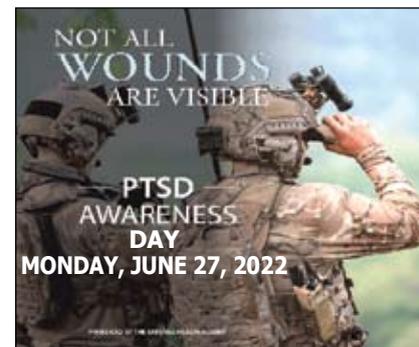


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SIXTY-SECOND YEAR NO. 10
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U.S. NAVY NEEDS MORE SMALL WARSHIPS TO COUNTER RUSSIA'S SMALLER, MISSILE-LADEN VESSELS

by Alison Bath
Stars and Stripes

As the U.S. pursues a maritime strategy that prioritizes a blue-water navy, Russia appears to be betting on smaller, missile-laden vessels to help it slowly gain territory and influence, according to military analysts.

Smaller Russian warships like corvettes and frigates aren't built for fights with the U.S. Navy.

Instead, they provide coastal defense in the Black and Baltic seas, and allow Russia to harass cargo ships and credibly threaten its neighbors, said Bryan Clark, director of the Hudson Institute's Center for Defense Concepts and Technology.

And while Ukraine has had success in crippling or sinking some of Russia's vessels, the Kremlin's strategy in coastal and regional waters presents difficulties in the long run for the U.S. mission to deter Russia from attacking American allies and partners.

Destroyers, cruisers and aircraft carriers allow the U.S. to project power. But the Navy lacks small and powerful ships that are cheap to operate and easy to keep deployed. Such ships are better at addressing day-to-day Russian aggressions, Clark and other analysts said.



A Russian navy honor guard greets an American dignitary in front of the Russian navy battle cruiser Pyotr Velikiy in Severomorsk, Russia, in 2011. Naval analysts say the U.S. and its partners need more smaller warships to deter Russia effectively in the Baltic and Black seas. US Navy photo by Tiffini Jones Vanderwyst

"The problem is the big-war capabilities the U.S. Navy has are not really well-suited to compete in that way," Clark said. "They kind of have to come in as large deployments of carrier strike groups that have to defend themselves, and that tends to be seen as provocative by countries in the region."

The Navy tried to fill this gap with the littoral combat ship, which once was scheduled to compose about one-sixth of its

fleet. But the program was beset by cost overruns from the start, followed by failures to deliver the capabilities it promised.

The Navy is proposing to ditch all nine of its Freedom-class littoral combat ships next year, according to the service's 2023 budget, though there is a House bill under consideration that would repurpose five of the ships.

The service instead wants frig-

ates, which could take on some similar duties while carrying more armor and firepower than the LCS variants.

But the acquisition program for the new Constellation class, based on a ship already in use by the French and Italians, was slowed because of congressional concerns about the design, according to a March USNI News report.

Frigate USS Constellation is

expected to begin construction this year and isn't expected to be operational for at least a few more years. On Thursday, the Navy announced it agreed to procure the third frigate of the class.

The U.S. Navy is far ahead of Russia when it comes to large ships and capabilities. But it has 30 small surface combatant vessels, which include the littoral combat ships, according to a Congressional Research Service report in May.

vettes and 11 frigates, though it's unclear how many are in service, according to Globalfirepower.com, which tracks international military strength.

Deborah Sanders, a specialist in Black Sea security issues at Kings College London, said it's Russia's weaponization of those smaller ships and its formidable submarine fleet, chiefly through use of the Kalibr land attack cruise missile, which serve its larger goals from sea.

"That provides the Russian see **Ships, page 2**

Meanwhile, Russia has 86 cor-



See our page 7 for coverage of the change of leadership at 3rd Fleet. US Navy photo by MC1 David Mora, Jr.

ARMY INVITES INNOVATORS TO ENTER 7TH DRAGON'S LAIR

by Sgt. Maxine Baen

For the first time ever, the XVIII Airborne Corps will partner with Army Futures Command to co-host the seventh installment of the innovative series Dragon's Lair. This next edition of the "Shark Tank"-style competition will take place Aug. 16 in Austin, Texas.

In August 2020, the XVIII Airborne Corps, known as America's Contingency Corps, developed Dragon's Lair as a way to give soldiers of any rank across the corps a platform to convey their innovative ideas

and concepts to civilian technical experts and senior military leaders. This new partnership with AFC will now bring ideas to the forefront of the Army's premier institution, which is charged with modernizing the Army and its future readiness at a faster rate.

After five successful iterations of the program, the XVIII Airborne Corps realized that Dragon's Lair could go beyond the Army's reach and decided to open it up to all military service members across the Defense Department to seek more in-



novators and diversity of ideas across the joint force.

The partnership with AFC brings an opportunity to unlock new ideas for the advancement of the U.S. military. In the past, Dragon's Lair has taken the previously unsought ideas of a cooling apparatus for body armor, an algorithm to predict a building's layout, an app for the exceptional family member

program, and an armored vehicle safety system, and it has elevated them to the next level for the betterment service members.

DOD service members can submit their innovative ideas on the Dragon Innovation website. Users must create an account, which does not require a Common Access Card and is available from civilian systems. All concepts must have a description of the innovation and the problem being addressed. Ideas must be submitted to the site by July 24 to be eligible for consideration for Dragon's Lair 7.

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Interpersonal Edge: Managing work friend betrayal.

See page 5

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Defense Security Cooperation Agency commemorates 50 years of partnership, ally support



U.S. Sailors work with Thailand military medical professionals during Exercise Cobra Gold in Ban Chen Krem, Thailand, Feb. 19, 2019. US Navy photo by Lt. Matthew Kelly

by C. Todd Lopez
DoD News

Last September, the Defense Security Cooperation Agency marked its 50th anniversary. Due to COVID-19 restrictions in place at the time, commemoration events were muted at best. But agency leaders and employees, dignitaries, ambassadors, and representatives from U.S. military and allies and partner nations finally had the opportunity to toast the work DSCA has been doing for more than a half century during a June 14 event at Mount Vernon, Va.

“You lead the department’s security cooperation enterprise, and you build up the capacity of our friends,” said Secretary of Defense Lloyd J. Austin III in a pre-recorded message to attendees. “That helps us all respond together to shared challenges.”

One such challenge, Austin said, was that of Russia’s invasion of Ukraine. DSCA has done much work to ensure the Ukrainians have what they need to defend their sovereignty against the unjustified Russian invasion.

“We’ve all seen how crucial security cooperation is since Russia’s unprovoked and unjust invasion of Ukraine,” Austin said. “I’m proud that countries around the world have ral-

lied swiftly and surely behind Ukraine as it defends its citizens, its sovereignty and its democracy. I want to thank you for all that you’ve done to urgently get capabilities to Ukraine. I’ve spoken about moving heaven and earth to help Ukraine defend itself, and you are doing that every day.”

