

The Golden Guidon



Fort Hunter Liggett
celebrates 80th Anniversary





THE GOLDEN GUIDON

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

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COVER PHOTO: 4th Army maneuvers at Hunter Liggett Military Reservation,
June 1941. National Archives photo.

COMMAND INFORMATION RESOURCES
www.home.army.mil/liggett
www.home.army.mil/parks
www.dvidshub.net/unit/FHL-PAO
www.facebook.com/FortHunterLiggett

COMMANDER'S MESSAGE

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

Now that we've weathered past 2020, I remain optimistic in charging ahead with some sense of normalcy to meet mission requirements while keeping everyone safe.

I have attended many community relations meetings with King City, Paso Robles, and other stakeholders, and heard their C19 reports. WE ARE DOING INCREDIBLY WELL compared to the civilian community and other installations.

I understand your fear but urge you to keep things in perspective because both installations, with the help of tenant partnerships, have a great track record in preventing an outbreak on post. This is only because we are aggressively adhering to safety protocols. The few cases that we've had were due to exposures off post. So I continue to urge you to use the same vigilance and precautions on post during your off-duty time. Our contact tracing process is working and I urge you not to live in fear. Focus on keeping safe and the mission. If everyone acts responsibly, on and off post, we will charge on because we are Army Strong.

There are many reasons for us to be hopeful in 2021:

- On January 10, FHL celebrates 80 years of supporting troops and the nation. We will host a kickoff event on January 14, and an Open House on May 15. Also, PRFTA has served the Joint Forces honorably for 78 years on January 19.
- There are several C19 vaccines and they continue to be administered to the most vulnerable populations. Although not mandatory yet, I strongly encourage all to get it

when it is available to the public.

- We've accomplished many milestones in 2020, and continue to remain relevant to the DOD community. We are an awesome Team, and I am honored and proud of everyone.
- We've continued to host training throughout the C19 pandemic, and have made great strides in our modernization efforts. There's much more to be done so take care of yourself and your coworkers to stay in the game for the long-haul.

We remain relevant due to everyone's dedication and professionalism. EVERYONE plays an important role in fulfilling the garrison vision to be the pinnacle training platform in the United States Army Reserve and becoming a designated Mobilization Force Generation Installation.

For those new to the Team, take



Garrison Commander
Col. Charles R. Bell

the time to learn how everyone's job is integrated, how all operations tie to our Integrated Strategic and Sustainability Program (ISSP), and how you can be a valued member and a leader in making the garrison the best it can be to support our warfighters. The Fellows program is a fantastic way to learn these points. Contact Talia Wesley or go to the DHR SharePoint site for information on how you can learn the big picture, leadership and team building skills. Also, read the article on page 9 to learn about the ISSP.

As I remain optimistic and hopeful for our future, I acknowledge that there are those who have suffered losses and are struggling. The FHL and PRFTA command teams and I offer heartfelt condolences and pray for you and your family's strength, peace and love to continue on. We stand by to support you, and there are many resources available. I urge everyone to remain hopeful, stay vigilant against C19, and continue to check in on coworkers, family, and friends.

I'll end with a quote by Christopher Reeve aka Superman - "Once you choose hope, anything's possible."

FY20 MILESTONES

- Significant modernizations to FHL's training capabilities
- Funding to modernize bldg 295 (barracks) to meet TRA-DOC standards, and other general barracks upgrades
- Approval to open the PRFTA Modular Small Arms Range (MSAR)
- Approval for a new NEC facility, and additional micro-grids at both installations
- Sustained training load despite COVID-19 pandemic

Stay Up To Date on COVID-19

Info at the garrison C19 webpage: <https://home.army.mil/liggett/index.php/about/Garrison/public-affairs/covid-19>



Wash Your
Hands



Wear a
Mask



Keep Your
Distance

Stay Home if
You're Sick



BOOSTING RESILIENCE *through* Spirituality



Benefits of Spiritual Fitness

Spiritual Fitness Tips

Finding a Chaplain

What Leaders Can Do

For more information on the Army's Spiritual Resiliency Program including links to take a Spiritual Fitness Assessment, visit the Army Public Health Center: <https://phc.amedd.army.mil/topics/healthyliving/bh/Pages/SpiritualHealth.aspx>

THE IMPORTANCE OF SPIRITUAL FITNESS AND RESILIENCY

By Chaplain (Maj.) Paul Sauer,
PRFTA Deputy Chaplain

Dr. Victor Frankl was a psychiatrist when he was interned in a Nazi concentration camp. He wrote about his experiences in the book "Man's Search for Meaning." He describes how those who thought their suffering was meaningless perished quickly. Those who found meaning in their present circumstance and suffering were able to survive. Without using the term, Dr. Frankl was describing what the Army calls Spiritual Resiliency or Spiritual Fitness.

While many equate spirituality with religion, the Army takes a more nuanced approach. It recognizes that even non-religious people are capable of and can benefit from being spiritually resilient.

DA PAM 600-63-12, defines spiritual fitness as "the development of those personal qualities needed to sustain a person in times of stress, hardship and tragedy." ATP 6-22-5 describes it as "identifying purpose, values, beliefs, identity, and life vision." In short, spiritual resiliency is finding meaning in your present circumstance and suffering.

Multiple studies have found that those who are spiritually resilient experience the following life benefits:

- Less depression, quicker recovery from depression.
- Greater sense of well-being, happiness, meaning, purpose, and hope.
- Less alcohol/drug use.
- Less delinquency and crime.
- Greater marital stability, less divorce, less spouse abuse.

ATP 6-22-5 outlines the important role that your chaplains and religious affairs specialists can play in helping you be spiritually resilient, regardless of your faith tradition or absence of faith:

- Leadership training and supervision of traumatic event management for small-unit leaders in identifying Soldiers experiencing combat and operational stress reactions, stress management techniques, and skills development.
- Religious support to Soldiers experiencing combat and operational stress reactions.
- Opportunities for Soldiers and leaders to talk about combat experiences.
- Reinforcement of the Soldier's sense of hope and faith group expression.

FHL Chaplain (24 hrs): 925-719-3075
PRFTA Chaplain (24 hrs): 925-605-8261



NEW CHAPLAINS TO THE TEAM



Chaplain (Maj.) Brian Eastham joins the FHL Religious Support Office as the Family Life Chaplain. He comes to us from the 85th U.S. Army Reserve Support Command, Chicago. Eastham has seven years in the Army Reserve and nine years in the active component, all as a chaplain. Eastham enjoys running and hiking, and looks forward to serving the community.



Chaplain (Capt.) Paul Sauer joins the PRFTA RSO Team as his first AGR assignment. He joined the Army Reserve in 2016 serving as a chaplain for the 99th Readiness Division and the 2-228th Theater Fixed Wing Battalion. Prior to entering full time Army service he spent 19 years as the Pastor and Executive Minister of Our Saviour Lutheran Church and K-12 school in the Bronx, New York. He enjoys sports, traveling, and learning about history. Joining him at PRFTA is his wife of 20 years Jessica, who is a Special Education Teacher, and their children Katharine, Rosie and Atadrik.



AWARDS FOR DOLAN FIRE SUPPORT

Firefighters and Public Works heavy equipment operators were awarded the Civilian Service Commendation Medal for their support to the Dolan Fire from August-September at a special ceremony, December 15. The event was streamed live on Facebook so friends and family could participate virtually. (Photo by Amy Phillips, FHL Public Affairs)

Benjamin Jones, FHL DES
Bryce Foslien, FHL DES
Christopher Williams, FHL DES
Clayton Gardner, FHL DES
Curtis Benzie, FHL DES
Dan Freeh, FHL DES
David Goldstein, FHL DES
Devon Haggie, FHL DES
Douglas Jenkins, FHL DES
George Staples, FHL DES
Greg Fryer, FHL DES
Harold Stoughton, FHL DPW
James Krenkel, FHL DES
Jason Hall, FHL DES
Jeffrey Mackey, FHL DES
Jeffery Minetti, FHL DES
Jerrod Krenkel, FHL DES
Jonathan Cummings, FHL DPW
Joshua Blacksmith, FHL DES
Justin Moya, FHL DES
Justin Rodriguez, FHL DES
Kevin Daugherty, FHL DES
Kyle Cook, FHL DES
Larry Ortiz, FHL DES
Michael Callahan, FHL DES
Michael Hewston, FHL DES
Nathan Anton, FHL DES
Nigel Allen, FHL DES
Noah Munds, FHL DES
Richard Buchanan, FHL DES
Robert Sturtevant, FHL DES
Ronnie Rosas, FHL DPW
Ryan Cochrane, FHL DES
Sheila Suleski, FHL DES
Thomas Vernon, FHL DPW
Tyler Foslien, FHL DPW
Waylon King, FHL DPW

PRFTA FIRE CAPTAIN PROMOTION



Fire Captain Logan Rodgers received his Battalion Chief Bugles on Sept. 27. This promotion moves him into the command and control arena, and now has oversight of firefighters from PRFTA and mutual aid partners during emergency responses. (Photo by Jim O'Donnell, PRFTA Public Affairs)



IN THE SPOTLIGHT

FHL/PRFTA EMPLOYEE-SOLDIER RECOGNITION/AWARDS

CONGRATULATIONS

to the garrison employees recognized during the FY20 4th Quarter Workforce Awards ceremonies at each installation. The ceremonies were broadcasted via Facebook Live so family and co-workers could participate and celebrate the achievements together.

