

# ARMED FORCES DISPATCH

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SIXTY-SECOND YEAR NO. 27  
THURSDAY, OCTOBER 20, 2022

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### Local

MRF-D 22 departs more ready, more lethal, and more allied in the Indo-Pacific.

**See page 7**

### Fabulous columnists!

Jan Wagner's AutoMatters & More.. Lisa Molinari reflects on life in & out of the service.

**See page 9**



**Marines use horses and mules to resupply other Marines during Mountain Training Exercise 1-23 at Marine Corps Mountain Warfare Training Center Bridgeport, Calif., Oct. 8. During training evolutions at MWTC, horses and mules are used to transport supplies to Marines training in remote locations. US Marine Corps photo by Cpl. Skyler M. Harris**

## Deputy Secretary of Defense in Camp Pendleton, talks about JADC2, climate change

CAMP PENDLETON - Deputy Secretary of Defense Dr. Kathleen Hicks visited Camp Pendleton Oct. 17 to gain a better understanding of Joint All-Domain Command and Control, or JADC2, coordination within the department, visit with service members, and discuss the effects of climate change on installation resilience.

Through multiple touchpoints with Army, Marine Corps and Air Force leaders, the deputy secretary sought to gain a better understanding of service-specific strengths and challenges as they relate to Joint All-Domain Command and Control (JADC2) during the Project Convergence 2022 Capstone Event.

Future conflicts will require

#### SPEAKING ABOUT JADC2:

“A lot of good work going on throughout the department [but] what I’m really focused on right now is taking that ... good work that’s going on and scaling it to the enterprise level.”

DEPUTY SECRETARY OF DEFENSE  
**Kathleen H. Hicks.**  
Aug. 23, 2022



numerous, synchronized planning and execution decisions within hours, minutes, or seconds compared with the current multi-day process to analyze the operating environment and issue commands. The processes and architecture which will enable these advancements is called JADC2.

JADC2 is a warfighting necessity to keep pace with the volume and complexity of data in

modern warfare and to defeat adversaries decisively. JADC2 enables the Joint Force to “sense,” “make sense,” and “act” on information across the battlespace quickly using automation, artificial intelligence (AI), predictive analytics, and machine learning to deliver informed solutions via a resilient and robust network environment.

Hosted by the U.S. Army, see **Hicks, page 2**

## DoD: ‘United Against Domestic Violence’

The Defense Department is United Against Domestic Abuse and supports anyone in our military community who is experiencing or has experienced abuse. Domestic abuse can include physical, emotional and sexual abuse as well as neglect. October is Domestic Violence Awareness Month, a crucial time to acknowledge the department’s commitment to raising awareness through a service-wide campaign.

The campaign encourages the military community to speak up and share tools and resources to prevent domestic abuse and support those who have experienced it. Activities this month and beyond will inform service providers and leaders about safe and effective ways to connect victims with support. They will also help family, friends and concerned community members learn how to assist those who are at risk for domestic abuse.

“Victims of domestic abuse extend beyond military spouses. They may also include service members and those who are dating, living together or who have children in common,” said Patricia Montes Barron, deputy assistant secretary of defense for Military Community and Family Policy.

Reach out to your nearest Family Advocacy Program office or call Military OneSource at 800-342-9647 anytime to get connected with a domestic abuse victim advocate, no matter where you are in the world.

“Our military’s greatest advantage is our people. If we stop investing in them, we fail,” said Senior Enlisted Advisor to the Chairman Ramón “CZ” Colón-López. “Military leaders, from NCOs and CPOs to our most senior officers, must create an atmosphere of trust and comradery within our communities. Whether we have people suffering from domestic abuse, battling depression or they just need someone to listen, they need our assurance that we are here for them and will do everything we can to provide help and get them back to the mission at hand.”

A nationwide initiative is underway to raise awareness about how to report domestic abuse and let people know about the resources available to keep victims safe and secure.

### Marine Corps halts surf use of combat vehicle after rollover

The Marine Corps has halted some operations of its new amphibious combat vehicles after one of the armored vehicles rolled over in surf during training off Camp Pendleton. The eight-wheeled vehicle flipped over last Thursday night at the Marines Assault Amphibian School, authorities said. The three crew members weren’t injured. The vehicle had a “mechanical malfunction,” according to the Marine Corps, which banned the vehicles from going into or out of surf zones, except for testing, while more analysis is performed.

### Cleanup crew restores beauty to remote beaches

Nearly 50 volunteer Sailors and civilians participated in a coastal cleanup on the remote beaches of San Nicolas Island, the most isolated of the Channel Islands. The group removed more than 2,000 pounds of trash and debris from three beaches. Volunteers were assigned to Naval Base Ventura County and Naval Air Warfare Center Weapons Division.



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# 3 Navy officers reprimanded in death of SEAL trainee

by Lolita C. Bador  
for Stars and Stripes

WASHINGTON - The Navy's Special Warfare Command has reprimanded three officers in connection with the February death of a SEAL candidate who collapsed and died of acute pneumonia just hours after completing the grueling Hell Week test, according to Navy officials and a new report.

Commanders didn't directly blame the officers for the death of SEAL candidate Kyle Mullen, and no one has been fired. But a Navy investigation into his death has triggered a number of changes in how sailors are monitored during the physically and mentally exhausting test, and has prompted the command to seek

and conduct expanded testing for performance-enhancing drugs.

A new report released by the command concluded that Mullen, 24, from Manalapan, New Jersey, died "in the line of duty, not due to his own misconduct." It said he had an enlarged heart that also contributed to his death, which came soon after he successfully finished Hell Week, the five-and-a-half-day test that comes during the first phase of assessment for SEAL candidates striving to get into the Basic Underwater Demolition/SEAL, or BUD/S, class. The training was at SpecWar's training center in Coronado.

The medical examiner's autopsy report found that there was no evidence of performance-



**Navy SEAL candidates participate in 'surf immersion' during Basic Underwater Demolition/SEAL training at the Naval Special Warfare Center in Coronado on May 4, 2020. US Navy photo by Anthony Walker**

enhancing drugs in Mullen's system and that they were not a contributing cause of death.

Staff and medical professionals who reviewed the findings said in the report that several substances commonly used as performance-enhancing drugs — testosterone, Anastrobol

and sildenafil — were found in Mullen's belongings. And they said that such substances could have been a contributing factor in his death, including his enlarged heart.

Find the full story at <https://www.stripes.com/branches/navy/>.

## Hicks

continued from page 1

Project Convergence is a joint and multinational experiment designed to inform acquisition and force structure decisions for the Joint Force. The capstone event is designed to experiment with emerging technologies across the U.S. military services, in cooperation with United Kingdom and Australian armed forces, to assess interoperability, integration and potential contributions to future operations.

During her visit, Hicks also met with military personnel from Marine Aircraft Group 39 and California Department of Forestry and Fire Protection personnel who support California wildland firefighting to thank them for their hard work and dedication and to discuss the

effects of drought and wildfires on base operations.

Throughout the day, the deputy secretary met with troops and held a "working lunch" to hear about their most pressing challenges, listen to recommendations to improve the department's operations, and thank them for their contributions to U.S. national security.

Over the past year, the department has focused on ways to take even better care of our service members and their families. Secretary of Defense Austin and Hicks are taking action on issues critical to force and family stability, including securing affordable basic needs, making moves easier, further strengthening our support to families, and expanding spousal employment.

