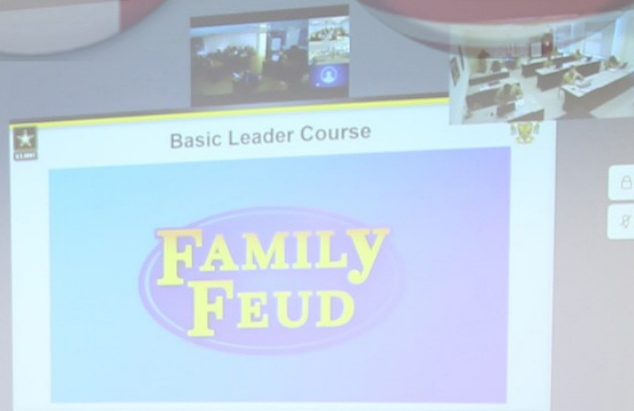


7TH

24/7

TH  
M S C



## VIRTUAL LEARNING

BTA AND BLC MOVE TO VIRTUAL TRAINING  
WITH 7TH MSC NCOS LEADING THE WAY

KEEPING SOLDIERS HEALTHY AND READY  
773RD PROVIDES CUTTING-EDGE COVID TEST

QUARANTINED BUT TOGETHER  
THE 7TH STRONG TEAM TAKES PART IN MORALE-BOOSTING  
AWARENESS EVENTS...FROM A DISTANCE



# table of CONTENTS

## INSIDE

From the CMD Team	4-5
From the CXO	6
HHC Unit Information	7
Cutting-edge COVID test	8-9
7th MSC assists with first virtual BLC	10-12
G6 Security and Safety	13
510th conducts VBA	14-15
Retention Report	16
From the G8	17
773rd “Suits Up” for COVID-19 response	18-19
7th MSC team celebrates USAR BDay	20
7th books full blood drive	21
Denim Day	22



## VIRTUAL LEARNING

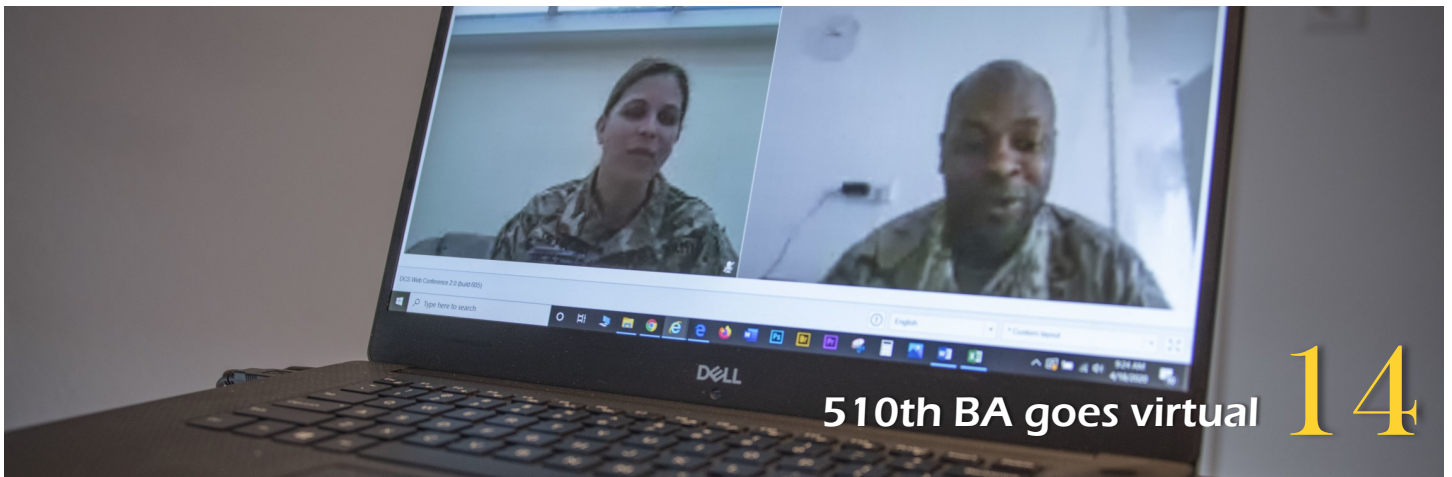
**7th MSC partners with 7th Army NCOA for first virtual BLC amid pandemic**







8 Army Reserve CST provides cutting-edge COVID test



510th BA goes virtual

14



18 773rd "Suits Up!" for COVID-19 response



20 AR Birthday 7K



SHARP Denim Day

22

# FROM THE



Team 7th Strong,

As we continue operations in a COVID-19 pandemic environment, we must follow the orders of our Host Nation and Senior Responsible Officers in order to Protect the Force while also maintaining readiness. We also must maintain focus on resiliency and the health of the force during COVID-19 restrictions.

Complacency. We have been fighting this illness for a considerable amount of time. We, along with our Host Nation partners, are making great strides to limit the spread of the virus but the fight is not over! We have to remain vigilant and continue maintaining leader engagements and communication to keep Soldiers on the right path. This will help to facilitate the removal of restrictions quicker. We have to model what right looks like on a daily basis.

Soldier and Family Member Care. Some of our Soldiers may need extra assistance and leadership at this time. The focus for our leaders during this time is “knowing your Soldiers.” Our families are also undergoing a great amount of stress at this time. Isolation and changes to daily life has affected our spouses and children. We have many resources available for Soldiers, Civilians, and Family Members to assist with most of the problems they may be

facing – Chaplain, Suicide Prevention Program Manager, SHARP Coordinator, and Family Programs are just a few of the resources available.