(Photos by Cindy McIntyre, FHL Public Affairs)



EMPLOYEE OF THE QUARTER

Talia Wesley, Workforce Development Program Specialist/Chief, Civilian Personnel Division, is the FY20 4Q Garrison Employee of the Quarter, and received a Civilian Service Achievement Medal, Commander's coin, and a \$250 On-the-Spot award.

Army Commendation Medal
Sgt. 1st Class Rimoni Ianu, FHL HHC

Civilian Service Achievement Medal
George Staples, FHL DES
Jessica Reimold, FHL DES
Richard Campos, PRFTA DHR
Richard Martinez, FHL DHR
Steven Lazzarini, FHL DES

Meritorious Service Medal
Lt. Col. Anthony Salazar, SJA



Richard Martinez is recognized for his dynamic capability and professionalism during these turbulent and demanding times.



Sgt. 1st Class Rimoni Ianu is recognized for his outstanding commitment to training Soldiers, supporting units and the garrison mission.

Certificates of Achievement & Commander's Coin

Akuaha Moreno, FHL FMWR
Albert Fortier, FHL DPW
Alfred Myers, FHL DES
Amy Phillips, FHL PAO
Anna Vega, FHL DES
Bill Riley, FHL DPTMS
Brian Lee, FHL FMWR
Clinton Tolle, FHL DES
David Myhres, FHL DGC
Edgar Rios, FHL
Gabriel Laso, FHL FMWR
Jaime Toribio, FHL LRC
Melissa Foslien, FHL PAIO
Naresh Sharma, FHL DPTMS
Naty Littlefield, FHL RMO
Susie Venegas, FHL CYS
Tahj Ryals, FHL DECA
Yasmine Lali, FHL FMWR

On the Spot Awards

Annelle Smith, FHL DPW
Heather Fong, FHL DPW
Jacob Daly, FHL DPW
Jake Dayton, FHL DPW
Jasmin Zamudio, FHL DPW



Length of Service Awards

5 Years of Service:

Bryce Foslien, FHL DES
Hugh Dittrich, FHL DPW

10 Years of Service:

Devon Haggie, FHL DES

15 Years of Service:

Melissa Foslien, FHL PAIO
Thomas Harris, FHL DPW

30 Years of Service:

John Wolfe, PRFTA DES

35 Years of Service:

Leonard Lovett, FHL DES
Les Toth, FHL ACS

USAG Fort Hunter Liggett/Parks Reserve Forces Training Area

EMPLOYEES OF THE QUARTER



1st Quarter
Lori Fash, FHL DPTMS



2nd Quarter
Jamie Edwards, PRFTA PAIO



3rd Quarter
Clinton Tolle, FHL DES



4th Quarter
Talia Wesley,
USAG FHL/PRFTA DHR

4th Quarter
Talia Wesley, FHL DHR

Talia Wesley, Workforce Development Program Specialist and Chief, Civilian Personnel Division, is recognized for her dedication, professionalism and enthusiasm to service the USAG FHL/PRFTA community. Since she came on board in April 2019, Wesley has revitalized the workforce development program, aggressively looking for professional development opportunities for the workforce, and producing a plethora of useful information products. Her leadership and management skills for the Fellows program is superb, and has helped guide many emerging leaders through their year-long professional development journey. Wesley is a Certified Career Advisor for more than 10 years, and has volunteered with the Employer Support for the Guard & Reserve (ESGR) since 2007. She holds BA Degree in Human Resources, and certifications for Cultural Competency, Crises Intervention and Program Management. Wesley is passionate about helping the workforce with their career development and encouraging them "to see the world positively." She enjoys photography as a hobby.





IN THE SPOTLIGHT



Farewell Gene Messina, who has moved on to a new position supporting Presidio of Monterey at SATCOM. Messina has been with FHL since 2009 in the Engineering and Business Operations Divisions at the DPW. He was instrumental in preparing the groundwork for numerous contract packages to provide utility and infrastructure upgrades at FHL and PRFTA, and the development of the work order submission and tracking function on SharePoint. (Photo by Augusta Vargas, FHL Command Assistant)



With more than 13 years of service already, Staff Sgt. Luis Espinoza with the FHL DPTMS Range Operations re-enlisted for an indefinite term in a ceremony officiated by Garrison HHC Commander, Maj. Christopher Lauff, Oct. 2. He was born in Orange County, California, grew up in Michoacán, Mexico, and returned to America where he raised his right hand at age 18. (Photo by Cindy McIntyre, FHL Public Affairs)



PRFTA said farewell to Scott Mitten who has been with the DPTMS from 2014 to 2020. Marty Alarcon and other co-workers presented going away mementos to Mitten during a ceremony on Oct. 8. Mitten's new assignment is at Camp Roberts which is a training partner of the garrison. (Photo by Jim O'Donnell, PRFTA Public Affairs)

CONGRATULATIONS ON MILESTONES IN CIVIL SERVICE CAREER

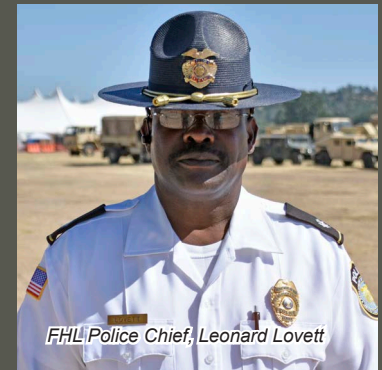
FHL Police Chief Leonard Lovett and Army Community Services Director Les Toth both received their 35 years of civil service awards in December 2020.

Lovett started his law enforcement career in June 1978 at Fort McClellan, Alabama as a private in the U.S. Army, Military Police Corps and retired from the Military Police Corp in June 1999. In May 2005, he began his civil service career as a Police Lieutenant at Fort Irwin, California. Lovett served at three other IMCOM active duty installations and achieved the Chief of Police rank in September 2008. He started at FHL in 2010 as the Chief of Police for both FHL and PRFTA. After retirement he plans to continue to support service members in other capacities.

After serving 22 years as an active duty Air Force officer, Toth embarked on his civil service career because he enjoys "serving those who serve or have served their country."

Toth started at FHL in November 2009, and his secret to the long civil service is "patience and respect for anything you face." The highlight of his career was serving as a squadron commander in the Air Expeditionary Force during Operations Desert Shield/Storm; and post 9/11, on the Air Combat Command Crisis Action Team.

Police Officer John Wolfe has been at PRFTA for just over nine years. Originally from Wisconsin, he spent 20 years in the U.S. Army as an 11B, Infantryman. Prior to his current tour at PRFTA, he worked at Onizuka Air Force Station in Sunnyvale, California until the installation was closed by the Base Realignment and Closure program. Wolfe says the highlight of his career has been just serving the military in any capacity he can. He enjoys spending time with his grandchildren during his free time.



FHL Police Chief, Leonard Lovett



PRFTA Police Officer John Wolfe



ACS Director Les Toth

STRATEGIC FOCUS TO STRENGTHEN GARRISON CAPABILITIES

Story and photo by
Amy Phillips, FHL Public Affairs

It takes a village - every garrison directorate at both installations, tenants and other stakeholders - to coordinate and work out the myriad processes, funding and logistics to meet short and long-term garrison objectives. IMCOM-Readiness Director Brenda McCullough and Maj. Gen. Alberto Rosende, 63rd Readiness Division Commanding General and the garrison's senior commander, commended the U.S. Army Garrison Fort Hunter Liggett/Parks Reserve Forces Training Area's strategic planning and accomplishments during the December 8, 2020 Installation Planning Board's (IPB) annual brief.

"We've been extremely productive in 2020, despite all the obstacles thrown our way," said Garrison Commander Col. Charles Bell. "I'm extremely proud of our team at both installations."

