

DISPATCH

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SIXTY-SECOND YEAR NO. 41
THURSDAY, DECEMBER 1, 2022

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Movies on the Bases

Free and reduced price movies at your base theater ...
Armageddon Time, Ticket to Paradise

See page 10

Keen Sword

Small headquarters element from NBSD, and Expeditionary Medical Facility (EMF) 150-Alpha, from Camp Pendleton participate

See page 11



TUNNEL DIVE -- Army JROTC Cadets from Live Oaks High School lunge through tunnels during the 2022 All-Service JROTC National Raider Challenge Championships on Nov. 3 at the Gerald Lawhorn Boy Scout Camp in Molena, Ga. This outdoor competition featured all-service Cadet teams from around the country competing in a series of four physically challenging events as part of the Army JROTC Raider National Championships that took place in November. Photo by Sarah Windmueller, U.S. Army Cadet Command Public Affairs

Ponytails, braids, twists now covered by Marine Corps regs for women

by Jonathan Snyder and Frank Andrews, Stars and Stripes

Female Marines may let their ponytails fly, according to new, relaxed rules on women's hair issued recently.

The Corps joined its sister services to permit its female members to wear something other than short hair or an austere bun while in uniform, according to uniform board updates that took effect Wednesday.

"These changes are indicative of our disciplined approach to uniformity without sacrificing the health and safety of our female Marines," Marine Corps spokesperson Maj. Jim Stenger said in a press release Wednesday. "We are grateful for the continued feedback from our Marines in addressing uniform updates and modifications. It's because of conversations like those that our leadership can make positive change."

Female Marines may sport one unsecured half ponytail or up to two unsecured half braids, according to the new regulations. Women with short hair may wear it in twists. Medium-length or long hair may not exceed 2 inches below the collar or cover the collar rank insignia, according to the new regulations.

All hairstyles must present a "neat and professional" military appearance. The Marines have no requirement for women to wear their hair tightly pulled back or slicked back at any length.

Chief Warrant Officer 2 Jessica Brooks, 36, of Bradenton Beach, see Regs, **page 2**

December 7, 1941- a date which will live in infamy

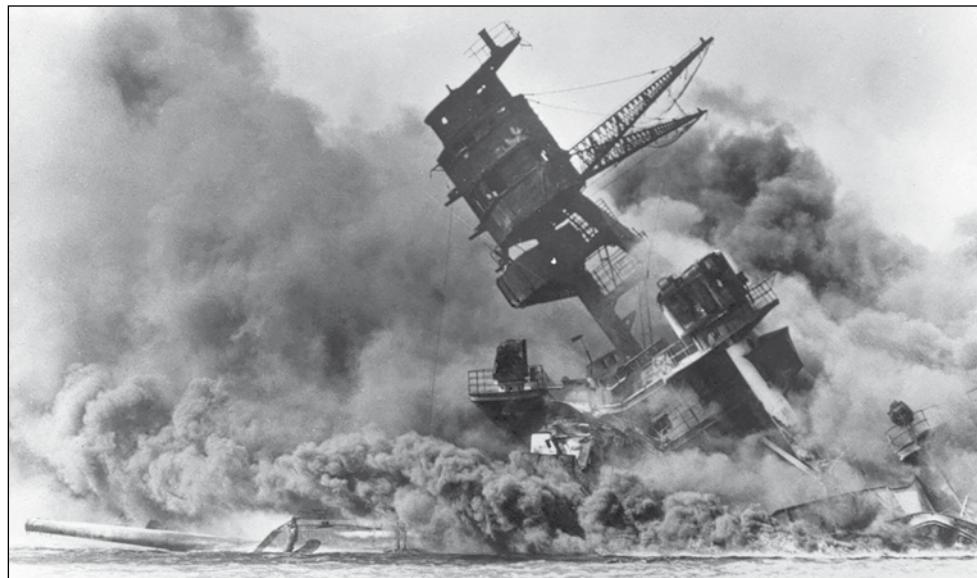
U.S. and Japan: Once fierce enemies, now close allies

Eighty-one years ago on Sunday, Dec. 7, 1941, just before 8 a.m., Hawaiian time, Japan attacked Pearl Harbor. The surprise strike against the U.S. naval base took the lives of over 2,400 American soldiers and injured almost 1,200.

The attack led the U.S. into World War II on Dec. 8, 1941 and led President Franklin

D. Roosevelt to call the tragic day, one that 'will live in infamy.'

The USS Arizona War Memorial marks the spot in Pearl Harbor where the attack took place. Over 2 million people visit the monument every year to pay their respects.



This photo shows the USS Arizona battleship sinking in Battleship Row after it was hit by eight Japanese bombs and one torpedo. One of the bombs went through a magazine and ignited cordite, which caused an expansion of gases and then a huge explosion. The Arizona quickly sank with 1,177 of the 1,512 personnel on board, which was about half the number of people killed in the entire attack. The battleship burned for more than two days. This is perhaps the most iconic taken during the Pearl Harbor attack. The Arizona still lies in the harbor as a national memorial.



On December 7, 1941, Japan attacked Pearl Harbor in Hawaii. Framed by a palm frond, this photograph shows the dramatic explosion of the destroyer, U.S.S. Shaw while in floating dry dock, and the billowing smoke over the island. Between 7:55am and 9:15am, the Shaw was hit by three bombs released by Japanese fighters in steep dives from approximately 1,000 feet, according to the US Navy action report. The Shaw immediately caught fire, and the ship was abandoned. About 20 minutes later, as sailors were trying to flood the dry dock to save the ship, the forward magazines blew up, which is pictured above. The blast destroyed the bow and damaged the dry dock and a nearby tugboat. Initially thought to be a loss, the Shaw was eventually repaired and later took part in several engagements in the Pacific, including the biggest naval battle of all-time, the Battle of Leyte Gulf.

U.S. military and civilian casualties from the attack on Pearl Harbor

NAVY
2008 killed, 710 wounded

MARINES
109 killed, 69 wounded

ARMY *including Air Corps
218 killed, 364 wounded

TOTAL
NAVY 2718 ARMY 582
MARINES 179 CIVILIANS 103
All gave some, some gave all.



Female Marines may sport one unsecured half ponytail or up to two unsecured half braids, according to the new regulations. Women with short hair may wear it in twists. US Marine photo by Caitlin Brink

Regs

continued from page 1

Fla., said she welcomes the change, especially on the rifle range.

"I've shot in the burn before during fire drills and I used to get in trouble because I would take my hair down so I could kneel down and shoot," Brooks, of Combat Logistics Regiment 3 at Camp Foster, Okinawa, told Stars and Stripes on Monday.

A tight hair bun for female Marines is a safety concern and interferes with their marksmanship in the kneeling and prone position, Brooks said. The bun will push a Marine's helmet forward, obstructing her ability to align the target with the rifle sights.

The uniform board also found

that tightly bound hairstyles create tension on follicles and damage women's hair.

