

ARMED FORCES DISPATCH



April 5, 2022 – Gold Star Spouses Day – A day dedicated to those whose spouses gave their lives while serving in the U.S. military or as a result of service-connected injuries or illness.

San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

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SIXTY-FIRST YEAR NO. 50
THURSDAY, MARCH 31, 2022

ALL-WOMEN CREW RETIRE C-2A GREYHOUND IN CELEBRATION OF WOMEN'S HISTORY MONTH

by MC2 Olympia McCoy
Commander, Naval Air Forces

NAVAL AIR STATION NORTH ISLAND - In celebration of Women's History Month, an all-women crew of pilots and support personnel assigned to the "Providers" of Fleet Logistics Support Squadron flew a C-2A Greyhound from here to Aerospace Maintenance and Regeneration Group on Davis-Monthan AFB, Ariz. for the aircraft's retirement March 23.

The C-2A Greyhound's primary mission as part of the carrier air wing was carrier onboard delivery, or COD. The MV-22 Osprey has taken over this mission as part of the Advanced Airwing and Airwing of the Future, which has led to the staggered retirement of Greyhounds in preparation for the sunning of the VRC-30 squadron.

Cmdr. Jessica Caldwell, VRC-30's commanding officer, was one of the pilots for the flight and shared her sentiment regarding the C-2A platform and its retirement.

"This aircraft was my workhorse as a junior officer," said Caldwell. "When I found out that it was being sent to AMARG, I knew I wanted to be a part of its last flight. The other pilot who I would be flying with suggested that we fly as an all-female flight crew in celebration of Women's History Month. We are fortunate to have enough qualified women



Chief Naval Air Crewman (Mechanical) Kami Mayer, a native of Spencer, N.Y., center, assigned to the Fleet Logistics Support Squadron 30 "Providers," gives a pre-flight safety brief Mar. 23. VRC-30 is a C-2A Greyhound logistics aircraft squadron. Navy photo by MC2 Olympia O. McCoy

here at VRC-30 and took it one step further to organize [an] all-female launch crew."

The Navy commissioned its first six female Naval aviators in 1974. Today, 12 percent of Naval aviators are female, and that number is growing.

"As I've progressed through my career I've come to realize just how important it is to honor and highlight our diversity in the Navy," said Caldwell. "By celebrating Women's History Month, we're strengthening our forces. Understanding the signif-

icance and honoring the women that have come before us is what made this flight so important."

Lt. Cmdr. Jauren Jelinek, the squadron's training officer, said

"This flight signifies that the portion of women in Naval aviation is growing, and there are people out here that look like us. When you see someone that looks like you succeeding and doing this job, it makes you want to do this job."

Lt. Cmdr. Lauren Jelinek

the flight paid homage to the history of a time-tested Naval aircraft while looking towards a

bright future of women in Naval aviation.

"This was our opportunity to honor Women's History Month by utilizing the female staff, putting together an all-female crew to mark our place in Naval aviation history," said Lt. Cmdr. Lauren Jelinek, VRC-30's training officer. "The flight signifies that the portion of women in Naval aviation is growing, and there are people out here that look like us. When you see someone that looks like you succeeding and doing this job, it makes you want to do this job."



Chief Naval Air Crewman (Mechanical) Kami Mayer observes Tucson, Ariz., from the cargo ramp of a C-2A Greyhound. Navy photo by MC2 Olympia O. McCoy

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. Sponsored by the Department of Defense Military Community and Family Policy, the Month of the Military Child is a time to applaud military families and their children for the daily sacrifices they make and the challenges they overcome. The Month of the Military Child is part of the legacy left by former Defense Secretary Caspar Weinberger. He established the Defense Department commemoration in 1986.

VA Medical Center renamed for fallen San Diego native, Army nurse, Jennifer Moreno

On March 14, President Biden signed into law H.R. 3665, designating the San Diego VA Medical Center as the Jennifer Moreno Department of Veterans Affairs Medical Center and supporting the designation of a prominent space within the facility to honor Kathleen Bruyere.

"Fifty years after our grand opening, we are honored to designate our facility and a space

within it after two amazing Veteran heroes who were part of our local community," said Dr. Robert Smith, VA San Diego Healthcare System Director.

1st Lt. Jennifer Moreno, a San Diego native and Army nurse, was deployed as part of a special operations Cultural Support Team and gave her life during combat operations in Afghanistan. During a raid on October 6,



1st Lt. Jennifer Moreno

2013, at a compound thought to have a high-value military target, one of the residents detonated an improvised explosive device and wounded several of Moreno's team members. She rushed to provide medical aid and was killed when another IED was detonated. Moreno is buried at Fort Rosecrans National Cemetery on Point Loma. For her bravery, she was awarded the Bronze

Star with a "V" device for valor and promoted posthumously to Captain.

Kathleen Bruyere was a Captain in the U.S. Navy who became the first female naval officer to serve as flag secretary to an admiral commanding an operational staff. She was also one of six officers who paved the way for the 1948 Women's Armed Service Integration Act being struck

down as unconstitutional, allowing women to serve on combat aircraft and ships. Bruyere retired from the Navy in 1994 and lived in Chula Vista, Calif., until her passing in 2020.

"These two individuals represent the valor and the achievement of the Veterans we serve every day, and we are proud they can be recognized through these designations," said Dr. Smith.

