

7TH

24/7 **TH**
M S C

SOLDIER FIRST

Outgoing 2500th DLD
commander embodies
Soldier-first mentality

NEW UNITS ACTIVATE

7 units uncasing colors

BACK TO BASICS

Proficiency at heart of DLD Europe mission

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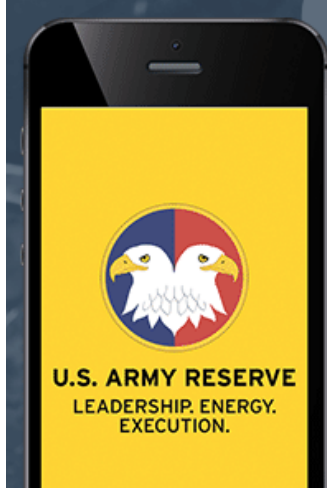
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BACK TO BASICS

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FROM THE COM



Team 7th Strong,

Guten Tag, welcome to the first edition of the 24/7th newspaper. This is an awesome accomplishment (very proud of the PAO team) and a great forum to provide information to our great Soldiers. It's very fitting that we start a new FY with a new method to communicate to our Soldiers, Civilian, Contractors and Family Members and share the good news of our numerous accomplishments. We need your assistance to ensure we are capturing and telling our story so if a 7th MSC team member is making a difference, we need to know about it because great achievements, no matter how small, often drive others to make a difference as well.

I'm so excited to lead this great team. I truly understand the gravity of this mission being forward stationed on a continent where many conflicts have started. Make no mistake, we are in a competition with near-peer competitors daily and this focus drives us to be ready for any potential mission we may be called upon to execute.

FY20 is the year of opportunity for the 7th MSC because of our new unit activations (510th RSG, 83rd CSSB, 319th Military History Det, and 530th & 603rd TC Dets) and because of the HQ's new mission of establishing a Joint Security Coordination Center in the Joint Support Area in support of Rear Area Operations. These new units and new mission nest seamlessly with the USEUCOM, U.S. Army Europe, and 21st TSC priorities as well as with the Commanding General, Army Reserve priorities.

To be successful, it's going to take leadership, energy, action and discipline (LEAD). I need every Soldier to be ready; this means being DMOSQ, completing PME, passing the APFT, qualifying annually with your weapon, being able to use a compass and a map to navigate, being confident to call in a nine-line MEDAVAC or a call for fire, being licensed to operate military vehicles/equipment, completing a PHA and dental exam annually, being confident in responding to a potential chemical attack, being able to provide first aid to another Soldier, etc. We have to get back to our field craft of being a Soldier and for first line leaders to "know your Soldiers" and providing the leadership they deserve.

In order for Team 7th to achieve extraordinary results, great effort will be required from all of us. While we all are motivated differently, motivation and team work are the bed rocks of the sum being greater than the parts and the key to achieving exceptional results. We already have so much to be proud of but the enemy continues to seek any weak spots in our formation. We must continue to grow our capabilities and resiliency. We must strive every day to get better because good leadership is what our Soldiers deserve, our family members expect, and our Nation demands.

Finally, I invite you to take ownership of our "Zusammen erreicht jeder mehr" together everyone achieves more slogan because it's going to take all of us working together to achieve excellence. FY20 is going to be a transformational year.

Gruss Gott.
Ready 6

Brig. Gen. Michael Harvey
Commanding General



THE OFFICIAL MAGAZINE OF THE US ARMY RESERVE
7TH MISSION SUPPORT COMMAND HEADQUARTERS

SUBMISSIONS: THE 24/7TH INVITES ARTICLES, IDEAS, PHOTOGRAPHS AND ANY MATERIAL THAT MAY BE OF INTEREST TO MEMBERS OF THE 7TH MSC. ANY MATERIAL SHOULD BE SUBMITTED TO USARMY.RHEINLAND-PFALZ.7MSN-SPT-CMD.LIST.PAO@MAIL.MIL. PLEASE INCLUDE SUBMISSION AND YOUR OFFICE IN THE SUBJECT LINE AS WELL AS A CONTACT NAME AND NUMBER IN THE SUBJECT. VISIT DVIDSHUB.NET FOR SUBMISSION EXAMPLES.

COMMAND TEAM

I would like to start by saying what an honor it is to be the Command Sergeant Major of the 7th Mission Support Command (MSC). I am truly humbled and I look forward to representing the 7th MSC as your Command Senior Enlisted Leader.

As I get to know the Soldiers, Civilians, and Contractors within the command there is always one common message that I like to share and reinforce. Leadership (well trained and results oriented Leaders) and Teamwork (Together Everyone Accomplishes More) are the bedrock of any organization and definitely the keys to success. Leaders that know exactly what is expected of them and given the authority to carry out those expectations are much more effective than Leaders with no guidance or empowerment.



Strong Teamwork will take any organization from ordinary or good, to an organization that is Great. Teammates that are unselfish, willing to communicate/share openly, and fail or succeed together will grow stronger and become an organization that is "The Best". If that kind of Teamwork is achieved between all levels of an organization, results will follow.

Although, already a very good organization, I am confident that the 7th MSC will continue to strive to improve. I would like to personally thank our families and employers for your continued support. Being the Greatest Army in the world is not easy and we couldn't do it without your support.

And always,

Remember Who You Are, Where You Come From, and Who You Represent.

