

# The Golden Guidon



First 12W Engineer Course at FHL  
1-184th Infantry Regiment Stryker Qualifications



### THE GOLDEN GUIDON

Official Command Publication of  
U.S. Army Garrison Fort Hunter Liggett/  
Parks Reserve Forces Training Area

### FHL COMMAND TEAM

Col. Charles Bell,  
Garrison Commander  
David Myhres,  
Deputy to the Garrison Commander  
Lt. Col. Stephen Stanley  
Deputy Garrison Commander  
Command Sgt. Major Mark Fluckiger,  
Garrison Command Sergeant Major

### PRFTA COMMAND TEAM

Lt. Col. Serena Johnson,  
PRFTA Commander  
Command Sgt. Samuel MacKenzie,  
PRFTA Command Sgt. Major

### GOLDEN GUIDON STAFF

Amy Phillips, FHL Public Affairs Officer  
Jim O'Donnell, PRFTA Public Affairs Officer  
Cindy McIntyre, Public Affairs Specialist

The Golden Guidon is an authorized  
quarterly publication for the U.S.  
Army Garrison Fort Hunter Liggett  
community. Content in this publication  
is not necessarily the official views of, or  
endorsed by, the U.S. Government or the  
Dept. of the Army, or FHL/PRFTA.

### SUBMISSIONS

Guidelines available on the FHL website in  
the Public Affairs Office section. Submit  
stories, photographs, and other information  
to the Public Affairs Office [usarmy.hunterliggett.imcom-central.list.fhl-pao@mail.mil](mailto:usarmy.hunterliggett.imcom-central.list.fhl-pao@mail.mil) or call 831-386-2690.

### FEEDBACK WELCOMED

Email or submit ICE comment:  
[https://ice.disa.mil/index.cfm?fa=-card&sp=113492&s=442&dep=\\*DoD&sc=2](https://ice.disa.mil/index.cfm?fa=-card&sp=113492&s=442&dep=*DoD&sc=2)

# Contents

Commander's Message	3
Chaplain's Corner	4
In the Spotlight	5
Garrison Highlights	11
Training Highlights	20
Community Engagements	24
Soldier & Employee Bulletin	26

## Features

• Mesa Del Ray Airport	12
• Garrison Asian, Pacific Islanders Share Their Stories	16
• It's What's Inside the Heart, Not the Color That Matters	19

COVER PHOTO: California National Army Guard Soldiers with the 1-184th Infantry Regiment from Palmdale, conducting annual Stryker Gunnery Qualifications at Fort Hunter Liggett, August 5. (Photo by Amy Phillips, FHL Public Affairs)

COMMAND INFORMATION RESOURCES  
[www.home.army.mil/liggett](http://www.home.army.mil/liggett)  
[www.home.army.mil/parks](http://www.home.army.mil/parks)  
[www.dvidshub.net/unit/FHL-PAO](http://www.dvidshub.net/unit/FHL-PAO)  
[www.facebook.com/FortHunterLiggett](https://www.facebook.com/FortHunterLiggett)  
[www.flickr.com/photos/forthunterliggett](https://www.flickr.com/photos/forthunterliggett)



# COMMANDER'S MESSAGE

Greetings Team Fort Hunter Liggett and Parks Reserve Forces Training Area!

There is never a dull moment, with COVID-19 (C19) keeping us busy with modifications in all our operations, the resurgence of training and the leadership changes at both installations. I want to make sure you know that amidst all the chaos and high OPTEMPO, your safety is always my top priority.

In order to protect those working and living on our installations - **STAY HOME IF YOU ARE SICK.** If warranted, contact your health care professional. Keep your supervisor informed. We work diligently with transient unit leaders to enforce CDC and garrison C19 policies, but we need your help. We can't be everywhere all the time. So if you see someone not doing the right thing, correct it, tactfully. We are all safety officers, and have a vested interest in reducing the risk of C19 at our installations.

Things are changing daily in the C19 environment and it's important for you to stay informed. Pay attention to the messages from the Alert system and Public Affairs Office (PAO), and use our installation websites' C19 pages for info and resources. It is important to be cautious, heed warnings and do what you can to prepare and prevent the spread of germs, but there is no need to panic. Make sure you consider risk assessment while off-duty as you would at work. Is what you are doing unnecessarily increasing the risk to be exposed to C19?

There is also other news that is causing us stress - discrimination and the death of Spc. Vanessa Guillen, a Soldier who was stationed at Fort Hood, Texas.

If you have experienced any form of discrimination at our installations, immediately contact your supervisor. You may also contact the Command

Team at both installations.

To demonstrate how proud I am of our diverse workforce and the strength that it brings through our cultures, experiences and skills, I asked the PAO to produce a video to celebrate the diversity at our two installations. I am honored to serve with you in the U.S. Army Garrison FHL/PRFTA Team.

Another thing not tolerated at our garrison is sexual harassment. The Guillen case is under investigation but news articles report that she was afraid to report sexual harassment. **DO NOT BE AFRAID TO REPORT THIS UNACCEPTABLE BEHAVIOR.** Our Sexual Assault Response Coordinator Harvey Walker and all garrison leaders will ensure reports are processed, and provide support to those in need. I hope the SHARP training you received in July provided useful info on how to report misconduct, and how to get help. Do not hesitate to contact Mr. Walker at any time. The FHL 24/7 emergency helpline is (831) 682-8746. The DoD Safe Helpline is 877-995-5247.

If you witness any form of discrimination or sexual harassment - do your part to uphold the Army values. See something, say something. I understand many of you are experiencing increased stress and anxiety. You are not alone! Reach out to your supervisors, chaplains, family and friends, and subject matter experts with your concerns.

Since the last magazine, we've said farewell to Lt. Col. Nolan and Command Sgt. Major Johnson while welcoming Lt. Col. Serena Johnson and Command Sgt. Major Samuel MacKenzie as the new PRFTA Command Team. We've welcomed the new FHL Deputy Commander, Lt. Col. Stephen Stanley, and the new HHC Team - Maj. Christopher Lauff and 1st Sgt. Clinton Unger. Angelia Pinto, our DGC, returned



Garrison Commander  
Col. Charles R. Bell

home from a deployment to Afghanistan and accepted a job in Arizona. With her leaving, Dave Myhres will resume the DGC position. Please join me in welcoming our new Team members and give them your support, as needed.

To close, I'd like to remind everyone that we exist solely to support training and ultimately, the Defense mission. What we do can save lives on the battlefield and bring troops home because they received good training and support from us. We won't exist if we don't have a training audience so we must provide the best customer service to them. Leaders must look at the Garrison Installation Strategic Sustainability Plan (ISSP) through this lens because that's what's going to make sure all our Lines of Efforts are nested and moving the installation forward.

Whether you are executing your job on post or at home, our mission has never stopped and is ramping up with units trying to make up training for lost months. The PAO is producing a C19 safety video for returning workforce - stay tuned. The video for transient troops is posted on our website; let our customers know to view it. For those working on post, stay safe and practice good C19 precautions.

