

7TH

24/7

THE
M S C

DISASTER RELIEF

EXERCISE TESTS GERMAN,
AMERICAN FIRST
RESPONDERS

MAKING A DIFFERENCE

7TH MSC DONATES TO
LOCAL SHELTER

NATO ALLIES

361ST SOLDIERS SUPPORT PARTNERSHIP

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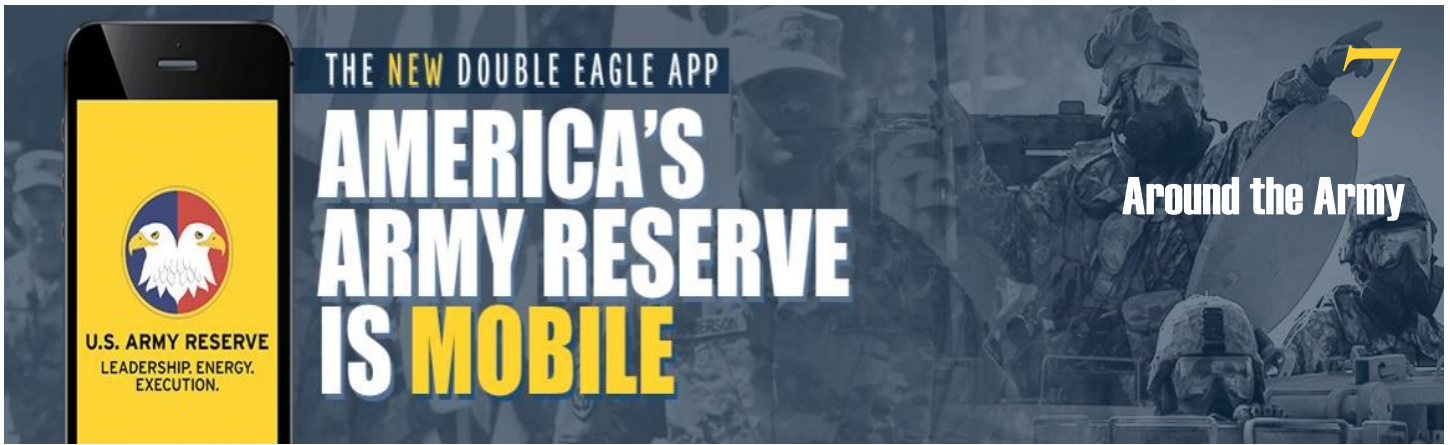


DISASTER RELIEF

Exercise tests German, American first responders

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7

Around the Army



FROM THE



Team 7th Strong,

Over the last several years, the Army has concentrated on – and made great strides toward – building the tactical readiness of Soldiers and units. Now it is time to focus on operational and strategic readiness. Strategic readiness includes the ability of the U.S. military to dynamically project force and set the theater by mobilizing and deploying forces, sustaining them in a crisis, and redeploying them when their mission is complete.

The U.S. Army has demonstrated its ability to rotate several thousand Soldiers and pieces of equipment overseas through its Atlantic Resolve exercises. Through lessons learned these rotations will be applied on a much larger scale with exercise Defender 20, the largest deployment of U.S.-based forces to Europe for an exercise in the last 25 years. Once here, participants will spread across the continent to participate in five smaller, linked exercises.

My intent is for the 7th Mission Support Command to play a significant role in Defender 20 with 18 out of our 22 units participating. The purpose is to hone our skills and improve interoperability capabilities. Remember our “Zusammen erreicht jeder mehr” together

everyone achieves more slogan.

In order to participate in such a large scale exercise, it is important to continue focus on tactical and Soldier readiness. The 7th Mission Support Command will be hosting a Readiness Exercise this month emphasizing individual readiness early in the fiscal year to allow us to shift to unit readiness for the rest of the FY.

This month we celebrate Veterans Day, which honors not just the heroes of World War I but the millions of men and women who have served our Nation in times of war and times of peace – those who died, those who never returned, and those we are blessed to still have with us. I am grateful for the Soldiers, their Families, communities, and employers, who make their service possible.

For nearly 152 years, Americans have gathered the last Thursday of November to give thanks for past and present blessings and those yet to come. Please know that each of you – Soldiers, Civilians, and Family members – are a blessing to the 7th MSC, our Army, and our nation. I am thankful to you for your service and sacrifice. Thank you for what you do every day. Our people are the strength of our Army and our Army is stronger with you in it.

