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See page 6

## Base Movie Schedule

The Suicide Squad, Old, Jungle Cruise, Stillwater, Don't Breathe 2, Free Guy

See page 10

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THURSDAY, SEPTEMBER 2, 2021

## FOR CARL VINSON CREW VISITING JAPAN, COVID-19 RESTRAINTS MEAN GOLF, SOFTBALL AND MOVIES ON BASE

by Alex Wilson,  
Stars and Stripes

YOKOSUKA NAVAL BASE, Japan - Though Sailors on liberty from USS *Carl Vinson* are restricted to this naval base south of Tokyo, leaders are doing what they can to provide them with rest and recreation.

The San Diego-based aircraft carrier pulled into Yokosuka, south of Tokyo, on Aug. 28, for its first visit in nearly two decades. Although Sailors are unable to leave base due to COVID-19 restrictions, the installation has planned several events to offer as much entertainment as possible, base spokesman Randall Baucom told *Stars and Stripes* by phone Monday.

"We've set up a few different activities for sailors to enjoy their time here at Yokosuka," he said. "We hosted a softball tournament yesterday and today; we had a 5K fun run this morning and we've also opened the Green Beach outdoor swimming pool just for *Vinson* Sailors."

Both base movie theaters, including Yokosuka's Fleet Theater, which typically doesn't operate on weekdays, are open for the visiting sailors, Baucom said.

Some of *Carl Vinson's* crew members are playing in a golf



Yard Tug Seminole (YT-805), attached to Commander, Fleet Activities Yokosuka's port operations, guides *Carl Vinson* aircraft carrier to Berth 12 for a scheduled port visit. Navy photo by MC1 Ian Cotter

tournament at Naval Air Facility Atsugi, according to Naval Forces Japan spokeswoman Cmdr. Katie Cerezo. Those sailors will be driven directly to Atsugi to maintain coronavirus safety protocols.

Kanagawa prefecture, where the naval base is located, and neighboring Tokyo and Chiba prefectures are under a government-imposed public-health emergency until Sept. 12. Most of Kanagawa is considered by base authorities a high risk for contracting COVID-19, the

coronavirus respiratory disease.

Restrictions for the visiting carrier's crew are tighter than for those assigned to the base. The base population is subject to a nightly 8 p.m. to 5 a.m. curfew with few exceptions and may not dine inside off-base restaurants or visit amusement parks, zoos, aquariums or museums.

The Navy announced *Carl Vinson's* imminent arrival Aug. 26, although it gave no specific date.

"Our crew is excited and

honored to have this opportunity for an on-installation port visit," the carrier's skipper, Capt. P. Scott Miller, said in a Navy news release. "*Carl Vinson*, the embarked air wing and our strike group staffs are looking forward to this time of relaxation and a short pause from our underway time in support of global and regional stability."

Baucom said he couldn't say how long the carrier would remain in Yokosuka. The Navy routinely doesn't comment on ship movements due to opera-

tional security concerns.

Aircraft carrier replenishment cycles typically last between three and four days.

*Carl Vinson* last pulled into Yokosuka in 2003, Cerezo said Friday. It deployed to the Western Pacific that year for an eight-month tour as part of a backfill operation for USS *Kitty Hawk*

Battle Group, which was sent to the Persian Gulf in support of Operation Iraqi Freedom.

The carrier now homeported at Yokosuka, *Ronald Reagan*, departed Japan early this summer to support the withdrawal of U.S. forces from Afghanistan.

*Carl Vinson* left the West Coast on deployment Aug. 2.

## President thanks service members for aiding in Afghanistan evacuation

by David Vergun, DOD News

President Joe Biden expressed his appreciation to the service members who airlifted more than 120,000 people to safety from Kabul, Afghanistan. He also offered thanks to the veterans and volunteers who supported that effort. "The extraordinary success of this mission was due to the incredible skill, bravery and selfless courage of the United States military," he said. "For weeks, they risked their lives to get American citizens, Afghans who helped us, citizens of our allies and partners, and others on board planes and out of the country," he said. The president said America owes a debt of gratitude to the families of the 13 service members who were killed during that evacuation. Biden said that the U.S. is committed to getting any remaining Americans or Afghans out of the country who wish to leave. He also said the U.S. is committed to delivering humanitarian assistance to the people of Afghanistan.

The president reminded Americans that the threat of terrorism over the past 20 years has expanded globally beyond Afghanistan and that the Defense Department is committed to protecting the homeland, allies and partners. "Let me say clearly to those who wish America harm, to those who engage in terrorism against us, or our allies know this: The United States will never rest. We will not forgive. We will not forget. We will hunt you down to the ends of the earth, and you will pay the ultimate price," he said. *Some gave all, see page 7*

## ANNIVERSARY MARKS 70 YEARS OF AUSTRALIA, NEW ZEALAND, U.S. TREATY

by Jim Garamone,  
DOD News

The U.S. military is marking the 70th anniversary of its alliance with America's closest Pacific allies - Australia and New Zealand.

The Australia, New Zealand and United States Security Treaty was signed in San Francisco on Sept. 1, 1951. The pact formally committed the nations to protect the security of the Pacific together, but its roots go much deeper.

In 1907, U.S. President Theodore Roosevelt sent the Great White Fleet of U.S. warships

around the world. The voyage of American battleships and other vessels marked the emergence of the U.S. Navy as a worldwide force to be reckoned with. The fleet visited New Zealand and Australia as part of its swing through the Pacific. Fully 10 percent of the population of the nation of New Zealand turned out to see the ships when they arrived in Auckland in August 1908. In Sydney Harbor later that month, around 500,000 Australians cheered the fleet as it arrived. Sydney, Australia, had a population of 600,000 at

the time.

Fast-forward to July 4, 1918, and the muddy Hell of the Western Front in France. Australian and American soldiers went into battle against the Germans side-by-side in one of the first battles involving Americans.

In World War II, American, Australian and New Zealand forces fought alongside each other around the world. From the coast of Java to the sands of North Africa and from the jungles of New Guinea to the mountains of Italy, the nations cooperated. Guadalcanal in the Solomon Islands; Port

Moresby, Papua New Guinea; the Coral Sea; Okinawa, Japan; Monte Cassino, Italy; Tunis, Tunisia; the Po Valley, Italy; and more were places hallowed by the shared sacrifices of the Kiwis, Aussies and Yanks.

The three nations signed the pact in 1951 at a time when they were fighting alongside each other in Korea. Australian and Kiwis fought in Vietnam and were again operating together during Desert Storm.

When America was attacked on Sept. 11, 2001, Australian Prime Minister John Howard

invoked the mutual defense portion of the treaty in support of the United States. Afghanistan, Iraq, Syria became places where the "mates" stood together once again.

The three nations share intelligence, plan together, exercise together, and operate together. It would be hard to find a peacekeeping or humanitarian operation where they don't cooperate.

