

PRESIDIO OF MONTEREY



September 2018

Debate

SEPTEMBER 17, 1787

THE DAY WE CELEBRATE AMERICA

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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: A graphic with the U.S. flag and constitution blended together.

Graphic by Joseph Kumzak, Presidio of Monterey PAO



Celebrating
**CONSTITUTION
DAY**

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

We The People

The day we celebrate the Constitution

JOSEPH KUMZAK, PRESIDIO OF MONTEREY
PUBLIC AFFAIRS

The United States government's framework was built in the Pennsylvania State House in Philadelphia, Sept. 17, 1787. This was the same location where the Declaration of Independence had been signed July 4, 1776.

The framers wrote the Constitution to replace the Articles of Confederation, the original charter of government. With 4,400 words, the entire Constitution spans only four pages. It is the oldest and shortest written constitution of any major government in the world.

"A free government is a complicated piece of machinery, the nice and exact adjustment of whose springs, wheels, and weights is not yet well comprehended by the artists of the age, and still less by the people."

*--John Adams to
Thomas Jefferson May 19, 1821*



Scene at the signing of the Constitution of the United States

Painting by Howard Chandler Christy

Forty-two delegates attended the Constitutional Convention, but only thirty-nine signed the document. Some originally refused to sign the Constitution because it lacked a bill of rights; however, they reached a compromise and agreed that a bill of rights would be added later.

The original Constitution consists of seven articles that lay the foundation of the government. The Bill of Rights, the first 10 amendments, were added Dec. 15, 1791, to give people specific rights.

"The happy union of these states is a wonder; their constitution a miracle; their example the hope of liberty throughout the world."

--James Madison

Why do we have Constitution Day?

News tycoon William Randolph Hearst suggested a holiday to celebrate American citizenship in 1939 and used his political connections to get his idea implemented. In 1940,

Congress designated the third Sunday in May as "I am an American Day."

In 1952, Ohio resident Olga T. Weber petitioned to have 'I am an American Day' changed to September 17 to correspond with the anniversary of the signing of the Constitution. Her idea received wide support from Congress. After President Dwight D. Eisenhower signed it, the date of the observance moved to September 17 and was renamed Citizenship Day.

Louise Leigh founded "Constitution Day, Inc." in 1997 -- a nonprofit organization to recognize the importance of the Constitution. In 2004, her efforts led to Constitution Day becoming an official holiday on September 17.

Constitution Day is an opportunity to recognize the incredible vision our founding fathers conceived for the United States; creating a framework of government granting equal rights to all citizens.

"Don't interfere with anything in the Constitution. That must be maintained, for it is the only safeguard of our liberties."

--Abraham Lincoln

The Constitution

September 17, 1787

Article I - THE LEGISLATIVE BRANCH

All legislative Powers herein granted shall be vested in a Congress of the United States, which shall consist of a Senate and House of Representatives.

Article II - THE EXECUTIVE BRANCH

The executive Power shall be vested in a President of the United States of America. He shall hold his Office during the Term of four Years, and, together with the Vice-President, chosen for the same Term, be elected, as follows.

Article III - THE JUDICIAL BRANCH

The judicial Power of the United States, shall be vested in one supreme Court, and in such inferior Courts as the Congress may from time to time ordain and establish. The Judges, both of the supreme and inferior Courts, shall hold their Offices during good Behaviour, and shall, at stated Times, receive for their Services, a Compensation, which shall not be diminished during their Continuance in Office.

Article IV - RELATION OF THE STATES TO EACH OTHER

Full Faith and Credit shall be given in each State to the public Acts, Records, and judicial Proceedings of every other State; And the Congress may by general Laws prescribe the Manner in which such Acts, Records and Proceedings shall be proved, and the Effect thereof.

Article V - AMENDING THE CONSTITUTION

The Congress, whenever two thirds of both Houses shall deem it necessary, shall propose Amendments to this Constitution, or, on the Application of the Legislatures of two thirds of the several States, shall call a Convention for proposing Amendments, which, in either Case, shall be valid to all Intents and Purposes, as Part of this Constitution, when ratified by the Legislatures of three fourths of the several States, or by Conventions in three fourths thereof, as the one or the other Mode of Ratification may be proposed by the Congress; Provided that no Amendment which may be made prior to the Year One thousand eight hundred and eight shall in any Manner affect the first and fourth Clauses in the Ninth Section of the first Article; and that no State, without its Consent, shall be deprived of it's equal Suffrage in the Senate.

Article VI - NATIONAL DEBTS

All Debts contracted and Engagements entered into, before the Adoption of this Constitution, shall be as valid against the United States under this Constitution, as under the Confederation.

Article VII - RATIFYING THE CONSTITUTION

The Ratification of the Conventions of nine States shall be sufficient for the Establishment of this Constitution between the States so ratifying the Same.

The Bill of Rights

December 15, 1791

Amendment I: Freedom of religion, speech, and the press

Amendment II: Right to bear arms

Amendment III: Housing of soldiers

Amendment IV: Search and arrest warrants

Amendment V: Rights in criminal cases

Amendment VI: Rights to a fair trial

Amendment VII: Rights in civil cases

Amendment VIII: Bails, fines, and punishments

Amendment IX: Rights retained by the people

Amendment X: Powers retained by the states and the people



Amendments added after the Bill of Rights

Amendment XI: Lawsuits against states

Amendment XII: Election of the President and Vice President

Amendment XIII: Abolition of slavery

Amendment XIV: Civil rights

Amendment XV: Black suffrage

Amendment XVI: Income taxes

Amendment XVII: Direct election of senators

Amendment XVIII: Prohibition of liquor

Amendment XIX: Woman suffrage

Amendment XX: Terms of the President and Congress

Amendment XXI: Repeal of prohibition

Amendment XXII: Limitation of Presidents to two terms

Amendment XXIII: Suffrage in the District of Columbia

Amendment XXIV: Poll taxes

Amendment XXV: Presidential disability and succession

Amendment XXVI: Suffrage for 18-year-olds

Amendment XXVII: Congressional salaries

A photograph showing a line of Airmen in camouflage uniforms marching on a field. The Airmen are wearing caps and have their names on their uniforms. The background is a hazy, outdoor setting with trees and a building.

DLI Airmen step into new talents on the ground

*STORY AND PHOTOS BY BRIAN LEPLEY,
PRESIDIO OF MONTEREY PAO*

Crisp marching with turns executed on a dime-- expertise with twirling rifles--these ceremonial skills have devotees at the Presidio of Monterey among the Air Force.

