

7TH

24/7

T&E
M S C

STRATEGIC READINESS

**7TH MSC SETS SIGHTS ON A
BUSY 2020**

JSCC SYMPOSIUM

**FOCUSING ON PROTECTION AND
PARTNERSHIPS**

A UNIQUE MISSION

**773RD DEMONSTRATES CAPABILITIES TO
U.S. DEFENSE LEADER**

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UNIQUE MISSION

773rd CST attracts U.S. defense leader

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FROM THE



Guten Tag, Team Ready!

I hope all teammates had an awesome holiday season and are feeling refreshed, excited, and ready for 2020 as this year is filled with great opportunities for 7th MSC Soldiers and units. We have the very distinct honor of representing our Country in the European Theater and serve as the stalwarts for freedom and democracy around the globe. You represent the very finest our Nation has to offer and it's an honor to serve with you.

Our biggest opportunity to grow and build expertise is supporting Defender 20. We have a big role in supporting United States Army Europe in demonstrating the United States military's ability to rapidly deploy a large combat-credible force of Soldiers and equipment from the United States to Europe in support of the U.S. National Defense Strategy and objectives defined by NATO to build readiness within the alliance and deter potential adversaries. With more than 20,000 U.S. service members deploying from the United States, Defender Europe 20 will be the largest deployment of U.S. forces to Europe for an exercise in the over 25 years.

Another opportunity we will implement in 2020 is focusing on our key battle drills of shoot, move, communicate, medicate, decontaminate, protect, and sustain. Additionally, we will aggressively pursue increasing the Duty Military Occupational Specialty Qualification and Professional Military Education of our Soldiers as education is one of the three key pillars in building a professional Soldier and Army.

I also want to take this opportunity to talk about "inner drive." In order for the 7th MSC to achieve sustained proficiency, great effort will be required from all of us. While each of us is motivated differently, we all need to understand the importance of our mission. For those with doubts, let me highlight some notable achievements in just a few short months: we are an essential part of USAREUR and 21st TSC and have been tasked with standing up a Joint Security Coordination Center during Def 20, the first time this concept will be utilized on the continent and we are charged with coordinating the security posture and response capabilities for the exercise. This is huge responsibility but one I know the Soldiers of the 7th MSC look forward to. Also, because we have excellent Soldiers in our formations, we lead or are near the top in many Army Reserve individual Soldier Readiness categories and we demonstrated our compassion to our fellow Soldiers and families by providing toys to our Soldier's children as part of the inaugural Operation Weihnachten which has the opportunity to grow into a very special event. So, great achievements have already been accomplished and so many more opportunities exist.

Team Ready, we are closer to a potential adversary than most of our Army Reserve brothers and sisters so we need to live life abundantly, making a difference, shining our light for all to see. Don't buy into the hype that we are moving too fast as nobody knows what tomorrow has in store for us so let's achieve as much as possible today!

Finally, I am a dreamer. I understand that dreams give birth to change. As a dreamer, I also take a leap of faith and begin this wonderful New Year believing that all members of Team Ready have something to contribute to this change. I invite you to take ownership of our "Zusammen erreicht jeder mehr" Together, everyone achieves more! This will be a year of transformation. I hope each month of the year moves us closer to turning dreams into reality.

Many blessings to you and your family during this New Year.

See you on the trail,
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.

VISIT DVIDSHUB.NET FOR SUBMISSION EXAMPLES.

COMMAND

Team,

It's hard to believe that 20 years have passed since many experts predicted the world as we knew it was coming to an end due to the new millennium and Y2K scare. Computers systems were going to crash, people were stocking up on food and water, and some were just plain panicking. Thankfully, it all worked out and we have continued to grow as a nation. As we enter each New Year, it's always a great time to reevaluate ourselves and our organization to determine how we can improve and continue to prosper. One area in particular is communication. Your reaction might be, well that's obvious. I would respond by pointing out that I wouldn't be highlighting it if it weren't a challenge. This is not unique to the 7th MSC, but it is a challenge none the less. My challenge to you is how do we improve in this area? I have some ideas myself.

The first thing everyone has to realize, is that even though we are in the Army, we are still a customer service oriented organization. You may be wondering how, so I'll tell you. First, our Soldiers are our customers. Second, each level of command/echelon you go up, your subordinate units as a whole are your customers. Last, we need to understand that the better we communicate with them, and them with us, the more information we will have to better assist them with making us more efficient in accomplishing our mission.

We must also look at the bigger picture and ask ourselves, who else needs to know. That means our Soldiers, unit to unit, and staff to staff. It includes up, down, and lateral as well. To add one more element, officers to enlisted and vice versa. If everyone is working unselfishly toward the same goal through clear communication that leads to cohesive teamwork, we will all accomplish so much more.

"BE THE BEST"

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
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SGT. 1ST CLASS JOY DULEN
PUBLIC AFFAIRS NCOIC
CONTENT AND LAYOUT

FOLLOW US:



FROM THE CXO



Team,

I want to welcome everyone back from the holidays and I hope that each of you took time to recharge and spend quality time with your family and friends. As we look forward in 2020 I am excited about what's to come for the 7th MSC!

Beginning in January, support units from across Europe and the U.S. will begin setting the theater for Defender 20, the largest deployment of U.S. based forces to Europe for any exercise in more than 25 years. Defender 20 promotes security in the European Theater; strengthens partnerships, fosters trust, assures our Allies of the enduring U.S. commitment to their NATO deterrence, enables Allied force protection and interoperability, demonstrates the capabilities of the total force, and enhances combat readiness. The 7th MSC plays a critically important role in the exercise with the establishment of a Joint Security Coordination Center (JSCC) to conduct protection warfighting functions in

Belgium, Netherlands, and Germany.

The 7th MSC and America's Army Reserve continues to demonstrate our relevance in Europe by providing a ready, professional, flexible, and credible force to U.S. Army Europe and our Allies and partners.

In early 2020 I will begin laying out reforms that will refine and shape the way we do business in important programs across the Command. We will roll out a new onboarding program for Civilian employees as part of a larger Command sponsorship program. The new onboarding program will streamline and reduce the onboarding time for newly hired employees as well as provide valuable resources that help employees and their families settle in to their community. We will also roll out updates to budget and financial management programs that ensure sufficient internal controls exist to promote good stewardship of our limited resources.

