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INBRIEF

January, 2017

Jiu Jitsu Combatives

PoMTax Center opens

Prop 68: What it means for you

2016 Year in Photos



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

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

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

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On the cover: Students practice Combatives and Jiu Jitsu techniques during a practice session at Price Fitness Center. The class is volunteer-organized and open to members of the PoM community of all experience levels, Tuesdays and Fridays at 4:45 p.m. Photo by Catherine Caruso, Presidio of Monterey PAO

PoM Tax Center brings benefits for military, families at tax time

Presidio of Monterey PAO staff report

Can I deduct student loan interest from my taxes?

What is the deduction for a spouse that doesn't work?

Does my home state exempt active duty income?

How do we file if my spouse lives and works in another state?

The Presidio of Monterey Tax Center opens Jan. 23 to provide free tax preparation services to the PoM military community.

Trained tax preparers will be available to answer these and other income tax related questions, and to assist active duty service members, retirees and their family members in preparing their returns.

Drop-off services are available to those filing the 1040EZ form at Building 358 from 8:30 a.m. until 4:40 p.m., Monday through Friday.

Appointments are required for those claiming itemized deductions or credits, and can be made by calling (831) 242-7365.

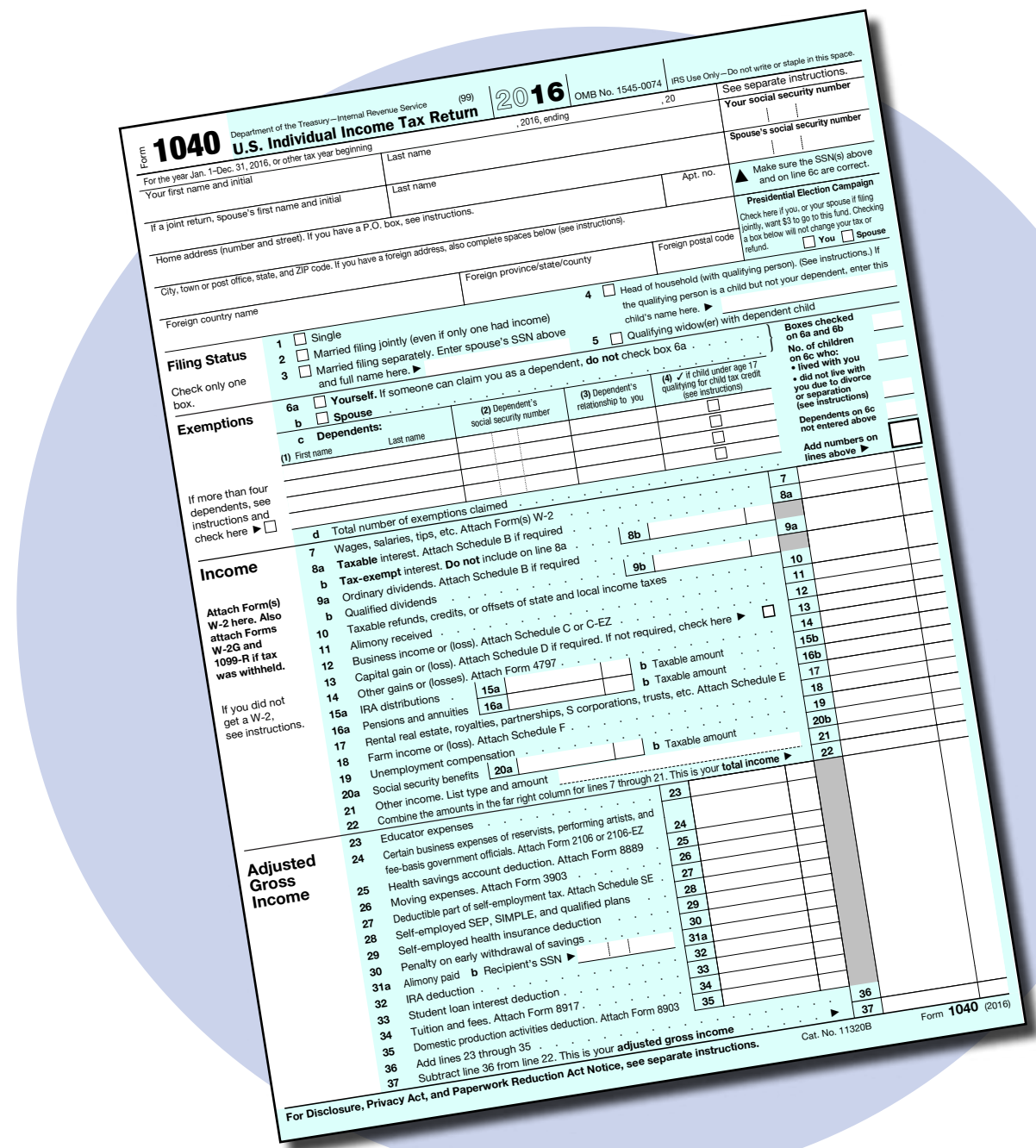
Tax center personnel will prepare tax returns and file federal and state returns electronically.

The preparer works directly with the service member, ensuring all tax questions and concerns are addressed and returns are filed accurately and in a timely manner.