Command Sgt. Maj. Paul Yingst
Command Sergeant Major

7TH MSC COMMAND TEAM

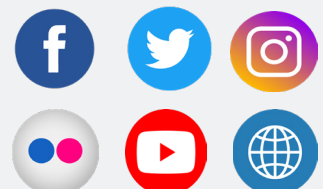
BRIG. GEN. MICHAEL HARVEY
COMMANDING GENERAL

COMMAND SGT. MAJ. PAUL YINGST
COMMAND SERGEANT MAJOR

PUBLICATION STAFF

MAJ. ADDIE L. LEONHARDT
PUBLIC AFFAIRS OFFICER
EDITOR-IN-CHIEF

FOLLOW US



FROM THE CXO



My name is Bill Huggins and I recently joined the 7th MSC as the Command Executive Officer. I couldn't be more excited to join such a unique and historic organization. I come to the 7th having spent the last two years as the Command Executive Officer for the 143d Sustainment Command (Expeditionary) in Orlando, FL. I am joined here by my wife Stephanie, son Liam, and daughter Grace.

I'm going to ask that all Commanders and Supervisors ensure each employee has a progress review in DPMAP completed no later than 31 October. It's important that each employee is receiving feedback throughout the appraisal period and it's documented appropriately. Additionally, we will conduct our quarterly Civilian Leadership Development Program in December (date TBD). As we move forward for the next few months I

will make my way out to see as many of you as possible.

My family and I are grateful for the opportunity to serve alongside the Soldiers, civilians, and family members of the 7th MSC. We are truly humbled by your dedication and courage.

7th Strong!
Forward & Ready!

Mr. William Huggins
Command Executive Officer

AROUND THE ARMY




<https://www.usar.army.mil/DoubleEagleApp/>

U.S. ARMY RESERVE
LEADERSHIP. ENERGY.
EXECUTION.

THE **NEW** DOUBLE EAGLE APP

AMERICA'S ARMY RESERVE IS **MOBILE**



IMPLEMENTATION PERIOD

CONCEPT

2016-2017 Initial planning and development of the app.

ANALYSIS/DESIGN/DEV

2018-2019 Analysis and design of the app.


DEVELOPMENT

2020-2021 Development of the app.


DEPLOYMENT

2022-2023 Deployment of the app.


ARMY COMBAT FITNESS TEST EVENTS




3 REPETITION MAXIMUM DEADLIFT (MDL)




STANDING POWER THROW (SPT)




HAND-RELEASE PUSH-UP (HRP)



SPRINT-DRAG-CARRY (SDC)



LEG TUCK (LTK)



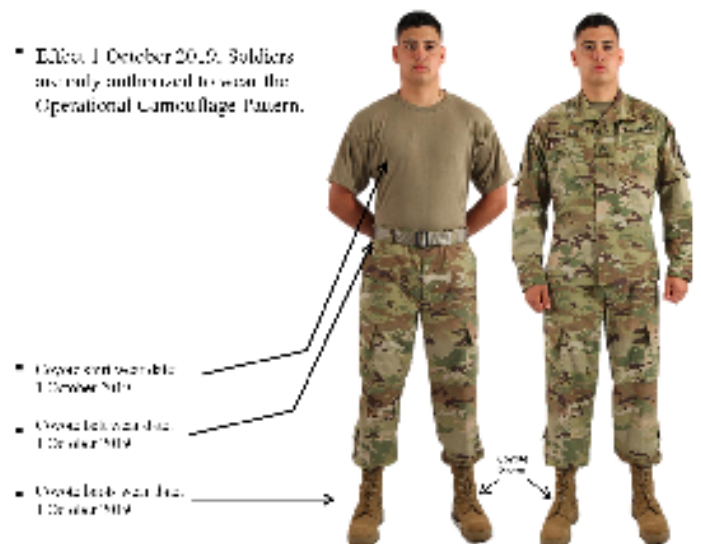
TWO-MILE RUN (2MR)

ARE YOU READY?

<https://www.usar.army.mil/ACFT/>

Operational Camouflage Pattern

- Effective 1 October 2023, Soldiers are only authorized to wear the Operational Camouflage Pattern.





7TH STRONG

2500th DLD commander embodies Soldier first mentality

Story and Photos
by
Capt. Desiree Dillehay

GRAFENWOEHR, Germany — After a week of ranges and training at Grafenwoehr Training Area, Soldiers with the 2500th Digital Liaison Detachment said farewell to one commander and welcomed another during a change of command ceremony Aug. 17, here, at Camp Normandy.

"It seems like change of command

ceremonies are all about the commanders," said outgoing commander Col. Christopher Varhola. "I thought as part of our change of command ceremony, we had to give the awards to the people who made this stuff happen."

The Soldiers started the day by running through the Camp Normandy obstacle course, and then formed up for an awards and promotion ceremony followed by the change of command.

Capt. Michael Benjamin, Master Sgt. Carlos Garcia, Sgt. 1st Class David Albert and Staff Sgt. Ladislav Pecsuk received

Army Commendation Medals. Staff Sgt. Kristopher Copple and Sgt. Wesley Cyrus received Army Achievement Medals. As one of his final acts as the 2500th DLD commander, Varhola also promoted Capt. Roy Reynolds to the rank of major. After three years in the position, Varhola relinquished command of the 2500th DLD to Col. Gregory Gimenez at a ceremony that emphasized the individual Soldiers who make up the unit. Even though the ceremony focused on the individual Soldiers who make up the unit, Varhola was also recognized for his

service. Brig. Gen. Michael T. Harvey, commanding general of the 7th Mission Support Command, presented Varhola with a Meritorious Service Medal before presiding over the passing of the unit's guidon.

"Command is the greatest privilege the Army could ever bestow upon us as Soldiers," said Harvey.

"Chris — good job, well done, good and faithful servant. Thank you for your years of dedicated service to our nation," he added.

Varhola will retire in November after almost 30 years of service in the U.S. Army, both active duty and reserve.

"Sounds cliché, but if you are looking for rewards and you care about colorful pieces of cloth and little pieces of tin, then you are in the wrong business," said Varhola. "Being in the Army is about service. It's about being willing to fight and die along with people who are also willing to fight and die."

While Varhola will miss the mutual feeling of knowing someone has your back, he has plans to start a new chapter with his family stateside.