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National News

Fiscal 2023 budget funds military for today, future

See page 2

Base Movies

The Batman, Cyrano, Uncharted, Dog, Respect, Ron's Gone Wrong, The Addams Family 2, Toy Story 3

See page 8

Fiscal 2023 budget funds military for today, future

by Jim Garamone, DOD News

President Joe Biden's \$773 billion fiscal year 2023 Defense budget request funds the department for today's security environment and positions DOD to maintain its competitive advantage in the years ahead, Deputy Secretary of Defense Kathleen H. Hicks said March 28.

Hicks, along with Adm. Christopher W. Grady, the vice chairman of the Joint Chiefs of Staff, unveiled the budget that's built on the tenets of the new National Defense Strategy. That strategy recognizes Russia as a concern - especially since Russia's invasion of Ukraine - but still regards China as America's pacing threat.

The budget is roughly an 8.1 percent increase over fiscal year 2022. "These investments are as vital as ever, as we face a myriad of challenges," Hicks said at a Pentagon press conference.

Hicks said the people of Ukraine "are foremost on our minds" as they confront the Russian invasion of their country.

"Even as we confront Russia's malign activities, the defense strategy describes how the department will act urgently to sustain and strengthen deterrence with the [Peoples Republic of China] as our most consequential strategic competitor and pacing challenge."

The PRC has the military, economic and technological potential to challenge the international system and our interests within it."

The strategy does not discount other threats and she specifically cited Iran, North Korea and threats from violent extremists.

“Even as we confront Russia’s malign activities, the defense strategy describes how the department will act urgently to sustain and strengthen deterrence with the [Peoples Republic of China] as our most consequential strategic competitor and pacing challenge.”

- Deputy Secretary of Defense Kathleen Hicks

The United States fights with a joint force that provides amazing combat effectiveness and lethality. "With the joint warfighting concept and a new strategic approach to setting requirements, our joint force has set out to achieve expanded maneuvers in all domains, building new capabilities and leveraging technologies to achieve overmatch against any potential adversary," Grady said. "The American people can be confident that this year's budget request ... ensures the joint force remains the most lethal and capable military on the planet. It will modernize, and it will transform the force needed to win in the 2030s and beyond."

Service members and civilians would receive a 4.6 percent pay raise if Congress approves this budget, Hicks said. This is the largest

pay raise in 20 years. The budget also calls for investing in child care including fee assistance, new construction and sustainment. The request also calls for at least a \$15 per hour minimum wage for everyone in the federal workforce. The majority of those affected by this last are in the child-care workforce.

The budget request also asks for \$55.8 billion for military health care and \$9.2 billion for family support - including commissaries, DOD Education Activity schools, youth programs and morale, welfare and recreation programs.

Secretary of Defense Lloyd J. Austin III has spoken at length about "integrated deterrence" being one of the key concepts of the new strategy. Two others are campaigning and building enduring advantages.

Integrated deterrence is essentially bringing to bear all aspects of defense and the larger U.S. government. It also calls for working closely with allies and partners around the world. The concept needs combat-credible forces and a safe, secure and effective nuclear deterrent.

The fiscal 2023 budget calls for \$56.5 billion for air power. _____ see **Budget, next page**

APRIL OBSERVANCES: Poetry, Garden, Ferret, Guitar, Autism, STD Awareness

Nat'l Soft Pretzel Month
Nat'l Pecan Month
Nat'l Grilled Cheese
Nat'l Food Month
Nat'l Garden Month
Nat'l County Government
Nat'l Garlic Month
Nat'l Fresh Florida Tomato
Nat'l Soy Foods Month
Emotional Overeating
Awareness Month
Nat'l Fresh Celery Month
Nat'l B.L.T. Sandwich

Month of the Military Child
Vaccination Exemption
Awareness Month
Nat'l Poetry Month
Cranberries and
Gooseberries Month
Nat'l Autism Awareness
Tomatillo and Asian Pear
Global Child Nutrition
Nat'l Child Abuse Prevention
California Wines
Down to Earth Month
Couple Appreciation

STD Awareness Month
Testicular Cancer Awareness
Nat'l Occupational
Therapy Month
Financial Literacy Month
Nat'l Sexual Assault
Awareness and Prevention
Active Dog Month
Nat'l Facial Protection
Nat'l Welding Month
Nat'l Safe Digging Month
Second Chance Month
Nat'l Sarcoidosis Awareness

Nat'l Financial Capability
Congenital Diaphragmatic
Hernia Awareness Month
HIE Awareness Month
Nat'l Poetry Writing
Adopt A Ferret Month
Nat'l Fair Housing Month
Nat'l Internship Awareness
Brussels Sprouts and
Cabbage Month
Nat'l Minority Health
Autism Acceptance Month
Nat'l Lawn Care Month

Nat'l Rebuilding Month
Louisiana Crawfish
Awareness Month
Nat'l Licorice Month
Cushing's Disease Awareness
Nat'l Arab-American Heritage
Celebrate Diversity Month
Cesarean Awareness
Community Service
Confederate History
Counseling Awareness
Defeat Diabetes Month
Drop Everything & Read

Genocide Awareness
and Prevention Month
Global Astronomy Month
Grange Month
Holy Humor Month
Informed Woman Month
Int'l Amateur Radio
Int'l Customer Loyalty
Int'l Guitar Month
Int'l Twit Award Month
Irritable Bowel
Syndrome Awareness
Jazz Appreciation

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Biden: NATO has never been more united

by Jim Garamone
DoD News

“NATO has never, never been more united than it is today,” said President Joe Biden following an alliance meeting in Brussels March 24.

Biden participated in an extraordinary summit meeting at the alliance headquarters, just one month after Russian President Vladimir Putin broke the peace of Europe by invading Ukraine.