Free tax form preparation is a benefit for all active duty forces.

Given the complexity of federal and state requirements, and complicating circumstances like multiple state returns to file, marriage or divorce during the year, or a joint return, the tax center provides a valuable service for many service members and their families.

Take the hassle out of filing your taxes! Call 831 242-7365 for an appointment.



Did you know? The PoM Tax Center saved clients more than \$90,000 in fees charged for comparable tax preparation services in 2016, and prepared returns refunding an additional \$700,000 to local military families? To make an appointment, call (831) 242-7365.

Proposition 68 update

- Marijuana possession is now legal according to California - not federal - law.
- Service members prohibited from possessing, distributing or using marijuana *at any time*.
- Federal employees must abstain from using marijuana as a condition of employment.
- Federal law prohibiting marijuana continues to be enforced on post.

You may have heard that Proposition 68 legalized marijuana in California last fall... but that's only half the story.

While marijuana drug possession laws will no longer be enforced by local police, federal law enforcement officials - including Directorate of Emergency Services police officers at Presidio of Monterey - continue to enforce federal laws prohibiting marijuana possession or use.

That means anyone caught in possession or using marijuana on Presidio of Monterey, Ord Military Community, or other federal property can still be charged with violating federal drug use and possession laws.

If you're a service member, the Uniform Code of Military Justice (UCMJ) also prohibits you from possessing or using marijuana. Each military service also has policies further prohibiting consuming hemp or hemp-seed foods, and using hemp-infused health or beauty products. Breaking those rules could result in charges of drug use or possession and/or violating a direct order, in accordance with the UCMJ.

If you're a federal employee, you are required to abstain from

Presidio of Monterey PAO staff report



marijuana use as a condition of employment. Your employer may require regular drug testing for some positions, or order a drug test for any employee if there is a reason to suspect drug use -

continued, next page

for example, if you get in an accident on the job.

If you are a civilian who travels on federal property patrolled by federal law enforcement authorities, having marijuana in your possession or in your vehicle can result in federal charges.

This includes all of Presidio of Monterey, including publicly accessible areas on lower Presidio, as well as roads and both military and civilian housing areas in Ord Military Community, part of the former Fort Ord.

Civilians should also be aware that driving under the influence of drugs is always illegal - regardless of whether those drugs are available for purchase, legally prescribed, or illegally procured.

For military personnel - local businesses that sell marijuana are off limits, and service members entering those businesses can be charged with violating a direct order (*see the box at right, for the current list*).

A message from Presidio of Monterey ASAP

Carolyn Massiah, Presidio of Monterey ASAP

Although some states have legalized the use of marijuana, there has been no change in policy for Military Service Members and Department of Defense Civilian employees.

Federal law supersedes legislative initiatives of states, districts or territories of the United States.

As such, Military Service Members and Federal Civilian employees are subject to Uniform Code of Military Justice (UCMJ) and/or administrative actions according to

Off-limits establishments list

The Garrison Commander has identified establishments that do not contribute to good order and discipline and therefore has declared those establishments off-limits.

Military personnel are prohibited from conducting business with, and entering the premises of the following off-limits establishments:

- Mary Jane's Novelties, 744 Lighthouse Drive, Monterey
- Norcal Smoke Shop, 765 Lighthouse Drive, Monterey
- Twisted Roots, 492 Alvarado Street, Monterey, and 265 Reservation Road, Marina

- My Care Giver, 554 Lighthouse Avenue, Monterey
- Santa Cruz Patient Collective, 115 Limekiln St., Santa Cruz
- MediLeafCollective, 1321-B First Street, Gilroy
- Indian Summer, 220 Oliver Street, Monterey
- WolMen's Alliance for Medical Marijuana, 309 Cedar Street, Santa Cruz

Patronage of unlicensed tattoo parlors is also prohibited.

federal law.

Service Members and DOD Civilian employees are not allowed to use marijuana on- or off- duty, as the federal government does not recognize medical or recreational use of marijuana.

For more information about this requirement, see Executive Order 12564 and the Drug Enforcement Agency (DEA) Drug Schedule.


Even if a random drug testing program is not in place, all employees may be subjected to drug testing based on

reasonable suspicion of illegal drug use, in accordance with Executive Order 12564.

The Army Substance Abuse Program will continue conducting and processing urinalysis testing for applicable Military and Civilian personnel, and positive drug test results will be reported as required.

Service Members and Civilian employees can contact the Army Substance Abuse Program for information regarding prevention education and/or rehabilitation services.


For more information, call (831) 242-6960.



Combatives Jiu Jitsu

Story and photos by Catherine Caruso,
Presidio of Monterey PAO

THIS PAGE, students practice Combatives and Jiu Jitsu techniques during a practice session. The self-defense and fitness class is volunteer-organized and open to all members of the PoM community of all experience levels, Tuesdays and Fridays at 4:45 p.m. at the Price Fitness Center gymnasium.



Seaman Carlis McCarthy,
on right, coaches
combatives jiu jitsu
students during a
practice session at Price
Fitness Center.

Are you looking for a workout to train your body and your mind? Are you interested in improving your cardiovascular fitness while also building muscular strength and learning practical self-defense techniques? Would you believe you can get this kind of training, twice a week... for free?

