

IN PRESIDIO OF MONTEREY BRIEF



IN THIS ISSUE

Presidio community runs to honor fallen
DLIFLC chaplains hold resiliency hikes
ACS, BOSS team up for well-being events

July - September 2022

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The PoM InBrief is a command-authorized publication for the Monterey military community — published bimonthly by the Presidio of Monterey Public Affairs office.

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

We always welcome story ideas and submissions of original material.

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Presidio goes face-to-face for suicide prevention



Photos by Noah Rappahahn
Presidio of Monterey

Retired Marine Corps Gunnery Sgt. Josémanuel "José" Bernal, the Presidio of Monterey's suicide prevention manager, gave a suicide prevention class to members of the Marine Corps Detachment in the Hilltop Track tree line on Sept. 22. Two key takeaways were RACE and 988. 988 is the new national hotline for anyone experiencing a mental health crisis in need of support. Simply dial 988. RACE stands for Recognize (signs of distress); Ask (the person what they are thinking and feeling); Care (for the person and actively listen to them); Escort (the person based on their needs). During the month of September, the Army elevates the conversation about suicide prevention, support resources and steps anyone can take to protect one another against suicide.



Presidio community honors fallen with 'wear blue' runs

Members of the Presidio of Monterey community participate in a "wear blue: run to remember" run on the Monterey Bay Recreation Trail, Monterey, Calif., Sept. 3.



Chaplain (Maj.) Paul Roman (fourth from left), prays before the start of a "wear blue: run to remember" run at the Lower Presidio, Monterey, Calif., Sept. 3.



The first Presidio of Monterey 'wear blue' run in July 2021 included 11 people. Since then, the number of runners has grown exponentially.



Liz DeLise, a military spouse and "wear blue: run to remember" director of Saturday runs worldwide and locally, speaks at the start of a run Sept. 3.

Run for fallen

Story and photos by Winifred Brown
Presidio of Monterey

PRESIDIO OF MONTEREY, Calif. – Participants in the "wear blue: run to remember" runs that take place every first Saturday of the month next to the Presidio of Monterey warm up with more than just stretches.

Before each run, participants stand in a circle of remembrance and call out the names of fallen service members dating from 9/11 to the present. Then participants go around a second time and call out the names of service members they personally remember. The idea is to honor the fallen in a way that builds resiliency and strength. In a special run Saturday, Sept. 10, the group will call out the names of those who died in the Pentagon on 9/11.

Liz DeLise, organizer of the local runs and director of the nonprofit's Saturday runs worldwide, said that while everyone follows the same general out-and-back route, participants can choose their own distances, no one keeps time, and children, dogs and strollers are welcome.

"This is not a race," DeLise said. "This is not a 5K. We aren't out there to be all 'hooah,' 'oorah.' We are out there to remember and honor our fallen and to also serve as a healthy coping mechanism for our service members and their families."

The free runs are open to the entire military and civilian community, and they have caught on in Monterey. The first run in July 2021 had 11 participants, DeLise said, and the organization's most recent run Sept. 3 included nearly 70.

The runs begin at the Lower Presidio, a park adjacent to the Presidio of Monterey, and proceed to the nearby Monterey Bay Coastal Recreational Trail. DeLise tells runners that it's 5 kilometers to the Monterey Bay Aquarium and back, and 5 miles

Story continued next page

Run for fallen (cont.)

to Lovers Point in Pacific Grove and back, but the distances are only for general information; no one keeps track. One of the reasons the runs are off post is to help build a sense of community between the military and civilian populations.

DeLise, a military spouse, organizes the runs with Chaplain (Maj.) Paul Roman, a world religions instructor at the Defense Language Institute Foreign Language Center at the Presidio. Roman also works with U.S. Army Garrison Presidio of Monterey chaplains, and that involvement allows him to work with wear blue. They have both been running with the organization for about eight years, and it has benefitted their lives.

“Wear blue has helped me so much over the years during deployments, during hardships,” DeLise said. “I just want to make sure that these service members know that wear blue is here for them. We’re bridging that gap between the military and civilian community to know that people care.”

Roman said he began running with the organization after several service members died during his second deployment. He had just completed two back-to-back deployments with only a few months in between.

A chaplain’s job is to “nurture the living, care for the wounded and honor the dead,” and Roman said the runs have helped him do all three.

The experiences of DeLise and Roman fall in line with the organization’s intent. Lisa Hallett and Erin O’Connor founded the organization in 2010 after the redeployment of the 5th Stryker Brigade Combat, 2nd Infantry Division, which had sustained many losses in Afghanistan, according to the organization’s website. Hallett, O’Connor, other spouses, and battalion personnel ran together for support during the deployment, and wear blue grew out of that group.



Nearly 70 members of the Presidio of Monterey community pose for a group photo before the start of a “wear blue: run to remember” run at the Lower Presidio, Monterey, Calif., Sept. 3.

Hallett’s husband, Capt. John Hallett, died during the deployment, and the organization’s logo includes 41 stars for the service members who died alongside him during the deployment. Headquartered in University Place, Washington, the organization has chapters throughout the United States and in Germany and Japan.

DeLise, who grew up as a military brat and is married to Staff Sgt. Troy Stemen, a drill sergeant assigned to the 229th Military Intelligence Battalion at the Presidio, said she runs for Marine Corps Lance Cpl. Jeff Burgess, Army Sgt. Adam Kennedy and Army Pvt. 1st Class Barrett Austin. Kennedy was a friend from high school; Burgess she met in college; and Austin was the first service member killed in action during her husband’s first deployment. All three deaths brought home the realities of war for her.

“I remember [Austin’s] parents being there, and the tree being planted, and that then shifted things for me personally to a new level as a spouse, knowing that this is real,” DeLise said. “This is very much our lives. This could happen to us.”

Roman begins and ends each run with a prayer that is inclusive of all faith backgrounds, and said he especially appreciates the circles of remembrance.

The runs also help the military and civilian communities connect to the military ethos, Roman said. “[It’s] the whole idea of ‘one team, one fight,’

‘we’re in this together,’” he said.

Roman said that during the Sept. 3 run, two people on the trail asked him about the runners. The encounters, which happen regularly, help foster relationships between the military and civilian communities.

Many of the service members who participate in the runs are students at DLIFLC, and Roman said the runs help him connect students with the warrior ethos, their history, and the history of those our country has lost.

“We’ve lost a certain number of linguists in the field too, within deployments that we’ve had, and we try to connect them with that knowledge, knowing that you are not just in a job,” Roman said. “You’re in a family and we take care of one another.”

Those who participated in the Sept. 3 run ranged from regulars to newcomers.

First Sgt. Guy Smith, assigned to Company G, 229th MI Bn., said he discovered the wear blue runs when he organized a running group that also met on the Lower Presidio on Saturday mornings. His group soon joined the wear blue runners.

“I just became enamored with it because I’ve lost friends and colleagues in the Global War on Terror,” Smith said. “I said, ‘This is a great opportunity to honor them and be around like-minded people.’”

DLIFLC spiritual hikes aim to build resiliency

Story and photos by Winifred Brown
Presidio of Monterey

PRESIDIO OF MONTEREY, Calif. - Chaplain (Capt.) Yaw Agbenu did not have to do a lot of talking as he led a Defense Language Institute Foreign Language Center Spiritual Resiliency Hike at Point Lobos Natural Preserve on Aug. 20.

Instead, the foggy California coast with its old, twisted cypress trees, pelicans and Spanish moss provided a lot of the inspiration for spiritual resiliency—no words necessary.

The hike was one of an ongoing series of nondenominational hikes that bring the school's language students into nature to alleviate stress, meet people and see the beautiful Monterey area. They take place on the third and fourth Saturdays of each month, and students can go on as many as they'd like. With no shortage of breath-taking hikes within a half an hour's drive of Monterey, the hikes also offer variety and keep in mind the students' busy schedules; they leave at 9 a.m. and return by 12:30 p.m.

"This hike is one of the ways of just having students have the opportunity to come out of the schoolhouse and come out of their dormitories and just enjoy nature," said Agbenu, chaplain for the Army's 229th Military Intelligence Battalion. "They're able to talk to their friends, refresh themselves and reset for their tasks ahead of them in the coming weeks."

Service members from the Army, Navy, Marine Corps and Air Force attend DLIFLC, and about

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Above: Chaplain (Capt.) Yaw Agbenu (right), 229th Military Intelligence Battalion chaplain, speaks with a Defense Language Institute Foreign Language Center student during a DLIFLC Spiritual Resiliency Hike at Point Lobos Natural Preserve, Carmel-By-The-Sea, Calif., Aug. 20. **Below left:** Agbenu speaks with hike participants during a break. **Below right:** Defense Language Institute Foreign Language Center students participate in a DLIFLC Spiritual Resiliency Hike.



Hike (cont.)

half of the roughly 24 students on the Aug. 20 hike were Soldiers and half Airmen. Organizers welcome all members of the DLIFLC community, and participants also included at least one instructor and another chaplain. Students said they appreciated the opportunity.

“I love hiking, so it was nice to come and get out and relax,” said Spc. Sterling Aytes, assigned to the 229th MI Bn. and studying Mandarin Chinese.

Aytes, who arrived at DLIFLC about two months ago, said California is new to him, so he was glad to get out and see the local area.

Chaplain (Maj.) Calvin Park, DLIFLC chaplain, attended with his wife, and said the hikes are important because they motivate service members to study, and that ultimately benefits the nation and community at large.

“We need to invest in them to do their best in studying so that they can bring the good things for our nation,” Park said. “Not only in the military setting, but in our community as well ... This is why we joined our military, to serve our nation and community.”

Agbenu started the hike by asking everyone to introduce themselves and state one thing that makes them happy. At another point he asked participants to name something that makes them grateful. Then, about halfway, Agbenu led a short discussion about resiliency. He gathered everyone in a clearing surrounded by cypress trees, about 50 feet from the Pacific Ocean, and talked about the importance of having an anchor in life.

“No matter how you toss the ship, the anchor is what grounds the ship so that it doesn’t get blown away,” Agbenu told the students. “I want to relate that to our lives. In our lives and our emotions, what is our anchor that grounds our emotions?”

Agbenu encouraged students to find that anchor in their lives, telling them it will help them weather difficult times. He also talked about the importance of maintaining priorities in life and making good choices.

For most of the hike, however, participants met new people, talked with one



An anchor on display at the Whalers Cabin, a cultural history museum, during a DLIFLC Spiritual Resiliency Hike at Point Lobos Natural Preserve, Carmel-By-The-Sea, Calif., Aug. 20.

another and took in the beautiful scenery.

Agbenu said he has gone on more than 20 of the hikes, and always enjoys them.

“I would like to encourage everybody to take advantage of these hikes and come on them,” Agbenu said. “It’s a way to just break your comfort zone, come out, meet other people, enjoy nature, encourage somebody or be encouraged by somebody.”

For more information, call (831) 242-5632 or (831) 242-7725.

“No matter how you toss the ship, the anchor is what grounds the ship so that it doesn’t get blown away.”

— Chaplain Agbenu

Jim Laughlin, PAO, retires after 40 years of federal service

Story and photos by Winifred Brown
Presidio of Monterey

PRESIDIO OF MONTEREY, Calif. – Mr. James Laughlin, U.S. Army Garrison Presidio of Monterey public affairs officer, is retiring after 40 years of federal service, and the garrison congratulated him during a quarterly awards ceremony Sept. 14.

Col. Sam Kline, garrison commander, presented Laughlin with a lifetime pass to the installation, and Hans Uslar, city manager for the City of Monterey, gave Laughlin an authentic Monterey street sign that reads “Jim Laughlin Way.” Additionally, Laughlin answered the question everyone in the room full of garrison employees wanted to know.

“People ask me at this point, as if I had some kind of magic formula, ‘How do you get to 40 years?’” Laughlin said. “The truth is you bear through the worst of times, and you maintain your character, your integrity, and you persevere.”

To that, everyone rose to their feet for a standing ovation.

Laughlin began his federal service in 1982 as an Army lieutenant assigned as a platoon leader to the 260th Military Police Company, Presidio of San Francisco, and subsequently became chief of investigations for Fort Lewis, Washington. After serving as an MP company commander for two years in Korea, the Army assigned him to the Presidio of Monterey, where he served two years as commander of Company A, the Asian language



Hans Uslar, left, city manager for the City of Monterey, presents Jim Laughlin, U.S. Army Garrison Presidio of Monterey public affairs officer, with an original Monterey street sign with his name on it during a garrison awards ceremony at the Weckerling Center, Presidio of Monterey, Calif., Sept. 14.

