

**7TH**

**24/7**

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

## **DEFENDER-EUROPE 20**

**446 PUSH PULL MISSION GETS DEFENDER MOVING**

## **MEDICAL READINESS**

**COMBAT LIFESAVING FOCUS OF BATTLE ASSEMBLY**

## **FINAL PLANNING ROCs**

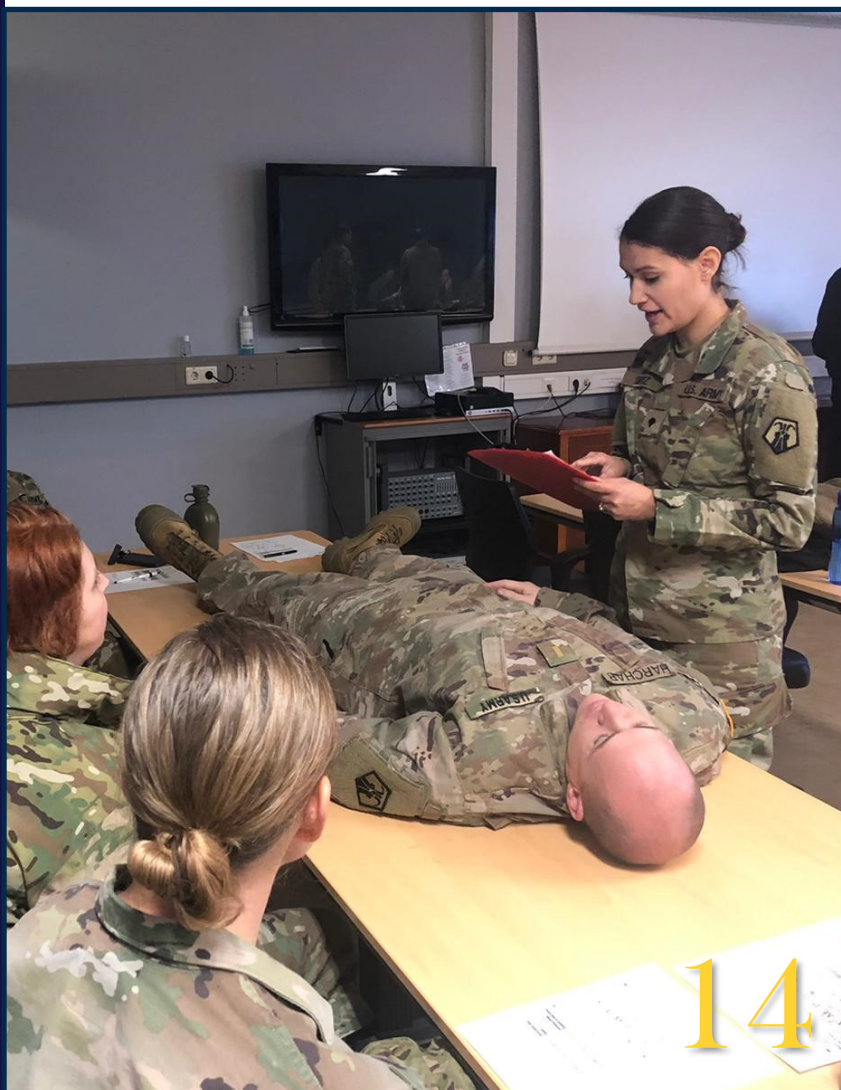
**SETTING UP SUCCESS THROUGH DEFENDER-EUROPE 20 ROC DRILLS**



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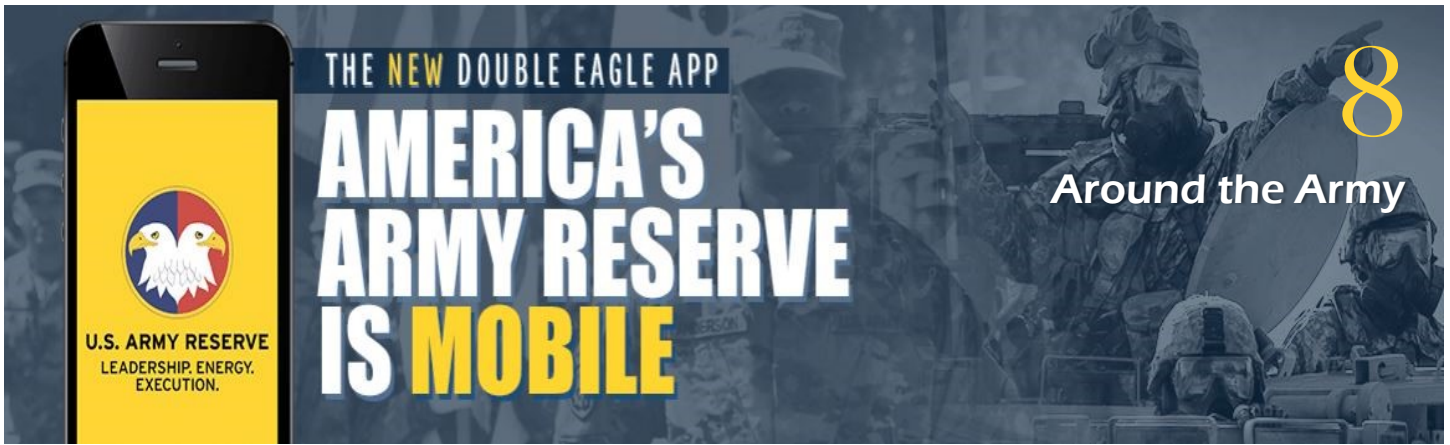


## MEDICAL READINESS

**Combat lifesaving focus of  
battle assembly**









# FROM THE



Guten Tag, Team Ready!

