

**THE**

**24/7**

**TH**  
**M S C**

## **MONEY TALKS**

**7TH MSC COMPTROLLER  
LEADS AREA LUNCH AND  
LEARN**

## **JOINT COOPERATION**

**CIVIL AFFAIRS TROOPS  
TRAIN WITH ALLIES**

## **FORWARD AND READINESS**

**7TH MSC GOES GREEN ACROSS THE COMMAND**



# table of CONTENTS



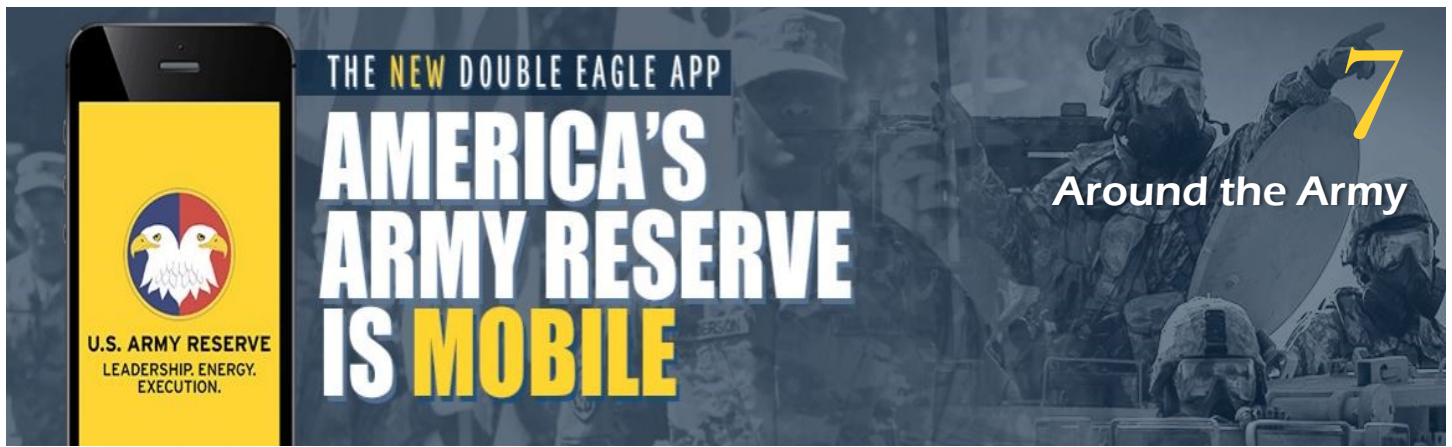
## MONEY TALKS

**7th MSC comptroller leads area  
lunch and learn**

## INSIDE

|   |       |
|---|-------|
| From the CMD Team                                 | 4-5   |
| From the CXO                                      | 6     |
| Around the Army                                   | 7     |
| 7th MSC comptroller leads<br>area lunch and learn | 8     |
| Preparedness                                      | 9     |
| 7th MSC goes green                                | 10-11 |
| Joint Cooperation                                 | 12-13 |
| Retention Report                                  | 14    |
| G6 Awareness                                      | 15    |
| Best of the 7th                                   | 16-17 |
| 7th MSC Soldiers receive<br>Thanksgiving meals    | 17    |
| From the IG                                       | 18    |
| G1 Hot Topics                                     | 19-20 |
| ASAP  | 20    |
| Chaplains' Corner                                 | 21    |
| Family Programs                                   | 22-23 |
| Unit Information                                  | 24    |





Around the Army



Forward and Readiness  
7th MSC goes green



Joint Cooperation



Best of the 7th



Retention Report



Four 7th MSC Soldiers  
receive Thanksgiving meals



# FROM THE



Team,

The Holiday season is here. This time of year usually affords us the opportunity to spend time with family and friends, take some much needed down time and I just ask that you keep in touch with your battle buddies as this time of year can be challenging for some in our formation.

As we get into the spirit of the holidays, let's take a few moments from our busy schedule to reflect on how blessed we are and focus on what's truly important. For the majority of our tribe, the holidays bring joy, memories and a time to get together but some of our families will experience a different holiday due to being apart as there are Soldiers, Sailors, Marines, Airmen and Coast Guardsmen deployed around the world ensuring our freedom. As we celebrate the season, let's keep them in our hearts and prayers.

Please remember our Gold Star families who are missing a loved one who paid the ultimate sacrifice on behalf of our nation. These are difficult times for these families so please let them know the 7th MSC family will always be present for them and always available for support/assistance.