Supporting our service members and the families who provide the strong foundation for our force is critical to recruitment, retention, and readiness. The department's leadership will continue to listen, learn, and lead on issues that are critical to stability and to the unique challenges of military life.

Throughout her travel, Hicks will also focus on linking the department's resources to our strategic competition priorities, including the pacing challenge of China, and ensuring DoD remains the world leader in cutting-edge innovation.



**Ships Underway**  
**Total Battle Force: 291**  
 (USS 236, USNS 56)  
**Deployed ships: 102**  
 (USS 63, USNS 36)  
**Non-deployed ships: 76**  
 (Deployed 49, Local 38)  
**Ships Deployed by Fleet**  
 2nd Fleet, 2: 3rd Fleet, 2  
 4th Fleet, 3: 5th Fleet, 12  
 6th Fleet, 24: 7th Fleet, 56  
**Total 99**



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## DOD exercise points to ways Western Hemisphere can combat climate change

by Jim Garamone

Hurricane Ian, which tore through the Caribbean, smashed Puerto Rico and decimated parts of Florida, is the most recent reminder that climate change is already happening and causing new burdens and costs on people worldwide.

Daniel Erickson, the deputy assistant secretary of defense for Western Hemisphere affairs, and Kristina O'Brien, from the Joint Staff, helmed a tabletop exercise to examine the effects climate change will have on the Western Hemisphere and examine how to respond to increasingly violent storms and natural disasters.

DOD often works in support of civilian agencies in humanitarian disaster relief assistance operations. The department's personnel and logistics capabilities are often the difference between life and death for those affected.

The tabletop exercise was entitled "Precipitous Storm," and it was important to identify the ways that climate change will "irrevocably alter the context in which the department operates," Erickson wrote in

a report on the results of the exercise.

Climate change, he said, will create new operational demands on DOD and could undermine existing capabilities.

### Housing survey for privatized housing tenants begins

The Department of Defense requests tenants of privatized housing and government-owned family housing to provide their feedback of the program via the annual Department of Defense Tenant Satisfaction Survey, which began Oct. 17.

CEL & Associates, Inc., administers the annual survey which will be delivered through an e-mail link to all tenants, who will have until Dec. 1 to submit their feedback. The survey is funded by the Department of Air Force who contracted with CEL & Associates, an independent third-party, to provide the survey.

The goal of using a third-party firm is to allow service members and their families to provide their open, truthful and anonymous feedback of living in privatized housing and government-owned family housing. Following survey completion, the survey data will be provided to the housing program leaders and privatized housing project owners to continue to improve the housing programs for tenants.

"The results of the surveys directly impact the day-to-day operations of our housing communities" said Jeff Domm, Air Force Civil Engineer Center director of installations. "The Department of the Air Force uses the feedback provided to improve the experience of service members living in privatized housing and government-owned family housing. The DAF takes the results seriously and uses it to better understand members' concerns. The results

The Western Hemisphere is susceptible to climate impacts and the homeland will be affected as well as neighbors in the region. The tabletop exercise "envisioned climate-related scenarios in 2037 followed by a discussion regarding

how DOD and the interagency would need to respond, and steps that we can now take to be better prepared to mitigate climate-related risks," Erickson said in the report.

The exercise highlighted

from previous years' surveys continue to inform improvements in the programs to provide safe and quality housing for our service members."

The annual survey is an opportunity for housing tenants to provide feedback to DAF housing officials, installation leaders and privatized housing projects' owners to help "influence the future of housing for service members and their families today and beyond," said Col. Jimmy Jeoun, Air Force Housing Program chief, AFCEC.

Since the inception of the privatized housing program in the mid-1990s, the project owners administered the tenant survey. Starting in FY21, the DAF standardized the survey questions and funded the survey to ensure consistency across privatized housing projects. In FY22, the DAF implemented the same survey across its government-owned family housing locations.

DAF housing program leaders will review the survey data and comments before releasing results to the privatized project owners.

Tenants should check the primary e-mail address on file with their privatized project owner or Military Housing Office for government-owned housing to ensure it is an email address other than a .mil or .gov to avoid any issues in receiving the survey link. CEL & Associates recommends tenants add the housing survey email address to their allowed senders to prevent anti-spam software from blocking the email from CEL & Associates.

the need for more capabilities in the hemisphere, more cooperation among interagency partners and more interoperability among the countries of the region, he said.

The exercise brought together many DOD personnel, members of U.S. Northern Command, U.S. Southern Command and interagency partners.

Erickson would like to see more tabletop exercises with regional partners. He would also like to see DOD work

more closely with partners in the region to help develop their capabilities. He would also like to see a climate change aspect to any future table-top exercises sponsored by DOD.

The exercise did, in fact, point to ways the department can prepare now for the challenges inherent in climate change, said DOD officials. The officials said the United States really needs a whole-of-government coordination mechanism to develop actions and messaging to compete in the arena created by climate change.

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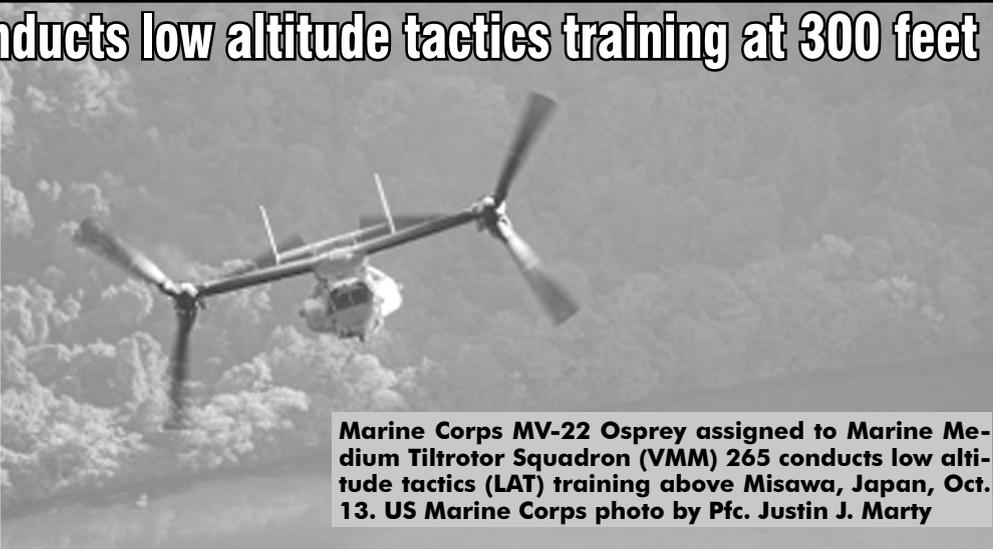
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# VMM-265 conducts low altitude tactics training at 300 feet

by 1st Lt. Jude Hydrick

1st Marine Aircraft Wing  
HOKKAIDO, Japan -- On Oct. 7, 2022, MV-22 Ospreys from Marine Medium Tiltrotor Squadron (VMM) 265, Marine Aircraft Group (MAG) 36, conducted Low Altitude Tactics (LAT) training at 300 feet for the first time in Japan during Resolute Dragon, a bilateral training exercise in Hokkaido, Japan.

