Soldier Systems Center SPOTLIGEHT Issue 20 JULY 2025



A Final Word





Team Natick,

As the saying goes, all good things must come to an end — and the time has come for me to pass the guidon to Lt. Col. Kozlowski. It has been an incredible honor and privilege to serve as your Garrison Commander here at Natick Soldier Systems Center. As I prepare to transition from this role, I want to take a moment to express my deep gratitude to each of you for making this experience so personally and professionally rewarding.

Over the past two years, I've learned a tremendous amount from all of you. I've been continually inspired by your dedication to ensuring our Joint Force has the right equipment, clothing, and nutrition to succeed — not just today, for tomorrow. Your work directly supports our Soldiers, Airmen, Sailors, Marines, Guardians, and Coast Guardsmen, and I could not be prouder to have been a part of that mission alongside you.

Time has flown by — a sure sign that this job was both meaningful and fun. From water main breaks and burn barrels to mercury treatment, gym upgrades, barracks improvements, and new community center projects — no other position in the Army offers such a unique opportunity to make lasting impacts on our organizations and the lives of our servicemembers, civilians, and families. Together, the garrison team has reached major milestones to sustain and modernize our infrastructure in support of your critical missions. Thank you for your patience, your feedback, and your shared commitment to improving our foxhole and advancing NSSC for the future.

I also want to thank you for the camaraderie and unwavering support throughout my command. From day one, I emphasized that the garrison exists to support you — and it has been my goal to make Natick a place where you want to work, grow, and accomplish your mission on behalf of our nation. I firmly believe that we are stronger together, and over the last two years, we've weathered both literal and figurative storms through teamwork, collaboration, and the grit that defines Team Natick.

Although I'm stepping away from the role of Garrison Commander, I won't be far — I look forward to staying connected with this incredible community down the road.

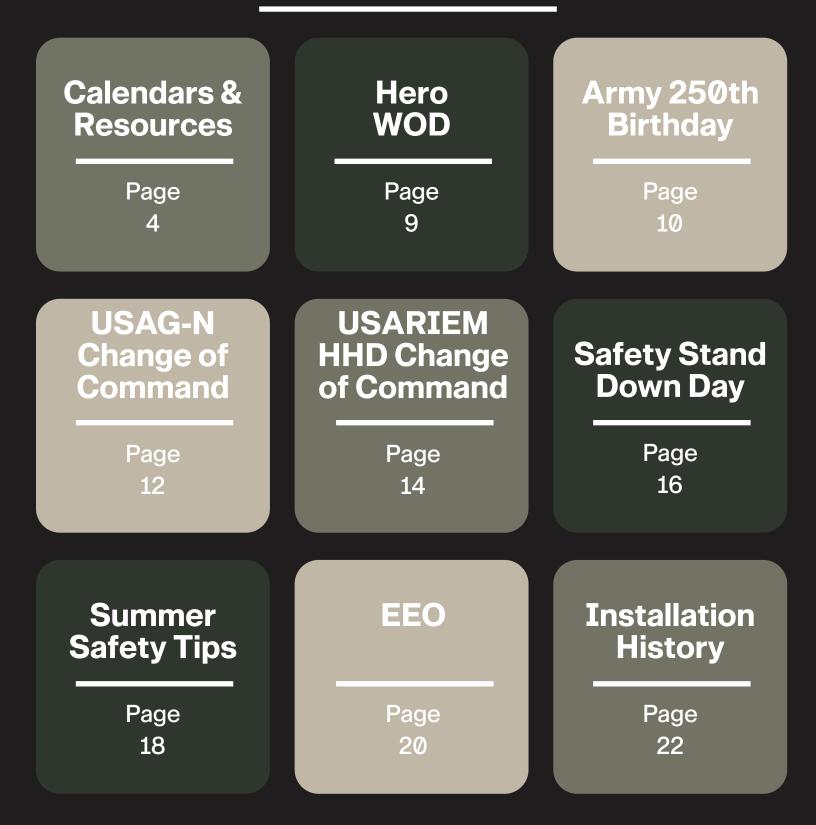
Thank you for everything you do every day to support our warfighters. I wish you all continued success and the very best in your future endeavors.

