



THE FIGHTING 13TH

Newsletter



Delivered Biweekly

Vol. 1, Issue 4, July 13, 2026

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13TH MARINE EXPEDITIONARY UNIT



VMFA-211 Enhances Amphibious Capabilities

A U.S. Marine Corps F-35B Lightning II assigned to Marine Fighter Attack Squadron (VMFA) 211, 13th Marine Expeditionary Unit, prepares to land while conducting carrier qualifications during routine operations and integrated training off the coast of California, June 20, 2026. The 13th MEU and the Makin Island Amphibious Ready Group are underway and conducting routine operations in the U.S. 3rd Fleet area of operations to enhance their combined Navy-Marine Corps readiness and lethality. (U.S. Marine Corps photo by Sgt. Martha Linares) [More Info](#)



BLT 2/4 Marines Successfully Raid A Simulated Target

U.S. Marines assigned to Battalion Landing Team 2/4, 13th Marine Expeditionary Unit, establish a security posture after offloading from a CH-53E Super Stallion assigned to Marine Medium Tiltrotor Squadron (VMM) 364 (Reinforced), during a vertical assault raid as part of routine operations and integrated training at Marine Corps Base Camp Pendleton, California, June 28, 2026. The 13th MEU and the Makin Island Amphibious Ready Group are underway and conducting routine operations in the U.S. 3rd Fleet area of operations to enhance their combined Navy-Marine Corps readiness and lethality. (U.S. Marine Corps photo by Cpl. Grace Stover) [More Info](#)



MKI ARG/13th MEU Rehearse A Defense of The Amphibious Task Force

U.S. Marines assigned to Battalion Landing Team 2/4, 13th Marine Expeditionary Unit, search for enemy vessels while executing a defense of the amphibious task force training, aboard San Antonio-class amphibious transport dock ship USS Anchorage (LPD 23), off the coast of San Clemente Island, California, June 22, 2026. The 13th MEU and the Makin Island Amphibious Ready Group are underway and conducting routine operations in the U.S. 3rd Fleet area of operations to enhance their combined Navy-Marine Corps readiness and lethality. (U.S. Marine Corps photo by Sgt. Mary R. Jenni) [More Info](#)

COMMANDER'S CORNER



13th MEU Family and Friends,

Battalion Landing Team 2/4 held a memorial service aboard Camp Pendleton today to honor LCpl Armando Ortiz Canseco. The entire 13th MEU family mourns his loss and will continue to honor his service moving forward. As we transition to our next at-sea training period aboard the Makin Island Amphibious Ready Group, our focus remains on executing safe, effective training to increase warfighting readiness and strengthen our integration with the U.S. Navy. I am proud of the hard work from all our Marines and Sailors, as well as the continuous support from our families. This allows us to focus on the critical missions our Marines and Sailors are trained for. I encourage you to follow our online channels to stay informed and share these newsletters with extended family and friends.

Semper Fi,

Col. Richard Alvarez

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Marines Honor Lance. Cpl Ortiz Canseco During a Memorial Service

U.S. Marine Corps Lt. Col. Robert Meyer, the executive officer of the 13th Marine Expeditionary Unit, listens to the eulogy during the memorial service for Lance Cpl. Armando Ortiz Canseco at Marine Corps Base Camp Pendleton, California, July 13, 2026. This memorial service served as an opportunity for Marines and Sailors to pay their respects and to honor the life, service, and enduring legacy of Ortiz Canseco. (U.S. Marine photo by Staff Sgt. Michael Virtue) [More Info](#)



VMFA-211 Marines Integrate With USS MKI Sailors

A U.S. Marine Corps F-35B Lightning II pilot, assigned to Marine Fighter Attack Squadron (VMFA) 211, 13th Marine Expeditionary Unit, taxis after completing carrier qualifications during routine operations and integrated training off the coast of California, June 21, 2026. The 13th MEU and the Makin Island Amphibious Ready Group are underway and conducting routine operations in the U.S. 3rd Fleet area of operations to enhance their combined Navy-Marine Corps readiness and lethality. (U.S. Marine Corps photo by Staff Sgt. Michael Virtue) [More Info](#)

UPCOMING EVENTS & RESOURCES

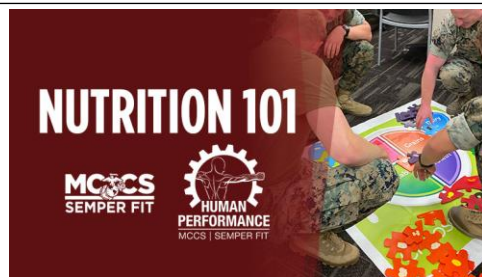


Within My Reach

Looking to build stronger, healthier relationships and improve your communication skills? Join Marine & Family Programs for the "Within My Reach" workshop on Tuesday, July 14, 2026, from 1:00 p.m. to 3:00 p.m. at Pacific Views, Building 202860 aboard Marine Corps Base Camp Pendleton. This comprehensive program is designed to help individuals develop vital skills for conflict resolution and making wise choices when it matters most. Participants will learn how to identify the factors of a healthy relationship, recognize dangerous communication patterns, and apply the Speaker-Listener Technique, while also exploring the unique dynamics of fatherhood, stepfamilies, and co-parenting. Whether you are single or navigating complex family dynamics, this workshop provides the tools to discover your strengths, understand forgiveness, and foster lasting, safe connections. [More Info](#)

Nutrition 101

Ready to optimize your physical performance and fuel your body for the mission? Join Semper Fit for the Nutrition 101 class on Wednesday, July 15, 2026, from 11:00 a.m. to 12:00 p.m. at Paige Field House, Building 1110, 13th Street aboard Marine Corps Base Camp Pendleton. This essential course is designed specifically for those looking to master their diet and align their nutrition with their fitness goals. Participants will dive into the science of macro and micronutrients, learn the strategic timing of meals, and discover how to eat for maximum performance. Whether you want to establish sustainable dietary standards, understand nutrition labels, or master goal-setting for long-term health, this workshop provides the foundational tools to take your physical readiness to the next level. [More Info](#)



Deployment Support Group

Join Marine & Family Programs for the Deployment Support Group on Thursday, July 16, 2026, from 9:00 a.m. to 10:00 a.m. at the Community Counseling Center, Building 130193T aboard Marine Corps Base Camp Pendleton. This group is designed to provide military spouses with a supportive space to build a strong community, share personal experiences, and gain access to essential resources during military separations. Whether you are seeking advice from those who have successfully navigated deployments or are simply looking to connect with a network that understands your unique challenges, this group provides the tools and connections you need. Please note that children five years of age and younger are welcome to attend with their parents. [More Info](#)