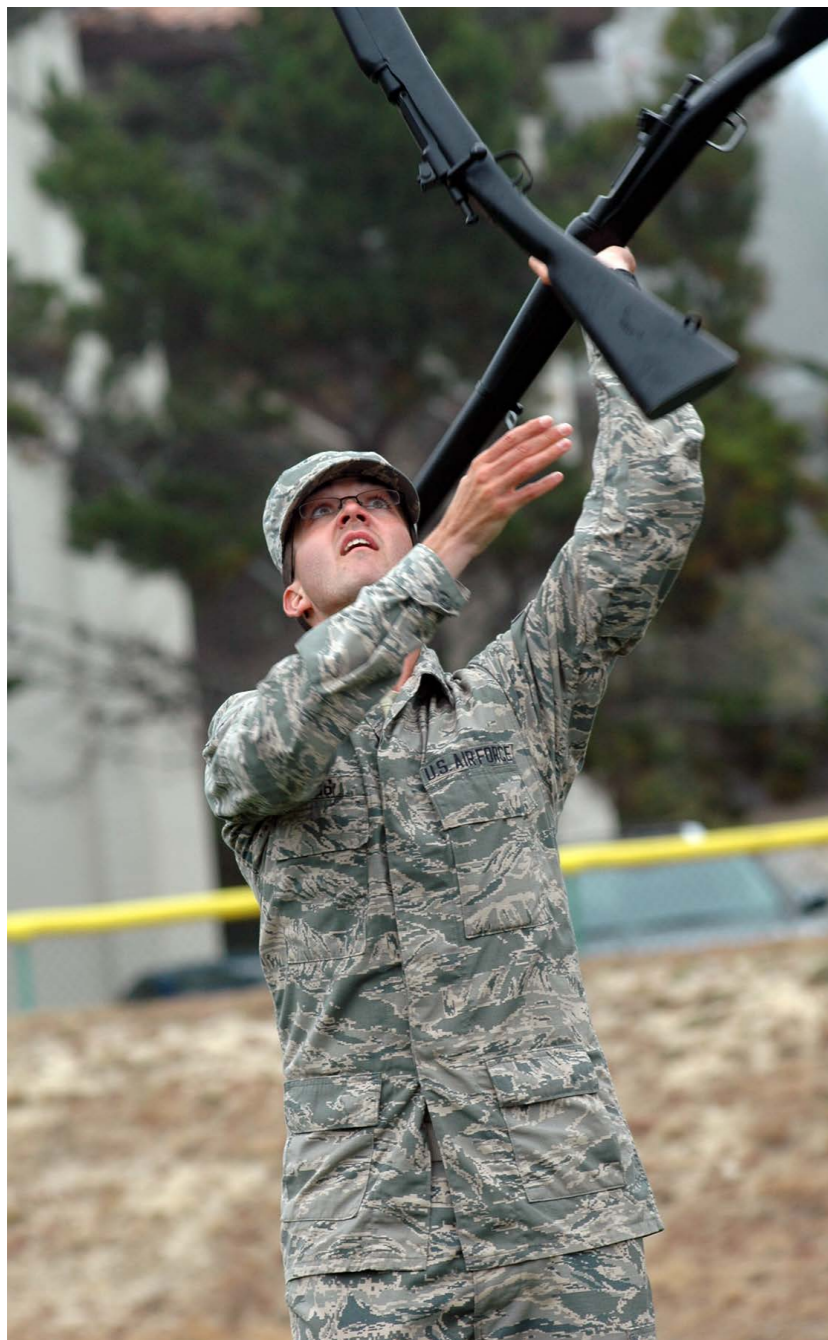
Students from the 311th and 314th Training Squadrons have established voluntary drill and ceremony teams.

"Regulation drill shows off the precision of movement and demonstrates teamwork," said Airman 1st Class Mark Redmond, one of the 311th team's more senior members. "It's something that's really important to the military. The performances are morale boosters for units."

Many of the participating Airmen were on drill and ceremony teams before enlisting.

"During my inprocessing week, Airman Redmond came to one of the briefings and he

Continued on next page



“I’m fresh to the team so what they say goes. But I can do stuff no one here can. I’ve taught them a few moves.”

Airman 1st Class Samuel Krebs,
311th Training Squadron

Airmen *(cont’d)*

was very excited about the drill team and that made me excited as well,” said 311th Airman 1st Class Elianna Kovalchek. “I had previous experience with drill in Civil Air Patrol and I was excited to do it again.”

Most team members see their involvement as stress relief from their DLI studies.

“It’s a nice relaxation after class,” said Airman 1st Class Katherine Cava-Peltan of the 311th. “It’s productive but has nothing to do with language training.”

Airman 1st Class Samuel Kerbs created a drill and ceremony team at Derby High School in Kansas.

I checked these guys out, saw that they took it seriously, and thought to myself, ‘Okay, this is something I want to be a part of,’” said the 311th Airman.