"How do you get to 40 years? The truth is you bear through the worst of times, and you maintain your character, your integrity, and you persevere."

— Jim Laughlin

company, for the Defense Language Institute Foreign Language Center.

After a year with the VA Police in Long Beach, Calif., Laughlin began his civilian career at PoM, working his way up to police chief and later receiving a promotion to director of the Directorate of

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Members of the U.S. Army Garrison Presidio of Monterey workforce give Laughlin a standing ovation for 40 years of service to the federal government.

Laughlin (cont.)

Emergency Services. He began working as the director of public affairs in 2015.

When Laughlin first came to PoM in 1988, it was an open post; U.S. Army Installation Management Command, the organization under which garrisons operate, did not exist; the 229th Military Intelligence Battalion, the primary Army unit at the installation, was instead Troop Command; and computers, much less the internet, did not exist.

“We used to type memorandums, and then we would make pen and ink corrections,” Laughlin said. “Now we rely on automation to arrive at zero deficiency.”

Essentially, however, Laughlin said a lot has stayed the same. “The mission remains focused on training the highest quality linguists,” he said.

Also, service members have not changed either. “You can rely on the inherent decency of individuals motivated to pursue a career in the military,” Laughlin said.

Laughlin said he has worked with every garrison commander going back to Lt. Col. Jan Karcz in 1994 — 15 in all.

During the ceremony, Kline told the audience what Laughlin’s 40 years of service means to him.

“That’s 40 years of sacrifice,” Kline said. “That’s 40 years of doing government service. 40 years of doing those things when you have choices in life. You could have chosen to go anywhere. You’re a high-quality person. You chose to selflessly serve not only the garrison team here, but the service members that came through the Presidio of Monterey.”

Similarly, Uslar said Laughlin has been a great partner for the city throughout the years.

“He has been always a loyal employee of the Presidio of Monterey. There was never a question of who he was cheering for, but he has been always very helpful and supportive for us,” Uslar said. “I wanted to take the



Col. Sam Kline, right, commander of U.S. Army Garrison Presidio of Monterey, congratulates Jim Laughlin, USAG PoM public affairs officer, on his retirement during a garrison awards ceremony at the Weckerling Center, Presidio of Monterey, Calif., Sept. 14.

reason, or the moment of this ceremony, to personally thank Jim for all of his great work that he has done.”

Laughlin said he appreciates the strong relationships the installation has had with partners such as the City of Monterey, as well as other surrounding municipalities.

Laughlin plans to start his retirement by traveling, and then he will make his way back to the Monterey area.

“People would give anything to come here for a short vacation, and we have the privilege of living in this environment, but for me, and I think for most people, it’s more about the people you work with and the partnerships you establish,” Laughlin said.

“You could have chosen to go anywhere. You’re a high-quality person. You chose to selflessly serve not only the garrison team here, but the service members that came through the Presidio of Monterey.”

— Col. Sam Kline, garrison commander

PoM Fire Department teaches Cub Scouts about fire safety

Story and photos by Winifred Brown
Presidio of Monterey



Firefighter Erik Silvas of the Presidio of Monterey Fire Department shows Cub Scouts what a suited firefighter looks and sounds like during a fire-safety training at the Lower Presidio, Monterey, Calif., July 27.



Capt. Jermaine McClain, left, and Firefighter Erik Silvas of the Presidio of Monterey Fire Department train Cub Scouts in fire safety Lower Presidio, Monterey, Calif., July 27.



A Cub Scout touches the helmet of Erik Silvas, a firefighter with the Presidio of Monterey Fire Department, during a fire-safety training at the Lower Presidio, Monterey, Calif., July 27.

PRESIDIO OF MONTEREY, Calif. – Members of the Presidio of Monterey Fire Department trained 45 Cub Scouts in fire safety at an annual day camp next to the installation July 27.

“They’re never too young for us to start a proper fire safety education,” said PoM Fire Prevention Chief Cory Prough.

The partnership between the PoM Fire Department and the Cub Scouts is a long-standing tradition that goes back decades. This year firefighters showed the scouts, ages six to 10, the interior of a real fire truck, how to use a fire extinguisher and what a fully suited up firefighter looks and sounds like.

Firefighter Steven Cortez, for example, explained that a fire truck is essentially “a toolbox on wheels” that includes everything from bolt cutters and axes to extra nozzles for hoses. The Cub Scouts also got to climb in the front and back seats of the fire truck’s cab and see what it looks like from the driver’s seat.

Firefighter Erik Silvas, meanwhile, put on a complete firefighter’s suit and allowed the children to touch the suit and hear what he sounded like with his mask on. Not only was the exercise interesting and fun for the Scouts, it also taught them not to fear firefighters — who can sometimes seem scary during a fire.

All members of each Cub Scout den thanked the firefighters after each presentation, and camp organizers said they were grateful for the training as well.

Henry Leinen, a camp official and district commissioner of the Silicon Valley Monterey Bay Council, said he attended the same day camp as a

Story continued next page

Fire safety (cont.)

Cub Scout 60 years ago and still remembers the fire safety training the PoM Fire Department provided.

"We're very happy to have them here," Leinen said of this year's training. "Kids and fire trucks seem to go together, and it's another step towards learning about fire safety."

Likewise, Marcell Vargas, program director and director of the Silicon Valley Monterey Bay Council, Boy Scouts of America, said the fire-safety training

was an important component of the Cub Scouts' overall training about safety.

"The bottom line is we want them to be safe all the time," Vargas said. The Scouts also learned about knife safety, gun safety and first aid during the five-day camp.

In addition, Tracy Shelby, a parent, volunteer and den

leader, said she appreciated the chance for the Cub Scouts to see firetrucks up close and learn about fire safety from firefighters themselves.

"It's important for them to see the firefighters here and their equipment, so if they're ever in a situation where they see firefighters, they know what's going on and know how to stay safe," Shelby said.

Prough said the department is always eager to get its message out to the community, and firefighters welcomed the opportunity to train the Cub Scouts.

Organizations interested in receiving fire safety training can call (831) 242-7544 or (831) 242-4488.



Above: Firefighter Steven Cortez of the Presidio of Monterey Fire Department talks to Cub Scouts about the items a fire truck contains during a fire-safety training at the Lower Presidio, Monterey, Calif., July 27. **Right:** Fire Prevention Officer Matthew Read of the Presidio of Monterey Fire Department shows Cub Scouts how to use a fire extinguisher during a training on fire safety.





ACS, BOSS team up for talk on healthy boundaries

Story and photos by Winifred Brown
Presidio of Monterey

PRESIDIO OF MONTEREY, Calif. – Army Community Service and BOSS demonstrated how they look out for the well-being of service members Aug. 5 as they teamed up for a workshop on how to establish healthy boundaries.

Hugo Ambriz Tena, Better Opportunities for Single Service members advisor and recreation specialist for PoM Family and Morale, Welfare and Recreation, said the presentation was important because many of the installation's service members are young and away from home for the first time.

"It's really important for [service members] to be aware that they have the right to say 'no,' or 'OK, this is too much,' or 'Hey, I'm not comfortable with this,' without having to feel bad or having to feel guilty for not making the other person feel happy," Ambriz Tena said.

The Presidio is home to the Defense Language Institute Foreign Language Center, which includes service members from all branches of the military. For most, it is their first military assignment after basic training. About 25 service members attended the event at the Hobson Recreation Center, which is home to BOSS headquarters.

Jillian Santillanez, victim advocate for the Family Advocacy Program at ACS, provided service members with free literature on healthy relationships and talked about how to establish boundaries in relationships and other settings.



Top: Jillian Santillanez, victim advocate for the Family Advocacy Program at Presidio of Monterey Army Community Service, shows service members literature about establishing healthy relationships during a workshop at the Hobson Recreation Center, Presidio of Monterey, Calif., Aug. 5.

Left: Hugo Ambriz Tena, right, Better Opportunities for Single Service members advisor and recreation specialist for Presidio of Monterey Family and Morale, Welfare and Recreation, and Jillian Santillanez, victim advocate for the Family Advocacy Program at Presidio of Monterey Army Community Service, serve free chicken wings during a workshop on healthy boundaries at the Hobson Recreation Center, Presidio of Monterey, Calif., Aug. 5.

Story continued next page

Boundaries (cont.)

The idea was to help service members identify their boundaries—whether financial, emotional, sexual or spatial—and work on their communication skills when setting specific boundaries in relationships, Santillanez said.

“We want people to become versed in communicating what their boundaries are in their relationships,” Santillanez said.

Santillanez wrote questions on pieces of paper and had service members write their own anonymous questions that she put into a basket and pulled out for discussion.

“Some of the questions are difficult,” Santillanez told the service members. “Some of the questions are fun and/or funny, but I wanted you to work on having a discussion on communication and your boundaries—what you want, what you don’t want, what you feel comfortable with.”

Santillanez also spoke about the importance of establishing boundaries with strangers in public. She recounted how she told a woman who approached her at a gas station after dark to not come any closer.

Alessandra Bassanello, installation SHARP representative, also attended, and said discussions about boundaries can help us not only analyze the behavior of others, but ourselves as well.

Sometimes we do not recognize our own behaviors as unhealthy, and if they are learned behaviors, the chances are that we are displaying those behaviors more than we realize, Bassanello said.

Attendees said they found the discussion useful.

Airman 1st Class Cristina Dobhrishte, who attended with her husband Jeff, and said she was glad to see the event had a good turnout and believed it was helpful.

“One of the things I think is wonderful about the military today is that you’re no longer being ostracized for seeking mental help or emotional assistance,” Cristina Dobhrishte said. “It’s more, ‘Let’s make sure you’re well within yourself so you can be a better Soldier, Airman, Marine or Sailor for the course that you’re in.’”

Jeff Dobhrishte said it is important for young service members to have discussions about boundaries so they can make fewer relationship mistakes.



“It’s good to have a place to talk about what’s healthy, what’s not healthy and your set of boundaries before you wind up in a situation where now you’re in trouble and there’s nothing you can do about it,” Jeff Dobhrishte said.

Keep up with upcoming PoM BOSS events at <https://presidio.armymwr.com/programs/boss>

Above: Jillian Santillanez, victim advocate for the Family Advocacy Program at Presidio of Monterey Army Community Service, demonstrates how to establish boundaries during a workshop at the Hobson Recreation Center, Presidio of Monterey, Calif., Aug. 5. Santillanez said a woman approached her after dark at a gas station and she immediately put her hand up and told her to not to come any further. **Right:** Hugo Ambriz Tena, right, Better Opportunities for Single Service members advisor and recreation specialist for Presidio of Monterey Family and Morale, Welfare and Recreation, and Santillanez, serve free chicken wings during the event.



Presidio superheroes run for fun



Photos by Winifred Brown
Presidio of Monterey



The streets of Ord Military Community teamed with superheroes June 25 during the Superhero Run 5K. Thanks to the Presidio of Monterey's Family and Morale, Welfare and Recreation for organizing the run, and to Better Opportunities for Single Service Members for volunteering. FMWR presented prizes for the best costumes, and there were a lot of good ones. The noncompetitive run brought community members together to spend a fun Saturday morning exercising. Many children participated, with some especially young ones in and out of strollers throughout the course.

Price Fitness Center spin class a strong morning motivator

Story and photos by Winifred Brown
Presidio of Monterey



Petty Officer 1st Class Ryan Bradford, assigned to the Information Warfare Training Command Monterey, leads a spin class at the Price Fitness Center, Monterey, Calif., Aug. 29.



Petty Officer 1st Class Ryan Bradford, assigned to the Information Warfare Training Command Monterey, leads a spin class at the Price Fitness Center, Monterey, Calif., Aug. 29.



Second Lt. James Valdez, a civilian contractor at the Presidio and chaplain candidate with the U.S. Army Reserve's 372nd Engineer Brigade, participates in a spin class at the Price Fitness Center, Monterey, Calif., Aug. 29.

PRESIDIO OF MONTEREY, Calif. – When Petty Officer 1st Class Ryan Bradford discovered the benefits of spin classes, he soon began sharing his knowledge by volunteering to instruct classes at the Presidio of Monterey.

“By helping people, it helps me because I see them be motivated and it helps motivate myself,” said Bradford, who instructs 6 a.m. spin classes on Mondays, Wednesdays and Fridays at the Presidio’s Price Fitness Center.

