

# FORGING THE FUTURE:



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## Friday FACTS

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15 November 2002

"Leadership, Partnership, and Championship"

### 11<sup>th</sup> Annual National Tri-Service Combat Stress Conference & Critical Incident Stress Certification Training Courses

Conference Theme: Combating Stress of Terrorism, Enduring Terrorism, PTSD and Family Stress - 14 CE Hours

Dates: 2 - 8 May 2003

Location: San Luis Rey Officers Club, Camp Pendleton, CA

#### Presentations to cover such topics as:

Psychiatric Aspects of Terrorism: Ansar M. Haroun, LTC, M.D., USAR, 4211th U.S. Army Hospital, San Diego, CA

Bio-Terrorism Threats: Ronald D. Harris, LtCol, USAFR, MC, OTSG, U.S. Army, AVIP Agency as Director Reserve Medical Affairs

Nuclear, Biological and Chemical Medical Preparedness and Consequence: Stephen Wyman, BG, Special Assistant to the Adjutant General State of California

Emotional, Physical and Financial Impact of 9-11: Allen L. Hershman, MAJ, NYARNG, Ph.D., Psy.D., P.C.

Reactivation of POWs to 9-11, 'Activation Syndrome': William Marshall, COL, MC, USAR, Command Surgeon, 63d RSC, Los Alamitos

Family Deployment Stress: Carol Van-desteeg, San Antonio, TX, author of: When Duty Calls

Respond to Disaster: Psychosocial, Community, and Ecological Approaches: Richard Gist, Ph.D., Principal Assistant to the Director, Kansas City, Missouri Fire Department

Anger Management Training in the Combat Zone: Valvincent Reyes, MAJ, M.S., LCSW, 113th Medical Company (Combat Stress Control), Stanton, CA

Mass Hysteria and Bioterrorism: Michael J. Bailey, CAPT, MC, USNR, San Diego, CA

And More. . .

Visit the Tri-Services Combat Stress Conference Website at: <http://tservcsc.bizhosting.com/>

It's that time of year to feast on turkey, savor the pumpkin desserts and sip apple cider. Below are nutrition education sites that can be helpful in getting the message out on eating for the health of it during this special time of year. Have a blessed and memorable Thanksgiving.



Chill Out Over the Holidays Bake Ahead & Freeze  
<http://lancaster.unl.edu/food/ftnvdc99.htm>

Handling Holiday Leftovers When Dining Out  
<http://lancaster.unl.edu/food/ftdec00.htm>

Preparing for the Winter Food Olympics  
<http://lancaster.unl.edu/food/ftoct98.htm>

Turkey Anytime Recipes for Turning Leftovers into Planned-Overs  
<http://lancaster.unl.edu/food/ciqzz.htm>

T-U-R-K-E-Y TIPS  
[http://lancaster.unl.edu/food/Articles/TurkeyTips10\\_01.htm](http://lancaster.unl.edu/food/Articles/TurkeyTips10_01.htm)

Turkey Basics: Stuffing  
<http://www.fsis.usda.gov/OA/pubs/tbstuff.htm>

Turkey Basics: Safe Thawing  
<http://www.fsis.usda.gov/OA/pubs/tbthaw.htm>

Turkey Basics: Handling Precooked Dinners  
<http://www.fsis.usda.gov/OA/pubs/tbtakeout.htm>

Turkey: Basics Safe Cooking  
<http://www.fsis.usda.gov/OA/pubs/tbcook.htm>

"No-Show" Guests Jeopardize Food  
<http://www.fsis.usda.gov/OA/pubs/noshows.htm>

### National Guideline Clearinghouse

NGC is a public resource for evidence based clinical practice guidelines! It is sponsored by the Agency for Healthcare Research and Quality (AHRQ) and the American Medical Association and the American Association of Health Plans. Their website is <http://www.guideline.gov>

"The road to success is marked with many tempting parking spaces." --- Unknown