You can! Every Tuesday and Friday at 4:45

p.m., Combatives Jiu Jitsu classes provide more than an hour of group practice and martial arts training for Presidio of Monterey MWR patrons at Price Fitness Center, at no cost to participants.

"This is my third class," Army Pfc. Lazarus Daikos said. He said "FOMO" (fear of missing out) drove his interest, since two

of his best friends were already attending. "It's going really good, I love it," he said.

The Army and Marine Corps systems of military combatives draw heavily from jiu jitsu, a martial art that focuses on ground-based grappling, choke holds, and "bars"

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On left, Seaman Kendra Fite, wearing blue, pins her opponent during combatives Jiu Jitsu practice at Price Fitness Center. On right, Seaman Apprentice Benjamin Hillman, in yellow, coaches another student.

- blocking moves that physically immobilize an opponent or cause enough pain to stop an attack.

The class combines the two to teach practical techniques that anyone can use.

"Beginners are welcome, no experience necessary. Everyone helps everyone else," said John Wilkinson, a Brazilian Jiu Jitsu student who organizes the MWR training sessions as a volunteer. "We have some more advanced students that help teach,

and everyone practices together."

The classes appeal to a wide range of students, for a variety of reasons.

Daikos said the training is fun and builds camaraderie while also providing a great workout.

Seaman Kendra Fite said the cerebral side of the sport is what most appeals to her.

"It's almost like playing chess. You can try to predict what people are going to do, and

sometimes you can't. You just have to be mindful of the possibilities," she said.

Seaman Apprentice Benjamin Hillman is a long-time martial artist who grew up practicing Muay Thai, boxing and wrestling before joining the Navy. "I just kind of grew up on it," he said, explaining his parents were both students of karate and boxers, and even got married in a boxing ring.

He's become a regular at the fitness

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Seaman Apprentice Benjamin Hillman, in yellow, attempts to fend off an attack by an advanced student during combatives jiu jitsu practice at Price Fitness Center.

center's combatives practices. "They gave us a tour when we first got here, and this was one of the classes that was offered," he said.

Hillman said anyone, military or civilian, can benefit from studying jiu jitsu.

"It's similar to wrestling, or judo. There's no hitting," he said. "It's very safe, and

it's a necessary skill in today's world... it gives you peace of mind, that you aren't completely defenseless. It gives you confidence."

Combatives Jiu Jitsu classes at Price Fitness Center are open to all military ID cardholders - including service members, military family members, and civilian employees - free of charge. The class is

suitable for students of all skill levels, including those with no martial arts or wrestling experience.

The fitness center is located at 842 Mason Rd., PoM (Bldg. 841). For more information, visit <https://presidio.armymwr.com/> or call (831) 242-5557.

2016: Year in Photos



Halloween came early for local service members and their families when the Army's 229th Military Intelligence Battalion hosted the Defense Language Institute Foreign Language Center "Trunk or Treat" Event at Soldier Field, Oct. 28.

Photo by Steven L. Shepard,
Presidio of Monterey Public Affairs



The color guard from the Defense Language Institute Foreign Language Center leads off the Carmel 100th Birthday Parade, Oct. 29.

Photo by Brian Lepley,
Presidio of Monterey Public Affairs



Students play frisbee on Presidio of Monterey's Soldier Field Nov. 4 during Sports Day activities, part of the Defense Language Institute Foreign Language Center's 75th Anniversary Week celebrations. This year, DLIFLC was presented the Joint Meritorious Unit Award.

Photo by Steven L. Shepard,
Presidio of Monterey Public Affairs



Clockwise from top left: DLIFLC service members volunteer during the world-famous Monterey Car Week, Aug. 15-21. Airman 1st Class Shayden Olson wins the 2016 "Presidio Has Mad Talent" singing competition, Sept. 23. The 229th Military Intelligence Battalion and Defense Language Institute Foundation celebrate the U.S. Army's 241st birthday at the Hyatt Regency Monterey Hotel Grand Ballroom, June 4. Service members and high school language students attend the 2016 Language Day, May 13. Photos by Steven L. Shepard, Presidio of Monterey Public Affairs

Check out more of the 2016 "Year in Photos" on the Presidio of Monterey website, at www.monterey.army.mil.

Commander's Christmas lights include burning building

By BRIAN LEPLEY,
PRESIDIO OF MONTEREY PAO

The fire engine's lights and siren burst the calm of a cool, cloudy Christmas morning in the Fitch Park housing area before stopping at the corner of Metz and

Hatten Roads.

Four Presidio of Monterey firefighters make their way from the truck to the Ord Military Community residence, accompanied by an Army colonel toting an equipment bag.

It's the department's third call since midnight, making another Christmas memory for Col. Lawrence Brown, the Presidio's commander.

"There was a fire in an old Fort Ord housing unit north of Imjin parkway we went

to right after midnight," he said. "Since it was long abandoned, the decision was made to monitor it and let it burn. We rolled from the structure fire to a dumpster fire in an alley in Marina.

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An emergency medical run at 11 a.m. Dec. 25 was the Presidio of Monterey fire department's third call that Christmas morning

Photo by Brian Lepley

"Christmas eve was a long night."

