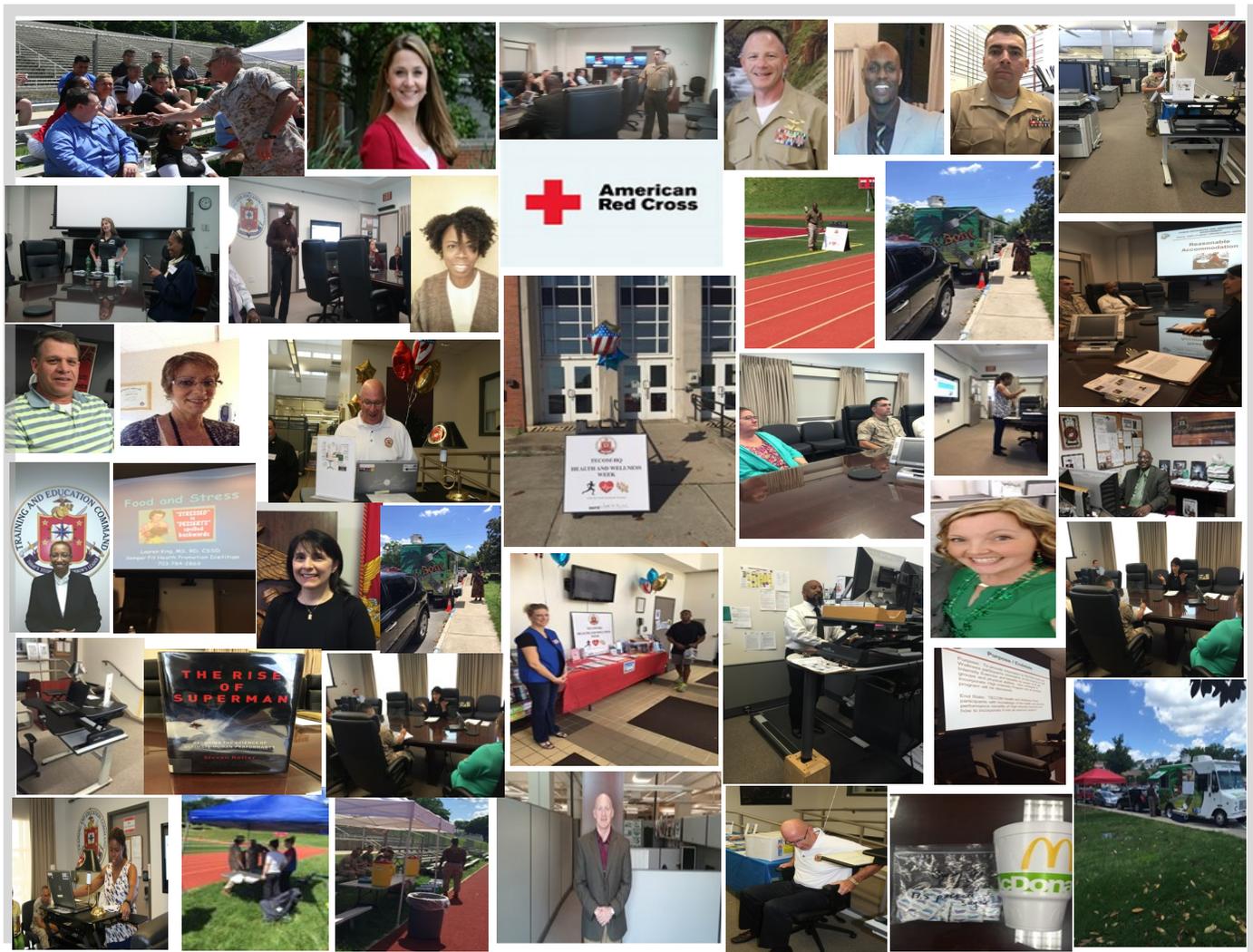




# TECOM CONNECTION NEWSLETTER HEALTH AND WELLNESS



July 2016



The “first-ever” TECOM HQ Health & Wellness week was held June 6-10, 2016 for military and civilians sponsored by G-1, Civilian Workforce Development and Training (CWDT) branch. This week was designed to encourage unit cohesion between military and civilian employees and market Health Promotion Wellness Program (HPWP) benefits and opportunities through custom initiatives available to TECOM HQ employees (military and civilian) on site. As the Coordinator and Editor of TECOM Connection, “I wanted to provide diversity for the demographics in coordinating health screenings, Walk/Run and holistic discussions—a little something for everyone”. Ronnette Parks, TECOM/CWDT branch manager stated, “This is something I’ve been trying to get started for the past five to seven years.”