Since Bradford started instructing the classes about three months ago, they have added variety to the gym’s repertoire of group fitness classes that also include Zumba, yoga and Inferno Hot Pilates. Together, they increase well-being and help keep the community fit.

Bradford said he started taking spin classes virtually on his stationary bike at home and liked that they provide a form of low-impact cardiovascular exercise that also burns hundreds of calories an hour. He completed a program online that certified him as a spin instructor and then began offering classes at the gym.

Bradford’s Aug. 29 class incorporated high intensity interval training, where participants alternated 30-second spurts of maximum effort with periods of lesser intensity that allowed them to recover. The stationary bikes have adjustable resistance levels, and for the maximum effort periods, Bradford asked participants to reach at least 100 revolutions per minute at levels that challenged them.

Even in spin classes where instructors provide recommended resistance settings to participants, it’s difficult to view the settings on a neighboring bike without being obvious about it, so ultimately,

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Petty Officer 1st Class Ryan Bradford, assigned to the Information Warfare Training Command Monterey, leads a spin class at the Price Fitness Center, Monterey, Calif., Aug. 29.

Spin class (cont.)

participants are on the honor system when it comes to effort.

"Spin is going to be as good as what you put into it," Bradford said. "You can come in and think, 'Oh I don't really want to do it,' and you can burn like 100 calories in the 30 minutes, or you can come in and be like, 'Alright, I'm going to put everything into the spin class and in 30 minutes I'm going to burn 500 calories.'"

Unless someone is slacking entirely, however, they're

still going to get a good workout, and Bradford said that is one of the reasons he offers the classes first thing in the morning.

"If you get a workout in in the morning, it helps your body throughout the day because it wakes you up," Bradford said. "That's primarily the reason why I work out in the morning, to wake up, and if you ask anybody I work with, they'll be like, 'He comes in like a ball on fire.'"

Other benefits to spin classes at indoor facilities such as the Price Fitness Center include a lack of worries about weather, crime, uneven terrain, low visibility or traffic. The classes also provide camaraderie and



Nicole Dansby, manager of the Price Fitness Center, takes a photo of Petty Officer 1st Class Ryan Bradford after he ran the Super Hero 5K with his daughters June 25.

a motivated instructor.

Second Lt. James Valdez, a civilian contractor at the Presidio and chaplain candidate with the U.S. Army Reserve's 372nd Engineer Brigade, said he has been taking Bradford's class since it began, and Bradford is an excellent instructor.

"This class has helped me focus," Valdez said. "It's been a good way for me to get in shape."

Likewise, Mike Pine, a retired Soldier, said he has been taking spin classes for years and Bradford's class is challenging in a positive way. "It's just a good form of exercise," he said.

Bradford said he enjoys motivating others to exercise and finds that motivation works both ways.

"You guys are an inspiration," Bradford told the Aug. 29 class. "I want to say thank you guys for being here because it helps motivate me when I see you."

Bradford, who has been in the Navy for 17 years, said all the mentors he has ever had have told him to leave the Navy in a better place than when he came in, and it's a principle he fully believes in.

Nicole Dansby, manager of the Price Fitness Center, said Bradford's spin class has been a great addition to the gym's fitness class lineup.

PoM Museum plans Buffalo Soldier exhibit, seeks information

Story and photos by Winifred Brown
Presidio of Monterey

PRESIDIO OF MONTEREY, Calif. – An artifacts specialist with the City of Monterey seeks more information for a future museum exhibit about the Buffalo Soldiers stationed at the Presidio of Monterey in the early 1900s.

“We want to complete the story,” said Jordan Leininger, who works in the city’s Museum and Cultural Arts Division. He encourages family members of 9th Cavalry Regiment Soldiers stationed in Monterey in 1902-1904 to contact him using information provided at the end of this story.

Leininger is researching the Buffalo Soldiers for an exhibit at the city’s Presidio of Monterey Museum, which is in the Lower Presidio Historic Park, off-post and adjacent to the Presidio of Monterey military installation. City and installation officials created the museum through a partnership, and the city runs the museum.

The free museum shows visitors the military history of Monterey from the indigenous peoples of the area to the modern-day PoM and Defense Language Institute Foreign Language Center, but other than a small panel of information included in a historic walk behind the museum, there is nothing about the Buffalo Soldiers, Leininger said.

Museum officials want to fix the omission and familiarize visitors with the Buffalo Soldiers and their place in Monterey’s history.

Story continued next page



Top: Jordan Leininger, an artifacts specialist with the City of Monterey’s Museum and Cultural Arts Division, holds up a reproduction uniform coat in his office in Monterey, Calif., July 21. The coat is for a planned exhibit on Buffalo Soldiers stationed at the Presidio of Monterey in 1902-1904.



Left: The Presidio of Monterey Museum is in the Lower Presidio Historic Park, off-post and adjacent to the Presidio of Monterey military installation. The museum is open from 10 a.m. to 4 p.m. on Saturdays and Sundays. There is no charge for admittance.

Museum (cont.)

The history of the Buffalo Soldiers starts after the Civil War when, on July 28, Congress passed the Army Organization Act of 1866 and created four all-Black units—the 9th and 10th Cavalry and 24th and 25th Infantry regiments. The Army sent the units to the American western frontier, where, many believe, people started calling them “Buffalo Soldiers” because their hair resembled the fur of buffalos and because of their ferociousness in battle.

Leininger said the Buffalo Soldiers are an important part of American history, and their time in Monterey contributes to a greater understanding of that history.

“When you think of the Civil War and the Westward Expansion, one of the big things that you think about when the United States is moving west is the Buffalo Soldiers, how they came out and who these men were,” Leininger said.

Leininger said he began researching Monterey’s Buffalo Soldiers in January 2020 and hopes to complete the exhibit by the end of the year. The exhibit will include a mannequin wearing a uniform, photos, a map and other items.

Leininger is also working on a nearly 20-page paper entitled “The Lost History of the Buffalo Soldiers at the Presidio of Monterey” that he will make available to the public when he finishes it.

Cameron Binkley, command historian for DLIFLC, said the museum is a great way to learn about the history of the Army in Monterey, and it is an excellent idea to add an exhibit about Monterey’s Buffalo Soldiers.

The exhibit will use interesting artifacts and images to help museum visitors see change over time, Binkley said.

“Creating an exhibit about them automatically touches upon important topics of diversity that are still very relevant to today’s service men and women and the public as well,” Binkley said.

Leininger said there is not a lot of information available about the Buffalo Soldiers in Monterey, but he was able to establish a basic timeline thanks to DLIFLC historic archives and digitized newspapers at the Monterey Public Library and San Jose State University’s Dr. Martin Luther King, Jr., Library.

After the Philippine-American War, Buffalo Soldiers assigned to Companies A, B, C and D, 1st Squadron, 9th Cavalry Regiment, landed San Francisco in 1902 and came to the military installation that is now the Presidio of Monterey, Leininger said.

The 15th Infantry Regiment was camping at what is now Soldier Field, and the Buffalo Soldiers were not allowed to camp in the same area as the 15th Inf. Regt., so they set up camp in Pacific Grove in what is now the Hopkins Marine Station area, Leininger said.

They stayed in the camp from November 1902 until about December 1903 when the barracks were ready and they moved in, Leininger said. The barracks, in Buildings 450, 451, 452 and 453 on the Presidio, are currently Asian language classrooms.

Leininger said he learned from local newspapers that the Buffalo Soldiers trained, improved their marksmanship and began breaking in new horses in the summer of 1903. One photo shows them marching in a parade in Pacific Grove, a municipality next to Monterey.

They also served as early park rangers, and in 1904 the Army sent them to Yosemite and Kings Canyon National Parks, where they herded sheep, kept poachers out of the parks and helped develop the first marked national park trail in the United States.



For those with military identification that allows them access to the Presidio of Monterey, Buffalo Soldier Trail, off Pvt. Bolio Road, leads to an area near the Buffalo Soldiers’ former barracks in Buildings 450, 451, 452 and 453. Completed in 1903, they currently serve as Asian language classrooms.

“They did that for that whole summer and came back and about a month later they were shipped out,” Leininger said.

Leininger said he would like more detail about why the Buffalo Soldiers were in Monterey, where they went and what the Soldiers and their families thought about their time here.

“I’m not asking people to give us anything,” Leininger said. “I would love at a minimum just to get a look at these items just to get a better picture, and be able to scan them, take pictures of them, so we can use it for this history and complete it.”

Contact Leininger at leininger@monterey.org or (831) 646-5648. The museum is open from 10 a.m. to 4 p.m. on Saturdays and Sundays. For more information, visit https://monterey.org/city_facilities/museums/discover_museums/presidio_of_monterey_museum.php

CAL MED Readiness Rodeos ensure service members deployable

Story and photos by Winifred Brown
Presidio of Monterey



PRESIDIO OF MONTEREY, Calif. – The California Medical Detachment's new Readiness Rodeos ensure service members at the Presidio of Monterey are medically ready to deploy by allowing them to complete all their medical requirements in one visit.

Lt. Col. Kenneth Reed, commander of CAL MED, said most of the Presidio of Monterey Army Health Clinic's patients are service members studying at the Defense Language Institute Foreign Language Center, as well as the Naval Postgraduate School, and it can be difficult for them to find time in their class schedules for medical appointments.

Reed said they started holding the events two months ago because they wanted to enable students to take care of all their medical requirements in one visit instead of five.

"It's less of a hassle for the students," Reed said. "I'm trying to be more proactive, and also show that we're working with our patients, we're listening to them and we want to get them as ready as possible."

The rodeos focus on required immunizations, audiology and vision tests, periodic health assessments and the annual HIV test required of every service member, Reed said.

CAL MED has held four rodeos so far, Reed said, and personnel review each one afterward to see what they can improve for the next one. DLIFLC students are service members from all branches of the military, and the rodeos focus on service members by branch.

The June 24 Readiness Rodeo helped members of the Marine Corps Detachment, and Marines who participated said they found it helpful.



Top: Navy Petty Officer 1st Class Brian Sutton checks in Lance Cpl. William Denisoncouch, assigned to the Marine Corps Detachment, for an audiology test at the PoM Army Health Clinic, PoM, Calif., June 24. **Above left:** Denisoncouch puts on headphones for an audiology test at the PoM Army Health Clinic. **Above right:** Lance Cpl. Carter Quinn listens carefully during his audiology test at the PoM Army Health Clinic.

Story continued next page

Readiness (cont.)

"It's really great to be able to get in here when they get everyone who has had trouble scheduling," said Lance Cpl. Carter Quinn, who needed to complete his audiology exam.

Likewise, Lance Cpl. William Denisoncouch said his command would be happy that he was able to get a required immunization and his annual audiology exam. "It's a pretty good opportunity to just get it all handled," he said. "It just cleared my individual medical record—readiness stuff—so I'm deployable, which is one of the only things I have left to do administratively for my record. It's pretty nice to have that handled and not have to worry about it anymore."

Reed said the clinic plans to continue holding the rodeos every month based on staffing requirements and availability. The goal is to keep all service members above 90% medically ready, which is in keeping with the U.S. Army Surgeon General's focus to provide a medically ready force.

Reed said he encourages patients to reach out to the clinic and provide feedback.

Agustin Rams, the clinic's patient advocate, is available at the clinic to speak with patients, and is also available by email at agustin.j.rams.civ@mail.mil or by phone at (831) 884-1159.

Patients can use the clinic's Interactive Customer Evaluation, or ICE, system at <https://ice.disa.mil>, and Reed said he personally reviews each comment.

"We want to make sure that our patients know we're listening to them, fixing things and helping them to become more medically ready," Reed said.

CAL MED falls under Madigan Army Medical Center / Puget Sound Market (Defense Health Agency) in Tacoma, Washington. Together they are part of Regional Health Command—Pacific, one of four U.S. Army Medical Command Regional Health Commands.

No drones allowed at PoM

By Winifred Brown
Presidio of Monterey

PRESIDIO OF MONTEREY, Calif.

– The operation of unauthorized unmanned aircraft systems, such as personal hobbyist or commercial drones, is prohibited at the Presidio of Monterey and all other military installations.

Unauthorized UAS can surveil, disrupt or potentially strike military assets, and commanders can authorize necessary actions to protect the installation, said Tom Davis, the Presidio's antiterrorism officer.

"While the Army regrets any loss to personal property, it is our duty to protect our people, missions and assets and to treat any unauthorized unmanned aircraft systems as a threat," Davis said.

The Federal Aviation Administration has designated the airspace over military installations as no-drone-zones, Davis said.