According to Lt. Jared Bodily, "Christmas is usually mellow. People are out of town. New Year's Eve is the crazy night."

But Brown ended up, according to firefighter Nick Cowell (tongue in cheek), "like the black cloud as we call it ... he got a structure fire, we were getting calls left and right. He got a little taste of what we do around here."

Which was the commander's intent, "to get a ground-level view of what firefighters do on any given day," he said.

Choosing Dec. 24-25 for the visit was an easy choice.

"My job's kind of busy and it's rare when I can take 48 hours out of that job to do something like this," Brown said.

He talked about public perception of firefighters being that when they're not on a call, they're hanging out in the station playing video games or eating or sleeping.

"We are a well-respected fire department around here and our firefighters spend their station time training, taking care of gear, cleaning," Brown said. "They have expansive responsibilities, providing fire protection for California State

University Monterey Bay and responding to calls in Marina that require more than one truck."

The firefighters had training ready for the commander on Christmas Eve, setting up the mobile car fire trainer. Brown suited up fully with oxygen and attacked the flames.

"We did the prop car and he went right up to it in his gear, felt the flames," Bodily said. "He fit right in, he's got the heart, you could tell."

"You feel the heat through all the protective gear," Brown said of the training. "But the real part of walking up to that burning car is building confidence in your gear, trusting the breathing apparatus, when you move right up into the fire."

It was training and equipment the commander used throughout his 48 hours in the station. Brown climbed into Truck 6111 and rolled on all ten calls that came in during a 35-hour stretch.

"It was nice having somebody else there," Cowell said of the colonel's presence. "We would show up on scene and he always asked what he could do."

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Col. Lawrence Brown at the abandoned Fort Ord housing fire early Christmas morning. Deputy Chief David Wilcox made the call to let it burn down.

Submitted photos



Commander's Christmas

It's a holiday tradition in the military to let your unit know they're appreciated, to spend time with them, Brown said.

"They were appreciative of me being there I think, showing them that I would walk the walk, not just talk the talk, and understand what they do," he said.

Col. Lawrence Brown climbs back into Truck 6111 as firefighters wrap up an emergency medical call on Dec. 25.

Photo by Brian Lepley



Defense leaders salute Obama at farewell ceremony

BY LISA FERDINANDO, DEFENSE MEDIA ACTIVITY

Defense leaders hailed the commitment and accomplishments of departing commander in chief President Barack Obama in a military ceremony Jan. 4.

Defense Secretary Ash Carter and Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, hosted the armed forces full honor review farewell ceremony today at Joint Base Myer-Henderson Hall, Virginia.

"I can stand before you today and say that there has been no greater privilege and no greater honor, than serving as commander in chief of the greatest military in the

history of the world," Obama said.

Carter and Dunford thanked Obama for his commitment to the troops and lauded his strategic leadership and decisions that protected the nation and strengthened the force.

"Through it all, President Obama has led our military with an appreciation that America's defense is so vital that we, to whom it is entrusted, must ensure its continuity and excellence across the years and across the domains of armed conflict," Carter said.

Obama directed eight years of "unrelenting strikes on al-Qaida to devastate that

terrorist organization both before and after bringing Osama bin Laden to justice," Carter said.

Dunford noted the United States has been at war throughout Obama's presidency, "a period longer than any other American president," the general said. "And throughout those years, you've always been there for us."

Dunford said the president visited deployed troops around the world, spent time with wounded warriors, traveled to Dover Air Force Base in Delaware to receive the remains of the fallen and visited the fallen at Arlington National Cemetery in Virginia.



Army implements fitness test for physically demanding MOSs

The Army has begun administering the Occupational Physical Assessment Test, or OPAT, to all recruits and for some Soldiers entering a new Military Occupational Specialty.

Army Recruiting Command estimates that the OPAT will be administered to about 80,000 recruits and thousands of cadets annually. Soldiers moving into more physically demanding MOSs also will have to meet the OPAT standard, said Jim Bragg, retention and reclassification branch chief for Army Human Resources Command.

Under the OPAT, there are four physical demand categories, Bragg explained.

- Heavy (black)
- Significant (gray)
- Moderate (gold)
- Unqualified (white)

When a Soldier wishes to reclassify to a an MOS rated more physically intensive than their current specialty, he or she will need to take the OPAT. The Soldier's commander will be responsible for ensuring the OPAT is administered prior to approval of a reclassification, Bragg said.

Brian Sutton, a spokesman for Army Recruiting Command, said the OPAT is not

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Soldiers administer the "standing long jump" portion of the Occupational Physical Assessment Test to potential recruits during an OPAT pilot program. Army photo

meant to turn away or weed people out.

“It is designed to put the right people in the right jobs and to ensure we keep our recruits safe while doing so,” he said.

OPAT scoring is gender neutral, he added. All Soldiers, male and female, must pass the same physical standards for their desired career field.

The test will be administered to everyone coming into the Army: officer, enlisted, active, Reserve and Guard, he said. It will be administered after the Soldier swears in but before he or she begins training.

OPAT measures strength, muscular and cardiorespiratory endurance, explosive power and speed using four tests.

The “standing long jump” assesses lower-body power.

Participants stand behind a line with their feet parallel and shoulder-width apart and jump as far as possible.