Today, Australian and New Zealand officers work as integral members of the Joint Staff in the Pentagon and at U.S. Indo-Pacific Command in Hawaii. Ameri-

can officers man positions with Australian forces in the capital of Canberra. And the partnership continues to grow. U.S. Air Force personnel work closely with their Royal Australian Air Force counterparts. U.S. Marines — who rotate through the northern Australian city of Darwin — train constantly with their counterparts. U.S. Navy ships operate with New Zealand and Australian ships ensuring freedom of navigation throughout the Pacific. American, New Zealand and Australian special operators train together for a variety of missions.

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## New haircuts, higher heels approved in Navy's latest grooming standards

by Caitlin Doornbos,  
Stars and Stripes

WASHINGTON - Sailors can now sport several new hairstyles based on new grooming standards that the Navy announced Aug. 31.

The service has officially sanctioned flat-tops, faded and bald hairstyles in addition to the traditional "high and tight" look for male sailors, the Navy said in a statement. Sideburns are also authorized, but not for bald Sailors.

Women are now allowed to have "very short hair styles" that show the scalp, but "razor-cut bald styles are not authorized except when prescribed for treating medical conditions."

"This gives women more options for greater ease on hair care, especially while on deployment when longer styles can be tougher to maintain," said Rob Carroll, who is in charge of Navy uniform matters. "Female Sailors have been asking for this flexibility."

While some Sailors might have donned these looks already, the new standards spell out what's accepted to "eliminate inconsistency" and "provide clearer guidance that will facilitate compliance and enforcement," Carroll said.



An officer inspects Sailors aboard the USS Boxer amphibious assault ship in the Arabian Sea, Sept. 20, 2019. Navy photo by Alexander Kubitza

The uniform policy updates come after Navy leaders listened to "fleet feedback, uniform group discussions and command-sponsored requests," Vice Adm. John Nowell, the chief of naval personnel, said Tuesday in a message to the force.

"Navy uniform policy updates directly support Sailor 2025 objectives to attract and retain the very best sailors by finding greater flexibility in our policies and practices, including uniforms," Nowell said, referencing the Navy's personnel management modernization program.

In addition to hairstyles, the new standards allow punctuation marks in name tags and tape for Sailors whose legal

names contain accents. The standards also permit male sailors to wear earrings while on leave or liberty while wearing civilian clothes. In addition, female Sailors can now wear heels up to 3 inches in height, up from 2 and 5/8 inches.

Smartwatches and fitness trackers are also now allowed to be worn as watches, but they "are subject to applicable security regulations" as some contain GPS and other tracking technology, according to the updated uniform policy.

The new standards also laid out acceptable colors for eyeglasses and sunglasses frames. Sailors may now wear silver, gray, black, navy blue, brown, gold or translucent glasses frames. However, straps to secure the glasses can only be used "for foreign object debris prevention and safety," according to the service.

"There are just so many options available today for glasses and we needed to get some standardization of appearance in uniform," Carroll said. "This change allows for a wide variety of options, ease of compliance and enforcement as well as maintaining a professional military appearance."

## This week's snapshots



PACIFIC OCEAN (Aug. 15, 2021) - A Marine with the All Domain Reconnaissance Detachment, 11th Marine Expeditionary Unit (MEU), climbs a caving ladder during sustainment training aboard amphibious dock landing ship USS Pearl Harbor. Marine Corps photo by Sgt. Jaxson Fryar

CAMP BUEHRING, Kuwait (Aug. 25, 2021) - An Army National Guard Soldier assigned to Task Force Spartan, U.S. Army Central, gives a joyful welcome to an Afghan evacuee child during the arrival process. Army photo by Sgt. Marc Loi



APRA HARBOR (July 17, 2021) - Culinary Specialist (Submarines) 3rd Class Dominique Wilson, assigned to fast-attack submarine USS Oklahoma City, hugs his wife and daughter during a homecoming ceremony held at Naval Base Guam.

Navy photo by Lt. Meagan Morrison



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**U.S. Marines and Indian soldiers prepare to depart Kakinada, India, Nov. 21, 2019, at the conclusion of Tiger Triumph, an exercise that aims to improve readiness and cooperation. Marine Corps photo by 1st Lt. Tori Sharpe**

# Collaboration between China, Russia compounds threat, Stratcom commander says

by David Vergun,  
DOD News

During the Cold War, the U.S. faced one peer competitor, the

Soviet Union. Today, Russia and China, both peer competitors, are seen as sometimes collaborating in opportunistic ways, the commander of U.S. Strategic Command said.

“We’re in uncharted waters,”

that if they work in tandem, it is even worse.

that strategic deterrence is holding,” he said.

By domain, Richard referred to threats in the space, cyber, air, ground and sea domains.

The admiral pointed to the path forward for the U.S.

“We need to reexamine any number of our basic operating concepts starting with our escalation control. I think we need to be far more humble about our ability to control escalation in a crisis than we currently do,” he said.

“Every operational plan in the Department of Defense and every other capability that we have rests on [the] assumption

“If I can’t get strategic deterrence, and in particular nuclear deterrence to hold, no other plan and no other capability in the department is going to work as designed,” he said.

Stratcom is currently rewriting deterrence theory operationally, but this effort requires all of the combatant commands’ broader focus efforts as well, he said.

“This is a good time to be doing a National Defense Strategy Review, to be doing a Nuclear Posture Review and Missile Defense Review,” Richard said, applauding the timing of the revisions to those reviews.

he said, referring to the twin threat, “and that threat is growing rapidly.

“Both Russia and China have the ability to unilaterally at their own choosing, go to any level of violence, to go to any domain to go worldwide, with all instruments of national power,” Richard said, noting

Soviet Union. Today, Russia and China, both peer competitors, are seen as sometimes collaborating in opportunistic ways, the commander of U.S. Strategic Command said.

Navy Adm. Charles “Chas” A. Richard, commander, U.S. Strategic Command, spoke Aug. 27 at the Hudson Institute.

“China’s strategic breakout means that they are now ad-

## America ends military ground mission in Afghanistan after 20 years

by Sam LaGrone

The U.S. has completed the withdrawal of American forces from Afghanistan after 20 years of troops on the ground, with the last military transport plane departing the country Monday, the commander of U.S. Central Command said.

The final C-17 Globemaster III left Hamid Karzai International Airport with the final U.S. ground troops aboard, Marine Gen. Frank McKenzie told reporters via video teleconference at the Pentagon on Monday.

U.S. Ambassador to Afghanistan Ross Wilson and 82nd Airborne Division commander Army Maj. Gen. Chris Donahue were aboard the final flight.

Between U.S. and coalition airlift, 123,000 civilians were evacuated since Aug. 14, McKenzie said, calling it the largest non-combatant evacuation operation in U.S. history. American military aircraft evacuated about 79,000 civilians as part of the non-combatant evacuation operation that began after the Taliban took control of Kabul, Afghanistan’s capital city.

that we wanted to get out, but I think if we stayed another 10 days we wouldn’t have gotten everybody out we wanted to get out,” McKenzie said.

