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IN BRIEF

July, 2016

CHANGING OF THE GUARD

- *Presidio welcomes new commander*
- *Resiliency Day*
- *Roaring 2016s:
Army Birthday Ball*



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The PoM InBrief is a command-authorized publication for the Monterey military community, published monthly by the Presidio of Monterey Public Affairs Office.

We publish information of interest to all members of our community — including all service members, military families, civilian personnel, & veterans who access services at our installation.

Story ideas and submissions of original material are always welcome - articles, photos and calendar items should be submitted by the 15th of the month prior to the intended month of publication.

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On the cover: Col. Lawrence Brown greets Seaside Mayor Ralph Rubio at a reception following the Presidio of Monterey's change of command ceremony June 23. Brown is the new Presidio of Monterey garrison commander. Photo by Steven L. Shepard, Presidio of Monterey PAO



Presidio welcomes new commander

Col. Lawrence Brown assumes command of Presidio of Monterey in June 23 ceremony.

Story by Catherine Caruso, Presidio of Monterey PAO. Photos by Steven L. Shepard, PoM PAO



Col. Lawrence Brown, the incoming Presidio of Monterey garrison commander, is hugged by his mother, DeAnne Johnson (who is accompanied by his father, Pat Johnson at right), following his change of command ceremony on Soldier Field June 23.

A traditional and very simple ceremony, signifying change.

That's how Joe Capps, director of Installation Management Command's Central Region, described the Presidio of Monterey's change of command June 23.

"It's been said that the most valuable gift you can give to anyone is your time," Capps told those gathered to farewell outgoing commander Col. Paul Fellingner,

and welcome incoming commander Col. Lawrence Brown. "It's an honor to be here with you as we salute an extremely accomplished commander."

Fellinger led the installation with a spirit of innovation and enthusiasm, often despite severely constrained resources, and provided unwavering support for quality-of-life programs, Capps said.

He praised the outgoing commander

for leading the team responsible for the installation's energy program, which has saved more than \$3 million dollars for the Army during his tenure.

Capps also thanked members of the local civilian community attending the ceremony for their support to the installation, and its service members.

"Thank you on behalf of the Army," he said.

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“Thank you for what the citizenry does to keep our Army strong.”

After handing the installation’s guidon, and command responsibility, to his successor, Fellingner also noted the ceremonial nature of that act, and the importance of what it symbolizes.

“Those colors represent to me the most important people, those who are here today” he said of the garrison’s workforce, comprised mostly of civilian employees.

“They don’t get the recognition at the airport, thanking them for what they do. We take care of kids, we change diapers, we develop sports programs. We find out what people need, or want, to do to be successful,” he said.

Fellingner, who is retiring after 26 years of military service, thanked the installation staff for their commitment to serving their country, and its service members.

“We’ve had some tough times. We’ve had a couple furloughs. We’re going through sequestration right now, and not once did anyone ever say to me ‘we can’t do this,’” he said.

Incoming commander Brown said his assignment to the Presidio feels like coming “full circle,” having entered military service in California 33 years ago.

He said he looks forward to working “hand-in-hand” with the Defense Language Institute to provide a safe, supportive learning environment.

Brown pointed out education has been a priority for his own family, and that he sees a similar commitment to excellence in the Presidio’s staff.

“They are passionate and committed to what they do. This is a testament, not to a good organization, but a great one,” he said.



Presidio of Monterey employees presented the colors during the garrison change of command June 23.

Family Child Care

Story by Catherine Caruso, Presidio of Monterey PAO;

Photos by Steven L. Shepard, PoM PAO

Dreaming of a portable career that allows you to work from home, and be your own boss? It exists!

The ACS “Family Child Care” program can help make dreams of owning their own business a reality for military spouses at PoM...



Traci Gibson, right, leads children in an activity during a song-and-story hour she leads for children enrolled in the Family Child Care program at the Presidio of Monterey. From left, first row: children Camille Edwards, Lee Glover, Alexis Terrell, and Jayden Louis. Back row, from left: Derek Manila, Atticus Rodriguez, and Adriana Rodriguez.

Tiffany Edwards is a busy woman. She's a student at Monterey Peninsula College, a mother, a military spouse, and a business owner – as a Family Child Care provider.

Army Community Service's Family Child Care program matches the military community's ongoing need for quality child care with those of military family members seeking a portable career during their sponsor's time in service.

"A lot of our spouses are looking for jobs where they can work from home, so their job can move with them, or so they can spend time with their own children," said Traci Gibson, director of the Family Child Care program for ACS at Presidio of Monterey.

FCC meets those needs and helps other military families, she said.

Becoming a Family Child Care provider starts with a detailed background check and 40 hours of classroom training which includes state health and hygiene requirements; a critical component, since providers both change diapers and serve snacks. Most of that training transfers seamlessly to other Army installations, and much of it is transferable to Family Child Care programs run by the other service branches, Gibson said.

Adriana Rodriguez was recently certified as a Family Child Care provider and is preparing to open the doors of her business from her home in Ord Military Community's Doe Park.

As the mother of a toddler, she said a major draw for her was the chance to work from home while raising her son.

During her training, FCC arranged for her to work at the Monterey Road Child



Tiffany Edwards, second from left, cares for her daughter and three other children in her home at Ord Military Community as a Family Child Care provider. She is now pursuing a degree in early childhood education and plans to open a day care center once her husband completes his military service.

Development Center and gain experience working with larger groups of children.

"I really appreciate all the help getting started," she said.

The military's support in meeting the many legal and regulatory requirements in starting her business was a major reason

she decided to get certified, she said.

"There's a lot that goes into it; the curriculum, the reports. You're not 'just a babysitter,'" Edwards said.

Military families who aren't familiar with the Family Child Care program are

continued, next page

sometimes surprised when they enter a Family Child Care provider's home to see equipment and activities similar to those found in professional day care centers, but on a more intimate scale, Edwards said.

Providers use an ACS-managed website to implement an Army-wide early childhood education program, including development of lesson plans, tracking of each child's developmental milestones, and regular communication with parents.

"I wasn't aware, when I started, how rigid the guidelines were. I didn't think the kids would just be sitting in front of the TV all day. But, it's very rigorous," Edwards said.

Providers set their own hours, agree to follow DoD's guidance regarding the rank-based pricing structure, and the age and number of children they can care for at one time. In exchange, reduced rates for children of junior service members are subsidized by the military.

FCC caregivers are also mandatory reporters, trained to spot signs of child abuse and neglect.

"One issue we deal with is isolation. Providers are home all day with a house full of kids," Gibson said. "So one thing I do as the Family Child Care program manager is try to get them out and about."

At PoM, the FCC program arranges field trips for children and providers and leads a song-and-story hour in provider's homes.

When an in-home provider does need time off for an appointment, or to complete required training, the Child Development Center on post provides care for their charges. The program is also working to certify substitute providers who can work on-call to cover medical appointments and other emergencies for the in-home providers. Providers earn one paid personal



Traci Gibson, right, conducts a pre-opening inspection at Adriana Rodriguez' home. Once certified as a Family Child Care provider, Rodriguez plans to care for her son, Atticus, and up to two other toddlers.

day per quarter, Gibson said.

While being a Family Child Care provider can be a great career, she said, prospective providers should think carefully about the commitment required, both before and during the start-up process.

"When it doesn't work out, it's often because of the impact on their family's lifestyle," she said. "The provider might be on board, but their spouse needs a quiet place to study. Or they have a child who doesn't do well with a lot of other kids in their home."

Edwards, like many spouses, said she was initially drawn to the Family Child Care program for practical reasons.

"I wasn't necessarily looking to get involved in child care," she said. "I've always worked, mostly administrative jobs, and I really wanted to own my own business."

Now she's also pursuing a degree in early-childhood development and plans to open a day care center when her husband leaves the military.

Her advice to those interested in becoming a Family Child Care provider is to approach the process with an open mind.

"It's a good job, but it's a hard job. Don't let it be for the money. You have to like being around children. If you don't, it's not for you," she said.

A young child with light hair, wearing an orange shirt, is looking up at the camera. The background shows a wooden floor and the legs of other people, suggesting a playroom or classroom setting.

So, you want to be a Family Child Care provider?

If you live on Ord Military Community or in the La Mesa housing community, you could be eligible to provide child care through the Presidio of Monterey's Family Child Care program.*

The program provides an in-depth background investigation, training, equipment and supplies for establishing your business, providing quality in-home child care for local military families.

Once qualified, much of your training will transfer to similar programs at other military installations.

To get started, contact FCC Program Manager at (831) 242-5820 or email traci.m.gibson.naf@mail.mil for an application.

After submitting the application, immunization records and background investigation requests for all adults living in the home, prospective providers can enroll in 40 hours of classroom training, offered quarterly by PoM Army Community Service.

After training, the FCC program manager works with individual providers to help them establish a space for child care in their home, and meet applicable health and safety requirements.

** Families living off-post may become Family Child Care program providers, but must also meet additional state licensing requirements.*

IMCOM Commander: Garrisons must reduce services to ensure quality

*Lt. Gen. Kenneth R. Dahl, commander;
U.S. Army Installation Management Command*

FORT SAM HOUSTON, TEXAS — Members of Installation Management Command, as you know, the Army faces an environment with fewer resources even while readiness requirements remain constant. Army Leadership tasked all major commands to examine requirements, establish clear priorities and reduce funding and manpower.

Resources re-purposed by this effort will be used to “buy back” critical areas associated with maintaining Army readiness.

Therefore, IMCOM can no longer provide the same level of service that our customers have come to expect.

We must prioritize and deliver the right services, where the need is the greatest, to maximize the value of every dollar we spend.

Together we must communicate this change to those affected so they understand what is occurring and why. We must actively communicate to manage expectations for both those who provide services, as well as those that receive our services. IMCOM HQs, IMCOM Support Directorates and Regions, and IMCOM Garrison leaders are at the center of this communication effort to ensure both our employees and our customers are fully informed.

We are not asking you to do more with less, or even the same with less; we will do less with less so we can concentrate on the most critical services we deliver. As

we transform and fine-tune programs, the manner in which we deliver our services becomes even more important and will demand creativity, initiative, and agility from all our IMCOM professionals. We are confident that you will rise to this challenge as you have in the past, and it is important that your contribution to Army readiness is fully recognized.