Additional TTPs for Leaders. Leading Soldiers is only enhanced during tough times. Job #1 is to ensure the welfare and readiness of your subordinates. There are multiple ways that leaders can still be involved with their Soldiers even while physical distancing.

Digital Resources. Microsoft Teams has capability to allow Soldiers to be in contact and do collaborative work, counseling, and training using personal computers and phones. Video messaging apps can also help Soldiers to stay in contact with leadership. Be creative and constantly communicate effectively with your Soldiers.

Maintaining Situational Awareness. This environment is rapidly changing. Policies, guidance, and Host Nation Laws will continue to change as this pandemic continues. As a leader it is your responsibility to stay informed and understand the policies of the Command, the SRO, and Host Nation. You absolutely must stay informed AND keep your Soldiers informed. Ignorance of rules and orders is not an excuse.

We are doing great things across this Command. We continue to take care of our Soldiers and execute missions across this theater. We are going to get through this together, just six feet apart and remember – wash your hands!

Proud to serve with you,  
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”

“The New Normal”. Due to the COVID-19 pandemic, this is the current environment in which we find ourselves. Over the past four to six weeks, we have experienced the closing of a majority of stores and places for entertainment, and other than going to the grocery store or pharmacy, everyone has had to stay home and avoid large groups and social gatherings. We have all washed our hands so many times a day that they crack and wear a mask when the appropriate physical distancing can’t be met. However, it does appear that the spread of COVID-19 is slowing down and we can begin to see some light at the end of the tunnel.

This pandemic has caused a great deal of hardship across the United States and around the world, and it has made me realize one very important thing. That is just how fortunate I am to be a Soldier in the greatest Army in the world. In addition, to be a part of the 7th MSC and see all of the real world capabilities and solutions we bring to the fight. For those of us that are full-time Soldiers, we have continued to work and receive pay while many have not. We have also been able to bring many of our Reserve Soldiers on orders to support very important missions such as, screening personnel entering our installation, ensuring the buildings around our installation are applying the appropriate preventative measures, and heavy traffic areas are sprayed regularly with a solution to kill germs/virus. We have Soldiers on the front lines as well performing COVID-19 testing that is mobile and provides an efficient capability for receiving test results. Great job and I applaud all of your efforts.



I’ll continue to reinforce the importance of Leadership in everything we do and during times like this it’s even more important. It is the responsibility of Leaders at all levels to regularly check on your Soldiers, their families, and report anything that we can assist with. Keep the 7th Strong Family resilient, fit, take care of each other, and stay 7th Strong always.

## “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,

In the coming days and weeks we will begin phasing our civilian workforce back into our facilities in a way that continues to protect our workforce while simultaneously working towards building back the readiness we have lost over the last few months. We will develop and publish detailed guidance in the near future.

Last month, I challenged each of you to continue to improve your program or section during this time. I hope everyone took the time to develop those SOP's, products, etc. that you haven't had the time to work on in the past.

I want to personally thank each and every Soldier that has been working as part of our teams that are in the community screening at installation gates, cleaning and disinfecting areas, and preparing the formation for when the 7th MSC is called upon to provide the next critical capability. Your efforts and dedication go a long way towards showing how relevant the 7th MSC is in this theater.

We couldn't do it without you. Keep up the great work!

7<sup>th</sup> Strong!

Forward and Ready!

---

**Mr. William Huggins**  
Command Executive Officer



# HHC BA Schedule

*Changes and updates are ongoing...*

May (dates TBD)	MUTA 4	VBA
6-7 June	MUTA 4	(TBD)
25-26 July	MUTA 4	AT Prep
27 July-9 August	AT	Grafenwoehr
12-13 September	MUTA 4	AT Recovery/SRP Level 1

