

**NASHVILLE DISTRICT
FAMILY SUPPORT GROUP TELECONFERENCE
HELD 22 APRIL 2008
5:30 – 6:30 PM**

Victoria Hooper, Deployee Support Coordinator, opened the meeting with a welcome to each family calling in. Each caller introduced themselves.

Major Straus, the Deputy Commander, joined us, along with deployee (home for R&R) Mr. Ray Bess, wife Nicole Bess, and step-daughter Christina Guy.

Status of Deployed Employees:

	April - 1 employee extended
Iraq tour	
	1 employee
extended Afghanistan tour	

RECENT EVENTS - LESSIONS LEARNED

*DADDY DOLLS, INC. - These "Hug-a-hero" dolls have lessen the stress of separation. Children are able to use the dolls (Large size 17", Small size 12") to sleep with or to use as a comfort. Besides the "Daddy" or "Mommy" doll, they can also be used as a "Grandparent" doll. Not only can you have the dolls made, they also offer pillows with pictures, Teddy Bears with a picture on its Tee Shirt, and other options. If you are interested, let me know and I will send you the ordering website information.

*NASHVILLE DISTRICT CORPS OF ENGINEERS PICNIC. We will be celebrating 120 years of service to our nation on 12 June 2008. The picnic will be held at the Rockland Recreation Center at Old Hickory Lake (On the Hendersonville side). The event starts early, a good lunch is available. There is a charge for the lunch, the cost and more item detailed information will be forthcoming. There are games for the children, volleyball games for the adults, music, and an award ceremony for the Length of Service Awards. Retirees join us for a fun day. If you and your family can come, please join us! A flyer will be sent with more picnic information nearer to the date.

*POST DEPLOYMENT HEALTH REASSESSMENT PROGRAM (PDHRA).

is a program mandated by the Asst Secretary of Defense for Health Affairs in Mar 2005, and designed to identify and address health concerns with specific emphasis on mental health that have emerged over time since deployment. This reassessment will be done when the deployed employee returns from their overseas tour and out processes at TransAtlantic Center (TAC) in Virginia. There is also a telephonic follow-up up to 18 months following return to the employee's permanent duty station.

*Iraqi Facts: Iraq shares borders with Kuwait and Saudi Arabia to the south, Jordan to the west, Syria to the northwest, Turkey to the north, and Iran to the east. It has a very narrow section of coastline on the Persian Gulf. There are two major flowing rivers, the Tigris and the Euphrates. These provide Iraq with agriculturally capable land and contrast with the desert landscape that covers most of Western Asia. Baghdad is the capital. Iraq's history dates back to ancient Mesopotamia. The region between the Tigris and Euphrates rivers is identified as the cradle of civilization and the birthplace of writing.

*Afghanistan Facts: Located in approximately in the center of Asia. It was founded in 1747. The country served as a buffer between the British and Russian empires until it won independent from British control in 1919. Afghanistan is a culturally mixed nation, a crossroads between the East and the West, and has been an ancient focal point of trade and migration. The capital is Kabul with over one million residents. Afghans display pride in their religion, country, ancestry, and their independence. Before the Taliban gained power, the city of Kabul was home to many musicians who were master of both traditional and modern Afghan music; Kabul in the middle part of the twentieth century has been likened to Vienna during the 18th and 19th centuries.

*Things to help lighten your family's deployment:

(1) Keep a pocket journal. It is not unusual to speak with someone overseas several times weekly. At the time you can feel rushed and often forget to mention many of the things you wanted to share. Keeping a journal in your pocket to record the day-to-day events is a great tool to be efficient with your time and to remember to share all the

little things that the deployed person probably really misses.

(2) Change a clock. We know the deployed person is definitely in another time zone. Change one of your prominent clocks in your home to reflect the time it is wherever your loved one has been deployed. Every time you look at the clock you can have a better idea of what they might be doing!

(3) Keep a routine. It helps to pass time each day. The consistency is really important if you have children at home.

(4) Share everyday activities with your loved one. It helps to envision good things at home.

(5) Take special pictures of children, family, and pets and have them made into poster size pictures for the deployees to have in their rooms. It's nice to look at someone almost life size when you are away from home!

(6) Keep a dry erase board next to the phone. Jot down things as you think of them and when you are speaking with your overseas family you remember to tell them everything that you intended.

(7) A local news station (News Channel 5) has a sign up for email news and weather. They offer weather alerts and current local news for the deployee to see and stay in tune with events going on at home. www.newschannel5.com

NEXT FAMILY SUPPORT GROUP TELECONFERENCE

20 MAY 2008 AT 5:30 PM (CST)

I look forward to have you join us on the 20th of May!

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