The brief outlines the garrison's current and proposed Integrated Priorities List (IPL) in order to receive guidance and approval from senior leaders. The annual IPL is part of the garrison's Integrated Strategic Sustainable Program (ISSP) which guides the garrison's efforts to allocate funding and resources, and ensure their priorities are nested within the goals of higher commands. The ISSP outlines the four lines of effort that govern everything the garrison does: Community, Training Land Management, Infrastructure, and Workforce.

Other strategic plans that guide daily operations include the garrison Master Plan, which encompasses the long-term vision of what the installation layout and facilities should look like.

Although there was some headway on the FY20 priorities (outlined in Commander's Message on page 3), more work remains to be done. "The FY21 IPL is not necessarily listed in order of priority as the projects continue to be worked on simulta-

neously," said Bell. "Getting funding for projects is always challenging and we're looking for creative approaches to meet requirements."

"We are more relevant than ever to the Department of Defense because training has stopped at many other installations caused by large COVID case numbers," said Bill Riley, in charge of the Directorate of Plans, Training, Mobilization, and Security. "We're proud that training has not stopped at our garrison since the pandemic."

McCullough's closing remarks included acknowledging the garrison's superb COVID-19 protocols and success at "keeping the scourge at bay and the workforce healthy." She encouraged the garrison to "build on your successes and creativity on programming to reach goals." She pledged continued support with the garrison's fight for funding at higher commands.

Rosende was impressed with the garrison's solid plans to continue to improve, and echoed McCullough's sentiments to emphasize the importance of programs supporting Soldiers and the garrison community. "We are all transients - it is the programs that will continue and benefit our successors," said Rosende. "Program decisions

help us strive for success." He urged the garrison to continue improving posture to fight wildfires by building on lessons learned, and partnerships.

Read the full story: <https://go.usa.gov/xAgq3>



The command teams from both installations and key staff brief IMCOM and 63rd Readiness Division senior leaders on FY21's Integrated Priorities List and provide project updates.

FY21 IPL

1. Institutional/Collective Training Modernization
2. PRFTA Barracks
3. Utilities Sustainability
4. Improve FHL Tusi Heliport Condition & Capabilities
5. PRFTA Multi-age CYS Facility
6. FHL Access Control Point
7. FHL ECS-170 Military Equipment Parking

SENIOR LEADER ENGAGEMENTS

SUSTAINING COMMUNITY RELATIONS AMIDST COVID PANDEMIC



Garrison Commander Col. Charles Bell speaks as Jack Murphy with the Military & Veterans Affairs Office and others listen.

Story and photo by
Amy Phillips, FHL Public Affairs

Sustaining strong bonds between military and civilian leaders is very important to Col. Charles Bell, U.S. Army Garrison Fort Hunter Liggett/Parks Reserve Forces Training Area Commander. Bell hosts quarterly Community Relations Working Group meetings with leaders from state to city level, FHL, Camp Roberts and Presidio of Monterey.

During the December 10 meeting, military leaders briefed King City Mayor Mike LeBarre, San Miguel General Manager Rob Roberson and Paso Robles Community Development Director Warren Frace on their COVID-19 posture and protocols. They

also discussed issues such as coordination with local airports to support potential mass civil support operations, the transportation of training units from airports to installations, and affordable housing. More than a dozen leaders participated and the robust conversations generated interest in continuing the dialogue for potential Intergovernmental Support Agreements (IGSAs) or mutual aid agreements.

The garrison's senior commander, Maj. Gen. Alberto Rosende, 63rd Readiness Division Commanding General, emphasized the importance of continued community relations. "We know as Citizen Warriors that we can't do it alone, and meetings like this strengthen the alliance with the civilian community," said Rosende. He also noted the sub-

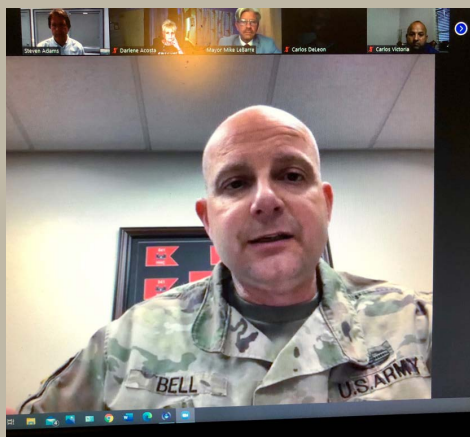
stantial economic impact the military brings to California, and urged civilian leaders to keep that in mind during their planning and programming efforts.

Bell said the garrison's COVID-19 protocols have been successful in keeping cases low. He also highlighted the garrison's modernization projects, improved energy infrastructure, and the increased training load even amid the pandemic. He mentioned opportunities for IGSAs for transporting military from area airports to post, emergency management and energy resiliency.

Read the full story: <https://go.usa.gov/xAgq2>

CITY COUNCIL MEETINGS

Garrison Commander Col. Charles Bell attended the King City and Paso Robles City Council meetings virtually, Oct. 27 and Dec. 15, respectively. Some highlights included the garrison's COVID posture and successful safety measures, the desire to stay engaged with community in a safe manner, the economic impact FHL and visiting units bring, potential Intergovernmental Support Agreements, Minuteman Scholarships available to graduating high school seniors or college students interested in an Army career. Bell also invited both cities to participate in Fort Hunter Liggett's 80th Anniversary Open House, May 15, 2021. King City Mayor Mike LeBarre (right) has been a great supporter of the garrison and often participates in our community events. (Screenshots by Amy Phillips, FHL Public Affairs)



PRFTA RANGE SIX, KEEPING SERVICE MEMBERS TRAINING YEAR ROUND

Story and photo by
Jim O'Donnell, PRFTA Public Affairs

The sounds of small arms fire are echoing off the foothills of this base in Northern California, thanks to the hard work of personnel in Parks Reserve Forces Training Area's (PRFTA) Directorate of Plans, Training, Mobilization, and Security (DPTMS).

"We had eight Marines from Fourth Force Recon using Range Six from Dec. 15-18," said Mark Young, Range Operations Manager for PRFTA's weapons ranges located on the northern quadrant of the installation. Range Six is a 25-meter pistol target range, which also supports shotgun and shoulder-fired grenade launchers.

While many training evolutions have been cancelled, postponed or moved online because of the COVID-19 pandemic, range utilization at PRFTA has been consistent according to Training Specialist Rolando Gonzalez.

"We are very fortunate because Range Six has been operational all year," said Gonzalez. He says the impact of COVID-19 on training has been very minimal. "Our firearms

ranges are outside and we follow all Centers for Disease Control guidelines, like wearing masks and maintaining social distancing when on the range."

"Range Six has 12 firing lanes and can safely handle up to 12 personnel at a time," said Young. "Next year, we hope to open our 25-meter Rifle, Zero and Grouping, and our indoor Modular Small Arms (MSAR) ranges.

Young and Gonzalez say they are both looking forward to opening the MSAR as soon as possible for the opportunities this state-of-the-art range will bring to PRFTA.

"When we open up the MSAR, it will be the only MSAR in the continental United States," said Gonzalez. He adds the range will allow service members to fire weapons from 9mm up to 7.62 x 39mm indoors in a safe environment that can be used all year round.

"We take our mission of supporting military readiness very seriously at PRFTA," said Installation Commander, Lt. Col. Serena Johnson. "A lot of the credit goes to our DPTMS team for maintaining safe ranges for the service members who come here to train. I am proud of the hard work they do



Fourth Force Recon using Range Six at PRFTA

every day supporting our mission."

"Our motto is 'Gateway to Readiness,' a motto embodied by every Soldier, Army Civilian and contractor who works here," said Johnson.