**COYOTE STRONG!**

## SUICIDE PREVENTION

### The Salt and Light of the World

By Chaplain (Maj.) Charles Ross,  
PRFTA Deputy Garrison Chaplain

I was 9 years old when my mother attempted to take her own life right in front of my eyes. I cannot express the thoughts that went through my mind at the idea that I might lose my mother. There were just so many emotions that filled me up at that time. I was scared for my mother, worried that she might not live, angry that she would leave me, confused as to why she would try. Was it something I did? Could I have been a better kid? Did she not love me anymore? And on and on.

I am 50 years old today and more than 41 years have passed since that day, but I still remember it vividly. I still have my mother today and we recently talked about what happened all those years ago. She told me she thought she was doing the best for everyone by leaving. She was in a dark place and life seemed so flavorless. In her mind she felt like she was doing the best for me and my other siblings and she knew no other way out. This is a tragic story for many people in the same boat, going through life with no light and no flavor.

Suicide is a worldwide problem and I have lost too many friends and family to this phenomenon. More than 1 million people worldwide take their lives every year. More than 48,000 people died by suicide in the U.S. last year, and it is the 10th leading cause of death. That is a rate of 14 per 100,000 people. In the military the rate is 25 per 100,000 people. With the

onset of COVID-19 the experts expect a spike in suicide rates. Although it is too early to tell, all signs point to even more devastation than we have experienced with the pandemic itself.

So, what can we do? How can we help? Emile Durkheim, the famous 19th century French sociologist who presented the idea that suicide is not only associated with psychological and emotional factors, but of social factors as well. The idea is that the more a person is connected with their society, their family, their church, their unit, the more it generates a feeling of belonging and a sense of purpose, and the less likely one is to consider suicide.

It has long been known that the practice of faith mitigates suicidal thoughts, feelings, and intentions, because of the inherent belief that we are all a part of something bigger than us, something transcendent. But one does not have to be religious in order to obtain a sense of belonging. The Army has known that a sense of belonging is important in order for a unit to operate efficiently and effectively, which is why unit cohesion is so important.

FM 22-100 describes cohesion as the commitment of Soldiers of all ranks to each other and their willingness to fight and sacrifice personal safety. It is a product of the bonding of Soldiers with each other and the bonding of leaders and subordinates. Cohesion requires strong bonds of mutual respect, trust, confidence, and understanding within units. This cohesion creates a sense of belonging.



The strong bonds and commitment in FM 22-100 are what Emile Durkheim is talking about when he speaks of connection with society. Being in the Army, a part of a unit, squad, or team is a brotherhood or sisterhood. It gives us purpose and hope.

Matthew 5:13-16 says this:

3 "You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

14 "You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

We are the salt and light of the earth. We have purpose and hope. Having community and commitment to each other requires us to look out for those around us, to bring flavor where life seems bland. Salt blocks the bitterness and enhances the sweet. Light illuminates where life seems dark and chases the shadows back. This is the importance of salt and light in the world.

The Army has terrific programs for suicide prevention and intervention, but programs are nothing

Continued on page 5





## FORT HUNTER LIGGETT YOUTH OF THE YEAR



**NALEAH DANIELS**, the FHL Youth of the Year is competing against other California youths for the prestigious honor of being selected as 2020 California Military Youth of the Year. She delivers her speech to judges at the end of June. She is the first youth from FHL to compete for this coveted title. If selected, she will compete with other states for the 2020 Boys and Girls Club of America Military Youth of the Year award. The winner of the national competition receives a college grant and has the opportunity to meet the U.S. President. She is the daughter of Child Youth Services Merrilee Daniels and Network Enterprise Center Alton Daniels. (Courtesy photo)

CHAPLAIN'S CORNER - Continued from page 4

without people to execute them and administer them, and are only as effective as the people who use them. So, I ask you, are you your brother or sister's keeper? Will you bear the burden of others? Will you be the salt and light in the lives of those who need it?

I was 9-years-old when a suicide attempt changed my life. My mother looks back and acknowledges that her logic makes no sense in hindsight. We all would have been worse off without her. She just needed someone in her life that would bring the light and who would season her life. She found it, and so can you. We all can make a difference. **You don't have to be superhuman, you just have to be salt and light. A pinch of salt opens up mounds of flavor and even a candle can illuminate a whole room. You can bring that sense of community. Whether we are deployed, back in the States, sheltered in place due to COVID-19, or at work. We are in this together.**

**Teleworking the New Normal**

Teleworking is likely to be the new normal for some time. Since you're working from home — especially during a crisis like the COVID-19 pandemic — it's important to maintain a regular schedule to avoid work-fatigue.

**Keep in mind these tips to stay safe and healthy when working remotely.**

**Eat healthy**  
Take time to plan healthy, nutritious meals. You're at home so make the most of it and make it something new.

**Get out in the sun**  
Take regular breaks, go outside and walk it in. But, don't forget the sunscreen!

**Exercise**  
It doesn't have to be an exercise, but find an activity you enjoy to break away from the screen and sweat a little.

**Stand up**  
It's easy to get stuck in your desk all day. Stand up, move around and take frequent short breaks.

**Connect with others**  
Get all in this together. Create a chat group, share a post or find other ways to connect. Make sure these new healthy habits you're been trying!

**Breathe easy**  
First rules to stress and breathe. Take slow, deep breaths to improve your blood flow and concentration (maybe while you're scrolling in the car).

**Disconnect from work when the day is over**  
Working from home can make it easy to always be working, but don't. Turn it off and take time for yourself and your family.

**Get a good night's sleep**  
Try to keep a regular schedule so you can start each day refreshed.

**Remember, if you find yourself mentally drained, or just need to talk, there is help.**

[www.tricare.mil/crisislines](http://www.tricare.mil/crisislines)  
[www.tricare.mil/coronavirus](http://www.tricare.mil/coronavirus)

**TRICARE**





# HAPPY 245<sup>TH</sup> BIRTHDAY U.S. ARMY

JUNE 14, 1775



In celebration of the Army's birthday, we honored the Soldiers, Veterans and Army Civilians at Fort Hunter Liggett and Parks Reserve Forces Training Area. The U.S. Army Garrison Fort Hunter Liggett is "Army Strong" because of its wealth of diversity. We are rich in experiences and also in the professions that our workforce represent.



**1st row:** PRFTA Housing Manager Kathy Vargas enlisted in the Army at age 17, and served a total of 32 years as a Military Police in the active and reserve forces. PRFTA Public Affairs Officer Jim O'Donnell served 24 years in the Navy as a Mass Communications Specialist. FHL Alcohol and Drug Control Officer Theresa Martinez served 10 years in the Army as a behavioral science specialist. Carlos Trevino, the Director of the FHL Logistics Readiness Center (LRC), served as a logistics officer. Staff Sgt. Christopher Northlewis is Truck Master/Range Inspector at FHL and served 4.5 years in the regular Army and 10 years in the Army Reserve. Garrison Safety Officer Kelly Atwell served a total of 21 years in the Marine Corps, Marine Corps Reserve and Army Reserve.