[For more on this story - MCB Quantico website](#)

## EDITOR'S CORNER



### TECOM Connection mission:

*TECOM Connection is a bi-monthly newsletter that highlights professional development opportunities and training information for TECOM civilian employees and supervisors of civilians. TECOM Connection also aims to highlight various information for all TECOM employees, military and civilian, in order to enhance collaboration and communication across the workforce. We also hope to include professional articles, written by TECOM employees, to offer a venue to educate and promote discussion amongst the workforce on various professional topics.*

### Inside this Issue:

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*Greetings,*

Welcome to the fourth edition of the TECOM Connection!

Thank you to all who participated in the TECOM HQ Health and Wellness week during June 6-10, 2016. The total workforce program goals were to improve job satisfaction and employees morale. Our agenda consisted of three initiatives: holistic discussions, health screenings, and one mile group walk/run. Shout Out to the visionary Ronnette Parks. I personally appreciate everyone that assisted me in coordinating a wonderful program.

Special thanks to: *Major General James W. Lukeman, Sergeant Major Justin LeHew, Ronnette Parks, Jeffrey Wolff, Debra Gomez, MSgt Kimberly Gray, Rhonda Fortson, Wade Heath, Anna Clark, Chaplain Sneath, Brian McGuire, Nancy Walker, Lauren King, Barbara Williams, Peter Taitt, Rennay Johnson, Akaita Nicholas, Jaclyn Swick, Tina Sansone, Maj Armendariz, Ken Knarr, Patricia Padgett, GySgt Marvin Hill, MCCS Quantico Property Warehouse, Kurt Schwinn, Ramon Feliciano, Phillip Warren, Major Jason Bullis, James Whitaker, Nelson Ocasio, and Lisa Withers.*

Here are some testimonials received:

*"The planning and effort that you put into this event really paid off. You opened a bridge of communication between the Civilians and Active Duty Marines that allowed some of us to get to know each other".*

~ Mrs. Rennay Johnson

*"Thank you for all that you did to put it together."* ~ Maj Nicholas Armendariz

*"Happy we could be part of your event!"* ~ Margaretina Sansone

*"Good comments all, and I thank you for providing a forum for folks to hear and share. It was especially gratifying to see both uniformed and civilian members of the TECOM HQ in attendance at several of the discussions. This is the kind of event that, if properly promoted and supported, can have a lasting impact upon an organization like TECOM. That said, I will be looking forward to next year's Health & Wellness. Well done ladies!"* ~ Mr. Peter Taitt

Let's start brainstorming for next event!

**Editor,**

*Terra Eiding*



**Daly Hall , Quantico VA  
Health & Wellness Week**

## Health Screenings



Lauren King in dual roles as Health Screener and Presenter for the Food & Stress discussion.

We were pleased to have Nancy Walker (Health Promotion Program Manager - Naval Health Clinic Quantico) and Lauren King (Semper Fit Dietician and Health Promotion Coordinator) representatives offered blood pressure monitoring, body composition, and bone density evaluation screenings. Immediate results after screenings and referrals available upon request. Health information protected and not shared with TECOM.

If you interested in more Quantico health information and workshops:

The Health Promotion office offers free, walk-in blood pressure, and body composition screening daily Monday—Friday 0730-1600. Bone density screening can be scheduled by appointment.

Nutrition Classes—offered once a month on Wednesdays at 1130. Learn how to improve your diet and have more energy! Topics include healthy eating tips and weight management techniques!

Classes are free to all ID holders.

Upcoming 2016 Dates: 10 Aug, 7 Sep, 5 Oct, 9 Nov, 7 Dec.