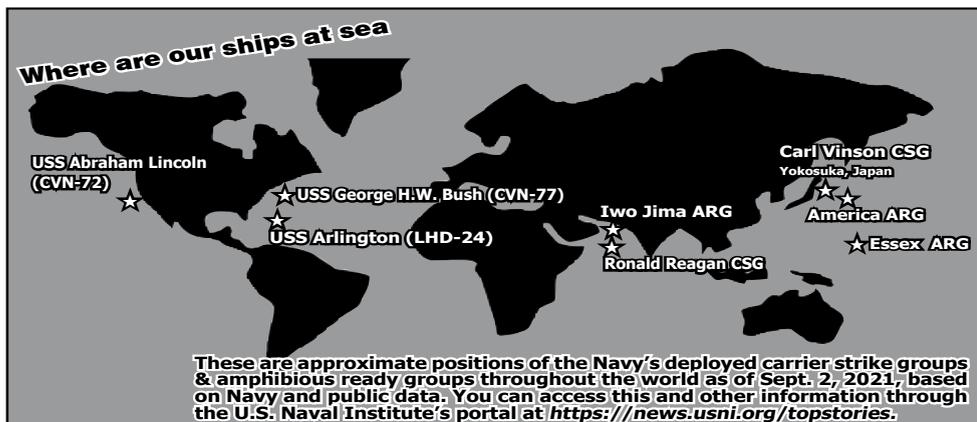
“The diplomatic sequel to that will now begin. And I believe our Department of State is going to work very hard to allow any American citizens that are left and we think the citizens that were not brought out number in the low, very low, hundreds. I believe that we’re going to work, we’re going to be able to get those people out. I think we’re also going to negotiate very hard and very aggressively to get our other Afghan partners out.”

Left behind are thousands of Afghan civilians and hundreds of American citizens.

“We did not get out everybody

Refer to <https://news.usni.org/topstories>.

**Total Navy Battle Force: 296 Ships underway**  
 Deployed ships underway: 60  
 Non-deployed ships underway: 16  
 Total ships underway: 76  
**Ships deployed by fleet**  
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 4th Fleet: 4                            5th Fleet: 22  
 6th Fleet: 14                           7th Fleet: 66  
 Total: 111



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## Point Loma light keeper's daughter celebrates 90th birthday

by Karen Scanlon

Few people living today claim the distinction of being a 'lighthouse brat'. These are the children of lighthouse keepers. But one such East County resident, Patricia Dudley Goulart, makes this very assertion.

Patricia grew up at the lower Point Loma Light Station. Her father, James Eliot Dudley, was assistant keeper at the time of her birth 90 years ago on Aug. 11.

"Mom and Dad met over some chickens Dad kept at the station," Patricia says. "My grandmother took Violet to see the lighthouse, and Dad gave her a tour of his farmyard." The two were married not long after in October 1930.



Patricia Goulart stands at the foot of the Point Loma Lighthouse celebrating her 90th birthday. Photo by Kim Fahlen

Of particular note, the Dudley and next-door Johnson families were the last station residents that served under the U.S. Lighthouse Service. In 1939,

lighthouse administration was transferred to the U.S. Coast Guard and keepers chose to take commissions or quit. Dudley and Johnson remained, fussing about the Coast Guard "monkey suits" they were now required to wear. Dudley retired as head keeper in 1952.

Patricia and younger sister, Joan, lived under strict regulations to stay on lighthouse grounds, especially during wartime. "Dad was all business, not a warm fuzzy," Joan chuckles.

At the time, San Diego's three lighthouses were located within the confines of a military reservation. Point Loma's beacon was turned off and keepers were assigned other duties. "Every-

thing was painted olive drab," the kids remember, "out buildings, sidewalks, fences, houses, and tower."

In peacetime and war, Patricia knew only life at the light station. Lighthouse brats rode to public schools in vehicles from the motor pool. "We wore dog tags and had to taste malt tablets and learn to use gas masks. Dad kept the war supplies in a partial basement under the living room floor, it was our bomb shelter, too."

Into her teen years, Patricia wished to go to a public beach where she could meet friends but her father scolded that she had her own beach. The keeper, perhaps, had little understanding

of child development.

It's hard to imagine that Patricia lived at Point Loma Light Station 90 years ago! Before electricity or piped in water. Out-houses! They burned kerosene lamps and baked in a coal stove. What Patricia has offered with her brilliant memories and family photographs are significant finds for maritime archives.

Here are a few more of her memories: "We roller skated on the catch basin." (A large cement water catchment placed on a hillside. What rainwater fell rolled into a system to the water storage tanks.)

In January 1944 Patricia was home from school recovering

from pneumonia. "I was reading on the sun porch and had just moved into the house when KABOOM!"

An incident involving harbor defenses occurred at nearby Battery Humphreys. "The shock-wave blew out the front window and shards of glass stuck into the floor not far from where I had been sitting," Patricia says.

It was customary that the Army alerts the keepers when a gun would be fired, but this, of course, was a dreadful accident that killed five soldiers.

"One morning mother drove off to work at Navy Electronics and our coop and outside fence see 90th, page 9

## FRA NewsBytes: EHR implementation, VA cyber security, updating DEERS

NewsBytes courtesy of Fleet Reserve Association  
**Concern growing on EHR implementation**

The House Veterans Affairs Committee Ranking Member Mike Bost (Ill.), Chairman Mark Takano (Calif.), and Subcommittee on Technology Modernization Chairman Frank J. Mrvan (Ind.) introduced the VA Electronic Health Record Transparency Act (H.R.4591) after a recent subcommittee hearing on the Department of Veterans Affairs (VA) Electronic Health Record Modernization (EHRM) project. This legislation will force the VA to account for all costs associated with the project and report those to Congress.

The FRA wants to ensure adequate funding for Department

of Defense (DoD) and the VA health care resource sharing in delivering seamless, cost-effective, quality services to personnel wounded in combat and other veterans and their families.

**HVAC subcommittee reviews VA cybersecurity**

The House Veterans Affairs Information Technology Subcommittee recently held an oversight hearing on the Department of Veterans Affairs (VA) information technology budget. The overall FY2022 VA budget is increased by 10 percent and the IT budget is increased by 13 percent. Although at the hearing many legislators expressed concern that funding for cybersecurity is insufficient. The subcommittee hearing also focused on a recent Government

Accountability Organization report (GAO-20-256 T) that made 74 recommendations for VA IT security, and that 70 of them have been implemented. It was noted at the hearing that VA plans to hire 500 IT employees this year and 500 more next year. The VA also has incentives in place to retain cyber security employees due to the growing demand in the field. The VA is also looking to capitalize on remote work opportunities.

**Moving? Update DEERS for uninterrupted TRICARE coverage**

The Defense Enrollment

Eligibility Reporting System (DEERS) wants to remind beneficiaries that change their location to update their information in the DEERS. Being able to use TRICARE depends on keeping DEERS up to date. DEERS is a database of active duty and retired service members, their family

members, and others who are eligible for TRICARE. TRICARE eligibility shows up in DEERS based on the sponsor's status. Keeping your DEERS record up to date is key to getting timely and effective TRICARE benefits.

FRA members should make sure that DEERS has, correct address, duty status, phone num-

bers, and email addresses. This is especially true after permanent change of station, or PCS, moves and anytime you experience a Qualifying Life Event (QLE). A QLE can include getting married or divorced, giving birth or retiring. Also, check out what you need to do if you're moving. Remember, DEERS needs the beneficiaries Social Security number (SSN) and the SSN of each covered family members must be included in DEERS for TRICARE coverage to be accurate.