The “seated power throw,” is designed to assess upper-body power.

Participants sit on the floor with their lower back against a yoga block and upper back against a wall, holding a 4.4 pound (2 kilogram) medicine ball with both hands, then bring the medicine ball to their chest and push or throw the medicine ball upwards and outwards at a 45 degree angle. The throw is scored from the wall to where the ball first contacts the ground.

The “strength deadlift,” is designed to assess lower-body strength.

Participants stand inside a hex-bar, then begin a sequence of lifts starting with 120 pounds, working up to 220 pounds.

The “interval aerobic run,” always

performed last, is a paced shuttle run of increasing intensity, designed to assess aerobic capacity.

The minimum scores required to enter MOSs in each physical demand category are as follows:

“Black” is for MOSs with heavy physical demands, like those of the combat arms branches, that require lifting or moving 99 pounds or more.

The recruit or Soldier would need to achieve a minimum of 5 feet, 3 inches in the standing long jump; 14 feet, 9 inches for the seated power throw; 160 pounds for the strength deadlift; and a 10:14 minute mile over the course of 43 shuttles.

“Gray” is for MOSs with significant physical demands that require frequent or constant lifting of 41 to 99 pounds and occasional tasks involving moving up to 100 pounds.

The Soldier would need to achieve a minimum of 4 feet, 7 inches in the standing long jump; 13 feet, 1 inch for the seated power throw; 140 pounds for the strength deadlift; and a 10:20 minute mile over the course of 40 shuttles.

“Gold” is for MOSs with moderate physical demands, such as cyber, that require frequent or constant lifting of weights up to 40 pounds or when all physical demands are occasional.

The recruit or Soldier would need to achieve a minimum, 3 feet, 11 inches in the standing long jump; 11 feet, 6 inches for the seated power throw; 120 pounds for the strength deadlift; and, a 10:27 minute mile over the course of 36 shuttles.

David Vergun, Army News Service.
Todd Lopez, ARNEWS, contributed to this report.

Navy seeks to recognize civilian supporters

Chief of Naval Personnel is seeking nominations for the 2016 Spirit of Hope award and the Zachary and Elizabeth Fisher Distinguished Civilian Humanitarian Award.

The awards are named in honor of legendary supporters of service members and their families. The Navy is seeking worthy applicants who are either individuals or organizations who will be recognized for their accomplishments during calendar year 2016.

The Spirit of Hope Award is presented to individuals or organizations that embody the core values of Bob Hope, who gave generously to military men and women for five decades.

The Fisher Award recognizes private sector individuals or organizations that demonstrate exceptional patriotism and humanitarian service for members of the U. S. Armed Forces or their families as inspired by Zachary and Elizabeth Fisher, founders of the Fisher Houses.

Nominations must be submitted by Feb. 28. Criteria and instructions can be found in NAVADMIN 272/16, or at the following web sites:

<http://www.public.navy.mil/bupers-npc/support/readiness/pages/spiritofhopeaward.aspx>, and

<http://doni.daps.dla.mil/Directives/05000%20General%20Management%20Security%20and%20Safety%20Services/05-00%20General%20Admin%20and%20Management%20Support/5061.16.pdf>.

Straighten up and fly right:

NCO says poor EPR inspired him to turn his life around

Enlisted performance reports have the power to affect an Airmen’s career. For one Airman, an EPR had the power to change how he saw his life.

Staff Sgt. Preston Moten, a 20th Equipment Maintenance Squadron aerospace ground equipment schedule and training monitor at Shaw Air Force Base, said the rating from his first EPR made him realize it was time to straighten up and listen to the positive people around him.

Moten’s life before he joined the Air Force set the tone for his first year as an Airman; he said there weren’t many leaders or positive mentors around as he grew up.

“They were all the wrong people, telling us kids to do all the wrong things,” Moten said.

As a child, Moten said the gifts he received for the holidays would be taken to a pawn shop within a few days because his parents needed the money. When he was about 16 years old, Moten’s grandparents discovered his parents’ addiction to crack cocaine and removed him from the home.

His grandmother attempted to guide his life in a more positive direction, but Moten said he wasn’t ready to accept the advice yet.

When his girlfriend became pregnant with his daughter, Moten said he took a good look around. He noticed many children around him were not being raised by their fathers because the men were often in jail, in prison or dead. Then Moten thought about what he wanted for his daughter.



StaffSgt. Preston Moten, a 20th Equipment Maintenance Squadron aerospace ground equipment schedule and training monitor, stands in front of 20th EMS Airmen at Shaw Air Force Base, S.C., Dec. 9, 2016. Air Force photo by Airman 1st Class Kathryn R.C. Reaves

“I know what it’s like,” he said, referencing his difficult youth. “I didn’t want her to go through that.”

Moten enlisted in the Air Force to be a better role model for his daughter and to get her away from the destructive environment he grew up in.

But like his past, his first year in the Air

Force was full of trouble.

Staff Sgt. Trevor Smart, a 20th EMS AGE craftsman, said he remembered one mistake Moten made while bringing in a piece of equipment off a maintenance line.

“He knocked a bomb load truck off of jack stands and it spun toward me and another

continued, next page

guy,” Smart said. “That’s the day he found out everything in AGE is a potential hazard to a life.”