**2nd row:** FHL Plans Specialist Joel Pean served 22 years in the Regular Army as a combat engineer, drill sergeant and drill sergeant instructor. Cindy McIntyre, the FHL Public Affairs Specialist, served in the Women's Army Corps as a voice radio operator for two years. Training Chief Art Watson was drafted in 1969 at age 18. He served as a plumber and an infantry Soldier, and retired from the Army in 1993. FHL LRC staff Byron Nakagawa served in the Army and Army Reserve for 32 years. FHL contractor Jacob Lucas was an Army combat engineer. FHL Public Affairs Officer Amy Phillips served in the Army National Guard and Army Reserve as a brigade journalist and a PAO for a total of 13 years.

**We are individuals yet bonded together as a Team  
by the Army mission, and the Army values.**





Due to the COVID-19 pandemic many graduates were not able to be formally recognized for their achievements in their schools. To support the youth at both installations, Family and MWR hosted graduation ceremonies in June to honor their achievements. Participants ranged from 5th to 12th grades. Every youth received a certificate and a special gift.

## CONGRATULATIONS!

Top left, Fort Hunter Liggett youth:

Front row L-R: Fifth graders Matthew McKenzie, Natalie Cline and Jeremiah Lucas. Back row L-R: Twelfth graders Shadrach Brown, Naleah Daniels, Cris Magalona III; eighth graders Alyssa Kowalski and Tabitha Brown.



Bottom left: Parks Reserve Forces Training Area youth:

High School seniors L-R: Ethan L. Collazo-Rodriguez, Sean Rivera and Cole R. Wilson pictured with Parks Commander Lt. Col. Jennifer Nolan and Command Sgt. Major Jason Johnson.



Not pictured are the 5th and 8th grader graduates that were part of the celebrations: Gabriel Sandiford, Ian Kindess, Soleil Sevier, Santino Sevier, Armand Samuels, Addison Brown, Olivia Suyat, Michael Suyat, and Raelyn Crespin.

We appreciate USAA for sponsoring the FHL event, and USO Northern California Chapter for the PRFTA event. (No U.S. Army or Federal endorsement implied)





# IN THE SPOTLIGHT

## FHL EMPLOYEE-SOLDIER RECOGNITION/AWARDS CEREMONY

FHL conducted an awards ceremony at the Cybrary which was broadcasted via Facebook Live, June 11, 2020. Right: Kelly Atwell, Safety Officer, received the Civilian Service Commendation Medal. Below 1st row: Soldiers awarded the Army Commendation Medal: HHC Commander Maj. Michael Dyrdaul, HHC 1st Sgt. Aaron Halter, and Range Operations Sgt. 1st Class Rimoni Ianu and Staff Sgt. Julius Williams (not pictured). Ralph Blatz received a Civilian Service Certificates of Achievement (CSCA). 2nd row: Joel Pean, Joe Ping and Denise Hays (not pictured) also received the CSCA. Several law enforcement staff received the Commander's Coins: Police Officer John Stuart, and Security Guards Cody Coulter and Bruce Peters. Others not pictured are Victor Bontoyan, James Bushey, Barry Krehnbrink, Danny Martinez, Yeng Vang, and Shane Weible. (Photos by Bryan Lee, FMWR)



# ALOHA!

Range Safety Inspector Staff Sgt. Mark Eda received the Army Commendation Medal for his outstanding service from 2017-2020. He also received a plaque from co-workers of the Directorate of Plans, Training, Mobilization, and Security. He is pictured on left with Garrison Commander Col. Charles Bell and Garrison HHC Commander Maj. Michael Dyrdaul. Eda's next assignment is in Hawaii. (Photo by Amy Phillips, FHL Public Affairs)



## NEW PRFTA LEADERSHIP



Top: Lt. Col. Jennifer Nolan (seated) handed over the Parks Reserve Forces Training Area command to Lt. Col. Serena D. Johnson, June 19. Col. Charles Bell, Fort Hunter Liggett Garrison Commander, was the reviewing official. Maj. Gen. Alberto Rosende, Senior Commander, was a special guest. The senior leaders recognized the long list of achievements the outgoing commander accomplished during her two-year command. One of her many accomplishments was the first PRFTA intergovernmental agreement with the City of Dublin. She faced numerous challenges such as numerous power outages and a housing crisis, and handled them with grace and effectiveness. Johnson made her first address to the installation and the small group of attendees via Facebook Live. She looks forward to meeting the garrison community. (Photo by Amy Phillips, FHL Public Affairs)



Left: PRFTA Commander Serena Johnson transferred the Installation Command Sgt. Major duties from Command Sgt. Major Jason Johnson to Master Sergeant Michael Rivera during a Relinquishment of Responsibility Ceremony, June 25. Command Sgt. Major Johnson received the Army Commendation Medal for his services to the installation. (Photo by Jim O'Donnell, PRFTA Public Affairs)

## Farewell & Best of Luck

FHL held a farewell dinner for Deputy to the Garrison Commander Dave Myhres (top), Deputy Commander Lt. Col. Jason McKenzie (bottom left), HHC Commander Maj. Michael Dyrdaul and HHC 1st Sgt. Aaron Halter (bottom right), June 20, at the historic Hacienda. Myhres briefly vacated the DGC position when Angelia Pinto returned for a month. Since her departure, Myhres, again resumes his position as the DGC. Garrison Commander Col. Charles Bell and members of the workforce lauded the garrison leaders for the achievements and service to the garrison and the community.

McKenzie and Dyrdaul both received prestigious regimental awards for excellence in their field. Other awards and parting gifts were also presented, and Myhres received a special roasting. (Photos by Amy Phillips, FHL Public Affairs)





Fort Hunter Liggett's new challenge coin was designed by 16-year-old Emily Beckner, daughter of former SATCOM Soldier Sgt. Stacey Beckner. Garrison Command Sgt. Major Mark Fluckiger asked her to collaborate with him to create a new coin design earlier this year. (Photo by Amy Phillips, FHL Public Affairs)



Emily Beckner  
(Courtesy photo)



FHL Deputy to the Garrison Commander, Angelia Pinto, returned in June and transitioned in July to her new assignment in Arizona. She received numerous awards for her deployment as Mayor of Forward Operating Base Camp Marmal, Afghanistan. Pinto is pictured with Garrison Commander Col. Charles Bell during her farewell event on July 24. (Photo by Cindy McIntyre, FHL Public Affairs)



FHL welcomed its new deputy commander in July. Lt. Col. Stephen M. Stanley hails from New Orleans, Louisiana. He enlisted in the Army National Guard in 1992 and earned a direct commission in 1999. He holds a Bachelor's Degree in Criminal Justice and a Masters of Public Administration. His Assumption of Responsibility is scheduled in August. His full bio available on the FHL [website](#).



The USAG FHL/PRFTA Fellows continue to meet and develop leadership skills. Some of the training thus far includes leadership skills, networking, delegation, team building, and developing quality feedback. The Fellows were also assigned to read a professional development book and provide a book report. The program culminates with a team project and graduation in December. (Photo by Talia Wesley, FHL DHR)



## NEW FHL HHC TEAM



Maj. Christopher Lauff and 1st Sgt. Clinton Unger assumed their duties as the new FHL HHC Team on July 24. Lauff, above left with wife, began his military career as an enlisted Soldier and was commissioned as an officer in 2006. His previous assignment was S3, 365th Engineer Battalion, Schuylkill Haven, Penn. 1st Sgt. Clinton Unger enlisted in the Army in December of 2003. His previous assignment was Chief Instructor, Delta Company, 3rd Battalion, 1st Special Warfare Training Group (Airborne) at Fort Bragg.