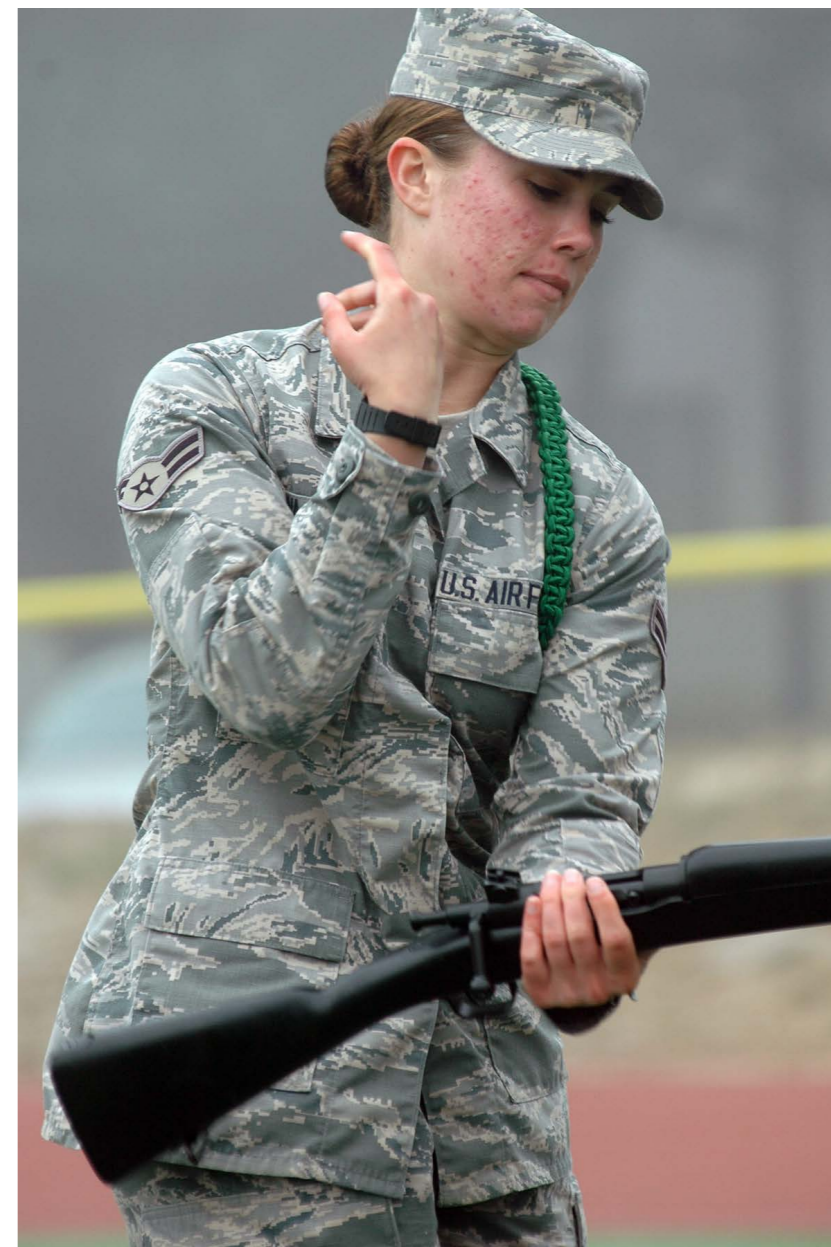
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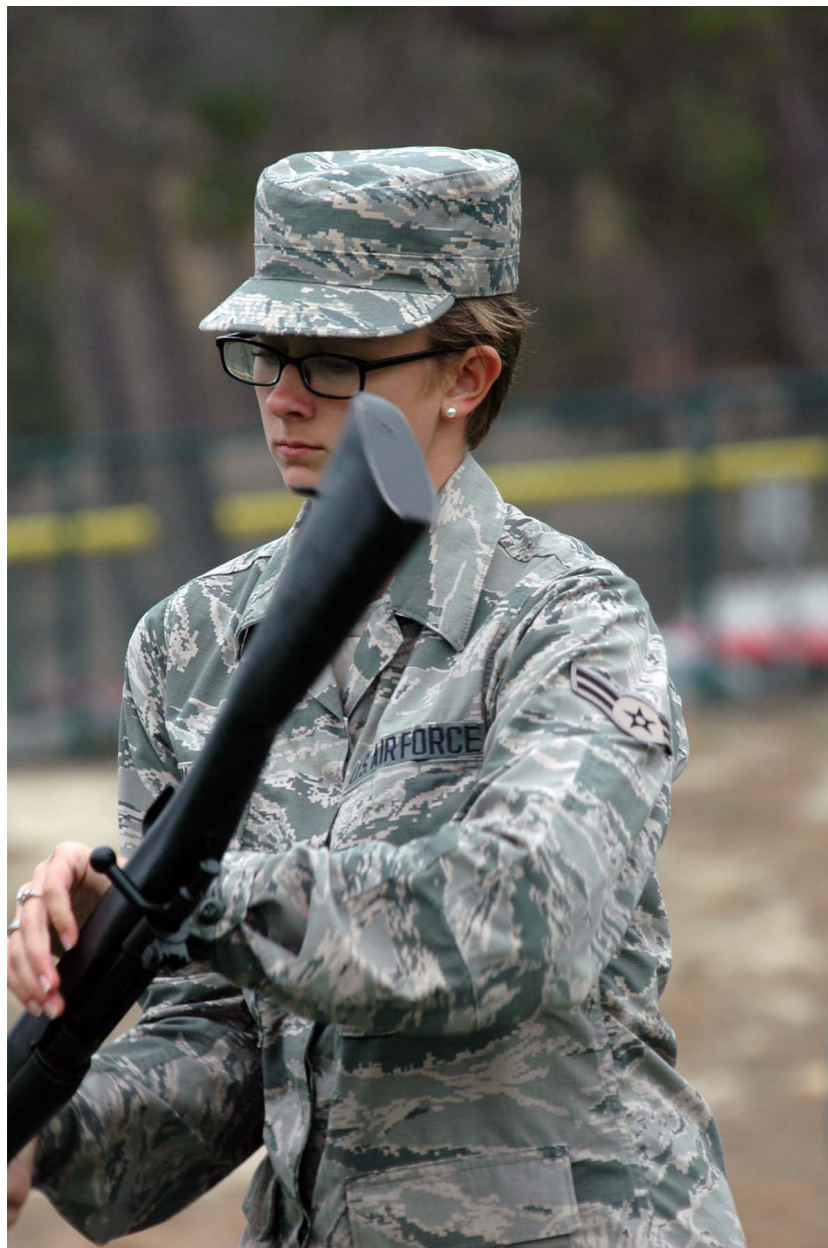
The 311th Training Squadron drill team practices Tuesdays, Wednesdays and Thursdays at the Fitness Center football field at 5:15 p.m.

“Each one of us has to lead a part of the drill performance, take on a leadership role. I think that’s really beneficial.”

Airman 1st Class Katherine Cava-Peltan,
311th Training Squadron



Airmen *(cont'd)*



"It's good stress relief at the end of the day. Even making mistakes with the rifle, we're all able to laugh at it."

Airman 1st Class Elianna Kovalchek,
311th Training Squadron

Navy makes splash at DLI CLP awards

STORY AND PHOTO BY BRIAN LEPLEY, PRESIDIO OF MONTEREY PAO

The U.S. military's finest language trainers not assigned to the Defense Language Institute remain out to sea.

Naval Information Operations Command-Georgia collected the 2017 best Command Language Program in a DLI ceremony Aug. 29. The award follows NIOC-Maryland claiming the 2016 title. Petty Officer 1st Class Jaimie Biro of NIOC-Georgia is the 2017 Department of Defense Command Language Program Professional of the Year.

Army, Navy, Marine and Air Force foreign language-trained service members and civilians gathered at the Presidio of Monterey to attend DLI's Advanced CLP Manager Workshop held from Aug. 26-30. DLI Commandant, Col. Gary Hausman, and Command Sgt. Maj. Troy Donehue presented all the awards, including those for each service's top CLP and managers.

Each service's winners in the 2017 Command Language Program of the Year were the 3rd Radio Battalion, Marine Corp Base Hawaii, at Kaneohe Bay; the 818th Mobility Support Advisory Squadron at Joint Base McGuire-Dix-Lakehurst, New Jersey; and the Army's 704th Military Intelligence Battalion from Fort Meade, Maryland.

More than 150 command language program managers attend the DLI CLP workshop each year to glean knowledge

about the trends in foreign language acquisition and new products offered to military service members to better maintain and improve their foreign language skills.

The 2017 U.S. Air Force Language Professional of the Year is Tech. Sgt. Robert Boyce, 316th Training Squadron, Goodfellow Air Force Base, Texas.

The 2017 U.S. Army Language Professional of the Year is Staff Sgt. Gretchen Rice, 513th Military Intelligence Battalion, Fort Gordon.

The 2017 U.S. Marine Corps Language Professional of the Year is Cpl. Christopher Levine, Company H, Marine Cryptologic Support Battalion, Joint Base San Antonio, Texas.



Petty Officer 1st Class Jaimie Biro gets the 2017 Department of Defense Command Language Program Professional of the Year award from DLI command team Col. Gary Hausman (left) and Command Sgt. Maj. Tom Donehue (right) Aug. 29.

Sailor still singing after ditching band for DLI

BY BRIAN LEPLEY, PRESIDIO OF MONTEREY PAO

The music video includes all the standard elements: close ups of the handsome lead singer; unique scenery (a desert that's beautifully lit); special effects; and the mysterious, seductive woman, representing

the singer's love interest.

The last part is not rock and roll fantasy. Alyson Precie, wife of lead singer Randall Swindell of the band Swindy, is the [video's](#) co-star.