Moten said he wasn’t taught to act professionally, so his reactions to people were far from reflecting Air Force standards. Immaturity led to discipline issues and paperwork.

The rating Moten was given on his first EPR shocked him out of his stubborn attitude. He realized he was not only far from the best, but did not reach the standard.

Once again, Moten realized he had to make some changes.

“The sergeants worked on me,” Moten said. “They’ve got gray hairs because of me. They said ‘We see something in you.’ I didn’t even see it in myself.”

People doubted his capabilities when he was younger, telling him what he couldn’t become, said Moten. Now, he uses his past to help local youth realize their true potential; he coaches youth football and basketball.

“I coach because I love it,” Moten said. “I judge myself by how I help others reach their potential.”

Moten doesn’t just help youth, but also the Airmen around him, Smart said. Moten is pursuing his Bachelors of Science in computer information systems, and hopes to complete his master’s degree before he reaches 10 years in service. Eventually, he wants to run a clinic for troubled youth where they can gather to listen to speakers, find mentors and learn a trade.

“I don’t see a limit on my future,” Moten said. “I can be anything I want to be.”

Airman 1st Class Kathryn R.C. Reaves,
20th Fighter Wing Public Affairs

MCCS encourages Marines to explore GI Bill, other college financing options

According to the Consumer Financial Protection Bureau and the U.S. Department of Education, there are currently more than 40 million student loan borrowers in the United States with over \$1.1 trillion in outstanding debt, surpassing credit card debt.

If you assume a large amount of student loan debt you may not qualify for home or auto loans and may have to delay saving for retirement, starting a family, or starting a business.

The authoritative tool to help you determine how much tuition and fees your GI Bill benefits will cover and how much you will need to pay is VA’s GI Bill Comparison Tool: <http://department-of-veterans-affairs.github.io/gi-bill-comparison-tool/>.

As a Marine, you may not need to rely on a student loan to pay for your education. With access to Tuition Assistance, scholarships, grants, and your GI Bill education benefit, you have many options for financing your education. It is essential to research options such as scholarships and grants before considering taking out a loan or using your GI Bill education benefit.

Check out the Department of Education’s advice for finding and applying for scholarships at <https://studentaid.ed.gov/sa/types/grants-scholarships/finding-scholarships>.

Other scholarship search tools include:

CareerOneStop’s Scholarship Search: <http://www.careerinfonet.org/ScholarshipSearch/>

MOAA Scholarships: <http://www.moaa.org/Content/Benefits-and-Discounts/Education-Assistance/Education-Assistance.aspx>

Military.com’s Scholarship Finder: <http://offers.military.com/v/scholarships/flow/>

The College Board’s Scholarship Finder: <https://bigfuture.collegeboard.org/scholarship-search>

If you do take out loans, make sure you understand capitalized interest and the repayment terms. Other questions to ask:

- What is a reasonable amount to pay for my degree?
- What is my interest rate and when do I have to start paying the loan back?
- Will I make enough money to repay my student loan debt?

Check out the online tools available through the Federal Student Aid Office (<https://studentaid.ed.gov/sa/>), the Dept. of Education’s Financial Aid Shopping Sheet (<https://www2.ed.gov/policy/highered/guid/aid-offer/index.html>) and Aid for Military Families (<https://studentaid.ed.gov/sa/types/grants-scholarships/military>), and the Consumer Financial Protection Bureau <http://www.consumerfinance.gov/paying-for-college/>.

Marine Corps Community Services



COMMUNITY CALENDAR

Jan. 6

First Friday

The Weckerling Center Bar opens on the first Friday of every month at 4:30 p.m. for permanent party service members and civilians, only. Hobson Recreation Center and the Java Cafe open at 8 p.m. for all members of the PoM community. Happy Hour is 10-11 p.m. *Must be 21+ to purchase or drink alcoholic beverages.*

Jan. 9

Musical Mondays

Parents and children sing together and learn a new children’s song, every Monday from 9-10 a.m. at General Stilwell Community Center, Bldg. 4260 Gigling Rd. (OMC).

Line dancing

Learn new moves and have fun with fitness during line dancing classes, Mondays at 5 p.m. at Price Fitness Center (Bldg. 842; 2558 Mason Rd., PoM). For more information, call (831) 242-5557.

Jan. 10

Jiu Jitsu Combatives

Jiu Jitsu and military combatives group practice is Tuesdays at 4:30 p.m. at Price Fitness Center (Bldg. 842; 2558 Mason Rd., PoM). Sessions are open to military and civilian personnel, of any skill level, who are seeking to improve their physical fitness while developing skills for self-defense and military combatives. For more information, call (831) 242-5557.

Jan. 7

Bring Your Own Game at Hobson Rec Center

Bring your own game night is the first Saturday of the month, 8 p.m. at Hobson Recreation Center (Bldg. 843, PoM).

Play our board games or bring your own and enjoy free ice cream with toppings and root beer floats while you play.

For more information, visit www.mwrmonterey.com/hrc or call (831) 242-5447.

Hosted by the PoM BOSS program.

BYOG Night

& ICE CREAM SOCIAL



Hobson Recreation Center First Saturdays @ 8 p.m.

