



*22nd Mobile Public Affairs Detachment  
Soldiers and Family Readiness Group  
Monthly Newsletter*



## OPSEC: KNOW IT, LIVE IT

You may not know it, but you play a crucial role in ensuring the safety of Soldiers just by what you know of the military's day-to-day operations. You can protect them by protecting the information that you know.



## PREPARING FOR DEFENDER 20

Being prepared to deal with challenges that may arise at home during deployment can give everyone some peace of mind and help your Soldier focus on the mission ahead.



## NEW PARENT SUPPORT

The New Parent Support Program promotes healthy Families through a variety of services including home visits, support groups, and parenting classes.

## CONGRATS ARE IN ORDER

The Soldiers, Family and friends of the 22nd MPAD would like to congratulate 1st. Sgt. Crisp and his Family on his selection to sergeant major.

Also congratulations to Staff Sgt. Patoka and his Family on his graduation from Senior Leader Course. Staff Sgt. Patoka earned the Distinguish Leadership Award and commandant's list for his graduation class.





# COMMAND CORNER

A NOTE FROM THE COMMANDER AND FIRST SERGEANT

## Birthdays!

Pfc. Nathaniel Gayle - Jan. 3  
Maj. Francisco Hernandez - Jan. 4  
Felix Manternach - Jan. 12  
Pfc. Isaiah Raibon - Jan. 26  
Alejandra Alkana - Jan. 27  
Sgt. ShaTyra Reed - Jan. 30  
Christine Crawford - Feb. 20



Ravens,

As we embark into a new year, a new decade, we would like to take this opportunity to thank you all for your selfless service and commitment to the Army and our nation. For what you and your Families do for XVIII Airborne Corps, the Army, and this detachment, we are truly grateful.

Your efforts this past year were nothing less than remarkable and immeasurable; a testament of your dedication to mission accomplishment. You have left the comfort of your homes to support operations across the nation to best tell the story of our Soldiers and their readiness to defend our nation. In March, we will ask you to do it again. We will ask your Families to willingly endure hardships in your absence and sacrifice when you cannot attend key events.

Before we go, we encourage you to reflect on the many blessings this past year has bestowed us and to look forward to the many that 2020 will bring. Please go into 2020 safely, as you are our most precious resource. Continue to watch out for one another and reach out if you, or someone you care for, needs support.

We look forward to great memories and adventures in 2020 and wish you all great success as you seek to achieve new endeavors and reach new goals.

Sincerely,



## **KNOW IT, LIVE IT. YOUR SOLDIER'S LIFE MAY DEPEND ON IT.**

As a member of the military community, you are a vital player in Soldier and unit success; they couldn't do their job without your support. You may not know it, but you play a crucial role in ensuring their safety just by what you know of the military's day-to-day operations. You can protect them by protecting the information that you know. This is known in the military as Operations Security or, OPSEC. In today's society, everyone is on social media. These accounts are great for keeping in touch with people. However, we need to be cautious when posting things about the military community.

Following these tips can be vital to your Soldier's safety. Limit what you say about military movements (deployment/redeployment dates, dates of field exercises, etc.), issues with the unit, anything concerning security, equipment issues, and locations of units. It's OK to say they're in Europe, but not to say that your Soldier's unit is in a specific town.

Don't discuss detailed information about missions of assigned units or details concerning locations and times of unit deployments. Keep in mind to safeguard personal transactions that occur in large numbers (pay information, powers of attorney, wills and deployment information). Never reference the trend in unit morale or personnel problems. Operations Security not only protects Soldiers and units, but it protects you, the Family member, your family and friends on the home front by denying phishers, scammers, ID thieves and others the personal or operational information they need to work their schemes.

## **PREPARING FOR DEFENDER-20**

Preparing for deployment or long mission can be stressful, both for the Soldier who is leaving and also for the Family members who will stay behind. Being prepared to deal with challenges that may arise at home can give everyone some peace of mind and help your Soldier focus on the mission ahead.