With gratitude,

LTC Ballow



In This Issue



To submit content to the Spotlight please email the Garrison Public Affairs Team at: usarmy.natick-id-training.mbx.nati-imne-ssc-pa@army.milv vannessa.l.josey.civ@army.mil and alfred.tripolone.civ@army.mil





EXISTING FEATURES

- One-click emergency calls
- Near real-time updates
- Installation-wide alerts
- Interactive bus routes
- Current Air Quality Index
- Newcomer information

- Intuitive search functions
- Bookmark common resources
- Resource Alerts
- Events
- Maintenance Requests
- MHS Genesis Login

Natick Soldier Systems Center Army Community Service July 2025



ACS is turning 60 this month!

For 60 years, ACS has proudly supported our Soldiers, Families, and Civilians by strengthening readiness, building resilience, and creating a community of care.

We're honored to serve to you and your family!



Free National Parks Access!

Visit America's parks at no cost if you're Active Duty Military, a Veteran or Gold Star Families, a current 4th-grader, a visitor with a permanent disability (access pass), or a volunteer with 250+ service hours.

New England highlights; Minute Man (MA), Acadia (ME), and Marsh-Billings Rockefeller (VT) for a perfect day trip escapes!



Kids Bowl Free during the Summer

Register your child at KidsBowlFree.com and they'll score two free games every day during the summer at your local bowling alley. This is available to all community members.



Free Access to DoD Library I Mobile Device App Available Now

The DoD Morale, Welfare and Recreation (MWR) Libraries are uniting across all five service branches to provide top-quality online library resources for Military Families and personnel.

Download the Libby app on any device and explore your free access to the DoD Libby platform.



Relocation Readiness Program I By appointment

Relocating to Natick? ACS offers one-on-one Relocation Readiness support for Soldiers, Families, and workforce members, including personalizes counseling, and informational and referrals to essential resources.

Let us help make your transition smooth and informed.



For more information contact: Natick Army Community Service

Phone: 508-206-4035

Email: usarmy.natick.id-training.list.nati-acs@army.mil

MWR Resources



At Natick Family and MWR, we strive to continuously improve the quality and ease of access to MWR services and information. When planning your next event, please visit our website where you can easily

request rental equipment, request dates for facility use, or send a message to one of our representatives.

Water Sports: The dock is in, and the boats are ready. If you want to take a canoe or kayak out on the lake during lunch or after work, swing by MWR in Building 38 to rent a boat and pick up a life preserver and paddle.

Thirty Minutes to Win It is BACK!!!

Beginning April 7, TMtWI Class will offer TWO CLASSES per day and be running FIVE DAYS a week!

Choose between 11:40 a.m. and 12:20 p.m. start times and, for the first time ever, you can choose between two payment options:

- \$50/month for TWO CLASSES per week (ONLY \$6.25 per class!) OR
- **\$75**/month for UNLIMITED CLASSES (if you co REDIT CARD in Building 38.

Please direct all inquiries to darin.p.stgeorge.naf@army.mil or (508) 206-4098

Equipment Rental

Visit <u>www.natick.armymwr.com</u> and click on the 'Equipment Checkout Center' banner.





MWR Offers Hall Building for Smaller Gatherings

It's Summer and we here at MWR Natick realize that many departments and organizations are looking for a space to hold their functions. Unfortunately, due to an extensive renovation project, the Lord Community Center will not be back online until November. With this in mind, we have opened the Hall Building, Building 38, for smaller gatherings of up to 35 people. The occupancy code is the driver behind the cap on the number of people we can accommodate, but we would like to remind you that we have a beautiful deck area with 5 tables and 22 chairs right out back!



The cost to rent the space is \$25 per hour.

We cannot remove the gaming tables or other items in the room so you may have to get creative with your planning. The large charcoal grills can be rented for \$30 for those of you who would like a barbecue-style event!

If we can make the space work for your event, we would be happy to have you. Please



contact Hyun Byun, MWR Recreation and Special Events, at hyun.s.byun.naf@ mail.mil or (508) 206-4104 for more information.