As you take advantage of this time to be with Family and friends, recharge for the holidays ahead or simply enjoy the long weekend, I ask that you always keep safety in mind. Remember your Family and extended Army Family as well as battle buddies and co-workers. I wish each of you and yours a blessed and safe Thanksgiving.

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 USAR-MY.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

Physical fitness has always been a cornerstone of our Army's strength and the current environment is no different. As you know, the Army has announced a new physical fitness test, the Army Combat Fitness Test (ACFT), and is in the process of fielding it for full implementation by October 2020 (FY21). Starting 1 October 2019, the ACFT became a graduation requirement for One Station Unit Training (OSUT), Advanced Individual Training (AIT), Warrant Officer Basic Course (WOBC), and the Basic Officer Leader's Course (BOLC). This change is necessary to modernize our physical fitness test and more closely align the physical demands of Soldiers in combat along with those we train on.

I had the opportunity to take the ACFT with other Senior Enlisted Leaders at the Army Reserve - Senior Enlisted Council held at Ft. Eustis, 25-27 October 2019. Non-commissioned Officers from TRADOC conducted the test, so we were provided the most current instruction and requirements. I can tell you first hand that the ACFT is challenging, but it is also very passable. Although I work out regularly, I have not specifically trained for this test and I passed it achieving much more than the minimum requirements. However, as with anything you have to put effort into doing well and this is no different. The time to start training for the ACFT is now. It is a good test to compete against your fellow Soldiers making each other better while improving readiness at the same time. I expect our NCO Corps to be out front showing everyone that "NCOs Make It Happen".



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

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PUBLIC AFFAIRS OFFICER
EDITOR-IN-CHIEF

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

FOLLOW US:



FROM THE CXO



Team,

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words “To us in America, the reflections of Armistice Day will be filled with the solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which is has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations”.

On Veterans Day, we honor every man and woman who has ever worn the uniform of our nation – those who’ve selflessly secured America’s promise throughout our history. We must always remember the sacred responsibility we all share - taking care of our Soldiers, civilians, and families.

November also marks the beginning of the holiday season. The Soldiers, civilians, and families of the 7th MSC have much to be thankful for and I encourage every Soldier and civilian employee to take time and celebrate with family and friends on Thanksgiving.

My team and I are working on changes to several civilian programs that will synchronize efforts and more effectively on-board new employees. We expect to begin implementing those changes by the end of November.

I remain grateful for the opportunity to serve alongside the Soldiers, civilians, and family members of the 7th MSC. From my family to yours, Happy Thanksgiving!

7th Strong!

Forward and Ready!

Mr. William Huggins
Command Executive Officer

Starts November 4th!

Complete a 12-week physical fitness challenge - sign up here! <https://intelshare.intelink.gov/sites/usarwarriorfitt/SitePages/Home.aspx>



AROUND THE ARMY

Combined Federal Campaign 2019

Happening now through December 13th.



Pledge online at <https://cfcoverseas.org/> or contact the CFC Help Desk Monday through Friday from 8 a.m. until 6 p.m. Central Time at 800-797-0098 (toll-free) or 608-237-4898 (local/international) with questions about the pledge process.

If there are any questions please contact Ms. Christine Wilcox at christine.m.wilcox4.civ@mail.mil or 528-0122 or contact MAJ Brown at william.b.brown.mil@mail.mil or 528-0118.



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



U.S. Army Reserve Soldiers with Charlie Company, 457th Civil Affairs Battalion, 361st Civil Affairs Brigade, 7th Mission Support Command, discuss procedures for clearing a building with a member of the German Bundeswehr, while the Technisches Hilfswerk (THW) sets up an escape route in Wackernheim, Germany Sept. 14, 2019.

Disaster relief exercise tests German, American first responders

Story and photos by Sgt. Chris Stelter
221st Public Affairs Detachment

WACKERNHEIM, Germany — Should disaster strike in Europe, U.S. Army Reserve Soldiers and their German counterparts are better prepared to render aid due to ongoing training hosted by Company C, 457th Civil Affairs Battalion.

Charlie Company Soldiers joined by Bundeswehr, Technisches Hilfswerk (THW), and the American Red Cross, partnered for Cobra Strike 19, a recur-

ring field training exercise in humanitarian assistance. The daylong event took place Sept. 14 at a mock village outside of Mainz.