The Navy in 2018 was first to permit women to wear ponytails in uniform. The Air Force followed suit in 2021 by allowing female airmen to wear their ponytails below their uniform collars. The Army allowed ponytails in May that year, leaving the Marines lagging behind.

Brooks said the Corps considered the new regulations carefully.

"Females might push the envelope absolutely," she said, "but I think overall [what] the Marine Corps is progressing to is more of a safety concern because the Marine Corps has heard our voice and our complaints, and this was a safety issue."

People First Task Force: Preventing harmful behaviors starts at the roots

by Joe Laadan
Army News Service

WASHINGTON - Prevention of sexual assault and other harmful behaviors can pose a significant challenge for an institution as large as the Army. That's why members of the People First Task Force believe true prevention begins with a holistic community approach that addresses the factors that lead to harmful conduct.

Speaking during an Association of the Army's annual Meeting and Exposition panel recently, Maj. Gen. Christopher Norrie, the task force's director, outlined how Army communities with robust protective factors helps diminish the risk of harmful behaviors such as suicide, harassment and sexual assault.

Norrie cited suicidal ideations as an example. He said the typical response upon learning that a Soldier has suicidal thoughts would be to send the Soldier to seek behavioral health services.

But treatment isn't always so simple, so the Soldier in crisis may require services beyond a mental health intervention to resolve complicating factors like financial difficulties, spiritual fulfillment or physical challenges, Norrie advised.

"We're naturally overloading one part of the system, behavioral health, and then possibly underutilizing the remainder of the environment to help solve or

reduce that specific behavior," Norrie said. "The goal is to align resources with problems, and then problems with resources, from a whole-of-system, whole-of-community approach."

While raising awareness about sexual assault and sexual harassment should be encouraged, members of the task force said prevention begins in the community - in the environment surrounding Soldiers on post and at home. The environment that Soldiers, families and civilians experience on an installation should be rife with protective factors and be actively, deliberately inhospitable to harmful behaviors.

"Training and awareness alone isn't enough to change behavior. We really need to be focusing on the underlying conditions and the environment that contribute to harm," said Angela Major, People First Task Force prevention lead. "We're really trying to change how we see the problem — not ... as a harmful behavior that exists, but start to think about the problem as, 'How do I improve those conditions in the environment where we all live, work and play?'"

Earlier this year, the Army established the Integrated Prevention Advisory Group, or I-PAG, to help compliment and extend the ongoing work of the prevention workforce on installations.

The I-PAG's work will focus on developing and measuring



NOT FAR FROM THE NORTH POLE (Nov. 16, 2022)

- The Air Force's 144th Airlift Squadron's favorite passenger, Santa Claus, and his helper elves gaze out the window of an Air Force Globemaster III aircraft on his way to deliver tidings of good cheer to the children of Scammon Bay, Alaska, during Operation Santa Claus. The 144th Airlift Squadron is a unit of the Alaska Air National Guard 176th Wing located at Joint Base Elmendorf-Richardson, Anchorage, Alaska. Santa, Mrs. Claus, and dozens of helper elves transferred to two Alaska ANG Black Hawk helicopters and delivered 1,780 pounds of gifts, backpacks, hygiene supplies, and books to 325 children. Alaska National Guard photo by Staff Sgt. Annie Kilborn

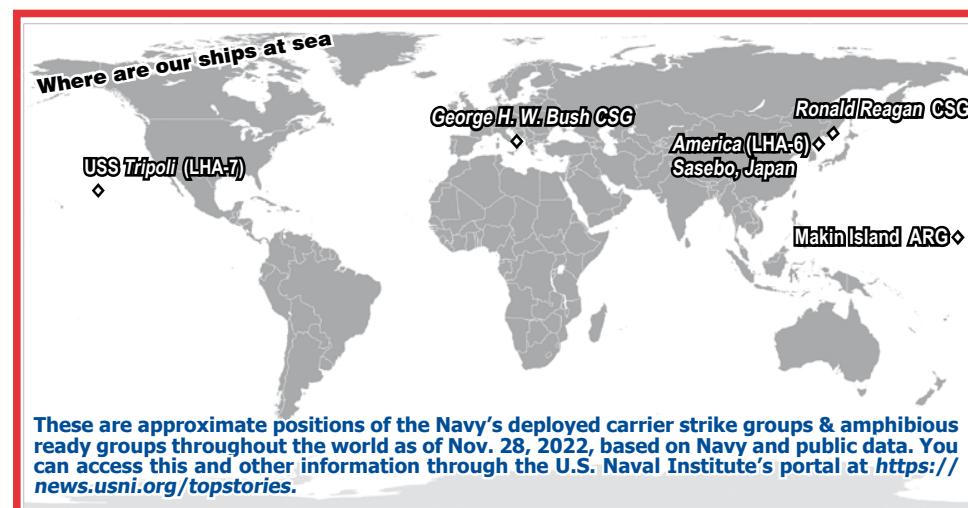
processes and outcomes to assist commanders and leaders in assessing the effectiveness of prevention activities and advise on the allocation of resources based on this data.

The Army originally created the People First Task Force to implement the recommendations from the Fort Hood Independent Review Committee's report,

published in December 2020. In August, the task force released a handbook titled "Integrating People and Training – Considerations and Concepts," which contains best practices that Army leaders can incorporate into their leadership strategies for integrating Soldiers from different walks of life, while treating each individual with dignity and respect.

The task force's Cohesion Assessment Team has also been active, visiting units to provide commanders an in-depth assessment of several factors and focus areas impacting unit cohesion.

The CAT receives candid feedback that's facilitated and compiled by experts that will help a unit better understand itself. CAT is comprised of experts to evaluate Army brigades and below on inclusivity, communication and command climate. Refer to https://www.army.mil/article/26177/people_first_task_force_preventing_harmful_behaviors_starts_at_the_roots





Ships Underway

Total Battle Force: 292
(USS 236, USNS 56)

Deployed ships: 100
(USS 65, USNS 35)

Non-deployed ships: 43
(41 Deployed, 2 Local)

Ships Deployed by Fleet
2nd Fleet, 4: 3rd Fleet, 2
4th Fleet, 2: 5th Fleet, 13
6th Fleet, 21: 7th Fleet, 58
Total 10

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Air Force streamlines reassessments for victims of sex crimes, domestic violence

by Seth Robson
Stars and Stripes

Air Force and Space Force service members, or their spouses, who are victims of sexual crimes or domestic violence may more easily relocate to new duty stations under recent rule changes.

The changes, which took effect Oct. 28, lift a requirement that alleged victims who file unrestricted reports obtain a waiver before they can receive an expedited transfer within their first four years at a duty station.

A restricted report remains confidential and doesn't trigger an investigation or command notification, unless the service member gives written consent or a health and safety risk exists.

The rule changes apply to service members and their adult family members who may be victims of sexual assault, stalking and other sexual misconduct or domestic violence.