In conjunction with these changes, it is vital that we remain focused on our “customers,” so IMCOM is embarking on an initiative designed to enhance the level of customer service and inculcate a culture (defined as shared value) of

service excellence within all facets of the Command – The Service Culture Initiative.

The foundation of this initiative is leader engagement. Leaders must be open, honest, and straightforward in communication, especially during periods of change. Through leader and community engagements, all echelons of IMCOM will use every available opportunity to inform and educate our employees, our customers, and the communities we serve about the changing environment and how IMCOM will continue to support them.

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Lt. Gen. Kenneth Dahl discusses IMCOM priorities during a luncheon with Presidio of Monterey staff at the Bayonet and Black Horse golf course in Seaside, Calif., April 7.

Photo by Steven L. Shepard, Presidio of Monterey PAO

Built upon the premise that excellence in customer service is a byproduct of how you treat your employees, the Service Culture Initiative establishes an environment where employees have engaged and caring leaders, feel valued and respected, possess a sense of belonging or loyalty to the organization, and treat each other with dignity and respect. It is proven that in such an environment, employees are likely to have a positive attitude and enjoy working in the organization. This positive attitude is then "passed forward" to each other and to those we support.

This initiative has been under development for more than two years and recent surveys

indicate we need it. This is a long-term commitment to improving how we treat our IMCOM team members and improve ourselves as an organization. Soon, we will publish an OPORD with details of the Service Culture Initiative.

The key components are: enhancing team member sense of belonging to IMCOM; ensuring our leaders are engaged with our team members, our customers and the communities they serve; ensuring our new team members are appropriately welcomed, oriented, trained, and prepared to become an impactful member of the IMCOM Team; and ensuring our team members feel valued, respected and appreciated.

The Service Culture Initiative is designed to ensure our employees are prepared for and empowered to deliver services in the best possible manner given available resources. The initiative also ensures that those we support understand and acknowledge IMCOM's commitment to serving them and our contribution to Army readiness.

We must always keep in mind that IMCOM's primary mission is to serve and support our Army's Rugged Professionals – those Soldiers who may have to go into harm's way. I look forward to working together as we implement the Service Culture Initiative.

SECARMY, IMCOM commander discuss funding, readiness at employee town hall

Presidio of Monterey PAO staff report

FORT SAM HOUSTON, TEXAS — Senior Army leadership warned that tough budget times will remain a reality but that readiness cannot suffer in an Installation Management Command worldwide town hall June 28.

Under Secretary of the Army Patrick Murphy and Lt. Gen. Kenneth Dahl, IMCOM commanding general, used the teleconference to reach the command's 58,000 employees in more than 70 garrisons.

"We have to be ready to go," Murphy said. "That readiness is at an individual level, installation level and Army as an institution. We are all part of that readiness."

The Army has \$100 billion less than it did five years ago. Murphy stressed everyone has to make sure we are not wasting that money, that every dollar counts.

Dahl asked Murphy to speak directly to the IMCOM workforce about transformation in

the Army during an office call.

"It was great for me to hear it," Dahl said. "But you really need to hear it and you need to hear it from your senior civilian leadership," he told the world-wide audience.

Murphy said IMCOM is a true partner in what the Army is trying to do and he appreciates what it does for the Army Team.

Employees had an opportunity to ask questions and learn what the Army leadership is planning for the Army's future following his comments. The questions ranged from transformation, Soldier for Life, and public/private partnerships to telling the Army's story.

Murphy encouraged everyone to follow him on social media and to use social media to connect with the American public.

"We have to do a better job of telling the Army story," he said. "Every single one of us are a recruiting officer. We should be

asking ourselves what we are doing to talk about the Army to our sons and daughters – our nieces and nephews."

IMCOM leaders invited soldiers and civilians to gather in theaters and conference rooms to participate. A live stream was also provided, so employees could watch from their desks.



Presidio of Monterey staff listen to Lt. Gen. Kenneth Dahl, speaking via video feed, at the Tin Barn June 28.

Photo by Catherine Caruso, PoM PAO

Army Soldiers, veterans, families, employees and their guests partied like it was 1925 at a "Roaring '20s" –themed Army Birthday Ball in Monterey June 4.



The 'Roaring 2016s'

Soldiers, families celebrate the Army's birthday with a "Roaring '20s" –themed gala

Presidio of Monterey PAO staff report. Photos by Steven L. Shepard, PoM PAO



Soldiers and veterans provide a variety of period and modern musical entertainment at the ball.



An evening of dinner and dancing was enjoyed by 2016 Army Birthday Ball attendees in Monterey.



Attendees pose for a photo in their "Roaring 20's"-inspired attire at the 2016 Army Birthday Ball.

MONTEREY — Soldiers and guests were “putting on the glitz” at the “Roaring 20’s”-themed 2016 Monterey Army Birthday Ball at the Hyatt Regency Monterey hotel June 4.

The 229th Military Intelligence Battalion and Defense Language Institute Foundation celebrated the U.S. Army’s 241st birthday by hosting a glittering, gold-and-silver celebration in the hotel’s Regency Grand Ballroom.

The evening blended tradition and nostalgia for a modern celebration, incorporating toasts, cake-cutting, musical performances, fine dining and dancing.

Guests were encouraged to dress according to the “Roaring ‘20’s” theme.

References to the Jazz Age abounded,

and couples posed for photos in front of a backdrop styled after the 2013 film adaptation of F. Scott Fitzgerald’s 1925 novel, “The Great Gatsby.”

The U.S. Army was founded on June 14, 1775, when the Continental Congress authorized enlistment of riflemen to serve the United Colonies for one year.

Today, the Army is the strategic landpower of the joint force; called upon to prevent, shape, and win against our adversaries.

Each year, the Army’s Soldiers, employees, veterans, and families celebrate the Total Army Force, and their contributions to national defense.

The American Soldier trains, deploys, engages, and destroys enemies of the

United States in combat operations as the world’s premier land force.

“Today, as in years past, Soldiers serve as the cornerstone of the Army Profession,” reads the service’s 241st Birthday website at www.army.mil/birthday.

“As Army Professionals, we are grateful for the opportunity to maintain the trust and confidence of the American people while adding to our legacy of 241 years strong,” it reads.

More photos on Flickr:

www.flickr.com/photos/presidioofmonterey/



Resiliency Day

Story by Catherine Caruso, Presidio of Monterey PAO;

Photos by Amber K. Whittington, Defense Language
Institute Foreign Language Center PAO

You may have heard the number: 22 a day.

It's the number of veterans estimated to die of suicide daily, according to a 2013 Department of Veterans Affairs report.

The issue struck home at the Presidio of Monterey when service members lost one of their own to suicide last year.

But what numbers conceal is that behavioral health conditions that create suicidal thoughts are very common – and treatable. Each month, a few service members at the Presidio seek treatment or counseling for severe depression, accompanied by suicidal thoughts. By recognizing their symptoms, and seeking the help they needed, they avoided becoming a statistic.

To drive that point home, the Defense Language Institute Foreign Language Center and Presidio of Monterey hosted a Resiliency Day June 15. Unit activities focused on resiliency skill-building, strengthening team bonds and relieving stress through athletic competition.

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Col. Phillip Deppert addresses DLIFLC service members participating in the 2016 Resiliency Day "Commander's Cup" competition at Price Fitness Center athletic field June 15.

229th Military Intelligence Battalion and Marine Corps Detachment females race during a Resiliency Day competition on the Price Fitness Center athletic field June 15.



"A lot of people aren't prepared for how much work it can be, how much we take in every day," said Spc. Jacob Farmer, a DLIFLC Russian language student assigned to Company B, 229th Military Intelligence Battalion. "Everyone who gets here is pretty smart. But when you combine it with the pace, with the high expectations, I can see how people get overwhelmed."

His advice for new language students?

"Relax," he said. "Failure is part of the process."

Young people are at increased risk for behavioral health issues, experts say. While the root causes of suicidal behaviors are complex, researchers find depression and alcohol or substance abuse are risk factors. Both conditions can be triggered by increased exposure to stress, which is a common issue for young people entering college, the workplace, or military service.

Coping mechanisms that might work as a teenager don't work as well in their new role, and the social support network they

grew up to rely on may not be as available once they've moved away from home, said Jon Tabije, supervisory psychologist for the Army Health Clinic at PoM.

The DLIFLC-PoM Community Health Promotion Council studies the health of its service member population closely. It's taking a close look a number of possible indicators for high-risk behaviors, including academic activities that may trigger anxiety or depression, such as high-stakes tests.

California Medical Detachment will soon offer a "Taking Back Control" course for students and staff. The class teaches evidence-based, healthy coping behaviors for high-pressure situations like those they may experience in training and throughout their military careers, he said.

Another area of concern for military leaders are those service members who struggle with, or are unable to complete, their language training, said Army Col. Phillip Deppert, DLIFLC commander.

"Our cadre are very quick to say 'this is not the end. This is not the worst thing that can happen to you,'" he said.

But it's important that leaders follow up on those words with appropriate support for service members transitioning into other military jobs or back to civilian life, Deppert said.

On Resiliency Day, Chaplain (Army Capt.) Michael Voudouris conducted Ask-Care-Escort training, the Army's standard for "buddy aid" to individuals experiencing severe depression, for 229th MI Bn. Soldiers.

He urged Soldiers to take care of each other – and themselves.

"It's easy to forget, because so much is being asked of us at any given time," he said. "Your brains, your bodies– they're like a computer. They need to reboot, they need a chance to refresh. The Army is going to send you to lots of places that aren't as nice as here, so take advantage of that."

Train your brain for resiliency: DoD T2 apps develop healthy habits

By Logan Micheel, DoD National Center for Telehealth & Technology (T2)

Our brains are wired with a negative bias (perhaps as a survival instinct) that makes us pay more attention to hurdles than solutions. Even those who tend to look on the bright side of things have a hard time when feeling challenged or overwhelmed.

What we don't realize in those moments is that we're selling ourselves short, overlooking the strengths and tools that we've already developed.

One definition of resilience is "the shift from reactivity to a state of resourcefulness in moments of stress and crises."

The more we can bring our strengths to bear in any given situation, the more easily we can transition from reactivity to

resourcefulness.

Identifying strengths and resources when feeling stressed or helpless starts by asking ourselves some questions:

"What strategies have worked well for me when I've struggled in the past?"

"Who in my support network can help me with this issue if I need it?"

"What choices do I have in this situation?"

"What am I really good at and how can I apply that here?"

"What helps me to feel emotionally and physically better when I am stressed or upset?"