The scenario was a severe earthquake with structural damage to the village, said Spc. Christopher Wise, a civil affairs specialist.

“The normal infrastructure was completely down and therefore our team came in to do our quick assessment,” Wise said. “The Bundeswehr came out and they’re getting assessed on what they do on their medical side.”

Together, U.S. and German Soldiers hoisted casualties from the debris, evacuated them to a medical treatment area and rendered first aid. Meanwhile, cadets with the Civil Air Patrol created a simulated chaotic environment by running through the

streets and harassing the first responders.

“It’s a great exercise to step forward and learn,” said Sascha Hellmann, heavy equipment rescue team group leader, THW Mainz.

Putting learning into practice is why these exercises are important, Hellmann added.

To rescue trapped victims, THW brought heavy rescue equipment to include a concrete chainsaw, cranes and ladder systems.

This training was an opportunity for the Bundeswehr and THW to prove their readiness to respond to a real-world crisis, Wise said.

“We built this partnership with all three entities,” he said. “We are able to truly get that real training.”

PREPAREDNESS

Safety First!

The lights are twinkling on the tree, the fire is roaring in the fireplace:

It is finally winter. Families and friends are putting together plans for holiday adventures near and wide. Before you pack your bags, it is important for you to prepare your home before you leave.

For families who have Christmas Trees in their home, whether natural or artificial, you should always unplug your lights prior to leaving your home for any period of time or going to sleep at night. For those who have live trees, take the following steps to keep your tree healthy and your home safe.

1) Make a fresh cut on the bottom of your tree to allow the tree to absorb water.

2) Water your tree daily.

3) Place your tree in a strategic location away from stair and heat sources.

4) Avoid combustible ornaments such as pine cones.

Since it will only take less than two minutes for a natural tree to catch on fire, it is important that you continue to maintain your families fire readiness. Simple things such as closing your room doors when you sleep and checking your smoke detector batteries (and changing them every six months, too!) can save your life.

For those of you who will be traveling this winter via automobile, make sure your car is ready for any emergency. Prior to leaving on your travels make

sure to check your vehicle over and fill up all fluids. Make sure you are using appropriate fluids for freezing temperatures. Also, keep a setoff snow chains in your car in case you find yourself in areas that require chains even if you have winter tires installed on your vehicle. You should also always keep emergency supplies in your car. Items should include a spare tire, jumper cables, tool kit, drinking water, nonperishable foods, snow shovel, cat litter for traction, and, of course, a blanket in case you are left in your car for a period of time.



Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



7th MSC donates to make a difference

Story and photos by Sgt. 1st Class Joy Dulen

7th MSC Public Affairs

KAISERSLAUTERN, Germany - In the United States, October is Domestic Violence Awareness Month and the fourth Saturday of October is Make a Difference Day, an observance that emphasizes community service and volunteerism.

Though typically seen as National awareness objectives, Soldiers and Civilians from the 7th Mission Support Command, headquartered in Kaiserslautern, Germany, donated clothes, toys, bikes and baby gear to a local community shelter, here, October 24.

7th MSC family programs director, Danielle Hanson, brainstormed the event with her staff with the idea to both support these National observances and help people who have been affected by domestic violence in the local area.

"We thought about how we could give back through making a difference in our local community," said Hanson. "So we partnered together with a local shelter for women and children who are victims of domestic violence and decided to do a clothes drive."

The German shelter, *Frauen-zuflucht* (women's shelter) Kaiserslautern, has been taking in women and children for years, giving them food, a safe place to stay, items needed to live day-to-day, even finding them jobs.

"(They) help to enable victims of domestic violence to get back on their feet," said Hanson. "A lot of these women left their homes in the middle of the night running for their lives and have nothing at all."

The October donation drive drew a huge response from 7th MSC Soldiers and Civilians, who came together to collect bags and bags of gently used clothing items, children's toys, bikes and lots of needed baby gear.

"We had two truckloads of items to drop off at the shelter," said Hanson. "You could see that the people who donated felt very grateful that they were able to give back."

Hanson and her team, along with 7th MSC leadership and Soldiers, greeted the shelter staff and helped load the trucks in front of the unit's headquarters building.

"It showed that an Army unit is more than just Soldiers in uniform fighting for our Nation's freedom, but we're also here supporting our local community, which is just as important - to build that relationship," said Hanson.