Expedited transfers assist

recovering sexual assault survivors "by moving them to a new location where they feel comfortable, few people know about the assault, and they can work without fear of ostracism or retaliation," Tonya Lee, operations manager of the Sexual Assault Prevention and Response Integrated Resiliency Operations Branch at the Air Force Personnel Center, told *Stars and Stripes* in comments e-mailed by the Air Force last Thursday.

The service's new policy applies to servicemen and women

Carrier Gerald R. Ford and its strike group return to homeport concluding inaugural deployment

NORFOLK — The first-in-class aircraft carrier USS *Gerald R. Ford* (CVN 78), flagship of the *Gerald R. Ford* Carrier Strike Group (GRFCSG), returned here after successfully completing its inaugural deployment throughout the Atlantic while conducting exercises and port visits with Allies and partners, Nov. 26. The flagship set sail from Norfolk Oct. 4, and traveled more than 9,275 nautical miles with GRFCSG. During the scheduled deployment, *Ford* operated with eight Allies and partners, Canada, Denmark, Spain, France, Germany, the Netherlands, and Sweden, to strengthen interoperability, while conducting a range of maritime operations and exercises. "This deployment brought together an incredible group of Allies and partners with one single focus - to contribute to a peaceful, stable, and conflict-free Atlantic region through our combined naval power," said Vice Adm. Dan Dwyer, commander, U.S. 2nd Fleet and Joint Force Command Norfolk.

who allege domestic violence by a spouse or intimate partner and who files an unrestricted report, the policy states.

A service member whose adult military dependent makes an allegation of sexual assault that isn't domestic abuse and files an unrestricted report may request expedited transfer, according to the policy.

However, in these cases there needs to be a military connection, such as an alleged offender being an adult military dependent, someone who works for

the Department of Defense as a civilian employee or as a contractor or if the alleged assault happened on base, according to the policy.

The new rules also permit airmen and guardians accused or acquitted of such misconduct to be reassigned without a waiver within their first four years at their duty stations, Air Force spokeswoman Laurel Falls told *Stars and Stripes* in an e-mail last Tuesday. There is an exception.

"Once charges are pending, Airmen or Guardians accused of sexual assault are not considered for reassignment actions," she said.

A wing commander or vice wing commander or equivalent can request a service member be reassigned, she said.

"Commanders cannot request to transfer Airmen or Guardians once they are charged with sexual assault," she said. "Commanders can only request reassignment prior to... charges or for Airmen and Guardians acquitted by court martial of committing a sexual crime."

Army

- Army expanding pre-boot camp course for overweight and low-scoring applicants



- The 4th Infantry Division staged a massive physical challenge honoring its past and accidentally tear gassed itself

- Sergeant charged with stealing machine gun parts, smoke grenade after brigade-wide search
- Army tests blood delivery drones, applying lesson from war in Afghanistan

Navy

- USS *Nitze* seizes \$20M in illicit drugs from vessel in Gulf of Aden
- Hawaii gun permit ruling sides with 'homesick' Navy officer
- Navy unveils astronaut-themed uniform for annual clash with rival Army
- Navy fined for acts of software piracy

Marine Corps

- 100-year-old Marine Corps cartoons show that some things never change

Air Force

- Users of the F-35 huddle in Italy to tout joint maintenance plans
- Air Force streamlines reassessments for victims of sex crimes, domestic violence
- A-10C pilot earns top flying award for combat successes in Afghanistan

Coast Guard

- 'This is obscene': Haitians angered by babies being sent back after reaching Florida Keys on boat
- Cutter Oliver Berry returns home following 7,000-nautical-mile patrol in South Pacific
- 'Miracle': Missing cruise ship passenger found OK in water

Your Military

- The Military pledged to remove unexploded bombs from this island. Native Hawaiians are still waiting.

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America's armed forces - a gallery from around the world

Romania



Twilight March - Soldiers from the 101st Airborne Division participate in a six-mile foot march at Mihail Kogalniceanu Airbase, Romania, Nov. 23, 2022. The march is the beginning of the second phase of Air Assault School with Soldiers having to travel six miles in under 90 minutes. US Army courtesy photo

Italy



In the Zone - Army paratroopers conduct an airborne operation during training at the Frida drop zone in Italy, Nov. 18, 2022. US Army photo by Capt. Robyn Haake

Finland



Giving Guidance - Marine Corps Sgt. Andrea Blaine, a motor vehicle operator assigned to the Combat Logistics Battalion 6, guides a vehicle during a simulated convoy attack in Syndalen, Finland, Nov. 22, 2022. US Marine Corps photo by Lance Cpl. Maxwell Cook

Japan



Oxygen Fill-Up - U.S. and Japanese airmen fill a liquid oxygen cart during the aviation training relocation program at Tsuiki Air Base, Japan, Nov. 18, 2022. US Air Force photo by Airman 1st Class Sebastian Romawac

Dominican Republic



Hospital ship USNS Comfort, anchored in the harbor of Santo Domingo, Dominican Republic on Nov. 27, 2022. *Comfort* is deployed to the 4th Fleet in support of Continuing Promise 2022, a humanitarian assistance and goodwill mission. US Navy photo by MC3 Deven Fernandez

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Take nothing personally and thrive

by Dr. Daneen Skube
Tribune Content Agency

Q: I often feel insecure about my reputation at work. I'm very excited about praise and despondent with criticism. I'm tired of being on this roller coaster. How can I listen to what people say and learn without these emotional highs and lows?

A: You'll find a peaceful eye of the feedback hurricane if you take nothing personally. Most people listen through their ego. They listen for whether they're good/bad, smart/stupid, or hard working/lazy.

The truth is everyone around us is reacting to us as a mirror of their relationship with themselves and their past. Most people react to us through this lens and cannot accurately assess who we are or our intentions.

This week pretend nothing anyone says is about you. Notice what you learn about everyone else. You'll be amazed how much you learn if you stop taking what others say personally.

The trick to not taking everything that happens in your workplace personally is to put your ego in the backseat. Be-

come curious about everyone around you. The ego makes us listen from a place of fear. The soul is only interested in being effective and learning.

The worst feedback we can get at work is that something we're



by
Dr.
Daneen
Skube

doing is not working. If we move our ego out of the way, the only strategy is to learn from our mistake and do better next time.

If you find yourself being defensive, stop, because your ego is running the show. If you find yourself explaining, stop, the ego is running the show. If you find yourself listening, paraphrasing and acknowledging what the other person wants, congratulations, you'll have both peace and results.

When we make a mistake or others didn't get what they wanted, they never care about our defense or explanation. They want us to change course and

learn from what happened.

Many new clients think they have to point out that the problem isn't their fault. Again, no one cares. You either get busy fixing the problem or defending why the problem isn't fixed. You can see which reaction your boss will reward and appreciate.

Kind people are not kind because you deserve it but because they have an excellent relationship with themselves and their past. Unkind people are mostly unconscious about who they are and cruel to themselves.