BOMINUTES TOWNIT! IS BACK!

TWO CLASSES A DAY - FIVE DAYS A WEEK AND YOUR FIRST CLASS IS FREE!

Choose between 11:40 a.m. and 12:20 p.m. start times and, for the first time ever, you can choose between two payment options:

- \$50/month for TWO CLASSES per week (ONLY \$6.25 per class!)
- \$75/month for UNLIMITED CLASSES (if you come 3x a week, still only \$6.25 a class!)

Classes are to be utilized during the month that they are purchased and are not transferrable or carried forward.

Classes can be purchased with CASH or CREDIT CARD in Building 38.

Please direct all inquiries to darin.p.stgeorge.naf@army.mil or (508) 206-4098



JOIN DARIN P. ST. GEORGE, FITNESS PROGRAM SPECIALIST, FOR CLASS TODAY!

Hero WOD

Badger

July 2025

The CrossFit "Badger" WOD (Workout of the Day) is dedicated to Navy Chief Petty Officer Mark Carter, who was killed in Iraq on December 11, 2007. He was 27 years old and from Virginia Beach, VA. The workout was created to honor his memory and sacrifice.

3 Round For Time

30 Squat Cleans (95/65 lb)

<mark>30</mark> Pull-Ups

800 meter Run

A Hero WOD, also known as a Hero Workout, is a challenging and intense CrossFit workout that is named after a fallen hero. These workouts are created to pay tribute to those who have made the ultimate sacrifice in service to their country or community.

> Do you and your team participate in the monthly Hero WODs? Send us your photos completing the workouts and we'll share them here in the Spotlight!

Army 250th Birthday and Flag Day Events

Soldiers from USARIEM participated in and were recognized at the Row of Honor at a New England Revolution at Gillette Stadium, on the 250th Army Birthday. Lt. Col. Andrew Ballow spoke at the Framingham Flag Day and Army Birthday celebration, and the Association of the United States Army hosted a birthday ball also at Gillette Stadium. U.S. Army Garrison Natick also hosted its annual Golf Tournament at Sandy Burr Country Club the week of the birthday.

THIS WE'LL DEFEND

WE A In our

1775

EST.







Soldier Systems Center Spotlight - Issue 20 - Page 10









U.S. Army Garrison Holds Change of Command:

Ballow welcomes Kozlowski to NSSC

Story by Alfred Tripolone III, USAG-Natick Public Affairs Photos by Jeff Sisto,

U.S. Army Garrison Natick marked a leadership transition during a change of command ceremony held July 2 at Carney Hall, as Lt. Col. Andrew Ballow relinquished command to Lt. Col. Gregory J. Kozlowski.

The time-honored ceremony, presided over by Mr. William G. Kidd, Director of Installation Management Command – Training Directorate, symbolized the formal transfer of authority and responsibility for the garrison, which supports the Natick Soldier Systems Center and its tenant organizations.

"This assignment gave me the chance to support Soldiers, civilians and families directly," Ballow said during his remarks. "It gave me the opportunity to build a community and connective tissue across the installation and with our neighbors outside the gate. It also gave me something I hadn't found in 20 years: balance. At USAG Natick, I found purpose, connection and community. For that, I'm grateful."

Ballow has led USAG Natick since July 2023, overseeing key initiatives that supported readiness, infrastructure improvements, and community partnerships. Under his leadership, the garrison opened the Monti Building



Lt. Col. Gregory Kozlowski receives the colors of U.S. Army Garrison Natick from Mr. William G. Kidd, Director Installation Management Command - Training Directory during the change of command ceremony.

dining facility and expanded partnerships in the local community and across the Commonwealth.

As he departs the role, Ballow expressed confidence in his successor and appreciation for the team he led.

"To the entire garrison team — thank you," he said. "These last 24 months have flown by because I was having so much fun every day, tackling new problems alongside each and every one of you. Your resilience has left a permanent mark





The incoming and outgoing commander's family's were presented with gifts during the ceremony.

"To the garrison team and mission partners, I promise to support and build upon that foundation the team laid and help us as a community to continue to improve," he said. "I am honored to be a part of the team that makes IMCOM's motto of 'We are the Army's Home' true."

