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SIXTY-SECOND YEAR
THURSDAY, APRIL 20, 2023



USS Paul Hamilton transits the Suez Canal earlier this month. The ship deployed from San Diego in January and has been busy. Some of the activities include a live-fire exercise, celebrating their Phantom Warriors, conducting multilateral VBSS drills in the Gulf of Oman during International Maritime Exercise/Cutlass Express 2023, visiting Singapore, participating in a PASSEX with the Indian Navy, visiting Diego Garcia, the Indian Ocean, the Strait of Hormuz and Bahrain. US Navy photo by Petty Officer 2nd Class Elliot Schaudt

Naval Base Point Loma among 'best of best' of DoD's environmental winners

On April 17, the Department of Defense announced the Secretary of Defense Environmental Awards winners for 2023.

The awards recognize installations, teams, and individuals for their accomplishments in innovative and cost-effective environmental management strategies supporting mission readiness.

"Through its strong environmental programs, the department ensures the accessibility and long-term viability of its ranges and installations while safeguarding service members, their families, and neighboring communities in the U.S. and overseas," said Brendan Owens, assistant secretary of defense for energy, installations, and environment.

One of the nine winners, Naval Base Point Loma, was cited for environmental restoration for completing corrective action at underground storage tank 105, where there was a release from a former 7,500-gallon diesel fuel UST near San Diego Bay, ending ongoing investigations since 1995. The corrective action consisted of injecting micron-scale activated carbon into saturated soil to serve as a permeable barrier to protect ecological receptors from petroleum migrating toward the bay.

Each year since 1962, the Secretary of Defense Environmental Awards have honored service members and civilians across DOD. The nominees' achievements include significant strides to conserve our nation's natural and cultural resources; protect human health; prevent or eliminate pollution at the source; clean up hazardous substances, pollutants or contaminants, and munitions on DOD sites; and incorporate environmental requirements into weapon systems acquisition. DOD also leverages technology to develop innovative solutions to address existing and emerging human health and environmental challenges.

Other winners are Camp Ripley, Minnesota ANG; Marine Corps Support Facility Blount Island, Fla.; Osan Air Base, Republic of Korea; Kadena Air Base, Japan; Mountain Home Air Force Base, Idaho; Iowa Army National Guard; Eglin Air Force Base, Fla.; and Washington, D.C.

U.S., South Korea, Japan flex muscles after North's latest ICBM

STARS AND STRIPES - CAMP HUMPHREYS, South Korea — The United States, South Korea and Japan rehearsed their seaborne missile defense in international waters on Monday, four days after North Korea launched another ballistic missile.

Destroyers Yulgok Yi I, USS *Benfold* and JS *Atago* trained together in the Sea of Japan, or the East Sea, South Korea's Ministry of National Defense said in a news release April 17. All three are equipped with the Aegis Combat System, shown capable in tests of intercepting ballistic missiles.

The drill included detecting and tracking simulated ballistic missiles and sharing that information between the ships, according to the ministry.

"This boosts trilateral security cooperation against growing North Korean nuclear and missile threats ... and to firm up our navy's readiness posture and capabilities in responding to ballistic missiles," said South Korean navy Capt. Kim Ki Young, commander of Yulgok Yi I. "We will increasingly toughen our operational readiness posture through exercises that are nearly identical to actual battles."

The drill follows what North Korea claimed was a successful test of a solid-fuel intercontinental ballistic missile on Thursday. The new ICBM, dubbed the Hwasong-18, boosts North Korea's "nuclear counterattack posture" and offensive capabilities, according to a Friday report from the state-run Korean Central News Agency.

South Korea's military de-

scribed the projectile as a medium- to long-range ballistic missile that flew an estimated 620 miles before splashing down in the sea; Japan's Joint Staff said it suspected the launch vehicle was a high-angle ICBM.

The launch prompted Japan to issue a brief evacuation warning to residents in Hokkaido. It also prompted South Korean and Japanese military aircraft to conduct separate air power demonstrations with the U.S. Air Force the next day.

Two B-52H Stratofortress bombers, two KC-135 Stratotankers and four F-35 Lightning IIs flew alongside four Japan Air Self-Defense Force F-15 fighters over the Sea of Japan, U.S. Indo-Pacific Command said in a news release Friday.

The same day, B-52Hs and

F-16 Fighting Falcons flew together over South Korean airspace with South Korean F-35As and F-15K Slam Eagles, according to the Ministry of National Defense.

Military aircraft from the U.S. and South Korea began a large-scale, 12-day air exercise Monday. More than 110 aircraft, including the Marine Corps' F-35B, are scheduled to fly during the exercise to "reaffirm the solid [U.S.-South Korea] alliance," the ministry said in a statement.

North Korea, which launched 12 ballistic missiles in nine separate days of testing so far this year, condemned the drills as a declaration of war. Since April 7, the communist regime has remained unresponsive to routine, diplomatic phone calls from South Korea.

DoD assessing document disclosures and implementing mitigation measures

The Defense Department continues to actively address the incident involving the unauthorized disclosure of classified documents, said Deputy Pentagon Press Secretary Sabrina Singh at a news conference April 17. Massachusetts Air National Guard Airman 1st Class Jack Teixeira, 21, was arrested April 13, by the FBI at his family's residence in Dighton, Mass., in connection with an investigation into alleged unauthorized removal, retention and transmission of classified national defense information. The department is taking this breach seriously, Singh said. Secretary of Defense Lloyd J. Austin III and senior Pentagon officials "continue to convene daily meetings to examine the scope and scale of this disclosure, as well as ensure that appropriate mitigation measures are being taken."

Spruance welcomes new skipper

by Ensign Eva Knowles

NAVAL BASE SAN DIEGO - Destroyer USS *Spruance* held its change of command aboard the Midway Museum April 14, where Cmdr. Christopher Ivey relieved Cmdr. Douglas Robb. Ivey is *Spruance's* 10th commanding officer since the ship's commissioning in 2011. "I'm lucky- to lead a tough and resilient crew whose operational accomplishments in the Western Pacific and back here in San Diego will be the stuff of waterfront legend for years to come," said Robb. Ivey steps into the CO slot after serving as *Spruance's* XO.