Bldg. 843, Presidio of Monterey

Bring Your Own Game Night!
Hobson recreation Center is hosting a **Board Game Night & Root Beer Float/Ice Cream Social** on the first Saturday of every month. Come on out and meet new people, and enjoy sundaes on a Saturday.

Ice Cream and Toppings are FREE!

For more information call (831) 242-5447
www.facebook.com/PresidioBOSS

Jan. 11

Circuit Training

Focus on fitness during guided Circuit Training, 6 p.m. Wednesdays at Price Fitness Center (Bldg. 842; 2558 Mason Rd., PoM).

For more information, call (831) 242-5557.

Wednesday Play Group

The ACS New Parent Support Program interactive play group for children age 0-3 meets Wednesday mornings, 10 a.m. at the Gold Room inside Army Community Service’s Gen. Stilwell Community Center (OMC). Call (831) 242-7660 or 7196 for more information.

Jan. 12

BOSS meeting

BOSS meets at 4:30 p.m. the second and fourth Thursday of every month at Hobson Recreation Center (Bldg. 843, PoM). Activities include volunteer service projects, morale-building activities and events, and leadership opportunities for single service members (or geographical bachelors) assigned to Presidio of Monterey.

Jan. 12

Parents as Partners

Parents of children enrolled in the Monterey Road Child Development Center are invited to learn about the most recent happenings. Meet at 5 p.m. at the center, located at 7693 Monterey Rd. (OMC)and earn Parent Points towards discounts off their child care bill.

EFMP Support Group

The EFMP Support Group meets the second Thursday of every month, 6 p.m. in the Gold Room at Community Service (OMC). Free childcare is provided until 8 p.m. For more information or to RSVP, call (831) 242-7960.

Jan. 13-16

MLK Jr. Day observance

Friday, Jan. 13 is a training holiday for the Defense Foreign Language Institute Foreign Language Center. Monday, Jan. 16 is a federal holiday; most military and federal offices are closed.

Jan. 14

Spin class

Wake up and go for a spin during the a.m. spinning class Monday, Wednesday and Friday mornings, 5 a.m. at Price Fitness Center (Bldg. 842; 2558 Mason Rd., PoM). For more information, call (831) 242-5557.

Jan. 19

Smooth Move workshop

Learn about your next Permanent Change of Station (PCS) move, 3:30 p.m. at the Tin Barn (Bldg. 518; Pvt. Bolio Rd., PoM). Topics include: Using a Checklist, Knowing your Benefits and Entitlements, and Budgeting for Moving. Registration is required. Call (831) 242-7660 for more information.

Jan. 20

Thank Goodness It’s Friday

Start your weekend right with TGIF Night, Fridays at Hobson Recreation Center and the Java Cafe. Beginning at 8 p.m., get into the groove with music and beats by DJ JAM-A-LOT.

The Java Cafe will be open with beverages available for purchase. Happy Hour is 10-11 p.m.

Must be 21+ to purchase or drink alcoholic beverages.

Jan. 21

Saturday Night at Hobson Rec

Saturday nights at Hobson Recreation Center and the Java Cafe, DJ JAM-A-LOT spins tunes beginning at 8 p.m. Java Cafe will be open with beverages available for purchase. Happy Hour is 10-11 p.m.

Must be 21+ to purchase or drink alcoholic beverages.

Jan. 26

BOSS meeting

BOSS meets at 4:30 p.m. the second and fourth Thursday of every month at Hobson Recreation Center (Bldg. 843, PoM). Activities include volunteer service projects, morale-building activities and events, and leadership opportunities.

Better Opportunities for Single Servicemembers is open to all single service members (or geographical bachelors) assigned to Presidio of Monterey.

Jan. 27

Zumba

Step up your workout with Zumba’s Latin-inspired rhythms and dance moves, 5 p.m. Wednesdays and Fridays at Price Fitness Center (Bldg. 842; 2558 Mason Rd., PoM).

For more information, call (831) 242-5557.

Feb. 23

Collateral Duty Safety Officer course

The Collateral Duty Safety Officer (CDSO) course is offered 8 a.m.4:30 p.m. at the Conference Room 5, in the Tin Barn (Bldg 518). This course is required for all newly assigned ADSOs (Additional Duty Safety Officer) and CDSOs.

Participants must complete the online Additional Duty Safety Course, 2G-F95_DL (military)

or the online CDSO course, 2G-F102_DL (civilian) before attending. and should also complete the online CRM Civilian Basic Course (2G-F104_DL) and/or CRM Basic Course/military (2G-F97_DL) at <https://lms.army.mil>.

Only 12 seats are available. Contact the Garrison Safety Office to reserve a class seat by calling (831) 242-5884 or emailing ramon.l.velasquez.civ@mail.mil.

Please ensure that a copy of the appointment letter and certificate(s) of completion of online courses are provided to the appropriate Safety Office.

March 2

General Safety & Occupational Health

The General Safety & Occupational Health for Supervisory Personnel, Ergonomics and Accident Investigation and Reporting course is offered 8-11 a.m. at Conference Room 5, in the Tin Barn (Bldg 518). This is required initial training for new supervisors and managers. Other supervisors and managers are welcome to attend this session as refresher training.