"I think it's also important to continue to serve and give back on a volunteer basis," she added. "It's a constant reminder that selfless service is one of our Army values and that not only strengthens us as individuals, but reminds us that there are less fortunate people out there."



SHARP

SEXUAL ASSAULT REPORTING OPTIONS

Restricted Reporting:

Allows victim to disclose the details of his/her sexual assault to specifically identified individuals (**SARC/SHARP, VA/SHARP, Military Healthcare Provider**) and receive medical treatment, counseling, and other available services without initiating an official investigation.

Unrestricted Reporting:

Allows victim who desires medical treatment, counseling, other available services, and an official investigation of the allegation to use current reporting channels (for example, the chain of command or law enforcement) or to report the incident to the SARC/SHARP or VA/SHARP Specialist.

Filing an unrestricted report will initiate an official investigation.

SEXUAL HARASSMENT COM- PLAINT PROCESS

Informal Complaint –

Complainant does not wish to file in writing

Formal Complaint –

Complainant files in writing and swears to the accuracy of the information

NOTE: Department of Defense Civilian personnel sexual harassment complaints are reported to Equal Employment Opportunity (EEO).

WHAT SERVICES ARE AVAILABLE AT YOUR SHARP OFFICE?

- Sexual Assault Victim Advocacy
- Assistance to obtain Special Victim Counsel (Attorney)
- Safety Planning
- Accompaniment to appointments (medical, CID, legal)
- Case Management/Tracking
- Resources and referrals to military or civilian programs
- Coordination of medical services
- Liaison with command and other agencies
- Education and training
- Confidentiality
- Restricted Reporting
- Unrestricted Reporting
- Assisting in Formal/Informal sexual harassment complaints

Teal Team 7 Graduates!

Pictured from left to right are:

*Mrs. Tesha Crawford, 7th MSC SARC
Sgt. 1st Class Kelvin Moore, 7th MSC FT VA
Ms. Cynthia Barren, SHARP Instructor
Cpt. Genevieve Galdo, MSU-E CD VA
Sgt. 1st Class Delilah Brunosky, 510th RSG FT SARC
Ms. Erin Miller, SHARP Instructor
Cpt. Jessica Cordero, 446th TRANS DET CD VA
Sgt. 1st Class Angel Olivo, 361st CA BDE FT SARC
Maj. William Brown, 7th MSC CD SARC*





361st Civil Affairs Soldiers support close NATO partnership, continued relationship

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

NIENBURG, Germany – U.S. Army Reserve Soldiers from the 361st Civil Affairs Brigade, 7th Mission Support Command, have shared a close partnership with the German Civil-Military Cooperation Command for more than five years.

After traveling six hours north, 361st Soldiers along with 7th MSC commander, Brig. Gen. Michael T. Harvey, demonstrated support for their NATO allies by attending the Multinational CIMIC Command re-flagging ceremony, here, on Sept. 30.

The re-flagging officially recognized the CIMIC command reorganizing their name and mission from German to Multinational, making it an official training center at the NATO and European Union-level under German leadership.

“The 361st Civil Affairs Brigade and 457th Civil Affairs Battalion have had a close working relationship with our NATO CIMIC allies in individual countries and with both the NATO CIMIC Center of Excellence (CCOE) and Multinational CIMIC Command,” said Col. Bradley Heston, 361st commander and ceremony attendee. “Our presence signifies the brigade’s and the 7th MSC’s commitment to maintain close relationships with our NATO CIMIC allies in both training and operational employment opportunities.”

The 361st also showed support by providing a small color guard comprised of noncommissioned officers from both the brigade headquarters and battalion, who stood in line and represented the U.S. during the ceremony.

As part of their mission, CIMIC forces build bridges to society, creating a foundation for social reconstruction and peaceful coexistence, said German parliamentary state secretary to the federal minister of defense, Peter Tauber.

"Here in Nienburg the expertise is bundled, interoperability for joint operations maximized," said Tauber. "They can do a lot, but as a multinational command, they have even more potential."

German Force Base Inspector General, Lt. Gen. Martin Schelleis, said the reorganization was a milestone in CIMIC development.

"Demand for CIMIC services has grown steadily over the past few years," said Schelleis. "In addition to international crisis management operations, a broad field has been added due to the focus on national and alliance defense."

By 2024, the full operational capability of the Multinational CIMIC Command will be established and Heston is confident that his troops will continue to support.