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Career Advice

This week ... 3 tips for upcoming household goods moves.

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Base Movie Schedule



Dungeons & Dragons: Honor Among Thieves, John Wick: Chap. 4

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DOD calls document leak 'a criminal act'



by Jim Garamone
DOD News

The U.S. government is taking the unauthorized disclosure of sensitive information very seriously and is working with interagency partners and the intelligence community "to better understand the scope, scale and impact of these leaks," Pentagon Press Secretary Air Force Brig. Gen. Pat Ryder said April 13.

Even as Ryder was speaking in the Pentagon briefing room, U.S. Attorney General Merrick Garland announced that the FBI had arrested Jack Teixeira, an airman in the Massachusetts Air National Guard, "in connection with an investigation into alleged unauthorized removal, retention and transmission of classified national defense information."

Ryder said DOD officials continue to review a variety of factors in an effort to safeguard classified materials. DOD already has stringent guidelines in place for safeguarding classified and sensitive information. "This was a deliberate criminal act, a violation of those guidelines," he said. "I think it's important

understand that we will continue to do everything we can to ensure that the people who have a need to know when it comes to this kind of information have access to that."

The press secretary said there have been daily meetings with the defense secretary and the senior DOD leadership team to assess the scope and impact of these disclosures. They are also discussing mitigation measures. "I will tell you that these discussions are very focused, very deliberate and very measured ... in terms of ensuring that we're doing the right things, while not impeding or impacting our abil-

ity to do our important missions worldwide," he said. "Frankly, we're continuing to conduct our operations and provide people with the information they need, without missing a beat."

Just because documents appear in the media or on a website or in a chat or as an attachment does not mean they have been declassified, DOD officials said. These documents remain classified and should be treated as such. Even though these documents may be in the media, service members and DOD employees must not read or download them.

"Just because classified in-

formation may be posted online or elsewhere does not mean it has been declassified by a classification authority," Ryder said. "We're just not going to discuss or confirm classified information due to the potential impact on national security, as well as the safety and security of our personnel and those of our allies and our partners."

"And for that reason, we will continue to encourage those of you who are reporting this story to take these latter factors into account, and to consider the potential consequences of posting potentially sensitive documents or information online or elsewhere."

U.S., Philippine leaders vow further alliance progress

by Jim Garamone

The United States and the Philippines have made rapid strides in upgrading their alliance, and are charging ahead to do more, defense leaders from both countries said at the Pentagon April 12.

Secretary of Defense Lloyd J. Austin III met with Carlito Galvez Jr., senior undersecretary and officer in charge of the Department of National Defense of the Philippines, to deepen military-to-military contacts between the two nations.

The meeting came as the Balikatan exercise kicked off in the Philippines. It is the largest joint exercise in years.

The Pentagon meeting follows the so-called two-plus-two meetings at the State Department yesterday that included foreign policy leaders as well.

"This is an historic moment for our alliances as we take critical steps together to deepen our ties and strengthen peace and stability in the region," Austin said. "We share our vision for a free and

open Indo-Pacific - one grounded and transparency, freedom of navigation, the rule of law, respect for sovereignty and the peaceful resolution of disputes."

These principles are being challenged in many places around the globe. "We've seen a troubling increase in coercion and dangerous operational behavior, including in the South China Sea," the secretary said.

The U.S.-Philippines alliance is deeply committed to these principles that have served the region and the globe so well. Austin carefully spelled out what the alliance includes. "As we've made abundantly clear, the mutual defense treaty applies to armed attacks on either of our armed forces, or public vessels or aircraft anywhere in the South China Sea," he said.

The two nations have also made important progress in bolstering the capabilities and capacities of the respective armed forces to resist coercion and gray zone aggression.

Top 5

- Airman in Pentagon intel leak charged
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U.S. Army Pacific hosts sustainment-focused wargame

by Lt. Col Sarah Ray
Army News Service

SCHOFIELD BARRACKS, HAWAII - Maj. Gen. Jered Helwig, commanding general of the 8th Theater Sustainment Command, hosted senior leaders from across the Department of Defense and other allied nations as part of the Unified Pacific Wargame Series sustainment-focused event, Pacific Joint Allied Sustainment System, or JASS, held here earlier this month.

Designed to help the Army, Indo-Pacific Command and DoD refine resourcing and posture discussions and decisions,

the inaugural Unified Pacific Wargame Series ran from January through May 2022 and included participation from hundreds of people from across the U.S. defense, diplomatic and academic community.

In September, U.S. Army Pacific published the findings of the 2022 Unified Pacific Wargame Series, which offered vital insights to build on and inform similar analytic efforts, such as the Joint Staff's Globally Integrated Wargame, the Navy's GLOBAL series and Army Futures Command's Indo-Pacific Threat Based Assessment.

These findings influenced the focus of this year's exercises. Pacific Winds, the first in the 2023 Unified Pacific Wargame Series, was held in January of this year using insights from the 2022 iteration.

JASS allows the Joint Force to assess sustainment feasibility, joint prioritization, mutual support to and from partners and allies, explore the inherent trade-offs and associated risks to challenge assumptions of availability.

Similar in format to Pacific Winds, the Pacific JASS wargame comprised of two distinct but connected tracks, a senior leader discussion forum, and an action officer-level computer-aided wargame. The senior leader portion allowed for strategic discussions and conclusions based on the outcomes of the action officer wargame. One emphasis of the wargame included the importance of integration of the National Guard and Army Reserve forces.

"We assessed structure, processes, and capabilities for joint theater logistics at the scale and speed of war," said Helwig, "Exercises throughout the year allow us to employ the physics of sustainment, and provides an opportunity for us to practice the philosophy of sustainment. Integration across the services and components eliminates boundaries between logistics elements."

Logistics experts, senior leaders and operators from five nations and more than 30 defense and sustainment organizations participated in the Pacific JASS wargame, the first ever of its kind.

Gen. Charles Flynn, commander, U.S. Army Pacific weighed in on the value of such training.

"Through war gaming, Army Pacific tests and validates our operational design," he said. "Then we take the insights from

those war games and bring them to what we do every day; rehearsing, experimenting, learning, and we grow from it. And I think we show our strength by learning and growing."