In our support to DEFENDER-Europe 20, I want to remind everyone in our formation of the importance of the two types of readiness essential to the success of our team: Strategic and Individual

#### Strategic Readiness:

Today, the greatest threat to U.S. strategic interests and global stability is not terrorism, it is resurgent great power competition. Rapid advances in disruptive technologies, and new concepts of warfare spanning all domains, inform our focus on increased combat-readiness, an expeditionary mindset and the capability to deter and defeat aggression across the globe.

In response to the changing global security environment, the Army Reserve has pushed into a new state of operational readiness, improving the posture and capabilities of its forces to respond quickly to evolving threats from multiple sources.

Under this construct, specifically here in Europe, key early-deploying force capabilities are postured to aggregate and deploy rapidly with the requisite mobility, survivability, lethality and netted mission command architecture to fight and win on the battlefield. This emerging threat environment demands a new paradigm in both how the Army operates and fights, as well as how and when it employs the capabilities that reside on the Army Reserve team. Readiness is the key to relevance. It is as simple as that.

#### Individual Readiness:

Reducing the number of non-deployable Soldiers in our formation is everyone's responsibility. Leaders must continue to monitor Soldier medical readiness through the Medical Protection System (MEDPROS) to ensure Soldiers are green across the board. Additionally, at every echelon, we need to identify and eliminate impediments to readiness while continuing to create opportunities during Battle Assemblies, Rescheduled Training, or Readiness Management Assemblies for Soldiers to meet the standard.

Commanders must continue to cut unnecessary or excessive transportation costs and look to optimize where we move equipment so that it is more effectively staged for post-mobilization training or combat operations. Through the deliberate focus on readiness and modernization, America's Army Reserve will be capable of rapidly generating forces to meet warfighting requirements.

Remember "Zusammen erreicht jeder mehr". Together, everyone achieves more!

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](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

## “THIS IS MY SQUAD”

If you haven’t heard me talk about it before, “This Is My Squad” is the current slogan presented by the Sergeant Major of the Army for use across our formations. It has a specific meaning and focus area for creating an environment where Soldiers and Leaders take pride in their Team, Squad, Platoon or whatever level, by not allowing poor performance or negative acts that hurt our Soldiers and Readiness as an Army.

Although it is all encompassing, Noncommissioned Officers (NCO) at the Sergeant (SGT) and Staff Sergeant (SSG) level are of particular interest as they Lead Squads. They are our most important and impactful group of NCOs in our formations. NCOs at these ranks have the most interaction with Junior Enlisted Soldiers and have the opportunity to influence positive or negative performance/behavior in the early stages of these Soldiers enlistments. When our Junior NCOs are promoting a positive culture of everyone taking ownership for what happens in their Squad, great things happen.



Although the term slogan is used, it is far more than that. The “This Is My Squad” slogan, if implemented correctly, is a way of life for Soldiers. It is intended to reinforce the mindset of positive Leadership, which in turn, results in a positive climate and high performing units. “This Is My Squad” means that we don’t allow behavior that negatively impacts our Soldiers and units such as hazing, sexual harassment/assault, toxic Leadership, and a variety of other damaging behaviors. If implemented and reinforced correctly, “This Is My Squad” results in Soldiers and Leaders buying in as well as gaining the buy in of their Soldiers, feeling a great sense of pride in their Squad. Let’s adopt the “This Is My Squad” mentality and maximize the potential of all of our Soldiers and Leaders.

## “THIS IS MY SQUAD”

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,

Reminder – we have the following events coming up in the next couple of months:

DPMAP Performance Appraisal – all employees who arrived prior to 1 January 2020 and performed at least 90 days will receive a performance appraisal for 2020. New employees who enter on duty between 1 January 2020 and 31 March 2020 will receive a 2021 performance plan (not a 2020 one – employees need at least 90 days on an approved plan to receive an appraisal).

Employees can add input prior to 31 March, but the approval process cannot be initiated until after 1 April. The suspense for completing all appraisals (including signatures from the Rating Official, Higher Level Reviewer, and

the Employee) will be 8 April.

2021 Performance Plans will have to be completed NLT 24 April. There will be standardized performance plans for many of our positions (including ARA's, SOTS, LMS, etc.). I will work standardized performance plans with supervisors in the near future.

In March we will have our first monthly Program Manager Budget Brief (PMBB). The PMBB is designed to look at previous month's execution and provides a forum for units to discuss execution and budget issues and concerns. We will also look at unliquidated obligations (ULO's), un-submitted vouchers, GTCC delinquency, etc. Supervisors are responsible for briefing their section or organization.