"My wife also has 30 years of service. It's been hard dual military, but we agreed that when we hit 30 it was time to go," added Varhola. "Our marriage is like most Army marriages — it's great, but we want to make it even greater."

The Soldiers with the 2500th DLD will

complete the rest of their annual training under the command of Gimenez.

"(This organization) punches above its own weight," said Gimenez. "Keep doing that. I look forward to working with you."

G4 HOT TOPICS

Over Due Services: Ensure you complete all over due services IAW the turn-in procedures sent out by MSG McGowan

Review the Safety of Use Messages to ensure compliance

Every Soldier is to be registered in GCSS-A. If Soldier registered in a previous unit, GCSS-A operators must pull them under current UIC

Complete your 10% Cyclic and monthly Sensitive Item Inventories. Don't be late!

In order to keep Unit TMPs they need to be used

Inspect TMPs for damage before and after use and report issues to Mr. Wayne Rondeau at wayne.a.rondeau.civ@mail.mil or DSN: 528-0221

Do you have all your uniforms? See your supply sergeant to order your OCP and AFUs



7TH MISSION SUPPORT COMMAND OFFICE OF THE INSPECTOR GENERAL



**To seek assistance without fear of reprisal
contact your local IG office ...**

**Inspector General
5W's
&
Points of Contact**

WHO: LTC Justin Sisak Command IG
justin.m.sisak.mil@mail.mil
DSN: 314-528-0269
COMMERCIAL: 0611-143-528-0269

SFC Stacey Sanders, IG NCOIC
stacey.l.sanders.mil@mail.mil
DSN: 314-528-0270
Commercial: 0611-143-528-0270

WHAT: Provide Assistance, Conduct
Inspections, Investigations and Teach &
Train

WHERE: 7th MSC HQ's Building 3103
Room 115

WHEN: Office hours: 0830-1700

WHY: Improve Unit Readiness and
Warfighting Capability



Need IG Assistance?

Before you tell it to your Inspector General...

- ✓ Be sure you have a problem, not just a peeve.
- ✓ Give your chain of command a chance to solve the problem.
- ✓ If IG assistance is needed, contact your local IG first.
- ✓ Be honest and don't provide misleading information.
- ✓ Keep in mind that IGs are not policy makers.
- ✓ Keep in mind that IGs can only recommend, not order a resolution.
- ✓ Remember IGs can only resolve a case on the basis of fact.
- ✓ Don't expect instant action on your request. Please be patient!
- ✓ Be prepared to take "No" for the answer.



**7TH STRONG
FORWARD AND READY!**



7TH MISSION SUPPORT COMMAND OFFICE OF THE INSPECTOR GENERAL



DYK –AR 600-8-19 Enlisted Promotions and Reductions

Purpose: To prescribe the enlisted promotions and reductions functions of the military personnel system, which includes filling authorized enlisted spaces with the best qualified Soldiers.

Promotion Categories:

- **Decentralized-** Specialist (SPC) and below
- **Semi-Centralized-** Sergeant and Staff Sergeant (SGT-SSG)
- **Centralized-** Sergeant First Class, Master Sergeant, Sergeant Major (SFC, MSG, SMG)

AGR vs. TPU Promotions...What's the difference??

- USAR/AGR Soldiers eligible for promotion to the rank of Sergeant and Staff Sergeant physically appear before a promotion board panel. USAR/TPU Soldiers do not. USAR/TPU promotions are processed by electronic submission only.

Roles in Semi-Centralized Promotions:

Three people are responsible for the promotion packet composition, review, and submission to the Promotion Board:

- **1) The Soldier 2) Unit Administrator 3) Commander**
- **No one can deny or stop a promotion packet!!**. Promotion boards will review the unit CDR's recommendation (Yes/No) and validate a Soldier's recommendation with a yes or no vote to the promotion authority, recommending whether a Soldier should be integrated onto the promotion recommended list.
- **Promotion Authority-** CDR's of any unit authorized in the rank of LTC or higher



7TH STRONG!
FORWARD & READY



510th RSG activates

Story by Capt. Joseph Bush
and

Photos by Sgt. Daniel Friedberg

SEMBACH, Germany—The seven newest units in the United States Army Reserve were activated in a ceremony at U.S. Army Garrison Rheinland-Pfalz, Sembach Kaserne on Sept 14, 2019, under the 7th Mission Support Command.

Col. Scott K. Thomson, the deputy commander of the 7th MSC, officiated the activation of the 510th Regional Support Group and their Headquarters Company located in Sembach, the 83rd Sustainment Support Battalion and their Headquarters Company in Kaiserslautern, the 319th Military History Detachment in Wiesbaden, the 530th Movement Control Team in Grafenwoehr, and the 603rd Movement Control Team in Vicenza, Italy, under the 446th Movement Control Battalion.

In addition, the 406th Human Resource Company was inactivated.

“It’s becoming increasingly clear that our Army Reserve units and Soldiers in Europe are indispensable to the security posture to European Command, NATO and United States Army Europe,” said Thomson.

The realignment and activation of the new units was in support of both the EUCOM and USAEUR mission here in Europe. The 510th is the only forward stationed RSG in Europe organic to USAEUR. It will be able to support base camp operations for 6,000 or more Soldiers with mission in the theater, such as the Regionally Aligned Force in Poland as part of Operation Atlantic Resolve.

For Col. Aaron Justice, the commander of the 510th, the ceremony had special

meaning as he was the former commander of the 406th in 2010 and the inaugural commander of the 446th MCB when it activated several years ago.



“All four of my commands where represented here today,” said Justice. “I’m honored I was selected to activate a unit for a second time, and I hope I can mentor and lead the Soldiers and officers of the unit to continue the excellence they have shown in the short time they have been preparing for activation.”