Beneficiaries changing their contact information in DEERS is easy, and there are several options. Beneficiaries can make changes online, by telephone, fax, mail or in person at the nearest ID card office. You can

find an office near you using the RAPID Sites Locator.

To add or remove family members, you must visit a local ID card office. To update contact information, choose one of these options:

- Online: Log into MilConnect
- Mail: Mail updates to: Defense Manpower Data Center Support Office, Attention: COA, 400 Gigling Road, Seaside, CA 93955-6771

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### AZTEC FOOTBALL

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SEPTEMBER 4   7:30 PM SOSU VS. NEW MEXICO STATE	SEPTEMBER 18   4:00 PM SOSU VS. UTAH	SEPTEMBER 25   12:30 PM SOSU VS. TOWSON
OCTOBER 9   TBA SOSU VS. NEW MEXICO	OCTOBER 30   7:30 PM SOSU VS. FRESNO STATE	NOVEMBER 13   7:30 PM SOSU VS. NEVADA
	NOVEMBER 26   9:00 AM SOSU VS. BOISE STATE	

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## Take the time to stop and assess the full chessboard of your job

by Dr. Daneen Skube,  
Tribune Content Agency

*Q: These days at work I feel like I race from putting out one fire to the next. I know being nothing but reactive is not ideal. Is there a way you coach clients to help them think strategically about the big picture at work even when they are under stress?*

*A: You can see the big picture at work if before you react you ask yourself, "What outcome am I seeking?" If you learn to ask this one question before you make a move at work you become proactive.*

In teaching interpersonal skills in corporations I point out work is like chess. You want to pause and see the whole board before you make a decision. Unfortunately many people end up so reactive they feel like the chess pieces getting blown around the board by the chaos of their jobs.

No good chess player considers speed an asset in winning. They carefully contemplate the whole board before making their move.

Most situations at work are

not an emergency so give yourself the luxury of a pause where you can see the whole situation. When we ask ourselves what outcome we seek we will choose our words and actions strategically.

Consider a meeting where

### Interpersonal Edge



by  
Dr.  
Daneen  
Skube

you're angry and want to confront your boss. If you ask yourself about your goal you'll slow down and remember you want her to let you run the next project. You'll shift from wanting to confront her to wanting to impress her with your leadership. You won't end up creating a conflict with the person from whom you need support.

Others may put you in a position where they want you to immediately react. You are better off stalling. If you say, "You make a lot of good points

that I want to consider. I will get back to you," you buy time to respond.

There are few situations at work that are a crisis and give you no time to think. There are many situations at work where people will act like it is a crisis and it will undermine you to not stop and think.

You may find it easier to see the whole chess board if you give yourself a time out. Getting a drink of water, or taking a bathroom break are just two ways to stall to consider your options.

Thinking occurs most easily when we're calm and not anx-

ious. If you know you're tense and worried, do what creates calm for you so your decision making will expand. Fear makes us stare at the problem. Calm allows us to shift to the results we seek and think creatively.

You can also use this "chessboard" technique with a group if you are a manager. If your group is stuck in being reactive, ask your employees to take a moment and see the ideal outcome. You will then shift the group's focus to productivity and away from arguing about the problem.

Especially these days you'll have no absence of fires to fight. If you narrowly focus on react-

ing to each fire, you'll simply be a chess piece moved around the board by forces beyond your control. If you see the fire and look at the big picture, you remain the chess player able to proactively see how to make any fire less of a problem.

The last word(s)

*Q: I'm getting close to 30 and am frustrated at how often I feel overwhelmed by everything I don't know. Do you have any advice on how to handle my mistakes and lack of experience more gently?*

A: Yes, in order to make it to a life stage where we're older and wiser, we all have to go through

decades of being younger and less experienced. Being older and wiser generally just means we've become comfortable with our ignorance and passionate about learning.

*Daneen Skube is an executive coach, trainer, therapist and speaker. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" You can contact her at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies*

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### Fleet & Family Support Center San Diego Metro - September workshops

*Note: For the complete list of September Career Services classes, e-mail FFSCSDWorkshops@navy.mil.*

**Finding Federal Employment**  
Learn tips from the experts on how to create the perfect federal employment resume.

•Tuesday, Sept. 7, 9-11 a.m. (in person)

•Thursday, Sept. 9, 8-9:30 a.m. (virtual). Register on *MyNavy-Family.com*.

#### Job Search Strategies

Find, federal, state, county or local jobs

•Tuesday, Sept. 14, 9-11 a.m., NBSD (IP)

•Wednesday, Sept. 15, 1-3 p.m., NBPL (IP)

•Thursday, Sept. 16, 9-11 a.m., NBC (IP)

#### Resume Writing

Get tips and techniques to get an organized, effective and winning resume.

•Thursday, Sept. 2, 9-11 a.m., NBC (IP)

•Tuesday, Sept. 21, 9-11 a.m., NBSD (IP)

**Winning Interview Techniques**  
Gain information and resources to develop expert interviewing skills.

•Thursday, Sept. 9, 9-11 a.m., NBC (IP)

•Tuesday, Sept. 28, 9-11 a.m., NBSD (IP)

#### Deployment Support

Ideal for an ombudsman or FRG leader charged with setting up homecoming at the pier/command at NBSD.

•Wednesday, Oct. 6, 1-3 p.m., NBSD (IP)

**Parenting Support**  
Tailored for active duty service members who are pregnant.

•Tuesday, Sept. 28, 9 a.m.-12 p.m., NBC (IP)

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# Local Military



## Nation mourns loss of 13 servicemembers killed supporting Afghanistan evacuation

Camp Pendleton's 2nd Battalion, 1st Marines (2/1) infantry battalion suffers

The Department of Defense announced the names of 13 service members who died while supporting Operation Freedom's Sentinel.

They were killed Aug. 26, 2021, as the result of an enemy attack while supporting non-combatant evacuation operations in Kabul, Afghanistan. The incident is under investigation.

The Marine Corps mourns the deaths of our 11 Marines, and joins together in grief with the Navy and Army over the loss of our teammates.

"These fallen heroes answered

the call to go into harm's way to do the honorable work of helping others. We are proud of their service and deeply saddened by their loss." - Gen. David H. Berger, Commandant of the Marine Corps.

Staff Sgt. Darin T. Hoover, Cpl. Hunter Lopez, Cpl. Daegan W. Page, Cpl. Humberto A. Sanchez, Lance Cpl. Jared M. Schmitz, Lance Cpl. David L. Espinoza, Lance Cpl. Rylee J. McCollum, Lance Cpl. Dylan R. Merola, and Lance Cpl. Kareem M. Nikoui were assigned to 2nd Battalion, 1st Marine Regiment, 1st Marine Expeditionary Force, Camp Pendleton,

Sgt. Nicole L. Gee was assigned to Combat Logistics Battalion 24, 24th Marine Expeditionary Unit, II Marine Expeditionary Force, Camp Lejeune, N.C.

Sgt. Johnny Rosariopichardo was assigned to 5th Marine Expeditionary Brigade, Naval Support Activity Bahrain.