*Photos and videos from the HHC Change of Command and Change of Responsibilities ceremonies, along with the new team's biographies, are available on the FHL Facebook page. (Photos by Cindy McIntyre, FHL Public Affairs)*



Dr. Tara Schoenwetter of Leidos conducts quarterly testing of soil and water to record levels of depleted uranium (DU) at FHL. While it is not known for sure, weapons using DU may have been used on FHL between 1961 and 1971. The Army and the Army Corps of Engineers are trying to determine where these radioactive rounds were used, and to monitor the environment effects they may pose, if present. (Photo by Kelly Atwell, FHL Safety Officer)



The FHL Fire Department provided the Logistics Readiness Center personnel training on how to properly sanitize their work areas and maintenance bays, May 14. It's critical for everyone to routinely sanitize work area and properly wear and dispose of personal protective equipment (PPE). Each garrison directorate is authorized PPE - check with LRC for your supply. (Courtesy photo)



FHL Family, Morale, Welfare and Recreation facilities are enhanced by murals painted by King City artist Steven "Stitch" Campos. Go to the CYC, De Anza Sports Center and Teen Center to see the paintings. Stitch was part of a group of local artists commissioned by the non-profit group, King City in Bloom, that painted historical murals found throughout King City. (Photo by Amy Phillips, FHL Public Affairs)

## MESA DEL RAY AIRPORT



1943 photo of the Naval Auxiliary Air Station, Mesa Del Rey Flight School, King City, California. The airfield was built on a 249-acre tract owned by the Spreckels Sugar Company who leased it to the King City. The city then subleased the property to the school. Construction took place during the winter of 1940-1941, the wettest in 25 years. The school welcomed the first cadets in March 1941.

By Chaplain (Maj.) Cesar Rodriguez, FHL Family Life Chaplain

During World War II, there were 62 training fields in California used to train Army Air Corps Cadets, one of them being the Mesa Del Rey Airport (MDLA) located in our neighboring King City. The Army chose California due to the year-round favorable flying conditions.

MDLA was adjacent to the Southern Pacific Railroad which allowed the Army to easily transport cadets from all over the country for training. Ten thousand cadets trained at MDLA from 1941-1945. This location was chosen also because there were four other airfields from Greenfield to San Ardo that cadets got to fly to and from: Bernard, Hanson, Sorenson,

and Trescony Auxiliary Fields.

The Army hired civilian contractors as flight instructors and required them to be members of the Army Reserve as commissioned officers. Cadets were trained to fly the Ryan PT-21 and PT-22, and Stearman PT-13 and PT-17.

The flight school included barracks, mess hall, administrative and classroom facilities, hangars, Post Exchange, a hospital, and a USO. The administrative building is now the Rava Ranch Business Park. They display historical photos and airplane parts in the building to preserve the history of MDLA.

In 1945, the Navy took over and commissioned the station as an auxiliary of Alameda. They quickly brought in newer aircrafts such as Avengers, FM-2 Wildcats, and one

SB2C Curtiss Helldiver. In the short time that it was a Naval station, hundreds of men were trained to be fighter and torpedo bomber pilots.

In December 15, 1945 the Mesa Del Rey Airfield was returned to King City. A portion was sold to Basic Vegetable Products in 1957. Today, MDLA is a public airport managed by an Airport Advisory Committee.

Airport information and photos from <http://www.militarymuseum.org/NAASKingCity.html> and <http://www.kingcity.com/for-residents/mesa-del-rey-airport>

Continued on page 13



Continued from page 12

This is part of a series of articles providing historical information on Fort Hunter Liggett and other military sites in California during the WWII era. These articles are based on the presentations given during the FHL 79th Anniversary event, Jan. 10, 2020.



The PT-13 Kaydet was a primary trainer, the first airplane a cadet would fly. Even more importantly, this was the aircraft they would solo in before receiving their pilot wings. (U.S. Air Force photo) Go to this website to see photos of the restoration of this aircraft and interesting facts, such as the use of dry ice to blast off old paint: <https://www.nationalmuseum.af.mil/Upcoming/Press-Room/News/Article-Display/Article/579880/13-cool-facts-about-the-world-war-ii-pt-13/>.



Mesa Del Rey Airport today



# THE ARMY GOES ROLLING ALONG!

Fort Hunter Liggett and  
Parks Reserve Forces  
Training Area are  
Ready and Resilient.  
Our #1 priority is  
protecting the  
garrison community.



Both installations are keeping their communities informed through virtual town halls and a variety of platforms, to include COVID-19 web pages and Facebook.

FHL: <https://home.army.mil/liggett/index.php/about/Garrison/public-affairs/covid-19> and <https://www.dvidshub.net/feature/FHLCOVID19>

PRFTA: <https://home.army.mil/parks/index.php/coronavirus>

Both installations are at HPCON C and have enhanced screening at gates. The FHL Commissary and PX at both installations remain open to service those living and working on post.

Some new projects since April include a Guess Who contest of employees with face masks, a series of Wellness videos to provide tips on how to stay resilient during these trying times, and I Serve Because posters to recognize veterans and employees.



**Guess Who?**



Answers to Guess Who contest: 1. C. McIntyre 2. K. Atwell 3. L. Fash 4. A. Salazar



COVID-19 has placed many new challenges and stresses on the workforce and their families. The garrison Religious Support Office is hosting a series of Wellness videos to promote workforce resiliency. The first video is an informal roundtable discussion with the Wellness Team comprised of the garrison commander, chaplains, Army Community Services and Alcohol and Substance Abuse Prevention program managers. Some topics discussed include positive ways to deal with stress, staying connected and how to speak to teens about COVID-19. Videos posted on DVIDS and Facebook.



All garrison products are available at:  
<https://www.dvidshub.net/unit/FHL-PAO>



The Army found that one of the best readily available materials to use in a homemade face covering is 4-ply microfiber cloth which can be found in the cleaning section of most big box stores. It filters out over 75 percent of particles. In comparison, the N95 mask used by healthcare workers in hospitals can filter 95 percent of particles or greater. Learn more:

<https://www.dvidshub.net/news/368127/us-army-laboratory-tests-best-homemade-face-covering-materials>



Get the latest California COVID-19 information, health alerts, how to protect yourself, what to do if you're sick, COVID-19 map, data from each county, and much more:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

There are 25 public health labs conducting COVID-19 testing throughout the state. The Richmond Laboratory will provide diagnostic testing within a 48-hour turnaround time. This means California public health officials will get test results sooner, so that patients will get the best care.



**TELL US HOW YOU ARE STAYING READY & RESILIENT!**

Contact the FHL or PRFTA Public Affairs Office with your stories or ideas to help garrison stay engaged and promote resiliency.