But she left rock and roll behind in Tucson, Arizona, earlier this year. Seaman Precie's new gig is studying Russian at the Defense Language Institute, assigned to the Information Warfare Training Command-Monterey.

"I thought joining the Navy would mean giving up music, but between Presidio Has Mad Talent, our command choir, and singing the national anthem for a few retirements, I've been able to do so much already," the 27-year old said.

Precie grew up in a musical family with Navy origins. Her parents, Anthony Precie and Kelly Townsend, met while serving at Point Mugu Naval Air Station, California. They left the Navy after Alyson was born.

"My mom and I sang a lot at home, but I didn't perform or even take voice lessons until four years ago," Precie said.

Among her performing credits in Tucson over the next couple of years were Musical Mayhem Cabaret, Cabaret Boheme, and local opera productions (Suor Angelica, Pirates of Penzance, The Mikado). Two years ago, she met Swindell and joined his band.

"We started playing shows, writing and recording music right away, performing in over 20 shows together," Precie said. "He is still at home in Tucson with our daughter. But we still regularly write music together even while I'm at DLI."

She enlisted after seven years of working in supermarket management.

"I joined the Navy to provide for my family and because I was ready for a career change," Precie said. "Being in the band definitely helped prepare me for my Navy career. You have to be able to adapt, improvise, and perform under pressure, all while making sure your family still comes first."

Swindell is ready for whatever changes the Navy brings to his family and musical career.

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Seaman Alyson Precie, Information Warfare Training Command-Monterey, performs at Presidio Has Mad Talent at the Hobson Student Activities Center July 27.

Brian Lepley, Presidio of Monterey PAO

Sailor (cont'd)

"I fully support her making the choice to serve with great honor and am thankful that she would do this for our family," he said. "I believe we will continue to find balance with both Alyson's Navy career and my musical career, as well as our personal music projects."

Precie's ambitious life history has given her tools to excel in DLI's demanding academic environment, and prepare her for a rigorous top-secret assignment after graduation.

Senior Chief Petty Officer Virginia Soto, IWTC-M's branch chief, is familiar with Precie's circumstances.

"I can relate to her family situation as my husband is in Colorado," Soto said. "Precie has a good work-life balance. Our older Sailors bring a different perspective to the demands of DLI. They can appreciate the opportunity a little more than the younger students."

The career Sailor believes the new Sailor

has adapted to the demands of DLI and military service.

"Seaman Precie has established a good reputation here in a short amount of time. Her military bearing is impeccable and her grades are stellar," Soto said. "She has clear goals and is very detail-oriented. We plan on utilizing her in a leadership role as she gets more time on board."

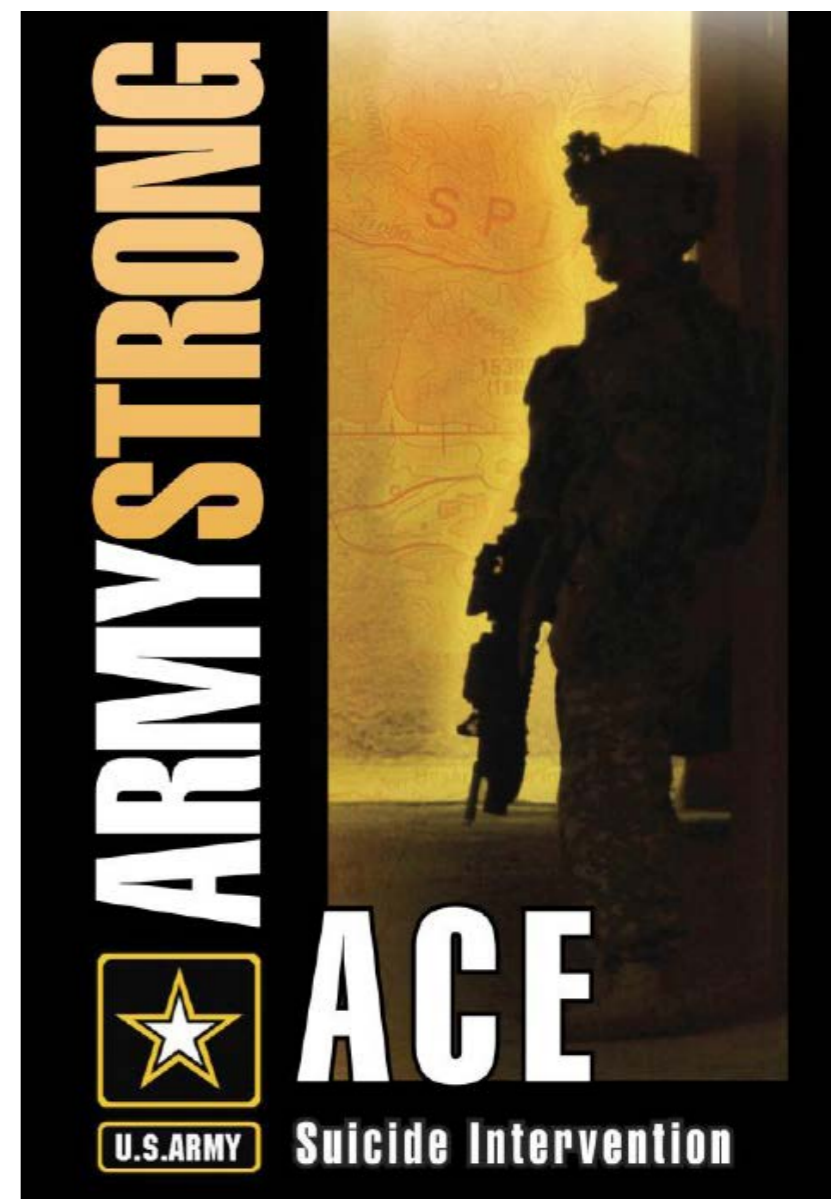
Whether Precie is on stage or in uniform, Swindell is familiar with his wife's focus and drive.

"Alyson always had this thirst for something greater, and it just wasn't happening in the music scene. We knew that she had the potential to do great things," he said. "I remember thinking early on; this chick needs something more than this little town."

Precie and her family will see that world beyond that little Arizona town upon her DLI graduation.



Alyson Precie and her husband Randall Swindell at the Tucson Military Entrance Processing Station after her enlistment. Courtesy photo.



Departing FMWR staff leaving fond memories

BY SAMANTHA LYMBURN-LAW, PRESIDIO OF MONTEREY PAO

The end of August marked the end of an era for Presidio of Monterey Family, Morale, Welfare and Recreation.

Matthew Paruolo and Cassandra Smith directly impacted Defense Language Institute students.

They've moved on to Washington State: Smith via PCS with her Soldier husband to Bremerton and Paruolo, promoted within Army FMWR to Yakima Training Area.

Both are secure in their experience of making a difference for the Presidio's student population.

"As the Adventure Programs Manager, I was able to share my love and knowledge of the local outdoor community with our service members," Paruolo said. "I designed activities to provide wholesome outlets for recreation for young people in a highly demanding academic environment, trying to improve their mental and physical well-being."