Prior to the exercise, United States Forces Japan (USFJ) coordinated with the Govern-



**Marine Corps MV-22 Osprey assigned to Marine Medium Tiltrotor Squadron (VMM) 265 conducts low altitude tactics (LAT) training above Misawa, Japan, Oct. 13. US Marine Corps photo by Pfc. Justin J. Marty**

ment of Japan (GOJ) to shift the lowest allowable altitude from 500 feet to 300 feet.

“The Low Altitude Tactics training at Resolute Dragon

greatly benefited the squadron and significantly improved operational readiness. By providing a venue for training that is difficult to obtain, the exercise enabled the unit to requalify

over 20 aircrew and conduct instructor qualification flights. We are extremely grateful for the months of coordination among USFJ, III MEF, and GOJ that secured clearance to fly at 300 feet and conduct this valuable training. We look forward to continued cooperation with USFJ and the GOJ in order to accomplish bilateral training objectives and improve readiness,” said Lt. Col. Jason Laird, VMM-265 commanding officer.

The U.S.-Japan Alliance is built on shared values and security interests; it is more important and relevant today than ever. The coordination and effort put into securing 300-foot LAT training

is a great example of how the Alliance prioritizes realistic training to bolster Japan’s defenses.

Pilots stationed in the United States conduct LAT training at or below 300 feet on a regular basis. By allowing U.S. aircraft to fly at 300 feet in Japan, the GOJ affords 1st MAF pilots realistic training opportunities in mission critical areas such as radar, weather and threat evasion tactics, which allow them to train to the same standards as their peers.



## Top 5

- E. coli found in carrier *Abraham Lincoln's* water
- Marine Corps halts surf use of amphibious combat vehicles after mishap
- Burn pit registry is failing to help track vet illnesses, experts say
- US sending \$725 million more in military aid to Ukraine
- Two grounded C-130H planes back in air, the rest 'will take some time'

## Army

- Two Army Rangers have died by suicide at Hunter Army Airfield since the end of July
- Army boosting promotion points for expert badges and cutting those for fitness test performance
- Army secretary tells leaders to stand up for Soldiers 'IRL or online' after telling them to stay out of 'culture wars'
- Army plans repeat of major drills using largest overseas training unit
- SHORAD laser weapon will stay in development phase longer than planned

## Navy

- George H W Bush Carrier Strike Group now under NATO command
- Navy says timeline is unknown for fixing water main breaks in Pearl Harbor area

## Marine Corps

- Off-duty cop killed in Raleigh shooting was Marine veteran
- Marine Corps Reserve celebrates 75 years of Toys for Tots
- A Marine is Guinness world champ in burpees per minute

## Air Force

- An Air Force F-22 Raptor just fired off a record number of air-to-air missiles
- Early planning for B-1, B-2 retirements depends on B-21 progress
- Airman receives Bronze Star for helping fight off 2020 attack on Kenya air base
- Air Force needs to cultivate more Hispanic officers, SE-CAF and report say

## Space Force

- New security advances, private companies critical to future US space defense, Space Force general says
- Space Force commander cannot 'forgive' Russia for 'reckless' ASAT test
- Cybersecurity is the 'soft underbelly' of space operations, SpOC commander says

## Coast Guard

- Coast Guard seizes \$29M of narcotics in Gulf of Oman
- Coast Guard sees largest maritime migrant increase from Cuba in nearly a decade

## National Guard

- Lost on the trail? You're probably going to meet the Alaska National Guard

## Veterans

- A San Diego Navy vet lost a leg in a crash caused by a Navy van. He won a record \$10.8 million settlement.

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**C**anyon View Church of Christ  
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Sunday Worship 10am  
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Pastor: Rev. Steven Duescher

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## City of San Diego's 'Tech on the Go' classes help improve computer skills and get tech savvy

SAN DIEGO - Standing in front of the Malcolm X/Valencia Park Library, City Council President Pro Tem Monica Montgomery Steppe recently joined the San Diego Futures Foundation to officially launch Tech on the Go – a new digital literacy program offering free in-person classes for any San Diegan who wants to learn how to use a computer and better navigate the internet.

A partnership between the City of San Diego and the San Diego Futures Foundation, Tech on the Go instructors visit libraries, recreation centers and community centers to provide the classes to improve computer and online literacy. Classes are open to people of all skill levels and laptops are provided during the class for those who need one.

“To close the digital divide, we need to get creative about bringing access and opportunity to neighborhoods that need it the most,” said City Council President Pro Tem Montgomery Steppe. “The Tech on the Go program will do just that by providing free classes at libraries and rec centers that are available to anyone who wants to improve their computer skills or learn how to better use the internet.

This is all about empowering our fellow San Diegans by giving them the knowledge and skills to make their way in what is an increasingly digital world.”

Classes are currently being offered at seven locations: Central Library, 330 Park Blvd.; Logan Heights Library, 567 S. 28th St.; Park de la Cruz Recreation



Center, 3911 Landis St.; San Ysidro Library, 4235 Beyer Blvd.; Sherman Heights Community Center, 2258 Island Ave.; Skyline Library, 7900 Paradise Valley Road.; and Valencia Park/Malcolm X Library, 5148 Market St.

Courses include “How to Use Zoom,” “Mouse & Typing Skills,” “Internet Safety,” and “How to Use a Smartphone/Laptop,” among others, with topics changing each month. Each two-hour class session includes an hour of instruction on a specific topic followed by an hour of open office time where individuals can get one-on-one help from instructors. Low-cost

computers and devices are also available for purchase.

“Our foundation has over 20 years of experience in getting San Diegans connected, from refurbishing computers for low-income families to teaching seniors how to use the internet,” said Thomas Rhee, Executive Director of the San Diego Fu-

tures Foundation. “This latest partnership with the City will help bolster the computer and internet skills for hundreds of individuals every month and the best part is we’re bringing these classes to a neighborhood library or rec center near you.”

To sign up for a class, San Diegans can go to [sdfutures.org/digital-literacy](http://sdfutures.org/digital-literacy) or ask a City librarian for assistance. Hard copies of monthly class schedules are also posted in participating libraries and recreation centers.

“Far too many San Diegans have been left behind when it comes to accessing the internet

and we’re on a mission to right that wrong,” said Library Director Misty Jones. “We’ve done a lot to expand public Wi-Fi that everyone can use and now we’re taking the

next step by offering free classes so folks can get the most out of using the internet, whether it’s learning how to use Zoom or applying for a job online.”



### NAVY LIFE SW

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#### Fleet and Family Services Center Upcoming Class Schedule

If you are interested in attending a class, call our Centralized Scheduling Center at 866-923-6478.

Legend: (V) Virtual (IP) In Person (NBSD) Naval Base San Diego (NBPL) Naval Base Point Loma (NBC) Naval Base Coronado (KMB) Kearny Mesa Branch (GVB) Gateway Village Branch (VSM) Village at Serra Mesa Branch (BVH) Bayview Hills Branch

**Finding Federal Employment** Get the latest information and resources to navigate the federal employment process. Learn tips from the experts on how to create the perfect federal employment resume.

Wednesday, November 2 | 9-11 a.m. | NBSD (IP)  
Wednesday, November 2 | 9:30-11 a.m. | NBC (IP)  
Monday, November 7 | 9-11 a.m. | VSM (IP)

**Capstone** If you need assistance completing your TAP Capstone and are looking for a warm handoff for resources and information, come to receive a briefing on your Final Move process and Tricare benefits at our monthly Capstone events located at our Kearny Mesa Branch, 3950 Calle Fortunada, San Diego, CA 92123.

