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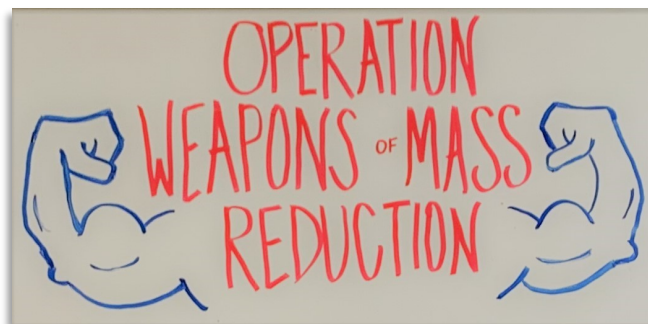
VICTOR
COMPANY
NATO
ROLE III

LT M. FISHER PROMOTES



January 2020
Volume I, Issue 4

REMEMBER
THE KING!
MARTIN
LUTHER
KING JR.
DAY, 2020



ROLE 3
GETS
FIT!

The Commanding Officer's Philosophy

"Treat others like you want to be treated!"

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WEAPONS OF MASS REDUCTION: JANUARY UPDATE

Shortly after arriving to Kandahar, the NATO Role 3 Weapons of Mass Reduction Challenge was championed in an effort to promote healthy lifestyle habits during deployment. The operation has consisted of a weight loss challenge amongst various strength-promoting events with prizes going to the winners of each.

The weight loss challenge has been hugely successful thus far, with 31 participants losing a total of 131 pounds since the kick-off in October. Weigh-in's and body composition assessments are conducted monthly to track progress. The top three participants are:

1. Pop
2. Doc Holliday
3. Hard Rock

The November challenge consisted of "Planksgiving," where participants were challenged to hold the longest plank. LT M. Cuellar took the low-calorie cake with a 13 minute plank!

Photo left: Weapons of Mass Reduction tracker board located in the Role 3 shows progress with in the weight loss challenge and given strength components.

CALL SIGN	lbs Lost	% LOST
DWIGHT SCHRUTE	5	3.52%
HARD ROCK	11	6.74%
HELLO KITTY	0	0
CRUNC	8	5.12%
BLUE	1.5	.76%
DOC RAD	1	.56%
MR. SWEETWATERS	5	2.91%
EMERALD ISLE		
TEIXIE	-0.5	-.4%
PEARL	2	1.4%
DOC HOLLIDAY	14	7.07%
EPSTEIN	12	5.91%
ICE MAN	-	-
PHOENIX	-	-
SMAP	+3	+1.72%
DLRF	-	-
DLB	0	3.92%
LEE	3	1.3%
TYLER DURDEN	15	5.19%
POP	18	9.47%
SEMPER PARVUM	+3	+1.3%
HAPPY FEET	10	4.95%
SPIDERMAN	7	3.92%
BUCK	-	2.69%
COUCH BROTTARD	+3	+1.78%
CHARLIE TANGLO	-	-
SPECIAL K	8	5.5%
HEESEY GARDNER CRUNCHES	-	-
QUAKE	-	-
BOOGIE	-	-
PHILIPPA	+1	.4%

NAME	SQUAT	DEADLIFT	BENCH PRESS	PULL-UPS	PLANKS	PUSH-UPS
WILSON	250	305	125			
LIBRANO				25/100	4:04	130/6:00
GARZA	215	235	120	8	5:15	53
BYCROFT				1/0	1:00	10
BUCKNER	175	160	65	8	2:35	20
MANNING	275	335	225	7	1:50	85
MANNING	450	410	315	6	1:00	75
PEARL	185		95	3	2:40	
EPSTEIN	290	300	225	12	1:00	75

ANNOUNCEMENTS

MONTHLY CHALLENGE:

Push-Ups
Challenge: Who can do the most push-ups?
When: 28 JAN @ 1100
Where: ICW

STRENGTH TRACKER

- Track Your Personal Progress during deployment
- Pull ups/Push Ups: How many can you do in a row?
- Planks: How long can you hold a plank (in mins)
- Keep track and update your own info

More challenges are to come with incentives offered for those who participate. Prizes will go to the top two men and women with the biggest overall weight loss. Prizes for those who have lost the most weight total over \$500, with the grand prize worth over \$300, all of which were donated by the USO. Final weigh-ins will be on March 16th in the Role 3 Emergency Department from 0800-1000.

Photo left: Members of the Role 3 took part in a “Planksgiving” plank-off challenge in November. The winner, LT M. Cuellar (far back right) won the challenge with over a 13-minute plank.



Upcoming Challenges:

Push-up challenge: 28JAN @ 1100 in the ICW

Pull-up Challenge: TBD

Team Marathon Row: 29FEB. This will be a fun way to sail closer to the end of deployment. In teams of 2-4 people, teams will row a total of 42,000 meters together, the total distance of a marathon. More information to come on this event. Get your crew together and start training!