Praise may be more enjoyable, but the same rules apply. People praise us sometimes to manipulate us, and sometimes to ask us to do more of something. If your ego is distracting you, it will be hard to perceive the true reasons a person is flattering you. Moreover, to the extent you get high on flattery, you'll get low on criticism.

Whether feedback is positive or negative, listen with the ears of your soul. Did what you did work? What was your contribution to the solution or problem? What can you learn from the feedback?

When you take nothing personally, you'll benefit from everything around you. Your actions will be in line with reality. One person in a room who listens through the ears of the soul creates calm and peace in workplaces that are often fearful and frenetic.

The last word(s)

Q: I never know what to do when I don't know what to say. Is there a way to stall without looking unresponsive?

A: Yes, if you don't know what to say then paraphrase what others are saying. People are starving to be listened to and understood!



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Wednesday, December 7 | 9-11 a.m. | NBSD (IP)

Wednesday, December 14 | 9:30-11 a.m. | NBC (IP)

Friday, December 16 | 9-10:30 a.m. | KMB (IP)

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Tuesday, December 6 | 1-3 p.m. | GVB (IP)

Monday, December 12 | 10-11:30 a.m. | (V)

Wednesday, December 21 | 9-10:30 a.m. | NBSD (IP)

Local Military

Coast Guard makes a Thanksgiving Day rescue

SAN PEDRO - The Coast Guard conducted a helicopter rescue from the sailing vessel Lula that ran aground near Santa Cruz Island on Thanksgiving.

At 10 a.m., watchstanders at Coast Guard Sector Los Angeles – Long Beach Command Center received a notification that a Digital Selective Calling distress signal was activated in the vicinity of Santa Cruz. After making VHF radio calls, Coast Guard watchstanders were able to determine that the distress signal came from Lula that ran aground with two persons aboard.

The stranded mariners had abandoned their vessel while on the rocks and left it adrift. Coast Guard Sector L.A.–Long Beach Command Center launched a helicopter from Forward Operating Base Point Mugu and a response boat from Coast Guard Station Channel Islands to conduct the rescue.

Once on scene, the helicopter and response boat crews determined that due to unsafe conditions on the rocks, the best course of action would be to rescue the mariners in distress via helicopter. They were hoisted aboard and transported to Point Mugu.

"Thankfully, they had a DSC-equipped radio which is how we were able to locate them," said Petty Officer 2nd Class Tate Lewis, a member of the helicopter rescue team. "We are grateful we were able to conduct a safe rescue and get them home to their families in time for Thanksgiving."

DSC is a function available on many commercially available radios that, when activated and properly registered, sends a distress beacon and notifies the Coast Guard of the location of the distress.

"This case is a great example of why having multiple means to communicate distress to the Coast Guard is worth the investment," said Lt. Cmdr. Quentin Long, search and rescue mission coordinator at Sector Los Angeles/Long Beach. "Before the survivors were able to make a direct call to our command center and after abandoning their vessel, we had already received good locational data for a reasonable search area, based on the DSC alert."

"We advise the boating public to familiarize themselves with this function on their radios, ensure the registration information is current, and use it if ever in distress," said Long.

Navy releases findings on what to do with fuel pipeline in Clairemont Mesa

SAN DIEGO – The Navy prepared a Final Environmental Assessment to evaluate the potential environmental impacts associated with the realignment of two segments of the Navy's existing Miramar fuel pipeline in the Clairemont Mesa area.

The Navy would realign two existing underground pipeline segments, totaling approximately 3,400 feet, to address two major areas of the pipeline easement that have been encroached upon, making it challenging for the Navy to inspect, maintain, and repair the pipeline, thereby affecting operations.

Although current fueling operations don't pose a risk to public or environmental safety, the proposed realignment is needed to provide enhanced access for regular inspection, routine maintenance, and emergency response. Realigning the pipeline would ensure its safe and long-term use and allow the Navy to maintain military readiness.

Based on analysis presented in the EA, the Navy has determined that implementation of its preferred alternative - encroachment at High Tech High encroachment at Cannington Drive - wouldn't significantly impact the quality of the hu-



Encroachment at High Tech High. Courtesy photo

man or natural environment or generate significant controversy within the Clairemont Mesa community of San Diego in the areas of the two encroachments. As a result, an Environmental Impact Statement will not be prepared.

The completion of the EA follows years of research, analysis, and public involvement. The Navy held a virtual public meeting in April 2022 to provide information about the Draft EA and obtain public input. Comments received during the public comment periods were considered in the Final EA.

The proposed action is needed because civilian development has encroached upon Navy easements, thereby diminish-

ing the Navy's ability to access and maintain the pipeline. The proposal would address major encroachments at High Tech High and the Cannington Drive areas by constructing new underground pipeline segments within the City of San Diego right-of-way, away and out from under school, church, and residential properties.

The existing pipeline would remain in service while the new pipeline is being constructed. Once the new segments are operational, the existing segments would be cleared, closed, and left in place.

The final EA and Finding of No Significant Impact documents can be downloaded from

the project website at www.cnic.navy.mil/NBPLMiramarPipeline. Additionally, printed copies of the documents are available at the following libraries:

- Balboa Branch Library, 4255 Mount Abernathy Ave., San Diego

- Clairemont Branch Library, 2920 Burgener Blvd., San Diego

- North Clairemont Branch Library, 4616 Clairemont Dr., San Diego

The documents are also available upon request by contacting Naval Facilities Engineering Systems Command Southwest, Attention: Code EV26.SVR, 750 Pacific Highway, 12th Floor (Environmental), San Diego, CA 92132.

A San Diego neighborhood was built over a Navy fuel pipeline; now the service wants to move it

The San Diego Union-Tribune

(Tribune News Service) - Parts of a Clairemont neighborhood were built atop a key strategic Navy fuel pipeline, and now the service is planning to move it from underneath homes, a school and a church, according to Navy records. The pipeline connects Naval Base Point Loma to Marine Corps Air Station Miramar and is used to transport jet and diesel fuel between the bases, the Navy said. The 17-mile long, 8-inch pipeline was built in 1954 just as Clairemont was being developed as part of the post-World War II suburban housing boom. The Navy was granted easements by the city to build the pipeline. However, over the decades residential development has encroached on those easements, the service said. -Continue reading via *Stars and Stripes* online, <https://www.stripes.com/branches/navy/2022-11-28/san-diego-navy-fuel-pipeline-8219190.html>.

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“The Charlie Battery activation is another piece to the pie of modernizing the force to meet future threats.”

- Maj. Crispus M. Kimani, operations officer for 3rd LAAD Battalion

The logo of 3rd Low Altitude Air Defense Battalion. US Marine Corps photo

3rd Marine Aircraft Wing activates new air defense unit

by 2nd Lt. Andrew Baez
3rd Marine Aircraft Wing

CAMP PENDLETON - The 3rd Marine Aircraft Wing activated a new air defense battery on November 18, 2022, as part of its ongoing efforts to modernize its existing ground-based air defense capabilities to continue responsibly modernizing the force.