Wednesday, November 9 | 8-11:30 a.m. | KMB (IP)  
**LinkedIn** Finally, a LinkedIn workshop for everyone! Service members, retirees, and their families can learn how to use the LinkedIn site to build a profile, find employment opportunities, and grow their network.

Tuesday, November 15 | 10 a.m.-12 p.m. | NBC (IP)

**Job Search Strategies** Are you a military family member new to San Diego and looking to get back into the job market? Would you like to learn how to find, federal, state, county or local jobs?

Tuesday, October 25 | 1-4:30 p.m. | GVB (IP)  
Tuesday, November 8 | 9 a.m.-10:30 a.m. | NBSD (IP)

Tech on the Go is the latest program under the City’s SD Access 4 All initiative to help close the digital divide, with a focus on lifting up the San Diego Promise Zone – a 6.4-square-mile area that is home to the City’s most underserved communities stretching east from East Village and Barrio Logan to Emerald Hills and Encanto.

Through SD Access 4 All, the City has installed public Wi-Fi in more than 400 locations throughout the city. The initiative also expanded opportunities to help San Diegans get connected. Funding helped purchase thousands of Chromebooks and thousands of mobile hotspots that can be checked out from select libraries.

Mobile hotspots provide free at-home internet service and can be borrowed for up to 90 days.

In addition, the City recently launched a Digital Navigator program and helpline to provide free, one-on-one computer and technology support to those in need. San Diegans can call the toll-free Digital Navigator helpline at 1-800-350-6945 to get assistance accessing technology or to make an in-person appointment.



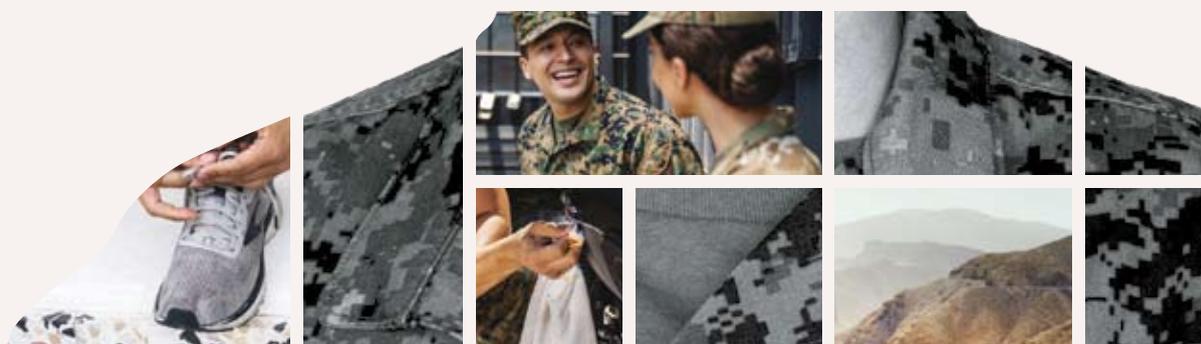
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## White takes command of Fort Worth

NAVAL BASE SAN DIEGO - Cmdr. Alfonza White relieved Cmdr. Jeremiah Petersen as the commanding officer of Freedom-variant littoral combat ship USS *Fort Worth* (LCS 3) during a ceremony aboard the ship Oct. 14.

While under Petersen's command, *Fort Worth* maximized material readiness through more than 27 maintenance availabilities, keeping the ship ready for mission tasking. *Fort Worth* crew completed all basic phase certifications for the Optimized Fleet Response Plan, indicating the unit has all necessary core capabilities and skills for operational mission tasking.

The crew's most noteworthy achievements under Petersen's command include the completion of a short-notice Board of Inspection and Survey where they attained a score significantly higher than the fiscal year 2021 Fleet average.

"The command culture *Fort*



Sailors assigned to USS *Fort Worth* man the rails to observe the ship's change of command ceremony. US Navy photo by Lt. j.g. Sheryl Acuna

*Worth* Sailors have maintained while I've been here has been remarkable," said Petersen. "They have persevered through tremendous challenges with grit and tenacity, while taking care of each other with grit and tenacity. I am humbled and privileged to have served alongside this in-

clusive and dedicated crew, and look forward to seeing the crew thrive under Cmdr. White."

White, a native of Milwaukee, previously served as commanding officer of Freedom-variant LCS USS *Minneapolis-St. Paul*.

## IWTC San Diego supports strategic maritime partnership

SAN DIEGO – Seven military officers from five different partner nations recently participated in the International Maritime Intelligence Course (IMIC) at Information Warfare Training Command (IWTC) San Diego.

IMIC supports Department of Defense and Department of the Navy objectives, particularly promoting our key strategic advantage of alliances and partnerships.

According to the Chief of Naval Operations 2022 Navigation Plan, it is vital for the Navy to "strengthen our strategic partnerships, increasing interoperability, information sharing...working together, we strengthen our ability to prevail in conflict and further bolster integrated deterrence by demonstrating a united front against potential adversaries."

Throughout the course, partner nation students learned from each other and a variety of U.S. Navy intelligence subject matter experts. The instructors covered a range of subjects including, U.S. Navy doctrine, operational intelligence, maritime threats, intelligence principles, and analytical concepts.

"Instructing this course is always a neat experience because not only are the students from a wide range of backgrounds and countries, but they are afforded the opportunity to collaborate and it also allows us as instructors to view our material from a new perspective," said Lt. McKenzie Barnett, one of the IMIC instructors.

Cmdr. Ak Tilak, from the Indian Navy, said, "Interact – Teach – Learn – Repeat... An amalgamation of ideas from around the world stitched together by American wisdom. Great learnings and an awesome experience."

The three-week course convenes twice a year in San Diego, hosting intelligence officers from across the world. In addition to the curriculum, the students had the opportunity to visit four areas in Southern California as part of the Field Studies Program. The group visited Los Angeles and numerous venues around San Diego including Cabrillo National Monument and got to see the Miramar Air Show.

"[This] course was a very great experience for me," shared a Deutsche Marine (German Navy) officer. "It was great to leave our own national perspective and think outside the box. It was amazing to see the differences as well as see similarities of different countries, bounded by the same subject."

IWTC San Diego offers courses of instruction in information technology, cryptology, intelligence, and electronic warfare with an instructor and support staff of over 225 professionals training more than 4,500 students every year in San Diego, Hawaii, Pacific Northwest, and Yokosuka, Japan.

Learn about their commands at <https://www.netc.navy.mil/IWTCsanDiego/>.

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**Marines with Marine Rotational Force-Darwin (MRF-D) 22 approach a support by fire position during a platoon live-fire attack as part of exercise Darrandarra 22, at Mount Bundy Training Area, NT, Australia, June 10, 2022. US Marine Corps photo by Cpl. Cedar Barnes**

## MRF-D 22 departs more ready, more lethal, and more allied in the Indo-Pacific

by Capt. Joseph DiPietro  
Marine Rotational Force - Darwin

*CAMP PENDLETON – Marine Rotational Force-Darwin (MRF-D) 22 completed the 11th iteration of the deployment on October 17, and returns home with a tremendous understanding of the conditions, procedures, and tactics necessary to fight and train in the Indo-Pacific, alongside a premier ally in Australia, and alongside outstanding allies and partners across the region.*

Led by the 5th Marines, the first regimental headquarters as the command element, MRF-D 22 tested boundaries tactically, logistically, and in the information environment, and learned a great deal of how best to combine with the Australian Defence Force (ADF) and other teammates such as Indonesia, Japan, and Timor Leste.