In addition to the loss of equipment, unmanned aircraft operators who violate FAA flight restrictions may be subject to enforcement action, including potential civil penalties and criminal charges, Davis said.

Military officials found it necessary to prohibit the use of unofficial unmanned aircraft because of the increase in the devices' popularity and technology, Davis said.

"It's very important that we don't allow drones over our military installations because, for our own force protection and physical security, we don't know if they're for nefarious acts or not," Davis said.

For drone enthusiasts who want to make sure they're operating in a safe place, the FAA has an app called "B4UFly" that uses phone location information to determine whether it is safe to use a drone or not, Davis said.

"It automatically has everything built in and it will say, 'Yes, you're safe to fly here,' or, 'No, and here are the restrictions,'" Davis said.

The app also states why drone use is not allowed in certain places, Davis said. For example, some places are within a

restricted airspace.

In addition, the app will also note if drone use is allowed but only below a particular height, such as 400 feet, Davis said.

Davis said he encourages people to report drone use around the Presidio and other military installations.

Garrison officials work closely with local law enforcement to ensure the safety of our community and assets, Davis said. To report any sighting of an unmanned aircraft system or drone, call the Presidio of Monterey Police Department at (831) 242-7851.



Veteran doctors continue military care with CAL MED

By Winifred Brown
Presidio of Monterey

PRESIDIO OF MONTEREY, Calif. – For Drs. Lynn Olsen and Daniel Mirski, their service at the Maj. Gen. William H. Gourley VA-DoD Outpatient Clinic's family medicine clinic is an extension of their service as Armed Forces veterans.

Olsen spent six years as a Navy physician practicing family medicine, and Mirski retired after 20 years as a flight surgeon and emergency physician for the Air Force. Together they serve with a dedicated team of California Medical Detachment professionals at the family medicine clinic who care for members of the military community on the Monterey Peninsula.

"[Patients are] getting really top-level care, from the very first person who brings them into the room and does their vitals all the way through their visit," said Olsen, who has repeatedly received 100% satisfaction ratings from her patients over the course of the past three years.

Both Olsen and Mirski said the military's scholarships for medical students was what initially drew them to military service, but their love for the military community is what has kept them practicing, whether in uniform or as civilians.

Mirski said he had no idea when he started as an Air Force physician that he would serve 20 years, but he kept accepting assignment after assignment because it was fun, rewarding and he enjoyed it, so he continued.

Then, after Mirski retired, he found he missed the military community.

"It was really that camaraderie, the professionalism and friendship that the military offers," Mirski said.

"When I was solo practice for two and a half years and I did consulting work, it was great and the money is great, but you really don't have the camaraderie that you have in the military, and so you don't really feel so much a part of the community. Coming back in gave me that sense of community."

Olsen, meanwhile, said the more she learned about serving in the military as a doctor, the more excited she became about it. While on active duty she especially appreciated the training, the adventure and the ability to give back to her country.

The Maj. Gen. William H. Gourley VA-DoD Clinic, which services active duty, family members and pediatric patients, as well as local veterans, opened in August 2017, and the building continues to have a brand-new feel to it. It is the second fully integrated VA-DoD facility in the nation.

The clinic is located at 201 9th St. in Marina, near the Ord Military Community, which is where many of the facility's patients live. It is also less than a half a mile from the Pacific Ocean, and Olsen and Mirski said on clear days they can see whales breaching the water from the clinic's windows.

In addition to its convenient and beautiful location,



Photo by Winifred Brown, Presidio of Monterey

Drs. Lynn Olsen and Daniel Mirski practice family medicine at the California Medical Detachment's portion of the Maj. Gen. William H. Gourley VA-DoD Outpatient Clinic.

Olsen and Mirski said the family practice clinic offers other conveniences, such as appointments that are easy to schedule. Patients can currently schedule same-day appointments for everything from acute care needs to minor procedures—which is a significant improvement from current network access options.

"For everything that's acute, we absolutely have appointment times," Mirski said. "Very often I'll have someone call me in the morning time and I'll see them that afternoon. That is not out of the norm."

The clinic has a lot more availability than many of clinics, Olsen said, and that means she and Mirski can spend more time with patients and provide better medical care.

"It's really nice here to not have as much of a go-go time pressure, where you just have to get

Story continued next page

Doctors (cont.)

patients through,” Olsen said. “We get to take more time to get to know people and to tackle a holistic approach for them, which I really enjoy.”

In addition, Mirski said that since he and Olsen are veterans, they are familiar with the stresses of military life and that understanding helps them provide better care.

For example, Monterey is a great assignment, but it is also usually a short-term assignment with intense school work and includes the usual stressors of finding housing and a school for the children, Mirski said.

“As prior-military providers, we understand this and the strain it places on the family,” Mirski said. “We provide exceptional medical care with this in mind in order to try to ensure the [active duty] family one of the best assignments in their military careers.”

Also, with the exception of when a particular doctor is on vacation, patients see the same doctor for each visit, Mirski said.

Olsen has served about 10 years as a civilian military physician, more than four of those years at the Gourley Clinic, and Mirski has served about three at the clinic.

Olsen said she particularly likes the variety that family medicine provides.

“I like that it’s not exactly the same thing all the time,” Olsen said. “I like



Courtesy photo
The Maj. Gen. William H. Gourley VA-DoD Clinic in Marina, Calif.

having kids as young as newborns all the way up to retirees. I like working with an entire spectrum of people. I like being able to have multiple people in a family be my patients, which is really nice when you get to know a whole family together.”

Mirski said he especially enjoys continuing to serve the military community. “That’s really the main thing for me, to be able to be part of this community and there’s such a wonderful DLI and NPS community here that I can help be a part of that and take care of them,” he said.

Lt. Col. Kenneth Reed, commander of CAL MED, said he is proud of not only the care Olsen and Mirski provide, but the entire clinic.

The clinic serves veterans, active-duty service members and families. Those who would like to become patients must be enrolled into the Army Medical Home or Pediatrics Medical Home.

For more information, visit <https://calmed.tricare.mil/Clinics/Major-General-William-H-Gourley-VA-DoD-Outpatient-Clinic>

PoM celebrates retirees



Photos by Noah Rappahahn
Presidio of Monterey

Above: It was a full house at the Presidio of Monterey Retiree Appreciation Day Aug. 13 at La Mesa Village Community Center. Col. Sam Kline, center, U.S. Army Garrison Presidio of Monterey commander, cuts a cake with Command Sgt. Maj. Joseph Traylor, left, USAG PoM command sergeant major, and Pvt. 1st Class Vargas, youngest Soldier in the room, during the event. A special thank you to all the military retirees who attended and to guest speakers Jason Cameron and Jack Murphy from the Monterey County Veterans Service Office.

Right: Volunteers from PoM’s Better Opportunities for Single Service Members grill hamburgers for the crowd during the event.

For any military retirees unable to attend, please contact the Presidio of Monterey Retirement Services Office at (831) 242-4896. You may also visit their website for more retiree resources at: <https://home.army.mil/monterey/index.php/about/garrison-directorates/human-resources/retirement-services-office>



Encouraging Word from the Chaplain: Life lesson from a 9/11 hero

By Chaplain (Maj.) Ben Ellington
Presidio of Monterey Religious Services Office

The Bible says in John 15:13, "There is no greater love than to lay down one's life for one's friends." Here is the story of Rick Rescorla, a hero who did just that 21 years ago.

Retired Army Col. Richard "Rick" Rescorla was on duty on the 44th floor of the World Trade Center South Tower. At the time, he was vice president for corporate security at Morgan Stanley Dean Witter & Co. At 8:46 a.m. on 9/11, Rescorla watched from his office in the South Tower as American Airlines Flight 11 struck the North Tower. As smoke rose from the North Tower, the Port Authority ordered Rescorla to keep his people at their desks. He replied, "Piss off. Everything above where that plane hit is going to collapse and it's going to take the whole building with it. I'm getting my people out of here!" He ordered an immediate evacuation and is credited with saving more than 2,700 people before the second plane struck tower two.

Rescorla was born in England in 1939. After service in the British armed forces, he earned a commission as an officer in the U.S. Army. He volunteered to fight in Vietnam and fought with the 7th CAV Regiment (Airmobile) in the 1965

'The Bible says in John 15:13, 'There is no greater love than to lay down one's life for one's friends' Here is the story of Rick Rescorla, a hero.'
-Chaplain (Maj.) Ben Ellington

battle of Ia Drang. He was the gritty Soldier pictured on the cover of "We Were Soldiers Once...and Young." Lt. Gen. Harold Moore described him as "the best platoon leader I ever saw."

In 1992 he warned the Port Authority that terrorists could use a truck bomb to attack the unguarded garage of the World Trade Center; he was ignored. When terrorists did use a truck in 1993, he led the evacuation and was the last man out. He then warned his bosses that the terrorists would return and next time they may use something larger like aircraft. He wanted his company to move to a safer location but his bosses said they could not until their lease was up in 2006. Instead, they allowed him to do full-blown, no-notice emergency evacuation drills every quarter. Even senior executives were yanked away from million-dollar deals to participate in



Courtesy photo

Chaplain (Maj.) Benjamin Ellington, command chaplain, U.S. Army Garrison Presidio of Monterey

the 40-story drill. It paid off on 9/11.

Rescorla led people to safety while singing in a bullhorn "Men of Cornwall stand ye steady; it cannot be ever said ye for battle we're not ready; stand and never yield!" As he led his friends and peers out, he turned to go back up. A Morgan Stanley director told him he had to get out too but he said, "As soon as I make sure everyone else is out." His last known words were made on a call to his wife when he told her, "Stop crying, I have to get these people out safely. If something should happen to me, I want you to know I've never been happier. You made my life!"

CAL MED's pediatric clinic serves community's youngest

Story and photo by Winifred Brown
Presidio of Monterey

PRESIDIO OF MONTEREY, Calif. – The California Medical Detachment's Pediatric Medical Home Clinic offers a full range of services for the youngest members of the Monterey Peninsula's military community.

Located within the Maj. Gen. William H. Gourley VA-DoD Outpatient Clinic in Marina, the clinic serves the children of military service members who serve at the Defense Language Institute Foreign Language Center, the Naval Postgraduate School and the Presidio of Monterey, among other local military organizations.

Dr. Shelley Yamamoto, a general pediatrician, and Barbara Bielas-Flynn, a pediatric nurse practitioner, treat newborns through 17-year-olds at the clinic. "We're doing the full scope of medical care that a general pediatric clinic can do," Yamamoto said.

The clinic's medical team provides primary pediatric care needs that range from acute visits to well visits, immunizations and overseas screenings. They also perform a variety of procedures, sports physicals and manage any chronic medical problems patients might have, Yamamoto said.

It is also easy to get an appointment, with sick patients able to receive same-day appointments and well patients usually able to receive same-week appointments, Yamamoto said.

Yamamoto, a pediatrician for 20 years, has worked



Dr. Shelley Yamamoto, a general pediatrician, cares for a 2-month-old infant at the California Medical Detachment's pediatric clinic within the Maj. Gen. William H. Gourley VA-DoD Clinic, in Marina, Calif., Aug. 10.

at the clinic for nearly 14 years, and Bielas-Flynn, a nurse and nurse practitioner for 35 years, has worked at the clinic for nearly five.

Yamamoto said she became interested in pediatrics as a medical student on rotation at the Children's Hospital of Los Angeles. She saw the staff help incredibly ill children become healthy in a matter of moments, and witnessing the transformations was inspiring.

"[The] ability to go from super sick to the average well child visit right there in one setting was amazing and I loved it," Yamamoto said. "From that moment I knew I wanted to be a pediatrician. There was no doubt."

She enjoys her job at the clinic helping children stay and become healthy. "I like the variety of things that I see," Yamamoto said. "We have so many different kinds of patients."

In addition, Yamamoto said she particularly likes helping service members get ready to go overseas.

"I worked overseas myself in the Peace Corps, so I enjoy helping other people to go overseas and experience other cultures," said Yamamoto, who spent two years in Ghana, a country in West Africa.

Bielas-Flynn said she has spent a lot of her career teaching and has always aimed to improve the health care of children by influencing others—whether patients, parents or medical professionals.

Pediatric (cont.)

"These families will eventually go and share some of the things that I have talked about or showed them, and if you influence parents' parenting, then you influence their health," Bielas-Flynn said. "That's always been the foundation [of my work]."

Like Yamamoto, Bielas-Flynn also became interested in pediatrics when during her first rotation in a hospital.