On-going events:

Yoga/Mobility Class Sunday @ 1630 at the CrossFit gym with LT M. Hess
CrossFit Class Monday-Saturday @ 1900 at the CrossFit gym with LT W. Henson/LT M. Hess

Spin classes (schedule on MWR board) at NATO gym with LT C. Lee



Photo right: Army, Navy and civilian members attend spin class regularly throughout the week. Each class is a high-energy 55-minute ride where the riders choose the music playlist.

MARTIN LUTHER KING JR. DAY

JANUARY 20, 2020

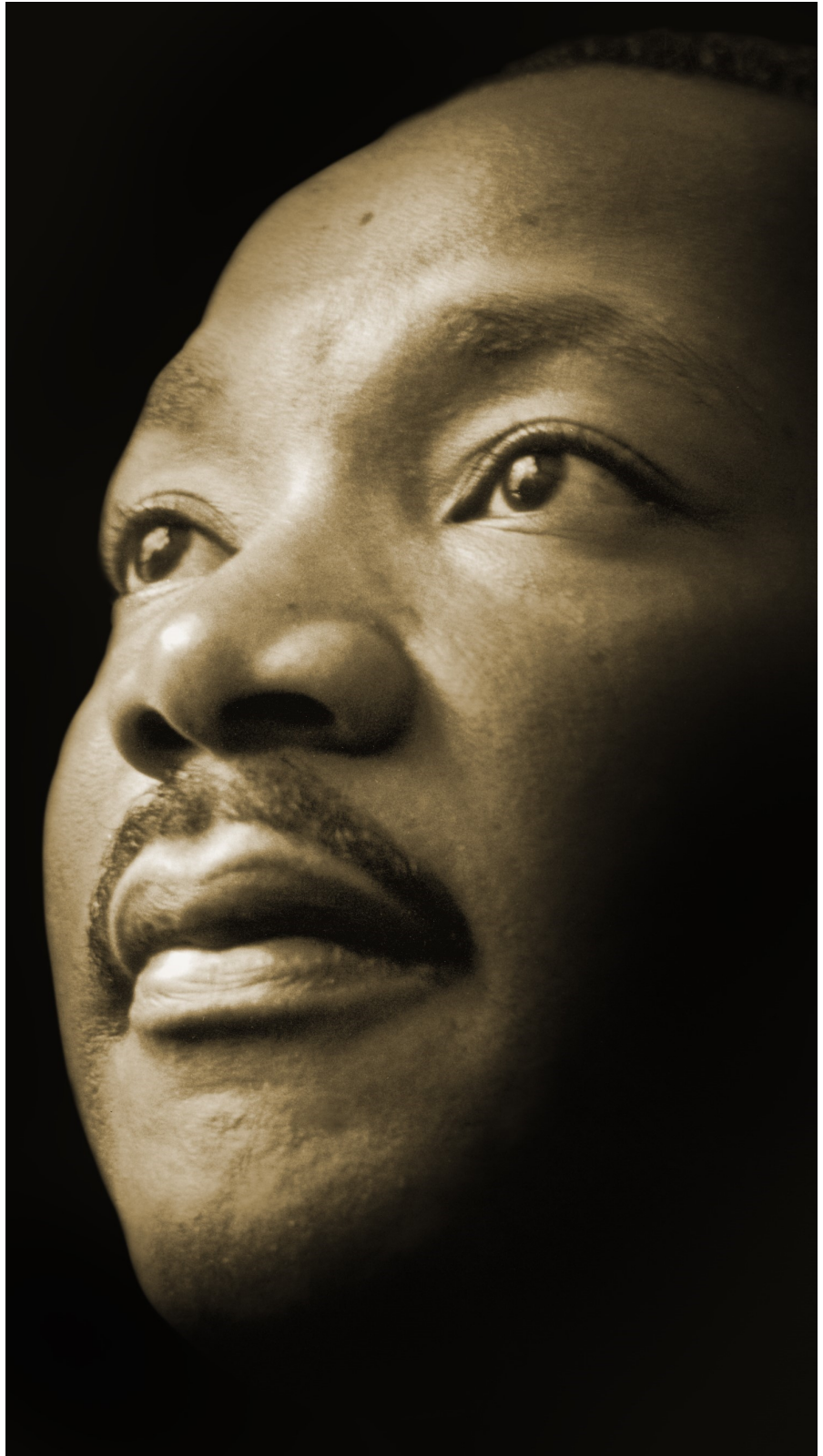
Remember! Celebrate! Act!

Twenty-five years ago, Congress designated Martin Luther King Jr. Day as the first and only federal holiday observed as a national day of service and charged the Corporation for National and Community Service (CNCS) with leading this national effort.

Dr. Martin Luther King Jr. is widely regarded as America's preeminent advocate of nonviolence and a pivotal leader of the Civil Rights Movement.