Reaching out
is a sign of

STRENGTH

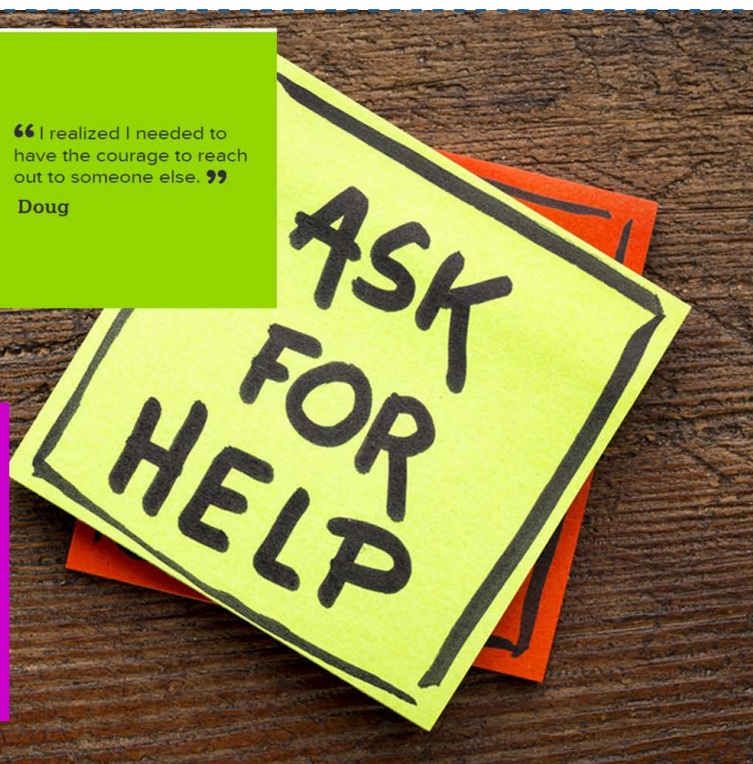
Click on graphic
to view video



"I realized I needed to have the courage to reach out to someone else."

Doug

Staff Sgt. Douglas Tivira was charged with helping others through their struggles while deployed. When he returned home, he discovered that he too, needed help. Learn about his journey of healing, and his service to continue helping others. Watch video: <https://vimeo.com/86540827>



GARRISON HIGHLIGHTS



U.S. Army Garrison Fort Hunter Liggett (USAG FHL), the largest Army Reserve-funded installation, is positioned to achieve energy and water resilience in the next two years due to its long term planning efforts during the last decade. The garrison has won several energy and water management awards for its multi-strategic program effectiveness and annual cost avoidance of millions of dollars.

According to the Army Reserve Sustainment and Resiliency Division (SRD), USAG FHL was the top Army Reserve installation in 2019 for energy consumption reduction. In Fiscal Year 2019, FHL produced 21.97 percent of its electricity needs from renewable energy, and reduced its potable water use intensity by 31 percent. FHL replaced all fossil-fuel-burning heat plants with high-efficiency electric heat pumps, and

installed high-efficiency HVAC equipment contributing to a 49.3 percent reduction in energy consumption.

"We're very proud to be leading the effort for the Army Reserve, and the millions of dollars we are saving tax payers," said Col. Charles Bell, commander of the USAG FHL, which consists of Fort Hunter Liggett and Parks Reserve Forces Training Area. "Our energy and water supplies must be sustainable and reliable in our remote and isolated location."

FHL's energy microgrid, as well as a new water treatment plant designed to reuse treated waste water for use in non-potable applications, will enable its facilities to remain operational during times of disruption, especially during the California wildfire season.

Current projects include the construction of FHL's Integrated

Installation Control Center (I2C2) which enables the garrison to monitor and manage all building control systems, as well as Integrated Advanced Metering, from a single front end interface.

Upcoming projects include upgrades of the existing electrical infrastructure to implement a microgrid encompassing the cantonment area at both installations. Existing photo voltaic arrays and battery storage assets at both locations will be augmented and integrated into each microgrid, and they will be configured to allow operation in the absence of utility power.

"When the Microgrid projects at both installations are connected to the I2C2 and existing renewable energy sources, the resulting systems will be extremely efficient and nimble," said Jarrod Ross, Resource Efficiency Manager with the FHL

3D IMAGING IN CULTURAL RESOURCE PRESERVATION

Story and photo by Cindy McIntyre, FHL Public Affairs

Directorate of Public Works. "This will allow FHL and PRFTA to continue their missions in the absence of power from an external source."

Resiliency isn't just about power; it is also about making sure there is adequate potable water available to the installation and Soldiers that train at both installations. The garrison is recognized as one of the top five installations for reducing their Water Use Intensity (WUI), and far exceeding directives and mandates for savings. This accomplishment has positioned the garrison for additional future water resiliency projects.

"If we each take steps to implement simple yet effective changes, we not only reduce usage but reduce costs that enable the Army Reserve to move dollars towards other operational needs," said Paul Wirt, Energy & Sustainment Team Lead at Army Reserve Installation Management Directorate. "Conserving power helps protect America's energy future, and ensures Soldiers have energy and water when and wherever they need it."

October Energy Action Month ties into Army Directive 2020-03, Installation Energy and Water Resilience Policy, tasking all landholding commands to ensure a minimum of 14 days energy and water resilience during outages to sustain critical missions. FHL includes this directive in its Emergency Management plan and exercises.

USAG FHL is also the first Army Reserve landholding command to have an approved Installation Energy and Water Plan (IEWP). This plan provides a roadmap for achieving increased security, resilience, readiness, and mission assurance for the next five years of energy and water management at both installations. USAG FHL has been working towards energy and water resiliency for more than a decade, and anticipates meeting the Army Directive by the end of FY22 at FHL, and FY23 at PRFTA.

"Installations play a critical role in the Army's effort to be resilient," said Bell. "Our energy and water resiliency supports military readiness and ensures that the Soldiers can deploy, fight and win."



Carey Baxter, Army Corps of Engineers archaeologist in front of Hacienda with High Definition Terrestrial Laser Scanner

Technology meets antiquity as a 3D laser camera buzzes its scanner across two historic structures on FHL in September.

The Hacienda, built by architect Julia Morgan in the 1930s and formerly part of the William R. Hearst Ranch, and the Gil Adobe were the stars of the high-tech show as the High Definition Terrestrial Laser Scanner recorded every detail from as much as 50 yards away.

Carey Baxter, archaeologist for the U.S. Army Corps of Engineers Center for Engineering and Research Laboratory in Illinois, said the scans will aid in redoing plans and elevations on the Hacienda, which were last done in the 1970s when it was nominated for the National Register of Historic Places.

As she worked, helicopters with water buckets flew back and forth fighting the Dolan Fire which still raged in the adjacent national forest, after nearly reaching the cantonment. "We saw just how close this building can get to being damaged," said Baxter. "Also we're in earthquake territory."

She added, "This building is in almost original condition, so having a permanent document in case anything goes wrong is absolutely invaluable. There are lots of little tiny architectural elements that photographs and drawings aren't going to capture."

The scans can be used to print 3D decorative elements that get damaged or destroyed, and will record floor sagging or bulging walls in the Gil Adobe, which is in a state of disrepair. The same technology was used to record the Notre Dame Cathedral in Paris shortly before it burned in April 2019. Those scans will aid in the rebuilding, she said.

"It's starting to get picked up by the DoD for cultural resource management," said Baxter of the technology. The project on FHL lasted two weeks and will provide hundreds of gigabytes of visual data.

Watch video to learn more:
<https://www.dvidshub.net/video/770996/3d-imaging-cultural-resources-preservation>



FORT HUNTER LIGGETT CELEBRATES 80 YEARS OF SUPPORTING MILITARY READINESS & NATION

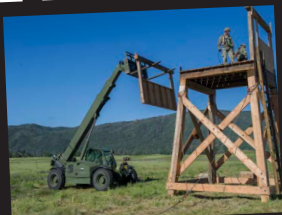
On January 14, FHL hosts the anniversary kick-off which will include a video that captures the military activities from 1941 to present, a presentation with interesting historical information, and a guest speaker from the Mission San Antonio de Padua on its ties with FHL throughout the years.

On Armed Forces Day, May 15, FHL will host an Open House for the public showcasing its mission and achievements. We're partnering with the [Estrella Warbirds Museum](#) from Paso Robles to fly in "Betsy's Biscuit Bomber" - a World War II C-47 aircraft - as one of the many attractions during the event (Photo below by Estrella Warbirds Museum). The [Camp Roberts Museum](#) will also participate and bring some of their artifacts for display.

FHL has remained relevant throughout the years, providing expansive training area, state-of-the-art facilities and equipment for realistic and critical training.

Recent and continued modernization of training capabilities will ensure continued support of military for American and allied forces training.

Our continued success is a credit to the garrison workforce, and great tenant partnerships.