Since the Russian invasion of Ukraine, DSCA has been instrumental in helping Ukraine’s military to obtain critical equipment to help them defend their nation. Since February 24 - the date of the Russian invasion - the United States has helped channel nearly \$5.6 billion in security assistance to Ukraine.

Included in that assistance are over 1,400 Stinger anti-aircraft systems, 6,500 Javelin anti-armor systems, 700 Switchblade tactical unmanned aerial systems, 108 155 mm Howitzers with over 220,000 155 mm artillery rounds, and multiple High Mobility Artillery Rocket Systems along with ammunition.

While DSCA is often thought of as the agency within DoD responsible for helping partner and allied nations obtain U.S. military hardware, agency Director James A. Hursch said DSCA is about much more than just arms transfers. The DSCA mission, he said, also includes

Trio of Navy commanders relieved of duties, bringing total of recent leadership dismissals to 6

by Alison Bath, Stars and Stripes

Three Navy leaders, including two serving aboard a destroyer, were ousted recently, the latest in a recent string of removals by the service.

USS *Bulkeley* commanding officer Cmdr. Devine Johnson and Command Master Chief Earl Sanders were relieved of their duties because of “loss of confidence in their ability to effectively function as a leadership team,” the Navy said in a statement.

Capt. William Harkin, the deputy commodore of Destroyer Squadron 2, will be temporarily assigned as commanding officer of *Bulkeley* until a replacement is identified.

Master Chief Petty Officer Christy Reed, of the same squadron as Harkin, will take over as command master chief until a replacement for Sanders is assigned, the Navy said.

In a separate action, Capt. Jeffrey Sandin was removed as commanding officer of Recruit Training Command in Great Lakes, Ill., the Navy said in another statement.

Capt. Kertreck Brooks, chief of staff of the Naval Service Training Command, has assumed responsibilities of command. Sandin was reassigned to Naval Service Training Command headquarters.

In all, the service has relieved six leaders of their duties since May 31. The three other instances involved the commanding officer of an electronic attack squadron deployed to Europe and the commanding officer and executive officer of the Naval Justice School.

In each case, the Navy provided few details about the removals, saying only that the personnel had lost their posts because of a loss of confidence in their leadership ability.

Before taking command of the *Bulkeley*, Johnson was the ship’s executive officer. Sanders had served as *Bulkeley*’s command master chief since June 2021.

Prior to that, Sanders was the command master chief of Electronic Attack Squadron 130 at Naval Air Station Whidbey Island in Washington state, according to his online biography.

Sandin reported as commanding officer of Recruit Training Command in May 2021.

Ships continued from page 1

navy with a notable power projection weapon that can be deployed to almost any maritime theater and used to influence, shape and support operations on land, much as we have seen in Ukraine,” Sanders said.

The U.S. wants to deter Russia from provocations or attacks beyond Ukraine that could further destabilize global security.

To do that, it will either need larger contributions of patrols from allies and partners with ships better suited to peace-keeping and policing missions, a larger number of smaller U.S. vessels or a combination of both.

Washington faces similar challenges in Asia, where China’s fleet and ambitions have continued to grow.

The Coast Guard could be

part of the solution, Clark said, though it would need more resources to deploy to Europe and the western Pacific.

That could keep the Navy focused on big war scenarios while still allowing the U.S. to keep up with the day-to-day competition for influence.

There also could be a part of the Navy tasked to those coastal and regional missions. The U.S. could build corvettes with missile magazines that could be used for patrols and in the event of a war, Clark said.

A daily presence would show Russia that the eastern Mediterranean and the Black Sea in particular, which is bordered by six nations, isn’t its backyard.

“But you can’t do that if you have a small force of high-end warships because you can’t keep them out there that long,” Clark said.

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Stoltenberg details NATO progress in deterrence, defense

by Jim Garamone
DoD News

Russia's invasion of Ukraine dominated the NATO defense ministers' meeting in Brussels, but the ministers, including Secretary of Defense Lloyd J. Austin III, also considered a range of actions and programs in preparation for the Madrid Summit on June 29.

Not since the fall of the Soviet Union in 1991 has there been as serious a threat as Russia's unprovoked invasion of neighbor-

Owner of tanker that collided with Navy destroyer in 2017 ordered to pay partial damages

STARS AND STRIPES - A U.S. judge last Wednesday said the owner of an oil tanker must pay the United States \$44.6 million over its role in a 2017 collision between the tanker with a U.S. Navy destroyer in southeast Asia that killed 10 Sailors and injured dozens more.

U.S. District Judge Paul Crotty in Manhattan found Energetic Tank 20 percent responsible and the United States 80 percent responsible for the Aug. 21, 2017, collision between the 39,000 metric ton Alnic tanker and USS *John McCain*.

Both vessels had been cruising alongside each other when *McCain*, a guided missile destroyer nearing Singapore for a routine port call, veered left. The bow of the Alnic pierced the *McCain*'s broadside, causing the destroyer to flood.

Energetic Tank, which court papers say has an office in Monrovia, Liberia, sought to hold the United States responsible for the collision, which caused damage of \$185 million to *McCain* and \$442,445 to the Alnic.

The United States conceded that *McCain* bore some blame, but that the Alnic also played a role. Crotty ruled after a non-jury trial last November. The \$44.6 million includes interest.

ing Ukraine, NATO Secretary General Jens Stoltenberg said yesterday at a press conference. This drastically changed the security environment in Europe and the globe, he said.

"We must set out NATO's response for the longer term," he said. "At the summit, we will take decisions to make NATO even stronger and more agile in a world that is more dangerous and more competitive. I am confident that the Madrid Summit will be a transformative summit."

The secretary general said there are a number of areas where the heads of state and government will make decisions in Madrid. He expects the 30 NATO nations to significantly beef up deterrence and defense.

"We will also decide on a new NATO strategic concept, setting out our position on Russia, on emerging challenges, and, for the first time, on China," he said. "And in this context, I welcome that the leaders of our Asia-Pacific partners will take part in our summit for the first time."

The Indo-Pacific nations that will attend the summit are Australia, Japan, New Zealand and South Korea.

The leaders will also look at better burden-sharing and resourcing for the alliance.

Finally, they'll discuss the historic applications for NATO membership by Finland and Sweden, he said.

The defense ministers looked at all these areas and made progress, the secretary general said.

The ministers met with Ukrainian Defense Minister Oleksii

Reznikov and got an update on the situation in the embattled country. "We addressed the imperative need for our continued support, as Russia conducts a relentless war of attrition against Ukraine," Stoltenberg said. "NATO allies and partners have been providing Ukraine [with] unprecedented support, so that it can defend itself against Moscow's aggression."

Many NATO countries, including the United States, have announced additional assistance, including much needed heavy weapons and long-range systems.