For more info contact :  
Barber Physical Activity Center  
2073 Barnett Avenue, Quantico, VA  
22134

Phone: 703 432-0590 or 703 784-2003

Web: [www.quantico.usmc-mccs.org](http://www.quantico.usmc-mccs.org)



American Red Cross volunteers cheering on the walkers and runners.

MajGen James W. Lukeman opened the walk/run ceremony at Butler Stadium on Quantico, VA. We offered a shuttle service from Daly Hall parking lot to Butler stadium. The one mile event consisted of groups of walkers and runners. CWDT staff and American Red Cross volunteers verified civilian participation in the Health Program and Wellness program (HPWP) prior to the ceremony. American Red Cross also donated supplemental bottled water.

## Walk/Run

### WINNERS: TECOM “First” 1K Walk/Run

#### Walkers/Division/Time:

1st Place -- Mr. Dennis Martino/G-8  
Ops/16:16:031

2nd Place -- Ms. Debra Gomez/G-1 Man-  
power/16:16:034

3rd Place -- Mr. Jeffrey Wolff/G-1 Man-  
power/16:16:035

4th Place -- Ms. Lutrica "Trish" Herndon/  
G-3/5/7 Support/16:16:52

5th Place -- Mr. Joe Vera/ G-8  
Ops/16:16:53

#### Runners/Division/Time:

1st Place -- Cpl. Aaron White/G-1  
Adjutant/6:26

2nd Place -- Capt. Robert Schulz/G-1  
Military Ops/6:47

3rd Place -- GySgt. Samuel Kelly/G-1  
Military Affairs/6:49

4th Place -- SSgt. Maurice Rosales/  
TCOM G-1 Ops/6:50

## Holistic Discussions



Tina Sansone presenting, “Reasonable Accommodations “

Holistic Discussions were held on a daily basis during Health and Wellness week for thirty minute intervals. The purpose was to provide the total workforce to think a little deeper regarding the connections to the entire community and world through our mind, body and spirit. We had a total of thirteen diverse presenters; many were interactive and offered question and answer sessions afterwards. Many of the presenters had previous instructional and first-hand knowledge experience regarding the topic presented. All presentations were given in Daly Hall on Quantico, VA for convenience.

Topics and Presenters:

*Get to Know Us Before You Need Us* by Anna Clark

*Comprehensive Health* by Chaplain Sneath

*The Evidence-Base Health and Physical Performance Benefits* by Brian McGuire

*Ergonomics: There’s a ‘fit’ for everybody/ Mishap Reporting* by Barbara Williams

*Dealing with Difficult People: IT’S NOT ME, IT ‘S YOU?* by Peter Taitt

*Tips & Techniques for a Healthy Work-Life Balance* by Rennay Johnson

*Benefits of Laughter* by Jaclyn Swick

*Food & Stress* by Lauren King

*Holistic Approach to Treating Depression* by Akaita Nicholas

*Reasonable Accommodations* by Tina Sansone

*Feast your Eyes Upon Development: Book Review—The Rise of Superman* by Maj Armendariz and Ken Knarr

*Tobacco Cessation* by Patricia Padgett

## Featured *TECOM* Division

### Task Management Section by Gregory Balzer, *TECOM* Chief of Staff

They are little known, work in a cramped office behind a locked security door for 8 hours a day, and would probably go unrecognized by most in the command. Yet there isn't an aspect of the command they don't influence on a daily basis.

These men of mystery are Kevin Barry and Horace Vinson of the *TECOM* Task Management Section or TMS. Kevin and Horace fill critical billets within the command, as the Task management Section handles all formal tasks to the command, as well as all responses departing the command. The two of them will process over 200 tasks and responses in a month.

Kevin currently serves as the *TECOM* Task Management Chief, as well as the *TECOM* Foreign Disclosure Program Manager. In this role Kevin is responsible for ensuring internal processes and procedures are established and followed. He is also responsible for ensuring the security of government information, and that proper security protocols are in place and adhered to. As the senior Foreign Disclosure authority within the command Kevin has single-handedly established a robust foreign disclosure program, ensuring that any training and education materials shared with foreign militaries have been properly vetted and approved before release. He was recently awarded the Meritorious Civilian Service Award by Lieutenant General Bailey for his service-wide contributions in the field of foreign disclosure.