Before your Soldier departs this spring to Europe, make sure the homefront is taken care of. Discuss what bills are due and when. Have enough money saved to cover an emergency, including emergency travel. Have multiple copies of a current power of attorney signed by the Soldier. Have current military I.D. for every eligible Family member. Have a primary and alternate child care plan as well as emergency plans for pets. Have emergency plans in place in the event of a disaster - where you will go; how you will communicate.



**KNOW HOW TO CONTACT THE  
AMERICAN RED CROSS  
EMERGENCY COMMUNICATIONS  
CENTER (1-877-272-7337)**





# NEW PARENT SUPPORT PROGRAM

## OUR TOP PICKS

The New Parent Support Program promotes healthy Families through a variety of services including home visits, support groups, and parenting classes. We help Soldiers and Families learn to cope with stress, isolation, post-deployment reunions, and the everyday demands of parenthood. Army Families who are expecting a child or who have children up to age three can participate in all of our services confidentially and free of charge.



### HOME VISITS

Scheduled at your convenience, home visits bring you education and reassurance right to your own home on many topics, including breastfeeding, sleeping, nutrition, potty training, age-appropriate discipline, developmental screenings, sibling rivalry, stress management, deployment issues, and time management.



### EXPECTANT PARENT WORKSHOP

Helps to provide valuable information about pregnancy and postpartum health, basic infant care, infant massage, parenting skills, safety, discipline, stress management, deployment issues, and community resources.



### PLAY GROUPS

Scheduled regularly at installations, they help children learn through play in a supportive atmosphere that benefits parents as well. Activities include story time, crafts, and music.

You don't have to be a new parent to participate in the program! Military families that are pregnant or with children up to age three (36 months) are eligible for NPSP services. Family Advocacy offers classes to parents with children of all ages. If you already have children you would require childcare for to attend one of these classes, we offer free childcare vouchers for CYSS Child Development Centers!

STRIKE! SPARE! JUST BE THERE! FOR THE 22ND MPAD'S

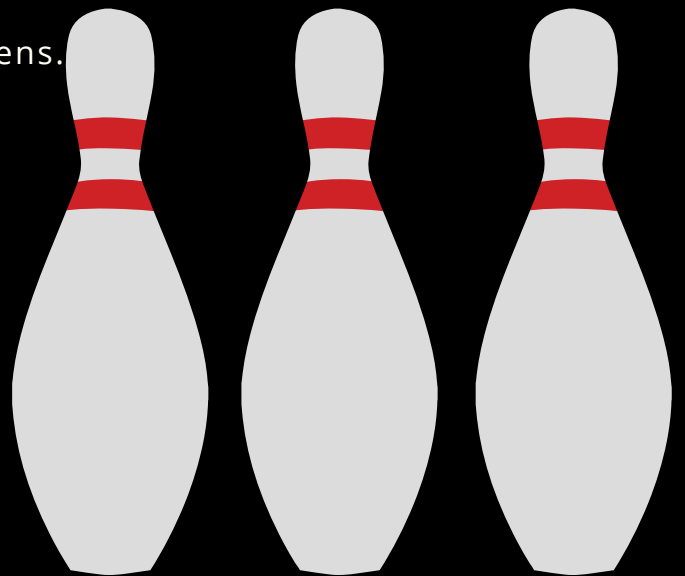
# BOWLING

## *Baby Shower!*

**21 FEBRUARY 2020 • 4-6PM**

Dragon Lane, 4-2374 Bastogne Dr, Fort Bragg, NC 28307

Join us as we celebrate our newest baby Ravens.



### Welcoming

Baby Deckelman - Feb. '20  
Baby Micheliche - May '20  
The Lopez Twins - Jun. '20  
Baby Cowden - Jul. '20

**BRING ANY SIZE BAG OR BOX  
OF DIAPERS TO WIN A PRIZE  
DURING THE DIAPER RAFFLE.**

**RSVP BY 18 FEBRUARY 2020  
SGT. SHATYRA REED  
904-566-9208**



# Resource of the Month Mobilization and Deployment/SSO Program

The Mobilization, Deployment, and Support Stability Operations (MDSSO) helps support community readiness during deployments and emergencies. We help make sure installation programs align with unit deployment cycles, provide pre- and post-deployment support, and help unit Commanders with their Family Readiness plans and deployment support services for Service Members and their Families.