Navy Seabees training, 2016



National Guard Exportable Combat Training, 2016



Marines Training, 2016



Army Reserve Warrior Exercise, 2017



Air Force Ranier War Exercise, 2017



Army 20 Training,



4th Army field artillery training, 1941



10th Infantry training, 1957



Combat Development, Experimentations, 1960s



TOW Missile testing, 1970



California National Guard Operation Sunburst, 1985



Task Force Raven, 2002



Air Force training, 2006



Urban terrain training, 2007



Paratrooper training, 2009



Army aviation, 2010



Joint forces training, 2012



Army Reserve Civil Affairs training, 2015



Convoy live fire training, 2015



20th Infantry Division training, 2017



Army 7th Infantry Division Training, 2017



Army Reserve Combat Support Training Exercise, 2018



Army Reserve Golden Medic Exercise, 2018



Army Reserve Cold Steel III gunner training, 2019



Army Reserve engineer training, 2019



Joint Light Tactical Vehicle training, 2020

FY 2020 FELLOWS COHORT GRADUATE



Fellows with their mentors, and the garrison commander

Photo by Amy Phillips, FHL Public Affairs

The FY20 Fellows cohort successfully completed their year-long professional development program and were recognized in a graduation ceremony, December 2, 2020. The culminating event for this program is a team project that the cohort develops and presents to the garrison commander. This cohort's project was on "Cross Training to USAG Fort Hunter Liggett, towards a Unified Workforce. To establish effective dialog within both Installations (FHL and PRFTA) to ensure smooth continuity of operations." This program is open to both installations and tenants. Learn more about the Fellows Program at the FHL DHR SharePoint or contact the Workforce Development Program Manager Talia Wesley at talía.s.wesley.civ@mail.mil.



"The Fellows Program has been an amazing experience. COVID-19 prevented us from doing a lot of in-person training, however, we managed as a team to complete the program. You get valuable exposure and experience while learning under the guidance of an experienced mentor. You learn how to take ownership of your own personal and professional development. I have gained new insights and perspectives while also getting the opportunity to meet other experts in the field. Best take away is that I have made great friends for life and have learned something from each Fellows. I highly recommend this program to others because it can enhance your knowledge and skills. I believe that being a leader is something you earn and not given." - Susie Venegas, CYS Administrative Assistant /CYMS Technician

"The Fellows program is an intensive leadership development program, and my best take away was the ability, both individually and collectively, to catalyze and embrace the gradual and meaningful process of change in your career. Fellows remain in their jobs while participating, and engaging online in meetings and projects. I learned a lot from the different types of leaders and directorates. It is a great professional development program and helps you to become a better leader in the future. I really appreciate my supervisor allowing me unlimited time to complete my Fellows projects and classes, so I could be a success."
- Naresh Sharma, DPTMS Range Inspector



"I joined the Fellows program to see how other directorates function and conduct business, to learn leadership skills and apply them to my current job. The most memorable moment was trying to motivate and bring the team together either through MS Teams or physically during COVID-19 to finish our team project in time. I have learned how to be more personable and to be a more effective leader. I highly recommend this program to anyone that wants to be a leader in the future. It was an excellent experience meeting new people from both installations through this program, and I now consider them my friends." - Jaime Toribio, LRC Heavy Mobile Equipment Mechanic Lead



FHL CYSPASSES INSPECTION WITH PERFECT SCORE

By Cindy McIntyre, FHL Public Affairs

There was a time at Child and Youth Services before CYS coordinator Merrilee Daniels arrived, and it wasn't good. Fort Hunter Liggett's CYS flunked inspections and wasn't an accredited program.

"Before she came, 50 percent of the inspection items were deficient," said Charlemagne Tertulien, Family and Morale, Welfare & Recreation director. "This is the first time in the 13 years I've been here that we've had a zero finding."

That meant a perfect score of the 150 criteria the inspectors at HQ IMCOM G9 reviewed in December 2020 during the Army Higher Headquarters Inspection (AHHI). That validates three previous annual inspections that cover health, safety and sanitation, among other criteria.

"This is a really big deal," said Tertulien. "They inspect children's shot records, data bases, safety protocols. The SOP has to be up to

date. If you teach a class you have to have a record of what you taught."

The inspection team goes through those records with a fine-tooth comb. Daniels conducts her own inspections to make sure her staff is on top of these criteria. She ensures they fix discrepancies."

Normally the AHHI inspection is done by two people on site, but due to COVID-19 it was virtual this year. However, it was still an unannounced "surprise" and that meant uploading all of the documentation, databases and photographs on short notice. What would normally take two people a week to review the binders and databases, took only two days virtually because more people in the office back in San Antonio were available to comb through the information.

"The hardest thing to pass with flying colors is the oversight," said Daniels. "I have to stay in-the-know at all times, be current on regulations, and be an expert on everything CYS. In addition, I always perform self-inspec-

tions to find out potential outcomes

before the inspectors arrive." She has lent her expertise to Air Force and Defense Logistics Agency to help them achieve accreditation as well.

Tertulien said Daniels and her team are "the crème de la crème." "It gives people an incentive to do well." However, he realizes that Daniels' incentive comes from within, a desire to be the best and to motivate her team.

Daniels says the secret to her success is motivation through communication. "I inspire my team to push themselves and help them achieve their goals and provide them a happy place to work." She said achieving a perfect score is something she has sought since arriving at FHL in 2016. "I did it once at my previous installation and I knew that I could inspire my team to do likewise."



The FMWR Cybrary hosted the Health Clinic event sponsored by Rite Aid Pharmacy, Oct. 29, 2020. The event took place in the old fire department Building 120 and included flu immunizations. A total of 57 people participated and had great customer comments. The FMWR Director presented a certificate of appreciation signed by Col. Bell to the Rite Aid Pharmacy leader for their support. The FMWR organization is looking forward to do it again next year. (Photo by FMWR)

The garrison conducted its annual media training via Teams and a socially-distanced mock press conference at each installation. Public affairs officers from both installations provided garrison leaders with information on why media relations is important and how to use it as tools to get command messages out. Participants also learned tactics on how to handle tough media questions and how non-verbal cues can either reinforce or diminish their verbal messages. FHL Deputy Commander Lt. Col. Stephen Stanley and Fire Dept. Assistant Chief of Operations Mike Hewston (not pictured) were spokespersons responding to questions from media roleplayers. (Photo by Cindy McIntyre, FHL Public Affairs Office)

Training in the dark can be tricky enough, but a 15-foot deep gully can make it downright hazardous. Erosion caused by runoff from a downhill road ate away at the edge, and DPTMS was out in Training Area 15 to fix it. The Integrated Training Area Management field crew from the Colorado State University/Center for Environmental Management of Military Lands applied hydro mulch to the area after they filled it in, Nov. 9, 2020. A thousand gallons of water was mixed with native seed, green-tinted mulch, and glue made of seaweed and sprayed over the site to stabilize the soil. Native seed includes annual fescue grass, sky lupine, California poppy, and tidy tips, as well as perennials such as two types of needle grasses and California buckwheat collected by hand on post. (Photo by Cindy McIntyre, FHL Public Affairs)

"Before I started working here, I suffered from low self-esteem and lack of self-confidence because people tended to look at my disability and not me as a person," said Charquilla McGaffeny, Training Support Specialist at Parks Reserve Forces Training Area (PRFTA). "This job has helped to rebuild me as a person and I have accomplished many of my goals since being here."

McGaffeny has dwarfism and lives with physical pain daily, but it does not hinder her personality from shining through. Dwarfism is a condition that causes adults to measure up to 4 feet 10 inches and under. This condition affects about 1 in 15,000 people, and can occur even if both parents are of average height. There are more than 300 conditions that can cause dwarfism. Since childhood, McGaffeny suffers with pain from the compression of her spinal discs, a result of her condition. She survived a 14-hour back surgery and might need another one to help alleviate the pain.

As if her disability were not enough of a challenge, McGaffeny also grew up as the youngest child of eight in McComb, Mississippi. She was bullied for her condition and for being poor. "It was a challenge with so many kids," she said. "We knew we didn't have much, but we didn't know we were poor."

People, herself included, didn't know what her condition was. She wasn't diagnosed until she was a year old, and didn't learn what dwarfism was until she was an adult. "I didn't understand why I wasn't growing," said McGaffeny.

Before high school, McGaffeny kept to herself to avoid the bullies, and was an honor student. McGaffeny's mother raised her to be strong and to overcome challenges. "She asked me one day, 'Quilla, what are you going to do when I'm not around?'" That's when it hit home. "I finally just accepted who I was and drove on," said McGaffeny. She learned to be self-sufficient and resourceful, such as learning how to cook and do her family's hair.

During her high school years,

SHORT STATURE WITH BIG PERSONALITY

A National Disability Employment Awareness Month Feature on Charquilla McGaffeny

By Amy Phillips, FHL Public Affairs



Parks Reserve Forces Training Area employee Charquilla McGaffeny is an active member the Greater Cooper A.M.E. Zion Church, Oakland, California. She serves many roles as the Usher Board President, Director of the Children's Department and the Lead for their Finance Steward Board. (Courtesy photo)

McGaffeny began coming out of her shell by taking a sewing class and joining the softball team. She started making friends and her life became brighter. Her sewing came in handy because she had to alter the hand-me-downs from her sisters. It also helped her earn a little income from selling clothes she made.