Navy Hospitalman Maxton W. Soviak was also assigned to 1st Marine Regiment, 1st Marine Division, Camp Pendleton

Army Staff Sgt. Ryan C. Knauss was assigned to 9th PSYOP Battalion, 8th PSYOP Group, Ft. Bragg, N.C.

## All gave some, some gave all

### Navy helicopter operating from USS Abraham Lincoln crashes off Calif. coast

5 Sailors missing; 1 rescued; 5 Sailors on Abraham Lincoln injured

As of press time five Sailors are missing after a Navy helicopter crashed off the coast of California.

The helicopter crashed into the sea while conducting routine flight operations approximately 60 nautical miles off the coast of San Diego at 4:30 p.m., PST, on Aug. 31, according to a statement from U.S. 3rd Fleet. Search and rescue operations for five crew members who were on board the MH-60S were ongoing



with multiple Coast Guard and Navy air and surface assets.

One Sailor from the helicopter which was operating from aircraft carrier USS Abraham Lincoln (CVN-72) was rescued and Navy and Coast Guard assets are searching for the missing sailors.

"The aircraft, from Helicopter Sea Combat Squadron (HSC) 8, was operating on deck before

crashing into the sea," 3rd Fleet said in a news release sent out on Wednesday.

"Five additional Sailors aboard Abraham Lincoln suffered injuries in the incident and are in stable condition. Two of the five Abraham Lincoln Sailors were transported ashore for treatment, while three of the five Abraham Lincoln Sailors had minimal injuries and remain aboard the ship," according to an update on the search.

"An investigation into the cause of the incident is underway."

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# New LCAC 100 training facility unveiled

CAMP PENDLETON - A ribbon cutting ceremony was held at the Assault Craft Unit (ACU) 5 complex here to commemorate the completion of the newest training facility in the amphibious force Aug. 27.

The facility will support operator training for the new Ship to Shore Connector (SSC), also known as Landing Craft, Air Cushion (LCAC) 100, in the near future. It will ultimately house the SSC Full Mission Trainer (FMT), a simulator designed to replicate the controls and movement of the LCAC 100.

"The ability to rapidly deploy, reposition, and redeploy combat power throughout the littoral domain is a critical component for successful expeditionary warfare across all geographical combatant commands," said Marine Corps Col. William Hooper, deputy commander, Expeditionary Strike Group 3. "The SSC constitutes the future of the integrated naval force's high-speed surface connector capability. This training facility will enable our Sailors and Marines to train like we fight and ensure the highest possible readiness of our amphibious forces."

The new SSC FMT building is a game-changer for the West Coast amphibious forces; it enables all LCAC training to occur at Camp Pendleton and gives students 24/7 access to the LCACs physically located at ACU 5. The new facility will

be manned and maintained by Expeditionary Warfare Training Group, Pacific, which also runs the current LCAC trainer aboard Naval Amphibious Base Coronado. The current trainer will remain operational until the new SSC FMT is brought fully online. In the interim, EWTGPAC intends to use the new building to support other aspects of LCAC training.

"This 8.5 million dollar and nearly 11,000 square foot facility will house the SSC full motion simulator system, computer systems, student and instructor spaces, and classrooms. The facility consolidates all aspects of training in one location to introduce both virtual and hands-on training for our Sailors who will be operating the new craft," said Navy Capt. Daniel Cobian, commanding officer of EWTGPAC. "Though the simulator will most likely not be operational until FY25, EWTGPAC is proud to announce that we will begin utilizing this building in January with the upcoming Craft Control Class."

EWTGPAC also took the opportunity to hold a graduation ceremony for its current class of LCAC operators being trained on the Legacy LCAC FMT at NAB Coronado. Classes are kept small



**A ribbon cutting ceremony was held at the Assault Craft Unit 5 complex on Camp Pendleton to commemorate the completion of the new Expeditionary Warfare Training Group, Pacific (EWTGPAC) Ship to Shore Connector (SSC) training facility. Navy photo**

to ensure the students receive one-on-one training throughout the process and include classroom training as well as time in the FMT. The graduating group, class 2021-020, included four craft masters (the actual "pilots" of the craft), two craft engineers, and two navigators.

With this basic level training completed, these personnel will now train at ACU 5 on an actual LCAC and complete what is called Advanced Qualification Training (AQT), an eight-week course focused on tactics and the various missions an LCAC conducts to include launching and recovering in the well deck of an amphibious ship. Once complete, the ACU 5 Commanding Officer conducts qualification flights, also known as "Check-Rides," and grants final qualification to those who are successful.

Nearly all the instructors at

EWTGPAC have experience working at ACU 5, typically serving a tour there prior to or following duty at EWTGPAC. This fosters a close working relationship between the two commands.

Navy Capt. Cedric McNeal, director for landing craft support at Naval Sea Systems Command, procured funding for and provided oversight to the project, which broke ground in June 2020 and finished on time despite the significant challenges associated with COVID-19. He and his team worked closely with Naval Facilities Engineering Systems Command San Diego on the project.

ACU 5 is the Navy's largest operating unit for the LCAC and is based at Camp Pendleton. Their mission is to transport personnel, weapons, equipment and cargo from ship-to-shore and across the beach.

## NPS develops custom curriculum for Navy's cyber warfare engineer

by Petty Officer 2nd Class Leonard Weston

The Naval Postgraduate School (NPS) has launched an all-new, customized track within the existing Electronic Systems Engineering curriculum in response to an ever-changing and increasing need within cyberspace and the Navy's growing Cyber Warfare Engineer (CWE) community.

The new curriculum was developed by NPS Center for Cyber Warfare Director and Permanent Military Professor U.S. Navy Cmdr. Chad Bollmann, with the advice of the CWE community and subject matter experts from across the NPS campus. With plans to roll out in fiscal year 2022, the program will focus on cyberwarfare with the intent to educate the CWE community while providing the Navy and DOD with new opportunities to educate the future force in the vast field of cyber.

"The main purpose for creating this track is to provide a highly-technical education in the area of cyber warfare and cyber operations for those naval officers who have the mathematical and technical backgrounds to study a rigorous engineering curriculum that specializes in the area of cyber warfare," said NPS Department of Electrical and Computer Engineering Chair Douglas Fouts.

"By creating this new program, we were able to provide a sampling of all the best programs and specialization areas that support cyber warfare," added Bollmann. "Cyber itself is hard and frankly ill-defined a lot of times, because there are so many different disciplines that are required for effective cyber warfare."

The track will consist of three core areas (reverse engineering, networks, and mobile wireless systems) along with 13 specialization fields allowing students to develop expertise within a specific contributing discipline within cyber.

"The uniqueness has to do with the rigorous computer science, electrical engineering and mathematics foundation, along with the ability to choose from one of many contributing cyber disciplines to build out their knowledge in the best way that supports a student's desires and the community's needs," noted Bollmann. "Essentially, NPS is going to be the primary source of CWE graduate education."

Bollmann is quick to emphasize that NPS is one of a few universities, if not the only one, that could successfully develop a custom, high-quality program within the field of cyber with so many options for specialization.