As we all get together on 14 December at 1800 for our Holiday Celebration, let it be a symbol of our togetherness and a brighter future for our families, especially our children, for this is their season. As Laura and I celebrate our initial Frohliche Weihnachten in Germany, we count our blessings for meeting so many great people who make up the 7th MSC family. Please celebrate with viel energie but please be safe as we need the entire team refreshed and excited to begin a New Year filled with many opportunities to continue to build the 7th MSC into the premiere command in the Army Reserve!

Please join us for the inaugural Operation Weinachten; a humanitarian project where the 7th MSC team donates new or unused unwrapped toys to be distributed to families in our formation, local children's hospitals, and social service agencies. These toys will be delivered into the arms of deserving children throughout our footprint.

Operation Weinachten also includes a Run/Walk. Date is TBD. An unwrapped toy is all that is suggested to participate in the run/walk. Be part of something bigger than yourself this holiday season. Dankeschon and Frohliche Weihnachten!

I also want to thank our service members, service member families, our civilian workforce, our contractors, and our friends who collectively make the 7th MSC great! Always remember, we are forward deployed for a reason, to be ready to answer the Nation's call to display resolve, to assure allies, and deter enemies.

On behalf of the Harvey family, we wish you a very Merry Christmas! Frohliche Weihnachten, Happy Hanukah, Happy Kwanza or however you celebrate this time of year. May this special season be filled with blessings to enjoy throughout the New 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](mailto: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,

Retaining the Soldiers we have is critically important to the strength of our units and we must establish a positive climate in order to do that. When it comes to welcoming new Soldiers it is more important yet. That is where a rock solid Sponsorship program comes in. The Total Army Sponsorship Program (TASP) is designed to identify new Soldiers, make positive contact with them early, and welcome them into your unit. Too often new Soldiers start out with a negative experience due to a lack of information and not having someone at the unit they can count on to help them get integrated.

Proactive Sponsorship of new Soldiers will prevent potential issues through early identification and asking the right questions. Sponsorship also leads to proper Integration of new Soldiers. Without these two key actions, it can turn into a very negative experience. Through positive Sponsorship and Integration, Soldiers are welcomed and become productive members of the Team. Conversely, Soldiers without positive support, Leaders that actively look after them, and feeling as if they are alone can lead to very negative outcomes. Too often newly assigned young Soldiers are preyed upon by sexual predators or possibly experience suicidal ideations when they feel alone and are not fully integrated into their unit. As I always stress very heavily, this is where Leaders must take action to ensure new Soldiers are properly Sponsored and Integrated into their unit. This is especially true with the Christmas season upon us. Reach out to check on your Soldiers and spread some holiday cheer. Christmas is the season of giving, so give your support to your Soldiers and let them know how important they are to you, your unit, the 7th MSC, and the Army.

“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

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PUBLIC AFFAIRS NCOIC  
CONTENT AND LAYOUT

## FOLLOW US:





# FROM THE CXO



Team,

The Army continues to go through a tumultuous time as we operate under a recently passed Continuing Resolution Appropriation that funds the Government through 20 December. Continuing Resolutions have a significant and negative effect in terms of building readiness (training, manning, and equipping). Modernization and reform will also be negatively impacted with a series of Continuing Resolutions. Our ability to fund procurement, research and development, and science and technology to combat Russia is also severely impacted. This is the first time the Army has modernized at scale in a long time. The Army Reserve continues to experience short term degradations in readiness while we outfit units with new equipment. As units are fielded new equipment we need to quickly understand how to use it, train with it, and get back to the level of readiness units were at with legacy equipment.

We need to continue to look for ways to reduce costs while building readiness and executing well planned training events. The 7<sup>th</sup> MSC is focused on executing our limited resources on Defender 20 and associated exercises. Participating in Defender 20 will provide senior Army leadership in Europe proof that the Army Reserve is ready, relevant, and able to provide unique capability to combat Russian aggression and support the warfighter. Additionally, in the coming weeks we expect the Army Reserve to provide guidance that further limits TDY travel to 50% of what was executed in FY19. We need to continue to use VTC, SVTC, etc. where we can. As LTG Luckey always says – Stewardship Really Matters!

As we move past Thanksgiving and look forward to Christmas I encourage every Soldier and civilian employee to take time and celebrate with family and friends this holiday season.

It's important that we take the time to reflect on the past year and all of the fantastic work the Soldiers, civilians, and family members of the 7<sup>th</sup> MSC have done for this community and the Army Reserve. There is much more to come in 2020 and I look forward to continuing to grow the 7<sup>th</sup> MSC in 2020 and beyond.

I remain grateful for the opportunity to serve alongside the Soldiers, civilians, and family members of the 7<sup>th</sup> MSC. From my family to yours, Merry Christmas and Happy New Year!