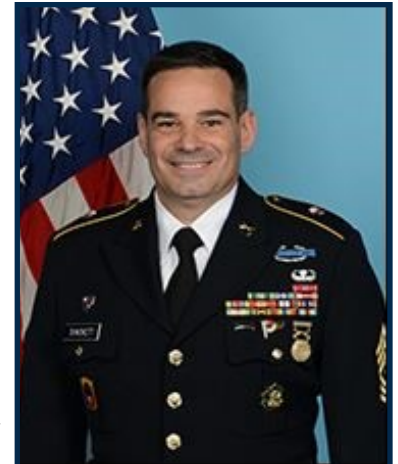


CPT Brian Estes

## HHC Commander and 1SG



1SG Stanton Shackett



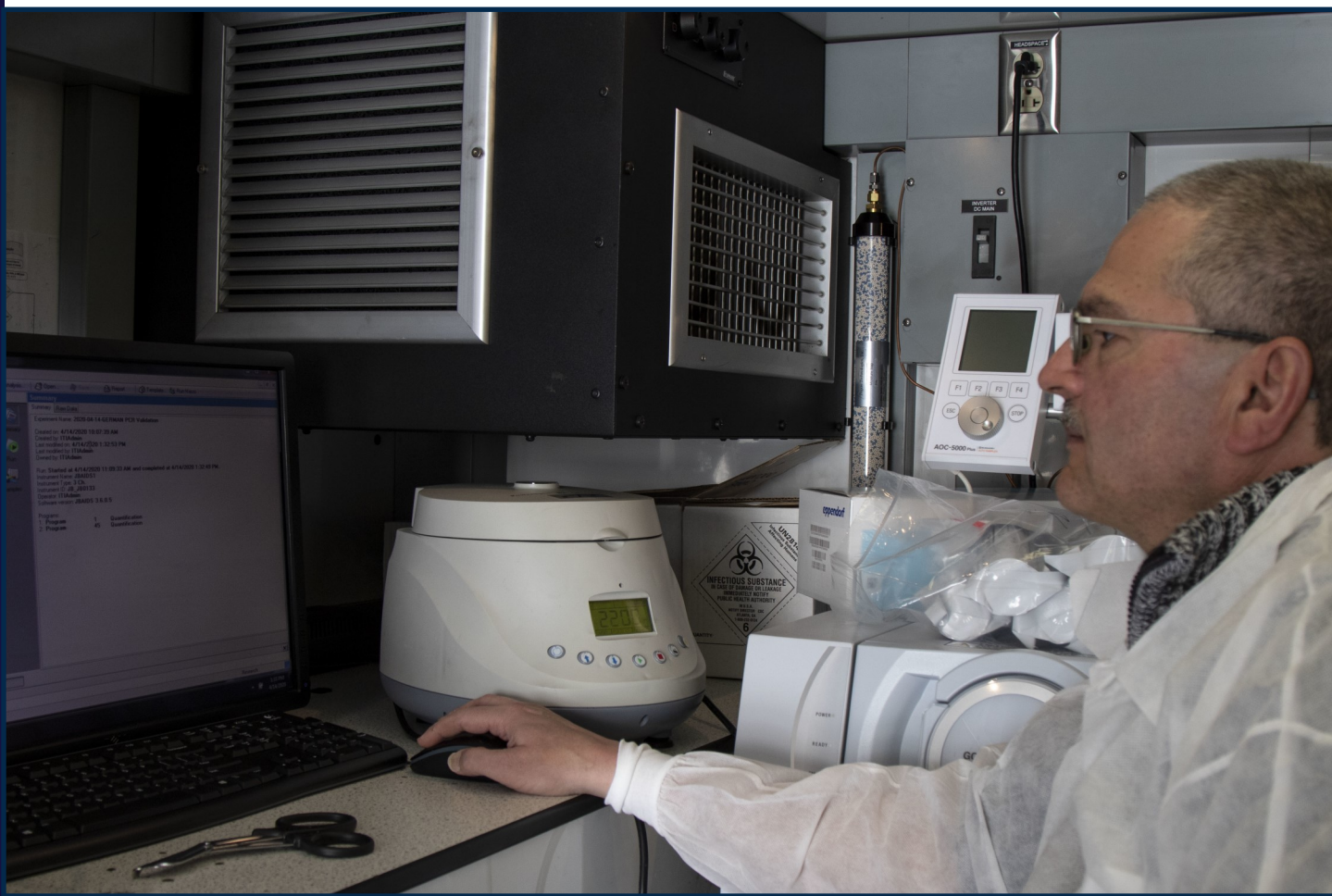
Greetings HHC,

This month we completed our very first Virtual Battle Assembly and I appreciate all your patience and flexibility in getting it accomplished. Since this is new territory that we are charting in the Army Reserve, we have learned a great deal that will make future VBAs more successful. In order for VBAs to run smoothly, it is incumbent on every Soldier to have their contact information current with HHC as well as with their first-line leadership. It is also important that you let your first-line leader know if you are unable to access CAC-enabled websites from your home so that we can remedy that situation.

While there is still a great deal of uncertainty regarding how COVID-19 will affect our training schedule, we do have a more clear idea as to the next few months. May will again be a VBA, dates TBD. Since June's BA is still within the DoD's travel restriction window, a determination has not yet been made. July's BA has been tentatively changed to 25-26 July with AT also tentatively following from 27 July to 9 August. It will be held at Grafenwoehr Training Area. Great job on everything and let's continue to stay on top of all our readiness metrics.

FORWARD AND READY!





## ***Army Reserve CST provides cutting-edge COVID testing***

Story and photos by Staff Sgt. Christopher Jackson  
221st Public Affairs Detachment

DRAWSKO POMORSKIE, Poland – Even during a pandemic, Soldiers remain focused on the Army's readiness mission. So, when troops recently arrived for training in Poland, they had an extra task – to be swabbed for the Novel Coronavirus through a quick, cutting-edge diagnostic test spearheaded by U.S. Army Reserve Soldiers.

This four-person team from the 773rd Civil Support Team, 7th Mission Support Command, deployed with a specialized truck from Kaiserslautern, Germany, to Drawsko Pomorskie, Poland, April 13 to test incoming 2nd Armored Brigade Combat Team, 3rd Infantry Division Soldiers.

The CST Soldiers arrived with an Analytical Laboratory System housed in a truck normally employed to detect chemical and nuclear threats.

The 773rd CST is the sole CST in both Europe and the U.S.

Army Reserve. Civil support teams, staffed with highly skilled people, are technologically advanced units designed to detect, decontaminate and eliminate chemical, biological, radiological, nuclear and explosive threats.

"Interests were shown that we could use our system in a field environment in areas that lack the capability to test Soldiers for COVID," said 1st Sgt. Domenic Barbeiro, 773rd CST first sergeant. "The plan is to test U.S. forces coming from the United States before they start operating in this environment. We ensure they are not introducing COVID to an area that is relatively COVID-free."

Additionally, Barbeiro said the test has a three-hour or less turn-around time, ultimately saving taxpayer dollars.

"We train with the Defense Threat Reduction Agency and within the unit," said Staff Sgt. Christopher Branning, 773rd CST survey section team chief.