Some of our resources include:

**Pre- and Post-Deployment Support:** Helps prepare Soldiers and Families for deployments and reintegration by providing trainings and resources throughout the deployment cycle in a variety of settings.

**Emergency Family Assistance:** Your link to continuous support and assistance as well as authoritative and accurate information in a sensitive, timely, and effective manner.

**Army Disaster Personnel Accountability and Assessment System (ADPAAS):** Ensures all Army personnel and their dependents are accounted for during emergency situations.

## Martin Luther King & President's Day Hours

- No change to essential 24/7 Emergency Medicine and Inpatient Services.
- No change to 24/7 MHS Nurse Advice Line and Military Crisis Line.

### Martin Luther King Holiday – Monday, 20 Jan

- **OPEN** – Urgent Care Clinic
- **CLOSED** – Main Pharmacy, Pharmacy Annex, Primary Care Health Clinics, Community Based Medical Homes, and Specialty Care Clinics.

### President's Day Weekend - 14-17 Feb

- **EARLY CLOSURE** – Friday, 14 Feb @ 1300 – Primary Care Health Clinics, Community Based Medical Homes
- **OPEN** – Monday, 17 Feb – Urgent Care Clinic
- **CLOSED** - Monday, 17 Feb – Main Pharmacy, Pharmacy Annex, Primary Care Health Clinics, Community Based Medical Homes, and Specialty Care Clinics.



UNCLASSIFIED//FOUO



## Middle School & Teen Program (MST)

**Free afterschool program for youth in grades 6 thru 12!!**

### Hours of Operation:

- Monday-Thursday, after school until 8pm
- Friday, after school until 10pm
- Saturday 1-10pm
- Out of school days the youth center opens at 12pm
- During week long breaks the center opens at 6:30am (fee associated)

### Tolson Youth Center

- Albritton Middle School (free pick-up after school)
- EE Smith High School (free pick-up after school activities)
- Massey Hill High School (provides AM drop-off and PM pick-up-monthly fee)

### Chay Youth Center

- Shughart Middle School (free pick-up after school)
- Overhills High School (a free after school bus stop)

## So You Know North Bragg and East Bragg Auto Skills Centers

Auto Skills Centers are focused on assisting self-help mechanics service and repair their own vehicles. If self-help mechanics run into an issue, staff is there to help.

Automotive lifts, tire changer, tools, brake lathe, and other equipment is available for customers to use.

All Data Program is available to provide you with valuable schematics of various automotive systems to assist with your repair work.

The shop is an Official North Carolina Inspection Station for your convenience. "Car Care Because We Care" for the spouses of deployed soldiers is available at the shop by appointment.

The program provides free oil changes and safety checks. Just visit the Family Support Center to obtain a voucher and make your appointment with us. We want to ensure the safety of your family vehicle.

## VOLUNTEERS NEEDED

The SFRG is run solely by volunteers; in conjunction with the commander, Maj. Hernandez and the SFRG Liaison, Sgt. Reed. Volunteering for the SFRG allows you to give back to the Families and community partners who support you.

An SFRG volunteer is someone passionate about supporting others through the trials, tribulations, successes and triumphs of military life. The goal of an SFRG volunteer is to create a community of camaraderie within the military "Family". To some, this will be the only support system they have when a deployment happens. Welcoming new Family members and helping them integrate into military life is an important focus of the SFRG.

Volunteering can be done in formal and informal ways. Formal positions within the SFRG include:

- SFRG Leader, SFRG Co-leader, Treasurer, Secretary and Key Callers. Informal positions within the SFRG may include (but are not limited to): Welcome/Hospitality Committee, Newsletter Staff, Child Activity Coordinator, Photographer and many, many more!

No matter the amount of time you have, large or small, there is always a position within the SFRG volunteers for you! If you are interested in filling a volunteer position, please come to the monthly SFRG meetings or contact the SFRG staff at 22ndmpadsfrg@gmail.com