7<sup>th</sup> Strong!

Forward and Ready!

**Mr. William Huggins**  
Command Executive Officer



# 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](mailto:christine.m.wilcox4.civ@mail.mil) or 528-0122 or contact MAJ Brown at [william.b.brown.mil@mail.mil](mailto: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





## **7th MSC comptroller leads area lunch and learn**

Story and photos by Sgt. 1st Class Joy Dulen

7th MSC Public Affairs

KAISERSLAUTERN, Germany – Military finance experts from around Rheinland-Pfalz gather once a month to discuss best practices of their profession as part of an area lunch and learn.

In November, 7th Mission Support Command comptroller, Lindsey Thompson, led the monthly professional development as members of the local American Society of Military Comptrollers attended her lunch and learn session held at The Quack restaurant in Kaiserslautern, Nov. 14.

“The intent is to bring together individuals who are associated with military comptrollership and offer professional development, activities, community service and train-

ing opportunities on a regular basis,” said Col. Frank Verdugo, U.S. Air Forces in Europe & Air Forces Africa comptroller and ASMC chapter president.

Money movers from every military service and DoD agencies are part of the ASMC and attend the monthly gatherings.

“In this area we have participants from Ramstein Air Base, all the Kasernes around Kaiserslautern, Sembach, U.S. Army Europe in Wiesbaden, Spangdahlem Air Base, Defense Finance Accounting Service, Air Force Auditing Agency...if they have a finance department, we get participants,” said Verdugo.

Thompson said she wanted to use the experience to broaden the local financial community's understanding to the nuances of Army Reserve funding and give them an overview of the 7th MSC mission and capabilities within this area of responsibility.

“It was important for me to represent the 7th MSC as the Army Reserve command presence in Europe to our local defense financial community,” said Thompson. “I feel our organization has very unique funding appropriations that many within other financial communities, such as active component, are rarely afforded the opportunity to work with and learn about.”

Verdugo agreed.

“I don’t have a lot of knowledge about how different (money managers) do what they do out here so it was great to have that perspective,” he said. “(The 7th MSC) deals with a different type of money, so it’s always good to learn about different appropriations and different processes that people are doing in different shops.”

*(Top) Lindsey Thompson, comptroller with the 7th Mission Support Command, speaks to local area finance managers during an American Society of Military Comptrollers lunch and learn, November 14., 2019*

*Col. Frank Verdugo, comptroller with U.S. Air Forces in Europe & Air Forces Africa and the American Society of Military Comptrollers local chapter president, presents a coin to Lindsey Thompson for leading an ASMC lunch and learn for local finance managers, November 14, 2019.*





# PREPAREDNESS

Wrapping paper flying through the air, scissors snipping away, gift cards being written. Gift giving season is officially upon us! As you start making your list and checking it twice, consider giving the gift of emergency preparedness this holiday season!

If you are purchasing a tablet or phone, think about adding some of these great safety/preparedness apps prior to wrapping them up:

- FEMA
- American Red Cross
- Protection Civile Italia
- NINA (German National Alerting System)

If your family enjoys opening stockings on Christmas Eve or laying out treats the first night of Hanukkah, consider purchasing flash lights and batteries for everyone in the house in case the electricity goes out. You can also give family and friends CPR face masks, or even a gift certificate for them to learn these lifesaving skills!

Another fun gift that can be given to family members and co-workers is a hand crank radio. These are awesome during storms to keep you tuned in to what the current weather is, and they often have flashlights that are always powered since all you need to do is crank the handle for power. You may also consider giving an emergency power bank for cell phones, or even a solar power charger for electronic items so that people can stay entertained when the power is out. For those harder to gift people in your life, maybe a gift card to a local grocery store so that they can start building up their emergency food and water supplies?

If you are looking for a larger gift that can keep on giving during a disaster, consider purchasing a generator to power things such as your refrigerator or air conditioners/heaters during power outages.

(Just remember to keep generators running outside rather than inside to eliminate toxic fumes in your home!)

For younger 7th MSC family members, think about purchasing childrens toys and books that can teach

*Holidays are a great time to show people how much you care by purchasing them something that just may save their lives.*

them about disasters. There are tons of options that allow kids to make their own tornados and volcanic eruptions.

## Safety First!



Water your Christmas tree every day. Keep it at least three feet away from heat sources like fireplaces, radiators, space heaters, candles and heat vents.

Always unplug Christmas tree lights before going to bed or leaving your home.