In sermons and speeches, Dr. King's voice rang out with a call for us to work toward a better tomorrow. He challenged us all to live up to the ideals enshrined in our founding documents—that we are all created equal, endowed with unalienable rights to life, liberty, and the pursuit of happiness.

The MLK Day of Service is a way to channel King's life and teaching into community action.



LIEUTENANT JUNIOR GRADE TO LIEUTENANT

Sunday January 12th, 2020 - Lieutenant Junior Grade Mark Fisher promoted to Lieutenant M. Fisher. LCDR A. Sharrits, Director for Administration (*photo left: right*) guided LT Fisher (*left*) through the Oath of Office during a ceremony held at the Role 3 for guests to attend.

Congratulations LT!



LT M. Fisher (second from right) stands with the Role 3 Triad after his promotion ceremony on Sunday January 12th, 2020.

COMMAND SHOUT-OUTS

This month, HM3 O. Valle was selected as TAAC-South Trooper of the Week. He was awarded an Army Achievement medal for his outstanding work in the Patient Administration Department. He was presented with the award by TAAC-South Commander COL T.



Bredenkamp and CSM R. Teakell in an awards ceremony held on January 13th, 2020. Bravo Zulu, HM3!



NATO Role 3 Commanding Officer CAPT M. Cubano (right) presents MAJ M. Eiffert with a Letter of Commendation for his work at the Role 3.

MAJ M. Eiffert, USA came to the Role 3 in December to provide interim support to the Internal Medicine team within and external to the ICU. For the mission-essential support he provided to the Role 3, CAPT M. Cubano awarded MAJ Eiffert a Letter of Commendation just prior to his departure from Kandahar this month. MAJ Eiffert's replacement, CPT M. Hawkins, recently arrived to the Role 3 to continue providing necessary support. CPT Hawkins joins the hospital from the University of Southern California where he practices in the Civilian sector when not on orders for the Army Reserves. Fair winds and following seas, MAJ Eiffert! Welcome aboard CPT Hawkins!

MEET THE ROLE 1 TEAM



(Introductions from left to right)

**PFC
Ryan Ruffini**
Oshkosh, WI

68W– Role 1 Medic

“I enjoy doing somersaults.”

**SGT
Julian Rivera**
Cali, CO

68W– Role 1 Medic

“I like to make music and listening to upbeat songs.”

**SPC
Cesar Flores**
San Antonio, TX

68W– Role 1 Medic

“I like reading romantic novels.”

**SGT
Abigayl Kuck**
Minneapolis, MN

68W– Role 1 Medic

“I enjoy doing 78 cartwheels in a row.”

Motivators of the Month

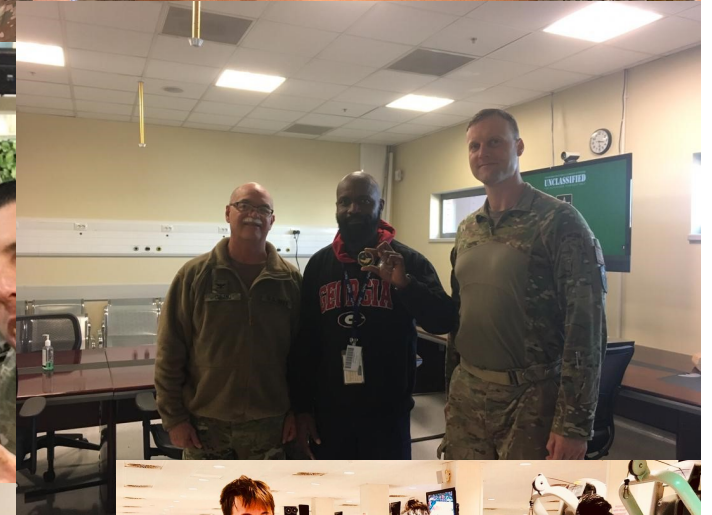
LT Megan Hess

HM3 Skylar Wilcoxson



**Naval Medical Center
Portsmouth**

**Naval Hospital
Okinawa**





LCDR STEPHEN SHIRK 01/04

HM2 JOHN RUSHING III 01/09

LT CASEY SOWELL 01/11

LT MARK FISHER 01/13

LT KATHRYN NEWMAN 01/24

HM2 THEODORE FARRELL 01/26

LCDR STEVEN MAGNESS 01/26



"The Best Care Anywhere"

"THIS HOSPITAL WILL STAND AS A BEACON OF HOPE TO OUR COALITION FORCES AND AFGHAN PARTNERS, WHO WILL KNOW THAT WE STAND READY, DAY AND NIGHT, TO DELIVER LIFESAVING CARE TO ALL WHO COME THROUGH OUR DOORS."

- CAPT Miguel Cubano, Commanding Officer

CONTACT YOUR PAO TEAM

Contact your PAO team with news stories, sailor recognitions and pictures to feature in a future Notorious V.I.C. Newsletter.

HM2 Nikki Caoile

HM2 Caitlin Cordell

LT Megan Hess