I need all units to input RFO's and DTS for approved missions, to include Defender Europe 20. The Command must be 55% obligated by 31 March. If you have RFO's in the queue that are ready to be approved reach out to me and let me know so we can help get you the money to approve the RFO's/DTS.

Continue to pound individual readiness. We need all units to not be singularly focused on our overdue populations. You need to also look at your 30/60/90 coming due populations. The only way to stay ahead of individual readiness is to do both. The G-1 will continue sending out a 30/60/90 report the first week of every month.

7<sup>th</sup> Strong!

Forward and Ready!

**Mr. William Huggins**  
Command Executive Officer



# HHC BA Schedule

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

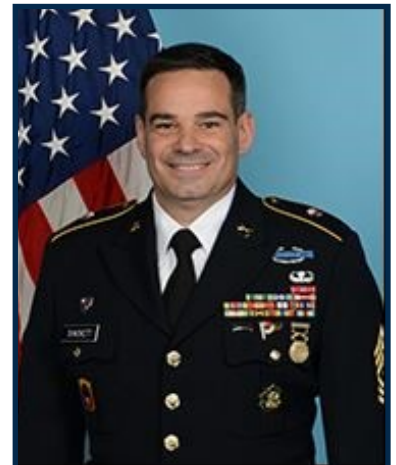


*CPT Brian Estes*

## HHC Commander and 1SG



*1SG Stanton Shackett*



Team,

As we enter March, so begins DEFENDER-Europe 20 for which we have spent many months preparing. We still have a lot of work ahead of us as this massive exercise unfolds over the next few months, and I am confident that the professionalism and commitment to duty of all the members of HHC will lead us to success in the end. We had a productive BA in February with the OSURG and G2 providing some excellent training to the unit. Our next BA will be 28-29 March and will feature Land Nav classroom instruction, driver training, HT/WT, and a diagnostic of the brand new ACFT, which will become the official Army PT test by October. As a unit, we continue to do great on maintaining our readiness metrics so keep up the excellent work in getting everything green.

Forward and Ready!



# AROUND THE ARMY



## READY AND RESILIENT

A Ready and Resilient Army is made up of Soldiers, Army Civilians, and Family members who have the ability to activate and sustain personal readiness and optimize human performance in environments of uncertainty and persistent danger.

**RESILIENCE SKILLS** contribute to personal readiness by equipping individuals with the ability to face and cope with adversity, adapt to change, recover, and learn and grow from setbacks.



## SCHOLARSHIPS FOR MILITARY CHILDREN



The Scholarships for Military Children Program is now open and accepting applications for the 2020 school year.

### HOW TO APPLY

All applications will be submitted online only.

Apply at [www.militaryscholar.org](http://www.militaryscholar.org)



Scholarship program of Fisher House Foundation

COMMISSARY

MPMP18103

## FISHER HOUSE



### SCHOLARSHIPS FOR MILITARY CHILDREN

The Scholarships for Military Children Program is now in its 20<sup>th</sup> year. Through the generosity of Defense Commissary Agency business partners and others, a total of 11,314 students, all military children, have shared \$19,126,000 in scholarship grants. They were selected from a pool of over 100,000 applicants.

Program is open to students who possess a US Uniformed Services Identification and Privilege Card (DD Form 173), and whose parent or parents serve or served in the Army, Marine Corps, Navy, Air Force or Coast Guard. Recipient must be enrolled or planning to enroll full-time in a four-year undergraduate college or university, accredited in the U. S. or a two-year community college. They must have a minimum cumulative grade point average of 3.0 on a 4.0 basis.

Fisher House Foundation, Inc., an IRS recognized 501(c)(3) charity, administers the Scholarships for Military Children program. Commissary business partners and others donate to Fisher House Foundation, Inc., which treats each contribution as a "restricted donation." Fisher House Foundation, in turn, contracts with "Scholarship Managers," a professional scholarship management firm, to evaluate the applications and select the best qualified as recipients.

Every dollar received is given out as a scholarship grant. Fisher House Foundation does not charge for its services, to include the costs of administration and the cost of the scholarship management contract. For school year 2019-20, there will be 500 recipients selected, and each will receive a \$2,000 scholarship grant.

Commissary business partners receive a receipt/acknowledgment for their donation from the Fisher House Foundation. Business partners are invited to participate in ceremonies at individual commissaries. The matching of business partners to commissaries is done by Fisher House Foundation.

Commissary business partners are recognized by the Defense Commissary Agency Director at an annual event during the Defense Commissary Round-table. Business partners who donate to the program are encouraged to use the "Proud Supporter" logo in any advertising directed to members of the military and their families. Every commissary displays a large poster that acknowledges the names of the sponsors to the annual scholarship program, and the names are also listed on the scholarship web site, [www.militaryscholar.org](http://www.militaryscholar.org).

Business partner donors are recognized by level, as follows:

Five Star	More than \$200,000
Four Star	\$50,000 - \$199,999
Three Star	\$25,000 - \$49,999
Two Star	\$10,000 - \$24,999
One Star	\$2,000 - \$9,999

For more information, contact Marye Dobson at DeCA (804/734-8000, ext. 52781) or Jim Weiskopf at Fisher House Foundation (202/607-1067), or go to [www.militaryscholar.org](http://www.militaryscholar.org).