Kevin is a native of Springfield, Massachusetts and enlisted in the Marine Corps as a high school senior in 1984. He went to MCRD Parris Island for recruit training, and following Infantry Training School he was assigned to Marine Barracks, Naval Weapons Station Concord, California. He would go on to hold the billets of Platoon Sergeant and Pla-

toon Commander at School of Infantry Camp Pendleton, California, Drill Instructor at MCRD Parris Island, Weapons Platoon Sergeant, Company Gunnery Sergeant, and Assistant Battalion Operations Chief. He also served a tour at HQMC as the Watch Chief in the Marine Corps Operations Center. He retired from active duty in 2005, and has supported the Marine Corps Warfighting Lab and the Marine Corps Center for Lessons Learned prior to joining the TMS team.

Kevin has been married for 25 years, and has one daughter who has graduated West Virginia University. Currently living in Spotsylvania he has two dogs and three cats, and enjoys spending time tending his Coy pond. Kevin is active in supporting his community as a mentor with the Rappahannock Big Brothers program, serves as a volunteer Boat Captain for several Wounded Warrior and Reel American Heroes fishing tournaments. He is also active with the Fishers of Men youth fishing program.

Horace Vinson is proud to tell anyone who will listen that he is the product of the great state of Ohio, and that Ohio State is the only college football team that matters! He was born and raised in Akron, Ohio and entered the Marine Corps in 2005, serving on the *TECOM* HQ staff from 2006 to 2009. Due to his stellar performance on active duty he was competitively selected and offered a position in the *TECOM* Task Management Section. In addition to his task management responsibilities, Horace provides DTS support and expertise to the Commanding General and Sergeant Major. Horace was recently married and has two children. During his time off Horace is a dedicated family man, as well as an active member in his church. He leads a small group mentorship program for 7 young adults in their early to mid-twenties. He is also the author of two chil-

dren's books. His favorite pastime is spending time at the beach with his family.

As you can see, the TMS is a small two-person section with a large influence both inside and outside of the Marine Corps. *TECOM* is proud to have people such as Kevin and Horace as members of our team.



Kevin Barry Fishing



Vinson Family at the Beach

**“Task Management  
Section handles all  
formal tasks to the  
command”**



# Human Resources and Organizational Management (HROM) Corner



## HQMC Civilian Mandatory Training

(due 30 Sept 2016)

### UPDATED MANDATORY TRAINING LISTING

Link: [http://www.hqmc.marines.mil/Portals/143/Training/HQMC\\_NCR\\_Mandatory\\_Training\\_Spreadsheet.pdf](http://www.hqmc.marines.mil/Portals/143/Training/HQMC_NCR_Mandatory_Training_Spreadsheet.pdf)

What changed? The online EEO training titles and course codes in TWMS

\* The all-in-one EEO TWMS training “DON EEO/DIVERSITY/ANTI-HARASSMENT TRAINING” (TWMS - 574744) was removed and replaced by 3 separate course modules and course codes. The new courses are:

- 1) DON EEO Training (TWMS-614600)
- 2) DON No FEAR Training (TWMS-613957)
- 3) DON POSH Anti-Harassment Training (TWMS-613963)

(Note: If you previously took the old “all in one version” this training cycle, you have credit for the new titles/codes received).

## FEGLI -

Federal Employee’s Group Life Insurance

The Office of Personnel Management has announced a rare event: there will be an open season in the near future for the Federal Employees’ Group Life Insurance Program (FEGLI).

FEGLI life insurance open seasons are extremely rare. The most recent FEGLI open seasons were held in 2004 and 1999.

The upcoming open season will be from **September 1, 2016 through September 30, 2016**. During this time, eligible employees can elect or increase their FEGLI life insurance by submitting an election to their human resources office. Eligible employees may elect changes by electronic means where this option is available through their employing agency. Subject to FEGLI law and regulation, including applicable pay and duty status requirements, the effective date for changes to FEGLI coverage under an Open Season election will be delayed one full year to the beginning of the first full pay period on or after October 1, 2017.