“This year our Marines and Sailors participated in over a dozen multinational exercises and events enhancing our partnerships with over 20 different nations including great teammates like Australia, Indonesia, and Japan,” said Colonel Chris Steele, the commanding officer for MRF-D 22 and regimental commander for the historic 5th Marine Regiment. “Serving as the first regimental headquarters to lead MRF-D, we were able to further integrate two highly capable and interoperable forces to demonstrate the strength and endurance of our alliance and posture the team to contribute to regional security.”

Each element of the Marine Air Ground Task Force (MAGTF) partnered with various units across the ADF and the international community, and took advantage of opportunities to learn and grow as a unit. As a MAGTF, MRF-D executed events and training in every state and territory of Australia except Tasmania, and utilized a significant amount of littoral-based training areas and exercise locations. These areas included multiple islands north of mainland Australia, such as the Tiwi Islands in the Timor Sea and South Goulburn Island in the

Arafura Sea. Other littoral areas MRF-D used to train included the Shoalwater Bay Training Area and a jungle training center in Tully, Queensland, and the Yampi Sound Training Area in Western Australia. Utilizing these training locations allowed Marines and ADF soldiers to better combine in a simulated, contested, littoral environment and practice sea-denial tactics, techniques, and procedures.

The GCE partnered with various infantry and armored units across the ADF, mostly with the 5th Battalion, Royal Australian Regiment of the 1st Brigade. Throughout their training, GCE Marines learned a lot about Indo-Pacific field craft, which allowed them to adjust to the high temperatures, humid air, and increased vegetation. The GCE trained across the Northern Territory, Western Australia, and Queensland in littoral, jungle, and desert-like environments, learning quickly how to adapt to each through trial and error and support from the ADF. A significant adjustment to live-fire

training here in Australia was the addition of thick vegetation; trees and heavy brush are rare in U.S. live-fire ranges due to the development of the areas and constant impacts clearing out the target locations. Adding trees to live-fire maneuver forced the GCE to adjust firing positions, communication techniques, and fields of fire throughout the training.

The ACE benefited significantly from their time in Australia. Due to Hawaii’s airspace limitations, the Australian training areas and population density allowed for a massive increase in flight time and exposure to diverse training areas for the MV-22 Osprey pilots, as well as great opportunities for the Marine Air Control Group and Marine Wing Support Squadron detachments to enhance their aviation support capabilities.

Continue reading this story at <https://www.marines.mil/News/News-Display/Article/3191400/mrf-d-22-departs-more-ready-more-lethal-and-more-allied-in-the-indo-pacific/>.



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## Local Viewfinder



**NAVAL MEDICAL CENTER SAN DIEGO (Oct. 17, 2022)** - Sailors and civilians kicked off the Health and Wellness department's Week of Wellness fair here. The week-long event covers topics all aimed at improving one's overall health and wellness. Shown here are (left) Jacqueline Arvizu, NMCSO Health and Wellness Department division officer, and Capt. Kim Davis, NMCSO director, about the department's wellness activities. Photo courtesy of Defense Visual Information Distribution Service



**ABOARD USS BUNKER HILL, at sea (Oct. 14, 2022)** - Sailors conduct training in the combat information center here. Bunker Hill is currently operating with the *Nimitz* Carrier Strike Group. US Navy photo by MC3 Jordan Jenning



**CAMP PENDLETON (Oct. 17, 2022)** - James Guthrie with the U.S. Fish and Wildlife Service, provides remarks here for the presentation of the 2022 USFWS Military Conservation Partner Award. The award recognizes military installations for exceptional cooperative conservation efforts. US Marine Corps photo by Lance Cpl. Nataly Espitia



**MCRD, San Diego (Oct. 17, 2022)** - Marine Recruit Ayden J. Breeze with Charlie Company inflates his blouse during swim week here. The basic swim qualification consists of a 25-meter swim, tower jump into the water, four-minute tread, 25-meter pack swim, and an underwater gear shed. US Marine Corps photo by Cpl. Julian Elliott-Drouin

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NOVEMBER 21 12:00PM US AIR FORCE RECOGNITION	IN COOPERATION WITH SDMAC FOUNDATION	

## Navy veteran wins huge personal injury case against the Navy

Marking the largest individual personal injury settlement of a motor vehicle collision case against the U.S. government in the history of the U.S. District Court for the Southern District of California, law firm CaseyGerry have resolved a milestone auto accident case for \$10.8 million.

Plaintiff Peter Arthur, a former biomedical technician, Navy vet and San Diego resident who suffered multiple serious injuries, including a leg amputation, fol-

lowing a multi-vehicle collision in National City.

According to defense attorney Robert J. Francavilla, the collision occurred on Sept. 13, 2019, after a large Navy-owned Chevy van, operated by a Navy servicemember driving with three passengers, swerved, causing a sequence of collisions that resulted in Arthur being ejected from his vehicle at freeway speeds, causing severe, permanent and life altering injuries.

"The enlisted Navy member suddenly swerved, causing numerous vehicles to crash into each other, including a motorcycle operated by our client, Peter Arthur, who was following the vehicles, and as a result was ejected from his motorcycle," Francavilla said. "A 20-year Navy veteran himself, Peter was riding his Harley Davidson in the number one lane when the crash occurred. The U.S. government denied any responsibility, claiming a 'phantom' vehicle

had veered in front of the Navy van."

Francavilla said the lawsuit was filed by CaseyGerry on September 1, 2020, against the U.S. government in federal court.

"Depositions were taken from everyone involved, including a critical deposition of a witness who initially claimed to have seen a 'phantom' vehicle swerve in front of the Navy vehicle - however the testimony failed

to demonstrate that this phantom vehicle caused the collision, or even existed," Francavilla said. "After extensive discovery and

mediation, the case settled pre-trial - marking a record-breaking settlement in San Diego against the U.S. government."



### The Meat & Potatoes of Life



by Lisa Smith Molinari

Dear [insert friend's name here], I can see it in your eyes. You're not happy. You think I've been ignoring you. You think I'm an awful friend.

Not long ago, we were close. We talked on the phone. We had lunch. We met at the gym. We exchanged texts. I showed interest in your life.

But recently, I've been aloof. I haven't called. I stopped meeting you for coffee. I didn't "Like" that photo of your kids on Instagram.

To be quite honest, I haven't given you a second thought.

But before you jump to conclusions, let me assure you: I'm not tired of you. I'm not hanging out with other friends. And I most certainly haven't forgotten about you. The fact is, I haven't been thinking much about you, or anyone else for that matter, because our family is moving again.

Including [insert transitional housing, e.g.: those months we lived in that creepy, shag carpeted townhouse before we closed on our first house, and the half year we rented that funky beach shack in Florida while waiting for base housing], our military family has moved [insert number, e.g., eleven] times since my spouse and I married [insert number e.g., 29] years ago.

### Sample milspouse letter: 'To the friend I ignore'

I'm not bellyaching. Many military families have moved a lot more than we have, others less. Besides, I've enjoyed every place we've lived. Well, except for [insert worst housing, e.g., that townhouse. We had to clap twice before entering the kitchen to scare off roaches, and it smelled like pickled moth balls].