"My Momma was my first customer," said McGaffeny, who gets emotional when talking about her mother, who passed away in 2007. "She always wore what I made, no matter how bad the stitching was. She was my biggest fan and always encouraged me." Sewing continues to be one of her passions and she has her own business selling items she creates.

Another passion of hers is acting. She says watching the TV show, "Different Strokes" inspired her to be an actress. "I always knew I wanted to act," said McGaffeny. "I just love entertaining, and making people laugh." One of her major act-

ing jobs was being an Ewok in "Return of the Jedi" in 1996.

McGaffeny recalls a doctor telling her mother that her child would never be able to work. "My Mom was like, 'Oh no, my child is not going on the (welfare) check! My baby is smart. She might need a little help but she can do what others can do.'"

McGaffeny moved to the San Francisco Bay Area in 1990, joining some of her sisters who moved to California before she was born. She and her family knew that she'd have more rights in California. "They don't mess around with discrimination here," said McGaffeny. She tried to get a driver's license in Mississippi but was denied because of her disability. She got her California driver's license in 1991 and owns a car with special adaptations to the pedals.

She began her journey at PRFTA in May 2003, as a CALIDAD Industries contractor serving as a purchasing agent for the installation. In February 2018, McGaffeny became an Army Civilian working as a Training Support Specialist in

the Directorate of Plans, Training, Mobilization, and Security (DPTMS).

"It was a dream come true," said McGaffeny. "I always wanted to be in the military but couldn't because I didn't meet the height requirement." Working as a Department of Army Civilian (DAC) fulfilled her yearning to serve the country. The government employment also meant she finally had a dependable income with benefits.

Range Operations Manager Mark Young recalls when he began working with McGaffeny in 2007, and how he discovered her caring and generous personality. McGaffeny and another co-worker coordinated an effort to make a baby blanket for his newborn daughter. "Since becoming a DAC, Ms. McGaffeny has really expanded her impact on DPTMS. Where one can really observe her shine is when she is conducting classes to a large audience. No task is too big for Ms. McGaffeny," said Young. She



Some of Charquilla McGaffeny's passions include sewing and acting. She is a member of the Black Repertory Group Theater in Berkeley, California. McGaffeny (lower left) on the movie set for "Return of the Jedi" at San Rafael, California, October 1996. (Courtesy photo)

single-handedly provided all the Range Facility Management Support System (RFMSS) training to customers who were new to the system."

"I have never felt like anyone here at PRFTA has looked at me as someone with a disability," said McGaffeny. "I believe they just see me as a person who has the ability to do the job." She says the PRFTA Command Team has always been supportive of her special needs, and have provided things like step stools, special key board, lumbar back support, and an ergonomic desk chair. "It would be great if we can have ADA equipped vehicles though because I have to use my own vehicle during work hours," said McGaffeny.

McGaffeny is proud of completing the Foundations Course of the Army's Civilian Education System. Her goal is to be a supervisor in DPTMS one day, and earning an undergraduate and graduate degree in business management.

McGaffeny's mother told her once, "What is meant for you, can't be kept from you." She encourages those with disabilities to never stop dreaming. "Persevere and never let anyone tell you that you can't achieve your goals. Shoot for the stars, aim for the moon. Believe in yourself."

PROTECTING CULTURAL RESOURCES

The Dolan Fire started on August 18 and as of December 3, is at 98 percent containment. Although there is no threat to the community, Los Padres National Forest still has firefighting assets assigned to the Dolan Fire because "dry weather will bring more activity in the small isolated areas of smoldering fuels which continue to be consumed." According to the Incident Information System (<https://inciweb.nwcg.gov/incident/7018>), the Dolan Fire will be considered contained/controlled/out when we receive sufficient rainfall.

The fire burned onto Fort Hunter Liggett on Sept. 8, and affected several cultural resources, including a 12-foot cobblestone well from an early 20th century homestead. The wooden cover placed over the well was burned, and a decision will be made as to whether to replace the cover with wood or something more fire resistant.

A wildfire can cause immense damage, even in a fire-adapted ecosystem. The act of fighting and suppressing a fire means bulldozing fire lines and cutting trees. Firefighters ignited backfires to create a barrier between the uncontrolled fire and the cantonment. Watch these two short videos with firefighters talking about the fire and Lisa Cipolla, Cultural Resources Program Manager, describing some of the measures taken to assist environmental recovery after a wildfire.

(Videos by Cindy McIntyre, FHL Public Affairs)

Click images/links to
WATCH VIDEOS



<https://www.dvidshub.net/video/771763/cultural-resources-and-dolan-fire>



<https://www.dvidshub.net/video/771765/environmental-recovery-after-dolan-fire>

TRAINING HIGHLIGHTS



NCO Academy Parks

(Above) conducted a certification and diagnostic Army Combat Fitness Test to certify Soldiers to be an ACFT grader and NCOIC. Staff Sgt. Ojeda grades Master Sgt. Nelson, Chief of Operations, as he conducts the three Repetition Maximum Deadlift, Sept. 25.

(Below) conducted their NCO of the Quarter Competition which consists of weapons proficiency, an obstacle course, land navigation, and a written exam, Sept. 23. Small Group Leader, Staff Sgt. Michael F. Boudreau won the competition and goes on to compete in the NCOA Parks Best Warrior Competition. Boudreau and his two squads detain the high value target as part of the shoot house event. (Photos by PRFTA NCOA)



Soldiers in the 25L Cable Systems Installer-Maintainer course at TASS Training Center-FHL practice for an exam to gauge their proficiency in installing an analog telephone system in a substation, and to troubleshoot errors, Oct. 21. The class is usually taught at the High Tech Regional Training Site in Sacramento, but due to COVID-19, there was neither the space nor resources to continue it. (Photo by Cindy McIntyre, Public Affairs)



In order to meet Army Regulation 420-1, FHL firefighters are required to do at least one nighttime Airfield Rescue Firefighting (ARFF) live fire training exercise to familiarize the use of apparatus and equipment during nighttime hours. Firefighters conducted this training during the week of Nov. 16-20, at the Tusi Army Airfield. (Courtesy photo)



U.S. Marine Corps Reserve troops with the 4th Force Reconnaissance Company out of Alameda, California trained with low-level and high altitude, low orbit (HALO) jumps at Drop Zone Patricia, Fort Hunter Liggett, Nov. 5. They flew in a C-130 from Moffett Field and were driven back to Alameda three hours away, to return the following day to complete their certification jumps. Photos by Cindy McIntyre, FHL Public Affairs)



Army Reserve 812th Signal Company based in Vallejo, California, conducted its annual training while supporting the garrison by upgrading the communication cables at the 300 Complex and the NEC facility. The unit completed several projects in partnership with NEC in the past two years in the tactical training areas and in the cantonment. Soldiers are rewiring the entire 300 Complex with CAT 6 communications cable. (Photo by Amy Phillips, Public Affairs)

BEHIND THE SCENES - SIMULATORS PROVIDE GREAT TRAINING



Truck Plus driving simulator video:
<https://go.usa.gov/xA3AD>

Fort Hunter Liggett has a multitude of simulators that provide Soldiers additional training platforms, and are great training tools before using the actual ranges or equipment. Soldiers can improve their weapons skills, get behind the wheel of a big rig, an ambulance, or a JLTV and learn to drive on virtual roads, with obstacles and hazards.

Visit our DVIDS page to see the Behind the Scenes video series, and all our other products:
https://www.dvidshub.net/unit/FHL-PAO#.Vsn_tv7VzIU

NOVEMBER NATIVE AMERICAN HERITAGE MONTH

USAG FHL/PRFTA celebrates its diverse workforce and hosts many special events to honor their cultures and achievements to the Army and the community

EMPLOYEE SPOTLIGHT RENEE GRANT

Renee Grant is a Salinan Indian with Salinan and Chinook bloodlines. She and her family have deep ties to the community. Grant's grandfather lived in the Dutton Hotel in Jolon, and her great grandfather worked on the Hearst Ranch before it became the Hunter Liggett Military Reservation in 1941. She was born in King City, grew up in Soledad and has lived in Lockwood since 2000.

"We have our own family cemetery, and we still dig all graves by hand to bury our family members. The cemetery has markers dating back to the 1800's," said Grant. She also found tales passed on by elders very interesting. "Joaquin Murrieta traveled thru the family ranch several times near Coalinga, and my great-

great grandmother would provide a meal for him. Before he would take off, he'd leave a gold coin under his plate." [Murrieta](#) was a bandit and hero to Mexican-Americans in the 1950s.