Charlie Battery, which belongs to 3rd Low Altitude Air Defense Battalion, Marine Air Control Group 38, increases 3rd MAW's ground-based air defense weapon systems and capabilities. The activation demonstrates the Marine Corps' investment in growing the ground-based air defense community.

The unit's activation sets the foundation for the arrival of Marine Air Defense Integrated System Increment 1 to the battalion. This system modernizes the existing ground-based air defense capabilities by mounting a mix of legacy and emerging technologies and capabilities onto the Joint Light Tactical Vehicle. The new capabilities will help the unit mitigate the threat from unmanned aerial systems, fixed, and rotary-wing aircraft.

Once fully equipped, the new

unit will have the MADIS, FIM-92 Stinger missiles, and a kinetic remote weapon system designed to counter adversary unmanned aerial systems. The remote weapon system, an organic RPS-62 RADAR, provides additional capabilities, including multi-function electronic warfare and significant command and control improvements.

“The Charlie Battery activation is another piece to the pie of modernizing the force to meet future threats,” said U.S. Marine

Corps Maj. Crispus M. Kimani, operations officer for 3rd LAAD Battalion. “It increases air defense capacity within the Marine Expeditionary Force.”

Activating Charlie Battery and integrating new technologies, including the MADIS, enables 3rd LAAD to detect, track, identify, and defeat aerial threats. Additionally, the new capabilities will enable expeditionary counter-unmanned aerial systems operations in austere and isolated environments.

USS *Tripoli* visits Tasmania

by Petty Officer 2nd Class Malcolm Kelley

USS *Tripoli* (LHA 7)

HOBART – Amphibious assault carrier USS *Tripoli* (LHA 7) recently wrapped up a port visit to Hobart, Tasmania. *Tripoli*'s crew demonstrated the Navy's dedication to reaffirming relations with Tasmania by hosting a tour and reception for members of the Tasmanian Parliament and local news media.

The tour took reporters through the vehicle stowage area, hangar bay and flight deck, where subject-matter experts explained their roles and responsibilities aboard *Tripoli*. “I was very impressed by their professionalism and their curiosity about the aircraft, flight operations, and the experiences of being a Sailor,” said Aviation Boatswain’s Mate (Aircraft Handling) 1st Class Juan Deltoro, from Aurora, Ill.

In addition to hosting government officials and news media, the crew also took the unique opportunity to explore Tasmania. *Tripoli*'s Morale, Welfare, and Recreation (MWR) team organized tours to give Sailors a chance to experience local culture.



PLEASE HELP SANTA

Veterans Association of North County (VANC) will be hosting five Christmas parties for the children of active duty Marines.

Over 700 service members and their families have been invited to come meet Santa and receive a gift. Included in these families are 75 pre-schoolers from Camp Pendleton Armed Forces YMCA pre-school who will also be visiting VANC on Dec. 9 to meet Santa. If you can assist Santa in gathering toys for these children, he would appreciate it. For children between the ages 11-16, a gift card from the store of your choice would be the simplest. For children under 11, new, unwrapped toys can be brought to VANC at 1617 Mission Ave., Oceanside, or call Lori at (760) 722.1277 and she will make sure that the toys are given to Santa for the children. Have questions? Contact Lori Boody at lori@vanc.me

“It was so fun to get to see the animals in Australia, and particularly in Tasmania, especially the Tasmanian devils,” said Aviation Maintenance Administrationman 2nd Class Samuel Asbury. “Going to the Bonorong Wildlife Sanctuary was a once in a lifetime experience.”

Port visits are a valuable opportunity for the Navy to strengthen relationships with partners and allies around the world and learn more about their vibrant cultures.

The visit to Hobart provided *Tripoli* a rare opportunity to experience a part of the world many Sailors may never see.

Tripoli is operating in the U.S. 7th Fleet area of operations.

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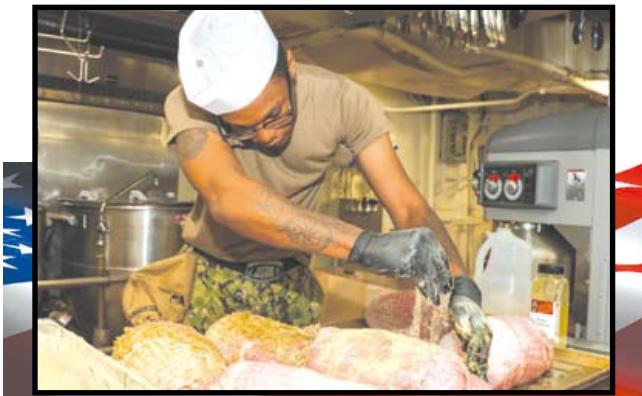
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CAMP PENDLETON (Nov. 19, 2022) - Brig. Gen. Jason Woodworth, center, commanding general of Marine Corps Installations West, Camp Pendleton, and Sgt. Maj. Curtis Rice, right, the sergeant major of MCAS Camp Pendleton, celebrate the tree lighting during Marine Corps Community Services' annual tree lighting celebration at Pacific Views Marine Corps Exchange. The tree lighting was held to bring family and friends together to celebrate the holiday season. US Marine Corps Photo by Cpl. Andrew Cortez



SAN DIEGO (Nov. 23, 2022) - Culinary Specialist Seaman Apprentice Cire White, from Dayton, Ohio, seasons ham in preparation for a Thanksgiving dinner aboard aircraft carrier Abraham Lincoln while the ship is moored at Naval Air Station North Island. US Navy photo by MC3 Michael J. Cintron



MARINE CORPS RECRUIT DEPOT, San Diego (Nov. 28, 2002) - Marine Corps Cpl. Manny, the mascot of M-CRD, San Diego, poses for a photo with a depot barber shop staff member here. Manny was named after Sgt. Johnny R. Manuelito, one of the original 29 Navajo Code Talkers. US Marine Corps photo by Cpl. Max J. Noel



SAN DIEGO (Nov. 22, 2022) - Rear Adm. James Kirk, commander, Expeditionary Strike Group (ESG) 3, addresses the crew of amphibious assault ship Boxer during an all-hands call. US Navy photo by MC3 Mikal Chapman



CAMP PENDLETON (Oct. 27, 2022) - Cpl. Robert Sponable, a UH-1Y Venom helicopter crew chief here, conducts a maintenance check on an M2 .50-caliber heavy machine gun prior to aerial training. The reservists of HMLA-775 provide aviation support that enables I Marine Expeditionary Force and Camp Pendleton tenant commands the ability to maintain and enhance their combat readiness. US Marine Corps photo by Lance Cpl. Hope Straley



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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Here you go again. You're running from store to store, buying baking supplies, twinkle lights, a pineapple Squishmallow for your niece, a Nerf Rival Nemesis Gun for your son, and an Amazon Echo Show 5 for your husband. You've got to get home to bake twelve dozen pecan tarts for the base neighborhood cookie exchange, when it dawns on you.

You forgot the butter.

