



# AOR Zone 22: Pacific Northwest



Toma Frost—

Transition Readiness Liasion

Email: [usarmy.usarc.ocar.mbx.p3@army.mil](mailto:usarmy.usarc.ocar.mbx.p3@army.mil)

Oceania Ulugaono —

Army Reserve Employment Specialist

Email: [oceania.s.ulugaono.ctr@army.mil](mailto:oceania.s.ulugaono.ctr@army.mil)

