

# MAY IS MILITARY APPRECIATION MONTH

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SIXTY-SECOND YEAR NO. 4  
THURSDAY, MAY 12, 2022

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ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH

MAY

## DOD PERSONNEL, FAMILIES CAN NOW RENEW PASSPORTS ONLINE

by David Vergun

Active-duty, reserve and retired service members; and Defense Department civilians, contractors and their families can now renew their U.S. passports online, according to the State Department.

The online portal enables customers to renew their passports 24/7 without having to go to a post office to mail their application and supporting documents, an official said.

The requirements include:

- Applicants must be 16 years of age or older.

- The most recent passport is valid or must have been valid for 10 years. It's OK if the passport is expired.

- The passport was issued over nine years ago (2013 or earlier) from the renewal date but no earlier than 15 years ago (2007).

- No changes were made with respect to name, gender or other personal information, such as date or place of birth.

- No travel internationally can be made within five weeks of the date the application is submitted. The State Department will offer routine (8-11 weeks) and expedited processing times (5-7 weeks).

- Online applications may be for a passport book only; passport cards may not be requested online.

- Applications must be for regular (tourist) passports only. Special issuance diplomatic or official passports may not be renewed online.

- Applicants must live in the U.S. in either a state or territory. An applicant can't be stationed at an overseas post in a foreign country or have an APO or FPO address.

- Applicants must have their current passport in their possession. It cannot be damaged, mutilated, or previously reported as lost or stolen.

- Applicants must agree that their most recent passport will be immediately invalidated and cannot be used for international travel.

- An applicant must have access

to a credit/debit card or a bank account with automated clearing house payment capabilities to pay for passport renewal fees.

- Applicants must upload a digital photo in the .JPEG file format.

Applicants who don't meet all requirements may still be eligible to renew by mail or in-person, the official said.

The first step for those interested must preregister on the State Department's form. The

State Department will send a confirmation email with more instructions within 1-2 days after preregistration.

Preregistration does not obligate those interested to renew online. Registrants will receive email updates and a customized link based on a registrant's individual email address to access the online portal.

Interested parties will have the flexibility to renew online through June 30. Contact the State Department at [pptmandi@state.gov](mailto:pptmandi@state.gov).

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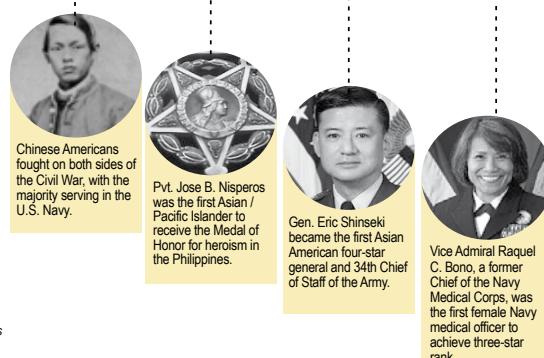
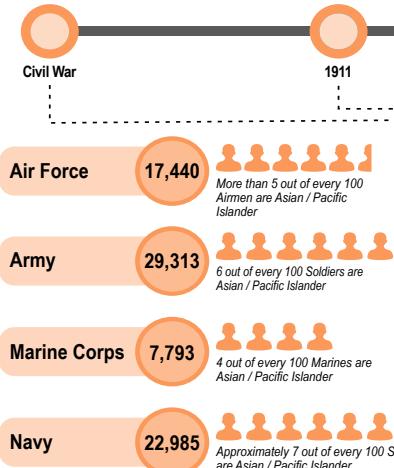
See page 8

## Base Movies

ADVANCE SCREENING: Top Gun: Maverick, Ambulance, Fantastic Beasts: The Secrets of Dumbledore

See page 10

# 2020 Portrait of Asian / Pacific Islander Active Duty Service Members



**21.7%** The percent of Asian / Pacific Islanders who are senior enlisted (E6 - E9).

**7.8%** The percent of officers commissioned in FY 19 who identify as Asian / Pacific Islander.

## Enlisted Occupations

Electrical / Mechanical Equipment Repairers	8,920	1,138
Functional Support & Administration Specialists	6,852	3,101
Service & Supply Handlers	6,054	1,528
Infantry, Gun Crews & Seamanlike Specialists	7,018	522
Health Care Specialists	5,151	2,205
Electronic Equipment Specialists	6,000	1,049
Communications & Intelligence Specialists	5,223	1,119
Non-Occupational Specialists	2,556	649
Craftworkers	1,488	267
Other Technical & Allied Specialists	1,366	288

Male = ♂ Female = ♀

## Officer Occupations

Tactical Operations Officers	2,904	413
Health Care Officers	1,934	1,374
Engineering & Maintenance Officers	1,173	238
Supply, Procurement & Allied Officers	954	339
Intelligence Officers	894	295
Non-Occupational Officers	776	190
Scientists & Professionals	729	156
Administrators	514	285
Other Officers	82	37
General Officers & Executives	23	3

Male = ♂ Female = ♀

Department of Defense Office for Diversity, Equity, and Inclusion  
Fiscal Year 2019 Military Data Source: Defense Manpower Data Center

## CSG-1 bids farewell to Martin, welcomes Sardiello

SAN DIEGO – Rear Adm. Carlos Sardiello relieved Rear Adm. Dan Martin as Commander, Carrier Strike Group ONE 1, during a change of command ceremony aboard Naval Air Station North Island May 3.



Martin served in numerous strike fighter squadrons flying the F/A-18 Hornet and served as the air wing commander at Carrier Air Wing 8. Martin assumed command of CSG-1 in May, 2021.

"I'm exceedingly grateful for the privilege to have led the talented and committed men and women of Carrier Strike Group 1," said Martin. "It's their dedication and professionalism that enabled the strike group to achieve a sustained high operational tempo with unmatched expertise the 3rd and 7th Fleet areas of operation throughout a challenging Western Pacific deployment. I know they will continue to excel under Rear Adm. Sardiello's leadership."

During the ceremony, Sardiello emphasized his readiness to continue to build on the legacy of CSG-1.

"It's an incredible honor to accept the responsibility of command, and I am especially grateful to inherit the team that Rear Adm. Martin developed and refined," said Sardiello. "The Sailors of CSG-1 have

demonstrated their resiliency, capability and dedication and I'm looking forward to the many opportunities that lay ahead for this team to continue excelling. A strike group's success is a combination of perseverance, hard work and continued growth. We'll continue to enhance our combat readiness in preparation to meet any threat to our great nation and its security."

## Truman

continued from page 1

throughout the region, really focusing on bringing them into the strike group, putting them in very specific roles, testing them," Duff told reporters Wednesday. "As we test them, we're really learning a lot about ourselves, and we are seeing what the true advantage is in every interaction with the professionalism of those other navies."