"Haven't I felt this way before, and made it through?"

This process is a good reminder that we can cultivate new strengths and assets by building upon the ones we already have.

The DoD National Center for Telehealth and Technology (T2) has developed several apps that can help train your brain to shift from reactivity to resourcefulness in times of stress:

- **Virtual Hope Box** (iOS, Android) has features to help relax, find positive inspiration and create coping strategies. Users can load their own supportive content, including family photos, videos,

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Breath2Relax



Mindfulness Coach



Virtual Hope Box



Parenting2Go



Positive Activity Jackpot



Dream EZ

recorded messages from loved ones, inspirational quotes, soothing music, reminders of previous successes, positive life experiences, and future aspirations.

<http://t2health.dcoe.mil/apps/virtual-hope-box>

- **Moving Forward** (iOS) features problem-solving therapy tools designed to teach skills for overcoming life problems. The tools help users examine their thinking process and improve emotional regulation in the face of specific issues. A problem-solving worksheet walks users through the steps to solve problems of the user's choosing in a thoughtful and systematic way. <http://t2health.dcoe.mil/apps/MovingForward>

- **Breathe2Relax** (iOS, Android) is a portable stress management tool that walks users through a diaphragmatic breathing exercise. Breathing exercises decrease the body's 'fight-or-flight' response, helping with mood stabilization, anger control, and anxiety management.

<http://t2health.dcoe.mil/apps/breathe2relax>

- **Tactical Breather** (iOS, Android, computer) is also a breathing coach app, with exercises created to help users cope in especially high-stress situations.

<http://t2health.dcoe.mil/apps/tactical-breather>

- **Mindfulness Coach** (iOS) offers detailed walk-throughs for nine forms of mindfulness meditation, each including voice-guided sessions with captions and instructions for self-guided sessions. This type of meditation trains the mind to focus on present experience, rather than potentially worrying thoughts about the past or future.

<http://t2health.dcoe.mil/apps/MindfulnessCoach>

- **Positive Activity Jackpot** (Android) uses a therapy called pleasant event scheduling to help overcome depression and build resilience. The app helps find activities, makes suggestions, and even invites friends. If you can't make up your mind, "pull the lever" and let the app's jackpot function choose.

<http://t2health.dcoe.mil/apps/positiveactivityjackpot>

- **Dream EZ** (iOS, Android) is a smartphone app designed to help a person "rewrite" their nightmares to make them diminish in intensity and frequency.

<http://t2health.dcoe.mil/dream-ez>

- **Parenting2Go** helps users to focus on and track positive interactions with their children, recognize feelings of stress, identify support systems and locate other resources.

<http://t2health.dcoe.mil/apps/Parenting2Go>

The next time you're facing a challenge, work to identify and draw upon your strengths before focusing on your deficits.

Hopefully, you'll find that your half-empty glass actually looks more like half-full.

Logan Micheel is a program coordinator for the Mobile Health Program at DoD's National Center for Telehealth & Technology (T2), which is leading innovation of mobile health and telehealth.

Bringing warrior spirit to Spartan Sprint

An estimated 30 members of the Presidio took part in the Spartan Races' "Sprint" obstacle race at AT&T Park in San Francisco, May 14.

Five members of the garrison staff who are training to become certified Spartan SGX Trainers took part in the race. The employees have attended workshops and completed online coursework for their certification in an effort to bring more fitness opportunities to those who work or are stationed at the Presidio by conducting future obstacle-race training.

Spartan Races also donated entries for 25 service members, chosen from among the top finishers in a fitness competition at the Presidio March 4.

Photos by Steven L. Shepard, Presidio of Monterey PAO

Michael Benson, an analyst in the Plans, Analysis and Integration Office, crosses the monkey bars during the Spartan Sprint Race at AT&T stadium in San Francisco May 14. Benson is one of five garrison staff members who pursuing Spartan SGX trainer certification to help service members improve their overall fitness and unit cohesion while preparing for future events.

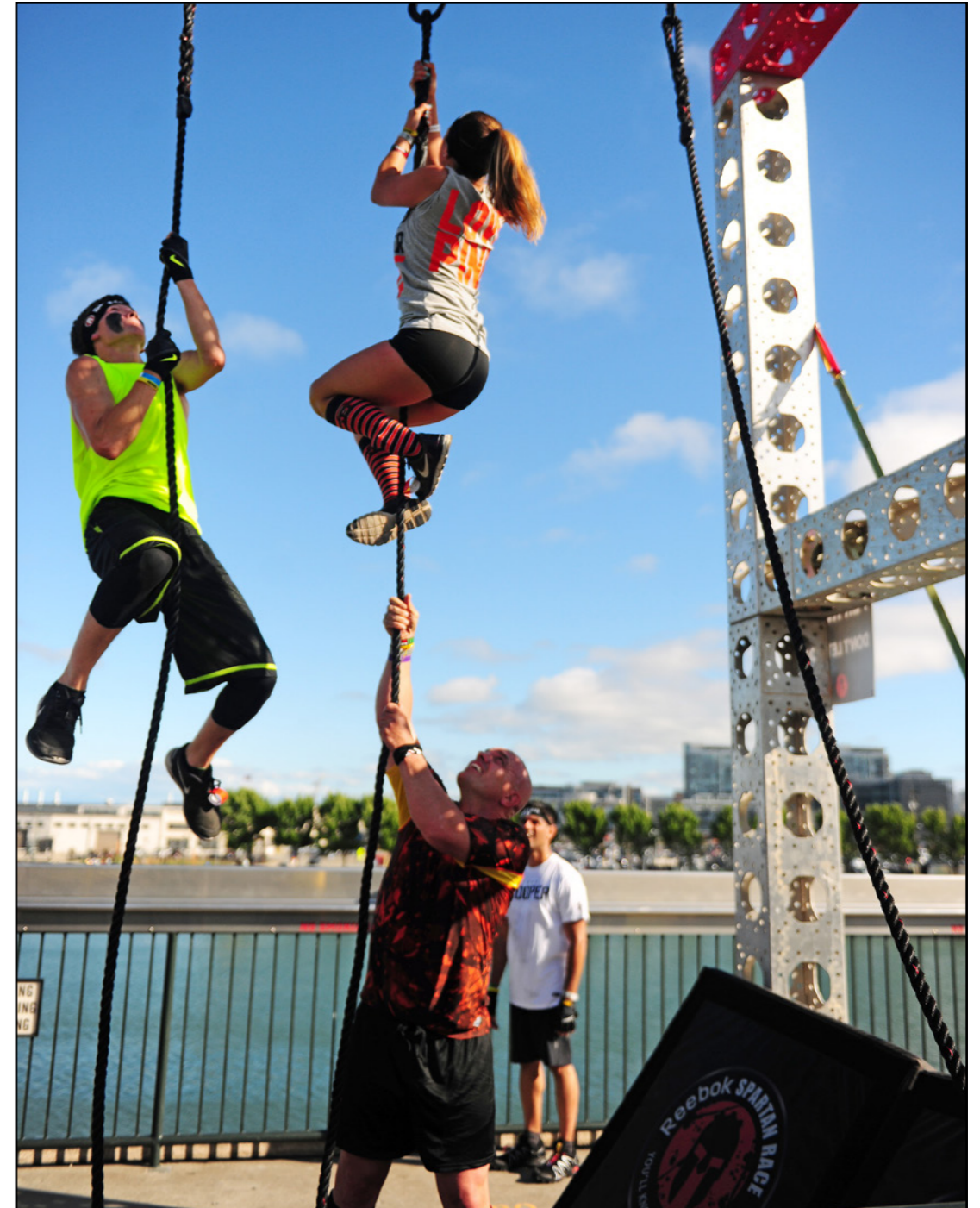




Cassandra Gonzales, Better Opportunities for Single Servicemembers program advisor, left, and Traci Gibson, Family Child Care program director, do box jumps during the Spartan Sprint at AT&T Park in San Francisco May 14.



PoM Service members, two of 25 who received free race admission during an MWR competition, join the crowd racing to the next obstacle on the course.



Col. Paul Fellingner, former garrison commander, holds a rope steady for Cassandra Gonzales, Better Opportunities for Single Servicemembers program advisor, during the rope climb event.

For more photos, visit our Flickr:
www.flickr.com/photos/presidioofmonterey/





Honoring our fallen

Presidio of Monterey Memorial Day observance

Story by Patrick Bray, Defense Language Institute Foreign Language Center PAO. Photos by Steven L. Shepard, Presidio of Monterey PAO



“Think about on Memorial Day those Americans from the late 1770s to the current day, those 1.5 million veterans, who gave their lives for all,”

Terry Bare, executive director of Monterey County Veterans Transition center (USAF Colonel, retired)

The Defense Language Institute Foreign Language Center observed Memorial Day during a ceremony on Soldier Field, May 26.

Service members wearing their dress uniforms, representing all four service detachments, participated in the ceremony, which included a flag and honor guard detail, ceremonial cannon fire, and the playing of taps.

Retired U.S. Air Force Col. William “Terry” Bare, former assistant commandant at DLIFLC from 2008 to 2011 and guest speaker at the event, encouraged the attendees to observe the Memorial Day holiday as a day of reflection and remembrance and not just a long weekend.

“Here’s my challenge to you. Think about on Memorial Day those Americans from the late 1770s to the current day, those 1.5 million veterans, who gave their lives for all,” Bare said.

Bare is the executive director of the Monterey County Veterans Transition Center, a program that helps veterans in need.

“I believe as a nation and a community we owe them our best effort,” he said.

Following the remarks, Army Col. Phillip Deppert, DLIFLC commandant, and Ben De La Selva, founder of the DLI Alumni Association, unveiled a plaque listing school graduates who lost their lives in the Global War on Terrorism.

This year, there were no names to add to the plaque, which currently memorializes 330 DLIFLC graduates who gave their lives for their nation since 1963, when official documentation began.

Memorial Day dates to the end of the Civil War as towns across America honored those who died in the war.

The tradition continued as the U.S. fought in other wars, and became an official federal holiday in 1971.

Memorial Day observances provide an opportunity for Americans to honor and remember all who have died while serving in the Armed Forces.



Navy pilots demo jet's capabilities, on ground

EP-3E Aries II reconnaissance aircraft crew hosts static display for CIDU students

Center for Information Dominance Unit Monterey PAO staff report

MONTEREY — Students assigned to the U.S. Navy Center for Information Dominance Unit Monterey had the opportunity to see a Navy EP-3E Aries II up close and meet with a crew from Fleet Air Reconnaissance Squadron (VQ) 1 May 13.