Bielas-Flynn said she was working on her Bachelor of Science in nursing degree and did her first rotation at Johns Hopkins Hospital in Maryland with Dr. Ben Carson, the retired neurosurgeon, candidate for president and secretary of the U.S. Department of Housing and Urban Development.

The experience inspired her to continue in pediatric medicine and she never looked back. "I've been in pedes ever since," Bielas-Flynn said. "My mantra all these years has been to influence or affect children's healthcare."

The Maj. Gen. William H. Gourley VA-DoD Clinic, which services active duty, family members and pediatric patients, as well as local veterans, opened in August 2017, and the building continues to have a brand-new feel to it. The three-story, 146,000-gross-square-foot facility provides care for approximately 80,000 military veterans living on California's Central Coast, and patients of the CAL MED pediatric and family medicine clinics on the third floor. It is only the second fully integrated VA-DoD facility in the nation.

The clinic is located at 201 9th St. in Marina, near the Ord Military Community, which is where many of the facility's patients live. It is also less than a half a mile from the Pacific Ocean.

For more information, visit <https://calmed.tricare.mil/Clinics/Major-General-William-H-Gourley-VA-DoD-Outpatient-Clinic>

Who was Pvt. Bolio? A hero



Above: Ever wonder who Private Bolio was and why the Presidio of Monterey has a road and gate named after him? Bolio and another Soldier, Pvt. Eustace Watkins, died 98 years ago fighting the Associated Oil Company fire near the Presidio. On the morning of Sept. 14, 1924, a bolt of lightning ignited a fire in a 55,000-barrel oil tank. The blaze destroyed the wharf and several buildings, and set fire to two fish canneries.

Right: The PoM Fire Department has a memorial inside the station at Ord Military Community dedicated to Bolio and Watkins. Watkins Gate Road in the OMC area commemorates Watkins, and the former Fort Ord once had a gate named after Watkins. It's been nearly 100 years since Bolio and Watkins died serving their country, but the memory of their dedication to duty and selfless service lives on.



PoM prepares

Story and photos by Winifred Brown
Presidio of Monterey

PRESIDIO OF MONTEREY, Calif. – Tom Janis, emergency manager for U.S. Army Garrison Presidio of Monterey, wants to prevent community members from ever having to say, “If only I had ...”

September is National Preparedness Month, and the Monterey area faces weather-related threats such as wildfires, storms and floods that make preparedness a year-round necessity. Janis has a wealth of information that can help community members prepare in advance.

“It’s about taking care of you and your family,” Janis said. “You’re going to be on your own for several days while emergency responders are trying to restore basic services and support. When you help yourself, you allow emergency responders to put their efforts on the issues at hand.”

The first helpful action people can take is to register their personal data in the Army’s Alerts! mass warning and notification system, Janis said. The system provides warnings and information when dangers occur. People can also register for alerts from the Monterey County Office of Emergency Services.

Emergency kits for home, vehicles and work are also important, and FEMA has done a great job keeping their information updated, particularly in response to the COVID-19 pandemic, Janis said. Find information at <https://www.ready.gov/kit>.

Having a three-day supply of food and water won’t meet your needs in Monterey, however, Janis said. Here, the standard is seven days.

While people can buy ready-made disaster kits, a cheaper way is to download a checklist and build it with a budget in mind, Janis said.

“Start with the things that you have at home—



Tom Janis, left, emergency manager for U.S. Army Garrison Presidio of Monterey, and Tom Davis, USAG PoM antiterrorism officer, display items people should keep on hand in case of an emergency.

cellphone chargers, extra cables, cash, first aid kits, bottled water and nonperishable foods,” Janis said. “Don’t forget can openers. If you have pets, make sure you account for their needs.”

Keep the items in a sturdy go-kit along with copies of your important documents if you haven’t stored them digitally in the cloud, Janis said.

Preparation is important because in the last 70 years, Monterey County has experienced an emergency every couple of years that has resulted in a federal disaster declaration, Janis said.

“Service members at the Presidio of Monterey are not from here and they likely don’t understand the threats and hazards present in this region,” Janis said. “It’s my responsibility to inform the public on those dangers so that they can prepare and take appropriate responses.”

In the last five years disasters have become more frequent with wildfires and winter storms, Janis said. Winter storms in Monterey are atmospheric river events that bring damaging winds and torrential rains.

Prepare (cont.)

The biggest threat Monterey faces is earthquakes, Janis said. Liquefaction of the soil and structural collapses would likely make it extremely hard to move from location to location to get help. The threat of tsunamis also increases with earthquakes.

“Fortunately, we are in a low-risk area for tsunamis, but the risk remains,” Janis said.

Public safety power shutoffs have dominated emergency responses, so it is important to have a plan, Janis said.

Many people rely on power for their communications, so it is important to have a power bank to recharge devices, Janis said. Not only do military personnel have to keep their chains of command informed, it is also necessary to stay aware of threats and emerging news.

For those who rely on medical equipment, a backup power source is critical, Janis said.

“Everything seems connected to the cloud,” Janis said. “Once your cellphone goes dead you need a power bank to recharge your device to stay aware of threats and emerging news. You need to keep your chain of command informed.”

Normally the power company restores power within 24 hours of a storm passing, Janis said.

People also need to know evacuation routes in case wildland fires result in ordered evacuations, Janis said. “Growing up in hurricane prone areas teaches that lesson,” he said. “Highways quickly become parking lots and you don’t want to be stuck there.”

It is also a good idea for parents to involve children in preparation efforts, Janis said.

“Kids are resilient, but they need support,” Janis said. “Sitting down with kids and explaining your disaster or emergency plan is important. It lets them know that their parents will be there for them when things get scary.”



Children and teens also want to help, so it is a good idea to have a conversation and discuss the before, during and after plans with family members, Janis said. Families should establish a communication plan, and if necessary, rehearse it. Have them keep a copy of the plan somewhere they won’t forget it.

Janis said he encourages members of the Presidio of Monterey community to talk to people who have lived in the area for years and understand the hazards and threats.

“Their experiences can help you prepare for the worst-case scenarios,” Janis said. “You don’t want or need to live those circumstances to motivate your preparedness. Whatever you expect will not match the severity of the situation but preparing now may save you from the hardship later.”

For more information, contact Janis at (831) 242-3982.



Top: The U.S. Army Garrison Presidio of Monterey Directorate of Plans, Training, Mobilization and Security keeps emergency supplies on display throughout the year for reference. Having emergency supplies on hand is a critical portion of emergency preparedness. **Above:** USAG PoM headquarters in Building 614 has a variety of emergency preparedness brochures available in the lobby. Resources are also available online, particularly at <https://www.ready.gov/>

Youth sponsors welcome newcomers

Story and photo by Winifred Brown
Presidio of Monterey

PRESIDIO OF MONTEREY, Calif. – Members of the Presidio of Monterey's Youth Sponsorship Program are trained, ready and waiting to welcome youths who are new to the Porter Youth Center.

Elaine Vrolyks, the Presidio's school liaison officer, met with members of the center's Leadership Club at a Sept. 1 meeting to take their photos for the new school year and help as they made welcome bags for newcomers. Most members of the club are also youth sponsors, and the program not only improves the well-being of newcomers, but also develops the leadership skills of the sponsors.

"When a new family comes to the youth center, they'll tap one of those youth sponsors and give the family and the kids tours around the facility and talk about the center and the things they enjoy doing there," Vrolyks said.

About 15 youths are trained youth sponsors at the facility, and they help newcomers learn about the center, introduce them to others and involve them in activities. For military children who move regularly, the program helps make transitions easier.

Sofya Kozlova, 9, said she began volunteering as a youth sponsor last year, and estimates she has helped nearly 50 newcomers by providing them tours of the facility, giving them welcome bags and making it easier for them to make friends and participate in activities.

"I used to be shy, but now that I'm a youth sponsor,



Volunteers with the Youth Sponsorship Program at the Porter Youth Center make welcome bags for youths who are new to the community at the center, Ord Military Community, Calif., Sept. 1.

I can speak up a little louder," Sofya said.

Likewise, Nicholas Morgan, 14, said he began volunteering as a youth sponsor about a year ago and has sponsored dozens of youths.

"I like the feeling that I have impacted some of them," Nicholas said. "Like when I do something that makes them laugh or smile."

Vrolyks said that if a sponsor also goes to the same school as the new youth, the sponsor can help guide the youth at school as well. As school liaison officer, Vrolyks acts as the conduit between the installation and the school community, local public-school districts, private schools and home school families.

In addition to the Porter Youth Center program, some local schools also have similar programs, and Vrolyks said she can connect parents with those programs as well.

While not many families request a youth sponsor, Vrolyks said she makes sure to mention it to families when they contact her, and they can ask personnel at the youth center about getting a sponsor for their children.

Vrolyks can also help with connections before families arrive.

For more information, contact Vrolyks at (831) 242-6904.

The art of relaxation with FAP and BOSS

Story and photo by Winifred Brown
Presidio of Monterey

PRESIDIO OF MONTEREY, Calif. – Active-duty service members at the Presidio of Monterey experienced “The Joy of Painting” on Sept. 16 thanks to Better Opportunities for Single Service Members and Army Community Service’s Family Advocacy Program.

Jillian Santillanez, FAP victim advocate, taught service members relaxing breathing techniques before the event—showing them how to relieve stress and increase the oxygen flow to their brains for improved creativity.

“The idea behind this event tonight is to promote and provide information on stress management and release,” Santillanez said. “Anybody who is creative is welcome to be here and anybody who is not creative, but just wants to do something with their hands, is welcome here.”

Service members took advantage of a wide range of art supplies—paints, colored pencils and markers—to create beautiful works of art. Those who did not feel like creating an entire work by themselves could also choose from a variety of creative coloring books designed for adult relaxation. Others could follow along with a Bob Ross instructional video on painting.

More than 30 service members attended the event at the Hobson Recreation Center, which is also the location of BOSS headquarters. The Presidio is



Jillian Santillanez, Presidio of Monterey Army Community Service Family Advocacy Program victim advocate, teaches service members relaxing breathing techniques during “The Joy of Painting” at the Hobson Recreation Center, PoM, Calif., Sept. 16.

home to the Defense Language Institute Foreign Language Center, which includes service members from all branches of the military. For most, it is their first military assignment after basic training.

Santillanez taught service members breathing techniques such as “box” breathing, a four-step technique based on a series of four counts.

Hugo Ambriz Tena, Better Opportunities for Single Service Members advisor and recreation specialist for PoM Family and Morale, Welfare and Recreation, said BOSS sponsored the event to help service members destress and find a creative outlet.

“We’re able to take their minds away from their classes and just have them here and focus and

open their minds to creativity,” Ambriz Tena said. “I always want BOSS to be an outlet for them to destress and self-care more than anything and just hang out and meet people.”

Meeting people can help service members inside and outside the classroom, Ambriz Tena said, because service members studying the same language can help one another—especially if one is at a higher level of instruction. The organization also had a target-language karaoke event planned for later in the evening.

Keep up with upcoming PoM BOSS events at <https://presidio.armymwr.com/programs/boss>

Sloat Monument

By Cameron Binkley

DLIFLC Command Historian

It was July 7, 1846, and the Mexican American War was in full swing. On that Tuesday morning, a small force of U.S. Sailors and Marines landed on a narrow beach near the Mexican government custom house at Monterey Bay. Meeting no opposition to their arrival in Monterey, the old Spanish colonial capital, the Americans quickly secured the town, hosted their flag, and took possession of California for the United States.

The man in charge of the operation was Commodore John D. Sloat. Having made the critical decision to occupy Monterey (on sketchy intelligence), Sloat next sent his commanders to secure California's other main ports and issued an important proclamation to its citizens assuring them that their rights and privileges would continue unadulterated under American administration, limiting the spread of insurrection. When ratified under terms of the Treaty of Guadalupe-Hidalgo, Sloat's actions (and the successes of other commanders) extended U.S. boundaries westward from the Rockies and the Rio Grande River in New Mexico to the Pacific Ocean.

After only a few weeks in Monterey, Sloat rotated from command as scheduled. The next commodore in charge of California was Robert Stockton, who became more famous for his actions while serving as military governor. Indeed, many who served in California during the war later became famous, including John C. Fremont, William Tecumseh Sherman, Edward O. C. Ord, and Henry Halleck. But historical prominence eluded Sloat.