“That helps us get in a groove to do sampling, and some of that bleeds into missions like what we are doing right now.”

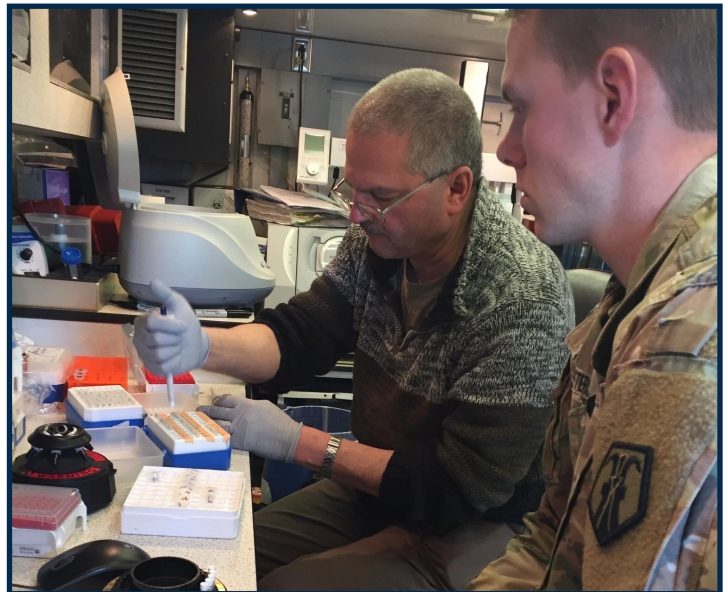
The unit worked in partnership with the 30th Medical Brigade, Landstuhl Regional Medical Center and Regional Health Command Europe to train, certify and prepare for the assignment.

“Everyone plays their own role in support of the successful mission,” said Maj. Dmitry Pervitsky, 773rd CST bio-chemist, speaking of the preparation involved to retrofit the mobile lab and create a team to deploy in short notice.

The mission’s first three days consisted of travel, logistical planning and training. Spartan Brigade Soldiers arrived to a remote site in Poland April 16 where they quarantined for 14 days. Combat medics with the brigade received samples, by way of nasal swab, then walked the samples a mere 50 feet to the mobile lab.

“We tested the first round of 28 Soldiers and plan to test approximately 250 more Soldiers,” said Branning. “Then we will follow-on to another location to conduct more tests.”

Barbeiro concluded that safeguarding Americans was why they deployed.



*U.S. Army Reserve Sgt. 1st Class Blayne Peterson, right, a combat medic with the 773rd Civil Support Team, 7th Mission Support Command from Kaiserslautern, Germany, and Maj. Dmitry Pervitsky, a bio-chemist with the 773rd CST, conduct testing for COVID-19 in a mobile lab at Drawsko Pomorskie Training Area, Poland, April 14, 2020. A team of four Soldiers from the 773rd CST is charged with testing incoming personnel to ensure they are not introducing COVID to a relatively COVID-free environment.*

“Healthy Soldiers and readiness are our top priorities, and the CTS’s capabilities are the cornerstone of troop readiness during these times,” he said.

*(Top Left) U.S. Army Reserve Maj. Dmitry Pervitsky, a bio-chemist with the 773rd Civil Support Team, 7th Mission Support Command, from Kaiserslautern, Germany, conducts personal training and validation of an Analytical Laboratory System prior to testing Soldiers for Novel Coronavirus at Drawsko Pomorskie Training Area, Poland, April 14, 2020. A team of four Soldiers from the 773rd CST is charged with testing incoming personnel to ensure they are not introducing COVID to a relatively COVID-free environment.*



*(Left) U.S. Army Reserve Maj. Dmitry Pervitsky, right, a bio-chemist with the 773rd Civil Support Team, 7th Mission Support Command, from Kaiserslautern, Germany, explains Novel Coronavirus lab procedures to Sgt. Kyle Reitnauer, lab technician with 2nd Armored Brigade Combat Team, 3rd Infantry Division, at Drawsko Pomorskie Training Area, Poland, April 17, 2020. A team of four Soldiers from the 773rd CST is charged with testing incoming personnel to ensure they are not introducing COVID to a relatively COVID-free environment.*





## ***7th MSC partners with 7th Army NCOA for first virtual BLC amid pandemic***

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

KAISERLAUTERN, Germany – With the onset of COVID-19 and social distancing, many classrooms around the world have moved to a virtual learning environment to protect students, and the Army classroom is no different.

Junior enlisted Soldiers stationed near Kaiserslautern are taking part in a virtual Basic Leader Course through the first part of May, most of which is being taught in 20 different classrooms across four countries in Europe by instructors with the 7th Army Noncommissioned Officer Academy out of Grafenwoehr, Germany.

Although the primary classroom blocks of instruction are being taught virtually, two U.S. Army Re-

serve NCOs from the 7th Mission Support Command are filling in all the hands-on leadership gaps as assistant instructors for their students attending the class on Daenner Kaserne.

“We’re assisting with any type of computer issues or any follow-on questions,” said Sgt. 1st Class Kenneth Chefan, a detachment sergeant with the 446th Transportation Battalion, 510th Regional Support Group, 7th MSC, and BLC assistant instructor.

“But we’re also doing all the grading for physical readiness training, drill and ceremony, and the day-to-day...the formations, the accountability, the leadership evaluations, that’s on us.”

