



## PRESS RELEASE

**409th Contracting Support Brigade**

**Unit # 23203, APO AE 09263**

**Phone: DSN 484-6200**

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### **Always Forward!**

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**Contact: Rachel Clark  
Outreach Coordinator  
[rachel.d.clark@eur.army.mil](mailto:rachel.d.clark@eur.army.mil)  
Commercial: (0631) 413-6200  
DSN: 315-484-6200**

### **FRG Leader offers tips for success**

*Story by Rachel Clark, 409<sup>th</sup> Contracting Support Brigade*

GRAFENWOEHR, Germany - Prim Jeyasingam wears a lot of hats these days. She is currently holding down the home front during her husband's deployment, works as a financial specialist and is a unit Family Readiness Group Leader.

Jeyasingam has been instrumental in helping build the FRG program for the 643<sup>rd</sup> Contingency Contracting Team, 903<sup>rd</sup> Contingency Contracting Battalion in Grafenwoehr, Germany. She says part of the FRG's success is the resiliency of the spouses and their resourcefulness in taking care of themselves.

According to Jeyasingam it is important to take advantage of the resources available through the military network. While working full time with Army Community Services, she makes frequent contributions to the ACS newsletter and says one of the most important jobs as an FRG leader is to keep the families channeled into the community with the right information.

"It's about value added information as opposed to getting every piece of news coming at you. I'm not interested in crashing someone's email box," said Jeyasingam. "Letting people know not to show up at the commissary during a force protection exercise is valuable."

Jeyasingam believes there are a few tips that a good FRG should keep in its back pack.



Prim Jeyasingam (left), a financial specialist with Army Community Services and Family Readiness Group Leader, for the 643<sup>rd</sup> Contingency Contracting Team, 903<sup>rd</sup> Contingency Contracting Battalion, Grafenwoehr, Germany, is pictured with her husband Jey, and their two children. (photo provided by Prim Jeyasingam)

“One of my tips for a family dealing with a deployment is always value who’s in the room, not who isn’t there. Daddy may not be here, but look who else is,” she said.

This approach has helped her and her family deal with long deployments that often accompany the military lifestyle. Jeyasingam’s final tip for a successful FRG is the belief that unit members should get absolutely plugged in. More experienced members may have ideas on how to make the FRG better and could help improve the quality of the program for other families. When asked if she had any other advice for new FRG members, Jeyasingam had this to say.

“You have to fully understand that for your Soldier the mission has to come first. Set the expectations for you and your family going in and you won’t be disappointed.”