As the Better Opportunities for Single Servicemembers advisor, Smith's mission was the same, to provide DLI students the means to socialize and leave behind classroom stress.

"I put all of my energy into BOSS because not only because it is life changing, but it is life saving and I do not mean that figuratively," she said. "I have been told that BOSS was the only reason they were able to cope with day-to-day stressors because they had something to look forward to, somewhere they belonged. Most importantly, BOSS is an outlet to relieve all of their school

and military-related stress with their peers through fun and safe events."

Matty and Cassy, as they are better known, are close enough to their audience's age to relate to them. FMWR work involves evenings, weekends, settings like beaches, karaoke, baseball games, cookouts, and other general frivolity that bonded them and Presidio service members, cadre and civilian

employees.

Early in August, Bob Emanuel, Presidio FMWR director, had a conversation with a Marine at the Java Café on lower PoM.

"He had been on several overnight Outdoor Recreation trips and he was so complimentary of Matt, his wilderness knowledge, and his customer service," Emanuel said. "Matt is the whole package and a perfect fit for taking advantage of our vast outdoor opportunities. He is just as well versed on land activities as he is in the water."

Emanuel saw something special in Smith when, as a new FMWR employee in 2013, she volunteered for an extended temporary assignment to Joint Base Myer-Henderson Hall where she was instrumental in addressing childcare issues at that prominent Washington D.C. installation.

"Her success there made us realize that her energy and enthusiasm would be a better fit for BOSS, and she has been absolutely perfect in that role," Emanuel said. "She is the epitome of an MWR programmer, always with a bounce in her step, a smile



Cassandra Smith (right) co-hosts Presidio Has Mad Talent with Pvt. Carlos Baez, 229th Military Intelligence Battalion, at the Hobson Student Activities Center July 27.

Continued on next page

FMWR (cont'd)

on her face and a great new idea."

Paruolo strived to share his love of outdoor activities with Outdoor Recreation patrons.

"These areas have a rich military history and I'm happy to have played a small role in sharing that history these past three years," he said.

Smith wants her legacy to be

the value of BOSS to Presidio personnel.

"Support from leadership is vital and I challenge all of leadership to attend at least one BOSS meeting to see what their junior enlisted service members are accomplishing," she said. "They do so much and never for the recognition. BOSS is a program that promotes readiness and it shouldn't be overlooked!"



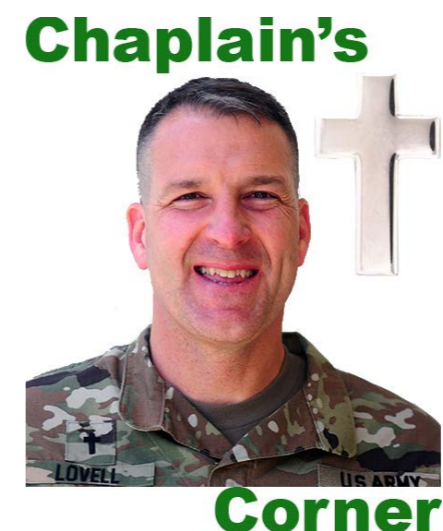
Matthew Paruolo (right) explains Outdoor Recreation programs at the Army Community Services Summer Expo at Stilwell Community Center July 26.

Telling the difference between image, character

CHAPLAIN (LT. COL.) BILL LOVELL,
PRESIDIO OF MONTEREY CHAPLAIN

Anybody remember when that Old Spice Man commercial came out?

He would say: "Hello, ladies, look at your man, now back to me, now back at your man, now back to me. Sadly, he isn't me, but if he stopped using ladies scented body wash and switched to Old Spice, he could smell like he's me."



The careful manicuring of one's image has become a pastime in America. Whether it is the crafting of six-pack abs from your P90X workout, or the 10th posting of the day on Facebook about that "big thing" you did on Saturday, humanity seems increasingly obsessed with their self-image.

Sadly, this is nothing new. When God gave Moses the commandment "Thou shalt not make unto yourself any graven

image" over 3,000 years ago, I think he was trying to save humans from images that were powerless, including the ones we make for ourselves.

Modern humanity might have more sophistication than ancient humanity, but if an inordinate amount of your spare time is spent cultivating your own image, you might be worshipping a powerless god.

Don't believe me? Just take a look around the tourist parking lots in Monterey and spot a shiny, red Porsche Boxster. Is it the wax job on the paint that powers the vehicle, or

is it the engine underneath? What wisdom would you attribute to me if I looked at this masterfully engineered car and surmised, "If I could only paint my Toyota mini-van shiny red and wax it, then it would be just as fast as a Porsche Boxster."

Put them in a race against each other and you will find out very quickly whether image or substance matters.

Hatch Act guidance for election season

Social media

The U.S. Office of Special Counsel (OSC) routinely receives questions from federal employees and others about when the use of social media could violate the Hatch Act. Social media platforms are easily accessible to most employees while at work—on computers, smartphones, or other devices. OSC has created this guidance to help federal employees understand what the Hatch Act does and does not allow when using social media.

In general, all federal employees may use social media and comply with the Hatch Act if they remember the following three prohibitions:

(1) On Duty or in the Workplace Prohibition – Employees may not engage in political activity while on duty or in the workplace. Political activity is an activity directed at the success or failure of a political party, candidate in a partisan race, or partisan political group.

Rule: Employees may not post, like, share, or retweet a message or comment in support of or opposition to a political party, candidate in a partisan race, or partisan political group while on duty or in the workplace, even if their social media account is private.

Politics and Social Media

what service members and DoD civilians need to know

CAN DO

- Register and vote.
- Express personal-political opinions.
- Encourage others to participate in the political process.
- Sign a petition for a specific legislative action.
- Write a letter to the editor, but a disclaimer is required and the letter cannot solicit votes for a candidate.
- Donate money to a political organization, party or committee.
- Display one bumper sticker on personal vehicle.
- Display signage on residence exterior supporting a candidate. Only on off-base residences.
- Become a 'friend' or 'like' social media pages of political parties, partisan candidates or campaigns.

CAN'T DO

- Participate in partisan fundraising activities.
- Speak at a partisan political gathering.
- Wear a military uniform at a campaign or election event.
- Publish articles or endorsements that solicit votes.
- Participate in a radio, television or other programs as an advocate for a partisan party, candidate or cause.
- 'Like' or share a post soliciting political contributions.
- Display a campaign logo or candidate photograph as a profile picture.
- Suggest others to 'like', 'friend' or 'follow' partisan pages.
- Forward invitations to partisan events.
- Solicit or fundraise for partisan events.

Graphic by Joseph Kumzak, Presidio of Monterey Public Affairs

(2) 24/7 Prohibition – Employees may not knowingly solicit, accept, or receive a political contribution for a political party, candidate in a partisan race, or partisan political group.

Rule: Employees, even when not on duty or in the workplace, may not post or tweet a message that solicits political contributions or invites people to a fundraising event.

(3) 24/7 Prohibition – Employees may not use their official authority or influence to affect the outcome of an election.