The president noted that the day after the Russian invasion, NATO held a meeting. “At that time, my overwhelming objective in wanting that summit was to have absolute unity on three key important issues among our NATO and European allies,” he said. “First was to support Ukraine with military and hu-

manitarian assistance.”

The second was to impose the most significant economic sanction regime to cripple Putin’s economy and punish him for his actions. “Third, was to fortify the eastern flank of our NATO allies who were obviously very, very concerned, and, worried what would happen,” he said.

All this happened and the meeting today was put in place to build on these efforts. “The United States has committed to provide over \$2 billion in military equipment to Ukraine since I became president, anti-air systems, anti-armor systems, ammunition. And our weapons are flowing into Ukraine as I speak.”

In addition, Biden announced \$1 billion in humanitarian relief for Ukrainians affected by the

war. “Many Ukrainian refugees will well wish to stay in Europe closer to their homes, but we also will welcome 100,000 Ukrainians to the United States with a focus on reuniting families,” Biden said.

He also announced the United States will invest \$320 million to bolster democratic resilience and defend human rights in Ukraine and neighboring countries.

The United States in tandem with the European Union, Canada and Japan will also look at the effect Putin’s war will have on food and energy security.

The nations are also sanctioning more than 300 members of the Russian Duma, oligarchs and defense companies that fuel the Russian war machine, he said.

Finally, Biden said that Putin launched his invasion absolutely sure that NATO would split apart. Instead, the United States deployed more than 20,000 troops to Europe. Other allies stepped up and moved forces to the eastern border of the alliance.

“NATO established four new battle groups in Romania, Hungary, Bulgaria and Slovakia to reinforce the Eastern Front,” he said. “Putin was banking on NATO being split.

“My early conversation with him in December and early January, it was clear to me he didn’t think we could sustain this cohesion. Putin is getting exactly the opposite [of] what he intended to have as a consequence of going into Ukraine.”

Budget

continued from previous page

The money is focused on F-35 fifth-generation joint strike fighters, F-15EX - a mix of fourth-generation aircraft with fifth-generation avionics, the B-21 Raider stealth bomber, more air mobility aircraft, KC-46 tankers and various unmanned aircraft systems.

The budget stressed integrated defense with \$40.8 billion for construction of nine battle force fleet ships. The funding includes incremental funding for construction of Ford-class aircraft carriers, and two Columbia-class ballistic missile submarines.

A total of \$12.6 billion is dedicated to modernization of Army and Marine Corps combat equipment including armored multi-purpose vehicles, the amphibious combat vehicle and the optionally manned fighting vehicle.

Another part of integrated deterrence is the recapitalization of the nuclear triad. The budget

request is for \$34.4 billion. This includes upgrades to weapons systems and the nuclear command, control and communications system.

Hypersonic weapons are scheduled to be fielded under this budget request with \$7.2 billion across the services. This includes a hypersonic missile battery by fiscal 2023, hypersonic missiles aboard Navy ships by fiscal 2025 and hypersonic cruise missiles by fiscal 2027.

Another \$24.7 billion goes to missile defeat and defense initiatives, including \$892 million for the defense of Guam from Chinese missiles.

Cyberspace remains a contested domain and the budget contains \$11.2 billion for cyberspace activities including adding five more Cyber Mission Force Teams and “operationalizing” the department’s Zero Trust Architecture.

Space is the ultimate high ground and the budget calls for \$27.6 billion for everything

from detecting missile launches to global positioning satellites to “hardening” satellite communications.

Another concept in the strategy is called campaigning. “Our competitors are increasingly undertaking activities designed to erode U.S. deterrence and advance their own interests via gray zone activities,” Hicks said. “We, in turn, will operate forces, synchronize broader department efforts and gain advantage on our terms by tying together the breadth of U.S. and allied and partner defense activities through campaigning.”

Central to campaigning is ensuring that the joint force is ready now, across the full battlespace competitors can present, she said.

DOD will be able to respond to threats anywhere in the world, but “the department will focus our campaigning efforts in the Indo-Pacific and Europe,” Hicks said. The Pacific deterrence initiative along with other efforts are the basis for efforts

in that region. DOD will invest in enhancing its comparative military advantage, promote the military posture, provide for resilient logistics and increased cooperation with regional allies and partners.

In Europe, the budget will support U.S. European Command “and deepen our ironclad commitment to NATO,” she said. “We will optimize the responsiveness of the joint force, provide assistance to Kyiv through the Ukraine security assistance initiative, and bolster security cooperation programs.”

The campaigning concept is tied to joint force readiness. Officials said the campaigning aspect receives \$134.7 billion in the fiscal 2023 request. The Army would receive \$29.4 billion under this request, the Navy \$47.4 billion, the Air Force \$35.5 billion, the Marine Corps \$4.1 billion and the Space Force, \$3 billion. U.S. Special Operations Command is slated to receive \$9.7 billion of this pot of money and other joint requirements would consume \$5.6 billion.