We will continue to work together to build individual and strategic readiness. Individual readiness is the foundation for providing trained and ready Soldiers to the fight and is critically important to the 7th MSCs credibility and relevance in Europe.

I look forward to continuing to work with everyone to support our Soldiers, civilians, and family members.

7th Strong!

Forward and Ready!

Mr. William Huggins
Command Executive Officer

AROUND THE ARMY



IMPLEMENTATION PERIOD

OCTOBER 2018
ACFT Field Test Period Begins: Master Fitness Trainers start training at select units.

MARCH 2019 - OCTOBER 2019
Selected units will take two not-for-record ACFTs.

OCTOBER 2019
Initial Implementation: Entire Army will take two not-for-record ACFTs approximately six months apart.

NO LATER THAN OCTOBER 2020
ACFT becomes the Army physical test of record.

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/>



GREEN TO GOLD

ELIGIBLE SOLDIERS SHOULD SUBMIT COMPLETED APPLICATIONS TO U.S. ARMY CADET COMMAND NLT APRIL 1st, 2020! For more info, go to:

<https://www.goarmy.com/careers-and-jobs/current-and-prior-service/advance-your-career/green-to-gold/green-to-gold-scholarship.html>

Fall application phase: MARCH 15 | Spring application phase: OCTOBER 1



U.S. ARMY RESERVE GRFD SCHOLARSHIP MINUTEMAN CAMPAIGN

- ▶ 4 years of full tuition
- ▶ Monthly stipend
- ▶ Book stipend and more



7th MSC hosted the JSCC Protect Symposium after the Defender 20 final planning conference in response to a great need to bring many headquarters and international partners together to focus on the protect function in the Defender 20 exercise.

The JSCC Symposium brought allies together from Germany, the Netherlands, Belgium, and the United Kingdom along with security planners from the 7th MSC HHC, 773rd CST, 361st CA BDE, 21st TSC G3 Protect, IMCOM DES, 598th Trans BDE and USAREUR G34 to focus on protecting all of the military equipment and personnel that will be transiting across Europe in order to support the exercise.

JSCC Symposium focuses on protection and partnerships

Patricia Giera

7th MSC G-34 Protection Chief

KAISERSLAUTERN, Germany – The 7th MSC hosted a Joint Security Coordination Center (JSCC) Protect Symposium on December 12-13, 2019 at Panzer Kaserne.

The JSCC will stand up on Jan. 7, 2020 and assume full operational capability on Feb. 18, 2020 in order to coordinate security operations in the rear area for the Defender 20 exercise.

Planning sessions covered antiterrorism and Intelligence coordination, CBRN support to operations, civil-military liaison with Belgium, the Netherlands, and Germany, and establishing a multinational military police force within Germany.

The event included a no-host social and culminated with a Rehearsal of Concept (ROC) drill with participation from allied nations as well as 21st TSC Protect and 18th MP Brigade.

(Top and Right) Security planners from U.S. Army Europe and 7th Mission Support Command, along with allied partners from Germany, the Netherlands, Belgium, and the United Kingdom, discuss security and protection for the upcoming Defender Europe 20 exercise at a Joint Security Coordination Center Protect Symposium held on Panzer Kaserne in Kaiserslautern, Germany, December 12-13, 2019.



Suicide Prevention



Hello All!

I am Scheyda Stasik and as your new Suicide Prevention Program Manager (SPPM), I am extremely happy to serve in the KMC with you; I would like to give you a little background so you can get to know me.

I was born in Germany, but my family hails from Austria; naturalized in San Antonio I call Friendswood, TX, home. Retired Air Force MSgt. Started active duty as an Aerospace Ground Equipment Mechanic (AGE) – I know sounds exotic, but I was just a wrench turner. After doing

that for a year, I cross-trained into Legal where I spent the rest of my military career as a paralegal specializing in European Family Law, as well as Military Justice and NATO Claims. Had additional duties as Intel Augmentee plotting troop movements, NATO TAC EVAL Exercise Evaluator at Spangdahlem AB and almost the rest of my career as a primary member of the Disaster Response Team. During this exciting time, I was one of the first five enlisted personnel to attend the DOD Environmental Law Course. After a stint with the AF Family Center at Aviano after I retired, and being the only VA Work-Study in Europe at the time as well as acting Retiree Affairs Officer at Aviano, I decided to get a real job.

My first GS position was as the Financial Readiness Program Manager (FRPM) in Bamberg, GE, with extra duty as the Family Readiness Group Liaison when the 1st ID, also known as the “Big Red One” was deployed to Iraq. Then on to Camp Darby, Italy as the Mobilization and Deployment PM (Mob/Dep). After that, I worked for the 6th Recruiting Brigade in Las Vegas and Human Resources Command in Alexandria Virginia, where my additional duty was the Army Wounded Warrior (AW2) Liaison. From there I moved on the 75th Training Division as their first Family Programs Director; went back to Camp Darby for three years and subsequently returned to my position with the 75th.

I have a BA in Psychology from University of Maryland, and currently finishing my MA in Diplomacy, with a concentration in Terrorism, with Norwich University in Vermont. I am a Master Resiliency Trainer, and completed courses from Duke University such as “Effects of War on Military Families,” “Women Veterans of Iraq and Afghanistan Gender Specific Issues Faced Across the Deployment Cycle,” and “Issues of Women Returning from Combat.” Also from Duke “Treating the Invisible Wounds of War, parts 1 and 2”; and “Suicide Risk Assessment.” Finally a course in Psychological First Aid from Weber University.

For Command Teams, I am one of the tools to assist. For Soldiers, Civilians, and Family Members, I am a trainer, information and resource POC and, while not a licensed counselor, I trained in Acute Traumatic Stress Management and have an empathetic ear if you want to chat.