"The 361st CA Brigade and the Multinational CIMIC Command plan to sign a Joint Memorandum of Agreement in the coming months (as a) pledge to continue close relations and support relevant training opportunities," said Heston.

"Even more significant is the 361st's support to NATO CCOE by providing both instructors and students to CCOE courses and our close relations with our NATO CIMIC allies while supporting Strong Europe activities and exercises," he added.



U.S. Army Reserve Brig. Gen. Michael T. Harvey, commander of the 7th Mission Support Command, shakes hands with Lt. Gen. Martin Schelleis, German Force Base Inspector General, after a Multinational Civil-Military Cooperation Command re-flagging ceremony held in Nienburg, Germany, Sept. 30, 2019.

Most importantly, the presence and participation of both the 361st and 7th MSC sends a message to Col. Andreas Timm, commander of the Multinational CIMIC Command, as they embark upon their new mission, explained Heston.

"That the relationship between the 361st and his command is meaningful, and will continue to be strong in the future," he said.

(Top Left) U.S. Army Reserve Soldiers Sgt. 1st Class Angel Olivo (right), Staff Sgt. William Thompson, and Master Sgt. Marc Leng, represent the 361st Civil Affairs Brigade, 7th Mission Support Command, during a Multinational Civil-Military Cooperation Command re-flagging ceremony held in Nienburg, Germany, Sept. 30, 2019.



(Left) German Force Base Inspector General, Lt. Gen. Martin Schelleis, salutes the U.S. flag held by U.S. Army Reserve Soldiers from the 361st Civil Affairs Brigade, 7th Mission Support Command, during a Multinational Civil-Military Cooperation Command re-flagging ceremony held in Nienburg, Germany, Sept. 30, 2019.



Retention

**Become an OFFICER!! Learn proven leadership skills -
Better pay and retirement - Extended career path - and much more!**

**1st Battalion, Army Reserve Careers Division
Officer & Warrant Officer Recruiting Event
14 – 15 December 2019**

BASIC ELIGIBILITY REQUIREMENTS:
WOC:
- 110+ GT SCORE
- FEEDER MOS
- NCOES REQUIREMENTS FOR SPECIFIC AOC
- US CITIZENSHIP
- HS DIPLOMA/GED EQUIVALENT or HIGHER

OCS:
- 110+ GT SCORE
- 4YR DEGREE OR HIGHER
- US CITIZENSHIP

WOC/OCS:
- ABLE TO TAKE THE 3 EVENT PT TEST
- SECURITY CLEARANCE (Or ability to get one)
- PASS CHAPTER 2 COMMISSIONING PHYSICAL

**Where: Grafenwoehr
Location: TBD
When: 14 December 2019
Time: 0900 & 1300**

**When: 15 December 2019
Time: 0900 hours**

**OCS Field Board
16 December 2019**

Points of Contact:
SFC Tyishia N. Hale
tyishia.n.hale@mail.mil

SFC Nichole M. Murphy
Nichole.m.murphy2@mail.mil

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WOC/OCS:
- ABLE TO TAKE THE 3 EVENT PT TEST
- SECURITY CLEARANCE (Or ability to get one)
- PASS CHAPTER 2 COMMISSIONING PHYSICAL

**Where: Kaiserslautern
Daenner Kaserne
Bldg 3103, Room 310**

**When: 14 DEC 2019
0900 & 1300hrs**

**15 DEC 2019
0900 hrs**

Points of Contact:
SFC Nicholas I. Davidovich
nicholas.i.davidovich@mail.mil

SFC Jaimie L. Johnson
jaimie.l.johnson198@mail.mil

Improve your GT Score!!!

Functional Academic Skills Training (FAST) class is offered throughout the USAG Rhineland-Pfalz Education Centers. Classes are designed for AFCT prep!

Contact the Education Center

- You must have a referral and DA form 4187 to schedule an exam.
- You must have taken a Test of Adult Basic Education (TABE) within the last 12 months to be eligible for enrollment.

ROB - DSN: 493-2588 CIV: 0631-3406-2588

LRMC - DSN: 541-1200 CIV: 0611-143-541-1200

Kleber - DSN: 541-1012 CIV: 0611-143-541-1012

Baumholder - DSN: 531-3180 CIV: 0611-143-531-3180

ASVAB PRACTICE QUESTION

Newton's First Law of Motion states that objects in motion remain in motion unless acted upon by an outside force, and objects at rest stay at rest unless acted upon by an outside force. This statement is also referred to as the law of

- A. Momentum
- B. Inertia
- C. Force
- D. Friction

©GOARMYALBANY



*Congratulations to all
Soldiers who reenlisted in
FY19!!!! You helped the
Command reach an overall
reenlistment accomplishment
of 132%!*



POST 9/11

IMPORTANT: The new Transfer of Education Benefits (TEB) 6 to 16 year policy per DoDI 1341.13 (published on 12 Jul 2018) has been delayed until 12 January 2020.