Army

- Army Pacific boss: Ukraine resistance highlights need to prepare
- Army training center informs nearby residents of possible water contamination
- Review of suicide among troops to focus on Army bases in Alaska, South Korea

Navy

- Navy unveils up to \$175,000 in bonuses for aviation department heads
- Supreme Court rules Navy can reassign unvaxed SEALs
- All Freedom-littoral combat ships in commission tapped for early disposal
- USS Abraham Lincoln returns to Manila, recalling a tumultuous visit 29 years ago

Marine Corps

- Marines transition from Harrier to F-35B
- 400 Marines deploy to Eastern Europe
- Marines barred from travel to Ukraine, 2 neighboring countries

Air Force

- F-22 Raptor mishap at Eglin highlights Air Force’s landing gear issues
- Air Force faces uphill climb to hit recruiting targets, general says during tour of European bases
- Top military official seeks outside probe of Maine National Guard’s handling of sexual assault cases
- Air Force pilots at U.S. air base in Japan leveling the odds for military women

National Guard

- Biden administration seeks to dismiss Oklahoma lawsuit over National Guard vaccine mandate

Coast Guard

- Coast Guard rescues 70-year-old hiker after 200-foot fall on mountain, Alaska officials say
- Coast Guard suspends search for master of sunken fishing vessel; 1 dead

Veterans

- VA’s caregiver review would’ve booted 90 percent of young vets from program
- Bakersfield National Cemetery commemorates Vietnam veterans and their families

Space Force

- Colorado lawmakers ask Biden to consider Russia’s war on Ukraine when making final call on Space Command’s location



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SAN FRANCISCO
March 23, 2022

Coast Guard K-9 Petty Officer 1st Class Kelly and her handler Maritime Enforcement Specialist 2nd Class Jacob Brasker perform hoisting training in a Dolphin helicopter at Coast Guard Air Station. Photo by Petty Officer 3rd Class Hunter Schnabel



GREAT LAKES
March 18, 2022

Airman Luisa Sanchez hugs her family after graduating Navy boot camp. Sanchez became a U.S. citizen March 17. RTC held the ceremony for the first time since 2017 in which 25 recruits from 17 countries became U.S. citizens. Navy photo by MCC Brandie Nix

DOD acquisition officers will learn to better acquire and transition commercial technologies

by David Vergun, DoD News

In this era of modern warfare, access to cutting-edge, commercial technology is vital for warfighters and national security.

To ensure access to commercial technology, the Defense Department is promoting broader use of agile acquisition methods by training acquisition professionals on the Defense Innovation Unit's acquisition process, said Mike Brown, DIU director.

Recognizing the need to keep pace with commercial product cycles and adopt best practices for commercial procurement, Defense Acquisition University and DIU have joined forces to develop and implement the Immersive Commercial Acquisition Program, he said.

DOD acquisition personnel will work on service-aligned projects, alongside a DIU contracting officer and project team, as well as commercial solution providers on a variety of projects.

Program participants will also take virtual classes on other transaction authorities through DAU, said Jim Woolsey, DAU president.

"Acquisition professionals, especially those in contracting, work in an increasingly complex environment," he said. "Creating opportunities where they can develop specialized skills and gain experience that they take back and share with others is one of the great strengths of this program."

Up to six contracting officers will be competitively selected from across the DOD civilian and military communities to take part in the 12-month, immersive program.

Set to launch officially in October 2022, the first ICAP cohort will receive targeted training and hands-on experience in every aspect of the commercial solutions opening process. This will range from acquisition strategy to the basics of leveraging other transactional authorities and day-to-day project execution. Participants will also get first-hand knowledge of the commercial sector.

"To give warfighters the best and most current technology available, DOD must embrace and leverage an acquisition process that enables the department to operate at commercial speeds," said Brown. "To do this, we need to train our acquisitions talent from across the services on how to effectively transition technologies from the commercial sector into the DOD."

About 240 additional troops and six Navy jets deploying to Germany as war in Ukraine drags on

by Caitlin Doornbos, Stars and Stripes

WASHINGTON - About 240 sailors and six Navy EA-18G Growlers will arrive in Germany on Monday as Russia's war in nearby Ukraine drags on, chief Pentagon spokesman John Kirby said.

The troops and electronic attack aircraft will deploy from Naval Air Station Whidbey Island, Wash., to Spangdahlem Air Base in Germany, Kirby said.

"This is in order to bolster readiness, enhance NATO's collective defense posture and further increase air integration capabilities with our allied and partner nations," he said Monday.

The 240 troops, who belong to Electronic Attack Squadron 134 in Washington, will join the more than 100,000 U.S. service members in Europe, Kirby said. About 14,000 of the 100,000 troops deployed to the region in the past two months in response to Russia's continued attack on Ukraine.

The Growlers are fighter aircraft specially equipped with radar-jamming and other electronic-attack capabilities to disrupt enemy communications and more, according to the Navy.

"These Growlers ... are equipped for a variety of missions, but they do specialize in flying electronic warfare missions, using a suite of jamming sensors ... to conduct suppression of enemy air-defense operations," Kirby said.

The aircraft will not be used on Russian forces in Ukraine, in accordance with President Joe Biden's commitment not to send U.S. troops to fight Russia directly in the besieged country. Instead, they will fly missions to act as a deterrent to keep Russia from attacking NATO countries, Kirby said.

"They are not being sent because of some sort of acute threat that was perceived or some specific incident that happened. They are being deployed as we have said all along, the [Defense] Secretary [Lloyd Austin] wants to keep options open," he said.

The U.S., as a NATO member, must come to the defense of other countries in the alliance if attacked, according to NATO's collective defense clause.

Austin decided to send the additional jets after consulting with the German government and Air Force Gen. Tod Wolters, who leads U.S. European Command, Kirby said.