The Whidbey Island-based aircrew visited the Monterey Jet Center.

Cmdr. Andy Newsome, commanding officer of the information warfare community's training location at the Presidio of Monterey, requested the visit to provide an operational context for the language training the Sailors receive at Defense Language Institute Foreign Language Center.

"Many of our newest Sailors are unsure of what it means to conduct information warfare in the fleet," he said.

"We feel strongly that by giving our Sailors a glimpse of what their shipmates are doing, we can help increase their motivation to excel in language learning."

More than 90 students and staff members gained valuable insight by visiting the static display and interacting with the aircrew.

"Our Sailors are here to learn a warfighting skill, which is a notion that can tend to get lost in a classroom environment," Newsome said. "We were thrilled that VQ-1 agreed to partner with us on the static display."

The EP-3E Aries II is a land-based multi-intelligence reconnaissance aircraft based on the P-3 Orion airframe. The aircraft provides fleet and theater commanders worldwide with near real-time tactical signals intelligence and full-motion video intelligence.

"The experience was fun and informative," Seaman Usha Mulvaney said. "I learned a

lot about aircrew. I learned about some of the safety gear used and the hours of hard work dedicated toward different duties on board."

With sensitive receivers and high-gain dish antennas, the EP-3E exploits a wide range of electronic emissions from deep within targeted territory.

The crew fuses the collected intelligence with off-board data, which contributes to the Navy's IW mission.

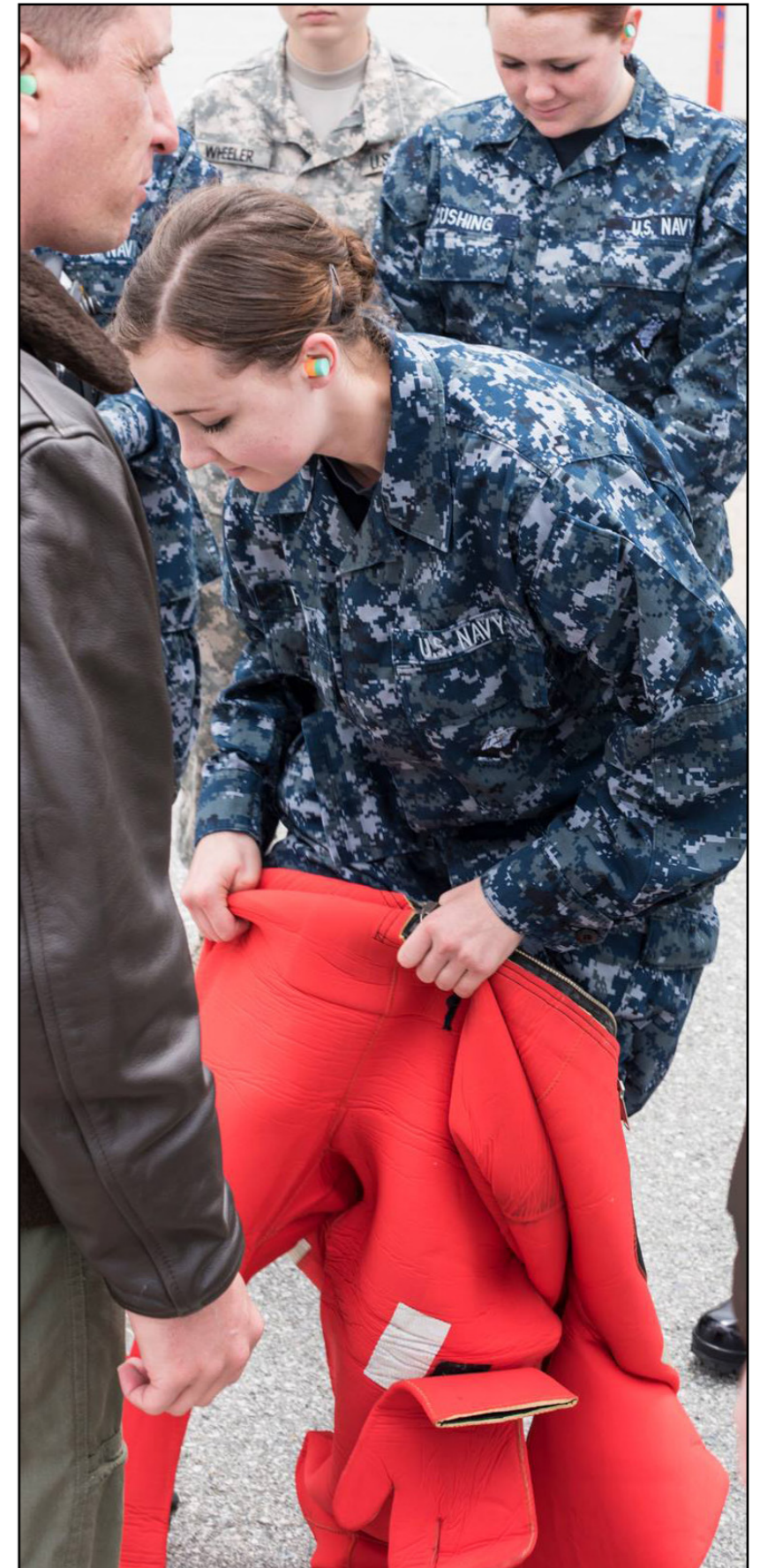
"It was great to see the plane and have a visual representation of our job and what we do as aircrew," Seaman Nicole Sheerer said.

The U.S. Navy Center for Information Dominance Unit Monterey provides command and control of Navy personnel receiving foreign language training from the Defense Language Institute Foreign Language Center at the Presidio of Monterey, preparing them to conduct information warfare across the full spectrum of military operations.

PREVIOUS PAGE, Petty Officer 1st Class Joel Perkins, a Cryptologist Technician stationed at Whidbey Island, Wash., discusses the EP-3E Aries II multi-intelligence reconnaissance aircraft, which gathers near signals intelligence and video for fleet and theater commanders, May 13.

RIGHT, Seaman Belle Fulton, CIDU Monterey, tries on an insulating anti-exposure suit during a presentation for Sailors assigned to the U.S. Navy Center for Information Dominance Unit Monterey at the Monterey Jet Center May 13. The presentation was organized by their commander as a way to introduce students to tactical military applications of the language training they're receiving at DLIFLC.

Photos by Navy Lt. Zachary Parmentar, CIDU Monterey PAO



Presidio of Monterey garrison updates child supervision policy

Presidio of Monterey PAO staff report

Presidio of Monterey recently released an update to PoM Pamphlet 608-1, the garrison's Child Supervision Policy.

This policy applies to all military personnel, their Family Members, civilian personnel, and all others residing, employed by, or visiting Presidio of Monterey, Ord Military Community, and La Mesa Village.

Violations of this policy may subject military personnel to disciplinary action under the Uniformed Code of Military Justice or adverse administrative action.

Such violations may also subject personnel to criminal prosecution, civil liability, or termination of housing privileges on the installation.

"We have a policy because it's an Army regulation that we need to have one. But it's for the safety of the children, first and foremost," said Jason Lederer, Family Advocacy Program manager for Army Community Service at PoM. "Kids don't come with instruction manuals, unfortunately. Having a policy allows us to set a standard, so everyone knows what it is and understands what's required."

If you have questions or concerns about this policy, contact the Family Advocacy Program Manager at (831) 242-7653.

For your convenience, several portions of the policy are excerpted, here. To read the policy in its entirety, visit: http://www.monterey.army.mil/Leadership/inc/Policy_Letters/POM_PAM_608-1_Supervision_of_Children.pdf

PoM PAM 608-1 Child Supervision Policy

Chapter 5: Supervision guidelines

The following minimal guidelines are provided, but parents are urged to carefully consider their child's maturity and self-sufficiency, and apply additional supervision measures when appropriate.

a. Newborns to children three years of age require close supervision and will be under direct visual contact. The supervisor must be able to respond to any emergency or threatening situation.

b. Children, four to six years of age, may play in appropriately designated safe areas, but must have immediate supervision. The supervisor must check the designated area a minimum of every 20 minutes to ensure the safety and whereabouts of the child, and the child must have immediate access to the supervisor. Immediate access is defined as within eyesight or hearing distance and ability to respond within 30 seconds. If these conditions are not met, the child is considered unsupervised.

c. Children, seven to nine years of age, can be allowed to explore their environment, but must also be afforded protection, and therefore must have access to adult supervision. Note that access is defined as having the ability to contact a verifiable, prearranged, responsible adult in case of emergency, and an adult supervisor knowing the location of the child. Working parents are encouraged to enroll their

children in after school supervised programs, such as School Age Services or Stone Soup for before-and-after school care.

d. Children, 10 to 14 years of age, must be in a designated neighborhood area established by their supervisor. This area should be convenient for the supervisor to make regular checks on the child. Supervisors should have the child check-in if the child is changing locations. If the child is not mature enough to check in with a supervisor, the standards for younger children will apply.

e. Children, 15 to 17 years of age, may supervise themselves. They must be mature enough to notify the contact person in the event of an emergency situation. Parents are responsible for ensuring that the child knows proper emergency procedures, to include contact persons, telephone numbers, fire evacuation, etc.

f. In all cases when a child or youth is left unsupervised, a parent or an adult designee must be within the local area. Local area is defined as an area or location that is no more than one hour away by car.

Chapter 6: Children left alone in quarters

a. No child under the age of 10 will be left alone in quarters.

b. Children, 10 to 11 years of age, may be left alone for no more than three hours during the day or evening.

c. Children, 12 to 14 years of age, may

be left alone for no more than six hours during the day or evening.

d. Children, 15 to 17 years of age or older, may be left alone overnight but not for a period to exceed 48 consecutive hours.

Chapter 7: Special provisions

***a.* Baby sitters.**

(1) Children, ages 13 years and older, may babysit their younger siblings.

Completion of the Red Cross Baby-Sitters Course is strongly recommended.

(2) Children, ages 13 years and older, may babysit for other than their siblings after completing a Red Cross Baby-Sitters Course. Child, Youth and School Services (CYSS) can provide parents with a list of babysitters who have completed this training.