Rule: Employees may include their official titles or positions and where they work in their social media profiles, even if they also include their political affiliation or otherwise use their account to engage in political activity.

Contact the Staff Judge Advocate for further guidance on Hatch Act prohibitions: 831-242-5084

Army Combat Fitness Test set to become new PT test of record in late 2020

Sean Kimmons, Army News Service

FORT EUSTIS, Va. -- Army senior leaders have approved a new fitness test designed to better prepare Soldiers for combat tasks, reduce injuries and lead to cost savings across the service.

The six-event readiness assessment, called the Army Combat Fitness Test, is intended to replace the current three-event Army Physical Fitness Test, which has been used

since 1980.

Beginning October 2020, all Soldiers will be required to take the new gender- and age-neutral test. Before that, field testing set to begin this October will allow the Army to refine the test, with initial plans for up to 40,000 Soldiers from all three components – active duty, Guard and U.S. Army Reserve – to take part.

“The Army Combat Fitness Test will ignite a generational, cultural change in Army

fitness and become a cornerstone of individual Soldier combat readiness,” said Maj. Gen. Malcom Frost, commander of the Army’s Center of Initial Military Training. “It will reduce attrition and it will reduce musculoskeletal injuries and actually save, in the long run, the Army a heck of a lot of money.”

More than six years of significant research went into the test’s development as researchers reviewed what Soldiers must do fitness-wise to be prepared for combat.

“Throughout that research and testing, the goal was to provide our leaders with a tough, realistic, field-expedient assessment of the physical component of their Soldiers’ individual readiness,” said Sgt. Maj. Of the Army Daniel A. Dailey. “The ACFT is scientifically-validated and will help better prepare our Soldiers to deploy, fight, and win on any future battlefield.”

Roughly 2,000 Soldiers have already taken the test, previously called the Army Combat Readiness Test. They also provided feedback as part of the Army Training and Doctrine Command and Forces Command pilots that began last year at several installations.

Continued on next page



Army Combat Fitness Test

The six-event ACFT tests all of the major muscle groups and provides an accurate, scientifically-validated assessment of a Soldier's readiness based on the tasks a Soldier may encounter in training or combat. The events are completed in order and Soldiers must complete all six events in 50 minutes or less.

Hand Release Push-ups: Soldiers start in the prone position, do a traditional push-up but when at the down position they release their hands and arms from contact with the ground before re-setting and pushing up. The number of successfully completed repetitions is counted over a 2-minute period.

Strength Deadlift: Soldiers lift the maximum weight possible, three times, under control, replicating a litter carry or the movement of ammunition and supplies. The event tests lower body muscular strength, coordination and balance.

Sprint-Drag-Carry: For this timed event, Soldiers will complete five laps for a total distance of 250 meters. During the five laps, Soldiers will perform sprints, drag a 90 pound sled and hand-carry two 40-pound kettlebell weights. The event tests a Soldier's movement skill under anaerobic conditions: sprinting, dragging, carrying, turning and moving sideways. It replicates moving a casualty to safety, moving supplies or moving under fire.

Leg Tuck: From a straight-arm hang, Soldiers must raise their legs up so that their knees or thighs touch their elbows. Soldiers are tested on the number of successfully completed repetitions. Soldiers will stop when they are unable to continue or they have reached the two minute time limit. This event replicates climbing up and over walls.

Standing Power Throw: Soldiers throw a 10-pound ball up and backwards over their heads for maximum distance. The throw replicates the movement required to assist a buddy over an obstacle or the power required to leap across a ditch. The event tests explosive power and coordination of legs and arms.

2-Mile Run: The 2-mile run is conducted outside on a track or paved course. Soldiers run two miles as quickly as possible, replicating movement to contact over distance. At the completion of the 2-mile run, the Soldier's time is recorded, and the Army Combat Fitness Test is completed.

PT test (cont'd)

"The current PT test is only a 40 percent predictor of success for performing in combat and executing warrior tasks and battle drills," Frost said. "This test is approximately an 80 percent predictor of performing based on our ability to test the physical components of combat fitness."

SIX EVENTS

While the ACFT still keeps the 2-mile run as its final event, it introduces five others to provide a broad measurement of a Soldier's physical fitness. The events are completed in order and can take anywhere from 45 to 55 minutes for a Soldier to finish.

-- Strength deadlift: With a proposed weight range of 120 to 420 pounds, the deadlift event is similar to the one found in the Occupational Physical Assessment Test, or OPAT, which is given to new recruits to assess lower-body strength before they are placed into a best-fit career field. The ACFT will require Soldiers to perform a three-repetition maximum deadlift (only one in OPAT) and the weights will be increased. The event replicates picking up ammunition boxes, a wounded battle buddy, supplies or other heavy equipment.

-- Standing power throw: Soldiers toss a 10-pound ball backward as far as possible to test muscular explosive power that may be needed to lift themselves or a fellow Soldier up over an obstacle or to move rapidly across uneven terrain.

-- Hand-release pushups: In this event, Soldiers start in the prone position and do a traditional pushup, but when at the down position they release their hands and arms

from contact with the ground and then reset to do another pushup. This allows for additional upper body muscles to be exercised.

-- Sprint/drag/carry: As they dash 25 meters five times up and down a lane, Soldiers will perform sprints, drag a sled weighing 90 pounds, and then hand-carry two 40-pound kettlebell weights. This can simulate pulling a battle buddy out of harm's way, moving quickly to take cover, or carrying ammunition to a fighting position or vehicle.

-- Leg tuck: Similar to a pullup, Soldiers lift their legs up and down to touch their knees/thighs to their elbows as many times as they can. This exercise strengthens the core muscles since it doubles the amount of force required compared to a traditional situp.

-- 2-mile run: Same event as on the current test. In the ACFT, run scores are expected to be a bit slower due to all of the other strenuous activity.

The ACFT gauges Soldiers on the 10 components of physical fitness: muscular strength and endurance, power, speed, agility, aerobic endurance, balance, flexibility, coordination and reaction time. The current test only measures two: muscular and aerobic endurance.

TEST SCORING

The vast majority of policies with the APFT will likely be carried over to the new test.

Scoring could be similar with 100 points for each event for a maximum of 600. Minimum scores, however, may change depending on a Soldier's military occupational specialty. Soldiers in more physically demanding jobs may see tougher minimums, similar to how OPAT evaluates new recruits.

"The more physically challenging your MOS, the more you'll be required to do at the minimum levels," said Michael McGurk, director of research and analysis at CIMT.

Another difference is that there are no alternate events planned for this test, he said.

Soldiers will still get adequate time to rehabilitate from an injury. But under a new "deploy-or-be-removed" policy, Defense Secretary James Mattis said in February that troops who are non-deployable for more than 12 months will be processed for administrative separation or referred to the disability evaluation system.

"Generally speaking, somebody who has a long-term permanent profile that precludes taking a fitness test may not be retainable for duty in the Army," McGurk said.

At about \$20 million, the new test will be more costly for the Army to conduct. A single lane of equipment at full retail value is about \$1,200. A battalion set of equipment will range from \$12,000 to \$20,000. Those prices will likely drop as the Army buys more sets at wholesale.