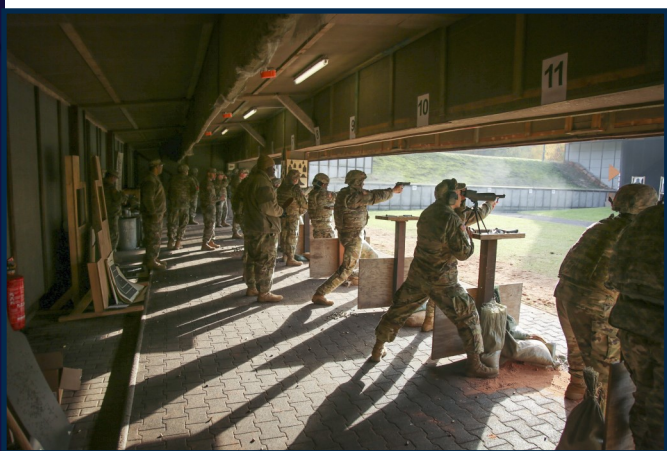
**The top three days of the year for home candle fires are Christmas, New Year's Eve and New Year's Day.**



# 7th Strong!

**Readiness exercise helps Soldiers *go green* across the command**

- Family Programs & ADPASS training
- ACE, TARP, SHARP, MRT, EO, Ethics briefings
- DD93, SGLI, PRR, Legal, Retention
- OCIE, GCSS, DTS, KYLOC
- GTC Military Driver's License, ATTRS, ID Tags
- ISOPREP, Antiterrorism Level I
- OPSEC Level I, SERE 100.2
- PHA, Vision, Immunizations, Hearing
- Labs and Dental
- Pro-Mask fit test





***Readiness improves our ability to fight and win our Nation's wars; it is the capability of our forces to conduct the full range of military operations to defeat all enemies regardless of the threats they pose.***







## ***U.S. Army Reserve Soldiers train during Joint Cooperation 2019***

Story and photos by Cpt. Doug Magill  
221st Public Affairs Detachment

NIENBURG, Germany -- Members of the U.S. Army Reserve's only civil affairs battalion in Europe joined approximately 500 Soldiers and civilians from 24 countries in North America and Europe for a civil-military cooperation exercise, Oct. 28 – Nov. 8 in and around Nienburg, Germany.

Members of the 457th Civil Affairs Battalion, 361st Civil Affairs Brigade, 7th Mission Support Command trained in Joint Cooperation 2019 - the ninth annual iteration of the full-scale NATO civil-military cooperation exercise.

The exercise places Soldiers in a scenario of conflict in the fictional states of Torrike and Framland. The overriding storyline of the exercise progresses each year and focuses on a different NATO article, this

year being Article III. In this year's iteration, armed conflict between Torrike and Framland has mostly subsided but Framland has requested that NATO troops stay in the area.

The Soldier's mission is to interact with role players acting as local citizens of the area who either question their presence in the area, want to provide information or need help addressing humanitarian concerns.

"It gives us an opportunity to show that we're more than just Soldiers with weapons, we can do several things," said Netherlands Army 1st Lt. Joris Davidse, deputy commander of the Civil-Military Cooperation Center-South. "This allows us to show a human face and when Framland asks for help, we help them."



Soldiers were stationed in two different civil-military cooperation centers – one dubbed “CIMIC Center South” in Steyerberg and another – “CIMIC Center North” just outside of Clausewitz Kaserne - the Bundeswehr installation where the exercise was headquartered.

“The CIMIC center is the human face of the mission,” Davidse said. “And it allows us to work in teams of five or six nationalities in one group and that’s the story of NATO.”



*U.S. Army Reserve Staff Sgt. Jalani Cochran (center), civil affairs specialist, 457th Civil Affairs Battalion, 361st Civil Affairs Brigade, 7th Mission Support Command, gives feedback to Sgt. Caitlin Thompson and Hungarian Army Zászlós Ferenc Kapor, on their interaction with a role player and translator, November 7, 2019 in Steyerberg, Germany during Joint Cooperation 2019.*

*(Top Left) U.S. Army Reserve Sgt. Caitlin Thompson, 457th Civil Affairs Battalion, 361st Civil Affairs Brigade, 7th Mission Support Command, works alongside Hungarian civil-military cooperation Soldier, Zászlós Ferenc Kapor during Joint Cooperation 2019, an annual civil-military cooperation exercise involving 24 nations from Europe and North America, November 7, 2019 in Steyerberg, Germany.*



*(Left) Signs mark the outside of a building in downtown Steyerberg, Germany identifying it as the site of the Civil-Military Cooperation Center South during Joint Cooperation 2019, a civil-military cooperation exercise involving 24 nations from Europe and North America, October 28-November 8, 2019.*