At the 40th anniversary of the raising of the U.S.

flag in California in 1846, veterans of the Mexican American War, led by Edwin Sherman, a Mason and war veteran from Oakland, California, launched a movement to memorialize Sloat. They decided to erect a monument on "Fort Hill" in Monterey at the spot where Sloat's men had constructed harbor defenses. Their campaign began in 1886 and concluded with a dedication ceremony in 1910 attended by many hundreds. To facilitate donations, donors were allowed to inscribe messages on the base stones of the monument that today say as much about the social history of the era as the political events the monument itself commemorates. For example, three blocks were donated by women's organizations denoting the new role of women in civic life.

Promoters of the Sloat Memorial hoped it would become the first monument of national stature erected on the West Coast. The cornerstone was laid during the 50th anniversary celebrations of the raising of the U.S. flag in California in July 1896. Unfortunately, fund-raising progress was slow. Before the monument could be completed the United States fought another war, this time with Spain. That war resulted in Commodore George Dewey's victory over the Spanish fleet at the Battle of Manila Bay in 1898 and eventual U.S. annexation of the Philippines. To celebrate a new war hero, San Francisco erected the Dewey Monument at Union Square, which was dedicated in 1903 by President Theodore Roosevelt. Having lost their race, the Mexican War veterans faced another setback when the San Francisco earthquake of 1906 destroyed the studio of Rupert Schmid, the Sloat Memorial's sculptor, and seriously crimped Sherman's ability to raise funds. With their population ever shrinking, Mexican War veterans convinced Congress to authorize limited funding and the War Department approved a small war eagle by artist Arthur Putnam to replace a more grandiose statue planned by Schmid.

Although it took years to create the Sloat Memorial, the monument has stood the test of time, becoming one of the most widely



Above: An Edward Mitchell colorized postcard of the Sloat Memorial at the Presidio of Monterey, ca. 1912. Right: Commodore John D. Sloat, whose forces occupied California during the Mexican American War.



photographed attractions in Monterey.

Indeed, countless veterans, servicemen, and graduating classes of the Defense Language Institute have selected the venue for their photos. Those wishing to visit the monument can easily do so by accessing the lower Presidio of Monterey, an area managed as a historical park and open to the public year-round.

Remembering the Memorialized: Corpuz

Memorialization #12

Cpl. Bernard P. Corpuz 1977-2006

Cpl. Bernard P. Corpuz, 1977-2006, was from Watsonville, California, and joined the Army in 2004. He graduated from the Defense Language Institute Foreign Language Center's Basic French Course in April 2005.

Upon mobilization in support of Operation Enduring Freedom, he served as an interrogator for the 232nd Military Intelligence Company at Bagram Airfield and at the Field Detention Site in Ghazni. Corpuz died in Afghanistan after his convoy came under small-arms fire and an improvised explosive device detonated during combat in 2006.

Corpuz's awards include the Bronze Star Medal, the Purple Heart, the Army Good Conduct Medal, the National Defense Service Medal, the Afghanistan Campaign Medal, the Global War on Terror Service Medal, the Army Service Ribbon and the Combat Action Badge.

To learn more about the men and women memorialized at the Presidio of Monterey, Defense Language Institute and former Fort Ord visit the memorialization page on our website: <https://home.army.mil/monterey/index.php/about/memorialization>



Above: Corpuz Hall is Bldg. 607 on the Presidio of Monterey. Cpl. Bernard Corpuz had studied French at the Defense Language Institute Foreign Language Center before deploying to Afghanistan in support of Operation Enduring Freedom.

Right: Cpl. Bernard P. Corpuz, 1977-2006, was from Watsonville, California, about 30 miles north of Monterey.

Far right: The memorial plaque in honor of Corpuz at Corpuz Hall, Presidio of Monterey.



Courtesy photos



COMMUNITY CALENDAR

October 1

'Wear Blue' run

The Wear Blue: Run to Remember 5K Run and Brunch is the first Saturday of every month at the PoM Museum at 8:30 a.m. For more, contact Nate Pleasantbey at nathaniel.e.pleasantbey.civ@army.mil.

October 3

Lactation Education and Support

This is a group for any mother breastfeeding, breast pumping or any parent who may want more information. Topics include: "Introducing Solid Foods," "Returning to Work," "Breast Pumping," "Positioning," "Latching" and more. Join us at 10:30 a.m. Mondays in the ACS Gold Room. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page. Babies welcome.

Youth Basketball

Age groups 6-7, 8-9, 10-11, 12-13
Registration: Oct. 3-Nov. 17; practice begins Nov. 28
Games: Jan. 7-March 4 Price: \$65 first child (15% discount for additional children). Skill Assessment: Nov. 19 10 a.m.-1 p.m. (by age group). Contact Parent Central Services to register at (831) 242-7765. For Youth Sports Program questions call Andy Lipsig at (831) 242-7809 or Garrett Martinez at (831) 242-4510. Coaches meeting and new coach certification 10 a.m. Nov. 5 at the General Stilwell Community Center.

October 4

Playgroup

Children and parents playgroup is for infants to 4-year olds. This is a fun place to play and bond with your child. Join us Tuesdays at 9:30 a.m. in the ACS Gold Room. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

Joint Services Inprocessing Briefing

Newly arrived and need information about the current installation? It's mandatory for service members and optional for military spouses. 6:30 a.m.-10:45 a.m., Tin Barn, (PoM) Upcoming classes: Oct. 11, Oct. 18, Oct. 25, Nov. 1, Nov. 8, Nov. 15, Nov. 22, Nov. 29
For more, call or email Charles Lyons at ACS (831) 242-7660/6890 or charles.a.lyons.civ@mail.mil

EFMP Walk and Talk

Come walk and talk with EFMP every Tuesday (weather permitting) 10-11 a.m. The EFMP manager will be walking and looks forward to meeting you, your family. This is a child-friendly event, and you're welcome to bring strollers, tricycles, etc. Meet up at Army Community Service, General Stilwell Community Center and walk along in Ord Military Community. Contact EFMP Office at (831) 242-7660 for more.

October 5

New Parent Support Group

Do you have children between the ages of 0-12

months? Join us every Wednesday at 10:30 a.m. in the ACS Gold Room as we discuss various topics such as infant routines, sleeping, development and more. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

October 6

Food Truck Stop Wednesday

Join us this Wednesday in the General Stilwell parking lot from 10 a.m.-2 p.m. The Food Truck is Chong's Korean BBQ: teriyaki rice bowls, noodle bowls, potstickers and more.

Spouse Licensure Reimbursement

Want to learn about how to get reimbursed for a professional license? Join us the first Thursday of every month at 10:30 a.m. in the ACS Gold Room. Email katiyynn.m.snow.civ@army.mil for more information or to register. Can't make the class? Schedule a sit down with Katiyynn.

Treat Yourself Thursday

Join us every first Thursday of the month at Soldiers Field from 10 a.m.-2 p.m. This month the Food Truck is Seoul Food: Korean Fusion: beef bulgogi, teriyaki bowls, short ribs, kimchi pork belly fried rice, dumpling nachos and more. Next dates: Nov. 3 and Dec. 1.

October 8

BOSS Black Lights and Wigs Party

Join BOSS at Hobson Recreation for a great time. Wear

an awesome wig and a white shirt or neon color. For more, contact jillian.j.santillanez.civ@mail.mil or call (831) 242-5863.

October 10

Lactation Education and Support

This is a group for any mother breastfeeding, breast pumping or any parent who may want more information. Topics include: “Introducing Solid Foods,” “Returning to Work,” “Breast Pumping,” and more. Join us every Monday at 10:30 a.m. in the ACS Gold Room. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page. Babies welcome.

BOSS Columbus Day Breakfast

Enjoy a free waffle on us, 9 a.m. at the Hobson Recreation Center. Active-duty members only. For more information call (831) 242-0895.

Karate and jujitsu

Registration: Oct. 10-Nov. 18; Activity Dates: Nov. 28- March 31. Price: \$90 per three-month session (15% discount for additional children). Tuesdays and Thursdays 6:30-7:30 p.m. or Monday and Wednesdays 6:30-7 p.m. Location: Porter Youth Center. Contact Parent Central Services to register at (831) 242-7765. For Youth Sports Program questions call Andy Lipsig at (831)242-7809 or Garrett Martinez at (831) 242-4510.

October 11

BOSS Council Meeting

Single service members are invited to attend PoM Better Opportunities for Single Service Members (BOSS) council meetings on the second and fourth Thursdays of every month, 4:30 p.m. at the Hobson Recreation Center. For more information, call (831) 242-0895.

EFMP Walk and Talk

Come walk and talk with EFMP every Tuesday

(weather permitting) 10-11 a.m. The EFMP manager will be walking and looks forward to meeting you, your family. This is a child friendly event, and you’re welcome to bring strollers, tricycles, etc. Meet up at Army Community Service, General Stilwell Community center and walk along in Ord Military Community. Lace up your sneakers, bring your water, and put on your sunscreen. Contact EFMP Office at (831) 242-7660 for more.

Playgroup

Children and parents playgroup is for infants to 4 year olds. This is a fun place to play and bond with your child. Join every Tuesday at 9:30 a.m. in the ACS Gold Room. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

October 12

Plan a Smooth PCS

Need help with understanding a PCS move? Yes, it could be very stressful, and it can all be prevented. Plan My Move helps you create personalized moving checklists, and offers tips about housing, transportation, finances and more. Registration is required. Call or email Charles Lyons at ACS at (831) 242-7660/6890 or charles.a.lyons.civ@mail.mil. Next classes: Oct. 26, Nov. 9, Nov. 23, Dec. 14.

PoM Fire Prevention

PoM Fire Prevention will hold public education and fire extinguisher training at the OMC PX from 10 a.m.- 1 p.m. and at the OMC Commissary from 1-4 p.m.

New Parent Support Group

Do you have children between the ages of 0-12 months? Join us every Wednesday at 10:30 a.m. in the ACS Gold Room as we discuss various topics like infant routines, sleeping, development and more. For more, please contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

October 13

Baby Boot Camp

This is an educational class for expecting parents. Topics will include “Nutrition for Mother and Baby,” “Newborn Care,” “Labor and Delivery” and more. Registration is required to attend. Email Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page. Gift bags will be given to each family so please RSVP.

Job Success and Interviewing

Want to learn more about interviewing skills? What to wear for an interview? Questions you should ask? Join ACS for Job Success classes every second Thursday of the month. Email Katilynn.m.snow.civ@army.mil for more information or to register. Can’t make the class? Schedule a sit down with Katilynn to get ready for your next interview.

October 14

Purple Pumpkin Give-Away

ACS is giving away pumpkins and purple paint to all DOD and military families to bring awareness to domestic violence. This is a first-come, first-serve event from 2-5 p.m. Contact the ACS front desk at (831) 242-7660 or email jillian.j.santillanez.civ@mail.mil.

PoM Fire Prevention

PoM Fire Prevention will hold public education and fire extinguisher training at the OMC PX from 10 a.m.- 1 p.m. and at the OMC Commissary from 1-4 p.m. Center, Bldg. 843. Call (831) 242-5477.

October 15

PoM Fire Prevention

PoM Fire Prevention will hold an open house at the OMC fire station at 4400 Gen. Jim Moore Blvd., Seaside from 1-4 p.m. Event will include public education, Sparky and extinguisher training.

October 17

Lactation Education and Support

This is a group for any mother breastfeeding, breast pumping or any parent who may want more information. Topics include: “Introducing Solid Foods,” “Returning to Work,” “Breast Pumping,” “Positioning,” “Latching” and more. Join us every Monday at 10:30 a.m. in the ACS Gold Room. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page. Babies welcome.

October 18

EFMP Walk and Talk

Come walk and talk with EFMP every Tuesday (weather permitting) 10-11 a.m. The EFMP manager will be walking and looks forward to meeting you, your family. This is a child friendly event, and you’re welcome to bring strollers, tricycles, etc. Meet up at Army Community Service, General Stilwell Community center and walk along in Ord Military Community. Lace up your sneakers, bring your water, and put on your sunscreen. Contact EFMP Office at (831) 242-7660 for more.

Playgroup

Children and parents playgroup is for infants to 4 year olds. This is a fun place to play and bond with your child. Join every Tuesday at 9:30 a.m. in the ACS Gold Room. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

Navigating USAJOBS

Want a new job but need tips and tricks for navigating USAjobs? Join us every third Tuesday of month in the ACS Gold Room at 1 p.m. Email katilynn.m.snow.civ@army.mil for more information or to register. Can’t make the class? Schedule a sit down with Katilynn.