But as Russian President Vladimir Putin's war continues, the ministers discussed plans to support Ukraine for the long haul. "We are putting together a NATO comprehensive assistance package for Ukraine, helping Ukraine improve interoperability with NATO, transitioning from Soviet-era to modern NATO equipment, and further strengthening security institutions," Stoltenberg said.

"Russia's aggression is a game-changer," he said. "So, NATO must maintain credible deterrence and strong defense."

The defense ministers ad-



Soldiers assigned to the 1st Battalion, 68th Armor Regiment, 3rd Armored Brigade Combat Team, 4th Infantry Division fire M110 semi-automatic sniper systems as part of the zeroing step, which aligns the sights of a weapon, in Drawsko Pomorskie, Poland, June 7. The 3rd Armored Brigade Combat Team, 4th Infantry Division is among other units assigned to V Corps, America's forward-deployed corps in Europe that works alongside NATO allies and regional security partners to provide combat-credible forces. National Guard photo by Staff Sgt. Gabriel Rivera

dressed the scale and design of our future posture - the so-called footprint of NATO forces in Europe. They also discussed how the alliance can work in all domains of warfare: land, sea, air, cyberspace and space.

On land, the idea is "more

NATO forward-deployed combat formations to strengthen our battlegroups in the eastern part of our alliance," Stoltenberg said. He said there will be more air, sea and cyber defenses, as well as pre-positioned equipment and weapon stockpiles.



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A Marine's best friend

Cpl. Alex Fairchild
 Marine Corps Installations Pacific
OKINAWA, JAPAN - To enlist in the U.S. Marines, requirements such as being at least 17 years-old and having two legs must be met. For some four-legged Marines, their training begins shortly after birth, and they must perfect their craft for two years before they are assigned to their handler on a military installation.

are on continuous shifts on all bases in Okinawa, trained and prepared for emergencies such as suspect apprehension, pursuit attacks, building searches, field scouting, drug and explosives detection.

Together, Perez and Jack, a 6-year-old, 80-pound German Shepherd, specializing in explosives detection, have trained together for nearly a year. Jack has had two other handlers before Perez and has been deployed with two Marine expeditionary units to provide explosive detection security.

"Trust and rapport are the most important part of this relationship," said Perez. "My



Marine Corps Cpl. Ivan Perez and his partner, Jack, pose for a photo on Camp Hansen, Okinawa May 26. Perez and Jack, an 80-pound German Shepherd, specialize in explosives detection US Marine Corps photo by Cpl. Alex Fairchild

life is in Jack's hand, and his life is in mine. Since Jack had other handlers, it took a few months for us to build complete rapport with each other. He was stubborn in the beginning, but I took the challenge. Our relationship keeps growing stronger every day."

All MWDs across the U.S. military are trained to pursuit attacks, suspect apprehension, and building searches. The dogs are separated into two categories; specializing in explosive detection or drug detection.

“One of the things that a team like Cpl. Perez and Jack are entrusted to do is build a straight and safe pathway to explosives for responding units.”

- Staff Sgt. Eduardo Bonilla

"Once that explosive is located by the team, responding units like explosive ordnance disposal will come in and handle the rest of the job, but it is critical that the K-9 unit locates that explosive first," said Staff Sgt. Eduardo Bonilla, the kennel master with PMO.

Bonilla said that 17 Marines and 16 dogs make up the K-9 unit, one of the largest in the Marine Corps. He said that it's not only important that the dogs are trained, but the handlers are

also highly trained in everything they may come across in training scenarios or emergencies.

"In emergency situations, Jack is not only a physical deterrent, but a psychological deterrent as well," said Perez. "A situation is far less likely to escalate when K-9s are present due to the intimidation factors they bring to the scenario."

Perez said that each day, the pair conduct different types of bite and odor detection training, either independently or with other MWDs and handlers in the unit. In addition to this training, including weekends, Perez said that he ensures that Jack is fed, clean, stretched, well-groomed, and exceeds physical fitness standards.

Typically, MWDs can serve for up to 10 years, based on their breed, bone, and joint health. After their retirement, the dogs are commonly adopted by one of their handlers.

"We have roughly 160 MWD handlers in the Marine Corps, which means I'm extremely lucky to be in this community," said Perez. "Every MWD handler has a passion for what they do every day. Being able to build my relationship with Jack and help keep MCIPAC safe is where my passion lies."

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Interpersonal Edge: Managing work friend betrayal

by Dr. Daneen Skube
Tribune Content Agency

Q: Someone I considered a close work friend filed an official complaint. An official investigation commenced and they found no evidence to support her complaint. I'm heart-broken. How I work effectively with someone I trusted that betrayed me?

A: You can still work effectively when someone you trust

betrays you if you realize you misunderstood the loyalty of the relationship. People who are loyal, capable of deep attachment, and authentic often assume everyone else is the same. This is a mistake!

People betray us for lots of reasons. Your co-worker may be jealous, may have assumed you were doing something that put her at risk, or felt "the rules"

required the complaint. Loyal people tend to risk having difficult conversations with people rather than jump to official complaints.

Notice all the reasons I'm listing have everything to do with your co-worker and little to do

Interpersonal Edge



by
Dr.
Daneen
Skube

with you. Your main contribution to your heart-break is that you failed to effectively evaluate the character of your co-worker. You thought she was a better person than she is and she has now shown her true colors.

The good news is there was no evidence to support the complaint. When people file complaints and an investigation proves our innocence it reflects poorly on the person filing the complaint. Your co-worker didn't just betray you, she alerted your teammates that she cannot be trusted. Your co-worker also

undermined her credibility with management.

The best way to manage your co-worker now is to only talk to her about tasks, and timelines. Don't be hostile or act hurt. Do not engage in any personal conversations. If she asks why you have changed say, "I learned it's best to keep work relationships professional."

Emulate that Star Trek species, the Vulcans, who are all about data, facts, and logic. You want to be as neutral, and task oriented, as you can. You may be tempted to be snarky or point out the investigation proved her wrong. You need to be done with her personally, not start a conflict.

When we do our jobs well there is nothing to find in an investigation. An investigation proving you're competent does not hurt you. The fact she filed a complaint with no merit will hurt her.

In the long-run we end up with the workplace relationships we deserve. Stand back and let the consequences of your co-worker's complaint affect her relationships with your officemates.

In the future, work harder to avoid assuming everyone you meet is as loyal, or capable of attachment as yourself. Evaluate your co-workers looking at their relationships in and out of the workplace. Pay particular attention to how they deal with conflict and whether they lean into hard conversations.

Allow yourself the luxury of observing co-workers over long periods of time before you place your trust in them. Watching how they treat others is the best early warning sign about how they will treat you. When you speak at work imagine what you're saying was printed on an office memo because the person you're speaking to may share this "personal" chat with everyone.

Yes, for a while you'll feel a bit robotic around your former friend. Over time you will appreciate she taught you a painful but valuable lesson about being more discerning on who you trust.

