG POC (Point Of Contact) know.

Please let me know if you have any questions or concerns.

Debra Myrick
wife of SPC Jeff Myrick
450th MP Co - FRG Leader
615.519.4103

Tricare South Region to begin Transition August 1, 2004

The Department of Defense (DoD) today announced the continuation of its transformation to new military healthcare contractors and changes in regional areas of responsibility.

On Aug. 1, 2004, Tricare-eligible beneficiaries in Alabama, Florida, Georgia, eastern Louisiana, Mississippi, South Carolina and Tennessee transition to the Tricare South Region. These locations formerly comprised the Southeast and Gulf South Regions (Regions 3 and 4). This is the third major transition to new regions and new contracts announced by the department, including the initial transition of parts of the West Region on June 1 and parts of the North Region on July 1.

According to Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, "Through these new and competitively awarded contracts we offer our beneficiaries a suite of services that provide the highest quality of care and a high level of customer service. These qualities of Tricare also make it a world-class, value-added benefit of military service."

Tricare benefits, costs and the enrollment process remain the same under the new regional contracts. Beneficiaries in the South Region who are not currently en-

rolled in Tricare Prime, but who are eligible and residing in a Prime area, will have the opportunity to enroll. Humana Military Healthcare Services Inc. will provide beneficiaries information on enrollment, network providers, procedures for filing claims, and contacts for assistance in the South Region.

Beneficiaries in Arkansas, the remaining part of Louisiana, Oklahoma and Texas, except for the far Western part of the state, will complete the Tricare South Region when they transition on Nov. 1, 2004.

Military treatment facilities (MTFs) in all regions remain at the core of the military health system and will now schedule appointments for their beneficiaries. MTF locations are on the Tricare Web site at <http://www.Tricare.osd.mil/mtf/>.

The new Tricare contracts build on the best aspects of a system developed over the last 10 years, making a strong program even better and by providing incentives for improvements in quality care, access and claims payments. DoD also has awarded additional specific contracts for mail order pharmacy, retail pharmacy, retiree dental care, the Uniformed Services Family Health Plan, Tricare Global Remote Overseas, Tricare healthcare for Puerto Rico, marketing and education programs, information services, and national-quality monitoring, and claims processing for Medicare-eligible beneficiaries.

Humana Military Healthcare Services Inc., a wholly owned subsidiary of Humana Inc., has worked with the DoD as a Tricare regional managed care support contractor since 1996. Under the next generation of Tricare contracts, Humana will provide healthcare services and support to the approximately 2.86 million beneficiaries in the new Tricare South Region. Beneficiaries in the South Region may access healthcare information by calling Humana at (800) 444-5445 or online at <http://www.humana-military.com/>.

For more information on the contracts and the transition schedule, visit the Tricare Web site at <http://www.tricare.osd.mil/contractsimplementation/default.cfm>.

Beneficiaries may access information on the Tricare benefit on the Tricare Web site at <http://www.tricare.osd.mil/>.

For more information, beneficiaries may visit Tricare online, <http://www.tricareonline.com/>, or consult their service and/or local MTF.

NEWS RELEASE from the United States Department of Defense e-mail July 28, 2004

Congratulations to all Newly Promoted Soldiers!

CONGRATULATIONS TO THE FOLLOWING SOLDIERS WHO WERE PROMOTED TO SPECIALIST...SPC Agee, SPC Booker, SPC Dickon, SPC Keizman, SPC Liddell, SPC Marshall, SPC Nitzsche, SPC Price, SPC Reynolds and SPC Stover



CONGRATULATIONS TO THE FOLLOWING SOLDIERS WHO WERE RECENTLY PROMOTED TO SERGEANT.... SGT Hunter-Simpson, SGT King, SGT Mahoney and SGT McGuire

Recipe Corner...Debra Myrick

Chocolate Cake

Preheat oven to 350°. Grease a 9x13 cake pan.

2 sticks of butter/margarine
4 T. Cocoa
1 cup of water
In a saucepan, bring these to a boil.

2 cups Sugar
2 cups Plain Flour
2 eggs
½ cup buttermilk
1 tsp Baking Soda
1 tsp vanilla

Mix together the sugar and flour. Add the



butter/cocoa mixture above. Add the remaining ingredients. Bake for 30 minutes.

Chocolate Icing

1 Stick of butter
4 T. cocoa
6 T. milk
1 Box Powdered Sugar

Bring the above ingredients to a boil and boil for about 30 seconds to blend. Remove from heat and add the powdered sugar. If too thin, add a little more powdered sugar. If too thick, add a little more milk. Pour on the cake. The icing will thicken once on the cake.

If you are interested in sharing some of your favorite recipes, please send your recipe to Jennifer Banks at jennifer.l.banks@us.army.mil.



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- 1-800-464-8107,
www.armyonesource.com, user ID:
army, password: onesource

Information from Army One Source - anytime, anywhere pamphlet (ARMY-OS-BR-3/04)

**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)
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 (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	

We Need Pictures from You!

The Family Readiness Group is in the process of compiling pictures from the Soldier's location as well as pictures of family members back here.



Our goal is to collect tons of pictures both digital and regular photos to develop a slide show as a memory keepsake for all the Soldiers and families upon their return.

We are asking families to send us pictures of family members holding up photos of your Soldier, special holiday pictures, group meetings, etc. In addition to collecting these

photos, we are collecting several digital pictures from of our Soldiers and their living conditions.

We hope to provide everyone with a copy of the finished product for all to enjoy so please help us to honor your Soldier and family. Since this will be an on going project, we would love to get pictures now so that we can begin the project.

Debra is also creating a new FRG website for the company and we hope to include photos of your Soldier for you to view.

Please send your photos or questions by e-mail to debra.myrick@hcahealthcare.com



UPCOMING FRG MTINGS

Sat., September 11th. Yard Sales. Nashville and Clarksville. 7:00 a.m. - noon.

Sat., October 16th. Bake Sale at the Reserve Center, Nashville, TN. 9:00 a.m. Picnic Lunch. Location TBD. 11:30 a.m.

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)