Grant has held various positions at Fort Hunter Liggett since July 2008, and is currently, happily employed as an Army Civilian Management Services Assistant with the Garrison Directorate of Human Resources.

"I am extremely proud of my Native American Heritage," said Grant. "Even though many of my ancestors were treated unjustly, what is important is where we have been, who we are today and how we are keeping our rich traditions alive."



Renee Grant with her father, Allen Duckworth



(Above) At FHL, Gregg Castro was guest speaker. He has been involved in the preservation of his Salinan/Ohlone heritage for nearly three decades, and is the Chair for the Society for California Archeology Native American Programs Committee. (Photo by Amy Phillips, FHL Public Affairs)

(Right) At PRFTA, Patrick Orozco was the guest speaker. He is a member of the Pajaro Valley Ohlone Indian Council. Orozco and other members of his traditional dance group "Amah-Ka-Tura" (People of the Land) provided information, songs and dances to educate the participants. (Photo by Jim O'Donnell, PRFTA Public Affairs)

SPECIAL EVENTS AT BOTH INSTALLATIONS



COMMUNITY ENGAGEMENTS

Org
Day
2020

Organizational Day in November was reinvented this year with round-robin stations testing teamwork and knowledge, a photo contest and some of the all-time favorite activities such as BINGO and bowling to promote comradery between garrison staff from both installations, and with tenant units. Participants were divided into six teams to compete and at the end of the day, the top three highest scoring teams were awarded with trophies and much fanfare. Jack Murphy with the Veterans Transition Center came personally to thank everyone for their annual food and clothing donations, saying that it truly makes a significant impact on Veterans trying to get back on their feet. Organizational Day is made possible each year through sponsorships and volunteers from staff and the community. There was also an optional golfing tourney during the weekend with garrison and tenants participating.

(Photos by FHL Public Affairs and others)



Garrison directors and special staff were also challenged with a separate scavenger hunt to work on their problem solving, team work, engaging with staff they normally would not interact with, and visiting places they may have never seen to get a better perspective on garrison operations.



IF YOU HAVE THOUGHTS ABOUT SUICIDE LIKE I DO, PLEASE READ THIS

Story by Shawn Henfling from <https://suicidepreventionlifeline.org/story-categories/depression/>

I consider suicide. I write that in the present tense because it's the reality of my existence. I consider ending my own life. It's not an everyday occurrence, but the frequency can be startling. Most of the time the moment is fleeting, like being in your late 30s and thinking about going to a rave. Or one more drink. Or Pop Rocks. Or canned beef stew for that matter. For the briefest of moments you entertain the concept, but quickly the absurdity pushes the thought from your mind. Once in a while the thought skitters across your consciousness like a stone skipped across a lake, only to sink quickly out of sight.

I was out trimming vines from the trees out behind my house today. I enjoy manual labor as it allows my mind to wander, flitting from one thing to another. Today was no different. My mind danced and whirled, changing direction like a hummingbird in flight. Until I started fixating on the vines I was ripping from the trees, and my blissful wanderings came to a abrupt end.

Depression and bipolar disorder are like those vines. They start out small and fragile, creeping onward, barely noticeable. Before long they've grown stronger. Tiny fingers grow inward like roots, slowly tightening their grip. Eventually those roots help the vine become an insidious presence that slowly strangles the tree, constricting it. Eventually the tree either dies or breaks free of its infernal bindings.

Depression has essentially been my vine. I don't yet know if I'll be breaking free, but I think I might. There are tough days though. Days when the roots of suicidal thought find a small crevice and hold tightly to my thoughts. Those days are difficult in a way I cannot begin to explain. I want to die. I don't want to die. I don't know what I want beyond a little silence in my mind. The voices and thoughts inside me aren't me, but they are tricky. On those days, the voices have me nearly

convinced of their authenticity. I am them, they are me and we are one.

Except we aren't one. We can't be. We can't live believing what the interlopers whisper. Every day our minds punish us with fear, isolation, desperation, imagined failures and inadequacies. Suicide isn't some snap decision, the selfish act of an otherwise highly functioning individual. For others like me, we've considered it a thousand times and battled on.

Because unlike majestic oaks, we have power over our vines. We only need to reach out and ask for help. There's no need to wait helplessly for a savior. No requirement that we sit quietly, waiting for a hapless homeowner to come with snips to save us from our slow demise. Waiting stoically in the darkness for someone to clip away our vines leads us deeper into the darkness. We need to regain control of our destiny.

We can ask for help. We can reach out in the darkness. We can overcome the affliction that grips our minds.

Yeah, I think about suicide. The voices demand it, but I recognize them for what they are. Squatters in my mind, occasionally appropriating more space but never gaining complete control. I haven't figured out how to expel them completely, not yet. Eventually though, I will squeeze them out, tearing away at the vines that bind my mind. Then I will be free. Then I will have my chance to grow without the constriction of my mind.

I will not be beaten. I will not be overcome. I will ask for help when I need it. I will open up to friends and family. I will allow them to save me from myself. These are choices we can all make. It can be as simple as a deep breath or a phone call to a hotline. I have chosen to live, and I want the same for you.



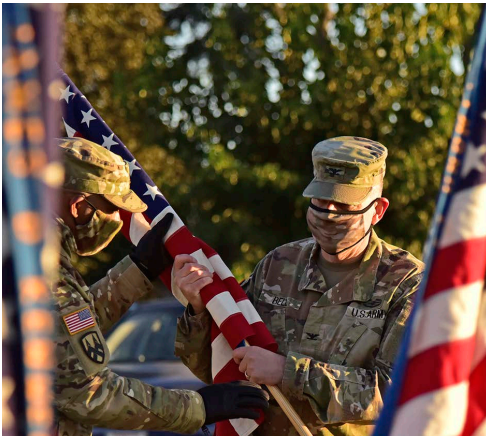
Shawn Henfling encourages people to take control of their lives and destinies. Reach out of the darkness for help.



More than 50 Soldiers, civilians and family members took part in the "We Are Stronger Together" suicide awareness event hosted by the NCO Academy Parks, Suicide Awareness Task Force, Sept. 26. During the seven-hour long event, volunteers carried the event guidon around the running track, completing 22 miles. Twenty-two signifies the average number of veterans who lose their lives to suicide every day. PRFTA Commander Lt. Col. Serena Johnson and Command Sgt. Major Samuel MacKenzie completed the first of 88 circuits of the 22-mile walk (Photo by Jim O'Donnell, PRFTA Public Affairs).

If you or someone you know needs help, go here for many resources: <https://suicidepreventionlifeline.org/>

If you need support right now, call the Suicide Prevention Lifeline at 1-800-273-8255.



(Counterclockwise from top right) The Law Enforcement Agency hosted a class in Oct. for Cub Scout Pack 350 based in Silicon Valley Monterey Bay Council, Santa Lucia District to fulfill their Duty to Country and Forensics Adventure belt loops where they learn about the law enforcement and crime scene investigation. (Courtesy photo)

Oct. 23 -31 was the National Red Ribbon Week Campaign™. This year's theme is "Be Happy, Be Brave, Be Drug Free." The Substance Abuse Program staff read the Red Ribbon Story to all the children at the Child Youth Center, hosted a special class for teens at the Teen Center, and set up an information booth at the Trunk or Treat event. (Courtesy photo)

The RSO transitioned from virtual religious services to an outdoor in-person service and it is a hit with the community that welcomes a chance to get away from screens and into the outdoors. Spiritual well being is part of being Ready & Resilient, and the Religious Services Office stands by to support. (Photo by Sgt. 1st Class Daniel Willis, RSO)

Garrison Commander Col. Charles Bell and Deputy Garrison Commander Lt. Col. Stephen Stanley joined the King City VFW Post 6747 at the crack of dawn on Veterans Day to help them set out 50 flags in the King City Cemetery. (Photo by Cindy McIntyre, FHL Public Affairs)

(Not pictured) FMWR and the FHL

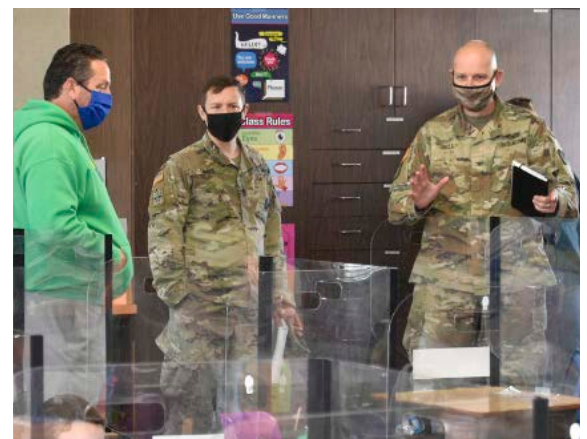
Residential Council organized a wine tasting event at the Hacienda, with Eberle's Winery and Marin's Vineyard showcasing their products, Nov. 14. FMWR hosted the annual Turkey Trot which included a 10K bike, 5K run or 1-mile walk, Nov. 19. The Sports Center held a drawing at the conclusion of the event for ten turkeys provided by the commissary.