Hip Pocket and Sergeants Time Training

We as NCO's must devote a portion of open training time each month and during Battle Assembly, it is our responsibility as leaders to train all Soldiers. The intent is not to fill time with useless information but to enhance the mental and physical demeanor of our troops. Heightening unit readiness through open discussion or directed instruction only leads to winning. NCO's plan, support, execute, and accomplish mission sets. However, the envisioned NCO concept was and has always been instruction. Knowledge is the key to Soldiers readiness and understanding in the support of a unit Mission Essential Task List (METL), Commanders Lines of Effort (LOE), and mission success. Training must intersect with the commander's intent through the highest command level Mission Essential Task List (METL). Success can only be met with complete teamwork and team understanding through training.

NCO's train utilizing Hip Pocket Training (HPT) or Sergeant's Time Training (STT). HPT or STT offers vacant space a solid and positive contribution to Soldiers. NCO's use HPT or STT to open communication channels and support with hands-on training, suggesting their own willingness to be in the fight alongside all enlisted Soldiers. HPT or STT with hands-on training provides real-world, useful, and needed preparation for our juniors. Section or specific Military Occupation Specialty (MOS) HPT or STT permits the building of trust amongst the enlisted ranks and in some events branches. Resourcing material, preparation planning, and executing training generates a deeper understanding for the mentor as well as subordinate. HPT or STT may not always be conducive to training. However, when gaps of 20 minutes or more are available, NCO's should be prepared to draw from HP or STT. Seniors need to ensure

that all NCOICs have a prepared HPT or STT on their person at all times when in uniform. Difficulties in scheduled training arise often. HPT or STT offer solutions to un-

scheduled downtime, associated with communication exercises. NCO's train, IAW "Backbone of the Army," resonates across our formations to remind us that for over 239 years, the NCO Corps has carried the responsibility of training, caring for, and developing Soldiers. STT once referred as the monthly, "NCO Call," provided NCOs time to discuss issues and updates in a peer setting, normally out of uniform and away from the instillation. The NCO Call was widely utilized to create a form where member of the corps could have an open conversation without fear of reprisal or offense. Professionalism was allows maintained although speech was never hindered. STT has replaced the NCO Call and with the mass changes throughout the military, so has open dialogue in the NCO Corps. The STT needs to become an integral part of the monthly schedule. Active/AGR units are adjustable in days and times; where as Reserve NCOs simply have scheduled times. In either, case the STT must be employed to gain confidence, trust, understanding, and belief in the NCO Corps.

Separation of forces between the lower enlisted, Junior NCO, Senior NCO, and Sergeants Major has become synonymous with a lack of mission success. HPT or STT provides Soldiers the knowledge needed to prepare for our Nation's wars. When conducted properly and timely, HPT or STT failures or delays, during combat operations maybe reduced. NCOICs at the lowest level need to ensure time is set for STT and have HPT ready when needed. NCOs, "Set a time, location, and stick to it!" Keeping the training realistic and specific to duties, either MOS or additional, delivers self-assurance to both the leaders and Soldiers. Leader's need to lead, develop, and mentor juniors this can begin through STT. All NCO's begin careers as juniors; no one's career begins as a Sergeant Major. Maintaining prepared HPT and dedicated STT will assist us in safeguarding the future NCO Corps.

NCO's may deliver or utilize hip pocket training anywhere. When Soldiers are on a range awaiting lanes, HPT training protects Soldiers from becoming complacent and uncaring. An occupied mind is an occupied Soldier. No Soldier joins the military to sit, wait, or even entertain themselves.



We as NCO's can entertain our juniors, yes even peers though HPT. Small group training sessions suggest a more familiar and level personal environment. Many Soldiers will feel obligated to provide input or listen more intently due to the small group setting. NCO's can utilize HPT to gain understanding of their Soldiers strengths and weaknesses. Direct vs. indirect conversation, creates a new avenue of approach for young leaders. The HPT may even open the minds of older leaders watching from the outside. HPT provides seniors perspective into their juniors, and Sergeants Major into their seniors. HPT can take many forms. Butcher-block forms of instruction work for some skill sets. HPT sand table instruction works well in field settings. NCO's explaining how sand tables work and what nature provides as models adds fun to the learning.

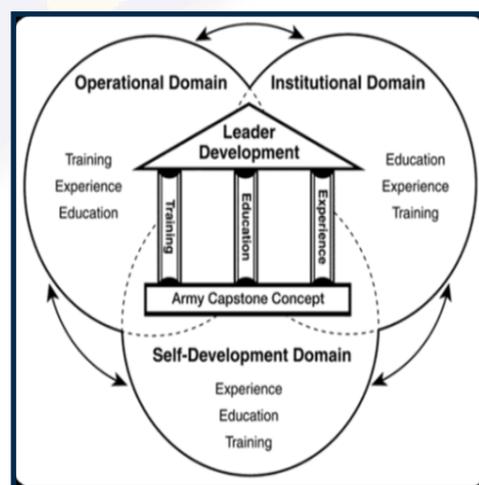
NCO's not directly involved in the HPT will, assess the training, provide professional criticisms, and recommendations to the NCO initiating the HPT. HPT may focus on the environment, current training conditions, weather conditions, or skills. The HPT NCO's are not always the subject matter expert (SME) although; need base knowledge in the subject trained. The HPT may offer information to the NCO to aide them in becoming the SME. Commanders also benefit from HPT, by allowing their NCOs the opportunity to show their self-worth in a responsible and comfortable atmosphere. NCO's are trainers and therefore desire to train. This is the NCO's responsibility.

Having the ability to ad-hoc, a HPT session demonstrates the NCO Corps at its best. A well-prepared and practiced HPT session is key to validating the training portion of the NCO's duties. Shadowboxing HPT training in order to prepare, develops the NCO's communication, research, and production skills more rapidly. NCO's have evolved; HPT facilitates the next generation of NCOs with their own evolution. Neither, HPT or STT fall under the category of Company time. Both HPT and STT are specific training exercises. STT is a planned event, a delivery system for information in a large group setting (CO/BN/BDE). STT is conducted at scheduled time and locations. Where HPT is unplanned although, a pre-prepared training event to a small group (Sq., Pl, or Co.). HPT is ad-hoc, unscheduled, and can be conveyed anywhere at any time.