Total Navy Battle Force: 298 Ships underway

Deployed ships underway: 63

Non-deployed ships underway: 20

Total ships underway: 83

Ships deployed by Fleet

Fleet Forces, 0: 3rd Fleet, 1

4th Fleet, 2: 5th Fleet, 12

6th Fleet, 30: 7th Fleet, 69

Total 114

Where are our ships at sea



These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of March 28, 2022, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

Places of Worship

Bethany Lutheran Church

Lutheran Church - Missouri Synod
2051 Sunset Cliffs Blvd., Ocean Beach 92107
(Parking lot off the Alley - North of the building)
Worship 10:30am Sundays
Bible Class, Wednesdays 10am
(619)222-7291 LivingWaterSD7@gmail.com

Bayview Church

Attract... Assimilate... Activate
6134 Pastor Timothy J. Winters St., San Diego 92114 (619) 262-8384
Sunday 6:45am, 8:30am, 11am Worship Service
Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am
www.bayviewbc.org info@bayviewbc.org

Canyon View Church of Christ

"Love God, Love People, Serve the World"
Sunday Bible Classes for all ages 9am
Sunday Worship 10am
4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org
(Near corner of Balboa Ave. & Clairemont Dr.)
www.canyonview.org (858) 273-5140

Christ Community Church

Helping people love God and each other!
Services Onsite or Online Sundays 8:45 & 10:30am
Children's Ministries for All Kids!
Small Groups for Teens & Adults of All Ages!
9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15
www.gotoChrist.com or (858) 549-2479

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"Reach Up, Reach Out, Reach Our World"
Jim W. Baize, Pastor www.fbcoronado.com
Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am
Meeting in person and online on YouTube or Facebook
FB: First Baptist Church of Coronado email: secretary@fbcoronado.com
445 C Ave., Coronado, CA 92118 (619) 435-6588

La Jolla Lutheran Church

"We Follow Jesus"
Sunday 9:30am Worship
Wednesday 6:30pm Bible Study
7111 La Jolla Blvd., La Jolla, CA 92037
(858) 454-6459
LaJollaLutheranChurch.com

Living Water Lutheran Church

"Whoever believes in me, streams of living water will flow from within him."
Meeting at Hampton Inn
Corner of Carmel Mountain Rd. and El Camino Real
Join us for worship at 8:45am
(858)792-7691 LivingWaterSD7@gmail.com
Pastor: Rev. Steven Duescher

Mesa View Baptist Church

Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.)
Seeking Sinners; Saving Souls. Strengthening Saints
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Wednesday Night Bible Study 7pm
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Dr. Dennis Eley, Jr, Th.D., MBA dennis@militaryoutreachministries.org
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Live Stream: 1pm on "Moministries" free church app
Or www.militaryoutreachministries.org click on 'live stream' blue button

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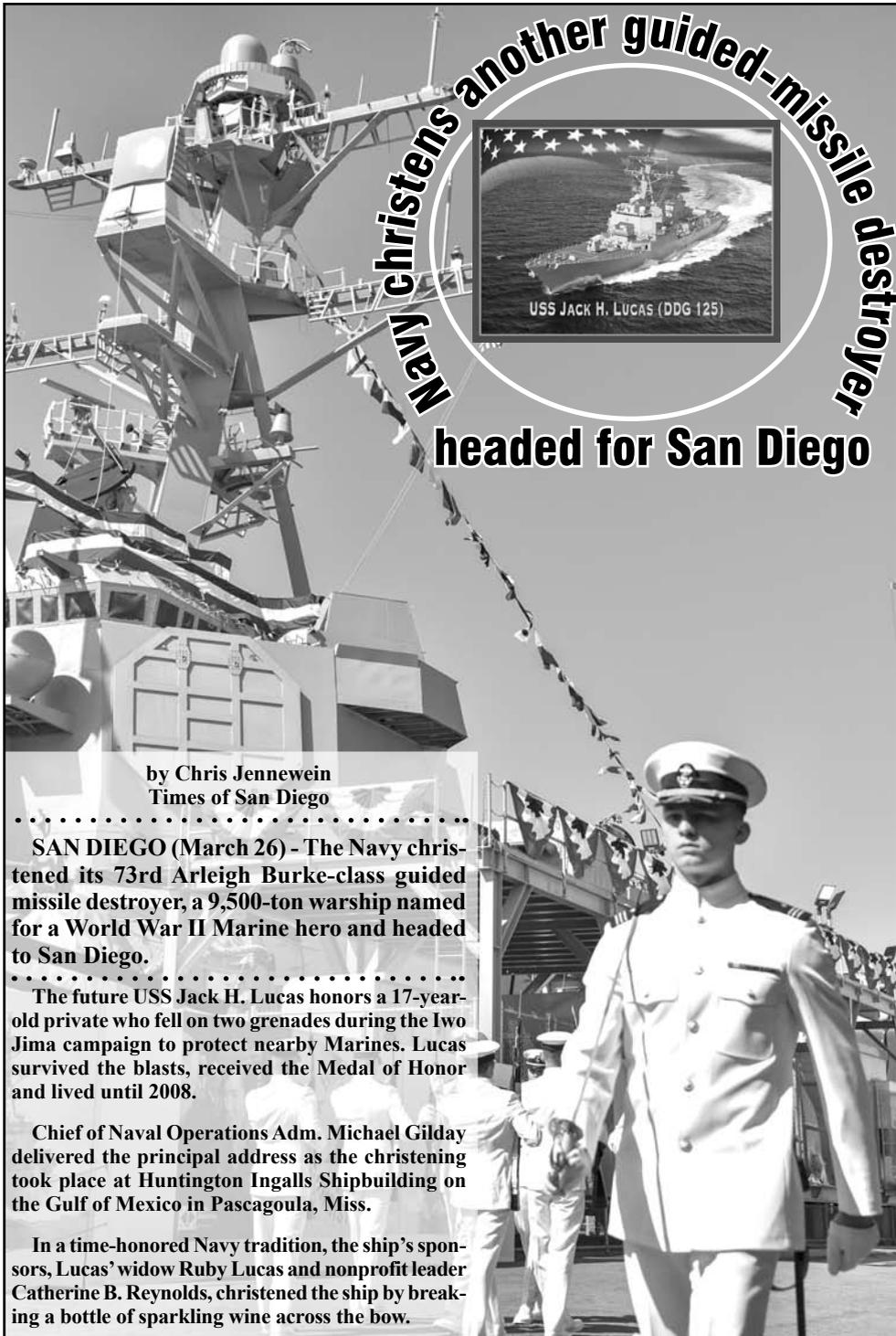
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1111 Fifth Street - Coronado, CA 92118 - 619.435.1000
secretary@resurrectioncoronado.com - www.rlchurch.com
<https://www.facebook.com/resurrectioncoronado/>
The Rev. Dr. Brian Oltman, Pastor