No premiums are due until the coverage is effective.

## Federal Retirement Moving Checklist

This tool will assist you in preparing for moving and then conduct any relevant transactions after your move. Just click on the hyperlink for more information.

## CSRS Information

Want more information for the Civil Service Retirement System (CSRS)? Just a click away to more information.

## FERS Information

Federal Employees Retirement System (FERS) became effective January 1, 1987. Here’s more information.

## Phased Retirement

Phased retirement is a human resources tool that allows full-time employees to work part-time schedules while beginning to draw retirement benefits.

## Publications & Forms

Here’s types of retirement publications and forms from OPM.

## Retirement FAQs

Got retirement questions? Find the most frequently asked questions here.

## Connecting with Top Talent

The hiring focuses on hiring managers and human resources staff with information, tools, and support to strengthen their ability to attract and hire world class world-class

## Penn State World Campus

Federal employees eligible for tuition reduction through World Campus. The benefit takes effect immediately and is available to all federal employees.

(Source: OPM website)



GySgt Marvin D. Hill

“Do today what most people won’t, so you can do tomorrow what most people can’t.”

## Military Award

### Recipients

Feb - July 2016

Award Period

Congratulations!

### TECOM

- \* Maj Christophe Heppler/ Meritorious Service Medal (G-1)
- \* Maj Jason Bullis/ Meritorious Service Medal (MTESD)
- \* MSgt Darrell Ford/ Meritorious Service Medal (G-4)
- \* Maj Marcus Ohlenforst/ Meritorious Service Medal (MTESD)
- \* Col Anton Nerad II/Legion of Merit (MTESD)

- \* WO Christophe Rainey/Navy and Marine Corps Achievement Medal (G-8)
- \* MGySgt Luther Bounds Jr/ Meritorious Service Medal (G-8)
- \* MSgt Johnny Kilgore/Meritorious Service Medal (MTESD)
- \* LtCol Joshua Tuttle/Meritorious Service Medal (G-3/5/7)
- \* Maj Matthew Emborsky/ Meritorious Service Medal (MTESD)
- \* Maj Brian Trievel/Meritorious Service Medal (G-1)
- \* LtCol Scott Vasquez/Meritorious Service Medal (G-8)

## MAGTF Staff Training

### Program Center

### (MSTP)

- \* Maj Jacob Jones/Meritorious Service Medal (MSTP)
- \* Col Patrick Keane III/Legion of Merit (MSTP)
- \* LtCol Toby Patterson/ Meritorious Service Medal (MSTP)
- \* LtCol Leo Cannon/ Meritorious Service Medal (MSTP)
- \* SSgt Eric Still/Navy & Marine Corps Achievement Medal (MSTP)
- \* Maj Atiim Phillips/Meritorious Service Medal (MSTP)
- \* Maj Joshua Cavan/Meritorious Service Medal (MSTP)
- \* Sgt Denzel Youngblood/ Navy & Marine Corps Achievement Medal (MSTP)

## Resource Information

### Marine for Life on MCCA

**Forward website:** <http://www.usmc-mcca.org/articles/everything-you-need-to-know-about-the-marine-for-life-network/>

### Marine for Life Video:

<https://www.youtube.com/watch?v=81GdAZsa9Hw>

### Military Families Learning Network (MFLN) Webinars:

<https://learn.extension.org/events/tag/militaryfamilies?type=upcoming>

### Credentialing Opportunities

**On-Line (COOL):** Online database that informs Marines how their Military Occupational Specialties translate to civilian certification and license requirements. The primary goal of COOL is to explain to Marines how they can fill gaps between Marine Corps training and experience and civilian credentialing requirements to ensure a smooth transition into the civilian workforce.

## SUMMER SAFETY

The summer season brings the potential for increased risk.