The new units, as well as several other 7th MSC units, will be subordinate to the 510th RSG as it assumes the higher brigade-level command and headquarters.



“I have no doubt that in a year, these newly activated units will be the envy of the command within the 7th,” said Thomson. “Each of you have a good reason to stand tall, thump your chests and say ‘I built this’.





HOW CAN I COMPLETE A PHA ?

-  Step 1 - Complete part one of the PHA. Soldiers can complete their portion of the PHA at <http://www.mods.army.mil/>, and click on Medical Readiness Portal. On your dashboard under the Self-Service section there is a link for the PHA to complete part one.
-  Step 2 – If you are near a Medical Treatment Facility (MTF) call the appointment line at 06371-9464-LRMC (5762) or DSN: 314-590-LRMC (5762) to schedule an appointment to complete the PHA. Soldiers may also use the VIPRR clinic if they do not live near an MTF or clinic.



WHAT IS THE VIPRR CLINIC?

-  The Virtual Integrated Patient Readiness and Remote clinic was created to provide Readiness and Medical support for Active Duty Army Service members who do not have the traditional Army unit medical support (i.e. Brigade Surgeon) and/or local access to an Army Military Treatment Facility (MTF).
-  VIPRR Clinic
DSN: (314) 590-8477 / Civ: 49-6371-9464-8477
usarmy.landstuhl.medcom-lrmc.list.virtual-readiness-clinic@mail.mil

HOW CAN I COMPLETE MY DENTAL?

-  Obtain a DD Form 2813 (DoD Active Duty/Reserve Forces Dental Examination Form). Print out the form and take it to your civilian or military dental provider. The Soldier must complete fields 1-5. The dentist must correctly complete sections 6-10 of the DD 2813.
-  Send completed forms to SFC Perez (juan.a.perez32.mil@mail.mil) or Mr. Beatty (carl.e.beatty.civ@mail.mil) to update MEDPROS.

HOW CAN I REQUEST A TEMPORARY OR PERMANENT PROFILE?

-  TPU temporary and permanent Profile Request Packets are available for download at: <https://www.usar.army.mil/MedicalManagementCenter/>
-  Click on "AR-MMC Profile Request Packet JUL 2019" and follow the instructions for submission with the packet.

MEDICAL AND DENTAL READINESS PERIODS (MDRP)

ADDITIONAL DRILL ASSEMBLY ADA (RMA CODE 61) FUNDING:

-  Soldiers must provide proof (completed dental forms, Periodic Health Assessment, Immunizations, etc.) of completed appointments along with a completed DA 1380 in order to be properly compensated.

RESILIENCY

Red Ribbon week takes place October 23-31 annually.

was shoved into a vehicle by five males, tortured and never seen alive again.

In his honor, youth and parents alike started wearing red ribbons of satin destined to bring awareness to and battle illegal drugs, drug activity and alcohol.

Mr. Camarena spoke the words, "I am only one person, but I want to make a difference." This became the model for many coalitions formed after his untimely and unfortunate demise. In 1988, the first National Red Ribbon Celebration was held.

It was established in commemoration of the slain Drug Enforcement Administration Agent Enrique (Kiki) Camarena. On February 7, 1985, he

Shown to be a catalyst in communities, this awareness event has vastly grown and has reached millions of children and families.

This year's theme, "Send a Message. Stay Drug Free." is a call to action to speak out and support healthy choices. It is also a "message" to yourself and others about valuing yourself, your health, your future and your community.

Drugs cost you more than just money!



Safety News

The 7th MSC has a new TPU Safety Officer. MAJ Brodhead was previously assigned as Career Management Officer with ARCD in Milwaukee. During the week, he is an HR Specialist (MilTech) in the 7th MSC. Safety is something that MAJ Brodhead has been involved with throughout his career as a Tank Mechanic, Security Forces Officer, XO at the Milwaukee MEPS and at the Milwaukee VA Hospital. He looks forward to improving our safety program in the coming years.

Safety Spotlight

Army Accident Reporting Requirements. Any Army accident involving full-time Army military personnel (either on or off-duty) requires notification to the Safety Office. Additionally, supervisors must report all on-duty Army Civilian injuries and any on-duty injury involving a TPU Soldier to the Safety Office. REF: AR 385-10, Chapter 3, paragraph 4 and DA Pamphlet 385-40.

Safety Training

Winter-driving: Annual training is required for all Soldiers and Civilians who drive transportation motor pool (TMP), General Services Administration (GSA), or military vehicles.

Army regulations require this training to occur during the month of October.

Unit Safety Officers: Safety officers must complete the U.S. Army Combat Readiness Center (USACRC) Additional Duty Safety Officer (ADSO) Course" within 90 days of appointment. This course (# 2G-F95_DL) is available online (USACR) website (<https://safety.army.mil/>) or within ALMS at (<https://lms.army.mil>). The course is a onetime requirement within 90 days of appointment to the position. Additionally, unit safety officers must complete the USACRC online "Risk Management Basic" course within 90 days of appointment. This course (#2G-F97_DL) is a onetime requirement for all newly appointed safety officers if they do not have a previous record of completion.

NOTICE

REPORT ALL ACCIDENTS AND INJURIES TO YOUR SUPERVISOR IMMEDIATELY

Questions? Contact the 7th MSC Safety Office
Ms. Rachael L. Long, DSN: 314-528-0282, Email:
rachael.l.long.civ@mail.mil.

RESILIENCY

Chaplain Corner

How far can a dog run into the forest? It sounds like one of those ethereal

questions like the sound of one hand clapping or weighing a pound of fire, but there is actually a legitimate answer. No, it doesn't depend on the size or breed of the dog; maybe it has more to do with the forest or at least our understanding of it.