"There is no other university with this breadth of subject matter excellence in cyber," said Bollmann. "Partially, it is because we are unique in terms of mission, but also because of several other specialized, unique programs at the university."

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## This week's snapshots



**MARINE CORPS RECRUIT DEPOT, SAN DIEGO**  
Aug. 27, 2021

**A new Marine of 2nd Recruit Training Battalion is welcomed by a loved one following a graduation ceremony. After the platoons were dismissed, families and friends were allowed to greet them on the parade deck. As recruits, their only means of contact were through letters during their 13-week training cycle. Marine Corps photo by Lance Cpl. Grace J. Kindred**

**Marine Corps Brig. Gen. Jason Morris, commanding general, Marine Corps Recruit Depot San Diego, visits the Emergency Department during a tour of NMCS. NMCS operates a Naval Branch Health Clinic on board MCRD San Diego to provide primary care and dental services to active duty personnel.**

*Navy photo by*  
**MC3 Mariterese Merriquer**



**NAVAL MEDICAL CENTER SAN DIEGO**  
Aug. 27, 2021

**Naval Air Crewman 2nd Class Oleg Bylogurov, from Portland, Ore., inspects the tail rotor of an MH-60S Sea Hawk helicopter attached to HSC 21 assigned to USS Charleston littoral combat ship. Charleston, part of Destroyer Squadron Seven, is on a rotational deployment**

*Navy photo by*  
**MC2 Adam Butler**



**USS CHARLESTON, at sea**  
Aug. 28, 2021

## 90th

continued from page 5

were covered in white feathers. As she drove up the hill, she saw a coyote with a chicken in its mouth. She told the guards and they came down with machine guns."

When Pearl Harbor was bombed, it is believed the alert came into Point Loma Light Station radio room. The sisters remember some parental frenzies. A day later Patricia was standing outside counting airplanes overhead, ashamed to admit that she couldn't count beyond 1000. Here was a child witnessing the mass of warplanes heading to meet carriers at sea.

Adult children of light keepers are a dying breed. Little did our birthday girl know then that



**Three light keepers and their families picnic to honor the retirement of Keeper George Cobb (in uniform) from the U.S. Lighthouse Service in 1938. Patricia is the child sitting in center on make-shift bench. Photo courtesy Dudley family collection**

her childhood narratives would be so valued.

That she was eyewitness to Convar's static test site for the Atlas missile, or that capsized

Navy sailors cutting the Point too soon would end up in her bathtub.

Happy 90th birthday, Patricia, San Diego's living history and lighthouse brat!

# 5TH ANNUAL NORTH COUNTY VETERANS STAND DOWN

September 16-19, 2021

## FOR ALL VETERANS!

## Leave no witnesses: The secret life of mom

"Did you have a good summer?" clusters of military moms in school parking lots asked each other this week. In response, we simultaneously gave the nurturing, motherly pat answer, "Yeah we had fun, but I only wish I had more time with the kids." We waved good-bye to our children, then headed home, appearing ready for a full and productive day.

But once our minivan doors closed, back-to-school reality hit us like a runaway school bus.

"I'm free," I muttered to myself, my eyes wide and unblinking, my caffeine-affected fingers trembling against the steering wheel. "Finally ... free." In the time it took for me to round the circle and exit the school property, I'd thought of a million things I could do with my day now that there were no witnesses.

Over two decades of taking our three kids back to school at the end of each summer, I always found the feeling of being completely alone — unfettered by parental responsibilities, social mores, ethical codes and rules of human decency — quite liberating.

Seized with a pang of hunger in my minivan, I realized that there was no one to stop me from opening the neglected bag of cheese curls in the center console and pouring them directly into my upturned mouth. I switched the radio from the pop music station my girls insisted on to my favorite - the 80s channel - and bellowed "Karma Chameleon" as I negotiated traffic. At one stop light, I flossed my teeth. At the next, I plucked my eyebrows. As

I approached the Navy base gate guard, I flipped off the radio and wiped my cheese stained mouth on my sleeve.

Leave no witnesses, I thought.

At home, I spent a good twenty minutes on the floor snuggling with our dog, Moby, before planning my

### The Meat & Potatoes of Life



by  
**Lisa  
Smith  
Molinari**

day. There was no one home to hear me talking to Moby out loud or to see him licking my face. There was no one there to balk, demand my attention, or roll their eyes. There was no one to embarrass, shame or disgust.

It was just me. And it was wonderful.

Sure, we moms feel pangs of guilt at deceiving our children in this way every year. Here they are, off at school, thinking that Mom is home jotting down new sandwich ideas, organizing their homework spaces, and thinking nothing but nurturing thoughts. When in reality, we are leading a secret double life.

With the freedom that the school year affords, we moms can mop our kitchen floors while singing the entire Sound of Music soundtrack,

complete with "Lonely Goatherd" yodeling and "Climb Every Mountain" contralto vibrato. We can fold laundry while binge-watching DVR'd episodes of "Bachelor in Paradise." We can meet our work friends out for long lunches, or stay home and eat logs of cookie dough all alone. We can join base bowling leagues, or teach ourselves the Ukulele from YouTube videos. We can take a yoga classes, or take a nap wearing yoga pants.

Whatever we moms decide to do with our time, it's our little secret.

Our kids would be wise to keep up our little charade, by the way. After all, there's no sense in revealing that the fried chicken on the table was cooked by Colonel Sanders. Our intentions are good, but we may have run out of time to cook dinner between spin class and that sale at the outlet mall. So just say, "This meal is delicious, Mom!" and be thankful that we had time to hit the drive-thru. Also, don't complain if Mom shows up late for practice pick ups. You have no idea how hard it is to attend a friend's jewelry party and "like" all the funny cat videos on Facebook in one afternoon. Lastly, don't comment on new hair styles, funky outfits, or sudden tattoos. Mom may be finding herself, or recovering from a girls' night out — either way, it's her business.

Moms spend most of their time attending to their families' and children's needs. So, once the kids are back in school, they deserve alone time to do whatever they darned well please.

Shhhhh ... mum's the word.

## AutoMatters™ & More



by **Jan Wagner**

While trying to decide what to write about this week, it occurred to me how nice it is to once again have things to write about that I have covered in person — not via a Zoom meeting. For me — and I hope for you, too — despite the continued presence of COVID-19, life is slowly returning to normal, but with some differences.

I remember March of 2020 all too well. That was when COVID-19 (then it was more commonly referred to as the Coronavirus) had become real, and a serious threat to human life.

All of the events that I'd been scheduled to cover in the foreseeable future, like I had done for many years until then, were cancelled. Eventually some would transition into online instead of in-person versions, but those were never nearly as useful as their in-person predecessors. Nevertheless, at least they provided something to share with you.

For safety, I did not get out much — not even to get fast food to take home. I knew three people who died from COVID-19, one of whom was a doctor.

During the run on grocery stores that caused empty shelves (I still have a ton of toilet paper!), I developed an aversion to canned sardines — but now I like them again (and just saved

## Life is slowly returning to normal - sort of

\$18 by buying six packages of them at Costco, on sale).