# Retention

Have you thought of furthering your education? Take advantage of the educational incentives/entitlements you have qualified for or earned:

- *Tuition Assistance: up to \$4,500 annually*
- *Selected Reserve Montgomery GI Bill: funded by DOD and administered by the VA*
- *Post 9-11 MGIB: for time served on active duty on or after September 11, 2001*
- *Student Loan Repayment: incentive amount on contract and Soldier is paid a designated portion each year*

U.S. ARMY RESERVE

## A HIGHLY EDUCATED FORCE



The Army Reserve is a Ready Force that equips and utilizes Soldiers' advanced degrees and combat capabilities to support the Total Force. Army Reserve Soldiers hold degrees in law, engineering, medicine, business, information technology, communications and many other fields.

### EDUCATION BENEFITS AVAILABLE:



**MINUTEMAN SCHOLARSHIPS:**  
These Scholarships cover 4 years of full tuition and fees or \$10,000 for room and board at colleges and universities served by an Army ROTC program. Scholarship recipients also receive a monthly stipend of and a yearly book allowance of \$1,200.



**SELECTED RESERVE MONTGOMERY GI BILL:**  
Soldiers in the Army Reserve can take advantage of the Montgomery GI Bill as a way to pay for a college education.



ARMY RESERVE SOLDIERS HOLDING A BACHELOR'S DEGREE OR HIGHER

### SHARE OF TOTAL ARMY ADVANCED DEGREES HELD BY ARMY RESERVE SOLDIERS:



### Did you know??

The Army will be starting a new recruiting campaign. As Army Reserve Soldiers, many fail to realize we are twice the citizen. You are a true warrior being able to handle a civilian and military career. This campaign will unfold through the coming year with real-Soldier stories throughout different platforms. What's Your Warrior?

Congratulations to the following Soldiers who reenlisted during December Battle Assembly. There are many reasons Soldiers decide to reenlist, but no matter the reason, you have committed to continue to serve and protect our Nation!

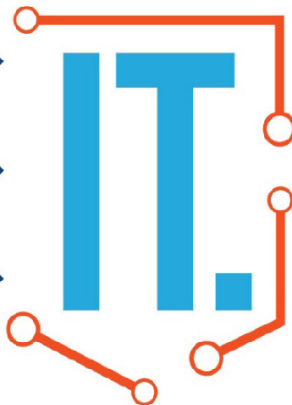
*SGT James Excellent*  
*SPC Akhnaton Abdulmusawwir*  
*SGT Jonathan Taylor*  
*SFC Jeremy Greer*  
*SGT Clawson Curtis*  
*SPC Carl Youngblood*  
*SPC Joseph Kraus*  
*SPC Majuan Tillman*







OWN  
SECURE  
PROTECT



#BeCyberSmart

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

**#1** reason for 7<sup>th</sup> 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 7<sup>th</sup> 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](mailto:rodney.m.cadatal.ctr@mail.mil), [mark.a.davis4.civ@mail.mil](mailto:mark.a.davis4.civ@mail.mil)  
HQ 7<sup>th</sup> MSC G6 SharePoint: <https://intranet.eur.army.mil/21tsc/7msc/g6/SitePages/Home.aspx>

Own IT. Secure IT. Protect IT.



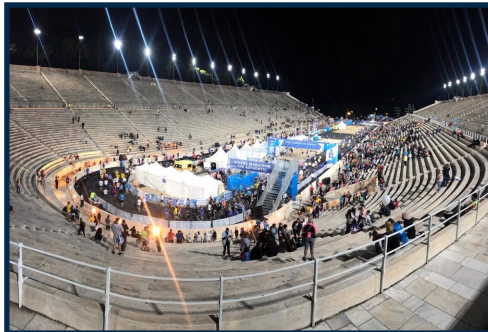
# Best of the 7th



*Chili Cook-Off with special guest judge, Maj. Gen. Christopher Mohan, 21st TSC CG*



*Armed Services Blood Program-Europe blood drive*



*7th MSC represents in the Athens, Greece marathon*



*Awards and promotions*





*221st Public Affairs Detachment making magic happen*



*Giving thanks with the 7th MSC family*



*Fire alarms and fall clean-up*

## ***Four 7th MSC Soldiers receive Thanksgiving meals from USO Kaiserslautern giveaway***

The Kaiserslautern USO Thanksgiving Meal giveaway for junior NCOs and Soldiers at the Vogelweh/Pulaski commissary took place on Saturday, Nov. 23. The 7th MSC had four

Soldiers nominated to receive meals, both from HHC and the 773rd CST, and all four were selected. The USO along with other sponsors provided more than 400 complete Thanksgiving meals. Senior NCOs from around the area came to pack and present the meals to the Soldiers. They also carried the meals to their cars for them as a reminder to Junior NCOs and Soldiers that senior NCOs remember what it's like to be in their







## 7<sup>TH</sup> MISSION SUPPORT COMMAND OFFICE OF THE INSPECTOR GENERAL



### **DYK –AR 140-10 and AR 600-8-24 Army Reserve Retirement**

**Purpose:** To prescribe the policies and procedures governing military personnel retirement services for Army Reserve TPU and AGR Members.