Both HPT and STT are NCO led programs. Officers are welcome to partake in HPT however; STT is strictly an enlisted event. Justifications for STT with areas of topic fall on the Senior NCO. Commanders should approve the topic of discussion, normally desiring a weakness in readiness as the subject. Seniors NCOs set the tasks, conditions and standards for both the HPT and STT events. NCO's execute all Missions and Tasks.

Roles of the NCO

- Sergeants - Lead, Inspect, Train
- Staff Sergeants - Plan, Track, Execute
- Sergeant First Class - Supervise, Integrate, Coordinate
- First Sergeant - Manage, Mentor/Develop, Forecast
- Operations Sgt. Major - Plan, Synchronize, Resource
- Command Sgt. Major - Shape, Influence, Drive



Excerpts from TC 7-22.7:

6.3. A NCO's Principal Duty is to Train.

a. Understanding the importance of training management will assist the NCO in reducing training time and training effort while increasing training effectiveness and training sustainment. By understanding the linkage between institutional, organizational, and self-development, the trainer will be better prepared in developing Soldiers for combat.

6.4. NCO Development.

The three domains found in the Army's leadership development model (Figure 26) are essential to the NCOs development through training, experience and education.



7th MSC has little time to look back on busy 2019; strategic readiness focus in 2020

Story by Sgt. Daniel Friedberg
7th MSC Public Affairs

KAISERSLAUTERN, Germany – For the more than 900 Soldiers of the 7th Mission Support Command, 2019 was a fast-paced year.

The unit welcomed its new command team in June. It then activated seven new units into its ranks a few weeks later in September.

Its Soldiers joined active component forces to provide contingency support, civil affairs and medical readiness expertise during several exercises in the spring and summer.

They sided with current and future NATO partners from Germany, Italy, Romania, Hungary, Slovenia and the Republic of North Macedonia to further increase interoperability in various training exercises throughout the year.

The 7th MSC sent Soldiers to Munich to remember the victims of Germany's past Fascist National Socialist government at the Dachau Memorial Concentration Camp Memorial Site on the

eve of the 75th Anniversary of the Allied D-Day invasion of June 6th, 1944. Its Soldiers stood in color guards to commemorate the resulting Allied liberation of Perrier, France a few weeks later in July.

They maintained and sharpened individual readiness on the rifle ranges and the running track during its physical fitness tests. In the classroom, its instructors qualified more than a score of new field grade officers from the U.S. Army and Navy at its Command & General Staff Officer Course.

However, the unit has little time to rest on its achievements as it looks to prove itself again in 2020.

The 7th MSC is joining its parent unit, the 21st Theater Support Command, in next year's DefenderEurope20 exercise during the first half of 2020. It will be the U.S. military's largest temporary training mobilization of Troops and equipment to Europe in a quarter of a century.

According to Capt. Joe Beezie of the G3, the U.S. Army Reserve Soldiers of the 7th MSC will be critical to help insure movement and security of arriving Troops from inside and outside of Europe.

Beezie, who is the 7th MSC's planning and battle captain for the DefenderEurope20 roll-out, explained that the function of the Joint Security Coordination Center will be to "protect the warfighting function and to preserve the force."

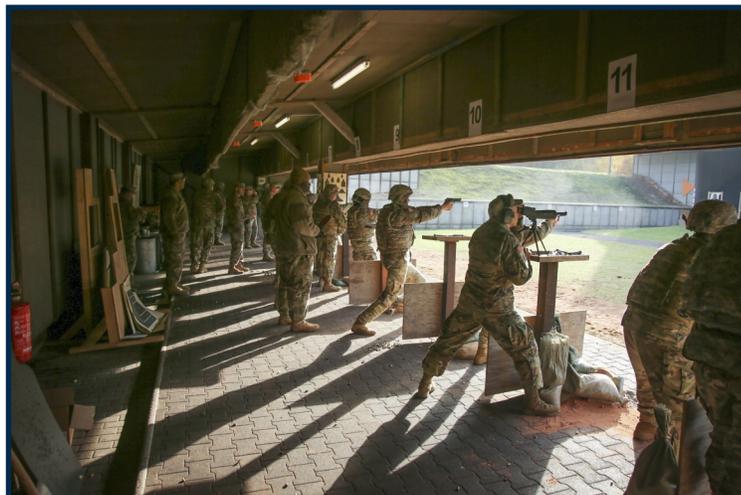
To do this, Beezie said the 7th MSC is looking to staff the JSCC with Soldiers beyond individual annual two-week training requirements in the first half of 2020.

He and Lt. Col. Laura E. Steele, the chief of operations, G3, want to build a robust JSCC Staff that monitors and directs operations, intelligence, force protection as well as sustainment.

Beezie also said that its Soldiers would be working with staff liaison officers from Germany, the Netherlands, Belgium, Poland and the United Kingdom.

For Steele, 2020 means that the 7th MSC will see its forward-deployed Reserve Soldiers working with active component and international forces in making DefenderEurope20 happen.

"We will coordinate with our Allies and partners to provide



LANDSTUHL, Germany-- Soldiers from the 510th Regional Support Group's Headquarters Company and 446th Headquarters & Headquarters Detachment both conduct and operate the pistol and rifle ranges at USAG Rheinland-Pfalz, Landstuhl, Germany, November 16, 2019. The range was conducted to ensure Soldier readiness is enhanced as units ramp-up support for Defender 2020, which will take place in Europe next summer. (Photo by Sgt. 1st Class Patrick Loch, 510th RSG Public Affairs)

comprehensive, integrated, layered redundant and enduring force protection in order to safeguard our personnel and equipment," she said.

(Top Left) KAISERSLAUTERN, Germany -- Soldiers of the 7th Mission Support Command welcome Brig. Gen Michael T. Harvey as he assumes command in a change of command ceremony held outside on NCO Field, Daenner Kaserne at USAG Rheinland-Pfalz on June 29, 2019. (Photo by Sgt. Daniel Friedberg, 7th MSC Public Affairs)



(Left) RENNEROD, Germany - Soldiers of Medical Support Unit- Europe, 7th Mission Support Command, trained with German Bundeswehr Soldiers from the 5th Medical Regiment in a litter aid training exercise that involved airlift evacuations from a UH-60 Blackhawk helicopter on August 23, 2019. (Photo by Sgt. 1st Class Joy Dulen, 7th MSC Public Affairs)

773rd CST attracts U.S. defense leader; demonstrates unique mission

Story and photos by Sgt. 1st Class Joy Dulen
7th MSC Public Affairs

KAISERSLAUTERN, Germany – The 773rd Civil Support Team, a chemical, biological, radiological, nuclear unit under the 7th Mission Support Command, has an exclusive mission. This CST is the only of its kind in both the U.S. Army Reserve and in the entire European theater of operations.