### Program History

Academic Year	Number of Commissaries	Number of Applicants	Number of Recipients	Amount Awarded	Total Scholarship Grants Awarded
2001-2002	269	5,076	396	\$1,500	\$594,000
2002-2003	265	5,122	520	\$1,900	\$988,000
2003-2004	265	6,574	550	\$1,500	\$825,000
2004-2005	263	7,041	500	\$1,500	\$750,000
2005-2006	268	6,341	500	\$1,500	\$750,000
2006-2007	259	4,846	500	\$1,500	\$750,000
2007-2008	252	5,002	566	\$1,500	\$849,000
2008-2009	249	5,720	600	\$1,500	\$900,000
2009-2010	244	6,109	625	\$1,500	\$937,500
2010-2011	254	5,938	645	\$1,500	\$967,500
2011-2012	241	4,868	670	\$1,500	\$1,005,000
2012-2013	247	4,618	670	\$1,500	\$1,005,000
2013-2014	242	4,657	670	\$1,500	\$1,005,000
2014-2015	249	5,000	600	\$2,000	\$1,200,000
2015-2016	230	4,000	700	\$2,000	\$1,400,000
2016-2017	238	4,487	702	\$2,000	\$1,404,000
2017-2018	231	4,880	700	\$2,000	\$1,400,000
2018-2019	232	4,523	700	\$2,000	\$1,400,000
2019-2020	230	5,627	500	\$2,000	\$1,000,000
<b>Totals</b>		<b>100,429</b>	<b>11,314</b>		<b>\$19,126,000</b>





## ***Final ROC drills help leaders plan for success during DEFENDER-Europe 20***



Planners from Medical Support Unit-Europe and the 7th Mission Support Command Public Affairs Office attend Rehearsal of Concept drills in Kaiserslautern and Wiesbaden for their respective roles in DEFENDER-Europe 20. Approximately 1,200 Army Reserve Soldiers from across the U.S. and Europe are participating in DEFENDER-Europe 20, the largest deployment of U.S.-based forces to Europe for an exercise in more than 25 years.





## ***U.S. Army Reserve Soldiers conduct push pull operations for DEFENDER-Europe 20***

Story and photos by Maj. Joe Bush  
510th RSG Public Affairs

BERGEN-HOHNE, Germany - DEFENDER-Europe 20 will be the largest deployment of U.S.-based forces to Europe for an exercise in more than 25 years. With more than 20,000 U.S. service members participating over the next five months across the theater, they will need thousands of vehicles and equipment moved in conducting the exercise across Europe.

Getting this massive mission underway, U.S. Army Reserve Soldiers from the 1172nd and 1177th Movement Control Detachments, 446th Movement Control Team, 510th Regional Support Group, 7th Mission Support Command, based out of Kaiserslautern, Germany, came in to provide the push-pull operations needed to get gear in position and ready to go, here, Feb. 7-8, 2020.

Approximately 1,200 U.S. Army Reserve Soldiers from multiple units across the U.S. will be participating in DEFENDER-Europe 20, including the only Army Reserve unit

stationed in Europe, the 7th MSC.

Throughout the month of February, the Soldiers of the 446th MCT are preparing and tracking 2,360 pieces of rolling stock moving from the theater preposition yard at Coleman Barracks near Mannheim, Germany, for a nearly 300-mile movement north to Bergen-Hohne, Germany.

"So what our job is as the Movement Control Detachment is to provide in-transit visibility, that is tracking of all the equipment that is moving no matter how it's moving; via rail, via commercial or via military line haul," said Capt. Lawrence Coles, 1172nd MCD commander.

Once the Soldiers have tagged and labeled the vehicles with radio frequency identification devices, so that they can be tracked along their movement to Bergen-Hohne, the gear will be received by another group of MCT Soldiers the next day.



“We get there early in the morning. We are going to get eyes on every single vehicle by serial number to take accountability of what has arrived, but we are also using the electronic systems we have to read the ID tags we have on every vehicle,” said Sgt. Clinton Pope, a Soldier with the 1172nd MCD.

Once the vehicles arrive at the rail head in Bergen-Hohne, and Pope and his fellow Soldiers have checked them off, they are then offloaded from the train and onto heavy equipment transportation trailers operated by Soldiers from the German Bundeswehr.

That’s when their German counterparts lend a hand and transport the large tracked vehicles an additional 30 miles to Fallingbostel, a former British Army base now operated by the German military.

The Soldiers will check each vehicle again once it has arrived and has been staged, and there it will stay until the deploying units for DEFENDER Europe-20 hit the ground and fall in on the equipment.

“It’s been an amazing experience seeing a large movement like this and the strategic piece of it,” said Pope, who will be leaving Bergen-Hohne later this month for his Military Occupational Skill training as an 88N Transportation Equipment Manager. “To see this before I go to training is a really neat experience.”