Frankly, it doesn't really matter how many times a military family moves. What matters is that every move - whether it's overseas or across town - is a big ordeal. The kind of thing that destroys daily routines, challenges the strongest coping skills, and turns grown adults into moody little brats.

It happens every time my [husband/wife] receives orders. My behavior doesn't change at first, but as our move dates get closer and closer, I slowly withdraw into my own chaotic, stressed, little world. My normal everyday thoughts about [insert thoughts, e.g., dog hair, power walks, coffee, defrosting chicken, Friday night fire pits] - are slowly replaced, one by one, with frantic ramblings and strange inner voices, until I become a military spouse precariously perched on the threshold of moving insanity.

"How did we accumulate all this crap? We need more plastic storage bins! What if I forget to call about turning off the cable? We have to spackle that hole in the wall before the housing inspection! What if we go over the weight limit again? Why haven't I taken the stickers off the furniture from our last move?!"

Be forewarned. In the days before the packers arrive, I'll become so self-absorbed, I'll be incapable of normal social interaction. In a subconscious attempt to repel other humans and thereby minimize distractions, I'll stop showering, brushing my hair, and applying deodorant. I'll become so hell-bent on using up our food, I'll concoct strange casseroles with things like pork chops, oyster crackers, canned green beans, raisins and tater tots. I'll walk around the house armed with Sharpie markers and a clipboard, muttering something about ziplock baggies and duct tape, my left eye twitching from a stress-induce tick.

It's not a pretty sight. But at this point, I really don't care about my rat's nest hairdo, the drool on my chin, the neighborhood pot luck, the next episode of Survivor, or you. Because all I can think about it one thing: Our Next Move.

As I write this, I have exactly [insert number] days until the moving company arrives to pack up every coffee cup, photo album, extension cord, lounge chair, lampshade, screw driver, text book, holiday ornament, bicycle, pencil and picture frame we own.

The reason I like you is because you understand. Until our household goods arrive at their new destination, until we find the towels and sheets and dishes and TV remote and coffee maker, and until I flop down on the couch in our new home and take a deep breath - I won't realize how much I really miss you.

Thanks, my friend, for always forgiving me.

### AutoMatters™ & More by Jan Wagner



**Book Review: "CHARGING AHEAD: General Motors, Mary Barra & The Reinvention of an American Icon" by David Welch (Detroit bureau chief for Bloomberg News):**

This book provides "an inside account of Mary Barra's historic quest to transform GM into an electric car-maker," making "EVs at a similar cost to gasoline-burning models."

"America," and the world, "needs to transition to a new era of clean energy and environmentally sustainable transportation," yet General Motors is a 112-year-old company, and electrification is a massive change in direction. "GM's attempt to catch Tesla and bring electric vehicles to the masses" (not just to luxury buyers) "is as important as it is dramatic."

Mary Barra - the auto industry's first female CEO - was selected by the GM directors in 2014. Her challenge to reinvent GM from a company known for its long and storied history of gasoline-burning Corvettes, Cadillac Escalade SUVs, Chevrolet Silverado pickup trucks and much more, to an ever-expanding range of exciting new vehicles powered by electricity is formidable. A new, all-electric Silverado was revealed at the Consumer Electronics Show in January 2021, anticipated to provide up to 400 miles of range and eventually the ability to tow up to 20,000 pounds!

In this book you will read "first-person accounts as Barra went through

### Charging ahead with GM + new Catalyst iPhone 14 Influence case

GM's global operations, cutting and selling businesses" (to help fund the new GM) "as she prepared plans to go all-electric by 2035," "the inside story on her battle with former President Donald Trump and the union that came about after her transformation plan took down factories in America's heartland," and "Barra's own views on what it takes to change a company that has been in decline for decades and how she is trying to make the company a technology leader once again."

I was sent both hardcover and advanced proof paperback editions to review. The hardcover edition updates the epilogue, taking us well into 2022. It discusses growth, not downsizing; the need for more charging stations; the Bolt battery fires recalls; GM's new, versatile Ultium battery platform; autonomous vehicle tech; and the company's advantage over its competitors - already having many years of experience producing electric vehicles, including the EV1, Volt and Bolt. Honda believes in the Ultium battery platform, and is partnering "with GM to use the technology for its EVs."

**Catalyst iPhone 14 Pro Max Influence MagSafe case:**

Catalyst has long been a leader in phone cases. My previous iPhone (12 Pro Max) was kept safe, secure and easily accessible in a Catalyst case, so when I recently ordered a new iPhone 14 Pro Max, checking out what Catalyst had to offer for that phone was a no brainer.

With that in mind, Catalyst sent me their brand-new, features-packed, innovative Influence series MagSafe case for the 2022 iPhone 14 Pro Max to review.

Its unique "forward audio" is de-

signed for an optimal sound experience, engineered for up to 30% (100.5 dBA) louder sound and designed to minimize background noise. The patented mute switch is easily rotated.

Despite its ultra-slim design, this case has been built to survive a drop 2.5 times higher than military standard (MIL-STD-810G: 3 meters/10 feet), and its raised edge protects the phone's screen. Its grip is textured to be anti-slip.

Ever since I once lost an audio recorder when I accidentally left it near the podium at a venue, after recording audio in a post-event Press conference, I have instead been using my iPhones to record interviews and sound at events. In order to keep both of my hands free, and yet be assured that I will not leave my phone somewhere, when recording sound I use the adjustable wrist loop on my Catalyst case's lanyard (tested to 10kg) to attach the phone to a metal ring on my "Cotton Carrier" camera vest or a backpack. This lanyard is an absolute must-have feature, and it can be quickly and securely attached to any corner of the case.

I chose the MagSafe version of this case because, with its built-in magnet module, it provides the ability to magnetically attach an external battery to the case, for extra iPhone runtime.

To learn about the full line of multi-award-winning Catalyst products, visit: [www.catalystcase.com](http://www.catalystcase.com).

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

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Oceanside San Diego  
3837 Plaza Dr, Ste 801 2020 Cam del Rio North #105  
(760) 940-1132 (619) 220-7090

"Kindness is seeing the best in others when they cannot see it in themselves."

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### RENTALS APARTMENTS

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LEADINGHAM  
REALTY

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619-424-8600

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FURNISHED POINT LOMA - HOME UTILITIES INCLUDED \$5,950: Charming 3/1.25, formal Living/Dining, remodeled eat-in-kitchen, new appliances, granite countertops, 2-car detached gar. and lg. backyard. No pets. Avail until May 1, 2023 619-987-1970, Catalina Realty, DRE 01201478

### WANTED TO BUY

\$\$\$ WANTED \$\$\$ to buy RV's & trailers, boats running/not. We offer free tow 24/7. 1-800-613 5410 AL.

## THINGS TO DO AROUND TOWN

Halloween themed events  
Great Pumpkin Beerfest, CANCELED.

Haunted Ghost Town, Oct 21-23. Heritage Ranch, Encinitas [www.scl-heritage.org](http://www.scl-heritage.org)

Howl-o-ween Doggie Costume Contest and Parade at Bates Nut Farm, Sat, Oct 22, 11am-12pm. [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

Movie in a Cemetery: Beetlejuice, Sat, Oct 22, 6:30-9:30pm. El Camino Memorial Park, 5600 Carroll Canyon Rd, SD. Free. Bring lawn chairs, blankets and picnics. (858) 453-2121

Annual Costume Contest and Parade, Sun, Oct 23, 9am-1pm. Bates Nut Farm, Vly Center.