(3) If overnight babysitting is needed, parents are encouraged to use Family Child Care (FCC) providers or contact CYSS for information and assistance. Overnight child care may not be provided by anyone under the age of 18 years.

b. Parents who leave their children in the care of others will provide specific written instructions to the caregiver. At a minimum, these instructions will include how to reach parents in the event of an emergency and authorization to seek emergency medical treatment.

A Special Power of Attorney may be obtained through the Legal Assistance Office within the Office of the Staff Judge Advocate, Building 358, Presidio of Monterey, California. The phone number for

Legal Assistance is (831) 242-5083/5084.

c. On Post Facilities. No child under the age of 10 is to be left unattended in a public facility unless authorized by that facility; e.g., Commissary, Post Exchange, Porter Youth Center.

***d.* Travel To and From School.**

(1) Children, nine years of age and younger, must be accompanied by an adult, or a child 10 years of age or older.

(2) Parents will not send their children, nine years of age and younger, to school more than 15 minutes earlier than the normal walking time and/or the bus arrival time.

Parents that are unable to be at home to supervise their child's departure for, or arrival from, school are expected to arrange alternate supervision.

Chapter 8: Violations of this policy

a. All members of the community are encouraged to report suspected incidents of unattended children, child abuse or neglect to the Presidio of Monterey Police Department (POM PD) at (831) 242-7851/7852. Anonymous reports will be accepted; however, the identification of the caller is preferable.

b. Under California law and/or Army regulations, certain professionals are required or "mandated" child maltreatment reporters. Mandated reporters include medical practitioners (doctors, nurses), social service and mental health providers, law enforcement personnel, and child care custodians (teachers, Child, Youth and School Service employees, and Family Child Care providers).

c. POM PD will take necessary action to ensure the safety and protection of children on the installation. Action taken by the POM PD when children are found unsupervised is contingent upon the degree of danger in which the child is found.

(1) The immediate safety needs of the child or youth will be addressed.

(2) The POM PD will attempt to contact the parent/guardian and request that appropriate care be provided to the child. If the parent cannot be contacted, the POM PD will attempt to notify the parent's commander or supervisor.

(3) After one hour, the FAP (Family Advocacy Program) Social Worker/Case Manager will be consulted. If deemed necessary, the Monterey County Department of Social Services will be contacted at (831) 899-8015 and the child may be placed in emergency care.

(4) All incidents of unsupervised children will be investigated by the POM PD, and forwarded to the Family Advocacy Program. The Family Advocacy Program Manager (FAPM) will notify the Garrison Commander of these cases.

Chapter 9: Resources

a. Parents who need help identifying an option that meets their requirement are encouraged to contact CYSS at (831) 242-7197. CYSS has information on services available to them, both on and off the installation.

b. The Family Advocacy Program Manager (FAPM) at the Army Community Service, Ord Military Community, (831) 242-7653 is available to provide guidance to parents regarding this policy.



AROUND THE PRESIDIO

100 years Army Strong: WWII veteran celebrates a century



MONTEREY – Col. Lawrence Brown, Presidio of Monterey garrison commander, visits with Anthony Gambale, a World War II veteran, during Gambale's 100th birthday party at the Windsor Monterey Care Center.

MONTEREY — When Col. Lawrence Brown joined the Army, combat veteran Anthony Gambale celebrated his 67th birthday.

On June 21, when Gambale, a D-Day invasion World War II veteran, turned 100, Brown, the Presidio of Monterey garrison commander, attended the birthday party at the Windsor Monterey Care Center.

“We’re here to honor Mr. Gambale, one of our last of the greatest generation, for the tremendous sacrifices he and his fellow soldiers made so long ago,” Brown told family and friends of the Bronx, New York, native.

Gambale’s 91-year old wife Gloria and their son, Anthony Jr., thanked Brown, who enlisted in the infantry in 1983, serving with 2nd Battalion, 75th Ranger regiment before he was commissioned as an infantry officer in 1991.

The Presidio’s new commander presented Gambale Sr. with a commander’s coin.

Storming the French coastline two days after D-Day, June 6, 1944, Gambale was wounded by enemy fire at St. Lo, resulting in the removal of a lung.

*Story and photo by Brian Lepley,
Presidio of Monterey PAO*

DLIFLC students earn honors in Russian language educational essay contest

Eight Russian language students at the Defense Language Institute Foreign Language Center received awards from the American Council of Teachers of Russian for their entries in the 17th Annual National Post-Secondary Russian Essay Contest at the DOD Center, May 31.

More than 1,400 essays were submitted for the Russian essay contest from 79 universities, colleges, and institutions across the nation.

The essays were reviewed by three judges at Moscow State University in Moscow.

Army Sgt. Van Walther received a bronze medal in Category A, Level 3 (Students who do not speak Russian or any other Slavic language at home with 250-400 hours of instruction in Russian).

Army Staff Sgt. Olga Messier received a silver medal in Category C, Level 5 (Students who speak Russian with their families, attended school for 5 or more years in Russia or the former Soviet Union, and have not had to relearn reading and writing skills after emigration).

Air Force Staff Sgt. Anna Lyubarskaya received honorable mention in Category C, Level 4 (Students who speak Russian with their families, attended school for fewer than five years in Russia or the former Soviet Union, and may have had to relearn reading and writing skills after emigration).

Petty Officer 2nd Class Julia Shkunda won a gold medal in category B, Level 4 (Heritage speakers of a Slavic Language other than Russian, who have had more than 400 contact hours of instruction in Russian).

Petty Officer 1st Class Gheorghe Cormos



Awardees Army Sgt. Van Walther, Army Staff Sgt. Olga Messier, Petty Officer 1st Class Gheorghe Cormos, and Air Force Staff Sgt. Anna Lyubarskaya; with Chief Petty Officer Ted Hellene (holding certificates for Petty Officer 2nd Class Julia Shkunda, Spc. Elena Pilikina, Air Force Staff Sgt. Andrew Spaulding, and Army Sgt. Evgeniy Pilikin).

received an honorable mention in Category A, Level 4 and 5 (Students who do not speak Russian or any other Slavic Language at home, and have had more than 400 hours of instruction in Russian).

Three recent DLIFLC graduates were also among the awardees.

Air Force Staff Sgt. Andrew Spaulding

received honorable mention in Category A, Level 4 and 5.

Army Sgt. Evgeniy Pilikin received honorable mention in Category C, Level 5.

Spc. Elena Pilikina received a silver medal in Category C, Level 5.

Story and photo by Chief Petty Officer Ted Hellene, Defense Threat Reduction Agency Interpreting Course

COE, PoM break ground on new barracks



ABOVE: Representatives from the U.S. Army Corps of Engineers, Sacramento District; U.S. Navy Center for Information Dominance Unit Monterey; Presidio of Monterey garrison; and PoM Directorate of Public Works break ground on the Fiscal Year 11 Barracks Project at the Presidio of Monterey June 3. The 160-room barracks is expected to house up to 320 Navy and Marine Corps military language students when construction is completed, currently scheduled for mid-2018.

"For me, it's a readiness issue... (Students) are going to have the conditions set for them as linguists, and it starts here," said Col. Paul Fellingner, garrison commander. Fellingner, who made improving barracks one of his top ten command priorities during his time at the Presidio, relinquished command of the garrison to Col. Lawrence Brown on June 23 (see page 4).

Photo by Catherine Caruso, Presidio of Monterey PAO

VA opens registry for airborne hazards, burn pit exposure

WASHINGTON — The Airborne Hazards and Open Burn Pit Registry is a database of health related information about service members and veterans who may have been exposed to airborne hazards, including those from open burn pits, during their time in service.

Individuals may participate by completing an online questionnaire about their symptoms, health conditions, environmental and work-related exposures, and health care usage.

The registry is open to any veteran or service member who served in:

- OEF/OIF/OND or in Djibouti, Africa, after September 11, 2001, or
- Operations Desert Shield or Desert Storm or the Southwest Asia theater of operations after August 2, 1990. (*This area includes Iraq, Kuwait, Saudi Arabia, Bahrain, Gulf of Aden, Gulf of Oman, Oman, Qatar, United Arab Emirates, waters of the Persian Gulf, Arabian Sea, Red Sea, and the airspace above these locations.*)

The registry will help the VA learn more about the potential health effects of exposure to burn pits and other airborne hazards, and ensure veterans receive information about VA studies and services.

For more information, visit the VA public health website at www.publichealth.va.gov or call, toll-free: (877) 222-8387.

Veterans can sign up for the registry at: <https://veteran.mobilehealth.va.gov/AHBurnPitRegistry/>

Department of Veterans Affairs PAO

Foreign Area Officer program guest lecturer discusses Boko Haram, terrorism

Daniel Eizenga, a doctoral candidate at the University of Florida and a researcher with Sahel Research Group, shared his understanding of Boko Haram with Foreign Area Officers in language training at the Defense Language Institute Foreign Language Center May 19.

“Some will argue this is a Nigeria specific problem, but Boko Haram is a regional phenomenon,” Eizenga said.

The ethnically, religiously and linguistically diverse region where Boko Haram has gained influence is at the crossroads between North Africa and sub-Saharan Africa and was previously colonized by the French, Eizenga said.

Boko Haram emerged in the 1990s as an extension of Al Qaeda to overthrow Western influence. The group alleges that when colonization brought Western systems to Africa, these systems brought corruption.

The group is active in northeastern Nigeria and parts of Niger, Chad and Cameroon. The U.S. State Department classifies Boko Haram as a terrorist organization and Nigeria sees it as an insurgency and Jihadi organization. More recently, Boko Haram has pledged its allegiance to and adopted the black flag of ISIL, which has plagued parts of Iraq, Syria and even Libya.

Approximately 2.5 million people have been displaced by Boko Haram, which creates a huge humanitarian crisis. It has destroyed entire villages and massacred populations, said Eizenga.

“Despite all of this, Boko Haram gains a lot of support and recruitment because it plays

itself as the victim, someone who has been persecuted by the Nigerian government,” said Eizenga.

Boko Haram gained international attention in 2014 when it kidnapped more than 250 schoolgirls from a government secondary school in Chibok, Nigeria. According to Boko Haram, they were saving the schoolgirls from non-Muslim education.

Unlike ISIL, Boko Haram is not trying to set up a state and it holds no territory, but launches terrorist acts in an effort to

purge the region of Western influence and disavow those it views as not true Muslims. Eizenga said.

He advocated for continued humanitarian assistance in those regions, saying such support counters the perception that U.S. support is based solely on force.

The U.S. currently conducts military-to-military cooperation with Nigeria in which U.S. troops help train Nigerian forces.