Disneyland closed for over a year. My Annual Passport card became a worthless souvenir. Recently, I just bought their new annual passport, which is now called the Magic Key. Unfortunately, Disneyland and Disney California Adventure now offer significantly less to see and do, and you need to make a limited reservation to go. So much for spontaneity.

COVID-19 gave me a lot of free time to do new things, like spending two hours after returning home from my infrequent, major Costco runs to carefully wipe my groceries with almost-impossible-to-buy Clorox wipes. It would have been a lot quicker if only I could have seen the COVID virus, so that I would have known where I did not need to wipe. Of course, eventually the experts told us that we did not have to disinfect our groceries after all.

I spent a lot of my new-found free time watching T.V. I learned what it meant to binge-watch. Eventually I got tired of watching T.V., so I looked for more useful things to do.

As you may know, there is now a new "AutoMatters & More" website (AutoMatters.net). That had been a goal of mine for many years, but I knew that it would take a huge amount of work to accomplish so I kept putting it off.

I also learned how to give myself haircuts. I got lucky with the first one. It was a pretty good haircut, so when it came time to give myself a second haircut, I thought I could speed up

the process. Boy, was I wrong about that! Luckily nobody could see the irreversible mess that I had made. Eventually it grew out — WAY out. So much so that eventually, as I ventured out into the world again — thanks to having the vaccine to protect me against hospitalization or death — I badly needed another haircut. At first, I was going to try to more carefully give it to myself, but I chickened out and returned to my pre-COVID hairstylist. Thankfully she was still working.

It's a good thing that my website is up and running (with a little over 400 of my over-700 columns), because I am getting really busy these days. I've already covered several local car shows and car club events. Later this month I will cover the Acura Grand Prix of Long Beach. A little while after that I will be going to Las Vegas to once again cover the SEMA Show, followed by the LA Auto Show, a scaled-down but in-person version of San Diego Comic-Con (YAY!), CES (the Consumer Electronics Show) and more.

I hope life will someday be fully back to normal. In the meantime, I continue to wear my facemask most places, and I have still not eaten out in a restaurant — but at least now I do buy takeout food.

To see the most photos and most recent text, and to explore a wide variety of content dating back to 2002, visit AutoMatters & More at AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes.

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## HELP WANTED

**Volunteers wanted** at the Pacific Southwest Railway Museum. email for details. volunteer@psrm.org for details

**USS Midway Museum** is currently recruiting for docents, air craft restoration, ship restoration and safety volunteers. www.midway.org/give-join/volunteers/

**Volunteer opportunities** available at all Navy-Marine Corps Relief Society (NMCRS) locations. Receive training and mentorship and make a difference in the lives of our active duty service personnel and their families. 619-767-6800/www.nmcrcs.org

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# MOVIES AT THE BASES

Movies & times subject to change. \* Indicates last showing  
Visit 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 375 customers (per showing), no outside food, concessions will be available.

**Friday, Sept 3**  
6pm Suicide Squad (2021) (R)

**Saturday, Sept 4**  
2:50pm Old (PG-13)

6pm Suicide Squad (2021) (R)

**Sunday, Sept 5**  
2:30pm Jungle Cruise (PG-13)

6pm Stillwater (R)



### Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

**Saturday, Sept 4**  
1:30pm Space Jam: New Legacy (PG)

Limited to PME's only at 40% capacity.

### Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

**Friday, Sept 3**  
6pm Suicide Squad (2021) (R)

9pm Stillwater (R)

**Saturday, Sept 4**  
12pm Space Jam: New Legacy (PG)

3pm Old (PG-13)

6pm Jungle Cruise (2D) (PG-13)

**Lowry Theater - NASNI,**

619-545-8479

Bldg. 650

Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program.

Lowry Theater is a cashless facility. Debit and credit cards accepted only

**No movies posted as of press time Wednesday.**

**No answer at phone number.**

**For most current information visit https://sandiego.navy-lifesw.com/ and click on Movies**

**drop down on light blue bar at the top of the page.**

## Can you help? County animal shelters near capacity, need adopters, fosters

by Yvette Urrea Moe

Can you help? After a recent influx of cats and dogs, the County Department of Animal Services' two shelters are nearly full, and they are asking the public to consider adopting or fostering an animal or two.

Animal Services is offering several discounts currently: Adoption fees are waived for adult cats (six months and older), \$25 adoption fees for kittens; and \$25 adoption fees for pit bulls/pit mixes and huskies/husky mixes. Additionally, all animals who have been in the shelter for 30 days or more will have their adoption fees waived. All the adopted animals will be spayed or neutered and micro-chipped before they go home. Vaccinations will also be up to date on dogs and cats.

"The department is committed to finding a home for every healthy and treatable animal that comes through our doors and that is why we are seeking the public's help to adopt. We also have an urgent need for foster care," said Kelly Campbell, Department of Animal Services director. "We will never euthanize for time or space, but our longer-stay animals would be so much happier in a home environment than in the shelters."

Recently, the department took in more than 50 cats from a single owner, Campbell said. This contributed to the shelter capacity issue, she said.

"We were happy to step in and help," Campbell said. "There are plenty of really lovely cats and some teenage kittens that would make great companions and some that just need a little time and love to come out of their shells."

Of those cats, two large male cats have vision impairment, one tabby is completely blind (but very friendly), and the other, a beautiful snowshoe Siamese, may still retain some vision. Campbell said blind cats can thrive really well in their home once they get acclimated in

their environment to the point that most people wouldn't even know they were blind.

As for dogs, Campbell said there are also plenty, and it is never an ideal situation for a dog to be sitting in a kennel for any length of time, since it can contribute to kennel stress or longer-term behavioral challenges.

She said if people are willing to adopt, a forever home is always the ideal situation, but if people are unable to do that but can provide temporary care and shelter for a dog or cat, that help is very welcome since animals do significantly better in a home environment compared to a shelter one. Learn more about the foster program here and you can change the quality of life for that one animal for the short-term.

As a third option, Animal Services is also seeking volunteers that can come into the shelters and help socialize animals or help with laundry or other tasks that allow animal care attendants to focus on the pets, or to train to become specialized disaster response volunteers, saving animals affected by disasters. Here is information on volunteering.

Animal Services continues to offer "touchless adoptions" for the safety of customers and staff. Contact the animal shelter and they will let you know if the animal is available and will set up an appointment for you to come to one of the two shelters. People still need to go through the normal adoption process of filling out an application and doing a matchmaking consultation with staff. Staff just want to make sure new owners are prepared to welcome an animal into their lives and set up for success.

The shelters are located at animal care facilities in Bonita and Carlsbad, but please remember to make an appointment first so you'll receive dedicated one on one attention from our team. The adoptions are on a first-come, first-served basis.

## USO San Diego presents Stars and Stripes Gala Sat., Oct. 23 • USCG Sector San Diego

The USO San Diego Stars & Stripes Gala promises to be a unique and intimate event at the Coast Guard Sector, scheduled for Saturday, Oct. 23, hangar and flight deck, overlooking the San Diego skyline.

The evening will include a "USO Show" celebration of our military and community leaders, featuring a performance by iconic entertainer Wayne Newton, comedians, and other special guests. You won't want to miss it! We are proud to recognize this year's honorees for their leadership and advocacy of our military and the San Diego community. Event Honorees: • The San Diego Padres • Dr. Michael R. Cunningham, Chancellor, National University System • Neil Ash, In Memoriam.