The last word(s)

Q: Something I thought was tragic happened to me many years ago at work, but now I can talk about it with a lot of humor. Am I just in denial?

A: Nope. Many comedians have observed that comedy is just tragedy plus time. Once we heal from a tragedy we often have a lot of humor about our experience.

U.S. Space Force announces interservice transfer opportunities

ARLINGTON, Va. - The U.S. Space Force is accepting FY23 Interservice Transfer Program (IST) applications now through June 30.

The IST allows qualified individuals from other Uniformed Services to apply for transfer to active duty in the United States Space Force to fill select career fields.

In order to be eligible, all applicants must meet the eligibility criteria in AFMAN 36-2032, Military Recruiting and Accessions.

The Space Force is accepting

applications from active duty officers and enlisted personnel serving in the U.S. Air Force, Army, Navy, and Marine Corps. Note that sister service release is an essential part of the transfer process.

All specialty codes can apply; however, the transferee must be able to fill the select specialty codes in the Space Force. See here for both enlisted and officer specialty codes.

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USS *Fitzgerald* marks solemn remembrance, loss of Sailors following 2017 collision

by MC3 Caitlin Coyle
PHILIPPINE SEA - Five years after the collision that took the lives of seven Sailors, destroyer

USS *Fitzgerald* (DDG 62) and her crew held a remembrance ceremony for the fallen while on deployment in U.S. 7th Fleet.

On June 17, 2017 *Fitzgerald* collided with Philippines-flagged container ship MV ACX Crystal, 56 nautical miles south-

west of Yokosuka, Japan. Chief Fire Controlman Gary Rehm, Gunner's Mate 1st Class Noe Hernandez, Personnel Specialist 1st Class Xavier A. Martin, Fire Controlman 1st Class Carlos V. Sibayan, Yeoman 3rd Class Shingo A. Douglass, Sonar Technician (Surface) 3rd Class Ngoc T. Truong and Gunner's Mate Seaman Dakota K. Rigsby, all perished in the subsequent flooding in their berthing.



Seven Sailors, selected to represent the rates and ranks of the seven Sailors lost during a collision at sea five years ago, release balloons during a Remembrance Ceremony on USS *Fitzgerald*. US Navy photo by MC3 Catie Coyle

Fitzgerald flew the ship remembrance flag throughout the day. The ceremony began with an invocation from Chaplain Brandon Greene over the 1MC to honor the fallen and the safety of all crews at sea.

Cmdr. David Catterall, commanding officer of *Fitzgerald*, also spoke to the crew.

"We must never forget the fallen, they made the ultimate sacrifice," said Catterall. "Every day we're out here, we must never forget the dangerous nature of our jobs and why readiness and safety must always be at the forefront."

Fitzgerald is on its first deployment since the collision and is currently serving in the U.S. 7th Fleet.

The ship won the CY21 Vice Adm. Thomas Copeman III material readiness award, demonstrating the team understands that the foundation of a safe deployment is material readiness.

"Our training and watch qualifications maintain adherence to community requirements, while being underpinned by a thor-

ough and effective briefing and debriefing process that ensures lessons learned are lessons applied to future evolutions," said Catterall.

Fitzgerald is on a scheduled

deployment in the 7th Fleet area of operations to enhance interoperability through alliances and partnerships while serving as a ready-response force in support of a free and open Indo-Pacific region.



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PHOTO OF THE WEEK



MCAS MIRAMAR
June 2, 2022

Cpl. Dawson Sparks, right, a military working dog handler, demonstrates controlled aggression with his military working dog. The demonstration was part of a tour given to Marine Junior Reserve Officer Training Corps cadets from Coolidge High School. US Marine Corps photo by Cpl. Brienna Tuck

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*Source: The Centers for Disease Control

Boyle becomes 3rd Fleet boss



SAN DIEGO - Vice Adm. Steve Koehler transferred command of U.S. 3rd Fleet to Vice Adm. Michael Boyle (photo, above) during a change of command at Naval Base Point Loma June 16. Boyle becomes the 32nd commander of 3rd Fleet, a combat-ready force of more than 68,000 people, 100 ships and 400 aircraft stationed throughout California, Hawaii and Washington. 3rd Fleet promotes ongoing peace, security, and stability throughout the Pacific theater of operations.

In his remarks, Koehler commented on 3rd Fleet Sailors' high standards and capabilities displayed throughout his tenure.

"Your success comes from a standard of professionalism where you, as leaders, make the difficult and challenging look easy and routine, when it's not," said Koehler. "It's been a great privilege to lead the men and women of Third Fleet and I'm confident that when called upon we have the force to take the fight forward and win."

Koehler served as C3F since June 2021, and is scheduled to report to his new assignment as director for Strategy, Plans and Policy, J-5, Joint Staff, and for appointment as senior member of the Military Staff Committee of the United Nations in Washington, D.C.

Adm. Sam Paparo, commander of Pacific Fleet, who presided over the ceremony, said, "Webb has performed magnificently leading the iconic Third Fleet of Adm. Bull Halsey, the world's largest numbered fleet."

Boyle previously served as the director of maritime operations at Pacific Fleet and, as Third Fleet commander, will lead the Combined Task Force for RIMPAC 2022.

"I look forward to working with the immensely talented and experienced staff here at Third Fleet," said Boyle. "Excellence is not an accident. It is the culmination of hard work, planning, and dedication, and in doing that, there is no challenge we can't meet."



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PAID ADVERTISEMENT

PERIPHERAL NERVE PAIN AND CHRONIC PAIN WARNING

SAN DIEGO, CA -

The most common method your doctor will recommend to treat your chronic pain and/or nerve pain is with prescription drugs that may temporarily reduce your symptoms.

These drugs have names such as Gabapentin, Lyrica, Cymbalta, and Neurontin, and are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

Chronic pain and/or peripheral nerve pain is a result of damage to the nerves often

our **ElectroChemical Stimulation (EC Stim) treatment.**

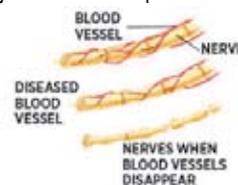
In addition, we use a state-of-the-art diagnostics like the TM Flow diagnostic unit to accurately determine the increase in blood flow and a small skin biopsy to accurately determine the increase in small nerve fibers.

The **EC Stim** electric cell signaling system delivers energy to the affected area of your body at varying wavelengths, including both low frequency and middle frequency signals. It also uses amplitude modulated (AM) and frequency modulated (FM) signaling. During a treatment session, the **EC Stim** system automatically changes to simultaneously deliver AM and FM electric cell signal energy



causing weakness, pain, numbness, tingling, and the most debilitating balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet, which causes the nerves to begin to degenerate due to lack of nutrient flow. As you can see in Figure 2, as the blood vessels that surround the nerves become diseased they shrivel up, causing the nerves to not get the nutrients to continue to survive. When these nerves begin to "die" they cause you to have balance problems, pain, numbness, tingling, burning, and many additional symptoms.