In December, Defense Secretary Lloyd Austin ordered Truman to stay in the Mediterranean as fears of Russian aggression mounted in southeastern Europe. The carrier had been slated for deployment to the U.S. 5th Fleet area of operations in the Middle East.

Shortly afterward, the Navy sent four additional destroyers to 6th Fleet, part of a sizable NATO naval presence in the Mediterranean not seen since the Cold War. All but one of those destroyers, USS *Gonzalez*, have since returned to their U.S.-based homeports.

Russia launched its full-scale invasion into Ukraine on Feb. 24.

Several Russian warships and submarines have been reported in the eastern Mediterranean as well as at port in Tartus, Syria, a posture likely designed to warn away NATO ships from the Black Sea region, analysts have said.

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# National Military

## U.S., South Korean defense leaders condemn North Korean missile launch

by C. Todd Lopez  
DoD News

The North Koreans launched another ballistic missile over the waters to its east May 4, alarming South Korea, Japan and the United States.

The launch is the 14th this year and is part of an effort by North Korean leader Kim Jong Un to speed up development of its own nuclear capability so it can hold at risk those it perceives as adversaries.

During a press briefing May 5, Pentagon Press Secretary John Kirby told reporters that this morning, Secretary of Defense Lloyd Austin III talked with Republic of Korea Minister of National Defense Suh Wook via telephone to discuss both the missile launch and other defense issues.

"The two leaders strongly condemned yesterday's ballistic missile launched by the Democratic People's Republic of Korea, which they noted threatens the peace and stability of the Korean peninsula and the Indo-Pacific region," Kirby said. "They committed to close cooperation to enhance the U.S./ROK alliance, deterrence and defense posture."

Kirby also said Austin reaffirmed the ironclad commitment the U.S. has to the defense of the South Korea, which leverages the full range of U.S. military capabilities, to include "extended deterrent capabilities."

This week on Tuesday, Yoon Suk-yeol will assume the role of president of South Korea from incumbent Moon Jae-in. As a result of the change in administration, Suh will leave his position as minister of national

defense - a position he's held since September 2020.

"The secretary also congratulated the minister on his successful tenure as Minister of National Defense, noting that the alliance

had in fact been strengthened under Suh's leadership," Kirby said.

According to a press release from U.S. Forces Korea, Suh had served previously as ROK Army chief of staff, chief director of

operations for the ROK Joint Chiefs of Staff, and commanding general of First Corps and 25th Infantry Division.

## Biden signs lend-lease act to supply more security assistance to Ukraine

by Davis Vergun  
DoD News

On May 9, President Joe Biden signed into law the "Ukraine Democracy Defense Lend-Lease Act of 2022."

The act authorizes the administration, through FY 2023, to lend or lease military equipment to Ukraine and other Eastern European countries. The act

would exempt the administration from certain provisions of law that govern the loan or lease of military equipment to foreign countries, such as the five-year limit on the duration of the loan or the requirement that receiving countries pay all costs incurred by the United States in leasing the defense equipment.

Any loan or lease of military

equipment to Ukraine would still be subject to all applicable laws concerning the return of such equipment.

Under current law, payments received under leasing agreements with foreign countries are deposited in the Treasury Department as miscellaneous receipts and are classified as direct spending.

This act could increase amounts

deposited in the treasury if the administration lends or leases equipment that it otherwise would not have provided under current law.

Conversely, those deposits would decrease if the administration lends or leases equipment at a reduced cost under the act relative to amounts it otherwise would have charged under its existing

authorities.

Lend-lease has been used before, during World War II.

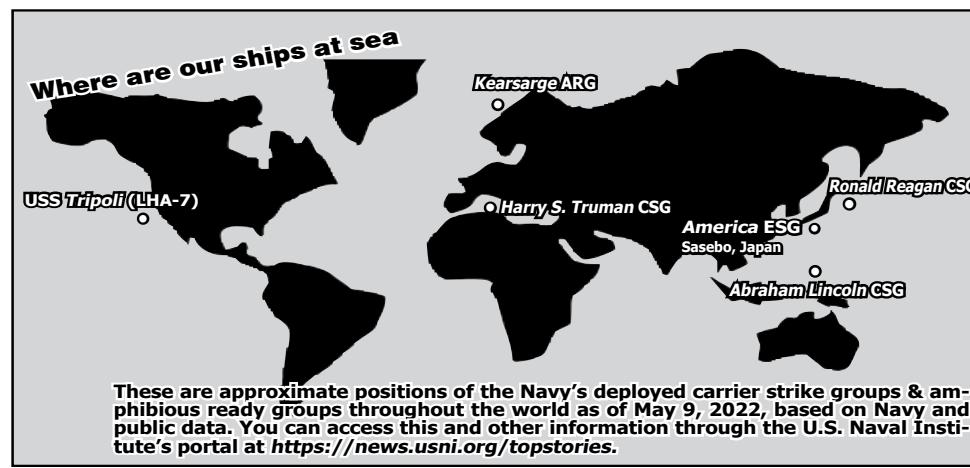
At that time, total of \$50.1 billion, equivalent to \$690 billion in 2020, worth of supplies were shipped. In all, \$31.4 billion went to the U.K., \$3.2 billion to France, \$1.6 billion to China, \$11.3 billion to the Soviet Union and the remaining \$2.6 billion to other allies.

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These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of May 9, 2022, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.



## Summer at Knott's Berry Farm

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# Air Force unveils new airpower ad in theaters

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) - The Air Force plans to unveil its latest commercial titled "Own the Sky" in theaters during moviegoers' long-awaited release of Top Gun: Maverick. The heart-pounding, adrenaline inducing ad gives the audience a sense of what it might feel like to be on the receiving end of the Air Force's might and accentuates the importance of airpower in America's security.

In the new ad, some of the Air

Force's 5th Generation Fighters and their Air Force pilots are seen pulling Gs and doing maneuvers civilians might only see at an air show. "Own the Sky" can also be viewed on [www.airforce.com](http://www.airforce.com).

Air Force Recruiting Service and the Air Force's advertising agency, GSD&M, filmed this commercial, among others, over several days at Edwards Air Force Base, Calif. Multiple Air Force demo teams came together and were filmed air-to-

air by a Hollywood jet equipped with cutting-edge cameras to make this footage possible.

"The intensity of this spot is stunning so hold on to your popcorn because we are bringing the Air Force to your seat," said Maj. Gen. Ed Thomas, AFRS commander. "We want to get Americans excited about what

**"THE INTENSITY OF THIS SPOT IS STUNNING SO HOLD ON TO YOUR POPCORN BECAUSE WE ARE BRINGING THE AIR FORCE TO YOUR SEAT," SAID MAJ. GEN. ED THOMAS, AFRS COMMANDER.**

it means to serve this great nation. There are more than 130 career options an Airman can take on their full or part-time journey to defend our skies. The air superiority in this video just gives you a glimpse of a small percentage of what is possible when you join us."