Zombie Crawl at 628 Fifth Ave., San Diego. Oct 27-29. [www.sandiego-zombiecrawl.com](http://www.sandiego-zombiecrawl.com)

Haunted Hotel, Scream Zone, Haunted Trail, Thru Oct 31. [www.SanDiegoHaunts.com](http://www.SanDiegoHaunts.com)

Sinister Trails in Encinitas, Thru Oct 31, tickets at [sinistertrails.com](http://sinistertrails.com)

Big Horse Corn Maze and Pumpkin Patch at Big Horse Feed and Mercantile Temecula, thru Oct 30. [www.bighorsecornmaze.com](http://www.bighorsecornmaze.com)

Haunted Harvest at Fort Cross Old Timey Adventures, thru Oct 29, 8pm and 8:30pm. [fortcross.com](http://fortcross.com)

Into The Breeches, Oct 19-Nov 20, North Coast Repertory Theatre, Solana Beach. [NorthCoastRep.org](http://NorthCoastRep.org)

Get out and go! Museum Month - Kids Free! Thru Oct 31, in many SD museums/attractions, [sandiegomuseumcouncil.org](http://sandiegomuseumcouncil.org)

SD Int'l Film Festival and Women's Film Series, Thru Oct 23. [www.sdfilmfest.com](http://www.sdfilmfest.com)

SD Gulls vs. Ontario Reign, Oct 21, 7pm. Pechanga Arena San Diego. [www.sandiegogulls.com](http://www.sandiegogulls.com)

Camping Series, Oct 21-22, Lake Poway [www.poway.org/lakepoway](http://www.poway.org/lakepoway)

Fall Festival, Fri-Sun, Oct 21-23. (F 6-10p; Sat noon-10p; Sun 11-3) Free. St. Columba Catholic Church, 3327 Glencolum Dr, SD. Music, beer garden, food, craft fair, inflatables, car show.

Star Theatre Coast Kids present: Next to Normal. Oct 21-30. Star Theatre, Oceanside. [www.star-theatreco.com](http://www.star-theatreco.com)

Camino Ruiz Rim to the Creek Hike, Sat, Oct 22, 8-10am. Free. Steep. Camino Ruiz trailhead, 11489 Camino Ruiz.

Jimmy Buffett and The Coral Reefer Band. Sat, Oct 22. Snapdragon Stadium [ticketmaster.com](http://ticketmaster.com)

Groovy Palooza all-genre music festival, Sat, Oct 22. Encinitas [www.sinistertrails.com](http://www.sinistertrails.com)

Gem Faire, Sat, Oct 22, 10-6. Free-\$7. Del Mar Fairgrounds. 2260 Jimmy Durante Blvd, Del Mar. Jewelry, beads, minerals, gemstones.

Backyard Composting Basics, Sat, Oct 22, 10-noon. Free. Weidner's Gardens, 695 Normandy Rd, Encinitas.

San Diego Team Hope Walk at Coronado Tidelands Park, Sat, Oct 22, 9am. [san-diego.hdsa.org/events/san-diego-team-hope-walk](http://san-diego.hdsa.org/events/san-diego-team-hope-walk)

Guided Nature Walk: Fall Season, Sat-Sun, Oct 22-23, 9:30-11am. Free. Mission Trails Regional Park. [mtrp.org](http://mtrp.org)

Birds, Bees, Flowers and Trees, Sat, Oct 22, 10-4. Free. Casa del Prado, Balboa Park. Floral society hosts vendors.

Fall Fest, Sat, Oct 22, 11-4. Free. Pure Project Vista, 1305 Hot Spring Way, Vista. Family friendly event w/ vendors, live music, food trucks.

Lake Hodges Trail Run Sat-Sun, Oct 22-23. [runsignup.com/Race/32430/Sponsor/337723](http://runsignup.com/Race/32430/Sponsor/337723)

Dia De Los Muertos Festival in downtown Oceanside, Sun, Oct 23, 10am-5pm. [www.friendsofoceansideidadelosmuertos.org](http://www.friendsofoceansideidadelosmuertos.org)

LA Chargers vs. Seattle Seahawks at SoFi Stadium, Sun, Oct 23, 1:25pm. [www.chargers.com](http://www.chargers.com)

LA Clippers vs. Phoenix Suns at Crypto.com Arena, Sun, Oct 23, 7pm. [www.nba.com/clippers](http://www.nba.com/clippers)

SD Gulls vs. Colorado Eagles at Pechanga Arena San Diego, Wed, Oct 26, 7pm. [sandiegogulls.com](http://sandiegogulls.com)

## ROY'S SUDOKU

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## MOVIES AT THE BASES

Movies & times subject to change. \* Indicates last showing  
Visit [navydispatch.com/entertainment\\_03movies.htm](http://navydispatch.com/entertainment_03movies.htm) to find your base theatre information

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

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

Thursday, October 20  
6pm See How They Run pg13

Friday, October 21  
6pm Don't Worry Darling r

Saturday, October 22  
3:30pm Lyle, Lyle, Crocodile pg

6pm Don't Worry Darling r

Sunday, October 23  
1:40pm See How They Run pg13

4pm Don't Worry Darling r

Thursday, October 27  
6pm Don't Worry Darling r

Bob Hope Theater 577-4143  
MCAS Miramar Bldg 2242

Friday, October 21  
6pm Don't Worry Darling (R)

9pm - No Movie -

Saturday, October 22  
12pm - No Movie -

3pm See How They Run (PG-13)

6:30pm Don't Worry Darling (R)

Sunday, October 23  
12pm Addams Family Values 1993

(PG-13) \* Free Showing

3pm Halloween 1978 (R) \* Free Showing

Check <http://www.mccsmiramar.com/theater/>

Q-Zone - NAB  
Bldg. 337 • 619-437-3190

Family Friendly Movies:  
Tues, Thur, Sat: 11 am. NDVDs

Friday, October 21  
5pm Bullet Train (r)

Saturday, October 22  
11am Lightyear (pg)

Monday, October 24  
5pm Elvis (pg13)

Tuesday, October 25  
11am PAW Patrol: The Movie (g)

5pm Venom: Let There Be Carnage (pg13)

Wednesday, October 26  
5pm Where the Crawdads Sing (pg13)

Thursday, October 27  
11am Ron's Gone Wrong (pg)

5pm Nightmare on Elm Street (1984) (r)

Friday, October 28, 2022  
5pm Nope (r)

Pendleton Theater and Training Center  
Bldg 1330 Mainside (Across from Mainside Center)

Saturday, October 22  
1:30 The Woman King (PG13)

Saturday, October 29  
1:30pm Barbarian (R)

Lowry Theater - NASNI,  
619-545-8479  
Bldg. 650

Outside food and beverage are NOT permitted. Debit/credit cards only.  
No Movies Posted at Press Time  
Updates: [sandiego.navylifefsw.com](http://sandiego.navylifefsw.com)

## CROSSWORD PUZZLE

### Across

- Insult
- Golden fruit that, legend has it, started the Trojan War
- Heat in "The Heat"
- First-rate
- Stands at lectures
- Like some hygiene
- Midas stock item
- Slept noisily
- Period in office
- Leered at
- Left surreptitiously
- Beatty and Kelly
- "Walking in Memphis" Grammy winner Marc
- Bill for svc. rendered
- Berry who played Storm in "X-Men"
- Israeli or Arab
- Simple New England houses
- From dawn to dusk
- '90s candidate \_\_\_ Perot
- Buzzer in a swarm
- Half-moon tide
- Office fill-in
- Gobble up
- "Wherefore art thou" guy
- Weighty Kuwaiti?
- Girl-asks-guy dances, informally
- Director's "We're done for today, people" ... and hint to the start of 17-, 23-, 36- and 48-Across
- Bequest beneficiary
- Linney of "Ozark"
- "Blue" or "White" African river
- "This is \_\_\_ a test"
- Matches audio to video, e.g.
- Verbalizes

### Down

- Lover of Delilah
- Airport waiting area

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## Come Pitch With Us!