As commander, Kozlowski will lead the garrison team responsible for supporting operations, services, and quality of life for Soldiers, civilians, families, and mission partners at NSSC.

on me and on this installation."

Lt. Col. Gregory J. Kozlowski assumes command after serving as a U.S. Special Operations Command J7 Operations Officer, bringing 24 years of service and experience across Europe, Africa, and the Middle East.

"It is going to be both easy and extremely difficult to follow Drew," Kozlowski said. "Easy because I knew you would set the processes and foundations for the success of this team, extremely difficult because I knew you would set the bar extremely high."

Kozlowski emphasized his commitment to building upon that foundation and continuing to strengthen the installation and its partnerships. The U.S. Army Garrison Natick is the installation management arm of the Natick Soldier Systems Center, enabling research, development, and support activities that enhance warfighter



The incoming and outgoing commander's family's were presented with gifts during the ceremony.



USARIEM Headquarters and Headquarters Detachment Welcomes New Commander

Story by Carey Phillips, USARIEM Public Affairs

The U.S. Army Research Institute of Environmental Medicine welcomed Army Capt. Mary Helen Wilson as the Headquarters and Headquarters Detachment Commander. Army Col. Sharon Rosser, USARIEM Commander, officiated the ceremony as Army Capt. Aaron J. Judson relinquished command after two years at the Natick Soldier Systems Center in Natick, Massachusetts, May 30.

"This ceremony is more than the passing of a guidon—it's a symbolic moment that marks the continuity of leadership, responsibility and commitment to our mission and our people," said Rosser. "It's an opportunity to honor the achievements of the outgoing commander, Capt. Aaron Judson, and to welcome and support the incoming leader, Capt. Mary Helen Wilson, who now takes the reins."

Rosser thanked Judson for the past two years, saying his leadership has left a lasting and meaningful impact, having led through challenges and change with a steady hand. To Judson she said, "Under your leadership, the company conducted over 21 training exercises to ensure our soldiers maintained critical warfighting skills, even in the unique and often complex operational environment of a research institute. You led from the front in developing excellence among your soldiers, producing Expert Field Medical Badge winners and supporting soldiers selected for ROTC Green to Gold scholarships." Rosser highlighted several more of Judson's accomplishments including overseeing two food drives that donated over 2,000 pounds of food to the local food bank in Natick, organizing multiple blood drives sustaining two Color Guard teams, executing many safety and training events and hosting two USARIEM Holiday Balls.

"Your time in command reflects the best of Army leadership—mission-focused, peoplefirst and deeply engaged," Rosser continued. "You've set the bar high, and we thank you for your tireless service and for the legacy you leave behind."

Judson then took to the podium to offer his parting remarks, thanking his family and close friends for their unwavering love and support. He then thanked the USARIEM leaders, Natick Soldier Systems Center leaders, USARIEM's civilians and soldiers for sharing wisdom, lessons learned, steadfast support guidance, mentorship, camaraderie and so much more.

Judson's next assignment as a U.S. Army Veterinary Corps Epidemic Intelligence Service Fellow with the Immunization Branch Division of Communicable Disease Control California Department of Public Health of the Centers for Disease Control and Prevention.

To Wilson, he said, "It's been a privilege to transition command to you. You've shown the poise, confidence and





During the U.S. Army Research Institute of Environmental Medicine Headquarters and Headquarters Detachment change of command ceremony, Army Col. Sharon Rosser, USARIEM Commander, passes the guidon to Army Capt. Mary Helen Wilson as she assumes command, at the Natick Soldier Systems Center in Natick, Massachusetts, May 30. (Photo by Jeff Sisto, DEVCOM Soldier Center Public Affairs)

competence of a great leader, and I know you'll excel."

"Blacksmith 6, signing out," Judson closed with the customary sign off.

In her welcoming remarks to Wilson, Rosser expressed her confidence in Wilson's ability to lead with integrity, vision and compassion while upholding the trust placed in this unit by the Army and our nation.