The release of Top Gun in 1986 generated excitement about

careers in military aviation, something recruiters hope to see again with the release of the newest film that takes viewers into the "Danger Zone" and immerses them into the thrill of military flying.

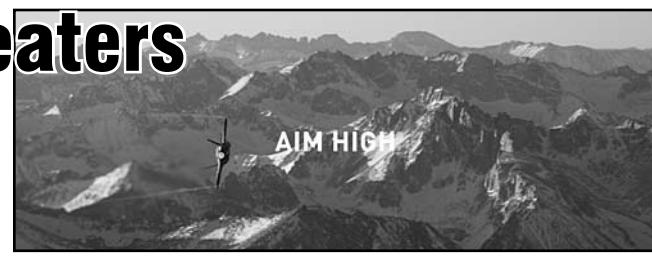
Asked if he thought the Navy-centric film would benefit the Air Force as well, the general said he expects Top Gun: Maverick will generate a buzz about military service in general.

"The Navy, the Air Force and the other services benefit when America gets to see such positive ad realistic depictions of what we do and what our lives are like serving the country," said Thomas, whose uncle, Rear Adm. Bill Harris helped stand up the Navy's "Top Gun" Fighter Weapons School in the 1950s. "Whether viewers want to 'Fly Navy' or 'Aim High,' we just want them to think about serving and the exciting life and tremendous opportunities we can offer."

Thomas said this has been the toughest recruiting market in well more than two decades.

"It's a math problem," he said. "The national labor shortage is driving millions of unfilled jobs. The nation is bigger. The military is smaller. Few people today know someone who has served. Eligibility to serve has dropped to just 23 percent due to obesity, medical or other issues and less people are generally knowledgeable enough about the military to know what great way off life serving in the military can be."

Later this month "Own the Sky" will be placed on AFRS' YouTube channel, U.S. Air Force Recruiting. Viewers are encouraged to comment and tag someone they know who might be ready to suit up and fly, fight and win.



## Army

- U.S. Soldier convicted of involuntary manslaughter in Germany crash, sentenced to eight years
- Fort Lee drill sergeant fired after arrest in underage prostitution sting operation
- 82nd Airborne Division units get Infantry Squad Vehicle in program milestone
- Which new weapons did the Army choose for troops?



## Navy

- Navy investigating death of Sailor aboard USS Bataan
- First Navy submarine uses Portsmouth's improved dry dock
- Sailors say aircraft carrier that had multiple suicides occur among crew was uninhabitable
- U.S. and Bahrain begin Exercise Neon Defender
- USS Arlington, 22 MEU arrive in Greece for bilateral training
- U.S. 4th Fleet conducts maritime staff talks with Brazil

## Marine Corps

- Marine 3-star: Technology remade combined arms, the Corps must adjust
- Why the Marine Corps fired the commander and sergeant major of a Hawaii infantry battalion
- What the U.S. Marines can learn from a French Army 'sister unit'

## Air Force

- Chasing pavement: Offutt's massive runway renovation enters home stretch
- 4 more men charged in plot to steal ammo from Air Force base
- Power, precision of Air Force on display at Alamogordo air show
- The Air Force has a Star Wars-inspired 'Rogue Squadron' flying over East Africa
- How the Air Force is getting the F-35 ready for a war with China

## Veterans

- Veterans unemployment under 3 percent for second consecutive month

## Military History & Culture

- WWI Navy hero may get Medal of Honor 52 years after death
- Graphic novel brings to life the story of a Korean War hero

**Total Navy Battle Force: 298  
Ships underway**

Deployed ships underway: 63  
Non-deployed ships underway: 18  
Total ships underway: 81

**Ships deployed by Fleet**

Fleet Forces, 1: 3rd Fleet, 3  
4th Fleet, 2: 5th Fleet, 12  
6th Fleet, 28: 7th Fleet, 69  
Total 115

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Worship: 9am  
Pastor: Mark Menacher, PhD.  
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# Mother, daughter spend Mother's Day underway aboard Mercy

by MC2 Brandie Nuzzi

Ensign Gemelin Lozada and Chief Hospital Corpsman Melinda Canales are a mother-daughter duo currently embarked aboard USNS Mercy hospital ship, underway for Pacific Partnership 2022.

For Canales, who has served 19 years in the Navy, PP22 may be her last full deployment. She hopes this will be an unforgettable experience.

"One of my goals here is to make this one memorable because this is going to be my last [deployment], and this is her first," said Canales of her daughter. "So, I'm happy she is with me for this [mission]."

It is Navy tradition for senior enlisted members to mentor junior officers. For Lozada, Pacific Partnership offers an opportunity to not only serve with her mother but also gives her the chance to grow and persevere professionally under mom's tutelage.

"Chiefs and junior officers work together anyways, but I have a double layer," Lozada said. "I have the support of my mom, but on top of that, she is



**Navy Ensign Gemelin Lozada, from Okinawa, Japan, left, gives her mother, Chief Hospital Corpsman Melinda Canales, from Quezon, Philippines, a hug on Mother's Day while deployed aboard hospital ship Mercy. Navy photo by MC2 Brandie Nuzzi**

a chief to mentor me as a junior officer. It is really nice to work within that dynamic and focus on the mission, but I feel lucky that we have each other on the ship."

Canales said the feelings are mutual. The proud mother says she looks up to the junior officer.

"My daughter is the kind of person I want to be when I grow

up," said Canales.

"She taught me changes are good, and that change is the only permanent thing in the world, and it is okay to change your focus on something else that works for you. Look at her now, she is a nurse, and not just a nurse, a Navy nurse. I am proud of her."

After spending her childhood moving around to various

commands during her mother's naval career, Lozada never imagined she would join the Navy herself.

"As I grew older, I appreciated the stuff that she was doing as a mother," Lozada said. "I started to have more of an appreciation toward the military and all that she was able to provide us with. Eventually, I joined the military myself. I have so much more of a newfound appreciation for it. Joining the military was me maturing and really seeing eye-to-eye with my mom."

The duo will work in tandem during PP22, caring for patients throughout the Indo-Pacific Region. Lozada, working in patient care, will create connections and work side-by-side with partner and host nation personnel. Canales will ensure PP22 doctors and nurses have all equipment needed to complete the mission.

"We get to show our partners that we are here to help at any time, and I like being able to represent and show what we do," Lozada said.

Reflecting on what her mother has accomplished in the Navy, Lozada says she sees her mom as

an inspiration as Lozada moves forward in her own career.