Southern California Horseshoe Pitchers Association (SCHPA), a charter of the National Horseshoe Pitchers Association (NHPA), has clubs all over the southern half of California. These clubs all have first class horseshoe courts built to official specifications.

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- Local clubs located at Balboa Park, Carlsbad, Encinitas, Ramona
- For info visit <https://socalhorseshoes.weebly.com/>
- Join today and we'll see you at the pits!



# Groundbreaking study published on Trauma-related Sleep Disorder

by Elaine Sanchez, Brooke  
Army Medical Center Public Affairs

A team of military and civilian researchers has identified a new sleep disorder that's been disrupting the lives of trauma survivors for decades, if not centuries.

The Journal of Clinical Sleep Medicine published the groundbreaking study, titled "Clinical and polysomnographic features of trauma associated sleep disorder"; on its site in August.

While there have been related studies, this was the largest to date and identifies trauma associated sleep disorder, or TSD, as a distinct sleep-related disorder or parasomnia, explained U.S. Air Force Lt Col (Dr.) Matthew Brock, the study's lead author and chief of the San Antonio Market Sleep Disorders Center at Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland, Texas. "We believe trauma-associated sleep disorder is the first adult sleep disorder and rapid eye movement (REM) parasomnia identified since Rapid Eye Movement Sleep Behavior Disorder (RBD) was identified more than 35 years ago," he said.

## Dream Enactment

The study, which spanned five years, included 40 service members who had experienced trauma, mainly from combat, and were experiencing dream enactment. That is when someone acts out dreams physically or verbally. The study

Airman 1st Class Austin Starks, 59th Medical Specialty Squadron health service management journeyman, prepares for a sleep study at the San Antonio Market Sleep Disorders Center at Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland, Texas, Aug. 31, 2022. A team of military and civilian researchers has identified a new sleep disorder that's been disrupting the lives of trauma survivors for decades, if not centuries. While there have been related studies, this was the largest to date and identifies trauma associated sleep disorder, or TSD, as a distinct sleep-related disorder or parasomnia. U.S. Army photo by Jason W. Edwards.



comprised a clinical interview and video-recorded sleep study. "We watched all eight hours of video on each sleep study, which is not typical," Brock said, noting that many sleep centers record eight hours but rarely watch the video recording in its entirety.

"Our key finding was that most of these patients had parasomnia behavior, or movements and vocalizations in REM sleep. This is groundbreaking because traditional wisdom is that parasomnia behavior is almost never captured in the sleep lab but is frequently cited by patients as a symptom they're experiencing at home."

Typically, during REM sleep, the skeletal muscle, other than eyes, diaphragm and sphincter muscles, is paralyzed to prevent people from acting out dreams. However, in some cases, the part of the brainstem responsible for

paralyzing the skeletal muscle degenerates, which may result in dream enactment. This is called RBD and is commonly seen in people with neurodegenerative disorders such as Parkinson's disease, Brock explained.

"Dream enactment behavior can include punching, kicking, defensive posturing, yelling, and movements," Brock said. "This is disruptive, and often scary, not only for the patient, but for his or her bed partner as well."

TSD is similar to RBD regarding dream enactment. However, TSD also includes vivid, repeating nightmares about the individual's trauma and symptoms of autonomic hyperarousal, which is when the fight or flight response kicks in and one's heart rate or respiratory rate accelerates during sleep.

## Distinguishing TSD from

## Other Sleep Disorders

A key focus of the study is to distinguish TSD from other diagnoses, such as RBD, post-traumatic stress disorder and nightmare disorder, Brock said.

For example, TSD symptoms are often associated with PTSD. However, PTSD includes daytime and nocturnal symptoms, while many TSD patients only experience nocturnal symptoms.

Additionally, nightmare disorders typically don't include dream enactment or repeating nightmares about a trauma experience, Brock explained.

## TSD Symptoms & History

Although it had not been given a name, TSD symptoms have been studied for many years. Retired U.S. Army Col. (Dr.) Vincent Mysliwiec, director of sleep medicine, UT Health San Antonio, and co-author on the study, has been researching this phenomenon since 2003, when he was assigned to Madigan Army Medical Center and during the peak of Operations Iraqi and Enduring Freedom.

"This was when we initially saw active-duty service members who presented with trauma-related nightmares, dream enactment behaviors, and rapid breathing, night sweats and racing heart rates shortly after returning from combat," Mysliwiec said.

"We evaluated many service members who had these symptoms

but did not meet diagnostic criteria for either REM sleep behavior disorder or PTSD," he added. "It was unknown at that time what diagnosis they had."

By having TSD officially recognized as a distinct, novel parasomnia, "we are hoping to encourage future research into the disorder as well as treatment-related studies," said Mysliwiec, noting that would best be accomplished by larger studies at both military and veteran health care facilities. Additional research also would be beneficial for people with non-combat-related trauma.

"Evaluating and studying TSD in the civilian population would help provide an enhanced under-

standing of this disorder," Mysliwiec said.

The goal is to have better awareness and treatment to help improve trauma survivors' quality of life, Brock said. "People who suffer from TSD are not getting quality sleep and their bed partner is not getting quality sleep," he said.

"Many are afraid to go to sleep. They're having to go back to battle or trauma at night in their sleep, then, during the day, dealing with a lack of quality sleep. Each morning is like the morning after they experienced the trauma, but for them, it's every day. My greatest hope is that we can help make a positive impact for anyone suffering from TSD."

## San Diego Bay Wine & Food Festival Nov. 9-13 • Embarcadero

The San Diego Bay Wine & Food Festival invites you to Arrive at Awesome this November 9-13 with its 18th annual bi-national festival and culinary celebration. The award-winning San Diego Bay Wine & Food Festival is one of the country's most talked about events in wine and food and tickets are now available for the five-day celebration. This year the festival will return to pre-pandemic activities including the action-packed Grand Tasting on Saturday, November 12 located at San Diego's Port and stunning Embarcadero, and new events including various wine dinners, interactive expeditions, and a Latin American inspired Grand Fiesta. To purchase tickets and preview the schedule of events and featured celebrities, visit the San Diego Bay Wine & Food Festival at <https://www.sandiegowineclassic.com/tickets>.

## Great Pumpkin Beer Festival CANCELLED

Oct. 22 event in the Gaslamp CANCELLED due to potential conflict with Padres post season! Go Padres! If you had already purchased tickets, your full ticket refund including service fees is being processed and will show in your account within 7 business days.

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SCARY FARM**

WHERE NIGHTMARES NEVER END.

SELECT NIGHTS SEPT. 22 - OCT. 31

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at your Military Office

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THURSDAY, OCTOBER 20, 2022 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 11



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soft tissue cancer



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Art inspired by St. Jude patient **Amber**  
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