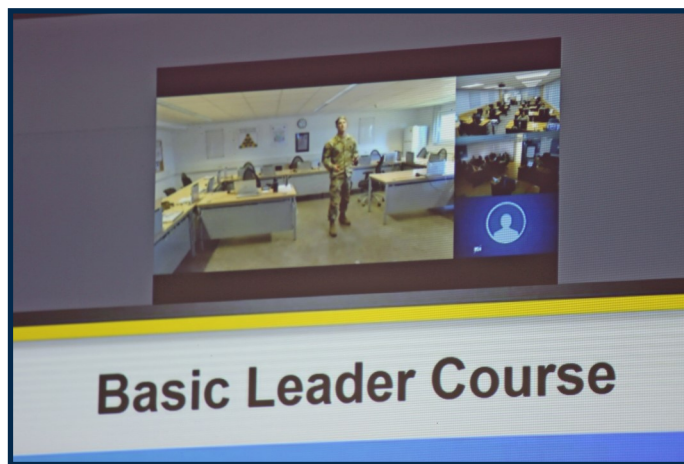
BLC is a required four-week Army leadership course for junior enlisted Soldiers who are working toward the rank of sergeant.

Though it's never been done virtually with locally-based assistant instructors, training leaders is nothing new for these 7th MSC NCOs, who worked together previously as instructors at the Fort McCoy NCO Academy in Wisconsin.

"Basic Leader Course requires more hands-on (training), so I think it's been working well with me and Sergeant 1st. Class Chefan because we have the experience as BLC instructors and we know what's expected," said Sgt. 1st Class Roi Cavan, human resources noncommissioned officer-in-charge with the 361st Civil Affairs Brigade, 7th MSC, and BLC assistant instructor.

"That's the part with leadership, where we need to be here physically. We need to be with the students because how are they going to get that experience of becoming an NCO without experiencing it through a training environment."

*(Top Left) U.S. Army Reserve Sgt. 1st Class Kenneth Chefan, a detachment sergeant with the 446th Transportation Battalion, 510th Regional Support Group, 7th Mission Support Command, facilitates a block of instruction in Kaiserslautern, Germany, during a virtual Basic Leader Course being taught over video teleconference, April 21, 2020. Two 7th MSC noncommissioned officers are providing leadership as assistant instructors for one of 20 classrooms in four countries across Europe during the first-ever four-week virtual BLC course being led by the 7th Army NCO Academy out of Grafenwoehr, Germany.*



*U.S. Army Staff Sgt. Austin Fischer, an instructor with the 7th Army Noncommissioned Officer Academy in Grafenwoehr, Germany, teaches a block of instruction over video teleconference to students of a virtual Basic Leader Course located in Kaiserslautern, Germany, April 21, 2020.*

Abiding by local social distancing guidelines, students in the Daenner Kaserne class are still being evaluated on many different types of leadership roles, from formations and marching to classroom cleanliness.



*(Left) U.S. Army Reserve Sgt. 1st Class Roi Cavan, human resources noncommissioned officer-in-charge with the 361st Civil Affairs Brigade, 7th Mission Support Command, evaluates a student marching Soldiers during a virtual Basic Leader Course in Kaiserslautern, Germany, April 21, 2020. Two 7th MSC NCOs are providing leadership as assistant instructors for one of 20 classes in four countries across Europe during the first-ever four-week virtual BLC course being led by the 7th Army NCO Academy out of Grafenwoehr, Germany.*



"I think it's cool to be here in Germany with the first virtual BLC for class instruction, but when we're here, we still have that in-person leadership that helps us develop," said Spc. Nicholas Hopkins, a biomedical equipment technician with U.S. Army Medical Materiel Center-Europe, and BLC student.

"It's been nice because at the end of the day, you can go home and relax a little bit but at the same time, it helps you with your own personal accountability and responsibility because you have to plan for traffic and make sure to get up on time."

Cavan and Chefan agree that training to lead, whether virtually or physically, is the fun stuff for NCOs, and it's in their comfort zones.

"You don't really get to lead and train troops all the time, but we're going back to the basics here where we can build that foundation of what an NCO is supposed to be," said Cavan. "And we're hitting both components – active and Reserve, so that's

really awesome."

"We're all going through this together," said Chefan. "It's cool to be a part of history."



*U.S. Army Spc. Nicholas Hopkins, a biomedical equipment technician with U.S. Army Medical Materiel Center-Europe, interacts with his instructor through video teleconferencing during a virtual Basic Leader Course locally hosted by the 7th Mission Support Command in Kaiserslautern, Germany, April 21, 2020.*



*(Left) U.S. Army Reserve and active duty Soldiers interact with their instructor over video teleconference during a virtual Basic Leader Course locally hosted by the 7th Mission Support Command in Kaiserslautern, Germany, April 21, 2020. Two 7th MSC noncommissioned officers are providing leadership as assistant instructors for one of 20 classrooms in four countries across Europe during the first-ever four-week virtual BLC course being led by the 7th Army NCO Academy out of Grafenwoehr, Germany.*





**7TH STRONG...FORWARD AND READY!**



**DON'T DO THIS**

**#1 reason for 7th MSC's user violations: "I was just charging my phone."  
G6 will be installing physical USB port blockers on all network equipment in 2020  
to help eliminate security violations & better protect our networks.**

**Plugging in a phone provides a gateway for malware to enter and attack our entire 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 7th 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 7th MSC G6 SharePoint: <https://intranet.eur.army.mil/2ltsc/7msc/g6/SitePages/Home.aspx>**





*U.S. Army Reserve Soldiers from the 510th Regional Support Group, 7th Mission Support Command, conduct battle assembly remotely via online platforms, April 18, 2020.*

## ***Virtual assembly keeps Soldiers ready, connected***

**Story and photo by Sgt. 1st Class Patrick Loch**  
*510th RSG Public Affairs*

SEMBACH, Germany – This month Soldiers of the 510th Regional Support Group conducted their battle assembly remotely – connecting via online platforms from around the globe in lieu of reporting to their normal duty station at Sembach Kaserne, Germany.