For event information, please contact: kacie@mcfarlanepromotions.com or (619) 850-7833. For sponsorship questions: cgonzales@uso.org or (818) 415-3746. Visit https://one.bidpal.net/usosdgalawelcome

## UDT/SEAL monument dedicated at Miramar National Cemetery

The dedication and unveiling ceremony of the UDT/SEAL Monument at Miramar National Cemetery was held August 27. The ceremony included remarks by Reverend Michael Shockley, Chaplain USN (Ret); Captain (SEAL) Todd Perry, Commanding Officer, Center for SEAL and SWCC; Warrant Officer (SEAL) Lance Cummings, USN (Ret); Cemetery Director Greta Hamilton; and other local community dignitaries. Held at the Miramar National Cemetery Memorial Walkway, the ceremony included a Missing Man Flyover led by HSC-21.

The monument commemorates the fallen elite men of the Navy's Underwater Demolition Teams (UDTs) of World War II who courageously swam into enemy waters to reconnoiter heavily defended beaches to destroy explosives and other natural or man-made obstacles that impeded Allied amphibious landings.

The installation also honors the subsequent fallen maritime commandos who have provided the same defense and tactical support, culminating with those who have sacrificed all from today's U.S. Navy SEAL Teams.

The UDT/SEAL Monument project coordinated by Special Operator Chief Michael Meoli, USN (SEAL) Ret. With funding and advice from the National Navy SEAL Museum, the Monument was conceptualized, organized, and designed by the former SEAL, seeing it through to construction.

"After attending so many military funerals for brother and father UDT/SEALs between Ft. Rosecrans and now Miramar National Cemetery, I was honored to serve as project manager for the UDT/

SEAL Monument," said SOC Michael Meoli.

"This monument honors those Frogmen who went before us who created and perfected our trade craft, those who made the ultimate sacrifice, the Gold Star families they left behind, and the inspiration for SEAL candidates yet to be trained, tested, and selected. Etched in stone you will find our SEAL Code, parts of our SEAL Ethos, a chronology of our history, and a record of those from our small ranks who gave their lives to protect freedom in various theaters of war."

"The National Navy UDT-SEAL Museum is extremely proud to support and fund this monument and all that it represents," said Grant Mann, retired Navy SEAL and Museum Executive Director. "As the custodians of U.S. Navy UDT-SEAL History, it is our mission and honor to be a part of this endeavor."

The Navy UDT/SEAL Monument at Miramar National was created to honor the service and sacrifice of all frogmen from WWII to today's U.S. Navy SEALs. The design features black granite panels bearing both the original Underwater Demolition Team emblem and the Trident to denote the significant span of history between SEALs and their forerunners.

A specific chronology of the SEAL Teams is included, along with the Frogman Cross, the SEAL Code, and portions of the Navy SEAL Ethos. Representative of San Diego's long history with Navy SEALs and their ongoing sacrifice for the preservation of our nation's freedom, the 1.5-ton monument was installed on the Memorial Walkway at Miramar National Cemetery on Oct. 8, 2020.

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# September is Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month and for many the subject of suicide is off limits. They believe the mere mention of suicide around friends and family can cause suicidal thoughts for them. Nothing could be further from the truth.

Approximately 47,500 Americans died by their own hand in 2019, making suicide the 10th leading cause of death in this nation. Suicide rates in the US have climbed 33% in the last decade. One of the ways to reduce that number is by talking about suicide and suicidal ideation, which can spur meaningful conversations about mental health and potentially save lives.

Even more concerning is that suicide and suicide attempts among our nation's youth (ages 10-24) are on the rise. According to information released last year by the CDC, 19% of youth had seriously considered attempting suicide, 16% had made a suicide plan, 9% had made a suicide attempt, and 2.5% had made a suicide attempt that was significant enough to require medical treatment.

Join the conversation, and reach out to those who have been per-



sonally affected by suicide, raise awareness, and connect those struggling with suicidal ideation to professional counselors and treatment services that can help them.

If your child or someone you love is struggling with depression or thinking about suicide, get help now. The National Suicide Prevention Lifeline, 1-800-273-TALK (8255), is a free resource, available 24 hours a day for anyone in suicidal crisis or emotional distress. The Crisis Text Line is a free 24/7 text line where trained crisis counselors support individuals in crisis. Text "Jason" to 741741 to speak with a compassionate, trained Crisis Counselor. Confidential support 24/7, for free.

The Jason Foundation (JFI) is another available resource.

Although September is set aside as Suicide Prevention Awareness Month, JFI works toward suicide prevention all year long. JFI is dedicated to the awareness and prevention of youth suicide through educational programs that equip youth, parents, educators, and the community with the tools and resources to identify and assist at-risk youth. Many times, young people exhibit clear warnings signs prior to an attempt. By knowing the warning signs and knowing how to help, you could save a life. Visit The Jason Foundation's website to learn more about youth suicide, the warning signs, and how you can help make a difference. JFI has never charged a school, community, or individual for the use of their programs or resources. <http://www.jasonfoundation.com>

# Secretary of Defense mandates COVID-19 vaccinations for service members

by David Vergun, DOD News

The Secretary has determined - after careful consultation with medical experts and military leaders and with the support of the president - that mandatory COVID-19 vaccinations for service members are necessary to protect the health and readiness of the force, Kirby said.

On Aug. 23, the FDA gave full approval to the Comirnaty vaccine - previously known as the Pfizer-BioNTech vaccine - for individuals 16 years of age and older. Before Aug. 23, the vaccine was available for use through and FDA emergency use authorization.

Kirby said vaccines other than Comirnaty will not be made mandatory, but that could change if the FDA issues full approval for others.

The memo directed the secretaries of the military departments to immediately begin full vaccination of all members of the department on active duty or in the Guard or Reserve, who aren't yet fully vaccinated against COVID-19.

Service members who are actively participating in COVID-19 clinical trials are exempt from mandatory vaccination until the trial is complete to avoid invalidating clinical trial results, the memo states.

The secretaries are also directed to "impose ambitious timelines for implementation and to report regularly on vaccination completion using establishment systems for other mandatory vaccine reporting," the memo states.

"The secretary has communicated to the military

department to execute this mandatory vaccination program with, obviously, skill and professionalism, which we also do, but also with a measure of compassion," Kirby said.

**Service members with preexisting conditions who are advised against being vaccinated by their doctors would be exempt from mandatory vaccinations, Kirby said, adding they may also be possible exemptions on religious grounds.**

Service members outside those two categories who still object will be offered a chance to sit down with a physician and have that physician communicate to them the risks that they're taking by being unvaccinated, Kirby said.

They'll also be offered a chance to sit down with those in their chains of command to talk about the risks that their objection will impose on the unit and on the fore on their teammates, he added.

"Commanders have a wide range of tools available to them to help their teammates make the right decision for themselves, for the families, for their units, and the secretary expects that they commanders will use those tools, short of having to use the UCMI," he said, referring to the Uniform Code of Military Justice.

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