"In a truly contested environment, when we transition from

competition to crisis and conflict, we must have the right leaders, at echelon, to make tough decisions when it comes to priorities for sustainment, not just for their component, but on behalf of the entire Joint Force, based off of priorities from across the services," said Helwig.

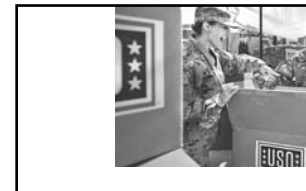
5 ways to show support for May's Military Appreciation Month

(StatePoint) U.S. military service members are ready to be called upon at any time to protect the country, and May, which is Military Appreciation Month, is the perfect opportunity to express gratitude for their sacrifices

Military Appreciation Month was initially recognized by a U.S. Senate resolution in 1999. Although the entire month is designated to honoring past and present military members and their families, there are several holidays sprinkled throughout the month that honor service members, including Loyalty Day, Mother's Day, Armed Forces Day and Memorial Day.

"This year in particular, many more service members are overseas supporting NATO due to war in Ukraine. These deployments should be a reminder to all Americans of the importance of expressing our gratitude to the men and women in the military who sacrifice so much for us," said Christopher Plamp, USO's senior vice president of Operations, Programs, and Entertainment and an Air Force veteran.

With its long history of keeping America's military service members connected to family, home and country, the USO is providing five ideas for how to honor and support service members and their families.



Let service members know you value their service. Photo courtesy of USO.

1. **Say "Thank You"** The simplest way to support service members is to thank them for their service. According to the Blue Star Families 2022 Military Family Lifestyle Survey, only one-third of active-duty families feel a sense of belonging to their local civilian community.

You can send a message of support and encouragement to service members through USO's website.

"Acknowledging the immense challenges of military life can have a real, positive impact. The simple act of thanks can show military members that their work is valued and appreciated," said Plamp.

2. **Send a care package.** Sending care packages with items such as snacks and hygiene products lets service members know that the American people are thinking of them, even from thousands of miles away. The USO Care Package program simplifies the process of sending military care packages, which can be complicated.

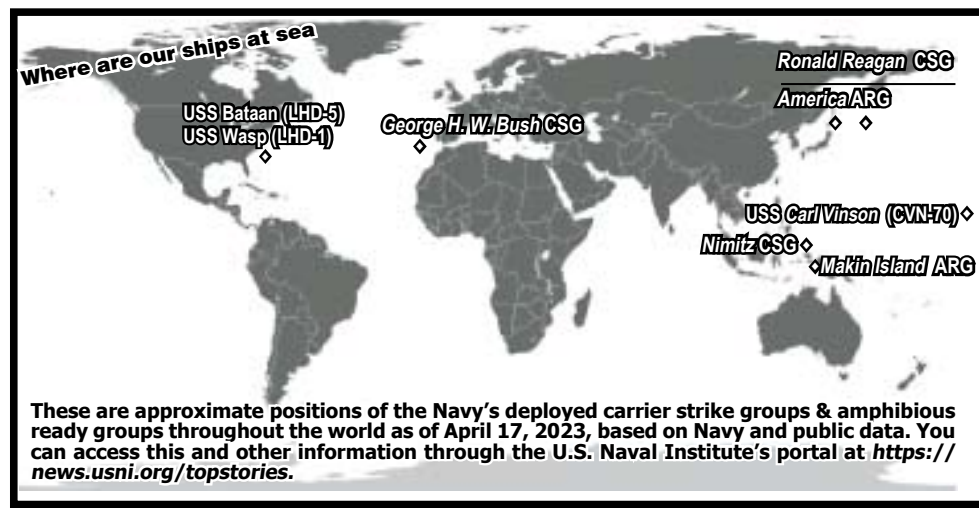
Another option is to check out the USO Wishbook, where you can select a symbolic gift, such as a USO Care Package, from a catalog to be sent to service members.

3. **Support military spouses.** Deployments are challenging for military spouses. Aside from being separated from their loved ones, military spouses must also shoulder household responsibilities alone. For military families with children, this can be even more difficult. Offer to cook a family dinner or pick up groceries. Even simply reaching out to ask how they are doing can make a difference.

4. **Volunteer.** There are many challenging, but rewarding volunteer opportunities that serve the men and women in uniform, including with the USO, where you will see the impact of your support firsthand. Many USO locations need volunteers who can facilitate programs and events, and help ensure the military community has the resources and support they need to carry out their missions.

5. **Donate.** Show your support through the annual USO T-shirt campaign, which raises funds for the USO's mobile and center operations, programs and entertainment, transition services and more. The campaign also builds awareness and understanding of military families. To learn more, visit <https://www.uso.org/tshirt>.

Ships Underway
Total Battle Force
296 (USS 238, USNS 58)
Deployed
102 (USS 69, USNS 33)
Underway
73 (47 Deployed, 24 Local)
Ships Deployed by Fleet
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3rd Fleet - 1
4th Fleet - 2
5th Fleet - 11
6th Fleet - 22
7th Fleet - 67
Total - 104



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3 tips for upcoming household goods moves

MECHANICSBURG, Pa - Naval Supply Systems Command (NAVSUP) Navy Household Goods Program (HHG) experts say there are three things service members can do this upcoming peak moving season to make the process easier: get educated; start early; and be flexible.

“Get educated,” advises NAVSUP Director of Navy HHG Program Jay Yerkey. “It’s never too early to get educated. Attend HHG Webinars, familiarize yourself with Military One Source and Navy Customer websites to help identify your responsibilities and the Transportation Service Provider (TSP)/Agent responsibilities for your HHG move.”

Go to www.navsup.navy.mil/household and [\[mil/moving-pcs/plan-to-move/pcs-and-military-moves\]\(http://www.militaryonesource.mil/moving-pcs/plan-to-move/pcs-and-military-moves\) to start learning.](http://www.militaryonesource.</p>
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“Start early. Submit your HHG application as soon as you get your orders,” Yerkey said. “The average lead time for processing move applications during Peak Season months can be up to six weeks in some markets.”

Members can start the move process by going to www.navsup.navy.mil/household and reviewing the various Defense Personal Property System (DPS) guides along with basic entitlement information.