For the second time today, you approach the irresistibly cute Salvation Army bell ringer outside the grocery store. You want to tell the sweet little old man freezing his bippy off in the name of the needy, "I gave earlier today," but you know darned well he doesn't remember and will think you're a cheapskate. So you sort through the gum wrappers and paper clips to see if you can find a few more quarters in your purse.

But you realize that you put all your coins in the kettle during your last trip to the store, so you look for a single or two, only to find that you've only got a five spot. With trembling hands you fork over the five dollar bill you were hoping to use for a Vente Skinny Peppermint Mocha Latte with extra sprinkles on the way home.

Where's the bargain in giving?

You intentionally hesitate with your hand over the red kettle, wanting the bell ringer and everyone else to see the denomination of your bill and think, "Wow, she gave five whole dollars."

"Thank you for your kindness," the old man says, and you walk into the grocery feeling good about your decision to feed the poor rather than slurp another overpriced specialty coffee.

In fact you feel so charitable that you decide to buy a few canned goods, in addition to your stick of butter, to put in the food bank collection at the front of the store. And while you're at it, you grab a whiffle ball set to put in the Toys for Tots box too.

With a sanctimonious flip of your wrist, you zip your debit card through the reader just as the cashier asks, "Would you like to give a dollar to the Orphaned Kittens' Sweater Knitting Guild?" Seven other impatient customers are in line behind you. The baggers are waiting for your answer. The cashier is staring blankly into your eyes.

Dead silence.

You think, "Another dollar? Seriously? Don't you remember that I just gave a dollar for the stinking kittens when I was in here an hour ago, for crimin' sake? This is entrapment! Let someone else dress the orphaned kittens! I just want to buy this damned stick of butter and go home!"

As you search your brain for a valid excuse to say "No thanks," you wonder, "Why do I bother searching

for bargain gifts when you end up giving so much away?"

Charitable organizations raise the bulk of their income between Thanksgiving and New Year's Eve, when people are feeling generous. Salvation Army, for example — the largest non-governmental provider of social services — raised \$520 million last holiday season to fund its programs for the homeless and the poor, and about \$110 million of that came from donations to its iconic red kettles.

Military charities rely on public generosity during giving season, too. The US Marine Corps Reserve Toys for Tots Program collects toys to give to less fortunate youngsters as a message of hope to encourage them to become responsible, productive, patriotic citizens. Other national military charities that rely on donations to help the military community include The Gary Sinise Foundation, The USO, Fisher House Foundation, Tragedy Assistance Program for Survivors (TAPS), Navy-Marine Corps Relief Society, Iraq and Afghanistan Veterans of America (IAVA), Homes for Our Troops, Semper Fi and American's Fund, and many, many more.

Is giving season about risking death by trampling to get the best bargain on a Nintendo Switch Hollow Night at Walmart? Is it about looking good when you drop a bill into the red kettle? Or is it about giving unselfishly to provide for those who are in need?

"Absolutely," you tell the cashier, realizing that in order to be truly generous, your gift must be no bargain at all.

Aviation Nation 2022 with the Air Force Thunderbirds

This year, due to an unexpected, last-minute opportunity, AutoMatters & More has covered not one but two U.S. military air shows. The MCAS Miramar Air Show, featuring the Navy's Blue Angels, and Aviation Nation, featuring the Air Force's Thunderbirds flight demonstration team.

By the weekend of that second air show, I had already been in Las Vegas for most of the week covering the annual SEMA Show, which had ended on Friday evening with SEMA Ignited. I had planned to sleep in a little the next day (Saturday) and then drive out to Las Vegas Motor Speedway to cover the racetrack portion of an amateur motorsports event: the Optima Ultimate Street Car Invitational.

LVMS is a huge facility, and the route that my GPS used to guide me there had me entering from the east side — not anywhere near the race-track's road course — where a long line of traffic was waiting to turn into a parking lot. I learned that people were being directed to park there in order to board shuttle buses that would take them onto Nellis Air Force Base for a big air show: Aviation Nation 2022! There would be no public parking on base, nor would foot traffic be allowed through any gate.

I quickly made a new plan for my day and executed it. First, I drove over to the other side of LVMS, where I quickly parked near the racetrack and used a long telephoto lens to shoot a few shots, from a long distance, of vehicles competing in the OUSCI motorsports event. That way I would have some photos of the motorsports event that I had driven out there to cover.

As good luck would have it, the

camera gear that I had brought from San Diego to cover that motorsports event was precisely what I use to cover air shows. I drove over to another parking lot, rolled my wheeled camera bag over to a waiting bus, made it through the Security screening and got a ride over to the flight line at Nellis AFB, to see the big air show.

The busses dropped us off on one end of the very long flight line, along

AutoMatters™ & More
by Jan Wagner



which were arrayed numerous static displays, as well as vendors. It could easily have taken several hours just to check that out, but my priority was to shoot unobstructed shots of the flying, which had already begun.

I did not have a press credential for this event, and the crowds behind the barriers were already several persons deep. I decided to shoot what I could of the flying on Saturday, and return early on Sunday to shoot the ground exhibits — and hopefully take more photos of the flying from a better vantage point.

I got as close to the front as I could (which was not very close), and began to shoot. As the flying demonstrations progressed, I slowly managed to work my way forward and squeeze between

two groups of people at the fence line — just in time to shoot the Thunderbirds: commissioned in 1953, and currently flying the Lockheed Martin F-16 Fighting Falcon.

After the Thunderbirds performance I asked a nearby member of the Air Force how I might contact someone from media relations. He paused what he was doing and asked me to wait while he drove away in his golf cart to try to get information for me. He returned and gave me a name and a phone number. I called and secured a spot on the elevated press riser for Sunday.

Despite the Miramar Air Show and Aviation Nation being air shows from different branches of the military, they were actually quite similar with many static displays that included military aircraft and vehicles; a simulated military assault that included spectacular pyrotechnics; aerial demonstrations with a variety of military and civilian aircraft; and ending with a feature demonstration by each branch's famous flight demonstration team: the Blue Angels and the Thunderbirds.

To see the most photos and the latest text, visit AutoMatters & More at AutoMatters.net. On the Home Page, enter this column's title in the Search box, or click on the blue 2022 'years' box. Afterwards, return to the Home Page to explore a wide variety of content dating back to 2002. To see more of Aviation Nation 2022, including some awesome in-flight video, go to: <https://www.nellis.af.mil/Aviation-Nation/>. Copyright © 2022 by Jan Wagner – AutoMatters & More #769

Veterans News

VA, FCC make it easier for veterans to get internet access

If you receive a qualifying VA pension, VA and the Federal Communications Commission (FCC) are making it easier for you to get connected to the internet.

Qualifying VA pension recipients will now be able to more easily confirm their eligibility to participate in two FCC benefit programs (Lifeline and the Affordable Connectivity Program), often without needing to submit paperwork to the FCC.

This makes it even easier for qualifying Veterans to get discounts on internet and phone services. Certain service providers

may also offer a subsidized device, like a laptop or tablet, to qualifying Affordable Connectivity Program participants.