"Leadership in never a simple task—but doing so in a research institute environment adds a unique layer of complexity, where leaders must constantly balance soldier readiness with the rigorous demands of scientific and technical execution in support of national defense priorities," said Rosser. "Leadership at the company level is personal—it's about knowing our soldiers, understanding their needs and helping them grow as individuals and as a team."

Wilson comes to USARIEM from Joint Base Elmendorf-Richardson in Alaska, where she served as the Officer in Charge of Veterinary Services.

"I am grateful for this great honor and privilege of serving as a commander," said Wilson. "I look forward to working with and serving all of you in my time here."

"Blacksmith 6, signing in."



NSSC Hosts Annual Safety Stand Down Day:

Reinforces Readiness Through Hands-On Training

Story and Photos by Alfred Tripolone III, USAG-Natick Public Affairs



The Natick Soldier Systems Center observed its annual Safety Stand Down Day on June 11, 2025, bringing together more than 120 employees across the installation for a full day of critical training designed to prevent workplace mishaps and reinforce a culture of safety.

Held in Carney Hall's Hunter Auditorium and surrounding areas, the event featured five focused sessions on fire safety, workplace ergonomics, electrical hazards, impairment awareness, and risk management. The day served as a proactive pause from daily operations, allowing all personnel—including Soldiers, civilians, and contractors—to focus on safety practices both on and off the job.

"The Safety Stand Down Day at NSSC serves a critical purpose: to proactively prevent serious mishaps and safeguard the wellbeing of our workforce," said Louis M. Calcagni, USAG Natick Director of Safety. "By dedicating this time to reflection and training, we aim to significantly reduce the injuries and fatalities all too common in the high-risk roles our team members undertake."

Partner organizations across NSSC, including DEVCOM, the Navy, PM-FSS, ILSC, and others, contributed to the success of the event by leading or assisting with various training modules. Among the most well-received sessions was a live demonstration led by Fire Protection Specialist Bryan Johannes, where attendees had the opportunity to operate a fire extinguisher—an experience many admitted they'd never had before.

"Many participants were surprised to realize they had never operated a fire extinguisher before—and even fewer understood how to use one effectively during an actual emergency," Calcagni said. "This session proved invaluable."

Keith M. Jackson, Deputy to the Garrison Commander, emphasized the broader significance of the event beyond individual sessions. "Annual safety training is crucial for fostering a secure





workplace," he said. "It not only reinforces existing knowledge but also adapts to new regulations and practices, ensuring compliance and minimizing incidents."

In addition to enhancing safety awareness, the event also strengthened partnerships across the installation. "Fostering collaboration among partners within the installation cultivates



a supportive ecosystem that boosts military readiness while also reinforcing community connections," Jackson added.

While participation was strong, leadership acknowledged there is still room to grow. "Attendance was good; however, we could improve," said Jackson. "By promoting broader involvement in the Safety Stand Down program, organizations showcase their dedication to safety while cultivating a workforce that is more engaged, informed, and proactive."

As part of National Safety Month, the Safety Stand Down Day will remain an annual tradition at NSSC—one that relies on continued leadership support and employee engagement to maintain a safe and ready workforce.





Grilling Safety Tips

Submitted by Bryan Johannes, USAG-Natick Fire Safety Specialist

As we head into the warmer months, grilling becomes a favorite pastime across Massachusetts. To keep your cookouts safe and enjoyable, follow these essential guidelines from the Department of Fire Services.

General Safety

- Always grill outdoors. Never use grills on balconies, fire escapes, or under roofs or overhangs.
- Maintain a 10-foot clearance from buildings and overhanging branches.
- Grill only on ground-level patios or porches with outdoor stairs.
- Keep children and pets at least three feet away from hot grills.
- Never leave a lit grill unattended.

Gas Grill Safety

- Open the lid before lighting to prevent gas buildup and flare-ups.
- If you smell gas, turn off the grill and call 911 from a safe distance.
- Always shut off burners and the propane tank after use.
- Store propane tanks upright, outdoors, in shaded areas—never in vehicles or near heat.