Create an application by logging into DPS at <https://www.militaryonesource.mil/moving-pcs/moving-personal-property/>. There, members can reactivate a previous DPS account or create a new one. When the application is completed, members should print, sign and upload all required signed documents, such as Power-of-Attorney, for example. Including all required documentation is vital as it will expedite the approval process; applicants cannot be processed without all required signed documents and orders.

After submitting an applica-

tion to the Personal Property Processing Office (PPPO), service members can check the status of their application. When processed, members will receive an automated email indicating their HHG shipment has been assigned to a moving company and that pack-out and pick-up dates are assigned.

“If, after 10 days from submitting shipment application to the PPPO, a member has not received a response of notification that their application is being processed, it is important they contact the PPPO,” Yerkey said.

Be flexible. Members should be flexible as adjustments to requested pick-up dates may occur.

“Customers have to provide a 7-day spread for pick-up dates, but also need to leave flexibility for any emergencies that may arise during their PCS or Permanent Change of Station,” Yerkey said. “If a government moving company is unavailable to meet requirements by a certain date, members may need to conduct an approved Personally Procured Move (PPM).”

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Amphibious assault ship wields firepower during shoulder-to-shoulder drills in the Philippines

by Seth Robson
Stars and Stripes

USS *Makin Island* amphibious assault ship conducted live-fire weapons training and practiced replenishment-at-sea with two Philippine navy vessels April 15.

The flattop, along with the Philippine navy's missile frigate BRP Jose Rizal and landing dock BRP Tarlac, on April 12

departed Subic Bay, a former U.S. naval base on the main island of Luzon, the government-run Philippine News Agency reported Friday.

The vessels traveled to the "joint operational area of the Puerto Princesa, Palawan-based Western Command," the agency reported.

Saturday's live-fire training utilized *Makin Island's* close-in



Amphibious assault ship USS *Makin Island* practices a replenishment-at-sea with Philippine navy ship BRP Jose Rizal April 15. US Navy photo by Minh-Thy Chu

weapons system, the Navy said in a statement Monday. The ship is equipped with the Phalanx, a rapid-fire 20-millimeter gun, as a last defense against anti-ship missiles.

The weapons drill was part of the largest-ever annual Balikatan exercise, involving 17,600 troops from both nations, which kicked off April 11 and concludes April 28. Balikatan is Tagalog for "shoulder-to-shoulder."

The replenishment-at-sea rehearsed skills to transfer fuel, munitions and stores from one

ship to another while under way.

Before leaving port, sailors from the two navies met to talk about the way they conduct such maneuvers, according to the Navy statement.

"Subject matter expert exchanges like these enhance our maritime interoperability with the Armed Forces of the Philippines," Capt. Tony Chavez, commanding officer *Makin Island* said in the statement. "We need to do the reps and sets in a controlled environment so we

are able to respond quickly in a contested environment."

The training follows an April 11 meeting in Washington, D.C., between Secretary of Defense Lloyd Austin and Secretary of State Antony Blinken and their Philippine counterparts, Secretary of Foreign Affairs Enrique Manalo and Secretary of National Defense Carlito Galvez.

A fact sheet released by the Department of Defense after

the meeting said the allies were finalizing plans for the resumption of combined maritime activities, "including the conduct of joint sails by the U.S. and Philippine Navies, in the South China Sea."

Both sides also discussed plans to conduct multilateral maritime activities with other like-minded partners in the South China Sea later this year, according to the fact sheet.



A close-in weapons system fires aboard USS *Makin Island* in waters near the Philippines April 15. US Navy photo by Nadia Lund

April 22

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Chaplain of the Marine Corps reinforces resiliency, leadership with 1st Marine Division

by **Cpl. Willow Marshall**, 1st Marine Division

Twenty years ago, Marines and Sailors with 1st Marine Division conducted critical missions as part of the opening moves of Operation Iraqi Freedom. Rear Adm. Carey Cash, now the chaplain of the Marine Corps, was on the ground as the battalion chaplain for 1st Battalion, 5th Marine Regiment, 1st MARDIV, during the initial assault. This month, Cash visited with leaders from across the division to reinforce and introduce resilience practices and promote leadership engagement.

“As we deal with challenges of resiliency for 22,000 Marines and Sailors, Chaplain Cash’s messages really resonate with the Blue Diamond,” said Maj. Gen. Benjamin Watson, commanding general of 1st Marine Division. “Chaplain Cash is a veteran and a hero in the division and we are happy to have him back here.”

Cash, talked with enlisted and commissioned leaders of the division before a memorial ceremony with his 5th Marines comrades from the OIF campaign.

Cash opened with, “There is an EGA stamped on my heart.” Cash served in multiple Marine Corps units and has Marines in his family. He feels very close to the Marine Corps. “My experience with 1/5 in Iraq is a lantern in my life I still use to guide me. Marines are willing to do things others are not; Marines are willing to go towards the sound of gunfire and draw lines in the sand when needed.”

Cash offered a lesson of transcendence and spiritual readiness to senior officers and staff noncommissioned officers of the division. He said four effective ways for division Marines and Sailors to be apart of something bigger than themselves: faith, community, purpose, and shared sacrifice for the greater good. Cash emphasized the link shown in studies between transcendence, the previous four factors, and a significant development in teamwork, alertness, will, and even suicide prevention.

Cash’s message highlighted the connections between leadership and spiritual readiness. He talked most on the everyday small unit leaders’ relationship and interaction with their Marines and sailors, drawing a connection between their spiritual fitness and St. Thomas Aquinas’ “just war” theory.

Aquinas’ theory postulated that while violence was terrible and must be avoided at all costs, an offensive war fought to prevent injustice, carried out by moral combatants who sought to avoid evil, was a just war. Good leaders, and the soldiers who followed them, would limit violence to the extent necessary. - Continue reading at <https://www.dvidshub.net/news/442743>.

Surface Force leaders emphasize connectedness in 2nd annual DEI Summit

SAN DIEGO - Commander, Naval Surface Forces (CNSF) hosted the 2nd annual Surface Forces Diversity Equity and Inclusion (DEI) Summit April 11-12 here.