Discounts to help Veterans get online

These FCC programs help people get online. The Lifeline program gives eligible households a discount for internet and phone services. The Affordable Connectivity Program provides eligible households with a monthly discount toward internet service.

They offer a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet

from a participating provider if they contribute more than \$10 and less than \$50 toward the purchase price of the device.

Veterans can sign up for the programs through the FCC National Verifier or by contacting a participating internet service company. Veterans who want assistance signing up for the FCC's programs can get help from their VA care team through a Digital Divide consult.

Along with qualifying VA pension recipients, other Veterans are also eligible for Lifeline and the Affordable Connectivity Program. You can qualify based

on your household income or participation in other federal programs, though you may need to submit additional paperwork as part of the application process.

To see if you qualify, visit the Lifeline or Affordable Connectivity Program websites.

VA can also help you to determine your eligibility through your VA care team and a Digital Divide Consult. The Digital Divide Consult helps connect Veterans with Lifeline, the Affordable Connectivity Program, and other programs to help with internet access.

VA creates scholarship program to help aspiring VA mental health professionals

WASHINGTON - The Department of Veterans Affairs announced that it will establish a Vet Center (Readjustment Counseling Service) Scholarship Program to assist individuals pursuing graduate degrees in psychology, social work, marriage and family therapy, or mental health counseling. VA expects to award scholarships in the summer of 2023, providing funding to cover up to two years of graduate studies for individuals pursuing these degrees. Upon completion of their degrees, these mental health professionals will then serve full time for a period of six years at one of VA's 300 Vet Centers across the country, specifically, in underserved areas that need additional mental health professionals and in states with a per-capita population of more than 5 percent veterans. "In 300 communities across the country, Vet Centers provide veterans, service members, and their families with quick and easy access to the mental health care they need and deserve," said VA Secretary Denis McDonough. "These scholarships will help VA ensure all veterans and service members - including those in historically underserved areas - have access to Vet Centers with highly-qualified, trained and compassionate staff." Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional counseling to eligible veterans, service members, including National Guard and Reserve components and their families.

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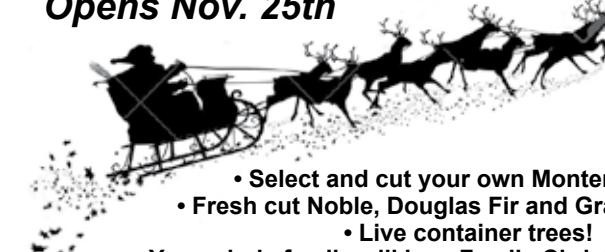


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		4				8		3
7	2					4		
6		1		9				
8			5	7				
	4		8			2		
		2	1				4	
		6	2			1		
2					7	5		
2		7			6		5	

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USS Midway Museum is currently recruiting for docents, air craft restoration, ship restoration and safety volunteers. www.midway.org/give-join/volunteers/

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THINGS TO DO AROUND TOWN

Mannheim Steamroller, Thur, Dec 1, California Center for the Arts, Escondido. www.artcenter.org

Mariachi Sol de Mexico: A Merry-achi Christmas at Balboa Theatre, Fri, Dec 2, 8pm. www.sandiegotheatres.org

SD Gulls vs. Calgary Wranglers, Fri, Dec 2, 7pm. Pechanga Arena San Diego. www.sandiegogulls.com

December Nights at Balboa Park, Fri-Sat, Dec 2-3, 11am-10pm. www.sandiego.gov/december-nights

Guided Nature Walk, Saturday, Dec 3, 9:30-11am. Mission Trails Regional Park. mtrp.org

LA Clippers vs. Sacramento Kings, Sat, Dec 3, 1pm. Crypto.com Arena. www.nba.com/clippers

Gordon Lightfoot at Balboa Theatre, Sat, Dec 3, 7pm. 8pm. www.sandiegotheatres.org

SD Gulls vs. Calgary Wranglers, Sat, Dec 3, 7pm. Pechanga Arena San Diego, 7pm. www.sandiegogulls.com

Snow N Glow Holiday Festival, Dec 8-Jan 1, Del Mar www.delmarfairgrounds.com

Encinitas Holiday Parade, Sat, Dec 3.

La Mesa Holiday in the Village, Sat, Dec 3. www.lamesavillageassociation.org

San Marcos Tree Lighting, Sat, Dec 3.

Tree Lighting in Little Italy, Sat, Dec 3.

Holiday at the Rancho at Leo Carrillo Ranch, Sat, Dec 3. www.carlsbadca.gov

Gordon Lightfoot at Balboa Theatre, Sat, Dec 3, 8pm. www.sandiegotheatres.org

COASTER Holiday Express w/ Santa, Sat-Sun, Dec 3-4 & Dec 10-11. gonctd.com/holidayexpress

SoNo Fest & Chili Cook-Off in North Park, Sun, Dec 4, 11am-5pm. www.sonofestchilicookoff.com

Chargers at Las Vegas Raiders Sun, Dec 4, 1:25pm

Adam Sandler at Viejas Arena, Sun, Dec 4.

LA Rams vs. Seattle Seahawks at SoFi Stadium, Sun, Dec 4, 1:25pm. www.therams.com

Big Bad Voodoo Daddy Wild and Swingin' Holiday Party at Poway Center for the Performing Arts, Sun,

For more information visit www.AUSA San Diego Chapter.org

Save the date: Wednesday, Dec. 14 the San Diego Chapter of Association of the United States Army (AUSA) will host their annual Christmas Luncheon from 11am-2pm at Admiral Baker Clubhouse.

The holiday luncheon buffet will cost \$10 for AUSA-SD members; Free for Soldiers in uniform (AD, RC, NG); \$28 for all others.

Please RSVP by Dec. 5, 2022. POC: LTC Michael O'Hara email: rsvp@ausasandiegochapter.org (703) 498-0312.

For more information visit www.AUSA San Diego Chapter.org

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MOVIES AT THE BASES

Movies & times subject to change. * Indicates last showing
Visit navydispatch.com/entertainment_03movies.htm to find your base theatre information

Naval Base Theater - NBSD, 619-556-5568, Bldg. 71 3465 Senn Rd.

FREE entry to the first 300 customers (per showing), no outside food, concessions will be available.

Thursday, December 1

5:50pm Black Adam pg13

Friday, December 2

6pm Armageddon Time r

Saturday, December 3

3:40pm Prey for the Devil pg13

5:50pm Black Adam pg13

Sunday, December 4

12:50pm Armageddon Time r

3:20pm Black Adam pg13

Thursday, December 8

6pm Armageddon Time r

Friday, December 9

6pm Black Panther: Wakanda Forever pg13

Saturday, December 10

3pm Black Panther: Wakanda Forever pg13

6pm Black Panther: Wakanda Forever pg13

Lowry Theater - NASNI,

619-545-8479
Bldg. 650

Outside food and beverage are NOT permitted. Debit/credit cards only.