The Army is working with scientists and researchers to develop a vaccine and therapeutic treatments to fight COVID-19. General Gustavo F. Perna was nominated as Chief Operations Officer of Operation Warp Speed (OWS). OWS is a \$10B historic inter-agency partnership utilizing the best in HHS Science with DOD Logistics and Capacity whose mission is to create the COVID-19 vaccine, provide clinical trials and distribute 300 million vaccines by Jan 2021. Learn more: <https://www.hhs.gov/about/news/2020/06/16/fact-sheet-explaining-operation-warp-speed.html>



## MAY ASIAN, PACIFIC ISLANDERS HERITAGE MONTH

### Family, Duty, Loyalty Key Elements of Asian American, Pacific Islander Culture

By Cindy McIntyre,  
FHL Public Affairs

Asian Americans and Pacific Islanders have long served with distinction in all branches of the military service, even when they were in segregated units or placed in internment camps.

Byron Nakagawa's father served in the U.S. Army during World War II, even though his family was sent to an internment camp in northern California. Two of his dad's brothers served in the Army during World War II, four during the Korean War, and one was in the Navy.

"Family has always been important," said Nakagawa, a supply tech in the Property Book Office of the Fort Hunter Liggett, Logistics Readiness Center. "My fondest memories were of family reunions and get-togethers."

"The military (now) is lot more merit based," said Nakagawa. It took the end of World War II to prove that "a Soldier's a Soldier" and units were no longer segregated on the basis of race or ethnicity. "I've served in the military. I vote. I try to be a good citizen."

Annelle Smith, Public Works Engineer Technician, grew up in the Philippines and moved to the U.S. in 2009. She echoes the importance of strong family ties in her culture.

"We welcome everyone in our

homes, may they be strangers or friends," she said. "Everyone is called 'Auntie' and 'Uncle.'"

Smith said some of her fondest memories are conversations with her grandfather. "He explained to me that, despite our background as landowners, not everything should be handed to me and that if I want something, I will have to work for it. He has instilled in me the value of hard work and to never be ashamed of rolling up your sleeves and getting dirty."

She tries to pass those Filipino values down to her son. "Hospitalable, loving, loyal, dedicated and most of all, hard-working. We always have a happy disposition in life and that no matter what life throws at us, we always put a smile on our faces and bravely face it."

Natividad "Naty" Littlefield, Director of Resource Management,

is also from the Philippines and was raised on the island of Luzon. "The typical village, or barrio, I grew up in was characterized by strong family values and faith in God," she said. Her parents taught her a strong work ethic and values. "They taught me to believe and trust God, to respect our elders, to work hard, and to be humble. I learned to overcome life's challenges through these values."

Littlefield and her siblings worked on the farm planting rice, tobacco and corn, and tending the cattle and water buffalo that tilled the fields. Her parents made sure they received an education so the children didn't "end up as farmers like them."

However, she said that now living in a "land of plenty" she appreciates that many Filipinos in the barrio are happy and content with very little. "They get up early every day to work hard in the fields, but in the evening they come home relaxed and happy, and have a good time eating, singing karaoke with neighbors, always surrounded by children."

Littlefield is retired from the U.S. Army Reserve and says, "I see the Army as a model for embracing different ethnicities

Continued on page 17



Nakagawa and his platoon sergeant in Germany.  
(Courtesy photo)



Nelly Smith (left) at age five with her cousin Jo-Ann eating ice cream after returning from a visit to the dentist. "It was a treat for being brave and taking all the pain," she said. (Courtesy photo)



and cultures," she said. "This is one of the Army's defining values and what makes it the strong organization that it has become."

Although Amy Phillips is "100 percent Chinese," she says, more than that, she is 100 percent American.

A former Army Reserve officer and now the Public Affairs Officer at Fort Hunter Liggett, Phillips says, "I lived in many states while my husband was serving in the Army, and often, I was the lone non-white person." That's a contrast to the life she had growing up.

"I was born in Hong Kong when it was still a British colony - my first passport was red for English citizens. We moved to Holland, and then to New York City in 1976. I grew up mostly in a Chinese community."

Her immigrant family members all worked in the garment industry, which had mostly Chinese workers at that time. "I spent my childhood in factories," said Phillips. "I'd do homework in the dark, narrow and mice-infested hallways and stairs. I took naps in the cloth bins and used the floor-to ceiling clothing racks as my jungle gym. I got yelled at a lot, of course."

Phillips appreciates the Army's ethnic observances. "I think it's important for people to learn

about different cultures, to better understand each other." However, she makes one thing clear. "I'm an American, and that's that."

Ms. Kathy Ng's father was imprisoned as an illegal alien but was later able to gain citizenship by enlisting in the Army Air Force in WWII, said Ng, who is the Deputy Director and a Contracting Officer's Representative at the Network Enterprise Center. Both of her parents were from Canton province.

"When my mother was 11, the family fled China to escape the Japanese invasion," she said. "My grandmother died in childbirth and my mother had to care for her siblings. My father passed when I was three so my mother had to raise four of us as a single parent. My siblings and I were the first ones to have college degrees in our family and we all have children who are doing well."

She visited her parents' village in 1998. "The homes are very old and most of the people are very poor," she reminisced. "We are very lucky to be here in America. Although in the larger metropolitan areas it is more developed and they had modern conveniences."

Ng said she is thankful for her heritage and for the opportunities offered by the Army the same as anyone. "I am very appreciative of my ancestors and their struggles."

To read the full story and see all the photos: <https://www.dvidshub.net/news/371769/family-duty-loyalty-key-elements-asian-american-pacific-islander-culture>

*The Army's theme for celebrating Asian American & Pacific Islander Heritage Month in May was "Unite our Nation by Empowering Equality." There are now 28 Asian and 19 Pacific Islander subgroups representing a vast array of languages and cultures currently serving in the U.S. Army.*

## THE 1ST FILIPINO REGIMENT TRAINED AT FHL IN 1942



On April 1, 1942, the War Dept. initially activated the 1st Filipino Battalion but the Battalion grew so quickly that on July 13, the command became the 1st Filipino Regiment. They trained at the Hunter Military Reservation (shown above) through the summer of 1942 before deploying to the Pacific theater. (Photo from the "Camp Roberts Trainer, Vol. Two, Nos. 1-6 Inclusive," 1942)

Learn more about Asian Americans & Pacific Islanders who served in the past and those serving today:

<https://history.army.mil/html/topics/apam/index.html>

<https://www.usar.army.mil/Featured/HistoryandHeritageMonths/Asian-Pacific-American-Heritage-Month/>



Naty Littlefield (in red blouse) with her extended family in the Philippines, December 2019. They butchered three pigs and a cow for the feast. (Courtesy photo)



By Amy Phillips,  
FHL Public Affairs

Born in Haiti and raised in the United States, Management Analyst Joel Pean was subject to racial discrimination as a child but has never let those experiences define him.

Cross burnings, bullets shot at his home and street fights marred Pean's childhood. He always knew there were those that didn't like him because of his skin color. Racism was never discussed by his parents, and the only lesson he was taught was to not be out at certain neighborhoods at night. Most lessons he learned on his own on the streets.

His parents' separation led his father to move him and his three siblings from Haiti to Brooklyn in the 1970s. As a child, he didn't let those that used the N-word bother him. "There was so much chaos in my house that it really didn't bother me...All I wanted was to go to school and eat my Sloppy Joes."