October 19

New Parent Support Group

Do you have children between the ages of 0-12 months? Join us every Wednesday at 10:30 a.m. in the ACS Gold Room as we discuss various topics like infant routines, sleeping, development and more. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

October 20

Resume Building

Ready to get that master resume started? Join us every third Thursday of the month in the ACS Gold Room at 10 a.m. Email katilynn.m.snow.civ@army.mil for more information or to register. Can’t make the class? Schedule a sit down with Katilynn.

Parent Participation

For current Monterey Road Child Development Center patrons only. Join us every month at 5 p.m. in the CDC lounge as we begin to make a difference in our center by planning morale boosting activities and events. For more, contact the front desk at (831) 583-1050.

October 21

Pumpkin Carving

Join BOSS and Family Advocacy Program (FAP) for a fun night pumpkin carving. All supplies will be provided. We hope to see you at 6:30 p.m. at the Hobson Recreation Center, Bldg. 843, for a great time. Call (831) 242-5477 for more.

Storybook Parade

For current Monterey Road Child Development Center patrons only. Each classroom will receive a storybook and will dress up according to their assigned story. The parade will take place in the MRCDC parking lot. For more, contact the front desk at (831) 583-1050.

October 24

Lactation Education and Support

This is a group for any mother breastfeeding, breast pumping or any parent who may want more information. Topics include: “Introducing Solid Foods,” “Returning to Work,” “Breast Pumping,” “Positioning,” “Latching” and more. Join us every Monday at 10:30 a.m. in the ACS Gold Room. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page. Babies welcome.

October 25

EFMP Walk and Talk

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Playgroup

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BOSS Council Meeting

Single service members are invited to attend PoM Better Opportunities for Single Service Members (BOSS) council meetings on the second and fourth Thursdays of every month, 4:30 p.m. at the Hobson Recreation Center. For more, call (831) 242-0895.

October 26

New Parent Support Group

Do you have children between the ages of 0-12 months? Join us every Wednesday at 10:30 a.m. in the ACS Gold Room as we discuss various topics like infant routines, sleeping, development and more. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

October 28

BOSS Halloween Fiesta

Grab your friends and come out and celebrate with us in your favorite costume. The event starts at 6:30 p.m. at Hobson Recreation Center. There will be a costume contest will happen throughout the evening. Prizes: Most Creative Costume: \$100; Scariest Costume: \$50; Funniest Costume: \$25. For more, call (831) 242-0895.

October 29

Scary Movies at the Hobson

Join us for a scary movie marathon in the courtyard. Weather permitting. Free popcorn and treats. Movies: 6:15 p.m., Jeepers Creepers (90 mins, rated R); 8 p.m., Nightmare on Elm Street (95 mins, rated R); 9 p.m., Halloween Kills (106 mins, rated R)

October 30

Gold Star Mothers and Families Day

Celebrating Gold Star families of fallen service members at the One Step Closer Therapeutic Riding Ranch from 11 a.m.-3 p.m. Free BBQ, live band, military color guard honors and more. For more, contact Nate Pleasantbey at nathaniel.e.pleasantbey.civ@army.mil.

October 31

Trunk or Treat

For current Monterey Road Child Development Center patrons only. Calling all MRCDC parents if you decided to participate (by decorating your trunk and handing out candy) you will receive five parent points. This event will take place in the MRCDC parking lot. For more, please contact the front desk at (831) 583-1050.

Lactation Education and Support

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civ@army.mil or direct message her through the New Parent Support Facebook page. domestic violence. This is a first-come, first-serve event from 2-5 p.m. Contact the ACS front desk at (831) 242-7660 or email jillian.j.santillanez.civ@mail.mil for more.

November 2

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CYS Parent Advisory Meeting

This meeting is a chance to enhance services programs, promote positive parent involvement, a venue to ask questions, raise concerns and make suggestions in CYS programs. You can attend the meeting via zoom or join us in the CYS Conference room located in the General Stilwell Community Center at 5 p.m. For more, please contact Latoya Maben at (831) 242-5820.

November 3

CYS Kindergarten Meeting

CYS would like to ease the transition to kindergarten by hosting a meeting about when to register, what to expect, what you will need, how to prepare your little one, and information about Monterey Peninsula Unified School District, private and charter schools, as well as home school options. Moving soon? We have information on all military installation School Liaison Officers as well as state requirements. You can attend the meeting via zoom or join us in the CYS Conference room located in the Gen. Stilwell CC at 6 p.m. For more, contact Elain Vrolyks at elaine.l.vrolyks.naf@army.mil or (831) 242-6904.

Spouse Licensure Reimbursement

Want to learn about how to get reimbursed for a professional license? Join us the first Thursday of every month at 10:30 a.m. in the ACS Gold Room. Email Katilynn.m.snow.civ@army.mil for more information or to register. Can't make the class? Schedule a sit down with Katilynn.

November 5

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Wear Blue: Run to Remember 5K Run and Brunch is every first Saturday of the month at the POM Museum at 8:30 a.m. For more, contact Nate Pleasantbey at nathaniel.e.pleasantbey.civ@army.mil.

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November 9

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November 10

Job Success and Interviewing

Want to learn more about interviewing skills? What to wear for an interview? Questions you should ask? Join ACS for Job Success classes every second Thursday of the month. Email Katilynn.m.snow.civ@army.mil for more information or to register. Can't make the class? Schedule a sit down with Katilynn to get ready for your next interview.

Baby Boot Camp

This is an educational class for expecting parents. Topics will include Nutrition for Mother and Baby,

Newborn Care, Labor and Delivery and more. Registration is required to attend. Please email Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page. Gift bags will be given to each family in attendance so please RSVP.

November 11

Hometown Heroes

Fallen Soldiers from Salinas, California, will be honored with photo banners throughout the city on Veterans Day. ACS SOS will provide Gold Star Field Crosses, with portraits of fallen Soldiers in support of this annual parade. For more, please contact Nate Pleasantbey at nathaniel.e.pleasantbey.civ@army.mil.

November 14

Lactation Education and Support

This is a group for any mother breastfeeding, breast pumping or any parent who may want more information. Topics include: "Introducing Solid Foods," "Returning to Work," "Breast Pumping," "Positioning," "Latching" and more. Join us every Monday at 10:30 a.m. in the ACS Gold Room. For more information, please contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page. Babies welcome.

November 15

Navigating USAJOBS

Want a new job but need tips and tricks for navigating USAjobs? Join us every third Tuesday of month in the ACS Gold Room at 1 p.m. Email katilynn.m.snow.civ@army.mil for more information or to register. Can't make the class? Schedule a sit down with Katilynn.

EFMP Walk and Talk

Come walk and talk with EFMP every Tuesday (weather permitting) 10-11 a.m. The EFMP manager

will be walking and looks forward to meeting you, your family. This is a child friendly event, and you're welcome to bring strollers, tricycles, etc. Meet up at Army Community Service, General Stilwell Community center and walk along in Ord Military Community. Lace up your sneakers, bring your water, and put on your sunscreen. Contact EFMP Office at (831) 242-7660 for more.

Playgroup

Children and parents playgroup is for infants to 4 year olds. This is a fun place to play and bond with your child. Join every Tuesday at 9:30 a.m. in the ACS Gold Room. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

November 16

New Parent Support Group

Do you have children between the ages of 0-12 months? Join us every Wednesday at 10:30 a.m. in the ACS Gold Room as we discuss various topics like infant routines, sleeping, development and more. For more, please contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

November 17

Resume Building

Resume Building

Ready to get that master resume started? Join us every 3rd Thursday of the month in the ACS Gold Room at 10:00 am. Email katilynn.m.snow.civ@army.mil for more information or to register. Can't make the class? Schedule a sit down with Katilynn.

Parent Participation

For current Monterey Road Child Development Center patrons only. Join us every month at 5 p.m. in the CDC lounge as we being to make a difference in our center

by planning morale boosting activities and events. For more, contact the front desk at (831) 583-1050.

November 21

Lactation Education and Support

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November 21-25

Hobson B-day Celebration Week

Join BOSS as they celebrate all week long with free waffles, popcorn and other treats. On Nov. 25 at 9 p.m., there will be a B-Day Fiesta at Hobson Recreation that you don't want to miss. For more, contact (831) 242-0895.

November 22

Playgroup

Children and parents playgroup is for infants to 4 year olds. This is a fun place to play and bond with your child. Join every Tuesday at 9:30 a.m. in the ACS Gold Room. For more, contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

EFMP Walk and Talk

Come walk and talk with EFMP every Tuesday (weather permitting) 10-11 a.m. The EFMP manager will be walking and looks forward to meeting you, your family. This is a child friendly event, and you're welcome to bring strollers, tricycles, etc. Meet up

at Army Community Service, General Stilwell Community center and walk along in Ord Military Community. YContact EFMP Office at (831) 242-7660 for more.

BOSS Council Meeting

Single service members are invited to attend PoM Better Opportunities for Single Service Members (BOSS) council meetings on the second and fourth Thursdays of every month, 4:30 p.m. at the Hobson Recreation Center. For more, call (831) 242-0895.

November 23

New Parent Support Group

Do you have children between the ages of 0-12 months? Join us every Wednesday at 10:30 am in the ACS Gold Room as we discuss various topics like infant routines, sleeping, development and more. For more information, please contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

November 28

Lactation Education and Support

This is a group for any mother breastfeeding, breast pumping or any parent who may want more information. Topics include: "Introducing Solid Foods," "Returning to Work," "Breast Pumping," "Positioning," "Latching" and more. Join us every Monday at 10:30 a.m. in the ACS Gold Room. For more information, please contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page. Babies welcome.

November 29

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your family. This is a child friendly event, and you're welcome to bring strollers, tricycles, etc. Meet up at Army Community Service, General Stilwell Community center and walk along in Ord Military Community. Contact EFMP Office at (831) 242-7660 for more.

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November 30

New Parent Support Group

Do you have children between the ages of 0-12 months? Join us every Wednesday at 10:30 a.m. in the ACS Gold Room as we discuss various topics like infant routines, sleeping, development and more. Contact Zoe at zoe.r.merritts.civ@army.mil or direct message her through the New Parent Support Facebook page.

December 1

Spouse Licensure Reimbursement

Want to learn about how to get reimbursed for a professional license? Join us the first Thursday of every month at 10:30 a.m. in the ACS Gold Room. Email katilynn.m.snow.civ@army.mil for more information or to register. Can't make the class? Schedule a sit down with Katilynn.

December 3

'Wear Blue' Run

Wear Blue: Run to Remember 5K Run and Brunch is every first Saturday of the month at the POM Museum

at 8:30 a.m. For more, contact Nate Pleasantbey at nathaniel.e.pleasantbey.civ@army.mil.

December 5

Lactation Education and Support

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Start-Smart Basketball

For ages 4-5 as of Jan. 1, 2023. Registration: Dec. 5-Jan. 18 Activity dates: Jan. 21-Feb. 18. Classes will be on Saturdays 9-10 a.m. Location: Porter Youth Center Price: \$25 for the first child (15% discount for additional children). Contact Parent Central Services to register at (831) 242-7765. For Youth Sports Program questions call Andy Lipsig at (831)242-7809 or Garrett Martinez at (831) 242-4510.

December 6

EFMP Walk and Talk

Come walk and talk with EFMP every Tuesday (weather permitting) 10-11 a.m. The EFMP manager will be walking and looks forward to meeting you, your family. This is a child friendly event, and you're welcome to bring strollers, tricycles, etc. Meet up at ACS, General Stilwell CC and walk along in OMC. Contact EFMP Office at (831) 242-7660 for more.

Playgroup

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army.mil or direct message her through the New Parent Support Facebook page.

December 7

New Parent Support Group

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December 8

Job Success and Interviewing

Want to learn more about interviewing skills? What to wear for an interview? Questions you should ask? Join ACS for Job Success classes every second Thursday of the month. Email Katilynn.m.snow.civ@army.mil for more information or to register. Can't make the class? Schedule a sit down with Katilynn to get ready for your next interview.

Winter Expo

This is a family friendly event that support a healthy and resilient community. This event is open to all PoM families and will be held at the General Stilwell Community Center at 3:30 p.m. There will be give aways, fun activities and a special time dedicated to EFMP families. For more, contact Elaine Vrolyks at elaine.l.vrolyks.naf@army.mil or (831) 242-6904.

December 9

Holiday Stress Management

Join BOSS and Family Advocacy Program for a fun night of holiday desserts, crafts and tips for managing stress. All supplies provided. We hope to see you at 6:30 p.m. at the Hobson Recreation Center, Bldg. 843. Contact the Hobson at (831) 242-5477 for more.