When implemented, Soldiers must have at least 6 years but not more than 16 years of total creditable military service (active duty and/or Selected Reserve service) to be eligible to transfer Post 9/11 GI Bill education benefits to TEB eligible dependents.

A Soldier's total years of creditable military service is calculated based on the date of the transfer request, not the date the transfer request was processed. Additionally, submission of a transfer request within the new eligibility parameters does not guarantee approval.

Soldiers are highly encouraged to submit a transfer request via milconnect (<https://www.dmdc.osd.mil/milconnect/>) as soon as they reach six creditable years of military service - do not wait! The earlier eligible Soldiers submit and receive approval for TEB, the earlier they will start fulfilling the TEB four-year additional duty service obligation.

The implementation date change is related to the latest OUSD (P&R/MPP) Post 9/11 GI Bill program guidance, DoDI 1341.13 (published on 12 Jul 2018).

Please note: Soldiers who have received a Purple Heart are exempt from the 6 to 16 year rule and may submit a transfer request regardless of their total years of creditable service.

TO AVOID FALLING VICTIM TO SEXTORTION

- Refrain from engaging in sexually explicit activities online, such as posting or exchanging compromising photos/videos.
- Adjust social media privacy settings and accounts to limit information available to unknown persons.
- Exercise caution when accepting "friend" requests or communicating with unknown persons online.
- Avoid advertising or discussing U.S. military and/or U.S. government affiliations.
- Turn off electronic devices and cover webcams when not in use.
- Safeguard your personal banking and credit card information from unknown recipients.
- Update antivirus software and avoid downloading apps, files, or email attachments from unverified sources.
- Trust your instincts – perpetrators are highly sophisticated and able to trick their victims into a false sense of security. If you have suspicions about the person you are communicating with, cease contact with them.

WHAT SHOULD YOU DO?

If you or someone you know identifies suspicious activity or that they are being targeted:

- Cease all communications with the perpetrator.
- Contact your command and your local Army CID office.
- Do not submit any payment.
- Save all messages and communications between you and the perpetrator.



REPORT IT

- Local Army CID Office
- www.cid.army.mil
- 1-844-ARMY-CID (1-844-276-9243)
- Army.CID.Crime.Tips@mail.mil

U.S. Army Criminal Investigation Command
 Russell-Knox Building
 27130 Telegraph Road
 Quantico, VA 22134

If you cannot report possible sextortion to Army CID, notify your security officer, supervisor, or command.



HOTLINE
 Department of Defense
dodig.mil/hotline 1-800-424-9098

CYBERSECURITY:
SEXTORTION
 EXPLOITATION OF U.S. SERVICE MEMBERS



Forward & Ready



Soldiers from the 773rd CST Survey Team familiarize themselves with their new Dräger Self-Contained Breathing Apparatus' (SCBA) complete with a built-in communication system during an exercise held on October 9, 2019. The new SCBA enhances the Survey Team's capabilities to communicate with each other during response operations. (Photo by Capt. Lorenzo Llorente, 773rd CST)

Suit Up!

Sgt. 1st Class Joshua Brown, 7th MSC G6 NCOIC and Network Specialist, takes the oath of reenlistment from Maj. Brian McFarland, October 18, 2019. Brown decided to reenlist indefinitely in the U.S. Army Reserve. (Photo by Sgt. 1st Class Joy Dulen, 7th MSC Public Affairs)



Reup, you're crazy

EO Diversity Day



Master Sgt. Wendy Williams, Equal Opportunity Advisor for the 7th MSC, speaks to an Airman while manning the 7th MSC EO booth at Diversity Day held on Ramstein Air Base, Oct. 10, 2019. Diversity Day took place in a hangar with more than 30 booths that celebrated different cultures and a large variety of ethnic backgrounds. (Photo by Sgt. 1st Class Joy Dulen, 7th MSC Public Affairs)

FLU Shots

Sgt. 1st Class Blayne Peterson, a medical NCO with the 773rd CST gives the flu shot to Maj. Addie Leonhardt during a vaccination event on October 14, 2019. Soldiers from the 773rd, along with Medical Support Unit-Europe, conducted a mass flu shot event to ensure all full-time staff within the 7th MSC were vaccinated and ready. (Photo by Sgt. 1st Class Joy Dulen, 7th MSC Public Affairs)





Federal Benefits Open Season 2019

This year's Federal Benefits Open Season runs from 11 November through 9 December 2019.