When his father remarried, they moved to Long Island, where they were the first Black family in the neighborhood. Unfortunately, that didn't go very well. The cross burning in his yard and people shooting at his family's house were enough to send them packing. Pean said that this time, the N-word had a differ-

ent effect on him. There was a sting to the word "because there was so much passion behind it," said Pean.

Pean confided to his older brother George that something didn't seem right. A couple of days later, as he was leaving his house to deliver newspapers, he was accosted by a group of white boys. George, who fortuitously woke up late for work that morning, came to Pean's rescue and fought by his side. Out of nowhere, a car drove up and the driver told them to get in the car if they wanted to survive. The driver was a white male.

"How can this culture hate me, but the same culture save me?" said Pean. It took him some time to process the experience but eventually, he deduced, "It's not about the color. There's just plain (bleep) people out there. I had the hate from the Black side, too. Hate is from inside someone." He wishes he could go back in time and thank the man that saved him and his brother.

The Pean family then moved to Boston's African American community. "You had to go really far to South Boston where we heard, if you're Black, don't go there at night," said Pean. Because he lived away from the non-Black communities, "we just dealt with the problems that existed

within the Black community."

Pean discovered that racial differences are also within the Black cultures. "Black America told me I was different because of the words that came out of my mouth and the way I was dressed as a Haitian." He thinks that it was a good thing people told him he was different. "By being different...I didn't have any group obligation to hang out with people," Pean said. He does not like the peer pressure that comes with fitting in with groups.

Pean says he's had a troubled past, but it wasn't from racism. The lack of a stable home and a father he couldn't get along with made him very depressed. He contemplated suicide and his brother rescued him from a rooftop once. "I'm recovered because now I have people that rely on me." This gave him a reason to live, to abolish the dark thoughts. He encourages people with suicidal inclinations to reach out to others because they are not alone.

Pean served in the Army from 1984-2006, which allowed him to travel and meet many different people. He was a combat engineer, but the highlight of his career was a tour as a drill sergeant.

Continued on page 19





(Photo on page 18) Joel and Eike Pean at 2018 Community Expo (Photo by Cindy McIntyre, FHL Public Affairs)

(Photo on page 19) FHL Management Analyst Joel Pean at far left with his siblings in Brooklyn, New York. (Courtesy photo)

## IT'S WHAT'S INSIDE THE HEART, NOT THE COLOR, THAT MATTERS

Continued from page 18

Pean met his wife Eike while stationed in Germany, and they have been married for 32 years.

Marrying a German lady was an issue to others but not for Pean. He says he looks at people through their hearts, not their color. As a bonus of his marriage, Pean developed a great relationship with his father-in-law. "They accepted me and he was the father I was always looking for," said Pean.

Pean earned a Bachelor of Science in Mathematics, was a teacher for several years and then went back to school to earn

a Master of Science in Applied Industrial Math. His passion is in teaching, and hopes to return to it one day. Pean started his career at Fort Hunter Liggett as an intern and now is part of the Plans, Analysis, and Integration Office. He enjoys learning about the big picture of the garrison mission.

Pean was the guest speaker of the Fort Hunter Liggett's Caribbean Heritage Month Observance in June. He shared some highlights of his life and recognized three people that are very important to him. In addition to his brother, his mother

has "always protected me, she did everything she could." The third person that played a significant role in his life is his high school English teacher. She saw potential in him and helped him get into the University of Massachusetts at Amherst, through the Upward Bound program. One of Pean's goals is to find that teacher and ask her "How did you know?" and to thank her.

"I'm one of the luckiest guys in the world," said Pean.



Since 2006, June has been designated as Caribbean American Heritage Month by Presidential Proclamation. The month-long observance promotes the rich culture and heritage of the Caribbean American people and their contribution to the United States of America. Explore the National Archives to see the wide variety of records relating to Caribbean Americans and their history: [Archives.gov](https://www.archives.gov). Picture: Street scene in St. Thomas, Virgin Islands, 1919. ([National Archives Identifier 45545527](https://www.archives.gov/details/45545527))

# TRAINING HIGHLIGHTS



The 79th Theater Sustainment Command conducted its Best Warrior Competition at Fort Hunter Liggett, July 13-19. To mitigate COVID-19 spread, Soldier's temperatures are checked daily and face masks are worn when appropriate. The six-day competition challenges participants on their warrior skills, critical thinking, leadership and more. There are many levels of this competition which culminates at the Army-level competition in the fall. Learn more about the competition here: <https://www.army.mil/bestwarrior> (Photo by the 79th TSC Public Affairs)

FHL has a series of videos highlighting training capabilities and providing a glimpse of what goes on behind the scenes at each directorate.

Check out the videos and many other products at:  
<https://www.dvidshub.net/unit/FHL-PAO>



Maj. Gen. Alberto Rosende (USAG FHL/PRFTA Senior Commander and Commanding General of the 63rd Readiness Division, Maj. Gen. Steven Ainsworth (84th Training Command Commanding General) and Brig. Gen. Stephen Iacovelli (94th Training Division Commander) visited FHL for a coordination briefing and reconnaissance of the Army Reserve's Joint Light Tactical Vehicle (JLTV) course. Rosende and Iacovelli also visited the Medical Aid Station to discuss opportunities for Army Reserve dental units to utilize the facility. (Photo by Amy Phillips, FHL Public Affairs)



By Moira Trevisan,  
Special Projects Officer

## NEW JOINT LIGHT TACTICAL VEHICLE COURSE AT FORT HUNTER LIGGETT

Fort Hunter Liggett (FHL) recently completed a project to develop a new training capability to support the Army Reserve's Joint Light Tactical Vehicle (JLTV) Operator New Equipment Training (OPNET) course. It is designed to train drivers on the new vehicle and test it on various terrain conditions. The first class at FHL is scheduled for August 2020.

The JLTV course managers conducted a site visit in December 2019, to determine if the installation could support the course. FHL was deemed to be a viable training site and the course managers provided requirements to the installation. The directorates of Plans, Training Mobilization and Security (DPTMS) and Public Works (DPW) analyzed the training requirements and found a suitable location to build the course.

The team also used information and best practices from the existing JLTV course at Fort McCoy, Wisconsin. Construction of the driving course at FHL began in February 2020.

"It was a great collaboration between the engineers, Geographic Information Systems (GIS), environmental specialists, and Roads & Grounds to support a critical

effort," said Liz Clark, DPW Environmental Division Chief. "The work was completed by the Roads & Grounds crew within the small window of dry weather during the Central California rainy season."

According to William Duckworth, DPTMS Range Planner, the new rough terrain course has a total of 12 stations requiring the JLTV drivers to maneuver through various driving conditions. Students navigate through fields with rocks, sand bars, pothole-filled roads and trails, narrow alleyways, sloped terrain/trails, and fallen trees/logs. The stations are named the Slide Slope, Angled Log Crawl, Log Crawl, Brake Modulation, Sand Pit, Pot Holes, Rock Garden, Precision Beam, and Precision Alley.

FHL is an ideal place for troop training with its extensive and varied terrain spread over 165,000 acres, and good weather most of the year. DPTMS provides a broad range of support to units such as billeting, a variety of weapons qualification ranges and high-tech simulators. The 63rd Readiness Division Equipment Concentration Site (ECS) at FHL will support the OPNET course with trained

maintenance personnel and equipment to service the JLTV.