Please keep in mind the summer focus areas:

- Cars, motorcycles, boats and traffic
- Heat index/injuries
- Alcohol awareness
- Water safety
- Sexual assault
- Suicide awareness
- Off-duty risk management
- Grills, firearms, sports
- Venomous spiders and Snakes
- Fireworks
- Child safety seats



**Stay Safe this Summer**—The [National Weather Service \(NWS\)](#) wants you to be prepared for the following weather and water hazards. Floods, severe weather, rip currents/beach hazards, drought, air quality, hurricanes, wildfire, heat, lightning and tsunamis.

Safety and Health Information for Workers and Employers—[The Occupational Safety and Health Administration \(OSHA\)](#) provides resources for workplace preparedness and response to severe weather emergencies during the summer, including: extreme heat, hurricanes, tornadoes, lightning, wildfires and floods.

## MEET TECOM CAREER PLANNERS



### MSgt Corey M. Moore

I am Responsible for the development of TECOM's retention Campaign Plan for the Commanding General via HQMC. I serve as a direct liaison between HQMC and TECOM regarding Retention and promotion opportunities for Enlisted Marines within TECOM. Along with this I am responsible for training and mentoring the subordinate command Career Planners. I've been Active duty for 20 years 5 months and 20 days but who's counting. I love what I do as a Marine and being a part of the best organization in the world. When I'm not doing this (which is never because it's 24/7), I eat, sleep, and breathe the gym and fitness lifestyle. I'm a certified personal trainer as well and I also compete in physique competitions via NPC and other bodybuilding organizations. I'm new to competing and have only done two shows, but my first show I won 1<sup>st</sup> in my class and 1<sup>st</sup> in overall Physique competition in Novice category. My 2<sup>nd</sup> show I placed 2<sup>nd</sup> in the

Masters (35-40 years old) and I placed 1<sup>st</sup> in Masters Armed forces division. So I'm sticking with it until I lose! My forever love also includes riding bikes. I currently own a Harley!!!! I currently own a VROD Muscle (Actual name of the bike and not coincidence that I own one lol). Besides tooting my own horn, I am active in my community with volunteering my services to mentor our youth boys through coaching flag football in southern Maryland. There is nothing special about me at all, just a God fearing man who has a love for life and everything in it.

"Either I win or learn!" "There is no losing in my life!"

"MSGT Moore has impacted my career in many ways. He has been the main mentor for me since I was a young Lance Corporal. He has consistently been the voice of reason throughout my career no matter where I was stationed and always gives sound advice. The best part about MSGT Moore is he will give you multiple view points on choices that can be made for you and/or your career." ~ Darrell Simmons /MCB Hawaii CG's Driver

"MSgt Moore has made a tremendous impact on my career personally and professionally. He is an outstanding example of word leadership. MSgt Moore can be a father figure and a brother it's a testament to his versatility. He is such an incredible person when I think of the type of man I want to be like he is among the first individuals that comes to mind.

~SSgt Anthony Williams/MCRD SD West The One and Only

"I met MSgt Moore when I first joined the Marine Corps. I was 18 years old, really just figuring out life as an adult. Since day 1, MSgt Moore carried himself in a way I KNEW I wanted to emulate, and in my 9 year career, it hasn't changed at all. Everything I've done, I've looked for his guidance, and it has proven nothing but success. He is truly a Marines' Marine, and I am grateful as well as honored to have him as a guiding light, a mentor, and ultimately a friend."

~ Staff Sergeant Trey James (Logistics Chief) /MCRD Parris Island, SC

**Did you know TECOM has five TECOM Career Planners?**

**The other three are:**

- \* GySgt Bryne/MCRD San Diego
- \* MSGT Cassel /MCRD Parris Island)
- \* GySgt Luis Gonzalez /Training Command)



### GySgt William Ison

My role as the Marine Corps Air Ground Combat Center (MCAGCC) Twentynine Palms Career Planner includes being directly responsible for the coordination and dissemination of information for all special events that fall under my field. I am the Career Planning SNCOIC for five subordinate units, to include, Headquarters Battalion MCAGCC Twentynine Palms, Marine Corps Logistics Operations Group (MCLOG), Marine Corps Tactics and Operations Group (MCTOG), Marine Corps Mountain Warfare Training Center (MCMWTC) and Marine Aviation Weapons and Tactics Squadron One (MAWTS-1). I also provide guidance and training to other units from different MSCs aboard MCAGCC Twentynine Palms.