The main problem is that your doctor has told you to just live with the problem or try the



drugs which you don't like taking because they make you feel uncomfortable. There is now a facility right here in San Diego that offers you hope without taking those endless drugs with serious side effects. (See the special nerve pain severity screening at the end of this article).

In order to effectively treat your nerve pain three factors must be determined.

1. What is the underlying cause?
2. How much nerve damage has been sustained?

NOTE: Once you have sustained 95% nerve loss there is likely nothing that we can do for you.

The treatment that is provided at San Diego Pain Relief Center has three main goals.

1. Increase blood flow.
2. Stimulate and increase small fiber nerves.
3. Decrease brain-based pain.

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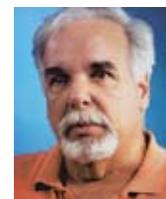
Depending on your coverage your treatment could be little to no cost to you.

The amount of treatment needed to allow the nerves to fully recover varies from person to person and can only be determined after a detailed neurological and vascular evaluation. As long as you have not sustained at least 95% nerve damage there is hope! San Diego Pain Relief Center will do a chronic pain and nerve severity screening to determine the extent of the nerve damage as a public service to you and/or your family and friends.

The nerve pain/chronic pain severity exam will consist of a detailed sensory evaluation, extensive peripheral vascular testing, and a detailed analysis of the findings of your pain.

PATIENT TESTIMONIAL

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 - Tom Schmidt, San Diego



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LOCAL PHOTO GALLERY



CAMP PENDLETON (June 14, 2022) - Marine Corps Lt. Col. Wilson M. Moore speaks to the Marines of 3d Assault Amphibian Battalion following his change of command ceremony here. During the ceremony, Moore relinquished command to Lt. Col. Daniel R. Petronzio. US Marine Corps photo by Gunnery Sgt. Melissa Marnell

MCAS MIRAMAR (June 9, 2022) - Staff Sgt. Dustin Shankle, a production recruiter, shows an educator some explosive ordnance disposal equipment during an educator's workshop here. High school educators learned about the benefits and opportunities available in the Marine Corps. US Marine Corps photo by Cpl. Brienna Tuck



SAN CLEMENTE ISLAND (June 13, 2022) - Navy Seabees and Marines with 7th Engineering Support Battalion react to simulated fire during Operation Turning Point here. Operation Turning Point is an around-the-clock exercise focusing on advanced base construction. US Navy photo by MC1 Stephane Belcher

PHILIPPINE SEA (June 10, 2022) - Marine Corps Capt. Nick Kachulis, a pilot, left, and Cpl. Michael Gutierrez, a fixed-wing aircraft mechanic, both with Marine Fighter Attack Squadron 121, shake hands aboard Tripoli amphibious assault ship. Marines are conducting flight operations. US Marine Corps photo by Sgt. Jackson Ricker



Valiant Shield draws to a close

ANDERSEN AIR FORCE BASE, Guam - The ninth iteration of exercise Valiant Shield concluded June 17 following 12 days of joint operations at sea, in the air, on land, and in cyberspace.

Valiant Shield 2022 was a biennial, U.S.-only, joint field training exercise focused on integration between U.S. forces in relation to current operational plans. This training enables real-world proficiency in sustaining joint forces through detecting, locating, tracking, and engaging adversary units.

The pinnacle event was the sinking exercise on decommissioned ex-USS Vandegrift (FFG 48). SINKEK featured a tightly synchronized sequence of live-fire events, demonstrating the joint forces' capability to deliver fires and effects in the maritime environment. This SINKEK provided the Joint Task Force the opportunity to test new weapons and communications technologies and rehearse the integration of cyber effects to conduct long-range, precise, lethal, and overwhelming multi-domain strikes against a surface target at sea.

"This exercise was the perfect opportunity to conduct integrated deterrence, which was the cornerstone of our approach," said Rear Adm. Robb Chadwick, Valiant Shield 22 Joint Exercise Control Group Director. "We combined our efforts across all warfighting domains and the spectrum of conflict to ensure that the United States, alongside our allies and partners, could dissuade or defeat aggression in any form or domain."

The exercise took place in the Joint Region Marianas area of operations, and in the off-shore Mariana Island Range Complex.

"Forward presence matters," said Cmdr. Logan Ridley, lead planner for Valiant Shield 22. "Conducting Valiant Shield in the Western Pacific provided precise opportunities to exercise the Joint Task Force's real-world



Aircraft from Carrier Air Wing 9 fly in formation above the Navy's only forward-deployed aircraft carrier Ronald Reagan, and Abraham Lincoln carrier strike groups, and USS Tripoli, during training exercise Valiant Shield. US Navy photo by MC3 Gray Gibson

tactical mission, execute long-range fires, and visualize those successes."

Valiant Shield provided a venue to test current and new technologies and platforms, such as multi-intelligence source artificial intelligence experiments, which reinforce the military's current position as the supreme joint force. It also provides feedback used to guide the budget and acquisition process future fiscal years.

Marines brought the M142 High Mobility Artillery Rocket System to perform a rapid infiltration, and the Air Force National Guard did a quick landing of their C-130 Hercules on Palau. The inclusion of the HI-RAIN mission significantly increases the lethality of precision fires and survivability of the HIMARS launcher, crew, and aircraft due to the reduced exposure to hostile fires.

Patriot missile live-fire exercise took place on Palau, a first for the island nation, as the DoD continues to intensify its focus on the Indo-Pacific region. The Patriot is capable of defeating both high-performance aircraft and tactical ballistic missiles.

"One hundred percent successful. Everything went according to plan."

-- Brig. Gen. Mark Holler, commanding general of the 94th Army, Air and Missile Defense Command.

Live-fire exercises are one of the most valuable ways for air defenders to train their craft. The ability to defend U.S. allies and

partners is a part of the mission, and conducting training in different locations across the region allows the U.S. military to learn and improve their proficiency to support a free and open Indo-Pacific.

Last, but not least, was the dramatic conclusion of the Valiant Shield ... SINKEK. The military employs obsolete Navy ships for sinking exercises to train joint forces and to test the effectiveness of modern weaponry on ship design and aircraft.

SINKEK participants included Carrier Air Wing 5 embarked aboard Ronald Reagan aircraft carrier, 7th Fleet, embarked aboard USS Tripoli, destroyer Benfold, submarine Key West (SSN 722), 28th Bomb Wing, and Marine Fighter Attack Squadrons.

The planning for Valiant Shield 2024 has already begun, incorporating the lessons learned over the past two weeks so the Indo-Pacific joint forces can continue to ensure a Free and Open Indo-Pacific.

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"Come Pitch with Us!"





Kid's Sports and School Physical Rodeo



Calling all children (daycare-high school) who need a physical for school or sports!