According to the U.S. Army Acquisition Support Center's website, the JLTV "Family of Vehicles (FoV) is an Army-led, joint-service program designed to replace a portion of each service's light tactical wheeled vehicle fleets while closing an existing capability gap." There are two variants of the JLTV FoV - 4-seat Combat Tactical Vehicle (CTV) and the 2-seat (Combat Support Vehicle (CSV) - all designed to provide the warfighter with significantly more protection against multiple threats. For more information: <https://asc.army.mil/web/portfolio-item/cs-css-joint-light-tactical-vehicle/>

"This is part of the Army and Army Reserve modernization program, and the installation provides the means to make it happen," said Art Watson, DPTMS Chief Training Division. "Fort Hunter Liggett is looking forward to hosting the new JLTV course and supporting the Defense mission."

To see a video of the course: <https://www.youtube.com/watch?v=ROm04U6F-4B4&feature=youtu.be>



The Rock Wall obstacle



The Pot Holes obstacle



The Log Crawl obstacle

# 25L 'POP-UP' TRAINING TESTS INSTALLATION SUPPORT CAPABILITIES



Staff Sgt. Theodore Gillilan, High Tech Regional Training Site - Maintenance based in Sacramento, is the 25L (Cable Systems Installer-Maintainer) MOS primary instructor demonstrating how to properly tie knots to secure the cables to poles in order to reduce drag.

By Amy Phillips,  
FHL Public Affairs Office

A small "pop-up" 25L (Cable Systems Installer-Maintainer) reclassification course for deploying Soldiers was held at Fort Hunter Liggett from May 8 to June 7. This course is normally conducted at the High Tech Regional Training Site - Maintenance (HTRTS-M) located in Sacramento, California.

According to the HTRTS-M Commandant, Major Sean Taylor, "We chose Fort Hunter Liggett to conduct this one-time training, as opposed to where we normally teach in Sacramento, because of the ability to restrict the students to an area due to the current COVID-19 environment."

Using plans and lessons learned from Installations that have resumed large-scale training, this pop-up course gives the Garrison an opportunity to

test how support services can be provided with COVID-19 preventive measures in place.

"The safety of our community and the training audience is of utmost concern to me, so it is critical that we get things right before opening up the post for larger training activities," said Fort Hunter Liggett Garrison Commander, Col. Charles Bell.

Three instructors from HTRTS-M provide the training, which includes 240 academic hours. The instructors, along with the eight students, were tested for COVID-19 at Mee Memorial Hospital in King City prior to arrival, and isolated in the Operational Readiness Training Complex (ORTC) for 72 hours before training started.

Traveling from their home station to Fort Hunter Liggett was not challenging for the Soldiers. "I got a row to myself on the plane, and the bus ride was comfortable,"

said Specialist Adan Garcia, 820th Tactical Installation Network Enhanced Company (TIN-E) based in Seagoville, Texas.

The Garrison acquired and installed the telephone poles and above-ground vault trainers (also known as manholes) required for the course, provided catered meals, barracks, and the coordination of COVID-19 testing at Mee Memorial Hospital.

Course Instructor, Master Sergeant Alan J. Shanahan, said that the course content for active 25L Advanced Individual Training (AIT) conducted at Fort Gordon by the Signal Center of Excellence, and the HTRTS-M re-class training are almost identical. The distinction is that the re-class course is shorter, more intense and faster paced, and can pose challenges to some.

Continued on page 23



"Often when climbing poles, students experience anxiety, fear, and exhilaration. These emotions may cause increased heart rate, blood pressure and respiration. Any one of these situations is dangerous when the classroom is 30 feet up," said Shanahan. In addition, the more "seasoned" students find it challenging to climb up and down the telephone poles and into underground chambers.

COVID-19 also poses unique challenges during training. "We had to develop a strong awareness of distancing, bodily fluids control, sanitation procedures, and constant hand-washing," said Shanahan. He also said that the use of masks fogs safety goggles, and makes "communicating at less than a yell difficult," so when social distancing is possible, students were allowed to remove their face masks.

"The accelerated pace of the class makes it hard for active listening, but having the food delivered is a perk," said Specialist Benjamin Bingham, also with the 820th Signal Company (TIN).

Students in the 25L military occupational specialty (MOS) are primarily responsible for the maintenance of cable/wire communications systems, communication security devices and other associated equipment. Some of the specific tasks they learn include the installation, troubleshooting, and maintenance of tactical and commercial cable systems, telecommunications equipment, and alarm/fire-suppression systems. The MOS/field requires Soldiers to work in confined spaces such as underground vaults and manholes, or high on a utility pole, and is more physically demanding than other communications specialties.

Communications is a key

component to success on the battlefield. "It is undeniable that the lineman is now, and will continue to be, an integral part of the 'shoot, move, communicate' formula for success," said Shanahan.

One of the many benefits of being an Army Reserve Soldier is that the skills acquired are transferable to the civilian sector. During this course students learn skills that prepare them for their Electronic Technicians Association (ETA) Fiber Optics Technician (FOT) certification.

"These are valuable civilian certifications that demonstrate their skill level. The comparable vocation in the civilian sector is Telecom Technician," said Brian Parrotte, HTRTS-M Executive Officer. According to the Occupational Outlook Handbook (<https://www.bls.gov/ooh/>), the civilian lineman/installer occupation is expected to grow four

percent over the next eight years.

HTRTS-M is the only training location for the 25L reclassification course and falls under 5th Brigade, 102nd Training Division-Maneuver Support. The 102nd TD is a generating force executing the U.S. Army Training and Doctrine Command foundational capabilities of building and improving readiness by providing mission-critical, combat-ready Soldiers to the Army and Joint Warfighter that are trained, competent, lethal, and globally responsive to deter conflicts, protect national interests, and win our Nation's wars.

"The support we received from Fort Hunter Liggett has been great, right in line with the type of support we would normally receive from our home station," said Shanahan.

## NCOA PARKS RECOGNIZED FOR HOLDING 1ST VIRTUAL ARMY RESERVE BLC



NCO Academy Parks was recognized for its superior efforts during the execution of the first virtual Army Reserve Basic Leader Course during the virtual Commandants Training Council meeting, May 20. Sergeants 1st Class Mario Quintero (Senior Small Group Leader) and David Sandoval (Senior Human Resources NCO) received coins for excellence from Command Sgt. Maj. Jimmy Sellars (NCOE Commandant) for their invaluable contribution to the mission's success. Adjusting to the new normal and finding creative ways around the COVID-19 restrictions are important for the way-ahead in our organization. (Courtesy photos)

# COMMUNITY ENGAGEMENTS



FHL hosted its first community event since COVID-19 pandemic with the Military Spouse Appreciation event, June 12. Col. Bell, USAG Fort Hunter Liggett Garrison Commander and Command Sgt. Major Mark Fluckiger honored the participants for standing by their spouses and how their support is critical to not only their loved one, but the Army mission as well. The outdoor event at the historic Hacienda, included music, hors d'oeuvres and prizes. (Photo by Bryan Lee, FMWR)