"Growing up, my mom always inspired me to be a strong woman," Lozada said. "She made it to chief. That is a milestone and breaks the boundaries. She gives me hope that I can fulfill my role as a new officer."

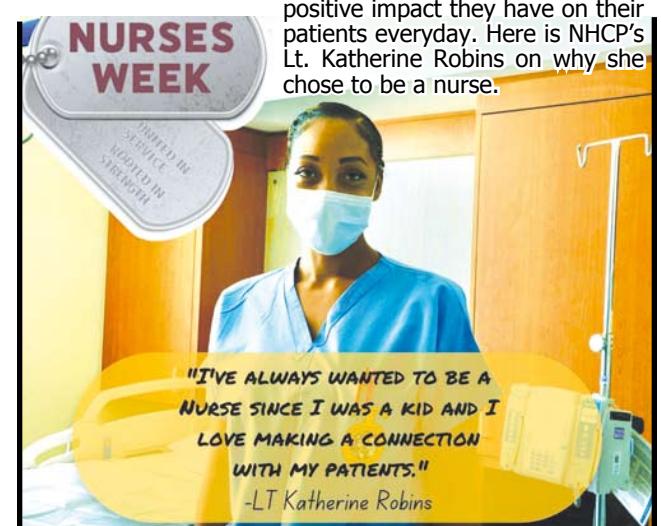
Deployments mean family members must say goodbye to one another, and Sailors often

miss holidays with loved ones throughout the year. This year, Mercy is deployed on Mother's Day. Canales and Lozada consider it a unique opportunity to celebrate this special occasion together at sea.

"Unlike all of the other mothers on this ship, I get to celebrate Mother's Day with one of the reasons I am a mother," Canales said. "I know this is a Mother's Day that I will never forget."

### ■ Naval Hospital Camp Pendleton

*Happy Nurses Week, May 9-15. This year's theme is #WeAnswerTheCall.* NHCP acknowledges their nurses and the positive impact they have on their patients everyday. Here is NHCP's Lt. Katherine Robins on why she chose to be a nurse.



"I'VE ALWAYS WANTED TO BE A NURSE SINCE I WAS A KID AND I LOVE MAKING A CONNECTION WITH MY PATIENTS."  
-LT Katherine Robins

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# MCTSSA holds change of command, CO retires

by Amy Forsythe

CAMP PENDLETON - Marine Corps Tactical Systems Support Activity hosted a change of command and retirement ceremony April 27. Lt. Col. Michael Liguori relinquished command of MCTSSA to Col. Craig Clarkson after serving as the commanding officer since July 2020.

Liguori served as the commanding officer for nearly two years and retired from active duty after more than 20 years of active-duty service. He was awarded a Legion of Merit by Brig. Gen. A.J. Pasagian, commander of Marine Corps Systems Command, for his service and unique leadership style that propelled MCTSSA on to a larger stage within the Department of Defense during Liguori's tenure.

Liguori attended the Naval Academy where he earned a Bachelor of Science in Systems Engineering and a commission in the Marine Corps in 2002. He held a variety of leadership positions and deployed to Iraq in 2004 and to Afghanistan in 2012.

During his service as the commanding officer, MCTSSA has been able to obtain the designation as a Technical Activity and earned the Cyber Blue Team

certification, among other milestones in the past 24 months.

Clarkson, a native of Falmouth, Mass., was commissioned in 1998 and comes to MCTSSA with a wide variety of operational assignments as a combat engineer officer with deployments to Europe, Africa, Latin America, Asia and the Middle East. He's a certified Project Management Professional, Lean Six Sigma Black Belt, Scaled Agile Framework Program Consultant, and DAWIA Level III Program Manager.

MCTSSA conducts testing, evaluation, engineering, and provides direct technical support to the Fleet Marine Forces for Marine Corps and Joint Service command, control, computer, communications, intelligence systems and expeditionary combat vehicle systems in order to inform acquisition decisions to make Marines more capable.



**Lt. Col. Michael Liguori relinquished command of MCTSSA to Col. Craig Clarkson after serving as the commanding officer since July 2020. Photo by Amy Forsythe/Public Affairs Officer, MCTSSA**

## NEMTI assists in Operation Firebreak

by Petty Officer 1st Class David Kolmel

CAMP PENDLETON - Navy Expeditionary Medical Training Institute (NEMTI) recently worked with Marine Corps units on Camp Pendleton to establish Operation Firebreak. "The concept of Operation Firebreak has been a topic that Naval Medical Forces Support Command and NEMTI have discussed over the past two years and in fall of 2021, NEMTI engaged with Marine Corps leadership to establish relationships with the 2nd Battalion, Fourth Marines, and Combat Logistics Battalion-13 to lay the foundation for pre-composite training focused on medical personnel. NEMTI has an enduring partnership with the Naval Surface Force Pacific Fleet Surgical Teams to provide training on integrating roles of care," said Cmdr. Virginia Damin, officer in charge of NEMTI. "Operation Firebreak integrates point of injury, Valkyrie emergency whole-blood transfusions, Role 1 damage control resuscitation, Role 2 damage control surgery, and Role 3 Expeditionary Medical Facility care in a contested, distributed environment," said Navy Lt. Alexandra McGaha, NEMTI academics and training department head.

Dr. Dennis Eley, Jr.  
(CWCO Retired)



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## Seal Beach pier project hits milestone

Editor's note: This story courtesy of <https://www.sunnews.org/>.

The bulk of the pile driving needed for the new ammunition pier has been completed, officials at Naval Weapons Station Seal Beach announced recently.

The weapons station has passed a major milestone in its efforts to build a replacement ammunition pier, while also picking up a prestigious Department of Defense-wide award.



Courtesy photo

"We're very happy to announce that pile driving operations for the new ammunition pier deck have been completed," said Commanding Officer Capt. Jason Sherman. "One of our primary goals was to get this stage of the project completed as safely and quickly as possible, and our Navy-contractor team really went above and beyond to get this done."

The next major step in the project will be the pouring of the pier's concrete deck, and this will occur in stages, once every two weeks throughout the remainder of the year. Some occasional early morning work is anticipated as a part of that process. Small amounts of additional pile driving will also be required next year, once the deck is completed.

It was also announced that the base and its detachments in Fallbrook and Norco, Calif., had been honored with the 2022 Secretary of Defense Environmental Award for Sustainability, Industrial Installation category.

The award recognizes installations for their accomplishments in innovative and cost-effective environmental management strategies supporting mission readiness. A diverse panel of 53 judges from federal and state agencies, academia, and the private sector evaluated the nominations to help determine the award winners.