Friday, December 2

6pm Armageddon Time r

Saturday, December 3

3pm Black Adam pg13

Sunday, December 4

4pm Armageddon Time r

Friday, December 9

6pm Black Panther: Wakanda Forever pg13

Saturday, December 10

3pm Black Panther: Wakanda Forever pg13

6pm Black Panther: Wakanda Forever pg13

Q-Zone - NAB

Bldg. 337 • 619-437-3190

Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDS

Thursday, December 1

11am PAW Patrol: The Movie g

5pm The Invitation (2022) pg13

Friday, December 2

5pm Beast r

Saturday, December 3

11am Sonic the Hedgehog 2 pg

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, December 3

1:30pm Halloween Ends (R)

CROSSWORD PUZZLE

Across

- 1 #1 Toto song that mentions the Serengeti
- 2 Whittling, for one
- 3 Wavy patterns in some op art
- 4 Cool one's feet at streamside, say
- 5 Attempted coup participants
- 6 Stretching muscles
- 7 Iowa State city
- 8 Many an 18th-century painter
- 9 Actor's rep.
- 10 Parade staple
- 11 Closed
- 12 Data storage medium
- 13 Country club employee
- 14 Stretches on a couch?
- 15 Some can be used forever--but only once
- 16 Signs
- 17 In the neighborhood of
- 18 Overblown critique
- 19 Elbow
- 20 Farm measures
- 21 Curly slapper
- 22 Crime boss
- 23 "That's well within my abilities"
- 24 Like potato chips, often
- 25 Showed up
- 26 Elbow
- 27 Elbow
- 28 Form close ties (with)
- 29 "Let's have at it!"
- 30 Point
- 31 Circle segment
- 32 Palm fruit ... or what the creator of this puzzle's theme apparently is?
- 33 Dog
- 34 Classic Pontiac
- 35 Not moving
- 36 Desires
- 37 Bellows of "The Agency"
- 38 Dessert order
- 39 Flower holders
- 40 Environmentally concerned
- 41 Old Venetian judge
- 42 Catching a glimpse of
- 43 Source of an organic

Naval Medical Forces Pacific team participates in Keen Sword 23

by Grady Fontana
Naval Medical Forces Pacific

Elements of Naval Medical Forces Pacific (NMFP) recently travelled to Okinawa prefecture, Japan, and began participation in exercise Keen Sword 23 (KS23), Nov. 12.

Keen Sword 23 is a biennial, Chairman of the Joint Chiefs of Staff-directed, U.S. Indo-Pacific Command-scheduled, and U.S. Pacific Fleet-sponsored field training exercise (FTX). The joint/bilateral FTX runs through Nov. 20. KS23 is designed to enhance Japan-U.S. combat readiness and interoperability while strengthening bilateral relationships and demonstrating U.S. resolve to support the security interests of allies and partners in the region.

As a feature of this year's Keen Sword, NMFP deployed a small headquarters element from Naval Base San Diego, and Expeditionary Medical Facility (EMF) 150-Alpha, out of Camp Pendleton, Calif., to support medical-related exercise scenarios at Camp Foster, Marine Corps Base S.D. Butler.

During KS23, NMFP's command and control concept will test Navy Medicine's joint and bilateral integration with a Japan Ground Self Defense Force medical base in Okinawa, III Marine Expeditionary Force units, and other Navy units to refine interoperability with partners in the region.

"Keen Sword is a tremendous opportunity for our Navy Medicine team to exercise a new medical command and control concept in support of the operational forces," said Rear Adm. Guido F. Valdes, commander, NMFP. "Additionally, our deployed EMF in Keen Sword is a concrete example that we are a key component in providing deployable health services that enable strengthening alliances and partnerships."

Expeditionary medical facilities are globally positioned to support combat operations, contingencies, and exercises worldwide. An EMF can be pre-positioned and lay dormant until called upon; or deployed with a unit from a staging base.

Okinawa hosts a prepositioned

facility, one of five, that can accommodate a deployed scalable EMF.

The EMF is a platform of Navy Medicine and has a three-part mission:

- Provide health-service support to military operations involved in medical stability as expeditionary advanced-based functional components.
- Deploy as part of the fleet commander's projection ashore to support geographical combatant commanders' theater plans policies.
- Provide medical capability ashore in situations where a sustained land campaign is envisioned for a Marine Expeditionary Force, or for limited contingencies involving naval forces.

Recently, EMF-150, as part of Commander, Task Force 75, deployed to Guam in 2020 and played an important role in the DoD's response to combat the COVID-19 pandemic.

"In Keen Sword, EMF-150-Alpha will provide a forward-deployed theater hospitalization capability as requested by the Component/Combatant Commander in support of operational forces," said Navy Capt. Elizabeth Smith, commanding officer, EMF 150-Alpha, which is part of Navy Medicine Readiness and Training Command (NMRTC) Camp Pendleton, NMFP.

"EMF leaders participated early in the exercise planning process and refined the requirement to provide the lightest, leanest capability possible while still meeting the requirement and capacity to enable increased survivability for all U.S. and Allied partners."

Military medical platforms are classified by the Military Health System roles of care to describe battlefield medical and health capabilities.



CAMP FOSTER, OKINAWA, JAPAN -- Elements of Naval Medical Forces Pacific (NMFP) recently travelled to Okinawa prefecture, Japan, and began participation in exercise Keen Sword 23 (KS23), Nov. 12. As a feature of this year's Keen Sword, NMFP deployed a small headquarters element from Naval Base San Diego, and Expeditionary Medical Facility (EMF) 150-Alpha, out of Camp Pendleton, Calif., to support medical-related exercise scenarios at Camp Foster, Marine Corps Base S.D. Butler. Keen Sword is a joint, bilateral, biennial field-training exercise involving U.S. military and Japan Self-Defense Force personnel, designed to increase combat readiness and interoperability and strengthen the ironclad Japan-U.S. alliance. Photo by Grady Fontana, Naval Medical Forces Pacific.

The military organizes health-service support capability across the theater of operations, communications zone, and home station to provide medical care from Roles 1-4.

Role-4 capability represents the most definitive medical care available, such as those provided by U.S. and overseas-based military medical treatment facilities.

The EMF is a Role-3 theater

hospitalization capability, which includes everything from surgery, ancillary services, holding capabilities, and specialty services like neuro, urology, and even OB-GYN if the mission requires.

These assets usually act in a general support role to an entire theater vice a single unit.

Role-1 units are usually a direct

support capability supporting their owning unit, while Role-2 units can function in a general support or direct support role.

"This exercise provides an opportunity to further operationalize Navy Medicine platforms under a new medical command and control concept to provide the right care, at the right time, under any conditions," said Smith.

Naval Medical Forces Pacific provides oversight for 10 NMRTCs, on the West Coast and Pacific Rim that man, train, and equip medical forces, primarily in military treatment facilities. NMFP also oversees eight research laboratories that deliver cutting edge health and medical research to enhance the deployment readiness and survivability of our Joint Forces.

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