### **Army Reserve TPU Process:**

- Submit **DA Form 5016** and **20-year letter** to validate 20 qualifying years for retirement
- Soldier initiates request for reassignment to the Retired Reserve through the chain of command to the approving authority
- If approved, the Readiness Division publishes the retirement order up to 90 days prior to the effective date
- Readiness Division sends orders, retirement certificate, Presidential letter (if qualified), American flag, and pin to the unit for appropriate retirement ceremony IAW date transferred to the Retired Reserve
- Voluntary Retirements must be submitted **9 months prior** to the effective date

### **Army Reserve AGR Process:**

- Submit retirement packet through the chain of command to HRC **no earlier than 1-year** prior to the retirement date but **no less than 9 months**. This applies to both **Officer and Enlisted** members

### **Retirement Recognition Packet:**

- Unit will include the request for Retirement Recognition Packet (as a separate packet) with all requests for retirement
- RPSC will submit request for the Presidential Letter of Appreciation for qualified Soldiers
- **AGR Retirement Recognition Packets** are processed by the active duty installation nearest to the AGR place of duty.

**\*\*Retirement Processing Services Center and Readiness Division is the 7<sup>th</sup> Mission Support Command\*\***



**7<sup>TH</sup> STRONG!**  
**FORWARD & READY**

LTC Justin Sisak CIG: [justin.m.sisak.mil@mail.mil](mailto:justin.m.sisak.mil@mail.mil) or 314-528-0269  
SFC Stacey Sanders Asst. IG: [stacey.l.sanders.mil@mail.mil](mailto:stacey.l.sanders.mil@mail.mil) or 314-528-0270



# Promotion Board File

Here are just a few things you should know about your promotion board file:

- Upon receipt of the promotion board announcement (which is sent to you @mail.mil account) you should begin planning on how you are going to review and update your promotion board file. You "normally" have 60 days to prepare your records for the promotion board
- Preparing for a promotion board is an individual responsibility however, your HR professional is only there to assist you (it is part of our core competencies). Please understand that you cannot go to your HR professional the day before the board file closes and expect them to stop everything and spend five hours updating your records and SRB when you've had 60 days to prepare your promotion board file
- Accuracy and completeness. Candidates' attention to detail can have a large impact in distinguishing their files

to board members. Consistency among Officer Records Brief (ORB)/Enlisted Records Brief (ERB) information, DA Photo and Army Military Human Resources Record (AMHRR) cannot be stressed enough.

- The OER/NCOER is where the board members will spend the majority of their time evaluating a candidate's file. The rater and senior-rater narratives and evaluation bullets need to be quantitative and measurable. In addition, it is important that an evaluation or an Academic Evaluation Report (AER) be present for each duty assignment represented on the ORB/ERB.

- Letters to the board. When a letter to the board president is submitted and added to a candidate's board file, it will be the first document that appears when a board member reviews the file. When composing such a correspondence, Soldiers should adhere to the Army writing style as contained in AR 25-50/Preparing and Managing Correspondence. When composing this letter, be direct. Unnecessary amounts of detail and over-explanation can cause the candidate's intended message to be lost.

- DA photos add a human aspect to the selection process, and without a photograph the quality of any personnel file is greatly diminished. Board members carefully screen each photograph for compliance with height and weight standards, proper wear of the uniform and military bearing. It is recommended that any candidate going before a promotion or selection board should have an updated photo taken.

In closing, be proactive and ensure that your records are updated yearly; this will provide you with plenty of time to ensure your promotion board file is ready.