*Patrick Bray,
Defense Language Institute Foreign Language Center PAO*



A California National Guard Special Forces soldier reviews a sand table map with a Nigerian soldier in June 2014. Daniel Eizenga, a doctoral candidate at the University of Florida and a researcher with Sahel Research Group, shared his understanding of Boko Haram with Foreign Area Officers in language training at the Defense Language Institute Foreign Language Center May 19. California National Guard photo

DLIFLC welcomes CSM returning for fourth tour at PoM

After serving successfully at the Defense Language Institute Foreign Language Center for two years, Command Sgt. Maj. Matildo Coppi relinquished his role as the institute's most senior enlisted leader to Command Sgt. Maj. Ryan Ramsey on

Soldier Field at the Presidio of Monterey, California, June 3.

"You are our nation's future," said Coppi in his final remarks to students standing in formation before him, Soldiers, Sailors,

Airman and Marines. "You will continue to thrive because of the unity of services."

The change of responsibility ceremony was presided over by Col. Phillip J. Deppert, commandant of DLIFLC.

"Senior enlisted leaders are important because we command together, drive positive change together and lead together," said Deppert about serving with Coppi. Making references to Hollywood movies that featured strong leadership personalities, he said "For America, the sergeant is the Army."

Several of Coppi's achievements during his two-year tenure included the improvement of Non-Commissioned Officer development, the augmentation of a number of Military Language Instructors in the schools, and efforts toward allowing service members to choose the foreign language they want to study.

Coppi will move on to the U.S. Army Sergeants Major Academy at Fort Bliss, Texas, where he was selected to attend a special Master program in education for a year, after which he will teach at the academy.

Ramsey arrived in Monterey after serving as the G2 sergeant major for 5th Theater Signal Command at Clay Kaserne in Wiesbaden, Germany.

"I know what you are capable of accomplishing," said Ramsey, who has served at DLIFLC three times in the past and has been trained in Arabic, Persian Dari, and Persian-Farsi. "I look forward to working with you in the future."

Story and photo by Patrick Bray, DLIFLC Public Affairs



Command Sgt. Maj. Matildo Coppi (left) relinquished his role as DLIFLC's senior enlisted leader to Command Sgt. Maj. Ryan Ramsey (right) on Soldier Field at the Presidio of Monterey, California, June 3.

'Team Monterey' bids farewell to founder Congressman Farr

NAVAL SUPPORT ACTIVITY MONTEREY — Congressman Sam Farr's retirement isn't official until January, but leaders from his district's Department of Defense and Homeland Security units and the California National Guard, Farr's "Team Monterey," bid farewell to him last month.

"I started something with Team Monterey and I hope you all can grow it and make it better," Farr said at the June 2 meeting. "It is the military that makes this area so special. We're the United Nations of intellect around here due to the military presence."

The 12-term congressman first brought the team together in 2007.

"While we regularly partner with our counterparts, Team Monterey gives us the forum to explore each other's mission sets and capabilities to discover new ways to collaborate and further our national security missions," said Navy Capt. Kevin Bertelsen, Naval Support Activity Monterey (NSAM) commander and the meeting's host.

Farr collected farewell gifts from the Team's senior leaders at the end of the meeting. Adjutant General for the California National Guard, Maj. Gen. David Baldwin, presented the congressman with the Order of California Medal. Farr received a framed photo of the Presidio from Army Col. Phillip Deppert, Defense Language Institute Foreign Language Center commandant, and Bertelsen presented an original framed watercolor of the Naval Postgraduate School's Herrmann Hall, painted by NSAM Deputy Pete Dausen, to the congressman.

The theme of the June meeting was partnerships as the operations manager for Defense Innovation Unit (Experimental), Mark Gorenflo, and California Army



NAVAL SUPPORT ACTIVITY MONTEREY — Army Col. Phillip Deppert, commandant of Defense Language Institute Foreign Language Center (left), presents an aerial photo of the Presidio of Monterey as a farewell gift to retiring Congressman Sam Farr at the Team Monterey meeting here June 2.

Photo by Brian Lepley, Presidio of Monterey PAO

National Guard Capt. Rito Guerra, the policy advisor to the Governor's Military Council, briefed Team Monterey on their organizations' activities.

"We need to strengthen California's reputation as a strong partner to the military by ensuring the rest of the state and Washington, D.C., understand the value of California installations," Guerra

said. "We want to look for ways to reduce overall costs through public-private partnerships so everyone wins."

Army Col. Paul Fellingner, Presidio of Monterey garrison commander, also attended his last Team Monterey meeting and received a watercolor of Herrmann Hall from Bertelsen.

Presidio of Monterey PAO staff report



AROUND THE SERVICES

Sun's out, guns out: Army authorizes return of rolled sleeves

WASHINGTON — Effective immediately, commanders may authorize Soldiers to roll up the sleeves on Army combat uniforms, according to a memorandum signed by Lt. Gen. James C. McConville, deputy chief of staff, G1, June 28.

"We're going sleeves up, camo out," said Sgt. Maj. of the Army Daniel Dailey.

The new policy pertains to all patterns of the Army Combat Uniform.

The decision follows a ten-day test of sleeve-rolling authorized at Fort Hood in June, adopting a Soldier's suggestion made after a re-enlistment ceremony attended by the Army's Chief of Staff and the Sergeant Major of the Army.

That test allowed Soldiers to roll their sleeves with the inside of the sleeve facing outward. The new policy allows sleeves to be rolled above the elbow, but with the cuffs remaining right-side out, with the camouflage pattern showing (as was authorized for the Army's Battle Dress Uniform before it was phased out in 2005).

Additionally, commanders may now permit sleeves to be opened and cuffed inward above the wrist on the forearm when in the field or deployed.

Army News Service staff report



ABOVE, Sgt. Maj. of the Army Daniel A. Dailey, left, and Gen. Mark A. Milley, Chief of Staff of the Army, right, initially authorized Soldiers at Fort Hood, Texas to roll up their sleeves for a 10-day trial period. Spc. Cortne K. Mitchell, center, suggested the change. Photo by Sgt. 1st Class Charles E. Burden

RIGHT, Rolled sleeves are now authorized service wide, but sleeves must be rolled in a manner allowing the camo side to face outward. Photo by Gary Sheftick, Army News Service



Marines authorize more ink: New policy allows more tattoos, sets stricter limits

WASHINGTON — The Marine Corps released Marine Corps Bulletin 1020 in June, updating the service's tattoo policy.

The new rules continue to prohibit any tattoo, regardless of where it is located, if it expresses sexism, nudity, racism, vulgarity, or other sentiments bringing discredit to the Marine Corps.

Marines can now have an unlimited number of tattoos if they are not visible when wearing the physical training uniform.

Further rules limit the number, placement and size of tattoos on parts of the body that are visible in PT uniform.

The new policy also prescribes official ways to measure tattoos, eliminating ambiguity about whether a tattoo meets the policy's requirements.

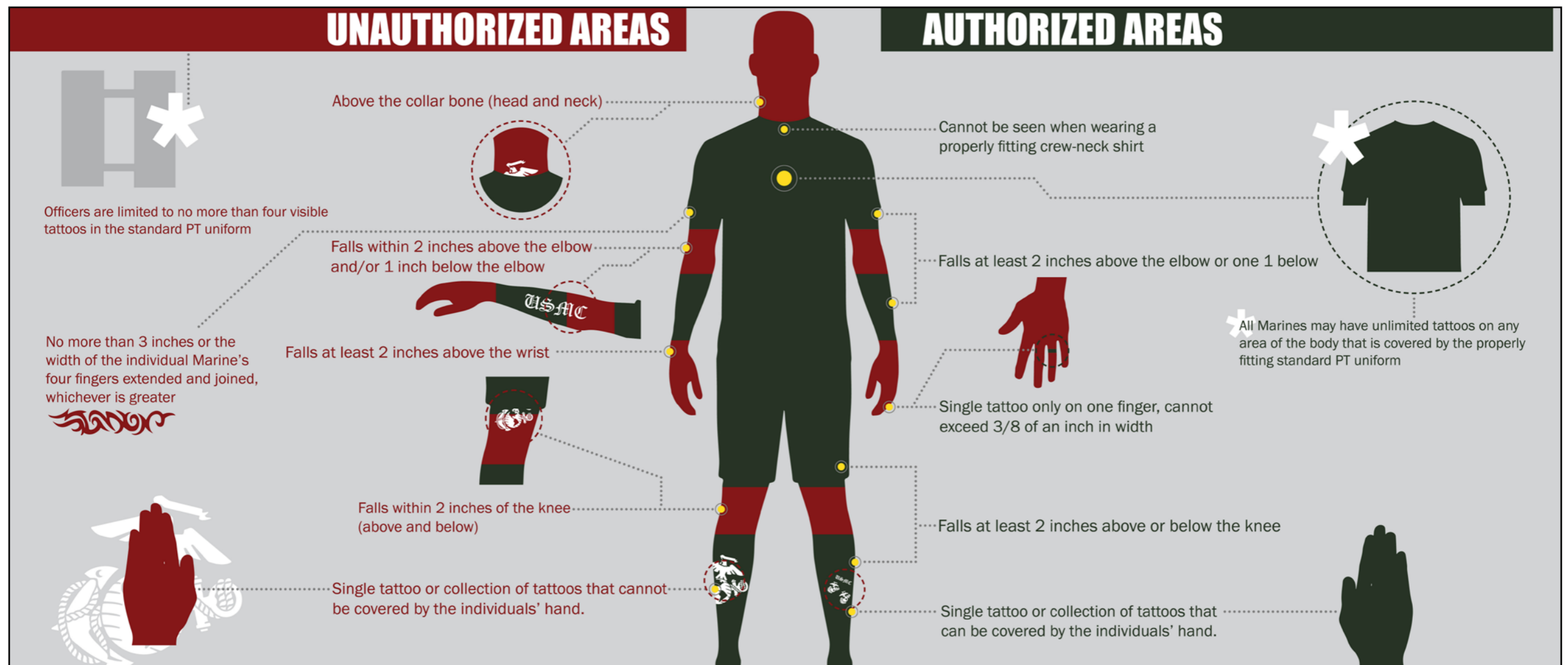
Officers may have no more than four tattoos visible in the standard PT uniform, and enlisted Marines will have to comply with this standard if they are seeking

acceptance in an officer program.