Employees can elect coverage, or change existing plans/coverage during open season. Open Season is the time to enroll in or update your Federal Employees Health Benefits (FEHB), Federal Employees Dental & Vision Insurance Program (FEDVIP), and Flexible Spending Account (FSA). As a reminder, the Federal Employees' Group Life Insurance (FEGLI) Program and the Federal Long Term Care Insurance Program (FLTCIP) DO NOT participate in the annual Federal Benefits Open Season.

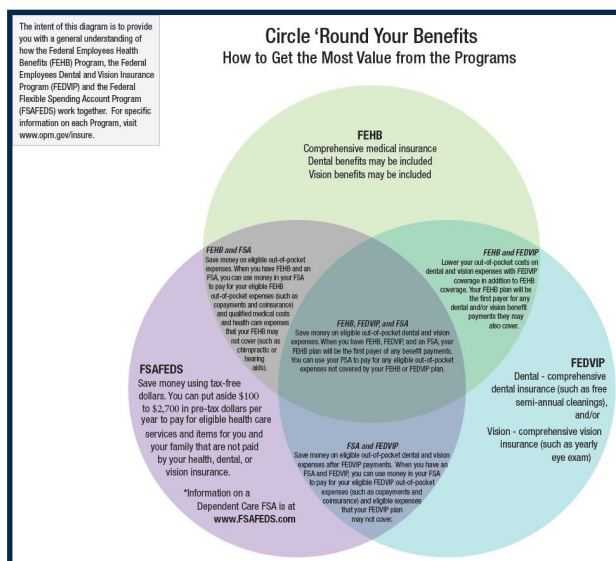
HEALTH BENEFITS (FEHB)

There is an online Plan Comparison Tool available on OPM's website: <https://www.opm.gov/healthcare-insurance/healthcare/plan-information/compare-plans/>

Premium rates are available on OPM: <https://www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums/>

To enroll in or change your plan during open season or after a qualifying life event (QLE), log in to <EBIS.army.mil>

Additional information is available at OPM: <https://www.opm.gov/healthcare-insurance/healthcare/>



DENTAL & VISION BENEFITS (FEDVIP) - Supplemental Dental and Vision plans are elected in addition to your existing FEHB, Tricare, or other health insurance. With ten dental and four vision carriers to choose from, FEDVIP offers great choice and flexibility when selecting the right coverage for you and your family.

These plans are managed by BENEFEDS and can be compared online at: <https://benefeds.com/Portal/PlanSearchsubmit=planSearch&ctoken=NcQ9PDIC>

Additional information is available at OPM: <https://www.opm.gov/healthcare-insurance/dental-vision/>

FLEXIBLE SPENDING ACCOUNTS (FSA) - Employees can enroll in a flexible spending account through FSAFEDS. FSAFEDS allows you to save money for health care expenses with a Health Care or Limited Expense Health Care FSA. Think of it as a savings account that helps you pay for items that typically aren't covered by your FEHB Plan, the Federal Employees Dental and Vision Insurance Program, or other health insurance coverage. FSAFEDS also offers an account for families with young children or elder care expenses - the Dependent Care FSA. This account allows you to set aside money to pay for your day care expenses.

***NOTE:** Employees must enroll in FSAFEDS each year to participate, they do not automatically continue from year to year.*

Additional information on FSA is attached and available at OPM: <https://www.opm.gov/healthcare-insurance/flexible-spending-accounts/>

Student Travel Program

Each dependent student of a Soldier assigned to an OCONUS unit is entitled to one Government-funded PDS each fiscal year (JTR, para 050816; AR 55-46, chap 4). To be eligible, the sponsor must be on active duty and serving a with-dependents OCONUS tour. Eligibility for Student Travel Program (STP) allowances is based on the status of the sponsor and student on the date of travel, not the request date.