Charcoal Grill Safety

- Use only charcoal starter fluid—never gasoline or kerosene.
- Never add lighter fluid to hot coals.
- Charcoal produces carbon monoxide always grill in well-ventilated outdoor spaces.
- Let coals cool for 48 hours before disposal or soak them fully before placing in a metal container.

Maintenance Matters

- Check all gas connections for leaks using soapy water.
- Inspect burners and tubes for grease or insect blockages.
- Clean the grease trap every time.
- Replace old or rusty propane tanks and take damaged grills to a qualified repair technician.

souther

Soldier Systems Center Spotlight - Issue 20 - Page 18

Summer Heat Safety Tips

- Air conditioning indoors is the best way to cool off.
- Drink plenty of fluids, even if you don't feel thirsty, and avoid alcohol.
- Wear loose-fitting, light-colored clothing, and a hat.
- Replace salt lost from sweating by drinking fruit juice or sports drinks.
- Avoid spending time outdoors during the hottest part of the day, from 10 AM to 4 PM.
- Wear sunscreen: sunburn affects the body's ability to cool itself off.
- Pace yourself when you run or otherwise exert your body.

USAG-N DES and Natick FD continue collaboration

In June, U.S. Army Garrison Natick's **Directorate of Emergency Services** continued its close collaboration with the Town of Natick Fire Department through two key events. On June 3, Natick firefighters conducted their annual small boat training using the post's southern boat ramp for access to Lake Cochituatean essential exercise that ensures each shift is prepared for increased summer water activity. Then on June 16, firefighters participated in guided walking tours of the installation, gaining valuable site familiarity amid ongoing renovations and construction. These efforts strengthen emergency readiness and highlight the enduring partnership between USAG Natick and the Town of Natick Fire Department.







Equal Employment Opportunity

What is an EEO complaint?

It is an allegation of discrimination because of race, color, religion, sex, age (40 and older), national origin, disability (physical or mental), genetic information, and retaliation for engaging in prior EEO. The complaint may arise from a specific personnel action, such as employment, promotion, work assignment, selection for training, disciplinary action, or separation, or it may relate to prevailing conditions in an organization.

Who may file an EEO complaint?

A complaint of discrimination may be filed by an applicant for employment or any employee (current or former) or group of employees.

When do I file a complaint?

EEO complaints must be filed within 45 days of the event.

Where do I file a complaint?

Contact your local EEO Officer. The NSSC EEO Officer is Brian Balough:

- o Carney Hall (Bldg 1) Room A124
- o Available on TEAMS, email (brian.j.balough.civ@army.mil) or phone (508-206-4017).

What information should I present to the EEO Counselor?

You should describe the who, what, where, when, why, and how you were discriminated against and the remedy that could resolve the matter. Provide documentation that supports the discriminatory act/incident or personnel action.

Do I have to disclose my identity?

You may remain anonymous during the informal counseling process. However, if you file a formal complaint, your complaint is not confidential, and you lose the right to anonymity.

CONSIDER THIS

- o EEO complaints are submitted at the office where the event has occurred.
- o You have the right to be anonymous and to have a representative.
- o A current or former employee, an applicant for employment, or a contract employee in certain cases, may initiate a complaint of discrimination.
- o You must file a complaint within 45 days of the event.





101 Days of Summer Exercise Challenge!

The Installation Health & Wellness Committee invites you to join our 101-Day Exercise Challenge, running from May 25 – September 4, 2025!

Any Exercise Counts! Walking, running, biking, swimming, tennis, pickleball, weightlifting, golf, yoga – whatever gets you moving!

Why Participate?

- * Improved Heart Health
- * Sharper Mind, reduce stress and improve sleet
- * Increased Energy
- * Better Mood

This is a friendly competition intended to help motivate all of us!

How it Works:

- * Track and enter your workouts into the Tracker on the Garrison SharePoint site.
- * Earn **1 point for every 15 minutes** of exercise (max 8 points/day).
- * Log miles walked/run/biked, yards swam, & weight lifted!

Let's make this summer our healthiest yet!