Sometimes the work seems long and hard. It seems like problems will never end. We feel stuck here in this situation forever. But that's when it is good to look to the world around us. When is the tide the lowest? When it begins to come back in (be careful with this when you visit the North Sea-the tide goes way out and returns swiftly and dangerously). When has the hill reached its peak? When you begin to go downhill. When is the question too hard? Only when you stop seeking an answer. When is the task too difficult? Only when you stop trying.

Life can be difficult, but therein lies its value. At a certain point, things change. Uphill becomes downhill. Night dissolves with the first rays of dawn. The key is not to give up, but to persevere. The Apostle Paul found value in suffering. He said that suffering produces endurance and endurance produces character and character, hope. As Winston Churchill is reputed to have said in the shortest commencement speech on record: "Never, no never, no never give up!" There is something about coming out on the other end.

How far can a dog run into the forest? Half way. Because once he has run half way in, he is on his way out. As long as you are trying, you are not failing. And remember, you are not alone.

Pro Deo et Patria!

CH (LTC) Robert Crawford, Command Chaplain



SGLI ONLINE ENROLLMENT SYSTEM

Effective 1 OCT 2017, the Army launched its Servicemember's Group Life Insurance Online Enrollment System. Once your SGLV Form 8286 is completed in SOES it will automatically export a copy to your Soldier Personnel Electronic Records Management file (iPERMS) within 24-hours.

ADVANTAGES OF SOES

- Automated system where service members can elect beneficiaries & coverage amount
- Accessible through DoD milConnect portal
- Initiate spousal notification as required by law
- Available 24/7 for service members to manage their SGLI and FSGLI
- Eliminates errors and claim payment delays
- Provides Casualty Assistance Officers with on demand access

PIECE OF MIND

- Don't let unkept SGLI and FSGLI documents cause undue stress in legal actions for your surviving family members.
- Secure your piece of mind and keep SOES up-to-date!

MORE INFORMATION

For more information on SOES and how to manage your SGL & Family SGLI coverage visit:

<https://www.benefits.va.gov/insurance/training/SOES/SOES.htm>



Retention



Are you 12 months from your ETS?

If so, it's time to reenlist! Reach out to us and we will go over your options as well as possible incentives.

Are you relocating back to the States?

We can help you find a new Reserve unit.

Are you a new Soldier to the 7th MSC?

Contact us to verify your contract dates.

Have you thought about becoming an Officer or Warrant Officer?

You can do it as a TPU Soldier.

For answers to these questions and more



Contact Us

MSG Blanco 314.528.0279

SFC Moore 314.528.0280





Back to Basics: Proficiency at heart of 2500th DLD's Europe Mission

Story and Photos
by
Capt. Desiree Dillehay

Twenty Soldiers with the 2500th Digital Liaison Detachment conducted basic warrior tasks and focused on understanding battlefield enablers during the unit's annual training Aug. 10 to 23, here, at the Grafenwoehr Training Area. The unit focused this year's training on improving proficiency of basic individual and collective warrior tasks, such as land navigation, unit weapons systems, vehicle operations and communications equipment. "The ability to move and fight is just as important as the ability to do staff work," said Col. Christopher Varhola, the current 2500th DLD commander.

This is the first time in several years that the unit has conducted an annual training like this, as the unit usually deploys small teams throughout the European theater to work with partner nations in place of a traditional annual training. "The DLD's job is to connect coalition divisions and corps with U.S. maneuver forces utilizing the full suite of mission command systems across the spectrums of field artillery, air defense, operations, logistics and intelligence," said Varhola. The American Army fights as part of a coalition, and it fights using mission command systems, added Varhola. "The DLD connects the two." The ability to bridge the communication gap between coalition units directly impacts how the DLD's higher

headquarters and other U.S. Army Europe forces operate.

"We are still working through significant challenges in working together, (but the DLD helps) these two parties come together," said Col. Gregory Gimenez, the next 2500th DLD commander.

These types of units were created after the Gulf War. In the early 90s, the Army recognized a significant strategic gap in helping nations work and fight alongside each other.

"This filled that gap," said Gimenez.

"Imagine that we have a deep airstrike at the same time that a coalition unit is conducting an offensive. We deconflict to ensure that there is no friendly fire and to ensure that we can jointly mass fires on our target," said Varhola. "And that at the end

of the day is really what we do. That is the seriousness of our mission.”

Varhola reiterated that training is the unit’s number one priority.

“The doctrinal DLD mission is so complex that it requires constant attention and training,” added

Varhola. “But at the same time, we have

to maintain those critical combat skills that allow us to survive in combat to do our doctrinal mission.

This requires a lot of dedication from all the unit members.”

Conducting basic Soldier tasks —

shoot, move, communicate — in addition

to conducting higher-level staff work is essential to operating anywhere.

“We are proficient with our mission command systems and communicating between U.S. forces and partners,” said

Master Sgt. Carlos Garcia, acting sergeant major for the

2500th DLD. “But it’s important we come together as a team. You never know exactly where you are headed next and we might not always be sitting behind a mission command system.”

The 2500th DLD is a U.S. Army

Reserve unit based in Vicenza, Italy,

consisting of 30 Soldiers. Most of these Soldiers are higher ranking and have previously served on active duty.

“The skills each Soldier brings to the table are what builds the team,” said Maj. Leyland Torres, 2500th DLD operations chief. He added that many of the Soldiers work in civilian positions supporting the Army in Europe or are on Active Duty Operational Support (ADOS) orders with other units.

Sgt. 1st Class Eric Herrera, transportation logistics noncommissioned officer with the 2500th DLD, is one such example. As one of four DLD Soldiers on ADOS orders with U.S. Army Africa, Herrera’s full-time job aligns with what he does as a Reserve Soldier.

“Going downrange and perfecting relationship and communication skills benefits both jobs,” said Herrera.