The theme was “Connectedness,” intent to identify and address challenges across the Surface Force, help inspire leaders to build connectedness, foster community advocacy, and inspire leaders to build effective warfighting teams.

Vice Adm. Roy Kitchener, commander, Naval Surface Forces welcomed participants by emphasizing the role of connectedness.

“Our Surface Force is made up of warfighters, members of teams charged to fight and win,” said Vice Adm. Kitchener. “To build the most effective warfighting teams, we need Sailors who trust and respect one another. Teams built on these principles create connectedness, and connected teams are capable of accomplishing any mission and overcoming any adversary.”

The DEI Summit’s objectives were to:

- Educate – Develop awareness on bias, mentoring, and psychological safety.
- Listen – Identify blind spots in outreach (accessions) and equity/inclusion (retention) across the Surface Enterprise.
- Network – Initiate and cultivate relationships, connections, and cohesion to increase learning.
- Resolve – Propose recommendations for improvements and subsequent actions.

The event was also a platform to inform the Surface Force about new policy updates and DEI initiatives, conduct insightful panels, and engage in breakout and mentorship sessions for Sailors to receive feedback from senior leaders.

“The summit brought together a lot of ideas that I can bring back to my command,” said Personnel Specialist 1st Class Koi Muhoro. “Everyone in the Navy has superpowers, and we can all bring these powers to our teams to help us work better together.”

Leaders also emphasized the importance of building connected and diverse teams that embody warfighting effectiveness.

“This was a great opportunity to learn about how we connect as Sailors and strengthen our warfighting teams,” said Command Master Chief Larae Baker, of Littoral Combat Squadron 2 (LCSRON) “I encourage everyone to be part of this conversation and learn more about how we build teams that are ready to fight and win.”

LOCAL NEWS

Fighting on a new front: MCAS Miramar boasts Corps’ first wildland firefighting crew

by **Lance Cpl. Jackson Rush**, Marine Corps Air Station Miramar

MCAS MIRAMAR - Twenty-nine Marines stationed here received certification to form the Marine Corps’ first team of wildland firefighters last month, according to a fire captain at the MCAS Miramar Fire Department.

Chief Brian Cato, the assistant chief of training and safety with MCAS Miramar Fire Department, said there has never before been a hand crew, or team of wildland firefighters, comprised primarily of active-duty Marines.

These Marines became certified as wildland firefighters after completing S-130 Firefighter Training through the air station Fire Department. They’re now certified through the California Incident Command Certification System, the system used by California to deploy firefighting resources, and are qualified to respond to wildland fires on the air station, Camp Pendleton and the state of California during times of crisis.

A few conditions still must be met before the Marine hand crew is fully ready, clarified Cato. The Marines must receive personal protective equipment, which has already been ordered, and more on-the-job training. Once these conditions are met, they can respond to wildland fires when directly supervised by a qualified supervisor from the Miramar Fire Department, he said.

The Marine hand crew is preparing to support Californians who are no strangers to drought, dry weather and wildfires. According to the National Integrated Drought Information System, much of California has been under an exceptional drought status for five of the past 10 years.

California has consistently drawn national attention for raging wildfires that have taken lives and destroyed hundreds of thousands of acres of land. In 2021, the Dixie Fire spanned over 963,069 acres, becoming the second largest fire in California history. A year prior, the August Complex spanned over 1,032,648 acres as the largest fire in the state’s history. In 2018, the Camp Fire spanned 153,336 acres and took 85 lives, becoming the deadliest wildfire in California to date.

This year, Californians are experiencing fleeting relief from wildfires as the rainy season, which began in October, continues at an abnormal pace. According to the California Department of Water Resources, precipitation was at 151 percent of the historical average by March 31, snowpack was at 237 percent and the reservoirs were at 107 percent.



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Photo Gallery



CAMP PENDLETON (April 17, 2023) Brig. Gen. Jason Woodworth, commanding general of Marine Corps Installations West, Camp Pendleton, presents a coin to Dana Crawford, the range scheduling chief with Range Operations Division here. Crawford was awarded for her ability to arrange both land and air operations to allow four separate squad competitions to happen in the last year. US Marine Corps photo by Sgt. Andrew Cortez

NAS LEMOORE (April 14, 2023) Vice Adm. Kenneth Whitesell, commander, Naval Air Forces, shakes hands with Capt. William Frank, former CO of Strike Fighter Squadron 122, during VFA-122's change of command. Cmdr. Kristen Hansen relieved Frank as CO of the West Coast fleet replacement squadron for the F/A-18E/F Super Hornet. US Navy photo by MC1 Winter Griffith



NAS NORTH ISLAND (April 14, 2023) Navy Aviation Boatswain's Mate Equipment 3rd Class Alexis Martinez performs corrective maintenance on arresting gear aboard aircraft carrier *Theodore Roosevelt*. *Theodore Roosevelt* is pier side to complete maintenance and to conduct training and certifications in preparation for upcoming at-sea evolutions. US Navy photo by MC3 Carter Radke



NMCB 3 poses in the shape of a three for a command photo. US Navy video grab by MC2 Austin Ingram

NMCB 3 awarded FY22 Peltier Award for Excellence

by Petty Officer 2nd Class Austin Ingram

PORT HUENEME - Naval Mobile Construction Battalion (NMCB) 3 was announced as the winner of the fiscal year 2022 Rear Adm. Eugene J. Peltier Award, recognizing the most outstanding active battalion in the Naval Construction Force (NCF), via naval message, recently

In his message, Rear Adm. Dean VanderLey, Commander Naval Facilities Engineering Command and Chief of Civil Engineers, said that, "NMCB 3 thrived in executing all assigned tasking while maintaining COVID-19 protective measures in a deployed environment across the U.S. Indo-Pacific Command area of responsibility.

"NMCB 3 successfully completed projects while remaining ready to support blue water fleet maneuverability during major combat operations or aide partner nations through humanitarian assistance/disaster recovery."

From December 2021 to July 2022, NMCB 3 deployed ambitious, proud, respectful and combat-ready Seabee Teams to the USINDOPACOM AOR and executed 31 projects valued at over \$25.4 million while remaining ready to support blue water fleet maneuverability during Major Combat Operations or aide partner nations through Humanitarian Assistance/Disaster Recovery efforts.