## Officer Promotion Boards - 2nd Quarter FY 2020

| BOARD  | CONVENE DATE | RECESS DATE | MILPER ANNOUNCING BOARD       |
|--|--------------|-------------|-------------------------------|
| LTC MC/DC PSBs and MAJ MC/DC SELCON                    | 7-Jan-20     | 16-Jan-20   | <a href="#">19-292</a>        |
| COL AMEDD PSBs   | 8-Jan-20     | 16-Jan-20   | <a href="#">19-323</a>        |
| COL ARMY (OPS, OS, FS, ID) PSBs                        | 14-Jan-20    | 31-Jan-20   | <a href="#">19-318 19-356</a> |
| RESERVE COMPONENTS LTC APL PSBs and MAJ APL SELCON     | 28-Jan-20    | 13-Feb-20   | <a href="#">19-353</a>        |
| COL CH PSB   | 3-Feb-20     | 7-Feb-20    | <a href="#">19-324</a>        |
| SENIOR SERVICE COLLEGE BOARD - CH                      | 3-Feb-20     | 7-Feb-20    |                               |
| LTC ARMY (OPS, OS, FS, ID) PSBs and MAJ SELCON         | 11-Feb-20    | 5-Mar-20    | <a href="#">19-228</a>        |
| MAJ MC/DC PSBs and CPT MC/DC SELCON                    | 24-Feb-20    | 28-Feb-20   | <a href="#">19-354</a>        |
| RESERVE COMPONENTS MAJ CH PSBs and CPT CH SELCON       | 25-Feb-20    | 28-Feb-20   | <a href="#">19-350</a>        |
| LTC CH PSB / MAJ CH SELCON                             | 3-Mar-20     | 6-Mar-20    |                               |
| USAR MAJ JAG PSB                                       | 3-Mar-20     | 6-Mar-20    | <a href="#">19-352</a>        |
| RESERVE COMPONENTS MAJ APL PSBs and CPT APL SELCON     | 4-Mar-20     | 31-Mar-20   |                               |
| MAJ AMEDD PSBs and CPT AMEDD SELCON                    | 10-Mar-20    | 20-Mar-20   |                               |
| RESERVE COMPONENTS COL AMEDD PSBs                      | 11-Mar-20    | 27-Mar-20   |                               |
| RESERVE COMPONENTS LTC AMEDD PSBs and MAJ AMEDD SELCON | 11-Mar-20    | 27-Mar-20   |                               |
| CPT AMEDD PSBs   | 17-Mar-20    | 27-Mar-20   |                               |
| MAJ CH PSB / CPT CH SELCON / CH ILE                    | 23-Mar-20    | 27-Mar-20   |                               |
| SENIOR SERVICE COLLEGE - JAGC                          | 24-Mar-20    | 25-Mar-20   |                               |

## Army Substance Abuse Program

December is National Impaired Driving Prevention Month. In an average year, 30 million Americans drive drunk, and 10 million Americans drive impaired by illicit drugs. Drugged, distracted, and drunk driving are all considered impaired driving. Impaired drivers experience diminished judgment and decreased motor coordination and reaction time. Be safe this holiday season and plan ahead. Make sure you have a designated driver or call a taxi.

Do you know the signs to spot an impaired driver?

Law enforcement says there are several signs associated with impaired driving.

- ◆ Making wide turns
- ◆ Swerving, drifting or straddling the centerline
- ◆ Almost hitting a vehicle or object
- ◆ Driving on the wrong side of the road

- ◆ Breaking without cause, stopping for no apparent reason
- ◆ Responding slow to traffic signals
- ◆ Driving at a very slow speed or too fast
- ◆ Turning illegally or abruptly, using the turn signal inconsistently
- ◆ Driving without headlights at night
- ◆ Tailgating

If you suspect an impaired driver, pull over and call law en-







## WHAT IS RESILIENCE?

Have you ever taken a stress test? It is not about how fast you can run or how steep you can climb. They get your heart rate up and then measure how long it takes you to recover. That is resilience. It is not avoiding the problem or being unfazed because you are in such great shape. It is about recovering. The quicker you recover, the more resilient you are. Army training is not designed to avoid suffering. It gets you through it, and when you are done, brings you back.

This concept is rooted in spiritual resilience. Faith is often misunderstood. It is not the person who has never made a mistake, compromised their position, or committed a sin. The spiritually resilient are those who have been there, done that, and are recovering. They know what it is like to live with uncertainty, doubt, and fear. They know what it means to question the existence of God from a deeply personal perspective. They know what it is like to live without faith and in turn to embrace it because after suffering, faith means something.

Sometimes our culture confuses naivety with faith, and that is a real tragedy.

The English poet William Blake wrote a series of poems entitled “Songs on Innocence” and “Songs of Experience.” The first set of poems describes a tentative childlike faith, something naive. The second captures faith that comes in the midst of suffering and death. This faith is not conventional or always reasonable. It emerges from the circumstances in which it is forged, and it is real.