NAVAL HOSPITAL CAMP PENDLETON - It's that time of year again ... time for the Naval Hospital Camp Pendleton's School/Sport Physicals Rodeo.

This one-stop shop is a great place to get your child's wellness needs covered before sports and school begin. So, bring the kiddos (school age patients; daycare to high school) on down and start the school year off on the right foot.

Keep the following in mind:

✓Bring school specific forms or attached California specific forms pre-filled out;

✓Bring shot records; and

✓Event not intended for routine well child exams. Physicals only as needed to complete school or sports forms.

DATES & TIMES: July 12-13 (Tuesday & Wednesday), 9 a.m. to 3:30 p.m.; July 14 (Thursday), 9 a.m. to 1 p.m.

Naval Hospital Camp Pendleton's School/Sport Physicals Rodeo will take place in the Medal of Honor Mall (located adjacent to the North entrance of NHCP).

Appointment encouraged, walk-ins welcome. Call to schedule your rodeo visit at (760)725-HELP



US Marine Corps photo by Cpl. Alison Dostie

Army Futures Command introduces Project Convergence 2022 (PC22)

from Camp Pendleton Facebook page

Known as the U.S. Army's campaign of learning, Project Convergence is based on a continuous, structured series of demonstrations, experiments and training scenarios throughout the year.

In Project Convergence 2022, the Army, along with its joint and multinational partners, will experiment within concept-driven scenarios that focus on joint and multi-national operations, integrate joint and multinational partners' future capabilities and assess future warfighting concepts and emergent equipping options.

This means that the Army Futures Command must place renewed emphasis on the people they take to war, the weapons systems they will use, the process which commanders make decisions, how they

transform data into information, and where the forces are postured to create opportunities for the U.S. armed forces and its allies.

Through the Project Convergence framework, we are demonstrating technologies as often as every two weeks. These events inform each other, and they build to annual capstone events. Demonstrations will consist of multi-domain operational environments, where the Army will demonstrate artificial intelligence and networked lethality technologies that augment human sensing and decision making in order to improve the warfighter's lethality and pace of battle.

For more information from these events, visit our Defense Visual Information Distribution Service (DVIDS) page, <https://www.dvidshub.net/unit/AFC>.

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CAMP PENDLETON: It's the time of the season for 'Operation Slow Down'

The commanding general of Marine Corps Installations West, Camp Pendleton, announced "Operation Slow Down" for the second consecutive year. This all-hands effort addresses increased instances of speeding, reckless driving and the motor vehicle

accidents they cause. As part of the initiative, the consequences for speeding and reckless driving aboard the installation have become harsher. Drivers caught speeding can lose their on-base driving privileges for up to a year.

View the video at <https://www.dvidshub.net/video/846802/operation-slow-down-slow-down-take-bus>



The Meat & Potatoes of Life



by Lisa Smith Molinari

Summer has arrived. This season of sunshine and warm weather is a favorite for many; however, the emotions, associations and experiences conjured by the onset of summer are different for children and their parents.

The first thing that summertime brings to a child's mind is, "School's out!" Almost three whole months of summer break stretches out before kids like an eternity, with no scratchy clothes, no buses, no homework, no lunch trays, no scary vice principals. Only comfy shorts and shirts printed with blue sharks or pink unicorns, worn with flip flops. Popsicles and Sno-Cones. Orange tongues. Sticky fingers.

Sunny days at the community pool. Swim lessons. Whistling life-guards that are scary, but also kinda cool. Double dares on the diving board. Floating Band-Aids and dead bugs. Blue lips and goggle marks. Concession stands. Not being able to swim for a half hour after lunch because Mom doesn't want you to get cramps. Seeing rainbows around lights on the way home.

Special trips. Long car rides. "Are we there yet?" Lunch at Cracker Barrel. Crayons and paper placemats. Too many French fries. Throwing up on Route 95. Motel pools and mouse ears. Hot dogs and pizza slices. Blue raspberry slushes with whipped cream on top. Roller coasters and log rides. Throwing up in the parking lot.

What is summertime to children? Parents?

Hot, lazy afternoons back home with nothing to do. Fans whirring. Dogs panting. Bees buzzing. Dandelion bouquets for Mom. Lying in the hammock with Dad.

Goofing off in line at local soft serve joints. Rainbow sprinkles. Chasing moths that circle the lights. Dropped napkins and dripping ice cream. Wondering, "Why would anyone order a cup when they can get a cone?"

Scooters and bikes in the cul-de-sac at dusk. Stubbed toes, scraped knees and salty tears. Fireflies, fire pits, and flaming marshmallows. Dirty fingernails. Warm baths. Soft pajamas. The feeling of being carried to bed, eyes closed, draped over a parent's shoulder. Dreaming of peg-legged pirates and mermaid princesses.

For parents summer is a welcome change from the school year grind, too, but it's not necessarily a break from responsibilities like it is for kids. Camp registration forms must be filled out. Summer leagues must be joined. Car pools must be arranged. Grass must be cut. Vacation weeks must be planned. New bathing suits must be tried on in harshly-lit department store dressing rooms with unforgiving fun-house mirrors. Dog sitters must be arranged. Cumbersome window air-conditioners must be carried up basement stairs. Sunscreen must be applied, and re-applied, then re-applied again.

Summertime is also the season of packing for parents. Packing towels, sunglasses, hats, swim shirts, water bottles, goggles, floaties, toys, and

a book just in case you get a break while the kids are swimming. Packing clean clothing for sleep away camp — labeled clearly with kids' names — along with bug spray, first aid kits, asthma inhalers, and a dozen pages of signed release forms and emergency contact paperwork, knowing that all (with the exception of missing socks and the addition of someone else's shorts) will come back in a week needing to be washed. Packing the car with kids, suitcases, board games, boogie boards, coolers, fishing poles, favorite blankets, Dramamine, extra sets of keys, and a "tinkle jar" just in case the rest area is too far away.

Parents work hard throughout the year, and summertime is no exception. However, summer offers its special brand of joys to those parents willing to carve out time to enjoy them.

Sneaking a nap in the sun while Dad watches the kids swim. Ripe watermelon slices. The glint of sea glass along the shore. Dandelions in a cup on the kitchen windowsill. The aroma of freshly-cut lawns, blooming jasmine, smokey barbecues. The bursting sweetness of hot, buttered corn on the cob.

The feeling of sand between your toes. Finding a shell in your pocket. Lawn chairs in the back yard with neighbors. The crisp bite of cold beer. Watching your children's upturned faces flash with color and wonder at fireworks cascading in the night sky.

Carrying your sleeping child, warm, weighty and fulfilled, off to bed, to dream of peg-legged pirates and mermaid princesses.

Safely learn - or relearn - basics of riding a motorcycle in less than an hour

For many years I have been a member of the Motor Press Guild. Our many and varied events have exposed me to a wide variety of driving-related experiences and knowledge that, realistically, I would not have been able to do on my own.