As part of a modified Fleet

Readiness Training Plan the battalion completed a successful Field Training Exercise, only three months into their home-cycle, with camps spread out in multiple Southern California locations.

The skills that were sharpened in this field exercise will ensure that NMCB 3 is positioned to support a variety of humanitarian and partner nation cooperation tasking during its future

Moving

continued from page 5

Members should be aware that if the moving company fails to pick up their household goods on the confirmed date, they could be entitled to an Inconvenience Claim (IC) to offset out-of-pocket expenses incurred. While members should start by communicating with their moving company, the PPPO is available should assistance be needed or further questions come up.

Due to the risk of delays and other unforeseen circumstances, members should avoid submitting notice to vacate or selling their residence prior to their shipment being accepted by a moving company. Additionally, members should avoid terminating rental/lease agreements until firm pack-out and pick-up dates have been confirmed by their assigned moving company.

If a request date cannot be met and a service member is unavailable, members may also designate a releasing agent (such as a spouse, mother, father, sister, e.g.). The releasing agent can act on behalf of the member, be available for the pack-out and pick-up dates and sign all required documents. The legal office is not needed to designate a releasing agent. A signed note stating the intended designation will suffice. For example: "I appoint (name of individual), (phone number) (email) my attorney-in-fact to sign all documents required for the pack-out and pick up of my Personal Property Shipment." Stating the name and contact information (phone and email) of the releasing agent is sufficient for documentation.

Additional questions may be submitted via e-mail to household-goods@us.navy.mil or by calling 1-855-HHG-MOVE (1-855-444-6683). For your convenience, Navy Household Goods can also be found on Facebook at www.facebook.com/navyhghg; on YouTube at www.youtube.com/navyhghg; and Pinterest at www.pinterest.com/navyhghg.

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Family finds, then bids farewell to Navy pilot lost over Taiwan during WWII

by **Jennessa Davey**
Stars and Stripes

Shot down during an attack on Toko Seaplane Base during the Battle of Formosa, now Taiwan, in 1944, Navy Cmdr. Frederick Schrader lay as an unknown in a national cemetery in Hawaii until 2022.

A native of Lawrenceville, Ill., Schrader was laid to rest again April 13 in the National Memorial Cemetery of the Pacific, this time in a plot bearing his name.

The graveside mourners included family members, including Barbara Canavan, 80, one of two surviving daughters; and a former chief petty officer, Richard Miralles, 99, who served under Schrader.

Canavan and her older sister, Judith, hadn't seen their father since he shipped out in summer 1944, when he purchased teddy bears for the girls and left them with his wife, Lucile Schrader, knowing he wouldn't be home for Christmas, according to an account of Schrader's life by Gene Hughes, a spokesman for Navy Personnel Command.

Schrader, 31 on Oct. 13, 1944, the day he died piloting an F6F-5

Hellcat fighter, was commander of Carrier Air Group 11 aboard aircraft carrier USS Hornet. He led from the front, according to a news release from the personnel command in Millington, Tenn.

Schrader was shot down by anti-aircraft fire while leading a strafing attack, according to Hughes, who cited the Hornet war diary.

"According to his wingman, there was no sign of a parachute or that Schrader had been able to exit the aircraft before it crashed," Hughes wrote in his undated biography. "Because he crashed in enemy territory, no rescue attempt was possible."

Canavan told Hughes she celebrated her second birthday Sept. 18, 1944. Her father had been away at sea for several months.

"We were living in Long Beach, Calif., at that time when my mother received the telegram on Oct. 30 that his plane had been shot down and he was presumed dead," she said. "She gave us the bears."

Japanese Imperial forces recovered Schrader's body and buried it in an unmarked grave. The American Graves Registra-

tion Service searched for a year for Schrader after the war's end but could not identify his remains. Eventually, all the recovered remains were removed to the memorial cemetery in Hawaii in 1949.

But Schrader's family assumed he was buried on Taiwan until a naval aviator of a later generation began researching his own Navy relative, according to Hughes.

Matt Robbins' maternal grandfather also served aboard the Hornet during WWII, and Robbins' research led him to an "intriguing" description of a Navy pilot lost during the Battle of Formosa.

"This file contained numerous intriguing details such as the date (13 October 1944), location (Toko Seaplane Base), circumstances (shot down by anti-aircraft fire), and, perhaps most importantly, the passage that the unknown aviator was 'believed to be an Annapolis graduate,'" Hughes wrote.

Tellingly, only four Annapolis graduates died over Formosa, which narrowed the possible identifications, he reported.

Next, Robbins teamed up



Barbara Canavan, daughter of Cmdr. Frederick Schrader, is given a U.S. flag during his interment ceremony at the National Memorial Cemetery of the Pacific in Honolulu April 13. US Air Force photo by David Owsianka

with documentary filmmakers George Retelas and Tim Hampton, whose combined research over four years led them to a set of remains designated Unknown X-136.

Eventually, the three built a strong enough case that X-136 might be Schrader. Despite being poorly preserved, they were positively identified as Schrader's on Sept. 27, according to Hughes, who quoted Gregory Berg, lab case manager for DPAA's scientific analysis directorate.

On Thursday, Barbara Canavan accepted the flag from her father's casket at the graveside service.

Read about true American heroes in 'We Came Home: The Firsthand Stories of Vietnam POWs'

In 1973 American prisoners of war were released from the terrible prisons of North Vietnam. How did the men survive the years of solitary confinement and the brutal torture that was all too common? After their return through the U.S. military's Operation Homecoming the POWs shared their individual stories in letters to the American people. These letters shed light on their faith in God and love of family and country as well as their commitment to America and its freedoms. They also tell of their unique communication system and their unshakable sense of humor, which was critical to their survival. With gut-wrenching honesty and raw emotion, the POWs even describe the horrors of their encounters with the cruel guards. These men returned home with honor; they are our heroes..

Barbara Wyatt, pulled this patriotic project together as a labor of love for future generations so they will know the sacrifices these POWs and our military were and are willing to make for this great country. With introductory letters by Bob Hope and then-Governor Ronald Reagan, this 50th anniversary edition includes the original letters which the former POWs wrote on their return in 1973 and includes an update on each man, Wyatt, in 1998. The updated anniversary edition has additional photographs and information. The profits go to the NAM-POWs organization (<https://www.nam-pows.org/donate>).