Female Marines must wear slacks instead of a skirt if tattoos on the legs or feet are visible in the Service A, Dress Blue A/B, Blue-White Dress A/B, or Evening Dress uniforms.

For more information, visit www.marines.mil/News/News-Display/Article/788805/new-marine-corps-tattoo-regulations/.

By Cpl. David Staten, Defense Media Activity



A copy of this illustration is available for download at: www.marines.mil/News/News-Display/Article/788805/new-marine-corps-tattoo-regulations/.

Navy uniforms change with the times; reflect tradition, heritage of early sea service

SOUTH CHINA SEA — Recruit Training Command (RTC) will begin issuing the redesigned Service Dress Blue uniforms in the “crackerjack” jumper style for both male and female enlisted Sailors this fall.

It’s the latest in a series of uniform changes dating that continue a tradition of practicality while maintaining an appreciation for the service’s unique, nautical heritage.

According to Naval History and Heritage Command (NHHC), the U.S. established its first enlisted uniform in 1817.

Uniforms issued to early enlisted Sailors were practical in nature, reflecting the work they did and the conditions they performed that work in.

The Dixie cup was made from sail canvas and doubled as a flotation device. The black neckerchief began as a working rag and could be used as a battle dressing in emergencies. Bell-bottom pants could be quickly removed if a Sailor fell overboard to prevent drowning.

“[Sailors] would wade into water to work the lines so they’d roll [the pant legs] all the way to their knees” said Senior Chief Boatswain’s Mate Long Nguyen, who was issued the denim bell-bottomed dungarees earlier in his career.

In 2010, the Navy adopted the current service uniform with black slacks and a pleated khaki top.

Originally, officer dress uniforms were flashy, with gold trim and metal buttons, to reflect their standing in society as aristocrats and gentlemen. As society’s views and fashion changed, the heavily

adorned uniform transitioned to a business-style suit.

On April 1, 1893, the Navy created the role of the chief petty officer to help manage increasingly specialized rates.

“Chiefs are unique because we get in, get dirty and turn wrenches still and show people what to do,” said Chief Machinist’s Mate Robert Purviance. “We have that distinct uniform to set us apart once [we] make chief.”

Navy aviators adopted the khaki service uniform to help conceal grease and stains in 1913. The rest of the Navy followed suit in 1941, according to the NHHC.

Today, the uniforms of both enlisted and commissioned Sailors, such as the Navy working uniform (NWU) and the flame resistant variant (FRV) coveralls, continue the Navy’s tradition of combining elements of the service’s nautical heritage with practical solutions to working conditions faced by modern Sailors.

For a detailed timeline of upcoming uniform changes, visit www.navy.mil/submit/display.asp?story_id=91437.

*By Seaman Dakota Rayburn,
USS John C. Stennis Public Affairs.*

*Additional information provided by
Chief of Naval Personnel Public Affairs*



Sailors stand in formation for a seasonal dress uniform inspection aboard the amphibious assault ship USS Kearsarge (LHD 3), underway on the Atlantic Ocean, in this April 1, 2012 photo. Navy photo by Mass Communication Specialist 1st Class Tommy Lamkin

Airmen make a difference using innovative ideas program

WASHINGTON — The Airmen Powered by Innovation program (API) is the heart of the Air Force “Make Every Dollar Count” campaign.

API empowers Airmen to share innovative ideas that affect cost savings, quality, productivity, cycle time, process improvement, and morale from the ground up to Air Force senior decision makers.

“Harnessing Airmen’s creativity has always been vital to the Air Force’s ability to improve our enterprise,” said Air Force Secretary Deborah Lee James.

Since 2014, API has received 6,791 ideas from Airmen; 192 of which have been approved by Air Force leadership, resulting in \$121.3 million in projected savings to date.

One such idea is an Air Force employee’s suggestion to modify machines used for preserving old film to account for shrinkage experienced by the older film stock.

Erik Figi, who works for the Space and Missile Systems Center History Office at Los Angeles Air Force Base, California,, suggested tapering pins that hold the film stock on existing machines, enabling them to accommodate those size variations.

Reducing time lost to repairing broken film and eliminating the need to purchase new equipment to accommodate older film reels is projected to save \$200,000.

Brian Grissom and Eugene Peabody from Tinker Air Force Base, Oklahoma, suggested employing hardness critical items from various aircraft to supplement B-2 Spirit aircraft requirements.

Understanding the B-2 and certain F-15 Eagle modules are built by Raytheon at the same time, on the same line, with the same components, all to HCI Level 1 standards, Grissom and Peabody submitted their idea to leverage F-15 stocks.

Using a flowchart and visual inspection criteria to verify critical hardness standards, this process would enable the use of on-hand items to sustain the B-2.

The proposed process change is projected to save \$63 million.

Some suggestions – such as using solar panels or LED light bulbs – are so frequently received, they are no longer accepted by the program. In many cases, the Air Force is aware of the issue and has already taken steps to address the issue.

Maj. Kevin Etherton, chief of Secretary of the Air Force programs and initiatives, suggests searching the portal for similar suggestions before submitting ideas.

The Airmen Powered by Innovation website can be accessed via the Air Force Portal, at: <https://www.my.af.mil/gcss-af/USAF/site/API>.

Airmen can submit ideas, see what ideas have been previously approved, and check the status of their submission. Airmen and Air Force employees who submit ideas projected to incur significant cost savings could receive a cash award.

“Through the Airmen Powered by Innovation program, we continue to harness innovative ideas and reinvest in our Air Force’s most critical assets — our Airmen,” James said.

By Secretary of the Air Force Public Affairs

SECDEF seeks flexibility in recruitment, expanded parental leave benefits

WASHINGTON — Defense Secretary Ash Carter announced two new links of his Force of the Future initiative June 9, which could have far-reaching implications for civilian employees and prospective military officers.

The first and second links of the initiative were announced in November 2015 and January 2016.

The first link focused on improving mobility for technical talent to flow between the DOD and the tech sector, and modernizing the department’s talent management systems.

The second link focused on supporting military families, including the expansion of maternity and paternity leave.

The third link would give the services room to make improvements to the officer promotion system, including recruitment of mid-career professionals in critical specialties at advanced ranks, similar to the current process for recruiting certain medical officers.

The fourth link targets the DOD’s civilian workforce, including requests for congressional authority to hire more college students and recent graduates, and broadening the criteria applicable to hiring of “Highly Qualified Experts.”

DoD is also seeking authority to grant six weeks of paid leave to new parents, and to authorize part-time employment for new parents and employees beginning service as foster parents.

By Secretary of the Air Force Public Affairs



COMMUNITY CALENDAR

July 9

Financial Readiness training

ACS financial readiness training can help you make informed decisions about future debt, retirement savings, estate planning and more, 8:30 a.m. to 12:20 p.m. at the Tin Barn (PoM). *This class is also offered July 23rd.*

This training is open to all military personnel, civilian employees, and their families. Service members in an initial entry training status and their spouses are especially encouraged to attend.

To register, call (831) 242-5501 or email clifford.o.thornburg.civ@mail.mil.

Sunrise Kayak Tour

Learn about the diverse array of marine life in our area, during a sunrise kayak tour to the Monterey Aquarium tidal pool.

Cost for your choice of trip is \$35 per person (includes equipment rental). Call (831) 242-5506.

UFC 200 on PPV

Watch three championship bouts and the return of WWE Legend Brock Lesnar, live at 7 p.m. on Pay-Per-View, at Hobson Recreation Center (PoM).

Main card: Daniel Cormier vs. Jon Jones (light

heavyweight championship); Brock Lesnar vs. Mark Hunt (heavyweight bout); Miesha Tate vs. Amanda Nunez (women's bantamweight) championship); Jose Aldo vs. Frankie Edgar (featherweight championship); and Cain Velasquez vs. Travis Browne (heavyweight bout).

Doors open at 5 p.m., \$5 entry fee. Food and drink specials will be available for purchase at the Java Cafe. Questions? Call (831) 242-5447.

July 11

New Parent Support Program

Army Community Service provides an orientation for the New Parent Support Program, 1 p.m. at Gen. Stilwell Community Center (4260 Gigling Rd., OMC). This program provides classes and services to help you make the most of your first years with your new child. For more information, call (831) 242-7660 or -7196. You can also learn more by following the PoM NPSP on Facebook, at www.facebook.com/groups/524388554382352/

July 12

Nutrition for Toddlers

Learn how to handle a picky eater, 5:30-7:30 p.m. at Gen. Stilwell Community Center (4260 Gigling Rd., OMC). This class will provide information about why

children often experience a dramatic loss of appetite after their first year, and ideas for healthy snacks to keep on hand for toddlers who refuse to eat, or resist coming to the table at mealtime. Register by July 6 to reserve child care. Call (831) 242-7660.

July 13

Sunset Kayak Tour

Relax and gain a brand new perspective on the sights and sounds of Cannery Row and Monterey Bay during this evening kayak tour from the Coast Guard pier.

Cost for your choice of trip is \$35 per person (includes equipment rental). Call (831) 242-5506.

July 14

BOSS general meeting

Single service members are invited to attend PoM Better Opportunities for Single Service Members (BOSS) general meetings on the 2nd and 4th Thursday of every month, 4:30 p.m.

at Hobson Recreation Center. For more information, contact Pfc. Shantel Phillips at shantel.phillips@dliflc.edu.



July 15

Lecture: “The Patriot Pirate”

Author Michael Melzer presents information from his biography of Hippolite Bouchard, “The Patriot Pirate,” at 6:30 p.m. in the Middlebury Institute of International Studies’ Irvine Auditorium (499 Pierce St., Monterey; McCone Building).

Bouchard was a French Argentine sailor and privateer who fought for France, Argentina, Chile, and Peru in the late 18th and early 19th centuries. He was the first Argentinian to circumnavigate the world, and held a Spanish outpost at Monterey for six days in 1818.

This event is hosted by the Old Monterey Foundation, which will present a short overview of improvements planned for the Lower Presidio Historic Park and Vizcaino Park. Admission is free; a book signing and reception will follow the lecture.

July 16

Military 101 for New Spouses

Learn about military life and its challenges. Prepare your family for the unexpected. Identify local military and civilian resources and explore military benefits and entitlements. Army Community Service will help you with all this, and more, 9 a.m.-1 p.m. at the ACS Gold Room (inside Gen. Stilwell Community Center; 4260 Gigling Rd., OMC). Registration is required; email toni.l.mcintyre.civ@mail.mil or call (831) 242-6890 to sign up.