Recently the Motor Press Guild held a drive day. As in past years, this event included an opportunity to drive a wide variety of new vehicles that were brought in just for us, on large transport haulers. Sometimes these events have been held at race tracks — my favorite of those being Willow Springs. More recently our drive days have been held at Calamigos Ranch, in the scenic rolling hills above Malibu,

This location is particularly well known for what many of us refer to as sportscar roads: two-lane, hilly, lots of tight turns and with straights just long enough to "open it up" without too much likelihood of getting into trouble (unlike at a race track). Also, in the hills on the property, there are trails that are well suited to putting off-road vehicles through their paces. Together these roads give us great opportunities to review new vehicles.

However, this year we had a bonus activity that I had been particularly looking forward to. The Motorcycle Industry Council conducted their "Ride With Us" "Moto Intros."

"Moto Intro's are for anyone who has not yet ridden a motorcycle or scooter, or hasn't had the pleasure of swinging a leg over the seat for some time. Motorcycle Safety Foundation certified coaches will be on hand to guide new riders through basic motorcycle controls and their first ride experience."

I fall squarely into the second part of the target audience. I am a senior citizen now, and had probably not ridden a motorcycle since I was a teenager. I never did drive a motorcycle on the street, even back then. Instead, for a few summers, I borrowed a trail bike and a "Tote Goat" that belonged to the proprietors of a fishing lodge that my dad took me to on summer



by Jan Wagner

vacations. The lodge, and the surrounding little lakes, were nestled among the tall trees in the interior of British Columbia, Canada. Frankly, I think that I enjoyed riding those motorbikes more than I enjoyed fishing for trout. It was certainly more exciting, and I did not have to wake up before the sun rose to enjoy the best of what those experiences had to offer.

Fast forward to June, 2022. I had just driven from my home in San Diego to Calamigos Ranch. In a fairly small, flat, dirt clearing between the parking lot and the resort — where all of the cars and SUVs were waiting for us to drive and review, were a few motorcycles, along with members of the "Ride With Us" team. I must say, this did not look especially challenging. With all of the roadways and trails nearby, why was this training taking

place on a flat dirt lot?

For those of you who have never ridden a motorcycle, think about what it is like to ride a bicycle. Maintaining your balance is critical to both, but motorcycles are much heavier than bicycles, and they have engines that propel them forward with very little input from the rider. If you do not operate the throttle properly, you could quickly find yourself accelerating towards trouble. So, you see, learning the fundamentals of riding a motorcycle on a rather small, flat lot is actually ideal. My experience was exciting enough, and it was safe.

After I geared up with the required safety equipment, my instructor covered the basics, right from how to get on to the motorcycle, operate the front brake, gently turn the throttle and — I cannot stress the importance of this enough — look ahead to where you want to go! Use your peripheral vision to keep track of where you are, because where you look is where you will go.

As the video at [AutoMatters.net](https://www.automatters.net) will show, by the end of my lesson I was confidently riding around the lot. Mission accomplished! For much more information about learning to safely ride street bikes, dirt bikes, ATVs and more, visit the "Ride With Us" website at: <https://ridewithus.com/starting-out/>.

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit [AutoMatters & More](https://www.automatters.net) at [AutoMatters.net](https://www.automatters.net). On the Home Page, search by title or topic, or click on the blue 'years' boxes.

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June is PTSD Awareness Month: You are not alone and help is available

Post traumatic stress disorder (PTSD) is a mental health problem. PTSD can only develop after you go through or see a life-threatening event. It's normal to have stress reactions to these types of events, and most people start to feel better after a few weeks or months.

It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event (also called "trauma"). At first, it may be hard to do daily activities you are used to doing, like go to work, go to school, or spend time with people you care about. But most people start to feel better after a few weeks or months. For some people, PTSD symptoms may start later, or they may come and go over time.

If it's been longer than a few months and thoughts and feelings from the trauma are upsetting you or causing problems in your life, you may have PTSD.

Who Develops PTSD?

Anyone can develop PTSD at any age. Some factors can increase the chance that someone will have PTSD, many of which are not under that person's control. For example, having a very intense or long-lasting traumatic event or getting injured during the event can make it more likely

that a person will develop PTSD. PTSD is also more common after certain types of trauma, like combat and sexual assault.

Personal factors—like previous traumatic exposure, age, and gender—can affect whether or not a person will develop PTSD. What happens after the traumatic event is also important. Stress can make PTSD more likely, while social support can make it less likely.

What Are the Symptoms of PTSD?

PTSD symptoms usually start soon after the traumatic event, but they may not appear until months or years later. They also may come and go over many years. If the symptoms last longer than four weeks, cause you great distress, or interfere with your work or home life, you might have PTSD.

There are 4 types of PTSD symptoms, but they may not be exactly the same for everyone. Each person experiences symptoms in their own way.

Reliving the event (also called re-experiencing symptoms).

Memories of the traumatic event can come back at any time. They can feel very real and scary. For example:

- You may have nightmares.
- You may feel like you are going through the event again. This is called a flashback.
- You may see, hear, or smell something that causes you to relive the event. This is called a trigger. News reports, seeing an accident, or hearing fireworks are examples of triggers.

Avoiding things that remind you of the event. You may try to avoid situations or people remind you of the trauma event. You may even avoid talking or thinking about the event. For example:

- You may avoid crowds, because they feel dangerous.
- You may avoid driving if you were in a car accident or if your military convoy was bombed.
- If you were in an earthquake, you may avoid watching movies about earthquakes.
- You may keep very busy or avoid getting help so you don't have to think or talk about the event.

Having more negative thoughts and feelings than before the event.

The way you think about yourself and others may become more negative because of the trauma. For example:

- You may feel numb—unable to have positive or loving feelings toward other people—and

lost interest in things you used to enjoy.

- You may forget about parts of the traumatic event or not be able to talk about them.
- You may think the world is completely dangerous, and no one can be trusted.
- You may feel guilt or shame about the event, wishing you had done more to keep it from happening.

Feeling on edge or keyed up (also called hyperarousal).

You may be jittery, or always alert and on the lookout for danger. You might suddenly become angry or irritable. For example:

- You may have a hard time sleeping.
- You may find it hard to concentrate.
- You may be startled by a loud noise or surprise.
- You might act in unhealthy ways, like smoking, abusing drugs or alcohol, or driving aggressively.

What Are the Symptoms of PTSD in Children?

Children may have symptoms like those above or other symptoms. As children get older, their symptoms are more like those of adults. Here are some examples of PTSD symptoms in children and teens:

- Children under 6 may get

upset if their parents are not close by, have trouble sleeping, or act out the trauma in their play.