“It is better to do it this way than to just not have battle assembly,” said Master Sgt. Meghan Giffin, operations NCOIC. “It was great for the command to support this system to ensure all the Soldiers can continue to get paid, keep their status up for retirement credit and have the opportunity to train.”

The innovative training plan and virtual assembly come as the military adapts to operating in the COVID-19 environment, with an emphasis on protecting service mem-

bers and maintaining readiness to defend the U.S. and her allies if called upon.

“Obviously there is training we cannot do this way, but I do think there was value in us all coming together ... getting some good insight and ideas from others on how to cope with this stressful time,” Giffin said. “I think that reminding everyone that we are all in this together and going through the same battle, all around the world, helps to keep people from feeling alone.”

In various chatrooms over the weekend, Soldiers of the 510th were able to share some of those battles, including Giffin who works in the United Kingdom in a mental health hospital for criminal offenders who are too vulnerable for regular prison. Her patients include those

with difficulty processing language and having swallowing disorders.

"[Monday] I worked with two patients with the virus who have deteriorated and cannot eat," Giffin said via email. "I was very close to them while eating: touching their face and throat, listening to their chest, being in their personal space. It is very likely I am carrying the virus all around ... on my clothes, into my car, other areas of the hospital.

"I do what is recommended, carefully use the personal protective equipment, shower first thing when I get home, wash my clothes immediately," she continued. "I don't want to bring it to my family, but I need to be there for my patients. They don't have a family, and if my family was in their situation, I would hope someone would care for them if they needed it."

Soldiers of the 510th heard this story during a resilience class Giffin led during the battle assembly. The class, which was preceded by a brigade chaplain presentation on coping with COVID-19, focused on finding 'the good' in this new reality and elicited several individuals to share their own stories.

"I have missed three of six of my daughters' birthdays due to deployments or TDY," said Sgt. 1st Class Tesha Crawford, operations NCO. "This year we wanted a true

birthday at Disney, however COVID-19 happened. My husband and I decided to bring the party to our living room since we could not bring Zoe to the party at Disney World."

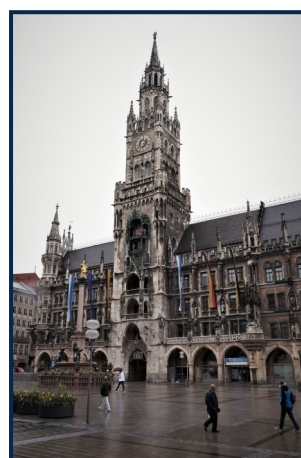
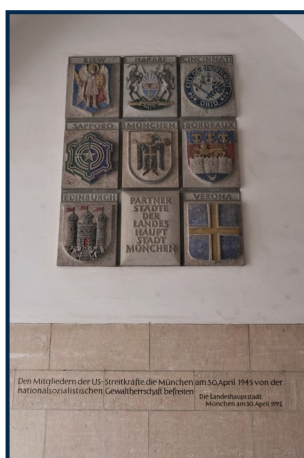
They went online and bought supplies including a helium tank for balloons and a cake with her daughter's portrait. They then held video chats with "as many relatives as we could to sing 'Happy Birthday.'"

"It was the best Ninjago party ever attended by just three people," Crawford said. "We found a way to celebrate with her, but most importantly teach her that strength doesn't come from what you can do ... it comes from overcoming the things you thought you couldn't."

"I do think there was value in us all coming together, getting some good insight and ideas from others on how to cope with this stressful time," Giffin said, "I hope at least I could help my Soldiers feel that they are supported and not alone. After this weekend, I hope everyone got the message that we can build camaraderie and emotional bonds just by facing the hell that is this isolation together."

Giffin also complimented an effort felt throughout the brigade, with leadership throughout doing the best they can to support Soldiers financially, emotionally and professionally.

## Remembering History



*MUNICH, Germany - Soldiers of the 7th U.S. Army liberated Munich city 75 years ago on April 30, 1945. A monumental torch commemorating the victims of Adolf Hitler's National Socialist German Worker's Party government stands near the former headquarters of Germany's Secret Police (Gestapo) on Briennerstrasse and an inscription in German on the town hall at Marienplatz thanks all U.S. Forces that participated in the liberation and the ending of the violence of Adolf Hitler's National Socialist German Worker's Party government during World War II. (Photos by Sgt. Daniel Friedberg, 7th MSC Public Affairs)*





# Retention

Congratulations to the following Soldiers who reenlisted or extended in the midst of COVID-19! You did not let this pandemic get in the way of your military career and have committed to continued service in the Army Reserve.

SSG ORIADETU SULAIMON ADEBOLA  
SGT HAMRICK ANTHONY LEE  
SGT ROGERS CORINNE RENE  
SGT DASILVA LARA ROBERTAGONCALV  
SGT JACOBSEN BRYCE ERIC  
SGT BRAVARD CARRIE LYNN



## What is a DARN?

Have you ever thought of becoming more involved with your leadership and peers? Ever thought about taking on an additional duty? Commanders, do you know who your DARNs are? We are in high need of DARNs (Duty Appointed Retention NCOs).