December 10

Holiday Fun Run

Join BOSS and Family Advocacy Program (FAP) for a fun night of holiday desserts, crafts and tips for managing stress. All supplies will be provided. We hope to see you at 6:30 p.m. at the Hobson Recreation Center, Bldg. 843, for a great time. Contact the Hobson at (831) 242-5477 for more.

December 11

StonePine Estate: Gold Star Families

ACS SOS will host a holiday reception in Camel Valley from noon-3 p.m. Survivors will have the opportunity to stroll the through a festively decorated estate while enjoying complimentary champagne and delicious hors d'oeuvres. For more, contact Nate Pleasantbey at nathaniel.e.pleasantbey.civ@army.mil.

December 12

Lactation Education and Support

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December 13

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December 14

New Parent Support Group

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December 15

Parent Participation

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BOSS Council Meeting

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Every Friday

Youth Program Friday Nights

Middle school and teens (DoD and military families) are welcome to hang out at Porter Youth Center for free from 6-10 p.m. For fun activities like open mic/ karaoke, movie nights, guest speakers, skill building clinics and more. Dinner provided. Contact the Porter Youth Center at (831) 242-7823.

Fitness Classes, More

Price Fitness Center Classes

Zumba: Thursdays at 6:15 a.m. and every Tuesday at

5 p.m.; Yoga: Mondays and Thursdays at 5 p.m.; Spin Class: Mondays, Wednesdays and Fridays at 6 a.m.; Inferno Pilates: Wednesdays at 5 p.m.

Massage Therapy

Do you need to relax? Relieve soreness? Reduce stress? Choose from a variety of massage treatments including aromatherapy, deep tissue, Swedish, reflexology, and chair massages. Call Price Fitness Center at (831) 242-5557 to book an appointment with our Certified Massage Therapist Kim Allain.

Intramural Sports

Football, volleyball

Flag football will start in October, and volleyball will start in November. If you're interested, contact the Price Fitness Center at (831) 242-5557 or email pommwr.intrmural@gmail.com.



Bookmobile at La Mesa

The Monterey Public Library Bookmobile pays a visit to the military community at La Mesa Village every Wednesday from 12:30 to 3:30 p.m. It's parked near the Fleet and Family Support Center at 1280 Leahy Road. Visitors can sign up for a library card, borrow books, audio books, DVDs and more. Visitors can also request (and pick up) materials at the bookmobile from both the Monterey and Pacific Grove libraries and return materials from those libraries at the bookmobile. For more information, visit www.monterey.org/library

Other bookmobile stops include Merrill Gardens, 200 Iris Canyon Road, from 11:30 a.m. to 12:30 p.m. Tuesdays; The Park Lane at 200 Glenwood Circle from 1 to 2 p.m. Tuesdays; and Montecito Park, 220 Montecito Ave., from 4:45 to 5:45 p.m. Wednesdays.

News Briefs: Navy

Littoral Combat Ship Training Facility Atlantic established



NAVAL STATION MAYPORT, Fla. — Marking a significant milestone event for the waterfront community, the Littoral Combat Ship Training Facility Atlantic was established during an official ceremony onboard Naval Station Mayport, Sept. 23.

The LTF, formerly managed and operated by Surface Combat Systems Training Command Detachment Southeast, became a separate command under the SCSTC domain.

Before LTF LANT was officially established, Cmdr. Carl Brobst was relieved by Lt. Cmdr. Aloysius Elzie as SCSTC Det Southeast's officer in charge during a change of charge. From July 2019, when Brobst assumed duties as OIC, to September 2022, Brobst and his team helped shape the next generation of surface warfighters. The det's annual throughput more than quadrupled.

[Click here to read more](#)

Former WAVE celebrates 100th birthday



PLAINVIEW, Texas — Four days after the attack on Pearl Harbor in December 1941, America suddenly found itself at war against the combined might of the Axis powers of Germany, Italy and Japan. Achieving victory would be a massive effort that would require the participation of not only those who were currently serving in the military, but also those civilians living and working at home.

From December 1941 to Japan's surrender in September 1945, more than 16 million men and women answered the call to serve in the U.S. Armed Forces. Today, because of their sacrifices for the ideals of freedom, they are collectively known as the Greatest Generation.

Alice Starnes who celebrated her 100th birthday on September 23, is not only a member of this generation, but is also a trailblazer in her own right.

[Click here to read more](#)

USS Ronald Reagan arrives in Busan for first time since 2017



BUSAN, Republic of Korea — The U.S. Navy's only forward-deployed aircraft carrier and the flagship for Carrier Strike Group 5 (CSG 5), USS Ronald Reagan (CVN 76), along with USS Chancellorsville (CG 62) and USS Barry (DDG 52), arrived in Busan, Republic of Korea (ROK) for a regularly scheduled port visit, Sept. 23.

During the port visit, Ronald Reagan is scheduled to host several U.S. and ROK dignitaries aboard the ship at a "Big Top" reception and conduct several key leader engagements ashore. USS Benfold (DDG 65) pulled into Chinhae as part of the strike group's visit.

"The Ronald Reagan Strike Group's visit is of strategic importance to the U.S. and Republic of Korea relationship and is a clear and unambiguous demonstration of U.S. commitment to the Alliance," said Rear Adm. Buzz Donnelly, commander, CSG 5.

[Click here to read more](#)

News Briefs: **Army**

Army activates new counterintelligence command



FORT MEADE, Md. — The U.S. Army recently celebrated the activation of the new Army Counterintelligence Command with a ceremony at the command's headquarters on July 28.

The command's activation, directed by Army senior leadership to ensure Army counterintelligence is aligned with protecting Army and Department of Defense modernization efforts, resulted in the inactivation of the 902nd Military Intelligence Group in a ceremony held earlier that day.

Officiated by Maj. Gen. Michele H. Bredenkamp, commanding general, U.S. Army Intelligence and Security Command, the Army Counterintelligence Command, or ACIC, replaced the 902nd MI Group as an INSCOM major subordinate command.

The ceremonies highlighted an important moment in Army and INSCOM history.

[Click here to read more](#)

Army speaker shares role in POW/MIA accountability



FORT LEAVENWORTH, Kan. — Guest Speaker Deputy Director for Expeditionary Support Maj. Bishop Sparks, Defense Prisoner of War/Missing In Action Accounting Agency, shared the DPAA's roles in recovery, identification and communication for closure during the POW/MIA Recognition Day observance Sept. 16 at the Frontier Conference Center.

Before introducing Sparks, Lt. Col. Mark Winker, Special Troops Battalion commander, said the remains of 70 service members have been recovered and repatriated to Kansas by the DPAA and an estimated 1,186 service members from Kansas remain missing in action.

Sparks said the third Friday in September is National Prisoner of War/Missing In Action Recognition Day. He said the observance gives the nation a moment

[Click here to read more](#)

Slovakia hosts 10th annual CBRN exercise



ZEMIANSKE KOSTOLANY, Slovakia — Chemical, biological, radiological and nuclear defense teams from 12 NATO nations participated in Slovakia's 10th Annual Exercise Toxic Valley Sept. 5-16.

The Slovak Republic hosts the exercise to provide world-class training to members of the NATO alliance. The exercise, conducted at the CBRN Training and Testing Center Zemianske Kostol'any, gives warfighters the opportunity to train sampling and identification of chemical warfare agents in realistic conditions.

The 773rd Civil Support Team from Kaiserslautern, Germany represented the United States at the exercise, with observers from the EUCOM Weapons of Mass Destruction ECJ5-W Office and the NATO Joint CBRN Defence Centre of Excellence in Vyškov, Czechia.

[Click here to read more](#)

News Briefs **Air Force**

CMSAF announces 'Purple Book,' talks people, readiness, culture at AFA



NATIONAL HARBOR, Md. — Chief Master Sgt. of the Air Force JoAnne S. Bass announced the release of the new Purple Book, while illuminating people, readiness, and culture at the Air and Space Forces Association's Air, Space and Cyber Conference Sept. 20.

Bass, who represents the highest enlisted level of leadership, took pride in introducing the "The Joint Team," commonly known as the Purple Book, which aims to help Airmen become better joint-minded service members.

She also recapped the vast accomplishments attained over the past year, highlighting particular efforts of Airmen who supported Operation Allies Refuge and Operation Allies Welcome. supported Operation Allies Refuge and Operation Allies Welcome.

[Click here to read more](#)

B-21 bomber to be unveiled first week in December



ARLINGTON, Va. — The Air Force confirmed today it plans to reveal the B-21 Raider in the first week of December during an unveiling ceremony hosted and sponsored by the Northrop Grumman Corporation at its production facilities in Palmdale, California.

The B-21 is a long-range, highly survivable, penetrating strike stealth bomber that will incrementally replace the B-1 and B-2 bombers, becoming the backbone of the U.S. Air Force bomber fleet.

"The unveiling of the B-21 Raider will be a historic moment for our Air Force and the nation," said Air Force Chief of Staff Gen. CQ Brown, Jr. "We last introduced a new bomber over 30 years ago. As we look to the threats posed by our pacing challenge; we must continue to rapidly modernize. The B-21 Raider will provide formidable combat capability."

[Click here to read more](#)

Jones explains how DAF is preparing for global competition



NATIONAL HARBOR, Md. — Under Secretary of the Air Force Gina Ortiz Jones, Gen. Jacqueline Van Ovost, U.S. Transportation Command commander, and Gen. Kenneth Wilsbach, Pacific Air Forces commander, co-chaired the "Preparing for Global Competition" panel at the Air and Space Forces Association's Air, Space and Cyber Conference, Sept. 19.

As the nation increases its focus on strategic competition, Jones highlighted the imperative for the Department of the Air Force to stay ahead of the pacing challenges. "When we think about global competition, we've got to act and invest like we are in a competition," Jones said. "That's exactly what the operational imperatives are for."

Jones stressed the department must be aware of how its allies and partners can help increase capacity.

[Click here to read more](#)

News Briefs: **Marines**

Toward the sounds of chaos: CID MARINE AWARDED FOR BRAVERY



TWENTYNINE PALMS, Calif. — A massive blast shakes the ground as the Marines arrive at Hamid Karzai International Airport in Kabul, Afghanistan. Chaos erupts before their eyes as they attempt to approach the airport gate. Vehicles shake and people scream and run in terror as Marine Sgt. Leilana TupuaRodriguez tries to orient herself to figure out what is going on.

This was the scene criminal investigator TupuaRodriguez walked into on that fateful day, Aug. 26, 2021.

“Right as we get to the interior gate everything goes boom and you hear vehicles shaking and you start seeing people run,” said TupuaRodriguez. Etching her name in history was not something she imagined would happen when she started her deployment.

[Click here to read more](#)

Commandant says innovative Marines key to battlefield success



ARLINGTON, Va. — The Marine Corps is blessed to have leaders at all levels who are creative and adept at taking the initiative, Gen. David H. Berger, its commandant, said today in a speech at Defense One’s virtual State of Defense.

“Small-unit leaders who are well trained, who have the experience and maturity to make decisions and [are] empowered to make decisions in lieu of detailed guidance [are] powerful, even when outnumbered [and] even when up against formations that are two, three, four times as big. ... This is the bread and butter of the Marine Corps,” he said.

When Marines are given latitude to make decisions without detailed guidance, they will prove to be innovative, he added. It’s not a big surprise that many Ukrainian tactical leaders trained with U.S. Marines and have taken the initiative.

[Click here to read more](#)

3rd Marine Division celebrates 80 years of honor, valor



CAMP COURTNEY, OKINAWA, Japan — The 3rd Marine Division commemorated its 80th Anniversary during a battle colors rededication ceremony at Camp Hansen, Okinawa Sept. 14, 2022.

The Division, which earned the nickname “The Fighting Third,” was activated at Camp Elliot in San Diego, Sept. 16, 1942.

“We are honored to recognize and celebrate the anniversary of 3rd Marine Division and the service and sacrifice of the Marines and Sailors who have stood in these ranks and – war by war, battle by battle, and day by day – built the great legacy of fidelity, honor, and valor that we stand on today,” said Maj. Gen. Jay Barger, the 3rd Marine Division Commanding General, as he addressed an audience featuring hundreds of U.S. Marines and Sailors.

[Click here to read more](#)

INBRIEF

Don't miss the next issue...

2022: THE YEAR IN PHOTOS



**ACS raises domestic violence awareness
with purple pumpkins**



USAG PoM saves energy, money



Lots o'Halloween fun