It is this kind of training that allows Reserve Soldiers here in Europe to help support the larger mission of the U.S.



*U.S. Army Reserve Staff Sgt. Jason Hunter of the 1172nd Movement Control Detachment, 446th Movement Control Team, 510th Regional Support Group, 7th Mission Support Command, zip ties a radio frequency identification tag to every vehicle before it leaves Coleman Barracks in Mannheim, Germany, in preparation for DEFENDER-Europe 20 on February 7, 2020.*

Army and continue to serve their country in a meaningful way, despite living so far away from it.

“We are the only Reserve MCT in the European theater,” said Coles. “Which means we get the opportunity to participate in large scale operations like this, as well as operations that take us to Poland, to Norway, to Slovenia; things a lot of Reserve Soldiers don’t get the opportunity to do. So it’s a great opportunity to do some great things in the Army Reserve.”

*(Top Left) U.S. Army Reserve Sgt. Curtis Clawson of the 1177th Movement Control Detachment, 446th Movement Control Team, 510th Regional Support Group, 7th Mission Support Command, based in Kaiserslautern, Germany, checks the radio frequency identification tag on every vehicle that arrives to Bergen-Hohne, Germany, in preparation for DEFENDER-Europe 20 on February 8, 2020.*



*(Left) U.S. Army Reserve Soldiers with the 446th Movement Control Team, 510th Regional Support Group, 7th Mission Support Command, check vehicles once they arrive to Fallingbostel, a former British Army base, 30 miles outside of Bergen-Hohne, Germany, in preparation for DEFENDER-Europe 20 on February 8, 2020. Approximately 1,200 Army Reserve Soldiers from across the U.S. and Europe are participating in DEFENDER-Europe 20, the largest deployment of U.S.-based forces to Europe for an exercise in more than 25 years.*





# Retention

With almost 13 years of service, Staff Sgt. Alicia Tamayo reenlisted indefinitely on January 11, 2020. She is currently assigned to the 589th Engineer Detachment and is the first female noncommissioned officer to be assigned to the unit. While at unit training in Bavaria, Staff Sgt. Tamayo took advantage of the breathtaking scenery and swore to defend the constitution for her last reenlistment at 2,628m high at the top of mount Alpspitze.



Staff Sgt. Tamayo joined the Army Reserve in 2007 to serve her country and take advantage of education benefits. Although she is eligible for the Post 9/11 GI Bill, Staff Sgt. Tamayo has decided to save it for her future degree. She is currently taking advantage of Tuition Assistance to pay for her college, which has an annual ceiling of \$4,500.

Thank you for your continued selfless service to your Nation, Staff Sgt. Alicia Tamayo!

Reenlistment has been a long time honored tradition. Currently, Soldiers who are within 12 months of ETS are eligible to look at reenlistment options. Educate yourself and take advantage of all the Army benefits you gain as a Soldier.

For more information contact:

**Senior Command Career Counselor**

**MSG Monica Blanco**

**DSN 314-528-0279**

**Cell: +49 162 259 5154**

**Army Reserve Career Counselors**

**SFC Cassidy Moore**

**or**

**SFC Ed Rosado**

**DSN 314-528-0280**

**DSN: 314.569.7115**

**Cell: +49 162 2704939**

**Cell: +49**

**162.259.5631**



Contact SGT Patrick Arriola for more information:

patrick.j.arriola.mil@mail.mil

0611-143-528-0008



**ARMY RESERVE  
FAMILY PROGRAMS**  
Connecting Soldiers • Families • Communities



"Give with Love" women professional used clothing drive was a mission success! Soldiers, Civilians, and Family members gave four boxes full of gently used professional women clothing to the "Women Home" in Kaiserslautern. This home supports women and children of domestic violence. This quarters clothing drive was all about professional attire, items donated will ensure that these women can "dress for success" while looking for employment opportunity to start all over or just start their new lives. The next clothes drive will take place in April in partnership with Sexual Assault Awareness Month.

Remember, Domestic Violence is the intentional injury and/or patterns of intentional acts that affects the psychological and physical wellbeing, safety and security of an intimate partner. Domestic abuse essentially involves the misuse of power and exercise of control by one person over another with whom there is, or has been an intimate relationship.

There are three forms of domestic violence's, Physical, Psychological, and Financial abuse.

Physical Abuse is not the only form of domestic violence and not the most common either. Physical abuse occurs when one person uses physical pain or threats of physical force against another. Actual physical abuse may look like slaps or pushes, or it may involve a full physical beating to include kicking, punching, hair pulling, scratching, spitting on, threatening with a weapon and real physical damage abundant enough, that leads to hospitalization.

Psychological Abuse or more commonly call "Emotional Abuse" is when there is a power imbalance in a relationship, it may include bullying or gaslighting, which often leads to the victim suffering from anxiety, chronic depression, or often PTSD.

Financial Abuse can take many forms; the abuser can prevent resources and acquisition to the victim this diminishes the victim ability to support him/herself, this can reduce access to education, employment, or career advancements, which increases the dependency of the abuser to provide for them.