DARNs are assigned to their unit and ARCD Career Counselors will provide on the job training. IAW USAR Reg 140-6 two DARNs are required per 50 Soldiers; one DARN if under 50.

- Soldiers in the grades E-4 through E-7 should be appointed
- DARNs will assist 79Vs with retention tasks as necessary
- The DARN is the unit reenlistment representative (the eyes & ears) for the unit commander and 1SG/Senior NCO
- DARNs are the frontline of defense in combating retention problems

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**

**Duty Appointed Retention  
NCO**



# From the G8

## Leave and Earnings Statement (LES) Remarks

LES remarks provide valuable information to the Soldier about payments, deductions and changes to their pay account and collections ongoing or scheduled for future deduction. An understanding of LES remarks can reduce pay inquiries and answer questions at the lowest level. The following are some common LES remarks and their meanings:

**Remark:** DMR WILL BE COLLECTED ON FUTURE LES

**Meaning:** Discount Meal Rate (DMR) is a portion of the Basic Allowance for Subsistence (BAS) that is collected from Soldiers on Unit AT orders or individual orders that are inside commuting distance when the orders show government meals are available at no cost. Collection is required regardless of whether the meals are consumed. The collection occurs after payment for the duty period.

**Remark:**

BASIC PAY DEBT BALANCE **\$1246.83**  
ORIGINAL DEBT **\$1,948.70** 20 OCT 18 - 15 NOV 18  
PAY & ALLOW DEBT (DQ03) DEBT BALANCE **\$195.00**  
ORIGINAL DEBT **\$195.00** 01 OCT 18 30 OCT 18  
UNPAID DEBT BALANCE \*TOTAL\*:  
**\$1441.83**

**Meaning:** Current debts show on two lines in the LES remarks. The first line shows what the debt is for and the current balance. The second line shows the original amount of the debt and the date of the original debt. The "UNPAID DEBT BALANCE \*TOTAL\*" shows the to-

tal of all outstanding debts on that LES.

**Remark:** 190803 P1/2 TYPE 11 NOT PD EXCEED FY19 LIMITS

**Meaning:** The Soldier was not paid for Battle Assembly (BA) performed on 3 August 2019, periods 1 and 2, because payment would exceed the FY limit of 48.

**Remark:** ROTC TIME IS NOT CREDITABLE TO TIME IN SERVICE

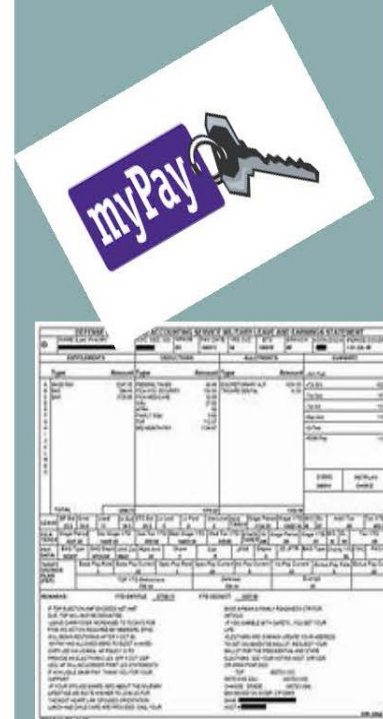
**Meaning:** ROTC time cannot be included as creditable service when calculating the Soldier's PEBD.

**Remark:** SOLDIER BAH RATE PROTECTED

**Meaning:** The new BAH rate for this Soldier's pay grade was reduced in the new calendar year; however, he/she is entitled to the old (higher) rate until a break in active service of at least one calendar day.

**Remark:** USE TAX CERTIFICATE TO FILE 2019 TAX RETURN, REF IRS RULING 79-311.

**Meaning:** Collections were made during the year against a debt that was initiated in a prior year. Collections against prior year debts of taxable income do not reduce the Soldier's current year taxable income. The Soldier will receive a tax certificate at the end of the year and may be able to use it to reduce his/her taxable wages for the current year. Soldiers who receive a tax certificate should consult their tax advisor.







## ***Army Reserve Soldiers “Suit Up!” for COVID-19 response***

Story and photos by Capt. Lorenzo Llorente II  
773rd CST UPAR

KAISERSLAUTERN, Germany – As the confirmed cases of COVID-19 (over one million people worldwide) continue to increase, U.S. Army Reserve Soldiers assigned to the 773rd Civil Support Team, 7th Mission Support Command, have taken action, in line with their motto, "Suit Up!", and developed tactics, techniques, and procedures to decontaminate high-traffic areas across the U.S. Army Garrison Rheinland-Pfalz area of operation.

The four, two-Soldier teams from the 773rd initially performed the decontamination task at nine installations, before training others to do the same, while simultaneously releasing TTPs to the rest of the chemical, biological, radiological, nuclear community.

Leaders at USAG RP created Task Force-Prevention in March and assigned the 773rd the task of spraying EPA-approved disinfectants on high-traffic locations like main building doors, ATMs, dining facility doors, food court doors, and outside guardrails throughout Army installa-

tions in the Kaiserslautern Military Community.

“USAG RP made a prudent choice by assigning the TF-Prevention mission to the 773rd CST,” said 1st Sgt. Domenic Barbeiro, 773rd First Sergeant. “The unit consists of 20 CBRN Soldiers and four Soldiers in the medical military occupation specialty.”

TF-Prevention has conducted 22 operations at nine different Army Installations since April 1st, decontaminating 221 buildings, 49 ATMs, 15 Entry Control Points, 622 door handles, 435 shopping carts, 386 gas pumps, and three playgrounds.