Training and preparation are important, but they are merely prelude to resilience. True strength comes from our response to our circumstances, how we recover. Faith can be a powerful ally in helping to overcome the adversities in life. Your chaplain is always there to listen and to help.

CH (LTC) Robert Crawford  
7<sup>th</sup> Mission Support Command

# Family Programs

**MILITARY**  
**ONE**SOURCE

## Confidential Non-medical Counseling

**Address issues. Tackle life's challenges.  
Get guidance and support to thrive in your MilLife.**

Our counselors know military life so they understand your challenges and how to help. Nine out of ten people who have used non-medical counseling would use it again.

### **Confidential non-medical counseling can help you with:**

- Relationships at home and work
- Stress management
- Marital and communication issues
- Adjustment to military culture
- Phases of deployment
- Parenting skills
- Grief or loss

If non-medical counseling is not appropriate for your situation, we will connect you with other vetted resources. Situations outside the scope of non-medical counseling include: long-term support, post-traumatic stress disorder, addictions, mental health diagnoses requiring medication, determining medical diagnosis and crisis situations.

### **For active-duty, National Guard and reserve service members, immediate family and survivors.**

- Confidential non-medical counseling is not reported to command
- Up to 12 sessions per issue
- Counseling from licensed mental health clinicians

### **Call on us anytime.**

- Contact us 24/7 by phone or website for an appointment
- Counseling sessions face-to-face, by phone, online chat or secure live video
- Face-to-face sessions also available through the Military and Family Life Counseling Program at installations worldwide

**"Non-medical counseling helped improve my communication and self-awareness without affecting my job."**

**Just need to talk? Connect with support anytime.**  
[www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil) | 00-800-342-96477





# Family Programs

## Invest in yourself, not the coffee shop.

Break out of your coffee-shop routine, and get your caffeine fix at home.  
Then see how your savings brew up even more money for retirement.

Skip the trip to the barista ...



X



... and pour the amount saved into your retirement fund ...



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.



### Learn how to fill up your retirement coffee pot.

Locate an accredited Personal Financial Manager or Counselor near you:  
<http://www.militaryinstallations.dod.mil>.

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

... compounded by 7%\* annual rate of return ...

... for 20 years  
\$30,452

... for 10 years  
\$10,263

... for five years  
\$4,272

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



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# HHC BA Schedule

|                   |        |                                      |
|-------------------|--------|--------------------------------------|
| 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   |

## Speeding Penalties in Germany

This chart provides the minimum amounts for speeding penalties in Germany. Exceeding the speed limit by up to 20 km/h results in a warning fee; exceeding it by a greater amount will result in a fine. Points are also assessed against your driver's license and your driving privileges can be suspended. Penalties can increase where persons are endangered or property damaged.

| Excess Speed<br>km/h | <u>within city/town limits</u> |                |                   | <u>outside city/town limits</u> |                |                   |
|----------------------|--------------------------------|----------------|-------------------|---------------------------------|----------------|-------------------|
|                      | <u>warning fee</u>             |                |                   | <u>warning fee</u>              |                |                   |
| Under 10             | €15                            |                |                   | €10                             |                |                   |
| 11 thru 15           | €25                            |                |                   | €20                             |                |                   |
| 16 thru 20           | €35                            |                |                   | €30                             |                |                   |
|                      | German                         |                |                   | German                          |                |                   |
|                      | <u>fine</u>                    | <u>points*</u> | <u>suspension</u> | <u>fine</u>                     | <u>points*</u> | <u>suspension</u> |
| 21-25                | €80                            | 1              | -                 | €70                             | 1              | -                 |
| 26-30                | €100                           | 1              | **                | €80                             | 1              | **                |
| 31-40                | €160                           | 2              | 1 month           | €120                            | 1              | **                |
| 41-50                | €200                           | 2              | 1 month           | €160                            | 2              | 1 month           |
| 51-60                | €280                           | 2              | 2 months          | €240                            | 2              | 1 month           |
| 61-70                | €480                           | 2              | 3 months          | €440                            | 2              | 2 months          |
| Above 70             | €680                           | 2              | 3 months          | €600                            | 2              | 3 months          |

### US Traffic Points

| Excess<br>Speed<br>Km/h | US<br>Points |
|-------------------------|--------------|
|-------------------------|--------------|

|            |   |
|------------|---|
| 1 to 16    | 3 |
| 17 to 25   | 4 |
| 26 to 32   | 5 |
| 33 or more | 6 |

Mandatory 180 day suspension for 12 US traffic points in 1 year

\* Under the German traffic point system eight points will trigger a revocation.

\*\* Exceeding limits twice in a 12 month period results in a 1 month suspension.