The deputy assistant secretary of defense for U.S. Chemical and Biological Defense, Dr. Brandi C. Vann, stopped by the 773rd, headquartered on Panzer Kaserne in Kaiserslautern, Germany, to tour stations set up by CBRN Soldiers, who highlighted the equipment capabilities of their unique unit, Dec. 11.

“I thought the best way to highlight our mission was to have the doers, the Soldiers, get in front of the deputy assistant secretary to explain to her and show her how we support this area and the 7th MSC,” said Maj. Ralph Scott, 773rd deputy commander. “She wanted to see this unique CBRN

capability that exists in Europe and it worked out well with her asking questions and getting personal with our Soldiers.”

The 773rd CST represents a significant part of the Army’s CBRN capabilities, said Lt. Col. Eric Samaritoni, 773rd commander.

“(Dr. Vann’s) visit allowed her to see first-hand what personnel and equipment expertise reside in the 773rd CST to support the joint force, partners, and allies,” he added.

Army civil support teams were formed in every U.S. state after the September 11th attacks with the distinct mission of having a trained force able to react to a CBRN attack.

“All other civil support teams belong to the National Guard Bureau and they support their states,” said Scott. “So our mission set is absolutely unique in that we’re already deployed.”



The 773rd CST consists of an all Army Reserve Soldier CBRN reaction force able to support installations throughout the U.S. European Command area of responsibility.

“We can respond to incidents in garrison,” said Scott. “So if something should happen on a U.S. installation, we would go and support the first responders, fire fighters and police whenever there’s a possibility of a CBRN incident.”

Scott says the CST is also unique in that it can support two different types of missions.

“We can flex to do green missions where we get in our humvees and support the military,” he said. “Or we can also do the white mission, which is in our civilian vehicles and we can provide our defense support to local civil authorities.”

“I could not have asked for a better demonstration from my Soldiers,” said Samaritoni.

“(They) highlighted to Dr. Vann that all unit Soldiers knew and understood our core mission as a civil support team,



Staff Sgt. Antwon Williams, a human resources noncommissioned officer with the 773rd Civil Support Team, 7th Mission Support Command, explains decontamination capabilities to Dr. Brandi C. Vann, deputy assistant secretary of defense for U.S. Chemical and Biological Defense, while she tours the 773rd headquarters on Panzer Kaserne, December 11, 2019.

but also what we're trying to accomplish in order to better support the European theater.”

(Bottom Left) Sgt. 1st Class Saugat Brookshire, a survey team sergeant with the 773rd Civil Support Team, 7th Mission Support Command, explains how the survey team uses the survey operations trailer during missions to Dr. Brandi C. Vann, deputy assistant secretary of defense for U.S. Chemical and Biological Defense, while she tours the 773rd headquarters on Panzer Kaserne in Kaiserslautern, Germany, December 11, 2019.



(Left) Lt. Col. Eric Samaritoni (right), commander of the 773rd Civil Support Team, 7th Mission Support Command, and his team of Soldiers meets with Dr. Brandi C. Vann, deputy assistant secretary of defense for U.S. Chemical and Biological Defense, after she toured the 773rd headquarters on Panzer Kaserne, December 11, 2019.



Battle of the 7s ***7th MSC takes on 773rd CST in unit basketball league***

By Sgt. 1st Class Joy Dulen

7th MSC Public Affairs

The 7th Mission Support Command basketball team took on the 773rd Civil Support Team in unit-level basketball action that took place at Kleber Gym, Dec. 17.

Though the tough-fought battle remained close, the 7th MSC pulled ahead and won taking their record to 3-2 on the year.

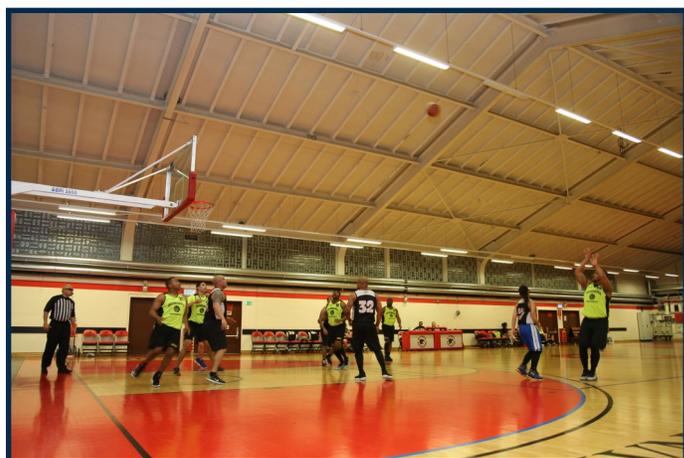
The 7th MSC has players from HHC, the 361st CA BDE and 83rd CSSB. They're starting the second half of the season in 2020 that runs through February.

Show your support and check out a game! *(All at Kleber)*

Jan 7th 8pm
 Jan 16th 7pm
 Jan 22nd 8pm
 Jan 29th - 7pm
 Feb 4th 8pm
 Feb 11th- 7pm
 Feb 13th 8pm

(Top) Kelvin Moore, 7th MSC, shoots a free throw during a unit-level basketball game against the 773rd CST at Kleber Gym, December 17.

(Below) Players from the 7th MSC and 773rd CST battle it out during a unit-level basketball game played at Kleber Gym, December 17.



TEAM (Together, We, Accomplish, More)

By Danielle Hanson

The ability to work together towards a common goal is an essential part of Teamwork, as well as an important life skill. Participation in unit level sports such as basketball or softball nurtures our Soldiers, Civilians, and Family members to all five pillars of Resiliency (Social, Family, Spiritual, Emotional, and Physical) by building lasting friendships, developing effective communication skills, a sense of community, learned respect for each other while partaking in an wholesome recreational activity that promotes

the development of physical fitness and esprit de corps within the formations.