Leaders from the 773rd anticipated the transfer of prevention duties to others in the KMC after the initial two weeks of operations and the team also realized that other units and locations would ask for their support, so they quickly created a three-minute “how to” video.



They also created a one-page smart-sheet detailing PPE, links to the Centers for Disease Control and Prevention and Occupational Safety and Health Administration COVID-19 webpages, CBRN decontamination doctrine, and national stock numbers to the products and equipment used to conduct the TF-Prevention mission.

“One does not have to be a CBRN Soldier to decontaminate high-traffic areas,” said Staff Sgt. Rosannie Murillo, an operations noncommissioned officer with the 773rd. “But understanding what we are spraying and why we are doing it is the message we want to relay to those who eventually adopt our TTPs”.

The 773rd shared the TTPs with leaders across the Army, to include those at the Maneuver Support Center of Excellence, 76th Operational Response Command, and the 20th CBRN (and Explosives) Command since these are the organizations responsible for the Soldiers, training, and doctrine surrounding the U.S. Army CBRN enterprise.

“The goal is to ensure other CBRN experts build on the 773rd’s TTPs and show the effectiveness of these preventive measures,” said Barbeiro. “In the end, if these measures prevent at least one Soldier from contracting the virus, then TF-Prevention will have been a success.”

The Soldiers of the 773rd plan to “Suit Up” daily to help both reduce the spread of COVID-19 and flatten the curve



*U.S. Army Reserve Staff Sgt. Rosannie Murillo, right, an operations non-commissioned officer with the 773rd Civil Support Team, 7th Mission Support Command, and Sgt. William Haynes, 773rd survey team member, wipe down shopping carts at the Vogelweh Commissary with EPA-approved decontamination solution in Kaiserslautern, Germany, March 28, 2020. The 773rd assumed the role of Task Force-Prevention as part of U.S. Army Garrison Rheinland-Pfalz' efforts to decrease the spread of COVID-19.*

while focusing on what they say is their number one priority – maintaining the readiness of America’s Army Reserve.

*(Top Left) U.S. Army Reserve Sgt. William Haynes, a survey team member with the 773rd Civil Support Team, 7th Mission Support Command, sprays EPA-approved decontamination solution at the Rhein Ordnance Barracks post office in Kaiserslautern, Germany, March 28, 2020. The 773rd assumed the role of Task Force-Prevention as part of U.S. Army Garrison Rheinland-Pfalz' efforts to decrease the spread of COVID-19.*



*(Left) U.S. Army Reserve Staff Sgt. Rosannie Murillo, operations non-commissioned officer with the 773rd Civil Support Team, 7th Mission Support Command, wipes down gas pumps at the Vogelweh Gas Station in Kaiserslautern, Germany, March 28, 2020. The 773rd assumed the role of Task Force-Prevention as part of U.S. Army Garrison Rheinland-Pfalz' efforts to decrease the spread of COVID-19.*





↖ Sembach

Distance  
**4.68mi**

Total Calories  
**570cal**

Elevation  
▲ 1,175FT MAX  
▼ 865FT MIN

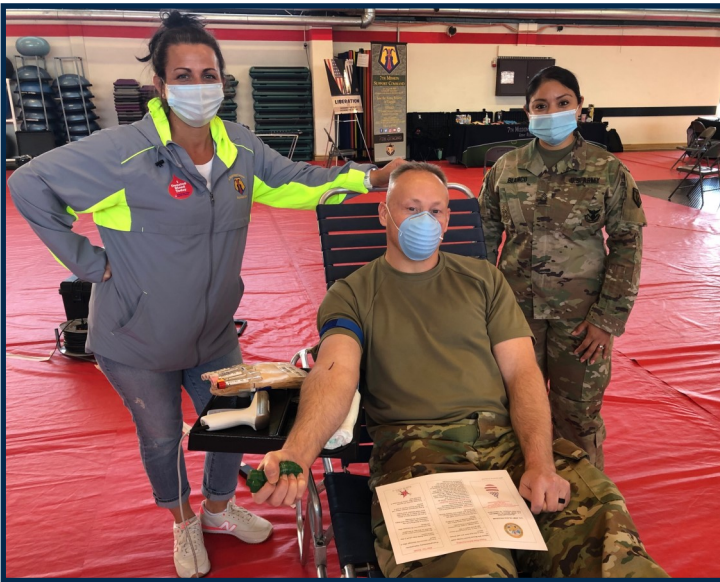
## ***7th MSC celebrates a socially-distanced Army Reserve Birthday***



*7th MSC Soldiers, Civilians and family members put on their 7th MSC swag, that was given out by our family programs and SHARP teammates, to take part in the 112th Army Reserve Birthday. The 7th Strong team ran 7 kilometers separately, but shared their experiences together online through the use of social media.*

*Awesome job!*





*7th Mission Support Command and 7th MSC Family Programs teamed up with the Armed Services Blood Program - Europe for a mission essential blood drive at the Fitness Center on Kleber Kaserne, April 22nd.*

*Every appointment was booked!*

*Way to go team!*

## **7th MSC fully books appointment-only blood drive**







## Denim Day 2020



Many members of the 7th MSC family showed their support for the Sexual Assault Awareness 2020 Denim Day Observance that took place on April 29th.

*"On Denim Day, we wear our jeans as a visible sign of the myths that surround Sexual Assault. This also serves as an affirmation of the participant's commitment to establishing a command climate of dignity and respect, as well as demonstrate the participant's pledge to support survivors of sexual assault."*