Continued on next page

PT test (cont'd)

Equipment should last about 10 years, meaning it will cost less than \$3 per Soldier over time.

"If I have a femoral neck fracture in the hip of a Soldier, that injury will cost the government about \$1 million," McGurk said. "So, if I avoid 20 of those injuries a year I've paid for the program for the next 10 years for equipment. The potentials on return are very significant."

COST AVOIDANCE

The Army estimates \$4 billion is spent each year due to injuries, non-deployable Soldiers, accidents and other health-related costs.

As part of its culture change, the Army is building a Holistic Health and Fitness System to produce healthier and fitter Soldiers. The new test is one piece of it in addition to the OPAT, the improvement of fitness centers, and healthier options at chow halls.

Army researchers studied foreign militaries that have rolled out similar holistic programs and found them to be highly successful.

The Australian army, for instance, introduced it to their basic training and saw a roughly 30 percent reduction in injuries.

"Do I know we're going to have a 25-30 percent reduction? No, but I certainly hope we will," McGurk said. "We think [the test is] well worth it and it's the right thing to do for Soldiers in any case."

Feedback from Soldiers so far has also

been overwhelmingly positive.

"As we all know, physical fitness training can become rather monotonous if people train the same way," McGurk said. "So, a lot of them saw this as a great change and how it required them to use different muscles."

While some Soldiers may disagree with replacing the current test, McGurk said that fitness has come a long way from 40 years ago when the APFT was first developed.

"In 1980, running shoes were relatively a new invention," he said. "The Army was still running in boots for the PT test back then. Change is difficult, but we're an Army that adapts well to change."

ARMY VISION

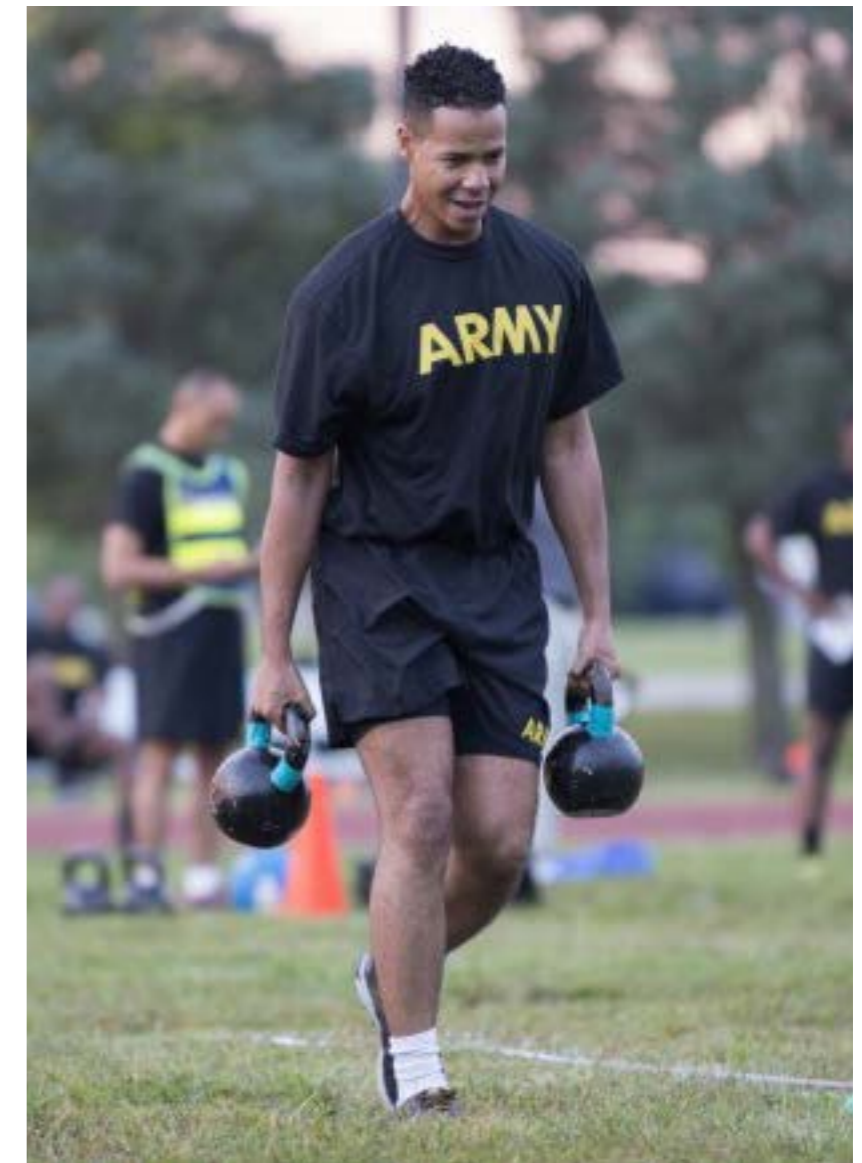
In early June, senior leaders outlined what the Army should focus on over the next decade to retain overmatch against potential adversaries.

The 2028 vision statement, signed by the Army's secretary and chief of staff, calls for modernized equipment, particularly the development of autonomous systems. It also stresses the need for physically fit and mentally tough Soldiers to fight and win in high-intensity conflict.

"Technology is going to be dominant and we need a lot of things that we're looking at through modernization," Frost said. "In the end, you still need the United States Army Soldier to be able to seize and hold terrain."

The ACFT is a foundational method, leaders believe, the Army can use to start a new era of fitness and obtain that soldier overmatch in combat.

"The current leadership ... has really coalesced and understands the importance of fitness itself and the importance of the PT test to drive that change in culture," Frost said. "They've made the decision and we're ready to execute."



A Soldier carries two 40-pound kettlebell weights during a pilot for the Army Combat Fitness Test, a six-event assessment designed to reduce injuries and replace the current Army Physical Fitness Test.

U.S. Army photo by Sean Kimmons

Marines muscle their way to resilience

STORY AND PHOTOS BY JOSEPH KUMZAK, PRESIDIO OF MONTEREY PUBLIC AFFAIRS

Resilience is not just a buzzword military leaders trumpet to sound good. They recognize resilience as an essential component to building a strong and ready military, and are responsible for weaving it into their unit's culture.

Each service on the Presidio of Monterey hosts a resiliency day to reinforce its importance to unit morale and cohesion. The Marine Detachment hosted its resiliency day Aug. 10 at Hilltop Field in a series of team competitions.

The multi-sport competition gave Marines a break from the classroom and the opportunity to unleash their competitive



A marine competes in the ammo-can run Aug. 10 on Hilltop Field for the Marine detachment's resiliency day activities.



Marines compete in a tug of war competition Aug. 10 on Hilltop Field for the Marine detachment's resiliency day.

spirit. Events included tug of war, pull-ups, tire flips, ammo-can run, and pugil stick competitions.

Marine detachment commander, Lt. Col. Jason Schermerhorn, presented the trophy to 3rd platoon for racking up the most points and winning the competition.

After the competition, Schermerhorn huddled with the Marines to deliver his message on resilience. He opened with a simple question "What is resilience?" A Marine bellowed "The ability to get up when knocked down."