"This is another fantastic win for the entire command, and especially our Environmental Program staff," said Sherman. "I'm constantly amazed and humbled by their passionate commitment to protect the lands and natural resources we have been entrusted with, all while supporting our vital mission."

"The command has had many great environmental accomplishments, including electricity, natural gas and water conservation measures that will save over \$400,000 per year, and the installation of electric vehicle charging stations for our employees," said Environmental Director Jeff McGovern. "We were also able to divert 91 percent of our construction waste away from landfills, which has saved the Navy over \$180,000 in disposal costs."

"Congratulations to the entire Naval Weapons Station Seal Beach team," said the Commander of Navy Region Southwest, Rear Adm. Stephen Barnett. "You have set the standard not only across the Department of the Navy, but now throughout the entire Department of the Defense as well."

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## MAY IS MILITARY APPRECIATION MONTH

# Local Military News Briefs

Pacific Indian Ocean Shipping Working Group convenes in San Diego ... Commander, 3rd Fleet hosted the Pacific Indian Ocean Shipping Working Group (PACIOSWG) at Naval Base Point Loma, May 2-5. The annual forum enhances the interoperability of member nations across a range of naval cooperation and guidance for shipping (NCAGS) and maritime trade operations roles to bolster maritime security, protection of merchant shipping, and industry fidelity through maritime domain awareness. Senior officers from the navies of Australia, Brazil, Canada, France, New Zealand, Republic of Korea, Singapore, the United Kingdom and the United States attended the working group. "Your active participation, partnership, and leadership in this working group is critical to better understanding our operating environment," said Vice Adm. Steve Koehler, commander of U.S. 3rd Fleet, during his opening remarks. "Through the exchange of information on your maritime industry security practices and current trends, the naval cooperation and guidance for shipping or maritime trade operations greatly enhances the interface between the naval forces and merchant shipping."

**Radiation health audit concludes** ... Supporting warfighter readiness, Naval Medical Center San Diego, in conjunction with Puget Sound Naval Shipyard and Intermediate Maintenance Facility Det San Diego, recently concluded a highly successful annual review by Navy Bureau of Medicine and Surgery (BUMED) Radiation Health Program Audit team. The audit team conducted a flawless contaminated injured persons drill spanning across multiple commands and services. A simulation of a radiation contaminated injury, the drill required quick medical assessment and decontamination to ensure the patient's well-being. The teamwork displayed by the Emergency Department, DECON Team and Radiation Health Team, shows every worker in the shipyard they're safe at their job and will receive the highest quality healthcare. As part of the audit, medical records of preventative assessments performed on radiation workers to screen for certain cancers and monitor radiation levels are meticulous reviewed to reassure workers they are safe at work. NMCSO's branch health clinics and occupational medicine collaborate to ensure radiation health records for the employees are accurate, setting the foundation for trust.

**EMF Juliet completes Phase II training during readiness evalution** ... One hundred twenty-four personnel assigned to Expeditionary Medical Facility (EMF) Juliet completed Phase II of their operational readiness evaluation (ORE) recently at Camp Pendleton. The ORE was conducted at Naval Expeditionary Medical Training Institute (NEMTI) and evaluates patient throughput capability, assesses coordination across functional areas, and EMF teamwork. The training supports the Surgeon General's Tiered Readiness Program and reflects Navy Medicine's ability to generate and maintain ready medical forces. EMF training is divided into three phases. Phase I training provides role-specific skills development in a classroom or training environment including computer-based training and instruction led by the training team, organic to the individual EMF. This phase is managed and executed by the command sourcing the EMF personnel. Phase II is the unit-level training that takes place at NEMTI, located at Camp Pendleton. Phase II requires approximately 150 EMF personnel, combined with manpower from Construction Battalion Maintenance Units 202 and 303, to provide Seabee support. Phase III is mission-specific to meet combatant commander requirements and is considered "just in time" training. EMFs contain deployable medical-system equipment, materials, and consumables configured to support and provide a theater-wide hospitalization capability. "Being out in the field, the different types of environments are many times very different from what they get in a regular MTF (medical training facility) at a brick and mortar facility," said Navy Capt. Linda Smith, commander of EMF Juliet. "So they need to be able to learn how to operate in field operations because it is very different."

**Navy commissions first female Tongan officer** ... Ensign Mary MeleNaite Tufui Likio McCray was commissioned as the first female Tongan officer in Navy history April 29. Friends and family witnessed the ceremony at Amphibious Construction Battalion 1 that was full of Tongan heritage and saw McCray transition from her previous enlisted position as a boatswain's mate 1st class to ensign. "My parents came to Los Angeles in 1985 from Tonga and I was born in Long Beach," said McCray. "Watching my immigrant parents grind every day to provide for us built a sense of hard work and perseverance in me, which I have carried through every challenge and responsibility I have had."



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# Want support? Keep drama out of work

by Dr. Daneen Skube  
Tribune Content Agency

*Q: I'm having a hard time in my personal life over the last year, including health issues. I've told several co-workers about my problems and expected they would help lighten my workload. Instead, they seem to be avoiding me and acting impatient. Shouldn't I get a free pass when I have personal issues?*

*A: No, the reality is if we expect a free pass due to personal problems, we risk eventually getting a free pass ... to the unemployment line. In general, if we vent personal problems in the*

workplace, we risk others seeing us as incapable of productivity. We also generate resentment because most co-workers already have enough on their plate.

### Interpersonal Edge



by  
Dr.  
Daneen  
Skube

There are lots of places outside of work where we can get needed mental health support

- counselors, support groups, online chat groups, friends and family. Co-workers may be friendly, but work relationships are about tasks not mental health.

In general, if you need time off or request adjustments to your schedule, outside training or professional development work better than requesting adjustments for personal crises. Complete and total authenticity is critical in intimate relationships. Revealing everything about your personal struggles at work creates way too much complexity for your co-workers.

If you have a serious family or personal health situation skip your co-workers and go to your manager. Have a discussion in which you concisely describe the health problem and what your doctor is requiring. Make it clear you realize this problem is inconvenient for all of you. Then negotiate what is possible without being entitled or demanding special treatment.

The more you can talk about a health problem with optimism and a timeline for recovery the better. Also, the more you commit to spending time catching

up at work once you recover the more generous your boss will be. What never works is using pity and having no empathy for how your issues negatively impact others.

If you have a crisis when your child lands in the hospital out of the blue, most workplaces will grant you a lot of latitude. However, if you have a history of asking for special treatment, trolling for pity, and using life dramas to lighten your workload, even a crisis won't get you much support.

Be aware that every workplace contains employees who have personal lives full of drama, chaos, and crises. A few employees will feel sorry for these drama-inclined ones (big mistake) and will continue their work. After a while, everyone at work knows who operates in constant crisis mode. They are often avoided. Most co-workers realistically view the poor planning of the chaotic ones as indeed not their problem.