Building Sibling Relationships

A healthy relationship between siblings can create a strong, lasting friendship. Learn how to channel

siblings’ energy into bonding activities at this Army Community Service workshop, 10 a.m.-noon at Gen. Stilwell Community Center (4260 Gigling Rd., OMC). Register by July 8 for child care. Call (831) 242-6890.

July 19

Family Communication Skills

Effective communication is an important characteristic of strong, healthy families and family relationships. Explore effective verbal and non-verbal information between family members in this Army Community Service workshop, 5:30 p.m. at Gen. Stilwell Community Center (4260 Gigling Rd., OMC). Register by July 13 for child care. Call (831) 242-7660 for more information.

July 20

Surf Camp

Get an introduction to surfing basics, then take your board on the water at a local beach (exact location depends on weather and water conditions). *Cost per trip varies. Reservation includes equipment rental. For more information, call (831) 242-5506.*

July 21

Smart Moving workshop

Prepare for your next Permanent Change of Station (PCS) move, 4 p.m. at the ACS Gold Room (inside Gen. Stilwell Community Center; 4260 Gigling Rd., OMC). Topics include Using a Checklist, Knowing your Benefits and Entitlements and Budgeting for Moving. Registration is required. Call (831) 242-7660 for more information.

July 21 & 22

Garrison Safety Stand Down

Garrison employees who have not yet completed their FY 2016 safety training must attend one of the final four sessions scheduled for this fiscal year: July 21 at 7:45 a.m. or 2:45 p.m. at the Tin Barn (Building 518, PoM); or July 22 at 7:45 a.m. or 2:45 p.m. in the ACS Gold Room (inside Gen. Stilwell Community Center; 4260 Gigling Rd., OMC).

This is a two-hour class. For more information, call (831) 242-5884.

July 23

EFMP visits Monterey Zoo

Exceptional Family Member Program enrollees and their families are invited to visit The Monterey Zoo, 10:30 a.m.–noon.

The zoo provides professionally and humanely-trained wild/exotic and domestic birds and animals for film, television, live productions, and education, and provides a sanctuary to many animals that can no longer participate in entertainment or would otherwise not have a home or family.

The EFMP program offers a variety of supportive services and support groups for families and family members experiencing significant medical problems, behavioral health issues, developmental delays, physical limitations, and other illnesses or injuries requiring extensive or ongoing treatment.

Registration is required. Call (831) 242-7660 /7960.

July 23

Financial Readiness training

ACS financial readiness training can help you make informed decisions about future debt, retirement savings, estate planning and more, 8:30 a.m. to 12:20 p.m. at the Tin Barn (PoM). This training is open to all military personnel, civilian employees, and their families. Service members in an initial entry training status and their spouses are especially encouraged to attend. To register, call (831) 242-5501 or email clifford.o.thornburg.civ@mail.mil.

July 26

Overcoming Stress: Crisis and Grief

Learn skills to reduce the effects of stress during tough times, especially during times of crisis or grief. Explore stress reduction techniques, coping strategies, and local resources; 9 a.m. at the ACS Gold Room (inside Gen. Stilwell Community Center; 4260 Gigling Rd., OMC). Registration required; call (831) 242-6890 or email toni.l.mcintyre.civ@mail.mil.

Potty Training for parents

Learn the secret to successfully potty training your child, 5:30 p.m. at Gen. Stilwell Community Center (4260 Gigling Rd., OMC). Topics include: how to tell when your 2-3 year old is ready to start, how physiological differences between boys and girls might affect training efforts, and how to make the process fun and stress-free for you and your toddler.

Register by July 13 to reserve child care. Call (831) 242-7660 for more information, or to sign up.

July 28

BOSS general meeting

Single service members are invited to attend PoM Better Opportunities for Single Service Members (BOSS) general meetings on the 2nd and 4th Thursday of every month, 4:30 to 6 p.m. at Hobson Recreation Center. For more information, contact Pfc. Shantel Phillips at shantel.phillips@dliflc.edu.

Resiliency Training ‘three-pack’

Complete the “Goal Setting,” “Energy Management” and “Hunt the Good Stuff” modules from Army Community Service’s Resiliency Training program in one 3-hour seminar, 9 a.m. at the ACS Gold Room (inside Gen. Stilwell Community Center; 4260 Gigling Rd., OMC).

This training is open to all military ID cardholders who would like to develop skills to enhance their personal resiliency and build strength for dealing with unpredictable life situations. Child care is available. Registration is required. Call (831) 242-7660.

Garrison SHARP training

Garrison employees are reminded to attend annual employee SHARP (Sexual Harassment and Rape Prevention) training before the end of this fiscal year. The next session is 3:30 p.m. at the Tin Barn (Building 518, PoM). The class is approximately 1 hour.

Additional sessions are scheduled for Aug. 18 (9 a.m.), 25 (3:30 p.m.), Sept. 9, (3:30 p.m.), 15 (9 a.m.) and 22 (5:30 p.m.) at the Tin Barn, and Sept. 1 (3:40 p.m.) at the ACS Gold Room (inside Gen. Stilwell Community Center; 4260 Gigling Rd., OMC).

July 30

Childbirth Prep Overview

Is your due date approaching? This class will help you and your family prepare for labor and delivery, including information about the local hospital’s Labor and Delivery unit, Baby Nursery, and Mother/Baby Wing. A presentation and guest presenter Q&A will follow. Register by July 20 to reserve child care. Call (831) 242-7660 for more information.

August 2

Ages & Stages: 0-3

Get tips for child-proofing, rule and routine-setting, and learn to assess cognitive development and milestones in this 2-hour class. Register by July 27 for child care. Call (831) 242-7660 for more information.

August 5

First Friday

Staff and cadre – The Weckerling Center bar opens the first Friday of every month from 4:30 to 6:30 p.m. for permanent party service members and civilian employees, only. *Students & guests* – Enjoy dancing, karaoke, and open mic at Hobson Recreation Center the first Friday of every month, 8 p.m.-close.

Heartsaver & Health Care CPR/AED

The PoM Fire Department offers the American Heart Association’s Heartsaver and Health Care cardiopulmonary resuscitation class. Class is 9 a.m.-1 p.m. at the Child and Youth Services conference room

(Gen. Stilwell Community Center; 4260 Gigling Rd., OMC). It's free to participate, or \$10 to receive an AHA CPR card upon completion of the class. Upcoming sessions are Sept. 2 at the Tin Barn (Building 518, PoM); Oct. 7 and Nov. 4. at the CYSS conference room. RSVP required. For more information or to register, call (831) 242-7701 or visit <https://www.eventbrite.com/e/presidio-of-monterey-fire-department-cpr-tickets-25310129278>.

August 6

'Bring your own game' night

You bring the game, BOSS brings the ice cream for a game night and ice cream social on the first Saturday of every month, 8 p.m.-close at Hobson Recreation Center (Building 843, PoM). Meet new people, and make the most of your time at PoM! For more information, call (831) 242-5447.

Kayak Monterey Bay

Observe seals, sea lions, otters, coastal birds, and other sea life during a kayak tour of Monterey Bay.

Cost is \$35 per person (includes equipment rental). Call (831) 242-5506.

August 12

7 Habits of Successful Marriages

This military-focused version of Stephen Covey's "7 Habits of Successful Marriages" workshop is offered as a two-day seminar; 6-9 p.m. at Gen. Stilwell Community Center (4260 Gigling Rd., OMC), and continuing with a second session Aug. 13, 9 a.m.-noon. Learn habits to help your military family grow, and

thrive. Child care is available for children registered with PoM Child, Youth and School Services; for more information about registering your child, call (831) 242-7765. For more information about the seminar, call (253) 242-7660.

August 13

Kayak Moss Landing

Explore one of California's most pristine marine habitats during a kayak tour of Moss Landing and the Elkhorn Slough estuary.

Cost is \$35 per person (includes equipment rental). Call (831) 242-5506.

News briefs

Family Housing updates

Free mower/weed-eater use for active duty residents

The Parks at Monterey Bay management offices at La Mesa and Ord Military Community have 2-in-1 lawn mower/weed-eater tools available for active duty residents and their families. The tools are available for single day reservations on a first-come, first-served basis at no cost to the the resident.

Reminder: Trash bins are a hazard!

Family housing managers remind residents to remove garbage bins from the roadside same day as trash pickup. Removing the bins will improve visibility and safety for drivers and pedestrians, and deter unwanted animal activity.

Maintenance requests

Use the online Resident Portal to submit non-emergency work orders while at home or on the go

– sign up for your resident portal account at: www.parksatmonterey.com. Maintenance requests submitted via the portal will be received the next business day, and addressed within 72 hours. For urgent or emergency maintenance requests, call (831) 333-4343.

Prescribed fire notifications

The Army has announced plans to conduct prescribed fires in areas of the former Fort Ord Impact Area in 2016. These burns are required as part of munitions cleanup efforts, and assist threatened and endangered fire-dependent plant species. Prescribed fires can also reduce excessive vegetation, which reduces the risk of wildfires. Burns will be conducted only when weather and resources permit. To reduce impact on residents, the Army offers direct notification via email, text, or telephone. Sign up for notifications online at www.fortordcleanup.com or call (800) 852-9699.

Children's play groups

Musical Mondays: Parents and children will sing together, and learn a new song July 11, 18 and 25 from 9-10 a.m. at the ACS Gold Room (inside Gen. Stilwell Community Center; 4260 Gigling Rd., OMC), For more information, call (831) 242-7660 or -7196.

Tuesdays: Toddlers and Tunes Children ages 0-3 and their parents are invited to join Army Community Services for a music and movement play group, every Tuesday in July at the OMC Chapel nursery (Gen. Jim Moore Blvd., OMC), every Tuesday in July. Times vary. For more information, call (831) 242-7660 or -7196.

Wednesdays: Play mornings Enjoy a morning of playtime, singing and crafts for children ages 0-3 at the ACS Gold Room (inside Gen. Stilwell Community Center; 4260 Gigling Rd., OMC), every Wednesday in July. Times vary. For information, call (831) 242-7660.



Sailors assigned to the Center for Information Dominance Unit Monterey and Marines assigned to the Marine Corps Detachment at the Presidio of Monterey provide an honor guard detail during the Presidio's Memorial Day ceremony at Soldier Field May 26. Photo by Steven L. Shepard, Presidio of Monterey PAO