Domestic violence maybe happening in your home, or in your formations. It is important to know your Soldiers and their Family members, as Leaders it is our responsibility. It is always important to know when and who to call. Never feel as if you are alone, communicate with your chain of command, your supervisor, or your Battle Buddy, and know we are all here to support! FAP Victim Advocacy (24/7 Domestic Violence Hotline) +49 (0)162-296-7320

Photo from left to right:

**Mrs. Scheyda Stasik (Suicide Prevention Program Manager)**

[scheyda.stasik3.civ@mail.mil](mailto:scheyda.stasik3.civ@mail.mil)

**Mrs. Danielle R. Hanson (Family Programs Director)**

[danielle.r.hanson.civ@mail.mil](mailto:danielle.r.hanson.civ@mail.mil)

**Mrs. Danijela Adams ( Family Readiness Support Assistant)**

[danijela.adams.civ@mail.mil](mailto:danijela.adams.civ@mail.mil)







## ***HHC, 7th MSC Soldiers practice combat life-saving skills during February's Battle Assembly***

Story and photos by Sgt. Daniel Friedberg  
7th MSC Public Affairs

KAISERSLAUTERN, Germany – Soldiers of Headquarters and Headquarters Command, 7th Mission Support Command, shrugged off an icy German winter day to get dirty on a parade field practicing individual medical survival skills during this month's battle assembly here at Daenner Kaserne on Feb. 8, 2020.

The 7th MSC is the only U.S. Army Reserve Command fully based in Europe.

"The emphasis of the training was to prepare each Soldier at the unit and individual level to shoot, move, communicate and medicate," said U.S. Army

Reserve Col. Jeffrey M. Tiede, the senior commander of the Office of the Command Surgeon, 7th MSC.

Tiede also explained that the single-pouch Individual First Aid Kit, which the 7th MSC Soldiers were practicing to carry and use, resulted from the key learnings of modern warfare.

The IFAK pack includes a ready-made tourniquet, specialized types of bandaging to control bleeding and other injuries, protective gloves, scissors, gauze and a nasopharyngeal tube to bypass airway obstruction, he said.

"The main reason why combat casualties have decreased markedly in Operation Enduring Freedom is related to the use of tourniquets so people don't hemorrhage out after losing a limb," said Tiede.

"These are skills that Soldiers should be doing," said Staff Sgt. Paul C. Smith, an administrative NCO with HHC, 7th MSC.

"It was some well needed common task training," said Smith adding that he was pleased to have an opportunity to refresh the skills he learned in his past deployment and training.

"I personally had a great time brushing up on my medical skills and I hope we continue to do these types of training in the future," said Smith explaining that the hands-on training helped to maintain his tactical competence.

According to Teide, field-based medical training is an essential part to maintaining a ready and capable Reserve force here in Europe.



*U.S. Army Reserve Staff Sgt. Gilleschristian Padenou, a combat medic with the Office of the Command Surgeon, HHC, 7th Mission Support Command, gets a nasopharyngeal airway tube inserted while simulating a casualty during February's Battle Assembly. 7th MSC Soldiers practiced medical common tasks as part of essential Warrior task training on the parade field at Daenner Kaserne, February 8, 2020.*

"We're always prepared to go to war, and the first time you practice putting on a tourniquet or packing a wound should not be on a battlefield," said Tiede.

*(Top Left) U.S. Army Reserve Staff Sgt. Craig M. Augustine, a combat medic with the Office of the Command Surgeon, shows Soldiers of HHC, 7th Mission Support Command, how to treat a casualty during this month's Battle Assembly on the parade field at Daenner Kaserne, February 8, 2020.*

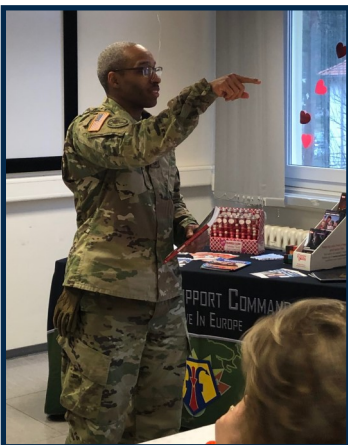


*(Left) U.S. Army Reserve Sgt. Jamel Banner (top) and Staff Sgt. Gilleschristian Padenou, both combat medics with the Office of the Command Surgeon, HHC, 7th Mission Support Command, demonstrate airway control during casualty evaluation during a Battle Assembly emphasizing Soldier medical common tasks at Daenner Kaserne on February 8, 2020.*





# Best of the 7th





# SHARP

The WeCare-Europe App can be downloaded to any mobile platform. Once the App is loaded (photo 1), the individual will select the location in which they are interested in receiving services (photo 2), and all contact information for that location will appear (photo 3), Rheinland-Pfalz information is depicted in this image.

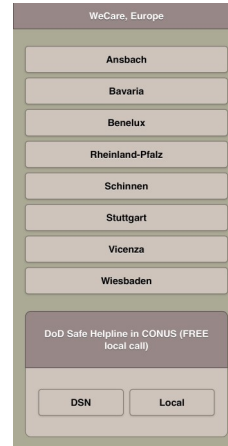
In substitution of the App, just dial DSN: 53-SHARP or Commercial: 061114253 SHARP (4277) to reach any location in Europe.