Hazard Communication Standard / Global Harmonized System course

HCS-GHS training is offered 3:45-4:45 p.m. at Conference Room 5, in the Tin Barn (Bldg 518). This is initial, mandatory training for new employees.

To RSVP for these classes, call the Garrison Safety Office at (831) 242-5884 or email ramon.l.velasquez.civ@mail.mil.

Feb. 6-11

AT&T ProAm (Birdies for the Brave)

Tickets are available to all service members, military retirees and other veterans who would like to attend the AT&T Pro-Am golf tournament at Pebble Beach, compliments of the Birdies for the Brave program.

Eligible individualsmay register for up to two complimentary General Admission Single Day Tickets, which can be used individually on two different days or to attend on the day of their choice with one guest.

The tickets are free, but a \$1 verification fee per service member requesting tickets required.

For details or to register, visit <https://birdiesforthebrave2.sheerid.com/attpebblebeach2017/>.



News Briefs

EFMP Men’s group

Men with children or spouses with special needs meet at 6 p.m. at Chili’s Grill & Bar (Canyon Del Rey Blvd., Seaside). Share resources, ask questions and get answers from others who understand. Registration required; call ACS at (831) 242-7960 for more information. Download the event flyer at www.mwrmonterey.com/efmp.

EFMP Women’s group

The EFMP Women’s group is for women with children or spouses with special needs. Share resources, ask questions and get answers from others who understand. Registration is required. The location will be posted on the EFMP Facebook at <https://www.facebook.com/PresidioEFMP>. For more information or to RSVP, call (831) 242-7960.

EFMP Adaptive Aquatics

Enrollees in the Exceptional Family Member (EFMP) program may be eligible to enroll in adaptive aquatics instruction at Kernes Adaptive Aquatics in Monterey.

Programs are available for children and adults requiring full or partial assistance in the water and for those able to participate in an unassisted exercise program. There is no cost for qualifying EFMP enrollees. For more information, call (831) 242-7960.

Alcoholics Anonymous/ALANON

Alcoholics Anonymous meets weekly on Sundays to provide support for those struggling with alcoholism and sobriety. (The ALANON support group, for those struggling with the impact of a loved one’s substance

abuse, meets on Thursdays). For more information, call (831) 242-7436 or -6060.

Coaches wanted!

Child, Youth & School Services (CYSS) is seeking volunteer coaches to support youth sports teams throughout the year. For more information, call (831) 242-7809 or -4510.

Suicide Prevention resources

PoM Chaplain

On-call chaplain: (831) 915-1233

National Suicide Prevention Lifeline

toll-free: (800) 273-TALK, or -8255

Military One Source

24/7 support: (800) 342-9647

Parent Points

Did you know you can earn Parent Points creditable for a discount on your Child Development Center bill by volunteering, donating items, or attending classes? Get 10% off of one child’s tuition for every ten points earned. For info, call (831) 583-1050 or (831) 242-7823.

Breakfast For Your Brain

Free tutoring and mentorship in all STEM-A (Science, Technology, Engineering, Math, and the Arts) subjects is available for students in grades K-12 at Dudley Knox Library, Naval Postgraduate School (NSA Monterey) every Saturday, April 2 through May 21.

During sessions, NPS faculty will present “Brain Gain,” a 15-minute presentation on STEM (new topic each month).

Contact breakfastforyourbrain@nps.edu with student’s grade and subject before 5 p.m. the Wednesday prior to attending. Open to all students in the local community - for installation access information, please email the organizer at the email address above.

Youth Karate & Jujitsu

Develop your child’s physical ability and confidence with Karate and Jujitsu classes, Tuesdays & Thursdays from 5:30-6:30 p.m. at Porter Youth Center, 4283 Gen. Jim Moore Blvd. (OMC).

For children ages 5-18. Cost: \$80 per 3-month session, 15% discount for each additional child.

For more information, contact instructor Tyler Owens at (831) 241-8795.

Registration is required, call (831) 242-7823 or visit webtrac.mwr.army.mil.

Designated Driver Shuttle

The BOSS program provides volunteer “designated driver” service to all service members living in barracks on the Presidio from 10 p.m. to 2 a.m., Fridays and Saturdays. Service members needing a safe ride during those hours can call the SADD Hotline at (831) 601-7812 for a free shuttle ride to the barracks, no questions asked.

Names of those requesting rides are not documented.

Become an FCC provider!

Family Child Care program child care providers earn an income while working from home, and even while staying home with their own children. FCC offers training, support, and funds to help interested military spouses establish their own in-home child care business. For information, call (831) 242-5820.



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MONTEREY, Calif. — The DLIFLC Joint Color Guard stands along a sand dune during the 4th annual Honor Our Fallen 5k & 10K Run/Walk was at Fort Ord Dunes State Park on Oct. 22. This marked the first year that the event, started in 2013 by local Gold Star Mother Margot Stengel, was under the organization of the Presidio of Monterey Family and Morale, Welfare and Recreation Program. About 500 runners and walkers took part, which benefited the Presidio’s Army Community Services Gold Star Family programs. Photo by Steven L. Shepard, Presidio of Monterey PAO

For more 2016 Year in Photos, visit the Presidio of Monterey website at www.monterey.army.mil.