



Teammates,

As we approach the holiday season, we extend our warmest wishes to you and your loved ones. We hope you will enjoy lots of memorable quality time and celebrations with your family and friends. Be sure to take some time to relax, think about the good things in your life, and take care of yourselves and each other.

Please plan long-distance trips carefully, using risk management to assess any possible hazards. If you are traveling to cold climates, remember to winterize your car. Get plenty of sleep before you head out on the road. Be sure you and your passengers wear seat belts throughout the trip. As you well know, holiday celebrations often include alcohol and the need for responsible choices. If you are drinking, do not drive. If you are hosting a party, do not let anyone who has been drinking get behind the wheel. There are plenty of options available, such as designating a non-drinking driver ahead of time or calling a taxi or ride-hailing service.

Leaders, talk to your Soldiers and Civilian employees about their plans. A safe and accident-free holiday begins well in advance. Remind them that motor vehicle accidents involving speeding, lack of seat belt use, and drinking and driving remain the primary causes of Army fatalities.

We are proud to serve with every one of you and grateful for all your hard work and contributions to the MEDCoE and our Nation. We wish you and your loved ones a safe and happy holiday season and year ahead.



Conserve Fighting Strength!



VICTOR J. LARAGIONE
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Command Sergeant Major

CLINTON K. MURRAY
Brigadier General, U.S. Army
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