Depending on how many units sign up, we play an average of 12 games a season. USAG PR MWR as well as all the USAG in the European footprint offer unit level sports:

Basketball, November - February

Volleyball, March - April

Softball, May - July

Flag Football, August - September

Contact Danielle Hanson if you're interested in joining one of the 7th MSC teams!



Danielle Hanson coaches the 7th MSC unit-level basketball team during a game against the 773rd CST at Kleber Gym, December 17.

From the G8 - Did you know??

DA Form 1380

The most recent version of the DA Form 1380, Record of Individual Performance of Reserve Duty Training, dated May 2019, does not include a block for the Soldier's Social Security Number (SSN). Previous versions are obsolete.

Although the SSN block was eliminated on the July 2010 version of the form, the SSN may still be required in certain instances. Generally, the SSN is not required by the unit or RPAC who sup-

ports the Soldier; however, DA 1380s submitted to the USAR Pay Center (UPC) or the Readiness Division must include the SSN to ensure timely processing of pay.

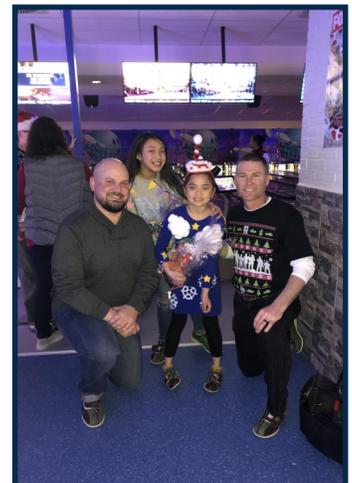
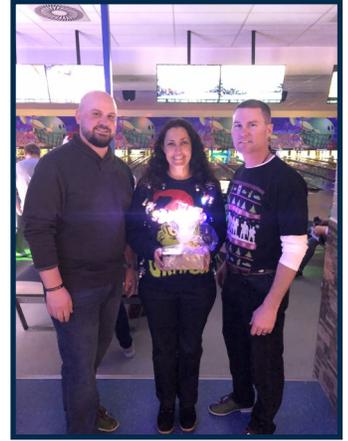
Include the DOD ID number on the top right corner of DA 1380s submitted to the Soldier's Army Military Human Resource Record (AMHRR - iPERMS) as prescribed by AR 600-8-104.

A screenshot of the DA Form 1380, Record of Individual Performance of Reserve Duty Training. The form is a grid with various sections for recording performance, including a section for the Soldier's name, rank, and unit, and a section for the supervisor's name and signature. The form is dated 1380, FEB 70.