St. Luke's Lutheran Church

5150 Wilson Ave., La Mesa, CA 91942
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website: www.st-lukes-la-mesa.org
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Local Military



by Chris Jennewein
Times of San Diego

SAN DIEGO (March 26) - The Navy christened its 73rd Arleigh Burke-class guided missile destroyer, a 9,500-ton warship named for a World War II Marine hero and headed to San Diego.

The future USS Jack H. Lucas honors a 17-year-old private who fell on two grenades during the Iwo Jima campaign to protect nearby Marines. Lucas survived the blasts, received the Medal of Honor and lived until 2008.

Chief of Naval Operations Adm. Michael Gilday delivered the principal address as the christening took place at Huntington Ingalls Shipbuilding on the Gulf of Mexico in Pascagoula, Miss.

In a time-honored Navy tradition, the ship's sponsors, Lucas' widow Ruby Lucas and nonprofit leader Catherine B. Reynolds, christened the ship by breaking a bottle of sparkling wine across the bow.

"The future USS Jack H. Lucas will serve as a constant reminder of the immense impact actions taken by any one Sailor or Marine can truly have," said Navy Secretary Carlos Del Toro. "Private First Class Lucas is a national hero and this ship and crew will honor his legacy for decades to come."

The ship is the first of 20 advanced "Flight III" destroyers under contract. Among the upgrades compared to previous Arleigh Burke destroyers is special radar to allow the ship to shoot down ballistic missiles.

The destroyers are armed with a main canon, anti-aircraft guns, 96 missiles of various types in vertical launch tubes, torpedoes and two helicopters.

Naval Academy's Silent Drill Team performs at the christening ceremony for the future Jack H. Lucas (DDG 125) March 26. Lucas is the first Flight III guided-missile destroyer, and will be equipped with the most advanced technology and weapons systems. Navy photo by Cmdr. Courtney Hillson

Armed Forces DISPATCH

NEWS BRIEF

Marine charged with involuntary manslaughter in death following fight

... A San Diego Marine was charged March 25 in connection with a St. Patrick's Day fight in a Dana Point restaurant that led to a man's death. Jack Griffin Isaacson, 20, faces one felony count of involuntary manslaughter, according to court records. Isaacson was arrested and was being held on \$1-million bail. Isaacson is accused of killing Michael Terry, 38, of Laguna Niguel, according to the Orange County Sheriff's Department.



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Photo gallery



La Jolla
March 26, 2022

Members in the Individual Ready Reserves (IRR) attend a muster in order to screen designated IRR members to ensure mobilization readiness and train Readiness Support Program Region One for mobilization operations.

Marine Corps photo by
Cpl. Grace J. Kindred

Amphibious assault ship USS *Makin Island* (LHD 8) transits the San Francisco Bay. *Makin Island* is at sea conducting routine in U.S. 3rd Fleet.

Navy photo by
MC2 Jeremy Laramore



San Francisco Bay
March 26, 2022



San Diego
March 25, 2022

Culinary Specialist Seaman Nicholas Clark, from Atlanta, prepares food in the galley of amphibious assault ship *Tripoli*. *Tripoli* is an America-class amphibious assault ship homeported in San Diego.

Navy photo by
MC2 Malcolm Kelley

North County/Camp Pendleton

Traffic alert: Camp Pendleton hosts bicycle portion of annual Ironman Triathlon

The bicycle portion of the annual Ironman Triathlon will take place aboard Camp Pendleton this Saturday, April 2, from 6 a.m. to 2 p.m.

The race has a closed bike course that travels in the Del Mar Gate, to the A Street Bridge, then down Vandegrift (detouring behind the Commissary) and up Stuart Mesa Road. The course goes up and back on Las Pulgas Road before exiting the base and using the old Hwy 101.

The race comes back on the base via Cristianitos Road to San Mateo Road. The course turns south onto Basillone Rd., and then west on Vandegrift Blvd., retracing the inbound course after the Stuart Mesa Rd., intersection. In order to facilitate this event, traffic control procedures will be in place from 6 a.m. until approximately 2 p.m. as described at <https://www.pendleton.marines.mil/Main-Menu/Base-Information/Ironman-2022/>.



WOMEN'S HISTORY MONTH



Sergeant Major Eleanor Judge

First woman appointed Sergeant Major of Camp Pendleton in 1980.

♂ Camp Pendleton's first in history...

As the month of March and Womens History Month ends, we honor Sgt. Major Eleanor Judge who was the first woman appointed Sgt. Major of Camp Pendleton in 1980. Thank you Sgt. Major for paving the way and being a role model for all Marines. Semper Fi.