Garrison sharepoint site is at https://armyeitaas.sharepoint-mil.us/sites/IMCOM-ID-T-USAG-Natick/SitePages/Home.aspx?e=1:008e479ef1a64b7a9d10c3442b02962c



Wildlife Photos Around NSSC



Natick Soldier Systems Center has a wide variety of wildlife living around the post. Thank you for keeping a respectful distance from them. Also, thank you for sending in these great photos of the different animals living where we all work. (Photos submitted by Chris Vozella, Procurement Coordinator, Infantry and Weapons Team, TACOM, ILSC, Supply Directorate)









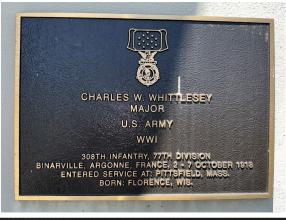
Soldier Systems Center Spotlight - Issue 20 - Page 22

Your Installation and the Medal of Honor

CHARLES WHITE WHITTLESEY

RANK: MAJOR (HIGHEST RANK: LIEUTENANT COLONEL) CONFLICT/ERA: WORLD WAR I UNIT/COMMAND: 1ST BATTALION, 308TH INFANTRY, 77TH DIVISION SERVICE BRANCH: U.S. ARMY MEDAL OF HONOR ACTION DATE: OCTOBER 2 - 7, 1918 MEDAL OF HONOR ACTION PLACE: NORTHEAST OF BINARVILLE, IN THE ARGONNE FOREST, FRANCE

CITATION: Although cut off for five days from the remainder of his division, Maj. Whittlesey maintained his position, which he had reached under orders received for an advance, and held his command, consisting originally of 46 officers and men of the 308th Infantry and of Company K, of the 307th Infantry, together in the face of superior numbers of the enemy during the five days. Maj. Whittlesey and his command were cut off, and no rations or other supplies reached him, in spite of determined efforts which were made by his division. On the fourth day Maj. Whittlesey received from the enemy a written proposition to surrender, which he treated with contempt, although he was at the time out of rations and had suffered a loss of about 50 percent in killed and wounded of his command and was surrounded by the enemy.











NSSC Online Follow us on the web



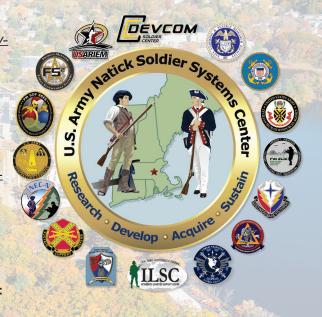


U.S. Army Garrison Natick:

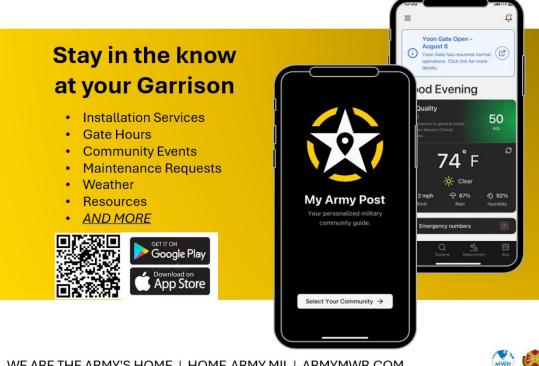
- Webpage: https://home.army.mil/natick/
- News: https://www.army.mil/natick
- Facebook: https://www.facebook.com/NatickSSC/
- LinkedIn: https://www.linkedin.com/company/u-s-army-garrison-natick/

DEVCOM Soldier Center Online:

- Webpage: https://sc.devcom.army.mil
- Facebook: https://www.facebook.com/devcom. **SoldierCenter**
- LinkedIn: https://www.linkedin.com/company/us-army-ccdc-soldier-center/
- X: https://x.com/DEVCOM_SC h
- YouTube: https://www.youtube.com/ **USArmvCCDCSoldierCenter**
- U.S. Army Research Institute of Environmental Medicine:
- Webpage: https://usariem.health.mil/
- Facebook: https://www.facebook.com/USARIEM
- X: https://www.x.com/TeamUSARIEM



Download the My Army Post App



WE ARE THE ARMY'S HOME | HOME.ARMY.MIL | ARMYMWR.COM