- Children ages 7 to 11 may also act out the trauma through play, drawings, or stories. Some have nightmares or become more irritable or aggressive. They may also want to avoid school or have trouble with schoolwork or friends.
- Children age 12 to 18 have symptoms more similar to adults: depression, anxiety, withdrawal, or reckless behavior like substance abuse or running away.

Do People With PTSD Get Better?

After a traumatic event, it's normal to think, act, and feel differently than usual—but most people start to feel better after a few weeks or months. Talk to

a doctor or mental health care provider (like a psychiatrist, psychologist, or social worker) if your symptoms:

- Last longer than a few months
- Are very upsetting
- Disrupt your daily life

"Getting better" means different things for different people. There are many different treatment options for PTSD. For many people, these treatments can get rid of symptoms altogether. Others find they have fewer symptoms or feel that their symptoms are less intense. Your symptoms don't have to interfere with your everyday activities, work, and relationships. For more information on PTSD: https://www.ptsd.va.gov/understand/what/ptsd_basics.asp

June 27: PTSD Awareness Day

Many people across the globe suffer silently with PTSD (post-traumatic stress disorder). In an effort to educate the public and help those affected, June 27 has been named PTSD Awareness Day. This is a great opportunity to talk with family and friends and learn more about this disorder and how it affects those around us, particularly our service members.

Post-traumatic stress disorder is a mental health disorder that some people develop after experiencing or witnessing a life-threatening event. According to the PTSD Foundation of America, an estimated 7.8 percent of Americans will experience PTSD at some point in their lives, while about 30 percent of service members who have spent time in war zones experience PTSD. Typically, only 50 percent of PTSD sufferers seek treatment. Service members are one of the most vulnerable populations when it comes to stress-related illnesses and there is help available.

Veterans News

Valor of Navy helo pilot in Vietnam earns Medal of Honor

by Katie Lange, Dod News

Not many helicopter pilots could pull off a mission to fly into enemy territory in complete darkness and rescue their stranded comrades. During the Vietnam War, however, Navy Cmdr. Clyde Everett Lassen did just that. It took him several attempts to make the pickup, and he barely made it back to tell the tale. But the valor he showed that day earned him the Medal of Honor.

Lassen was born in Fort Myers, Florida, on March 14, 1942. Since World War II was raging, and his father, Arthur, was in the service, Lassen's mother, Jacqueline, moved in with her family in Lake Placid, New York, when Lassen was still an infant. His parents reunited when he was three years old, and they moved to Englewood, Florida, and had another son, Gary.

Lassen grew up in that area, eventually graduating from Venice High School in 1960. He attended San Diego City College in California and Pensacola Junior College in Florida before joining the Navy in September 1961.

Lassen was an aviation electronics technician, but he wanted more from his military career. So, in 1964, he was accepted into the



President Lyndon B. Johnson, right, shakes hands with Navy Lt. j.g. Clyde Lassen after awarding him the Medal of Honor at a White House ceremony, Jan. 16, 1969. Courtesy photo

Naval Aviation Cadet Program. On Oct. 12, 1965, he received his commission and Wings of Gold as a helicopter pilot. That same month, he married his high school sweetheart, Linda. They went on to have two children, Daryl and Lynne.

Lassen's first assignment was with Helicopter Combat Support Squadron 1, where he practiced search-and-rescue techniques in

the Philippine jungle. Eventually, HC-1 was redesignated Helicopter Combat Support Squadron 7. Lassen became the officer in charge of the squadron's Detachment 104 aboard USS Preble, which was deployed off the coast of Vietnam during the war.

As the aircraft commander of a search-and-rescue helicopter, Lassen was called on June 19, 1968, to rescue two downed aviators in North Vietnam. The pair had ejected 20 miles into enemy territory after their F-4J Phantom II was hit by a surface-to-air missile.

It was shortly after midnight on a pitch-black night when then-Lt. j.g. Lassen took off from the Preble in a UH-2A Seasprite light utility helicopter, despite the aircraft not being fit for the mission. According to Hill Goodspeed, historian for the National Naval Aviation Museum, the helicopter was too heavy and couldn't take off with a full fuel load; Lassen also had to make the dangerous move of

diving toward the water to gain flying speed.

Once off the ship, Lassen flew deep into hostile terrain to a steep, tree-covered hill where the survivors, Navy Lt. Cmdrs. John Holtzclaw and John A. Burns, had been located. Despite taking enemy fire, Lassen initially landed in a clearing near the base of the hill. However, the undergrowth was so dense that Holtzclaw and Burns couldn't reach the helicopter.

The two survivors were asked to send up flares so Lassen could find them from the air. He successfully put the chopper in a hover between two trees about 50 feet above the men's position. Lassen was hoping he could pull them up via a rescue hoist, but the flares died before the rescue could begin, leaving the helicopter in darkness and in a precarious position. The chopper collided with a tree and fell into a sharp descent. Thankfully, Lassen's expert abilities helped him to right the aircraft and move away from the trees.

He remained in the area, determined to rescue the men. Lassen even encouraged the survivors to head down the hill to a clearing for pickup while his chopper waited for another aircraft to bring more flares.

Lassen made a second unsuccessful attempt to land. By now, his fuel was dangerously low, and the aircraft had suffered significant damage. But Lassen remained focused on the mission. He launched again and tried for a third rescue attempt, all the while enemy fire continued to come at him. During this attempt, the flares died yet again. Lassen knew that turning on his helicopter's landing lights would give away his position to the enemy, but he did it anyway so he could land.

According to Goodspeed, Lassen kept the chopper's weight off the wheels so they wouldn't get stuck in the mud, steadily hovering over a rice paddy for about two minutes. The helicopter's gunners lit up the tree line with their machine guns as Holtzclaw and Burns ran toward the escape craft. Within seconds of the gunners yanking the two men into the chopper, they were in the air again and on their way out of the area, Goodspeed said.

Lassen later said it was that return flight that made him the most nervous. Along the way, he successfully dodged more hostile anti-aircraft fire. With only five minutes of fuel left to spare, he successfully landed the beaten-up helicopter aboard the USS Jouett.

For his bravery and refusal to give up, Lassen received the Medal of Honor from President Lyndon B. Johnson at a White House ceremony on Jan. 16, 1969. He became the first of only three naval aviators to earn the nation's highest honor for actions taken in Vietnam.

Lassen remained in the Navy until retiring as a commander in December 1982 after more than 20 years in the service.

Goodspeed said Lassen rarely talked about the night that earned him the Medal of Honor; however, his children finally learned the full story from their father in 1993 during a National Museum of Naval Aviation symposium that reunited the rescue's participants. Lassen donated his medal to the museum that same year.

Lassen died April 1, 1994, after a battle with cancer. He is buried at Barrancas National Cemetery in Pensacola, Florida.

In his honor, the guided missile destroyer USS Lassen was commissioned in 2001 and is still in use today. The Clyde E. Lassen State Veterans' Nursing Home in St. Augustine, Florida, also pays homage to him.

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