FHL teens created posters for the annual food and clothing drive for the Veterans Transition Center. Donations were delivered by Col. Bell and volunteers, Nov. 24. (Photo by CYS) The much-needed food stocks up their Food Pantry, serving local veterans and their families. (Photo by Amy Phillips, FHL Public Affairs)

(Not pictured) FHL hosted its quarterly Public Outreach Meeting outside of the Hacienda to keep stakeholders informed and provide a Q&A platform, Nov. 19.

The Dining Facility's annual Thanksgiving feast is open to all those that work and live on post, and was enjoyed by many, Nov. 18. (Photo by Cindy McIntyre, FHL Public Affairs) (Not pictured) The RSO also hosted a Thanksgiving Luncheon outside of the historic Hacienda, with food by the FMWR team, Nov. 24.

Bell and other FHL staff paid a visit to the San Antonio Elementary School in Lockwood to keep engaged with the principal and say hello to the students, Dec. 4. Many students have parents that work at FHL. (Photo by Cindy McIntyre, FHL Public Affairs)





(Clockwise) The Fire Dept. hosted events throughout Fire Prevention Week, such as engaging with residents and handing out Prevention and Safety gift bags, Oct. 9. (Photo by Jim O'Donnell, PRFTA PAO)

(Not pictured) During the same day, FMWR hosted a BINGO Night, with more than 20 residents taking part in the free event with various prizes including gift cards.

(Not pictured) Oktoberfest featured special foods and drinks served at the PRFTA Community Activity Center, Oct. 17. PRFTA also hosted a 5K run on Oct. 21 as part the national Virtual Run To Remember campaign honoring fallen first responders.

The Police Dept. wore Go Pink patches in support Breast Cancer Awareness month during October. (Photo by Jim O'Donnell, PRFTA Public Affairs)

Residents celebrated Halloween Oct. 31 with "Pick or Treat" with children and their parents in costumes for a socially-distanced and responsible Halloween event. (Courtesy photo)

Dublin community leaders and organizations presented PRFTA Commander Lt. Col. Serena Johnson and six other Soldiers with certificates of appreciation during a Virtual Salute to Veterans Ceremony, Nov. 6. (Screenshot by Jim O'Donnell, PRFTA Public Affairs)

More than 90 Parks Reserve Forces Training Area Soldiers, employees and family members enjoyed a special Thanksgiving Holiday meal at PRFTA's Dining Facility Nov. 24, 2020.

The special meal, was prepared by PRFTA's DFAC with support from PRFTA Command Staff. Diners enjoyed prime rib, turkey and other meal staples in a socially distant dining experience.

Post volunteers and community members collected and donated more than 20 boxes for the Toys for Tots program hosted by PRFTA's Emergency Services Department and the U.S. Marine Corps, Dec. 12-13. (Photo by Jim O'Donnell, PRFTA Public Affairs)

FMWR hosted an "Everything but the Turkey" holiday meal kit giveaway for post residents on Dec. 19 at the Housing Community Center. More than 80 holiday meal kits were distributed to PRFTA residents. The meal kits were donated by the United Services Organizations of Northern California and included food such as canned goods, stuffing and other food staples to help a family make a holiday meal. (Photo by US Army Reserve Sgt. 1st Class Stephanie B. Hendricks)

The City of Dublin donated toys to children living at PRFTA, and Command Sgt. Maj. Samuel MacKenzie, Chaplain (Maj.) Charles Ross and PRFTA Deputy Roy Rocco picked them up at City Hall, Dec. 18. (Photo by Jim O'Donnell, PRFTA Public Affairs)

(Not pictured) The PRFTA Command Team broadcasts weekly video messages to the community to keep them informed. They also conduct town halls with employees, residents and tenants.



HOLIDAY FESTIVITIES

FHL BREAKFAST
WITH SANTA



MWR Breakfast With Santa

TOYS FROM CITY
OF DUBLIN



PRFTA TREE
LIGHTING



FHL ARTS & CRAFTS



PRFTA TOYS FOR TOTS



FHL DOOR DECORATING CONTEST



FHL HOUSING PARADE

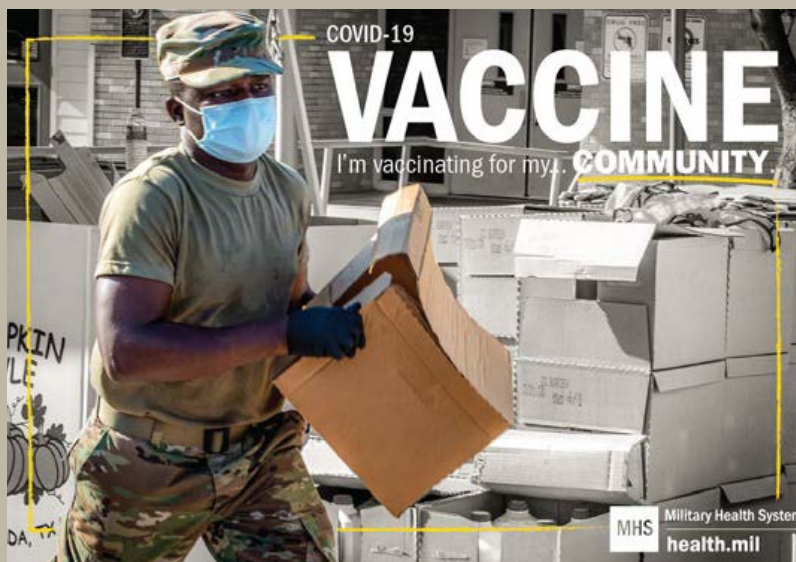


PRFTA WREATH
MAKING CLASS



PRFTA STORYTIME
WITH SANTA





The DoD will implement a standardized and coordinated strategy for prioritizing, distributing, and administering a COVID-19 vaccine through a phased approach to all Active Duty, Reserve, National Guard, as well as all mission-essential Department of Defense civilian employees and other personnel performing mission essential functions, including healthcare, emergency services personnel, and critical support.

Vaccines fight disease by producing an immune response within the body. Sometimes that means flu-like symptoms, such as aches, headache and fever. This is normal and a sign that your body is creating antibodies to protect you from COVID-19. Taking the vaccine protects yourself, your community, and nation. All DoD personnel are encouraged to take the vaccine to protect their health, their families, their community, and lower the public health risks associated with the COVID-19 pandemic.

Continue to wear appropriate masks, practice physical distancing, wash hands, and follow restriction of movement to protect our safety as a large portion of the population will need to be vaccinated before COVID-19 risks diminish.

FDA Emergency Use Authorization for Vaccines
Explained: <https://www.fda.gov/vaccines-blood-biologics/vaccines/emergency-use-authorization-vaccines-explained>

FREE NOTARY SERVICES

The Installation Legal Office offers notary services to Soldiers and Department of the Army Civilians if the notary is related to their employment. Notarial services help make the statements in affidavits, powers of attorney, and other documents more "official" and promotes their acceptance. A notary's certification on a document assures whoever examines it that it is what it appears to be. One of the most common notarial acts is certifying a signature, for example, an affidavit or power of attorney. A notary may provide this service only when the signer is physically present. For more info or to schedule service: (831) 386-2897



THE ARMY SUBSTANCE ABUSE PREVENTION PROGRAM (ASAP)

Our mission is to identify, treat, and rehabilitate substance abusers and to strengthen the overall fitness and effectiveness of the Army's total workforce. The DHR SharePoint site has a wealth of information on all DHR services available to you.

For more information or an appointment, contact: Janette McLaughlin, ASAP Specialist, 831-386-3055

EMPLOYEE ASSISTANCE PROGRAM



Counseling



Work-Life Services



Manager Support



Website FAQs

The Employee Assistance Program is a free, confidential program for Dept. of Army Civilians, family members and retirees. EAP offers many services, such as legal, financial, family and relationship counseling, and offers webinars, newsletter, stress release toolkit, and an app to help you learn the habits for a better night's sleep. Learn more at: <https://magel-lanascend.com/>, or call 1-866-580-9046