The employee who receives better support and patience from co-workers is the one who has not been acting like a soap opera star at work. People who



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minimize discussion of outside/personal challenges and exude calm are the same ones who get maximum help in a crisis. People who live in perpetual crisis have already exhausted any compassion for their problems.

them have zero integrity. They take a job and quit the minute a new opportunity comes along. Is there one question I can ask to determine integrity in a new hire?

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## Marine Corps, Navy service members work with the Rotary Club of S.D. to restore cemetery

by Lance Cpl.  
Elliott Flood-Johnson  
MCRD, San Diego

Over 120,000 people have been laid to rest at the Fort Rosecrans National Cemetery in Point Loma, and a part of paying homage to them includes a process that is handled with care, devotion and respect.

Marines and Navy Corpsman with the MCRD San Diego Single Marine Program, along with volunteers from the Rotary Club of San Diego, worked together restoring the headstones and cemetery grounds for the annual Rotarians At Work Day on April 30.

The event was led by Navy Capt. (Ret.) Mike Caruso, a member of the Rotary Club of San Diego, who hoped to make a significant difference ahead of Memorial Day. The Rotarians, a volunteer organization whose slogan is "Service Above Self", come out annually on the last weekend in April to clean the headstones of fallen service members. This event, now in its 11th year, is one of 12 service projects that the Rotary Club of San Diego spearheads each year.

"We choose hands-on projects



**File photo of Fort Rosecrans National Cemetery. Navy photo by Geoffrey Patrick**

where we can make a small, but significant improvement to something out in the San Diego community," Caruso said.

They also do one additional service project that varies from year to year. In 2021 they planted six Queen palm trees on the grounds, and this year they will be repainting the rostrum; a small stage used during events that are held at the cemetery. The Rotarians chose this landmark knowing that Memorial Day is right around the corner and the cemetery will receive a substantial amount of attention.

"The largest and most attended celebrations of Memo-

rial Day are always here at Fort Rosecrans," Caruso stated.

As the other volunteers started to arrive, Caruso gathered them around to give a quick speech about what they would be doing. For one of the volunteers, Corporal Joseph Dixon with the Single Marine Program, there was special sense of connection to the project.

"This is something we can actually give back to them," Dixon said. "They had to walk before we could run, so this is a way we can give our thanks and show our gratitude."

The mission of the SMP is to

get Marine and Navy service members involved on-base and in the surrounding community through special events and volunteer work.

Another volunteer, retired Marine Colonel, Jim Gruny, shared his sentiments about providing acts of service.

"I spent 30 years serving in the Marine Corps and you don't just stop doing that," Gruny

### Get the most from your TRICARE pharmacy benefits

FLEET RESERVE ASSOCIATION - The Defense Health Agency has scheduled a webinar for Thursday, May 19, from 1-2 p.m. that's focused on the TRICARE Pharmacy Program.

The webinar is completely virtual and will include a Q&A following the presentation. Participants must be registered and in the webinar platform to submit a question electronically. Those that call in by phone, will only be able to listen to the webinar.

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said. "You serve in any way you can."

For Gruny, the importance of making sure that the cemetery stays well-kept is not just to honor those buried on the grounds, but also to show respect for the loved ones who come to pay tribute to their family members.

"To make things a little better for families who are going to come and see where their loved

ones who are laid to rest... is just the right thing," Gruny stated.

Across the grounds volunteers worked with enthusiasm - occasionally stopping to make small talk or take a sip of water. The smiles on their faces reflected the overall feeling of the morning - joy.

As the event wound down and the volunteers started to gather, enjoying refreshments, the sounds of laughter and conversation filled the air. Even though so many souls had been laid to rest where they stood, the spirit of giving back and the sense of community were very much alive.

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## At-risk military teens foreshadow at-risk military future

Why aren't parents panicking? Why isn't this a top story in the media? Why aren't political, military and healthcare leaders shouting this from the rooftops? Why is there so much apparent apathy for an issue that is crucial to our future?

In October 2021, the American Academy of Pediatrics, the American Academy of Adolescent and Child Psychiatry, and the Children's Hospital Association issued a joint statement, declaring a National State of Emergency in children's mental health, due to dramatic increases in childhood mental health disorders, mental-health related emergency room visits, and suicide attempts. "We are caring for young people with soaring rates of depression, anxiety, trauma, loneliness, and suicidality that will have lasting impacts on them, their families, and their communities," the statement read, calling for immediate action to solve the crisis.

If the general population of teens are experiencing dramatic increases in mental health problems, what about military teenagers? Does their unpredictable mobile lifestyle with frequent deployments and disruptions put them at even greater risk?

The answer is a resounding yes, according to the 2022 Military Teen Experience Survey (MTES) conducted by the National Military Family Association (NMFA) and Bloom: Empowering the Military Teen. "Military kids look just like any other kid, so you don't realize what's happening in their homes and the weight of the responsibilities that they're carrying. We learned that weight is heavier than we knew," said Besa Pinchotti, NMFA's CEO.

The 2022 MTES shows 37 per-

cent of military teens reported having thoughts of harming themselves or others, and over 90 percent have "at risk" mental well-being in low to moderate ranges. The report states that the 28 percent of military teens who scored in the lowest mental well-being range reported having trouble thinking clearly and making decisions. "They also rarely felt optimistic, did not often feel relaxed, and felt disconnected

issues are really interconnected. It's hard to feel okay when you're worried about having enough to eat. It's hard to feel okay when you don't know if you have access to the care you need," Pinchotti said.

"Military teens told us they often don't feel seen or heard," the 2022 MTES report states. Although "the Fiscal Year 2021 (FY2021) National Defense Authorization Act included a mental health scheduling pilot to help service members and families access the care they need," they say much more needs to be done by Congress and DoD, including building robust mental health provider networks that accept TRICARE, decreased copays for mental healthcare, and removing barriers for military spouses to enter the mental health field.

Military teenagers may feel invisible, but there's one survey result that should get every American's attention. Although only 11 percent of all U.S. teenagers claim that they'll join the military one day, and although only .7 percent of Americans actually do, the 2022 MTES showed that over four times as many military teenagers intend to serve, and many plan to enlist right after high school. With 90 percent of military teenagers at-risk for mental health issues, it is frightening that we might fill the ranks of our future force with military legacies with a history of psychological struggles.

Pinchotti says NMFA and Bloom won't stop shedding light on these issues. "This isn't a one and done scenario... We are committed to learning more about our teens' experiences and working with policy makers for long-term solutions to support our teens of today and, for nearly half of them, the force of tomorrow."