My role as the MCAGCC Career Planner impacts Marines in many ways. In regards to the coordination of events, it impacts them in a

way that can ease the stress that's already on them for having to attend the specific event. A lot of Marines are mandated by higher headquarters to be at these different events. If the event is coordinated properly, information/guidance is published correctly and runs smoothly, it is less stress on the individual Marine and they can focus more on the reason that they're there. As the Career Planning SNCOIC, I give guidance to Marines from various MOSs on their Careers and give them an honest and professional assessment of their records in an effort to make them more competitive for Retention, Assignments, and Promotion.

### How many Marines do you support?

Although I don't maintain a population of Marines that I am directly responsible for, I am readily available to assist any of the 9,800+ Marines assigned to MCAGCC Twentynine Palms. In addition to the Marines assigned here, I also assist any unit that comes here for training, should they not have brought their

unit Career Planners along with them for this training evolution.

"Gunny Ison has been a Mentor and a Friend to me for over 6 years. When you think of all the qualities and the intangibles that make up a Marine, Gunny Ison is the embodiment of all them. He is someone that you can call for advise no matter what time it is and if I was ever in a tight spot he would be my first call." ~SSgt Hinson, M.R., Career Planner

"Gunnery Sergeant Ison stands above the rest! Not only is he very informative and knowledgeable with every question that was asked, he takes a keen interest in each Marine's specific request. Because of Gunnery Sergeant Ison's motivation, hard work, and dedication to his profession, I was able to successfully reenlist in the field I requested.

~ Sgt Flournoy, K.M., Admin Specialist (Company G, 2d Bn, 24th Marines)

"GySgt Ison has always been there as a mentor and given professional advice when needed without hesitation, thus influencing and having a significant impact on my Career." Sgt. Autry, A.W., Antitank Missileman (Weapons Company, 3d Bn, 7th Marines)



## TECOM ANNOUNCEMENTS

*“Fair Winds and Following Seas”*

*Join us in celebrating our (1 May to 22 July 2016) TECOM farewells. Joy Bullock (Command Deck), Jack Cuddy (TECD/RTAM), Laura Hurt (G-8), Rebekah Logan (G-1) and John Wasser (G-3/5/7) and our fellow Marines.*



### Joy Bullock/Command Deck

Joy Bullock has 29 years of federal service, 27 years here on Quantico base and 6 years with TECOM. She served 20 years at The Basic School as CO's Secretary before coming to TECOM. Recently, received the DON Superior Civilian Service Award. Her retirement plans are to Port Charlotte, FL next month to be closer to her grandbaby. She absolutely loved working for the Marine Corps as a civilian Marine and “this has been my second family.”



### John Wasser/G-3/5/7

John Wasser started at TECOM G3 Future Operations Section in 2007 as a contractor for SAIC. In 2009, he was brought on as a GS – still in the G3 - and assigned duties an action officer working a myriad of training issues that was brought to our cubes daily via the Marine Corps Action Tracking System (MCATS). Two continual tasks that were presented to me that required my continual attention included the Quarterly Readiness Report to Congress and Joint Chiefs annual report entitled the Institutional Training Readiness Report.

John's years are indicated as follows, “This is what you call broken time...2 years as an enlisted Marine, 8 as a Marine Officer, 2 years and some change as a FBI agent, 12 as a Marine Officer, and just about 12 as a GS (5 @ the Warfighting Lab and almost 7 @TECOM).” His special contribution to TECOM in his own words, “Wow...I just tried to be an accountable team player... whether or not I succeeded is beyond me...that would be a question for the number of people that I worked with and for. Wait...there was one, no two specific contributions...on Monday and Thursday before close of business during the NFL Football season – I'd play the theme songs (rather loudly) to Monday and Thursday Night Football through the speaker and subwoofer system I had plugged into my computer. Work related contribution – not likely. Morale booster...sure, unless the listener could care less about football!?!” His retirement plans are ..”right now our plans are what you could describe is very fluid. My wife and I sold our house two weeks ago. We have no physical forwarding address. What we are going to do is hit the road and see the country, see the grandkids...and if we find a place we like, we'll stick around for a while. There are some geographical areas that have some appeal to us...others, not so much. Activity wise other than travel – we'll work with Team Rubicon – a volunteer disaster relief and service organization.”