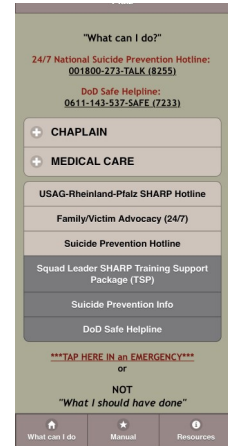
WeCare, Europe  
TRADOC Mobile

OPEN

1



2



3

Members of the 7th Mission Support Command graduated from the Sexual Harassment/Assault Response and Prevention (SHARP) Foundation Course on February 6, 2020.

This course is provided as part of the Department of Defense Sexual Assault Advocate Certification

Program (D-SAACP) and is part of the certification process for becoming a Victim Advocate (VA) or Sexual Assault Response Coordinator (SARC).

These Soldiers were selected by their command to lead the way in the fight against sexual harassment/assault and assist Com-

manders in cultivating a climate of dignity and respect.

## Recent SHARP Graduates

Pictured from left to right are:

CPT Jess Krantz, 457th CA Battalion

CPT Fawn Oleary, 773rd CST

CW3 Nataly Ramos, 510th RSG

SFC Chatchai Brunosky, 446th MCB



### 24/7 SHARP HELPLINE

The **SHARP Helpline** is a consolidated Helpline that integrates helplines across the European Theater of Operations.

**DSN: 53-SHARP (537-4277)**  
**CIV: +49(0)611-143-53-SHARP**

The **53-SHARP Helpline** is structured as a guided phone tree to assist victims in connecting to a SHARP professional in all European installations and the DoD SAFE Helpline with one phone number. It however **Does Not** replace current helplines.



# Lunch and learn

By Danielle Hanson

How do you express and receive LOVE?

By taking a long walk (Quality Time), giving or receiving a long HUG (Physical Touch) or a bouquet of flowers (Receiving Gifts)? Maybe doing something nice with an (Act of Service), or is it saying or hearing the words "I Love You" (Words of Affirmation), "whichever fits you best remember to use it to build your "Love Bank!", says SSG Lamar Turner, Chaplain Assistant from the 7th MSC.

Soldiers, Civilians, and Family members came together to learn the secret of a healthy relationship at February's Lunch-n-Learn "Couples Communication, 5 Love Languages" taught by Staff Sgt. Turner. In the military, it is important to build intimacy over long distances, maintain and rebuild emotional love after BA/AT or deployments,



and ensure we unlearn harsh military-style communication when we speak to our loved ones.

Having this tool in your rucksack will ensure that you are working on your Personnel Readiness and this ensures you are Mission Ready!



**7th MSC SAFETY OFFICE**  
Alert today...alive tomorrow.  
314-528-0282

## PREPARED?



CELLPHONE CHARGER



FIRST AID KIT



JUMPER CABLES



SPARE TIRE



SAND OR KITTY LITTER



WATER SNACKS



MITTENS, HAT, BOOTS, WARM CLOTHES



HIGH VISIBILITY VESTS



SNOW SHOVEL AND BRUSH



BLANKETS



WARNING TRIANGLE



TOW ROPE



FLASHLIGHT



EMERGENCY SUPPLY KIT FOR YOUR VEHICLE!

## WHY?

YOU NEVER KNOW WHEN YOU WILL ENCOUNTER WINTER WEATHER OR AN EMERGENCY ROAD CLOSURE. DON'T LET A WINTER STORM TAKE YOU BY SURPRISE!



SAFE FALL/WINTER






<https://safety.army.mil>



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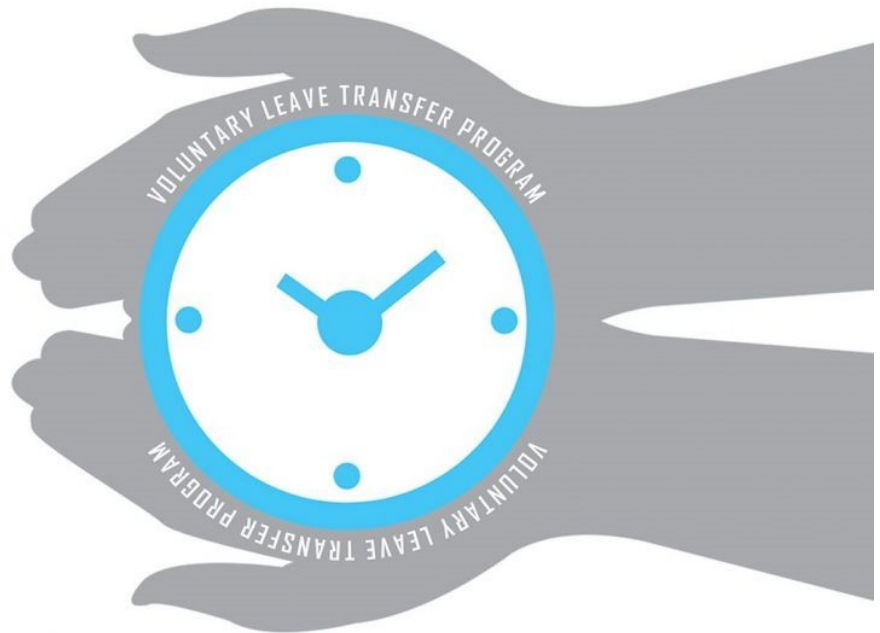
# Voluntary Leave Transfer Program (VLTP)

Are you a federal civilian employee with a large amount of Annual Leave on your books? Do you have so much leave every year that you are always on the “Use or Lose” leave list? Then you may be a great candidate for the Voluntary Leave Transfer Program (VLTP)!