**“We have to
maintain those
critical combat
skills that allow us
to survive in combat
to do our doctrinal
mission.”**



Meet your Family Programs Team



DANIJELA ADAMS

**FAMILY READINESS SUPPORT ASSISTANT
510TH RSC/209TH & 250TH DLD/773RD CST**

"Having been a military spouse for more than 16 years and having my husband deployed for more than four years of our marriage, I understand the value of the SFRG. During these deployments, the SFRG provided me the physical and social support I needed to make me strong, resilient, and confident in facing the myriad challenges of being a military family. The SFRG was a light that helped me navigate the dark and unfamiliar territory of the Army with confidence. This is why I love being there for other family members."



**DANIELLE HANSON
FAMILY PROGRAMS
DIRECTOR**

"My passion is to serve Soldiers and their Family members to ensure they are prepared to effectively navigate the challenges of daily living experiences in the unique context of military service. As an Army Vet, and a retired MilSpouse of 15 years, I personally understand these challenges, whether its financial, employment, relocation readiness, stress or anger management we are here to guide you in the right direction to ensure every member of the TEAM is Ready and Resilient."



ANDREA DEFIBAUGH

**FAMILY READINESS SUPPORT ASSISTANT
361ST CA BDE/MSU-E/7TH ILE**

"Working with the military has taken me great places personally and professionally, from Spain to Japan to Germany. I've enjoyed all the experiences and opportunities I've been on and my passion for supporting others in the military community has been with me throughout all of it."

**"Connecting, Engaging, and Empowering
Readiness & Resiliency in every USAR Family"**



Army Reserve Family Programs (ARFP) is a comprehensive blend of quality of life programs in support of Department of Defense activities. Family Programs is a Commander's force multiplier for mission readiness. Family programs staff serve as the primary coordinating resource, who provide a multitude of unit and community-based services that foster the growth, development, and readiness of Soldiers and Families assigned to the Command.

Additionally, ARFP provides a single gateway to responsive Family Crisis Assistance. ARFP provides a unit and community based solution that connects people to people. By pinpointing Families-in-need and local community resources, the Army Reserve can quickly connect the Soldier Family and resources thus providing installation-commensurate services in the geographic location of the crisis

October is Domestic Violence Awareness Month, Do you know your Reporting Options for Domestic Abuse?

What is Domestic Abuse:

Domestic violence or a pattern of behavior resulting in emotional or psychological abuse, economic control and/or interference with personal liberty when such violence or abuse is directed toward a person, who is a current or former spouse; a person with whom the abuser shares a child in common; or a current or former intimate partner with whom the abuser shares a child in common; or a current or former intimate partner with whom the abuser shares or has shared a common domicile.

Restricted vs. Unrestricted Reporting

RESTRICTED REPORTING:

Report to:

- Victim Advocate Team
- Military Healthcare Providers (including FAP Clinical social workers)

Not Reported to:

- Offender
- Commander
- Law Enforcement

UNRESTRICTED REPORTING:

- Reports of domestic abuse to the chain of command are unrestricted reports
- Victim receive advocacy services & other support services are provided
- Domestic abuse is reported to the offender's chain of command, law enforcement & Family Advocacy
- Family Advocacy initiates assessment, case management & Case Review Committee is convened
- Law enforcement investigates
- Medical care is provided as requested
- Command ensures safety & takes action as indicated to include separation from offender

Facts:

1996: The Lautenberg Amendment to the Gun Control Act made it illegal for anyone convicted of a domestic violence misdemeanor to possess a firearms. Some exceptions are made, but by and large, the amendment does apply to military, meaning they may be discharged after a conviction.

Transitional Compensation Program: is a congressionally authorized program for abused dependents of military personnel. The legislation authorizes temporary monetary payments for Families in which the Active Duty Soldier has been court-martialed or is being administratively separated for a dependent-abuse offense.

Know your options, it's your right.

JOIN THE ARFP CONVERSATION!

DOWN LOAD THE APP TODAY
The Double Eagle App keeps Army Reserve leaders, Soldiers, Family members, and Department of the Army Civilians up to date on information about the Army Reserve.



24/7 connection to information, answers and support. Dedicated to the greater military community. Helping service members, military spouses and families take full advantage of all the benefits and resources they have available.

For more information visit the website at
www.MilitaryOneSource.mil 1-800-342-9647

HEALTH AND WELLNESS COACHING (Free to Army Reserve)

WHAT COACHING IS

*Partnering with members in a thought provoking and creative process to promote healthy lifestyle change

*Inspiring people to live life to their fullest potential personally and Professionally

* A forward-looking process where each member establishes a vision, clear goals and action steps

*Driven by the member and supported by the coach-the coach doesn't tell you what to do or how to do it, but stands by your side as you share

what you really want and what actions you're truly ready to take

*Helping members to identify their strengths and use them to create their own solutions

FOCUS AREAS: Weight management, fitness and nutrition, living well with a health condition, stress management, and life transitions (adapting to lifestyle change or retirement).

To sign up with a coach, call 800-342-9647 or schedule online coaching sessions.

BE STRONG

POWERED BY
healthyarmy
COMMUNITIES



SOLDIER RECORD BRIEF REVIEW

The Army's Annual Records Review is required for all Soldiers, regardless of component. Completing an accurate and thorough record review has long term benefits for the Soldier, including preparedness for centralized promotion boards, providing substantiating documents for military pay and entitlements, and post-service documentation of the Soldier's career.



LOG IN

<https://selfservice.rcms.usar.army.mil/SelfService/Home/CareerCenter/ARHome.aspx>

MY RECORD BRIEF



Click on "My Record Brief", "View Automated Record Brief", and save. Open document and select print.

REVIEW RECORD BRIEF



Review document to ensure the data is correct. If data is not correct, please annotate changes in "red and legible", add supporting documents, and turn into your S1 for updating. This will be done for all required changes.