## The Meat & Potatoes of Life

by  
Lisa  
Smith  
Molinari



from others," common experiences associated with depressive symptoms, according to the survey report.

Factors associated with lower mental well-being included being an older teenager, having dual military parents, changing schools more frequently, experiencing more deployments and separations, and having thoughts of self-harm.

Sadly, 46 percent of military teens also reported having food insecurities due to military families' unique financial challenges, compared to only 11 percent of U.S. households that experience food insecurities. According to the 2022 MTES report, food insecurity is also linked to increased thoughts of self-harm and low mental well-being in military teens. "We need to understand more about our military teen's mental health and well-being, but all of these

**AutoMatters™ & More**



by Jan Wagner

Disney Parks enable guests to actually experience the magic of Disney live and in-person, and in ways that Walt Disney might never have even imagined. Now, as we continue to adapt to coexisting in a world with COVID-19, the Disneyland Resort has made a spectacular return towards what we had taken for granted before the pandemic forced closure of the Disney Parks and turned our lives upside down. Alongside mega attractions that include my personal favorite: "STAR WARS: Rise of the Resistance," nighttime spectacles are back, including the "Main Street Electrical Parade," the "Disneyland Forever" fireworks show and "World of Color."

Architect and Disney super-fan Dave Sheegog has done what most of us can only dream about doing. For over 20 years, in his family's Anaheim backyard, Dave and his helpers have been building and continue to maintain the "Castle Peak & Thunder Railroad" — a magical, Disneyland-themed backyard garden railroad layout that includes exquisitely detailed miniatures of several Disneyland attractions. Perhaps, if he had been so inclined, Dave could have been a Disney Imagineer.

A functional, miniature Von Roll Skyway leads visitors towards the backyard. There you will find the familiar image of Mickey Mouse at the entrance of Disneyland, with the Main Street train station in the background; Sleeping Beauty Castle with the Disneyland Band out front; miniature Disney trains pulled by replicas of iconic Disneyland engines;

## A mega-fan's stunning tribute to Disneyland: the 'Castle Peak & Thunder Railroad'

water features; the Casey Jr. train; the Haunted Mansion; Splash Mountain; the Temple of Doom; Beast's Castle; Rapunzel's Tower; and much, much more — even hidden Mickeys!

As is explained in Dave's fascinating 2009 article in Garden Railways Magazine (<https://www.cptr.com/garden-railways>), he grew up within walking distance of Disneyland, where he could hear the steam whistles of the Disneyland Railroad as the trains took guests on a "Grand Circle Tour" around Disneyland. He worked at Disneyland's canoe attraction during summer breaks from college, and had annual passes for many years thereafter. That inspired him to design and construct his own Disney-themed miniature railroad garden, decades later, in his backyard. His professional skills as an architect have, no doubt, informed the incredible quality, attention to detail and accuracy of his amazing creation.

This is very much an ever-changing work-in-progress, as is Disneyland itself. It began with a tabletop scale model (one-inch equals one-foot), complete with miniature polymer clay models and rockwork, in the family's dining room. Using that as a starting point, he then made adjustments to it over time to take into account the topography of his backyard, sight lines for photography, track layout and major plantings, while additionally leaving room for grass and open space so that his family could also enjoy the more-typical uses of a backyard.

Photographs on the website (<https://www.cptr.com>) show how some of this, including the locomotives, was built. The rock features are made of concrete over foam. The structures utilize a variety of materi-

als, including wood, plaster, plywood, PVC, cast resin and laser-cut acrylic. Techniques were learned to work with all of the varied materials, and to paint them so that they would look realistic, even as they weather over time. Trains were, for the most part, scratch-built — as is explained, along with construction techniques for working with concrete and accommodating water, on the Burnsland modeling forum at: <https://www.cptr.com/burnsland-com-threads>. Pumps keep the water flowing, in part to help mask the sounds of traffic on the other side of the painted backdrop. There is an irrigation system for the locally-sourced plantings. Since most of this remains outside year-round, ongoing maintenance is performed.

Dave and his family generously invite the public-at-large — of all ages — to visit free-of-charge, during Open Houses that are typically held several times per year (occasionally, small animals visit uninvited). Advance registration is required, and is limited to 250 persons per Open House. Go to <https://www.cptr.com> to subscribe to their email notifications list. If you visit, be sure to sign the Guest Book, and pick up a copy of the "The Castle Peak & Thunder Railroad Activity Sheet," which will prompt you to discover dozens of Disney-themed details that you might otherwise miss.

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

## AROUND TOWN

**GI Film Festival San Diego** May 17-21 military-themed film festival returns to Museum of Photographic Arts for in-person screenings with a lineup of films that highlight diverse military experiences and untold stories. More info: [GIFilmFestivalSD.org](http://GIFilmFestivalSD.org)

**Taco Fest**, Sat, May 14, noon. Music, Live Lucha Libre, chihuahua pageant/races, over 25 taco shops. Waterfront Park, downtown SD. Tix at [www.socaltaocfest.com](http://www.socaltaocfest.com)

**Joffrey Ballet** at San Diego Civic Theatre, Sat, May 14, 8pm. [www.sandiegoteatres.org](http://www.sandiegoteatres.org)

**Guided Nature Walk**, Sat, May 14, 8:30-10am. Free. Kumeyaay Lake Campground. [mtrp.org](http://mtrp.org)

**Mad Hatchers Farm Expo** at Bates Nut Farm, Sat, May 14, 11am-5pm. [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

**House Of Norway Lawn Program**, Sat, May 14, 11am-3pm. Free. International Village, Balboa Park. [www.houseofnorway.org](http://www.houseofnorway.org)

**Junior Nature Ranger** activities at Blue Sky Ecological Reserve, Sat, May 14, 8-10am. [www.poway.org](http://www.poway.org)

**Operation Appreciation returns to Oceanside Pier Amphitheater May 21**

On Saturday, May 21, from 11am-4pm the Oceanside Chamber will bring the business community and area residents together to provide a day of recognition to active-duty military stationed on Camp Pendleton and nearby military bases. Thousands of active duty military, their family and dependents are treated to a day of FREE food, entertainment and a fun zone for kids. All Active Duty Military and their dependents must bring an Active Duty Military ID Card to get unlimited activities and a free lunch. This event is open to the public, and food and fun zone tickets available for purchase.

### TierraFest May 21

The Tierrasanta Junior Women's Club will sponsor a Spring Craft Fair on Saturday May 21 st , from 9am to 3pm, in the Newbreak Church Parking lot at 10791 Tierrasanta Blvd. The Craft Fair is part of TierraFest, an all-day community celebration that includes a Patriot's Day Parade starting at 10am on Tierrasanta Blvd, and a Community Barbeque at the Tierrasanta Community Park from 4pm on, with a fireworks display at dusk.