REAL ID and AB60 California Drivers' Licenses

SHAWN MARSHALL, DIRECTOR OF EMERGENCY SERVICES

There are three types of driver's licenses issued in California as of 22 Jan 2018. Those three types are Real ID Compliant, non-Real ID Complaint and AB60. The attached document explains the differences and the specific verbiage on each.

Real ID Compliant Driver's License - this license has a golden bear with a white star in the upper right corner. Nowhere on the license does it state Federal Limits Apply. This license is a federally approved form of identification.

Non-Real ID Compliant Driver's License -

this license has the words Federal Limits Apply in the upper right corner. On the back of the license are the words, "This license is issued only as a license to drive a motor vehicle. It does not establish eligibility for employment, voter registration or public benefits." This license will be accepted as a form of identification to enter the Presidio of Monterey until October 2020.

AB60 Driver's License - this license has the words Federal Limits Apply in the upper right corner. On the back of the license are the words, "This card is not acceptable for official federal purposes. This license is issued only as a license to drive a motor

vehicle. It does not establish eligibility for employment, voter registration or public benefits." This license will not be accepted as a form of identification to enter the

Presidio of Monterey starting 01 Oct 2018.

All individuals with AB60 licenses have a grace period until 01 October 2018 to get one of the other two types of driver's licenses. Effective at 0001 hrs on 01 October 2018, individuals with an AB60 license will not be allowed to access the Presidio of Monterey with that license. Individuals with AB60

licenses must use some other form of official government identification to access the installation. Even individuals on the access roster will not be allowed to access the installation using an AB60 license.

AB60 driver's license



There are eleven other states and the District of Columbia that issue driver's licenses to undocumented immigrants (Colorado, Connecticut, Hawaii, Illinois, Delaware, Vermont, Washington, Maryland, Nevada, Utah, and New Mexico). Like the California AB60, these licenses will not be accepted as a form of identification to enter the Presidio of Monterey starting on 01 October 2018.

There are seventeen other states that are still issuing Non-Real ID Compliant Driver's Licenses and have extensions until October 2020 (Alaska, Oregon, Washington, Montana, North Dakota, Minnesota, Oklahoma, Missouri, Illinois, Kentucky, Virginia, New Jersey, Pennsylvania, Rhode Island, Massachusetts, New Hampshire and Maine).

Continued on next page

The REAL Difference of a REAL ID

"REAL ID" Driver License/ID Card

- You must go to a DMV office and bring proof of:
 1. Identity
 2. Social Security number
 3. California address
- Use it to board a plane.
- Use it to enter a secure federal facility (such as a military base).



Federal Non-Compliant Driver License/ID

- NOT** allowed for boarding a plane starting October 1, 2020.
- NOT** allowed to enter a secure federal facility starting October 1, 2020.
- Has text on the front that says "FEDERAL LIMITS APPLY"



Do I need a "REAL ID"?



For more information visit REALID.dmv.ca.gov

Reverse Side of Driver License

AB 60

REAL ID/Non-REAL ID

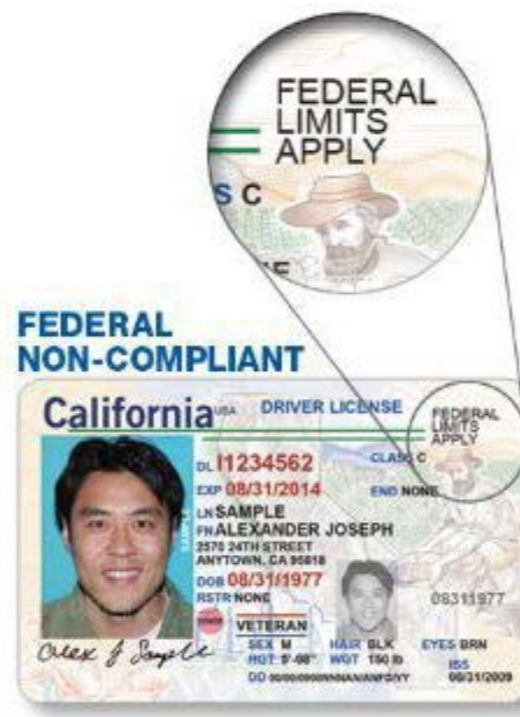
DASGs will need to look for this sentence in order to deny/grant installation access.



This card is not acceptable for official federal purposes. This license is issued only as a license to drive a motor vehicle. It does not establish eligibility for employment, voter registration, or public benefits.



This license is issued only as a license to drive a motor vehicle. It does not establish eligibility for employment, voter registration, or public benefits.



Garrison employees of the month

Jeffrey Parker - June



Sgt. Parker single-handedly corrected or validated nearly 100 police reports to meet fingerprint record requirements specified by the office of the Provost Marshal General and the Criminal Records Center following a Department of Defense police records audit. His exceptional work ethic, attention to detail and innovative problem-solving skills helped him complete the task quickly and efficiently.

Sgt. Parker volunteered to take the lead to correct the errors associated with DA Form 4833 and fingerprints to be in compliance with IMCOM OPOD 18-033.

He overcame significant challenges and inconsistent guidance to successfully fix over 100 mistakes.

Sgt Parker coordinated with outside agencies including the Monterey County District Attorney's Office, Monterey County Sheriff's Office, Monterey County Superior Court of California, California Highway Patrol and all local police departments in Monterey County.

These corrections required research, investigation, meticulous attention to detail, and unique problem-solving skills. His actions ensured that fingerprints and final adjudication of crimes charged on POM, OMC and La Mesa are available in CRC databases for law enforcement agencies in preventing future crimes by individuals previously charged. This direct linkage of crime data and fingerprints is vital in preventing violent crimes in the Department of Defense.

Faye Jenkins-Bellow - July



Faye is the DPW Municipal Services Branch Chief, Operations and Maintenance Division, and serves as the Contracting Officer's Representative for nine service contracts totaling \$23 million.

These mission-essential contracts directly support the DLIFLC and USAG POM missions; sustain life, health and safety; and enhance the quality of life for our service members and civilian workforce. Faye observed that the contractor who maintains Benicia Army Cemetery was not performing in accordance with the terms of the contract, and as a result, the cemetery

had fallen into significant disrepair. She worked to resolve the contract problems and improve the condition of the cemetery.

Faye then developed the Performance Work Statement for the new contract and personally ensured that it delivers services in accordance with Army Cemetery Maintenance Standards. Throughout the month of July (and time following award of the new contract), Faye has closely monitored the new contractor's performance and has effectively worked with the contractor to improve the condition of the cemetery to achieve the Army standard. The results have been nothing short of remarkable.

Additionally, she worked to improve the condition of the landscaping and grounds maintenance at the DOD Center. In closing, Ms. Faye Jenkins-Bellow is a consummate professional dedicated to supporting the POM mission and the customers that we serve.

National Hispanic Heritage Month

Hispanics:
One Endless
Voice to Enhance
Our Traditions

Sept 15 - Oct 15



For more information, visit www.ed.gov/Hispanic