SUBMIT DOCUMENT

Authorized documents to submit to your S1 that support requested changes to your SRB can be found here: <https://www.hrc.army.mil/content/Record%20Update%20and%20Maintenance>



VALIDATE RECORD BRIEF

Once the S1 has completed updated they will notify the Soldier that changes were made. Upon Soldier notification of completion of update, they will log into "My Record Brief" again. The Soldier will review the changes. If all changes were made correctly, the Soldier will click on "Validate Current Record Brief Data"

CERTIFIED RECORD BRIEF



Once Soldier has validated the record brief, they will notify the S1 who will then certify the Record Brief completing the process.

Public Health Alert: Severe Lung Illness Associated with E-Cigarette Use

As of Sept. 17, 2019, seven deaths and 380* cases have been linked to the current outbreak of severe lung illness associated with e-cigarette use. These numbers will continue to change while the investigation is ongoing. Until we know more, individuals are encouraged to avoid using all e-cigarette or vaping products.

The specific cause of these illnesses is still unknown. All patients reported a history of e-cigarette product

use within days or weeks of their symptoms starting. The most likely cause is a chemical exposure from use of e-cigarette products.

The investigation has not identified any specific e-cigarette product (devices, liquids, refill pods, and/or cartridges) or substance that is linked to all cases. Many affected individuals reported using products containing THC, but some reported only using products containing nicotine.

If you do choose to use e-cigarettes, do not buy these products (e.g., e-cigarettes or vaping devices with THC, other cannabinoids) off the street, and do not modify them or add any substances that are not intended by the manufacturer. Even then, it is difficult for consumers to know what e-cigarette products contain. Many vape oils do not disclose that they may contain potentially hazardous and/or illegal substances. Consumers who may not be seeking products containing these substances may unintentionally purchase and use them.

If you experience any of the following symptoms and currently or recently used e-cigarettes, see your health care provider right away:

- cough, shortness of breath, or chest pain
- nausea, vomiting, or diarrhea
- fatigue, fever, or abdominal pain

In addition to the threat of lung illness, Soldiers risk violating Army Regulation 600-85, The Army Substance Abuse Program, which prohibits them from using hemp or products containing hemp oil. Soldiers are also prohibited from using synthetic cannabis, to include synthetic blends containing CBD oil and other THC substitutes ("spice"), or any other substance similarly designed to mimic the effects of a controlled substance.

If you are a current or former tobacco smoker who is using e-cigarettes to quit smoking, consult your health care provider for an alternative evidence-based cessation method. Regardless of the current outbreak, teenagers, young adults, and women who are pregnant should not use e-cigarettes.

* The previous case count from the initial public health alert released in early September was higher because it reported possible cases that were under investigation by states. The current number includes only confirmed and probable cases reported by states to CDC after classification.

More information is available at the following websites:

<https://phc.amedd.army.mil/topics/healthyliving/tfl/Pages/Vaping.aspx>
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html





Can you believe it! In this day and age of a **USB-less** Military the 7th MSC's **#1** Cyber Security **fail** is for unauthorized USB connections flagged by the USAREUR Network Enterprise Center (NEC).

#1 reason for 7th MSC's user violations:
"I was just charging my phone."

Plugging in a phone provides a gateway for malware to enter and attack our entire USAREUR network!



- ✓ Take security and safety precautions
- ✓ Understand the consequences of actions and behaviors online
- ✓ Protect information and information systems
- ✓ Increase the resiliency of our cyber infrastructure
- ✓ Create a culture of awareness

Know your HQ 7th MSC Cyber Security POC's;

Mr Cadatal/Mr Davis - Information Systems Security Officer/ IA Manager

DSN/CML - 314-528-0236/0227 or +49 (0)611 143 528 0236/0226

Email Address - rodney.m.cadatal.ctr@mail.mil, mark.a.davis4.civ@mail.mil

HQ 7th MSC G6 SharePoint: <https://intranet.eur.army.mil/21tsc/7msc/g6/SitePages/Home.aspx>

Own IT. Secure IT. Protect IT.

More at: www.dhs.gov/national-cyber-security-awareness-month

FORWARD & READY





Five 7th MSC officers graduate Army War College

Story by Sgt. 1st Class Dulen
and

Photos by Courtesy

When military officers graduate from the Army War College, they don't just receive congratulations and an overwhelming sense of accomplishment, they also receive a Master's degree in Strategic Studies.

Five U.S. Army Reserve officers from the 7th Mission Support Command based out of Kaiserslautern, Germany, graduated from the U.S. Army War College Class of 2019 on Carlisle Barracks, Pennsylvania, July 26.

The two-year distance education program had a high proportion of Reserve component officers in its graduating class of 367.

"Split between a resident and distance learning course, the Army War College is difficult to get in to," said Col. Aaron Justice, commander of the 510th Regional Support Group, 7th MSC, and recent War College graduate. "It is

an important step in my career as it shows the Army values my previous accomplishments and believes I have the potential for future service."

The 2019 graduating student body included officers from the active, Reserve and National Guard Army, active and Reserve Marine Corps, active and Reserve Navy, active and Reserve Air Force and the Air National Guard, as well as international officers from Germany, Netherlands and Lithuania.

"It is always difficult balancing a civilian career, family, Army Reserve job and then adding school."

Thirty-eight civilians from the departments of State, Army, Justice, Homeland Security, Defense, intelligence agencies and Congressional staff also received diplomas.

"The two-year curriculum was primarily online learning, with two resident phases at Carlisle," said Carol Kerr, Army War College public affairs. "The work spanned international relations studies, military planning, military exercises, case studies, and individual projects."

Justice, along with Col. Betty Cummiskey, Col. Ed Jugueta, Lt. Col. Clifton Kyle and Lt. Col. Kenneth Gilliland, juggled the two-year curriculum while maintaining their Army Reserve officer careers,

family lives, civilian jobs and other responsibilities.