The VLTP is an Army-wide program that allows employees to donate their accrued annual leave to other employees who do not have leave and may need it for extenuating circumstances.

The donated leave gets transferred to employees who are out of leave and are sick, afflicted with serious injury or disease or to employees who have family members who are sick, injured, or contract a disease. The only leave that can be donated on this program is annual Leave; you cannot donate sick leave or other leave.

Additionally, if you are a federal civilian employee who is sick, injured, or contracts a disease or has a



family member similarly afflicted, and you are out of leave, you may be eligible to receive leave donations.

To enroll in the program you must complete an form OPM-630 with supporting medical documentation, but you do not have to have your medical information or situation disclosed to potential donors.

Some applicants want to provide information to potential leave donors so they understand the significance of the need, but this is not required.

If you have an abundance of leave accrued, please consider donating to this program to help out those in need.

If you'd like to enroll as a recipient, or wish to donate, please contact the G1 Civilian Personnel team:

**usarmy.rheinland-pfalz.7-msn-spt-cmd.mbx.g1-civilian-personnel@mail.mil**





# Family Programs

## Upcoming Events

By Danijela Adams

### EASTER IN GERMANY

For many, Easter is a sacred holiday for commemorating Christ's resurrection. It's also viewed as a chance to welcome spring. In Germany, that is no different than in the United States. However, our host nation offers its own customs and traditions. Here are some you may experience.

#### Easter Markets

Easter Markets main features are artisan-crafted eggs. They are handcrafted from a wide range of materials, including glass, wood and fabric.

Stars and Stripes top five recommended Easter markets include: St Wendel, Berlin, Nürnberg, Hamburg and München.

#### Easter Bunny

It is believed that the idea of the Easter Bunny originated in Germany, with the Germans and Dutch bringing it to the United States in the 1700s.

#### Easter Trees

Easter Trees are very common in German homes. Beautifully-decorated eggs hung from the branches of live trees and bushes outdoors. Some cut branches from trees, put them in vases inside their homes, and hang eggs from them.

#### The Baked Easter Lamb

In Germany, traditional dessert during Easter is "das Gebackene Osterlamm," which is a delicious cake in the shape of a lamb – not an actual baked lamb. Pick up some at your local bakery or consider finding a recipe online to make your own.

However you decide to celebrate Easter this year, consider incorporating some of Germany's customs into the mix.

"Frohe Ostern" (Happy Easter)!

Danijela Adams, Family Programs



#### 7TH MSC FAMILY PROGRAMS

### FREE GERMAN CLASSES

4 WEEK COURSE STARTING APRIL 9TH  
THURSDAYS AT 7TH MSC HEADQUARTERS  
11:30AM - 12:30PM

OFFERED TO ALL 7TH MSC SOLDIERS, CIVILIANS, CONTRACTORS AND  
FAMILY MEMBERS



COURSE LEARNING MATERIALS PROVIDED  
FOR MORE INFORMATION AND TO REGISTER CONTACT  
FAMILY PROGRAMS DSN 528 0266



#### March Resiliency Training -- Avoid Thinking Traps

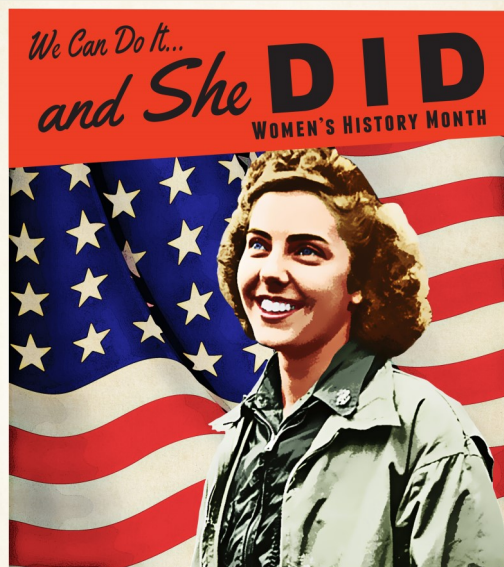
Identify and correct counterproductive patterns in thinking  
through the use of Mental Cues and Critical Questions.

**Avoid  
Thinking  
Traps**

**Master Resilience  
Training Skills**

Thinking traps are common patterns in  
thinking that prevent a person from seeing a  
situation accurately

For more information on the MRF Program contact,  
Danielle Harney, Danielle.Harney@us.af.mil or call 202 314 528 0264



**HONORING THE PAST,  
SECURING THE FUTURE!**



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