Requesting STP:

- Sponsors will complete AE Form 55-46D and have the S1 validate that student travel is authorized.
- The sponsor will then upload the verified AE Form 55-46D together with a college enrollment or acceptance confirmation ((2) below) to the Defense Travel System (DTS). In order to do that, sponsors will contact their respective resource managers to receive instructions on local DTS procedures and on which line of accounting to use.

Criteria:

- Accompanied on this tour by command-sponsored family members (unless all child family members are college students).
- Full custody of the student.
- Family member is not married and will be under 23 years old at the time of travel.
- Family member is attending an accredited college in the United States or the family member is attending a secondary school because the child was not eligible to attend a Department of Defense Education Activity (DODEA) school other than on a 7-day-a-week basis. A copy of the statement of non-availability DODEA must accompany STP requests for children attending a secondary school.
- The Family member is enrolled as a full-time student (12 semester hours or equivalent).
- The Family member has not used the STP allowance for the current FY.
- The Family member has not been early-returned to CONUS at Government expense tour.
- The Family member has received necessary immunizations before traveling.

Sponsors must provide to the respective S1 verification

from the college or university at which the Family member is enrolled as a full-time student. The verification must be dated no earlier than 6 months before the requested travel date.

For requests for Government-funded student travel for children attending a secondary school in CONUS, requesters must provide a verification of enrollment and a statement of non-availability from DODEA.



Family Programs



DID YOU
KNOW?

Relationships

1. Did you know that communication is an essential element of a strong and healthy relationship? Do you know that your Family Advocacy Program offers a wealth of [information](#) and classes on couples' communication and conflict resolution?
2. Did you know stress can be extremely harmful to your physical health and general well-being? Do you know that your Family Advocacy Program offers classes and/or [counseling](#) for stress and anger management?
3. Did you know that protective factors are strengths and resources that families draw on when life gets difficult? Do you know that your Family Advocacy Program offers information on six important [factors](#) you can build on to ensure your family is safe, happy and healthy? Do you know that you can access more information on protective factors through the [Center for the Study of Social Policy](#)?
4. Did you know that your financial stress can negatively affect your children? Do you know that your Family Advocacy Program can provide support and referrals on how to deal with [financial stress](#) and its effect on your relationships?
5. Did you know that angry outbursts can be a symptom of combat or operational stress? Do you know that your Family Advocacy Program offers [strategies](#) and tools for managing anger and can assist the service member in getting additional assistance, if needed? Do you know that service members can receive additional support through the [Defense Centers of Excellence](#) and [National Center on Posttraumatic Stress Disorder](#) and through the [Military Crisis Line](#)?



For more information and resources, visit the [Relationship Health and Family Wellness](#) page on Military OneSource or call 800-342-9647.

Chaplains' Corner



U.S. Army Reserve Rabbi (Lt. Col) Yoni Zagdanski, 361st Civil Affairs Brigade, 7th Mission Support Command, sounds the shofar, a horn that calls people to self-judgment, self-improvement and atonement, during Rosh Hashanah on Panzer Kaserne in Stuttgart, Germany, Sept. 30, 2019.

Jewish community celebrates Rosh Hashanah at Panzer

Story and photo by Rick Scavetta
USAG Stuttgart Public Affairs

STUTTGART, Germany - Rabbi (Lt. Col) Yoni Zagdanski, an Army Reserve chaplain from the 361st Civil Affairs Brigade, led the High Holiday services recently at Panzer Kaserne.

The services spanned two days. On Sept. 29, they held the Erev Rosh Hashanah with a potluck supper. The next morning, Sept. 30, they gathered in the Jewish prayer room at the Panzer Chapel.

During the service, Zagdanski shared a story of his own reflection on self-improvement. At a relative's wedding recently, he felt bad that he was not mentioned in blessings said during the ceremony when others were. Everyone went on celebrating and dancing, yet Zagdanski felt

rejected and stepped outside.

"That desire for honor is not a good trait," Zagdanski said. "I realize this is what I need to work on—just humble myself."

After prayers, Zagdanski sounded the shofar, a horn that calls people to self-judgment, self-improvement and atonement.

There are several Jewish holidays during October: Yom Kippur begins at sundown on Oct. 8. Services for Yom Kippur were Oct. 8 and Oct. 9. The "day of atonement," Yom Kippur includes a full day of fasting and praying.

HHC BA Schedule

14-17 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	NO BA
12-13 September	MUTA 4	Mandatory TRNG Make-up/SRP Level 1

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