CAMP PENDLETON - Sgt. Maj. Eleanor Judge served as the sergeant major here from March 1980 to August 1980. Judge's 31 years of service to the Corps started June 2, 1949, when she enlisted in the Boston Reserve Unit when she was 20 years old. After one year of reserve duty, Judge was given active-duty orders to the Women Marines of 2nd Infantry Battalion of Marine Corps Base Camp Lejeune. She served there for three years while performing her daily duties as an administrations clerk.

Tuesday, April 5 • 10 a.m. • Free

Join Navy MWR for a tour around Balboa's iconic museums. Every Tuesday some museums offer free admission. This will be a social opportunity where military families can get together and enjoy each other's company. MWR limits the amount of participants to ensure social distancing while still being able to enjoy the company of others. Admission is free to County of San Diego residents and active duty personnel and their dependents. Sign up today at <https://runsignup.com/museumtuesbcr>.

"We had an inkling of what was going to happen. The news was out in the paper about Korea. All of a sudden, I got a notice in the mail and it said, well, what I like to tell people it said, is you are cordially invited to report for active duty," said Judge during an interview for "First female base sergeant major still an influence today," Sept. 17, 2004. "So off I tootled to the Fargo Building (to report) and we boarded a troop train on Aug. 14, and off we went to Camp Lejeune."

Judge was stationed at Pearl Harbor, Hawaii, and Naples, Italy, during her three decades of service. Three of those years were spent in Pittsburgh, Pa., as a recruiter.

Judge also helped to mold female recruits into Marines during three separate tours to the drill fields of Parris Island.

Sgt. Maj. Eleanor Judge passed away Feb. 24, 2013, at the age of 84.



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U.S. 3rd Fleet hosts RIMPAC final planning conference

PEARL HARBOR - Commander, 3rd Fleet hosted the final planning conference (FPC) for Rim of the Pacific Exercise (RIMPAC) 2022 at Joint Base Pearl Harbor-Hickam, March 21-24.

Approximately 1,000 personnel from 27 nations scheduled

one of the last steps to making this exercise a reality and is the perfect opportunity here in Hawaii to allow participants the opportunity to see where we will all be operating in July," said Dobson. "The level of teamwork, planning and cooperation between participants has been fantastic, ensuring that this

the same page, and that's what we've accomplished here this week," said Royal Canadian Navy Commodore Christopher Robinson, deputy commander of RIMPAC 2022 Combined Task Force. "Seeing all the leaders and staff members of these participating nations come together like this is truly inspiring. It's going to be a great exercise."

RIMPAC began in 1971 and was held annually until 1974, when it became a biennial exercise due to its large scale. The founding nations are the U.S., Australia, and Canada. This will be the 28th RIMPAC since inception and currently consists of 27 like-minded partner nations, committing 41 ships, 4 submarines, more than 170 aircraft, and nearly 25,000 personnel.

An integral part of the Navy's Pacific Fleet, 3rd Fleet leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary to flawlessly execute our Navy's role across the full spectrum of military operations - from combat operations to humanitarian assistance and disaster relief. 3rd Fleet works together with our allies and partners to advance freedom of navigation, the rule of law, and other principles that underpin security for the Indo-Pacific region.

exercise will be executed safely and professionally."

The conference was the second to last event in preparation for RIMPAC 2022. The size and scope of RIMPAC 2022 are expected to more closely resemble the 2018 iteration following a scaled back version in 2020, but with COVID mitigation measures in place.

"For an exercise this massive, everyone needs to be on

Warfare group collaborates with industry to discover naval applications for machine learning

by Maison Piedfort

More than 1,000 attendees gathered online last week for the Naval Applications for Machine Learning workshop hosted by Naval Information Warfare Center Pacific and the San Diego chapter of AFCEA International.

The platform featured keynote speakers, panels, poster and demo sessions, to help networking which mimicked benefits of the typically in-person conference.

Naval Information Warfare Systems Command Commander Rear Adm. Douglas Small welcomed attendees by naming his

top three priorities for NAVWAR enterprise - people and attracting talent; readiness; and using world-class methods to deliver secure, high-quality software at speed and scale.

"As part of Project Overmatch," said Small, referring to the Navy's platform for delivery of tools and analytics to the fleet, "we provide the connective tissue, and one of the things we want to be able to do is be the means of delivery of your products to where they need to go - to platforms on the edge."

NIWC Pacific conducts research, development, and engineering support.



RIMPAC 2022 religious affairs working group. Navy/photo by MC1 David Mora Jr.

to participate in RIMPAC 2022 attended the FPC to conduct a review of the overall exercise plan and prepare to execute the world's premier maritime exercise. Strong international coordination of COVID mitigation measures were put in place as this in-person meeting enabled participants to meet face-to-face with their partner nation counterparts.

"This conference was an enormous success, and I can't thank every single participant enough," said Vice Adm. Steve Koehler, 3rd Fleet commander. "All of the hard work and dedication preparing for execution will ensure the 28th RIMPAC showcases our ability to operate as capable, adaptive partners."

The event afforded attendees the opportunity to disseminate information and finalize planning for RIMPAC 2022.

RIMPAC Coordinator Royal Australian Navy Lt. Cmdr. James Dobson explained how proper preparation increases knowledge and will help lead to a successful exercise.

"This conference represents

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Career Services

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.