"It is always difficult balancing a civilian career, family, Army Reserve job and then adding school," said Justice. "I had just completed another Master's degree as well as the Joint and Combined Warfighting School-Hybrid course so knew what to expect from a distance learning environment."

The class is designed to change thinking and leadership approaches from operational and tactical to strategic to help meet the needs of servicemembers across all components.

"Completing the Army War College will not only help me think and plan strategically but it will also help me communicate and

execute those plans," added Justice.

Though trying at times, Justice said he has a lot to be thankful for when he thinks back on the last couple years.

"It was a long and tough two years," he said. "I am thankful not only to my family but also to the 7th MSC for letting me juggle my (Troop Program Unit) requirements when I had pressing War College requirements."



EQUAL OPPORTUNITY

The 7th Mission Support Command Equal Opportunity (EO) Office mission is to ensure the Equal Opportunity program formulate, direct and sustain a comprehensive effort to maximize human potential and to ensure fair treatment for all personnel assigned to the 7th MSC, to practice a work environment free from unlawful discrimination. Based on race, color, religion, gender, national origin and sexual orientation.

The Equal Opportunity staff provides training, conducts informal inquiries, support community events, coordinates complaint investigations. They also provide human relations training, guidance in formal and informal equal opportunity and treatment complaints processing, conduct complaint clarifications, mediate complaints, provide awareness training on subjects relating to human relations (i.e., cultural diversity, and team building.)

We are currently resourcing Commanders to assign Equal Opportunity Leaders (EOL) within their units. EOL is an additional duty appointment that supports fulfilling the Equal Opportunity mission within their units. EOLs assist Commanders by hosting regular Ethnic Observances, assist Command in monitoring EO programs and policies, support intake of EO complaints and actions and route through appropriate office of responsibility, diffuse conflicts and build harmony to enhance unit cohesion, esprit, and morale, and encourage soldiers to use their chain of command to solve problems.

US Army Europe has scheduled trainings in Europe. Soldiers of ranks E-5 to O-2 and W-1 to W-5 are eligible for this duty. Appointments are made by the unit and sent to week school in Vilseck, Germany.

The FY 2020 dates are as follows

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9-17 Dec 2019

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6-14 Jan 2020

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30-7 Feb 2020

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24 Feb-3 Mar 2020

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30 Apr-8 May 2020

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1-9 Jun 2020

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21-29 Sept 2020



For more information contact
MSG Wendy Williams,
7th MSC Equal Opportunity NCOIC
wendy.a.williams.mil@mail.mil
or
+49 611 1435280262.



HHC FY20 BA SCHEDULE

26-27 October	MUTA 4	APFT/Staff TRNG/COA Development
15-18 November	MUTA 8	SRP/Weapons Qual/Mandatory TRNG
14-15 December	MUTA 4	COA Brief/Mandatory TRNG/Family day
11-12 January	MUTA 4	APFT/Staff TRNG/ROC Drill
7-9 February	MUTA 6	APACS/PCC/PCI/JSCC Staff TRNG
7-8 March	MUTA 4	Section TRNG/Prep for JSCC
17-19 April	MUTA 6	UTP-UTC/MR2/SRPLVL2/APFT/DEF 20 Prep
25 April - 20 May	AT	DEFENDER 20
May	MUTA 0	NO BA
6-7 June	MUTA 4	APFT/AT Recovery
18-19 July	MUTA 4	Family Day
August MUTA 0	MUTA 0	NO BA
12-13 September	MUTA 4	Mandatory TRNG Make-up/SRP Level 1

HHC Sharepoint

Policy/RFO Forms/1380
Templates/IDT Memorandum/BA Schedule/ATRRS
Quotas/ATRRS School
Request Packet/
<https://intranet.eur.army.mil/21tsc/7msc/HHC/Site-Pages/Home2.aspx>

HHC Pay Inbox:

Submit all and only
1380's, Orders, and pay
inquiry's to the pay inbox
for processing. All other
actions please route through
the designated
POC.
usarmy.rheinland-pfalz.7-msn-spt-cmd.mbx.hhc-pay@mail.mil

Available ATRRS Course Quotas:

Unit Movement Officer
Deployment Planning -
20191201-20191213

Master Driver Course
(GCSS-A) - 20200810-
20200811

USAEUR Physical Security
Officer Course - 20200823-
20200904

Human Resources Specialist
Course - (Phase 1)- 20200718-
20200801 - (Phase 2)
- 20200801-20200814

If you are interested in
attending any of these courses
please fill out the ATRRS
School Request Packet and
submit to SSG Medina in the
HHC at:
mark.l.medina.mil@mail.mil

HHC Duties & Responsibilities

Mr. James Parks
Staff Administrative Specialist

SSG Mark Medina
Training NCO

SSG Westley Ricketts
Training NCO

ARB Updates
Flags
Personnel Actions
In/Out Processing
HHC Sponsorship Program
UMR Maintenance
Personnel Recors
25-R (Orders 30+days)
NCOER/OER Tracking
Awards
Rating Scheme
iPerms
RST Requests
Medical Readiness
Unit Pay Administrator
(ADARS/RADARS Operators)

ATRRS Operator
RLAS Request for Orders
(ROF) Operator
DTMS Operator (APFT,HTWT,
Weapons Qual
Leave & Passes
Staff Duty Coordinator
IDT Reviewer/Approver
Arms Room Key Custodian
Rations Card
Meal Entitlement Maintenance
HHC Taskers
iPerms
Alternate Unit Pay
Administrator

CUB/OPS Brief/IPR's/HHC
Representative
Schedule, Plan, Coordinate HHC
TRNG Events
DTMS Operator (Publish TRNG
Schedules)
RLAS Fund Manager
Ammo Requestor (TAMIS)
DTS Reviewer/Approver
Arms Room Key Custodian
Rations Card
Meal Entitlement Maintenance