Best of the 7th

Operation Weihnachten

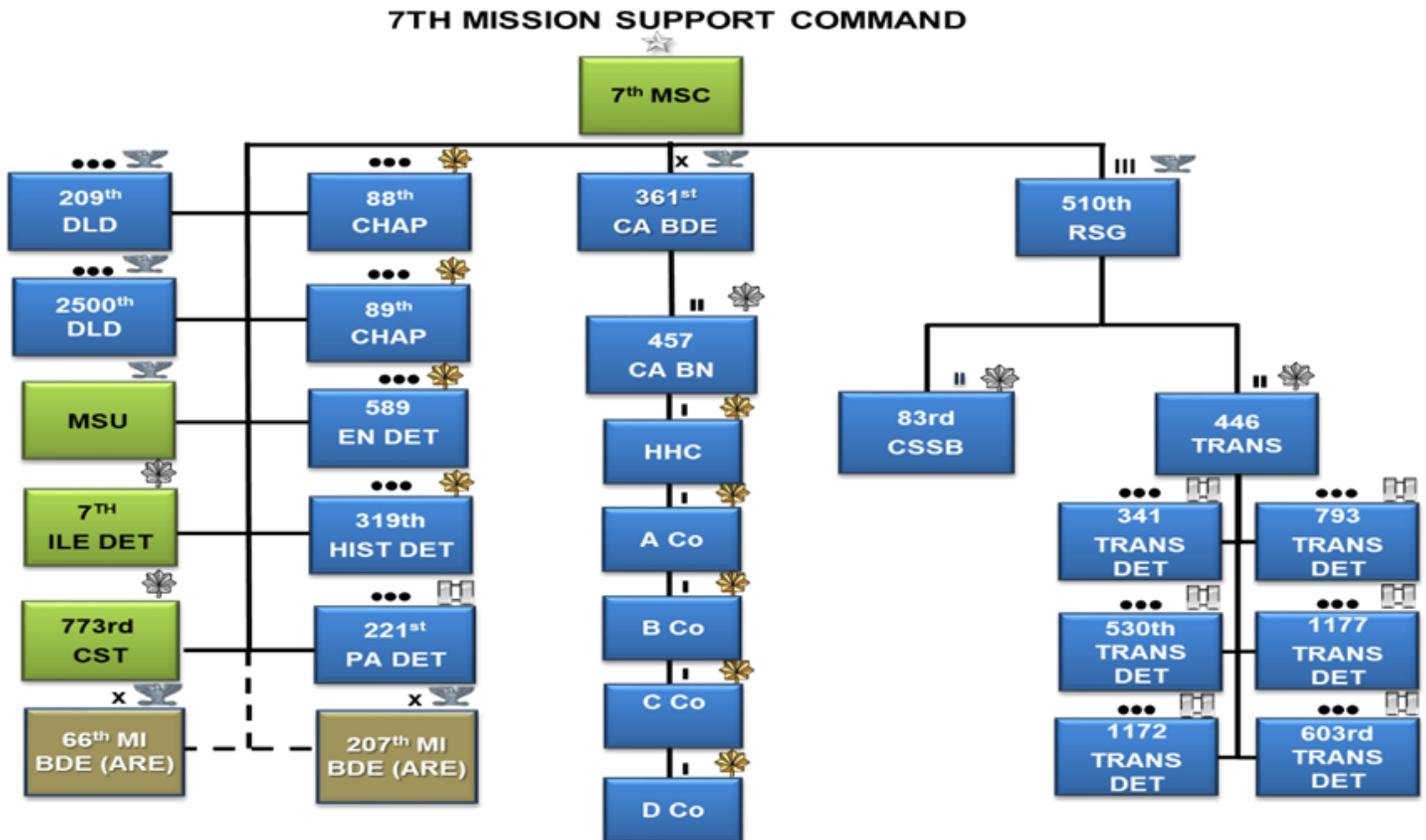


TEAM of TEAMS



The 7th Mission Support Command is America's Army Reserve forward based mission command headquarters in Europe providing motivated, trained, and deployable Soldiers in support of U.S. Army Europe (USAREUR) and 21st Theater Sustainment Command (TSC). The 7th MSC is the only forward deployed Reserve Command in Europe. Over the last 50 years the 7th MSC has had several different names and roles as it reorganized and restructured to establish a more relevant and ready European Army Reserve force. Original in 1956 our command's mission was an educational command for USAR Soldiers in Europe, then we become an Army Reserve Command (ARCOM) in the mid-1980s, a Civil Support Command (CSC) in 2009, and in 2015 we changed into a Mission Support Command (MSC). There have been three changes to our mission and organization over the last 10 years and as we look ahead there will be more changes as we start to see Russia emerge as a greater threat to Europe.

Here you can see in the attached task organization chart, how a diverse and multi-functional command we truly are.



The 7th MSC consist of over 950 soldiers and 60 civilians who are located in five locations throughout Europe. Our command has over 45 Military Occupation Specialties (MOS) which range from Civil Affairs to Chaplains to Medical Personal to logisticians.

Mr. Rob Martin, Force Management Analyst

Army Tax Assistance Changing!



By Mark Christenson

As the Army continues to transition on many levels, the focus on tax return preparation has changed from the full-service tax centers many Army installations have offered in the past, to on-line tax preparation services available to military members, as well as self-preparation products and services available to retirees, and civilian employees stationed overseas.



Historically, tax centers in USAREUR have been staffed by special duty Soldiers (borrowed military manpower). As the Army focuses more and more on maintaining combat readiness, the trade-offs inherent in tasking Soldiers to work outside of their military occupational specialties (MOS) for extended periods of time are hard to justify in light of the wide-spread availability of tax preparation software. This is especially true following the recent simplification of many aspects of the Internal Revenue Code by the Tax Cuts and Jobs Act.

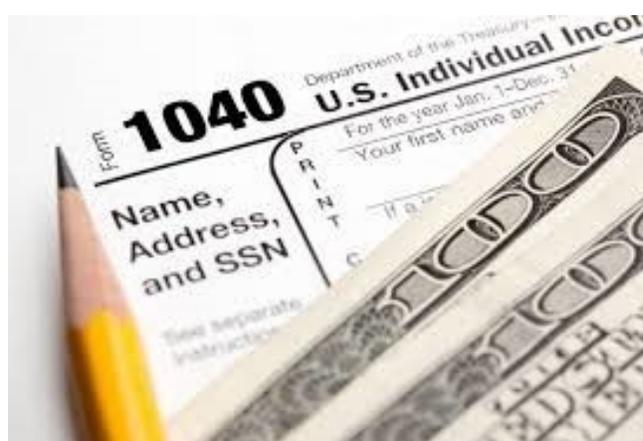
As a result, the Army will not operate a full service tax center in the Kaiserslautern Military Community, Grafenwoehr Military Community, or the U.S. Army Garrison Italy area during the upcoming 2020 tax filing season. Taxpayers are reminded that filing a complete and accurate tax return is the responsibility of the taxpayer. You are encouraged to take stock of your situation and decide the best path for you. Individuals eligible for Army Legal Assistance remain eligible for tax assistance; however, the tax assistance will not include preparation and filing of state and federal tax returns.

There are multiple commercial options available for filing state and federal tax returns. Programs can be purchased for self-preparation, or taxpayers can pay commercial preparers to prepare and file their return. Taxpayers should assess their own abilities to self-prepare a return, the complexity of their tax situation, the cost associated with the purchase of tax preparation software or services,

and their willingness to manage any complex situations. Tax-payers should contact their local Army Legal Assistance Office for more information about tax filing obligations, due dates, specific information about overseas tax situations.

Taxpayers who feel they are able to self-prepare their return can use the following IRS website: <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>. Taxpayers with income below \$66,000 who require commonly used forms can use this site to prepare and e-file their IRS and state tax return. The website says that state return preparation and e-file is free, but some fees may apply. Taxpayers with income over \$66,000 who know how to prepare a tax return can use the same website to prepare and submit their IRS return. The IRS does not offer a state tax return option for taxpayers with income over \$66,000.

Active duty military members can use the free tax preparation and filing service offered by Military One Source at <https://www.militaryonesource.mil/>. Military One Source has tax consultants available to answer questions. Most active duty military members can use this state and feder-



al tax filing resource without extensive tax knowledge. TurboTax Military offers a free state and federal tax return preparation and filing service for active duty military E-1 through E-5 at their website: <https://turbotax.intuit.com/personal-taxes/online/military-edition.jsp>. TaxSlayer offers free federal tax filing for active duty military (state returns may cost a fee) at their website: <https://www.taxslayer.com/products/taxslayer-military>.

Reasonable Accommodation



If you are a civilian and have difficulty performing the duties of your job, applying to a job, or accessing available benefits due to a disability, you may need a Reasonable Accommodation (RA). A reasonable accommodation is any change to a job, work environment, or the way things are usually done that allows an individual with a disability to apply for a job, perform job functions, or enjoy equal access to benefits available to other individuals in the workplace. It essentially adjusts how something is done so that you can more easily perform or access that activity. Some common examples are obtaining a standing desk to accommodate back problems, allowing a service animal into a restaurant or workplace, or providing caption services for deafness.

Agencies are required by law to provide reasonable accommodation to qualified individuals with disabilities, unless doing so would impose an undue hardship to the agencies. Keep in mind that a disability for RA is different from a military disability. Almost any medical condition can qualify as a disability. If you are a Military Technician, you may be wary of the term “disability”. Utilizing RA in your civilian capacity doesn’t necessarily mean you would be medical boarded or receive a military disability rating. Additionally, having a military disability rating doesn’t automatically mean you receive an accommodation.