We Came Home: The Firsthand Stories of Vietnam POWs by Barbara Powers Wyatt is available on Amazon.

About the Author

Barbara Powers Wyatt, now age 91, married Capt. Frederic Wyatt, USNR, and together they built a family that included three sons. They worked together in executive search, in politics, and with the military, all while teaching throughout Los Angeles County. In 1980, she served as part of the Reagan Administration for both of his terms. In one of their many endeavors together, she and her husband created and compiled the book We Came Home: POWs of Vietnam. To honor the POWs, she has updated their stories for the 50th anniversary of their homecoming. She currently lives in Las Vegas where she spends time writing and enjoying time with her family

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Wearing frosted purple eyeshadow and a borrowed suit jacket with massive shoulder pads, I entered the College Career Center with my head held high and my big hair bouncing. My Class of 1988 graduation was only a few weeks away, and I felt ready to discover all the exciting opportunities my Bachelor of Arts degree would bring.

With four years of higher education nearly under my belt, I was quite proud of myself. Sure, I'd slipped up a few times. Like that Poly-Sci course, when I'd skipped most of the classes, wrote an embarrassing term paper on the politics of Iran, then pulled an all-nighter before the final exam. "When would I ever need to know about the Middle East anyway?" I'd thought, naively.

I'd chosen a major that would please my domineering father. He, a life-long salesman, believed that the School of Business was the only path to success. However, I couldn't understand business, much less spell it, so I signed up for Communications. It required business courses like marketing and statistics that would keep my father happy, but allowed me to explore my secret curiosity for Writing, Psychology, Geology, Journalism, Physics, and Philosophy.

After studying the campaign communication strategies of various U.S. presidents, my future career came into focus: I'd become a Press Secretary! Of course, I couldn't simply graduate and — voila! — land a job

Death of a Saleswoman: Facing post-grad job realities

working for a famous national politician. Duh! I'd find an entry-level job that would hone my burgeoning public relations skills, then branch out into the political communications world.

"I'm here to find out which interviews I've been selected for," I said to the woman behind the College Career Center desk. My school's career system matched seniors' resumes with employers, and spit out interview matches. The woman handed me a dot-matrix printout showing the interview slots I'd been assigned.

While ripping the perforated margins from the printout, I dreamed of a cozy cubical in a sleek skyscraper where I'd contribute to national PR campaigns for Procter & Gamble, Kroger Corp., Macy's Inc. or Kraft Foods. When my creative genius attracted the attention of the CEO, I'd be on my way.

Plastered with a giddy grin, I looked down at the printout. "Ferguson Enterprises? Ameritech? Standard Textile? Richardson-Vicks?" my eyes scanned the page for anything familiar.

The Ameritech interviewer didn't ask typical interview questions such as, "Why are you a good fit for our company?" Instead, he launched into a cheesy sales pitch, offering me the "opportunity" to pay my own way through a six-week training course, then work on commission selling telephones.

"I'm a public relations professional, not a saleswoman!" I huffed.

I wasn't really sure what "textiles" were, but the Standard Textile

meeting went so well, they offered me a second interview, and I drove my 1976 Volkswagen Beetle to their headquarters. Waiting in their lobby, surrounded by portraits of the company's male founders wearing yarmulkes, a rendering of a manufacturing facility in Israel, and two competing male interviewees wearing yarmulkes, I was pretty sure I wasn't getting the job anyway.

The Richardson-Vicks job required setting up cough syrup displays in grocery stores around Cincinnati to earn sales commissions. My battered and beaten post-grad job hopes finally died when my last interviewer informed me that Ferguson Supply was a plumbing equipment company, and my "dream job" involved selling toilet bowl bulbs and urinal screens.

Utterly defeated, I wondered, "Why had I worried so much about declaring a major, padding my resume, and passing Poly Sci? I should've gone to more frat parties, because four years of hard work only got me lousy sales jobs!"

That summer, I applied to law school in a desperate attempt to avoid becoming a saleswoman for my father's industrial cleaning chemical company.

The moral of this cautionary tale is not "College degrees aren't worth it," but rather, "Manage your expectations." I've strongly encouraged our three children to attain bachelor's degrees, because college sets one up for success. Statistics show that college graduates earn more money, have an easier time finding jobs, and are more likely to have health insurance than non-graduates.

So reach for your career dreams, but keep one foot firmly planted in post-grad job reality.

Free Burn Institute program can be a life-saver for seniors

If you are a senior, or a relative, loved one or friend of a senior, then you really should know about this potentially life-saving, FREE program.

The Burn Institute has been helping to keep people safe and protecting our community in San Diego and Imperial Counties since 1972. I have known about the Burn Institute for many years, due to their presence at the Fire and Safety Expo & Firefighter Demolition Derby (see my 2022 coverage of it at <https://automatters.net/2022-san-diego-county-fair-heroes-reunite/>) each year at the San Diego County Fair (June 11 in 2023).

I am 69, so I qualify for their Fire-Safe Seniors program, which is for senior homeowners ages 62 and up, whose home is within San Diego or Imperial Counties, yet in all the years that I've covered that demolition derby and checked out the fire safety exhibits at the Del Mar Fairgrounds, I somehow missed learning about their free smoke alarms for seniors program.

My home is over 20 years old and came with nine hard-wired smoke detectors, each with a nine-volt battery for backup. I did not have a routine to systematically change the batteries. Instead, I'd wait until one started beeping — which is very annoying as it echoes throughout my house. Even though I get dizzy on a ladder and fear falling off, I'd force myself to climb up and replace the weak battery.

In the past, changing the battery would stop the smoke detector from beeping, but a couple of weeks ago that did not work. Furthermore, I was reminded that the smoke detectors were installed over 20 years ago. I tried contacting the company (FireX) but learned that quite a few years ago they had been bought by Kidde. Kidde could not tell me

much about them other than to say that smoke detectors should be replaced within ten years. I needed new detectors installed throughout my house, and I needed to stop that beeping.