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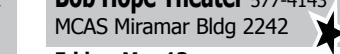
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## MOVIES AT THE BASES

Movies & times subject to change. \* Indicates last showing  
Visit [navydispatch.com/entertainment\\_03movies.htm](http://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, May 12**

6pm Ambulance r

**Friday, May 13**

6pm Fantastic Beasts: The Secrets of

Dumbledore pg13

**Saturday, May 14**

3pm Sonic the Hedgehog 2 (PG)

6:30pm The Unbearable Weight of

Massive Talent (R)

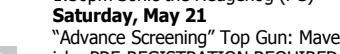
**Sunday, May 15**

noon Top Gun 1986 (PG) – FREE

3pm Fantastic Beasts: Secrets of

Dumbledore (PG-13)

**Pendleton Theater and Training Center**



Bldg 1330 Mainstage (Across from Mainstage Center)

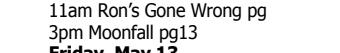
**Saturday, May 14**

1:30pm Sonic the Hedgehog (PG)

**Saturday, May 21**

"Advance Screening" Top Gun: Maverick PRE-REGISTRATION REQUIRED

**Q-Zone - NAB**



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Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

**Thursday, May 12**

11am Ron's Gone Wrong pg

3pm Moonfall pg13

**Friday, May 13**

3pm The Batman (2022) pg13

**Saturday, May 14**

3pm Unbearable Weight of Massive Talent r

**Sunday, May 15**

1pm Sonic the Hedgehog 2 pg

4pm Fantastic Beasts: The Secrets of

Dumbledore pg13

## Limb Loss: San Diego one of DHA's Advanced Rehab Centers providing holistic care

There are more than 30,000 Department of Defense beneficiaries with some level of limb loss or dysfunction.

They include many wounded combat veterans, as well as people who've suffered car accidents, motorcycle accidents, and other severe injuries.

To ensure the Military Health System provides the most cutting-edge medical care for treating limb loss, the Defense Department operates three Advanced Rehabilitation Centers, or ARCs, throughout the country to address the complex needs of individuals with severe limb dysfunction, including amputation.

Located in San Diego, California; San Antonio, Texas; and Bethesda, Maryland, each ARC provides specialized and holistic care through multidisciplinary teams.

They go far beyond the typical range of care, to include occupational and physical therapists, and doctors that specialize in physical medicine rehabilitation, prosthetics, and orthotics.

"The whole structure of the ARC programs for patients with limb loss is holistic, designed to address all the needs of the patient to live a full life, and either return to duty or to life after injury and after the military, depending on what the individual patient's goals are," said Army Maj. (Dr) Megan Loftsgaarden, a physical medicine specialist at the Center for the IntrepidCenter for the Intrepid website, at Brooke Army Medical Center, in San Antonio, Texas.

The ARCs' multidisciplinary teams also include nutritionists, multiple types of behavioral health specialists, pain management specialists, plastic surgeons, dermatologists and neurologists.

The doctors "really look at the individual and what their needs are, versus looking at the limb loss," said Stuart Campbell, a physical therapist and chief of global health engagement for the Extremity Trauma and Amputation Center of Excellence, at Joint Base San Antonio, in Fort Sam Houston, Texas.

The three ARCs work in partnership with the Extremity Trauma and Amputation Center of Excellence, which conducts research and provides clinical practice guidance to the ARCs.

In addition to focusing on the individuals with limb loss, the ARCs also support families and caregivers.

"All of the ARCs have Fisher House facilities," said Campbell, referring to the not-for-profit organization that operates comfort homes near military hospitals where military and veteran families can stay free of charge while a loved one receives care.

"So, when the individual is being cared for as an inpatient or as a more acute outpatient, their families have a place where they can stay right on the installation," he said.

Those family members can attend sessions and be involved in their



**U.S. Marine LCpl. Annika Hutsler works with James Malinak, a prosthetist at Naval Medical Center San Diego's Comprehensive Combat and Complex Casualty Care clinic to adjust her prosthetic leg. C5 serves to deliver multidisciplinary, quality health services in an outpatient rehabilitation facility for wounded, ill, and injured service members. U.S. Navy photo by MC3 Jake Greenberg.**

loved one's care program and learn about what to expect.

### ARCs

"Each one of the three Advanced Rehabilitation Centers have, for lack of a better term, their own personality," Campbell said.

The ARC in Maryland, known as the Military Advanced Training Center, is embedded within Walter Reed National Military Medical CenterWalter Reed National Military Medical Center website.

MATC uses a sports medicine model where service members, retirees, and family members use sophisticated prosthetics and athletic equipment to move from injury to independence, Campbell said.

The ARC in Texas, the Center for the Intrepid, has its own facility on the Brooke Army Medical Center hospital campus.

Designed to provide full-spectrum amputee rehabilitation and advanced outpatient rehabilitation, CFI's mission includes:

- Providing rehabilitation for service members who sustained amputation, burns, or functional limb loss
- Providing education to DOD and VA professionals on cutting edge rehabilitation modalities

- Promoting research in the fields of orthopedics, prosthetics, and physical/occupational rehabilitation.

"We provide a multidisciplinary, comprehensive care program for polytrauma cases, including everything related to major limb trauma, limb salvage, the IDEO brace program," among others, said Loftsgaarden.

While CFI's priority is active-duty service members, they may also treat beneficiaries whose injuries fit their profile on an as-needed basis provided there is available space, she said.

The ARC on the West Coast, the Comprehensive Combat and Complex Casualty Care Center-Comprehensive Combat and Complex Casualty Care Center website, known as C5, is at the Naval Medical Center in San Diego.

"It was formed in 2007, as combat injuries were rising, to meet the needs of combat-injured service members from the western and Pacific United States," said Dawn Golding, a physical therapist at C5.

The C5 is equipped to provide the full spectrum of care, from medical evacuation through inpatient care, outpatient rehabilitation, and eventually a return to active duty or transition from the military.

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healing stage, we start pre-prosthetic training," said Golding.

This may include strengthening exercises using crutches or other assistive devices, she added.

Then, they can begin working with a prosthetist to cast and fit their prosthetic limb. That's typically around the six-to-eight-week mark.

Patients work with physical and occupational therapists on gait training to help them walk as symmetrically as possible. They learn to trust the prosthesis and how to maintain their balance on it, said Golding.

Care also includes other health care providers, including neurologists and mental health care experts.

"We take them all the way through, until they're walking and balancing well," said Golding. "And then start increasing activities from there based on their goals."

These can include running, biking, or any activity they enjoy.

For more information, or to be referred to the ARCs, talk to your health care provider or contact your nearest ARC directly.

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