Generally, to receive an accommodation an employee must request it through their supervisor. You do not have to specifically state “I am requesting a reasonable accommodation”, and the request doesn’t have to be in writing. Sometimes the request can be simple, such as “Can I get a new chair or desk? My back is killing me using the chair I currently have”. You and your supervisor can then have a discussion focusing on your specific job requirements,

medical limitations, and any possible solutions. A RA may be approved despite it never having been used before or because the organization has a policy that prohibits a specific accommodation (e.g. telework). Consider all potential accommodations. If uncertain of possible solutions, check the Job Accommodation Network at <https://AskJAN.org> for ideas.

If your supervisor does not think the solution you’re requesting will work, or is not reasonable and other options are more feasible, s/he will contact the Disability Program Manager (DPM) at Fort McCoy. All denial decisions MUST be reviewed by the DPM prior to issuing a decision to the employee. Appendix C of Army Regulation 690-12 lays out the Army’s procedures for providing reasonable accommodations for individuals with disabilities. If you have any questions or would like additional information, contact the G1 Civilian Personnel Office, Fort McCoy Disability Program Manager, or the websites listed below.

- Computer/Electronic Accommodations Program <http://www.CAP.mil/>
- Job Accommodations Network <https://AskJAN.org/>
- Employer Assistance and Resource Network on Disability Inclusion <https://www.AskEARN.org/>
- U.S. Equal Employment Opportunity Commission <https://www.eeoc.gov/laws/types/disability.cfm>

G1 Civilian Personnel Office at (314) 528-0128/0121 or by email at usarmy.rheinland-pfalz.7-msn-spt-cmd.mbx.g1-civilian-personnel@mail.mil

Disability Program Manager at (608) 388-3106 or by email at usarmy.usarc.usarc-hq.mbx.disability-program-manager@mail.mil



Family Programs

TRIER by train!

By Danijela Adams



7th MSC Family Programs is promoting cultural adaptation by offering trips to local cities.

This program involves creating learning opportunities about the German culture and customs while building confidence in common practices such as using local train and transportation systems. One aim of the program is to explore new locations within the comfort of a group of seasoned travelers in order to help reduce some of the stressors associated with traveling within Europe alone.

Our first trip on December 17th was a fun filled tour of the Trier Christmas Market. The outing to Trier consisted of an exciting day filled with great people, delicious food, and a great



variety of Christmas decorations.

Moreover, the trip helped provide participants with an opportunity to exercise their German communications skills and build confidence in exploring the local environment, thus building resiliency.

We all had a great time and we are looking forward to many more exciting trips with our 7th MSC Family.

January Resiliency Training -- Activating Events, Thoughts, and Consequences

Identify your Thoughts about an Activating Event and the Consequences of those Thoughts

ATC
Activating Event
Thought
Consequence

**Master Resilience
Training Skills**

Separate the Activating Event from your Thoughts and the Consequences: Emotions and Reactions in order to understand your reactions to a situation.

For more information on the MRT Program contact, Danielle Hanson, Director of Soldier & Family Programs danielle.r.hanson.cv@mail.mil or call DSN 314-528-0264

Identify, plan for, and commit to the pursuit of a goal that results in more optimal performance, sustained motivation, and increased effort.

**Goal
Setting**

**Master Resilience
Training Skills**

- Step 1: Define your goal
- Step 2: Know where you are right now
- Step 3: Decide what you need to develop
- Step 4: Make a plan for steady improvement
- Step 5: Pursue regular action
- Step 6: Commit yourself completely
- Step 7: Consistently monitor your progress

Family Programs

Save on Movie Night and Walk the Red Carpet to Retirement

Movie night can be quite the production when you add costs for a sitter, popcorn and sodas. Instead, ask a friend to babysit, and grab a bite before you go. Then invest the cash and create more wealth for retirement.

Lower your monthly movie budget ...



\$90			
AVERAGE COST OF A BABYSITTER, POPCORN AND SODA			

... invest that amount in your retirement fund ...



\$90 MONTHLY

COMPOUNDED BY

7%*

ASSUMED ANNUAL RATE OF RETURN

... and watch the performance of your savings over time.

★ JANUARY 2018! ★

If you're under the Blended Retirement System, you'll get an automatic 1% Department of Defense (DoD) contribution and up to 4% DoD matching funds.



Take charge of your future and create more wealth for your retirement.

Locate an accredited Personal Financial Manager or Counselor near you:
LOCAL ACS or Family Programs Team

Visit the Thrift Savings Plan website:
<https://www.tsp.gov>

a month

... for five years
\$6,408

... for 10 years
\$15,395

... for 20 years
\$45,678

*Most recent 10-year rate of return to the Thrift Savings Plan C Fund



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HHC BA Schedule

11-12 January	MUTA 4	APFT/StaffTRNG/ROC Drill
7-9 February	MUTA 6	APACS/PCC/PCI/JSCC StaffTRNG
28-29 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	NO BA
12-13 September	MUTA 4	Mandatory TRNG Make-up/SRP Level 1



HHC Commander and 1SG

CPT Brian Estes



1SG Stanton Shackett



With the November readiness event and winter holidays behind us, we will start the New Year by getting back to basics with common task training, and preparing in earnest for Defender Europe 20. During the January battle assembly, we will conduct the classroom portion of driver's training with a new crop of unlicensed drivers. Increasing our pool of licensed drivers will enable greater and more frequent use of our tactical vehicle fleet, which will improve our equipment readiness and the command's ability to MOVE. We will also execute round-robin training on four COMMUNICATE tasks found in the SMCT, and hold a PRT session Saturday afternoon. On Sunday, Soldiers will receive an orientation to the JSCC during a three-hour block of time at Panzer Kaserne.

As we have reached the end of 2019, know that the successes of the 7th Mission Support Command were only made possible due to all your diligent and hard work throughout the year. Stay safe this holiday season and enjoy your time with your families and we will see you next year ready to do more great things for the United States Army Reserve.