I learned online that unplugging a hard-wired smoke detector should stop the beeping. Somehow I managed to remove and unplug it without falling off of the ladder, but it still kept beeping! Then I learned online that holding the TEST but-

AutoMatters™ & More by Jan Wagner



ton for 30 seconds will discharge the electricity from the capacitor. That worked!

Next, I needed to buy all new smoke detectors and find someone to install them for me, but when I checked online I read a lot of negative reviews reporting false alarms. Not only would I have to buy new detectors, but I might then need to call someone back repeatedly to replace any detectors if they give false alarms.

However, I had an idea. I went to my neighborhood fire station and asked them for a recommendation. They suggested that I call the Burn Institute, since they have a free program for seniors.

I phoned, confirmed that I qualify and made an appointment for volunteers come out to my house and install free smoke and CO detectors — which they did yesterday. They were helpful and friendly as could

be! Furthermore, they told me that if the ten-year batteries of the smoke detectors fail before ten years is up, they will come back and replace those — again, free of charge. They also installed three new, battery-operated CO detectors — low enough that I could easily replace their batteries without having to climb up a ladder.

For more information about the many programs offered by the Burn Institute, and especially about the free smoke alarm program for senior homeowners ages 62 and up, who live in San Diego or Imperial Counties, and to see if your loved ones qualify, visit the Burn Institute at <https://burninstitute.org>. Click on FIRE PREVENTION and then Programs. From there, scroll down to Free Smoke Alarms for Seniors and click on APPLY TODAY. If you prefer, you can send an email to smokealarm@burninstitute.org or, do as I did, and simply phone them at (858) 541-7862.

If you or your seniors live somewhere other than in San Diego or Imperial Counties, I recommend that you contact your local fire department, since that's how I found out about this program.

If you'd like to support the wide variety of Burn Institute programs, visit <https://burninstitute.org/ways-to-give/>.

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue "years" boxes and browse.

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Defense Public Health psychologist: Tips to help children cope with change

by Army Lt. Col. Melissa Boyd,
Licensed Clinical Psychologist

ABERDEEN PROVING GROUND, Md. -- In 1986, then-Secretary of Defense Caspar Weinberger designated April as "Month of the Military Child." During this month, national, state and local governments, organizations, and agencies, along with military-serving communities, make time to celebrate the important role more than 1.6 million military children play in the Armed Forces community.

Although military children experience many unique and exciting experiences, they also often face many challenges as a result of their parents' service. Some of these challenges can include moving an average of every two to three years, changing schools, adjusting to separations during parent deployments and other missions, and building new support networks.

Due to these frequent changes, military children can often be faced with celebrating special occasions such as holidays, birthdays, graduations, and other important milestones away from their loved ones. These events not only impact stability but can contribute to feelings of stress, fussiness, sadness, worry and frustration. Other changes that can occur include difficulty concentrating in school, withdrawing from others, differences in eating and sleeping patterns, and negative thinking.

In its 2021 Military Family Life-



Defense Public Health experts say it's important for parents to maintain a healthy and active attachment with their children by spending at least 20 minutes a day together. This can help military kids and families cope with life changes, like military moves. Defense Centers for Public Health – Aberdeen graphic illustration by Graham Snodgrass.

style Survey, Blue Star Families, a military family advocacy organization, found that 17 percent of active-duty respondents reported a child or children who were receiving behavioral [mental] health care. An additional 17 percent of respondents said they would like their children to receive behavioral health care, but they currently do not.

Military children commonly experience adjustment disorders in response to changes in peer relationships, ability to communicate openly with a parent/caregiver, and engage-

ment in positive social activities. Difficulty adjusting to life changes can greatly impact a child's mood, self-esteem, behavior, academic performance and overall adjustment to a stressor.

Behavioral health intervention strategies that can effectively help military children manage stress include providing healthy outlets for emotions; integrating family, school, and social support; and fostering healthy stress management and coping skills.

Army Lt. Col. Virgil Rivera, a

board-certified, licensed clinical social worker with the Defense Centers for Public Health–Aberdeen who specializes in working with children and their families, says it's important for parents to maintain a healthy and active attachment to their children by spending at least 20 minutes a day with them.

"The time may be spent learning more about their child's school day, hearing about their friends, or even playing a game together," said Rivera.

Rivera recognizes that sometimes

parents are unable to dedicate this time daily due to military/work obligations or to other family responsibilities; however, it is important to be mindful that the quality of the time spent together fosters a meaningful parent/child relationship with both short- and long-term benefits.

"If a child knows and feels that their parent is available to them, then their experience may also shape their view on how they approach relationships with others and how they view themselves," said Rivera. "In some ways, parenting is a leadership role where caring behaviors, words, tone and time are foundational to the growth and development of our next generation."

Military children are known for their strength, dedication and sacri-

fices. To help build their resilience in response to the expected and unexpected challenges, it is important to equip military children with stress management strategies and healthy coping skills that can help foster positive outcomes. Here are some recommended healthy coping strategies:

Healthy Coping Skills for kids

- Maintain routines
- Positive affirmations and self-talk
- Healthy expression of feelings – art, writing, talking, laughing, praying, crying
- Relaxation techniques – deep breathing, muscle relaxation, guided imagery
- Physical activity – sports, stretching, yoga
- Mind activities – reading, puzzles, listening to music

April is Alcohol Awareness Month

Alcohol misuse is responsible for thousands of deaths and traffic crashes each year

The Department of Alcoholic Beverage Control (ABC) recognizes the importance of Alcohol Awareness Month every April due to the high number of alcohol-related deaths each year in the U.S.

According to the Centers for Disease Control, over 140,000 people die each year from excessive alcohol use. In 2020, 11,654 people died in alcohol-related car crashes, according to the National Highway Traffic Safety Administration (NHTSA).

The effects of alcohol misuse are both deadly and expensive. Alcohol is the fourth-leading cause of preventable death in the United States, according to the National Institute on Alcohol Abuse and Alcoholism (NIAA), and about 18.5% of all emergency room visits involve alcohol. The financial burden of alcohol misuse cost the U.S. an estimated \$249 billion in 2010. NHTSA estimates that drunk driving crashes cost the U.S. \$44 billion annually.

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