The garrison celebrated Environmental Awareness Week, June 15-19. During this week, the Garrison Commander signed a proclamation showing his commitment, and informational pamphlets were distributed to the community. Conservation Manager Rob Pike highlighted some of the environmental stewardship programs during an awareness event. Taking care of natural resources supports military training and the quality of life for residents, workforce and visitors. (Photo by Amy Phillips, FHL Public Affairs)



Garrison Soldiers from the FHL and the 25L pop-up course pitched in to help the Mission San Antonio de Padua move several dozen large, heavy pots of rose bushes that were dug up prior to renovating the Mission courtyard. Garrison Command Sgt. Major Mark Fluckiger organized the volunteers, and said, "We would not have completed the task without the help of the 25L students." The rose bushes, which have been at the mission for decades, will be replanted when the new landscaping is complete. (Courtesy photo)



Volunteers for the Protestant Youth of the Chapel, the Martin family (Julie pictured above) provided goody bags to the youth living in FHL housing as a goodwill gesture during trying times. "Their selfless service and care for the youth of the community have promoted positive coping and spiritual resiliency for youths and families," said Chaplain Cesar Rodriguez. (Courtesy photo)



NCOA Parks Leadership Group hosted a Drive Through Appreciation BBQ, May 10 to recognize the cadre's contributions to the successful completion of the first Army Reserve virtual Basic Leader Course and also for Mother's Day. CSM Stoots (Commandant) and Mrs. Stoots (SFRG Secretary) is pictured handing BBQ plates to Staff Sgt. Boudreau (Small Group Leader) and his wife. (Courtesy photo)



Several PRFTA residents participated in a video to celebrate Asian American & Pacific Islanders. They provided a glimpse of their cultural heritage and what they are most proud of. Check out the video on the PRFTA MWR Facebook page: <https://www.facebook.com/PRFTAMWR>.





Family, Morale, Welfare and Recreation got creative with a virtual celebration of the Month of the Military Child in May. The sacrifices that these children make every day with smiles still on their faces makes it all worthwhile for staff. As part of the garrison's measured and situational-based plan to open up facilities and programs, the Child Youth Services (CYS) facility has re-opened with safety measures in effect. CYS is looking forward to servicing FHL's children again. (Photo by FMWR)





## POLITICAL ACTIVITIES GUIDANCE

While teleworking from home, employees are considered to be "on duty" and "at the workplace."



- NO employees may solicit, accept, or receive political contributions.
- NO employees may engage in political activity on duty/at work.
- There must be no association of DoD with partisan politics which includes wearing of uniform during political event or items with political association.
- Soldiers may not comment, post, or link to material that could violate the Uniform Code of Military Justice.



- VOTE!
- Express opinions, contribute money, and attend political events as a spectator, when not in uniform or as a government employee.
- Place a campaign sign in yard of personal residence (except if living on post).
- Contribute to a campaign (except during duty hours, at work or using government resources).
- Express personal opinions about candidates and issues.



### LEARN MORE:

[https://www.army.mil/article/236270/hatch\\_act\\_dod\\_regulations\\_govern\\_political\\_activities\\_on\\_social\\_media](https://www.army.mil/article/236270/hatch_act_dod_regulations_govern_political_activities_on_social_media)

<https://osc.gov/Services/Pages/HatchAct.aspx>

<https://go.usa.gov/xfbrs>

**GARRISON POINT OF CONTACT:**  
Legal Office (831) 386-2897

## OPSEC

Do you really want everyone to know all this information about you and your family?







## EFFECTIVE 1 OCT 2020 ACFT - THE ONLY ARMY PHYSICAL FITNESS TEST OF RECORD

Article: [SMA expects ACFT to continue as planned in COVID-19 environment](#)

On October 1, the ACFT will become the Army's only physical fitness test of record, replacing the 40-year old Army Physical Fitness Test (APFT).

All Soldiers are challenged to pass ACFT 2.0 at the Gold Standard - 60 points per test event. The new test strengthens our fitness culture, reduce injuries, and increase Army readiness. The ACFT is a predictor of a Soldier's readiness and the ability to meet the physical demands of combat.

All active duty Soldiers will take two record ACFTs per year beginning in FY21. Reserve component Soldiers will take at least one record ACFT per year beginning in FY21. All Active Duty (AD), Active Guard Reserve (AGR), U.S. Army Reserve (USAR), and Army National Guard (ARNG) Soldiers must take and pass at least one APFT during FY21.

Soldiers can train for the ACFT 2.0 in any environment. ACFT equipment is not required for training, and the Army has released an ACFT training guide with exercises

to help Soldiers successfully prepare for the test anytime, anywhere.

During the first 90 days of ACFT implementation in Basic Combat Training (BCT), there has been a decrease in lower body musculoskeletal injuries due to increased training for the ACFT. Based on the success of Soldiers in 10-week BCT/AIT, the Army is confident that in a reasonable amount of time (6-12

months), with a comprehensive, progressive training program, Soldiers will be able to pass the ACFT at the Gold standard.

ACFT 2.0 is the Army's continuous effort to assess and evolve the ACFT (i.e. scoring standards, alternate events). The Army will utilize performance data to inform future modifications and updates.



### Army point of contact:

Harvey Walker  
(831) 386-2482  
24/7 helpline:  
(831) 682-8746

### Army Civilians point of contact:

EEO (608) 388-3106/3107 or  
usarmy.usarc.usarc-hq.mbx.  
eeo@mail.mil

Local law enforcement  
or community resources



FOH4You provides valuable information, educational materials, resources, and self-assessments on key behavioral health topics, including depression, anxiety, relationship issues, alcohol abuse, and health and wellness, to help you live healthy and work well.

Sample on-demand presentations available:

Resilience and Stress: Everyday Challenges, Stress Management: Practical Tools for Stress Management, Substance Abuse: Increasing Awareness, Suicide Awareness, and Take a Moment: The Value of Mindfulness. For more info:

Federal Occupational Health Behavioral Health

Services Employee Assistance Program

800-222-0364 | TTY: 888-262-7848

[FOH4You.com](https://www.foh4you.com)



The US Dept. of Health & Human Services website provides many resources to enhance and protect the health and well-being of all Americans. It provides info on public health, human services, health care and more. Learn more at <https://www.hhs.gov/>

Hundreds of FREE Army E-learning classes through <https://usarmy.skillport.com> ranging from business, marketing, finance, human resources, and much more. To access the Army e-Learning courses you must first register for access at: <https://www.atis.army.mil> - click on the Army e-Learning logo.



Cyber crimes are up with criminals posing as team trace staff to get your info, and preying on children who are spending more time online. Go here to learn how to protect yourself and your family, and report fraud: <https://www.justice.gov/di-saster-fraud>, <https://www.fbi.gov/news/stories/protect-yourself-from-covid-19-scams-040620>

The CARES Act provides assistance for Americans workers and families, small business, and preserves jobs for American industries. Learn about resources <https://home.treasury.gov/policy-issues/cares>

The Thrift Savings Plan (TSP) is allowing temporary loan and withdrawal options to TSP participants affected by COVID-19: <https://www.tsp.gov/whatsnew/Content/index.html>