### Detached Marines:

Cpl Hall (G-8), Cpl Raab (G-8), Sgt Youngblood (MSTP), GySgt Mercado (MTESD), MSgt Ford (G-4), MSgt Jacobs (G-3/5/7), WO Rainey (G-6), Capt Boone (MTESD), Capt Bowden (G-3/5/7), Capt Flategraff (MTESD), Capt Willemsen (MTESD), Maj Emborsky (MTESD), Maj Janosek (G-6), Maj Jones (MSTP), Maj Kamb (MTESD), Maj Phillips (MSTP), Maj Pitzrick (MTESD), Maj Slafter (G-3/5/7), Maj Trievel (G-1), LtCol Williams (G-1), Col Nerad (MTESD), Col Keane (MSTP)



# TECOM ANNOUNCEMENTS

*Let's welcome aboard Matthew Denney(G-3/5/7), Wade Heath (G-1), David Welch (G-1) and our fellow Marines.*

## Wade Heath/ G-1



TECOM G- 1, Civilian Workforce Development and Training is pleased to welcome Mr. Wade Heath as a new Program Analyst supporting Strategic Workforce Planning. Mr. Heath joins TECOM from the Naval Sea Logistics Center, Portsmouth, New Hampshire. Mr. Heath is a native of LaSalle, Michigan and a Former Surface Warfare Officer, having served aboard USS STETHEM (DDG G3) and USS NEW ORLEANS (LPD 18). He recently completed his MBA from the University of New Hampshire. In his spare time Mr. Heath enjoys traveling, boating, playing cards and making valiant attempts at singing karaoke. He currently resides in Stafford, VA.

## David Welch/ G-1



David and his wife, Dusty, are both from Gainesville, FL (go Gators), and currently live in Fredericksburg with their four children. David retired from 22 years of active duty Coast Guard service at the rank of Commander in 2014. With service in the enlisted ranks and as an officer, he held team and leadership positions performing drug interdiction, post 9-11 port security ops, and served two HQ tours of duty as Training Program Manager and Deputy Chief of Domestic Port Security. More recently, David worked as a DoD contractor and also as a federal employee overseeing basic training for DHS and TSA security officers. David thoroughly enjoys spending time with his family, fishing, kayaking, and is very excited about his new position with the Marine Corps! You'll see David smiling daily as he walks into work after his new, relatively short commute to Quantico from Fredericksburg.

**New Join Marines:** Sgt Crump (SSEC), Sgt Lucas (MSTP), Sgt Smith (MSTP), SSgt Williford (MTESD), GySgt Smith (MTESD), MSgt Carmichael (G-3/5/7), MSgt Loizzi (MTESD), MGySgt Robertson (G-6), Lt Buerman (MTESD), Capt Birney (G-3/5/7), Capt Brockway (G-1), Capt Morris (MTESD), Capt Smith (MTESD), Maj Jones (MTESD), LtCol Irwin (G-8), LtCol Melchior (G-3/5/7), LtCol Sokol (MSTP)

## TECOM FAMILY DAY



**TECOM'S ANNUAL FAMILY DAY  
FUN STARTS AT 1130 ON 22 JULY 2016**

**ACTIVITIES INCLUDE:**  
Bounce House  
Corn Hole  
Water Balloons

There will be TECOM T-Shirts and Coins For Sale.

**Sno-cones, Popcorn, and Chow will be provided!**

**Date:** July 22, 2016

**Time:** 1130 to 1400

**Where:** Barnett Field (next to 7-day store/Subway)

**To promote unity and increase family readiness throughout the Command.**



**TECOM  
T-shirts  
\$15**

Sales of the TECOM t-shirts assist with the Marine Corps Ball. Coins for sale too.

POC: SSEC (703-784-3727)