Friday, April 15 | 9-10:30 a.m. | KMB (IP)
Tuesday, May 3 | 1-3 p.m. | NBPL (IP)
Tuesday, May 10 | 9-11 a.m. | NBSD (IP)
Friday, May 20 | 9-10:30 a.m. | KMB (IP)
Monday, May 23 | 1-3 p.m. | GVB (IP)
Tuesday, June 7 | 1-3 p.m. | NBPL (IP)
Tuesday, June 7 | 9-11 a.m. | NBSD (IP)
Friday, June 24 | 9-10:30 a.m. | KMB (IP)

Job Search Strategies

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

Tuesday, April 12 | 1-3 p.m. | NBPL (IP)
Tuesday, April 26 | 9-10:30 a.m. | NBSD (IP)
Tuesday, May 10 | 1-3 p.m. | NBPL (IP)
Tuesday, May 24 | 9-10:30 a.m. | NBSD (IP)
Thursday, June 9 | 9-11 a.m. | GVB (IP)
Tuesday, June 14 | 1-3 p.m. | NBPL (IP)
Tuesday, June 28 | 9-10:30 a.m. | NBSD (IP)

Spouse Employment, Empowerment and Development

Are you a military spouse looking for work in San Diego? Attend this workshop and gain insights about the San Diego job market, as well as educational benefits, networking, resume writing and more.

Friday, April 15 | 10:30 a.m.-12 p.m. | KMB (IP)
Monday, May 2 | 1-3 p.m. | GVB (IP)
Wednesday, May 11 | 1-3 p.m. | VSM (IP)
Tuesday, May 31 | 9-10:30 a.m. | NBSD (IP)
Friday, June 24 | 10:30 a.m.-12 p.m. | KMB (IP)
Wednesday, June 29 | 1-3 p.m. | VSM (IP)

•If you are interested in attending one of these classes, call the Centralized Scheduling Center at 866-923-6478 or e-mail FFCSDWorkshops@navy.mil. If you would like to connect with someone regarding a command-specific training, e-mail FFCSDTrainingRequest@navy.

Interpersonal Edge



by
Dr.
Daneen
Skube

Q: I like to read adventure books where the heroes or heroines face big problems and overcome adversity. My ordinary work life by contrast seems mundane and boring. How can I find inspiration in my work life and overcome boredom so my work feels more adventurous?

A: While it is true ordinary work life can seem tedious, there are plenty of ways to create your own adventure story at work. Start by considering what scares you or what risks you're avoiding. Then consider that even small adversities can give you an opportunity to be the hero or heroine you so admire in fiction.

When psychologists study high-functioning adults they find three zones of performance. The first zone is when you're bored, the second is when you have challenges but are not overwhelmed, and the third is when you're overstretched. Turns out the Goldilocks story got it right

Make work your own adventure

about high functioning: not too cold, not too hot, but just the right amount of challenge.

In your adventure stories the hero or heroine may face insurmountable odds, but they usually receive magical assistance and use their wits to creatively problem solve. Most of us may not have access to a fairy godmother, but we do have the benefit of our wits to rely upon.

I promise your mundane job will throw multiple problems at you that do not look exciting. What is exciting is your ability to keep looking at the problem as if it's your personal Rubik's Cube. If you do not have interesting enough problems to challenge you, then look at areas at work that scare you and explore them.

Every problem presents us with our own hero's journey. We have to stop looking at the problem through the same set of eyes. We have to change not the problem, but ourselves to find a solution. Isn't this what happens in every adventure story?

Most heroes start as nobody special. Take Harry Potter. But, inside of Harry is a unique per-

spective that ends up conquering even the darkest aspects of our humanity. Today you might believe you too are nobody special. However, if you look at each problem, no matter how insignificant, as a key to unlock your unique magic, you take the first step of writing your own adventure.

Consider the word imagination. It suggests two words: both "I" and "mage" or "magic." According to most dictionaries, a mage is someone who "has the ability to attain objectives or acquire knowledge or wisdom by using supernatural means." Supernatural simply suggests something beyond the mundane or ordinary.

If indeed your imagination or creativity can use each ordinary problem at work as a key for you to attain your objectives or acquire knowledge or wisdom then we might suggest your new habit meets the definition of one that has magic!

On Monday what may change is not that your ordinary job is suddenly bursting with secret mysteries. What may change is that you see how much about your ordinary life was inviting

you on your own adventure all along.

Many of us find a rollicking good story of a hero who overcomes the odds mesmerizing and inspirational. What we may previously have failed to notice is the most relevant story unfolds every day in our own lives. Pick up that book and I promise you'll never be bored again!

The last word(s)

Q: Every week somebody in my workplace makes my work more difficult. Will I ever get so good at interpersonal skills that I can avoid these moments?

A: Nope, consider your interpersonal struggles as an adult graduate class in human development. If you're willing to learn then your next interpersonal conflict will encourage you to learn more, mature more, and change!



The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

For many years while my Navy husband, Francis, was on active duty, I was a frustrated housewife. I was fulfilled by my role as nurturer of our family, but I must confess, I had a dark, bitter side that fantasized about a different life.

These were not normal fantasies about being a rich socialite or a world-renown author or a supermodel. These were "sick" fantasies.

It all started when I realized that there was no end in sight. No end to dirty socks, crumbs, dog hair, car pools, homework, soap scum, grocery shopping. My daily tasks as a military spouse and mother of three were not only completely devoid of mental stimulation, they were never done ... never.

No sooner would I wipe a glob of toothpaste from inside the kids' sink, when another one would appear. Dust particles descended stealthily through the air every second of the day, making a mockery of my weekly furniture polishing. I swore the dirty laundry was breeding in its baskets just to spite me. If I had a nickel for every time I thought the house was clean, and then watched a tumbleweed of dog hair blow across the floor, I'd be that rich socialite.

'Sick' Fantasies of a military mom

I realized that I was on a never-ending treadmill of mind-numbingly boring and mundane daily chores. Even vacations didn't bring relief because our family trips were a lot of work. "Sheesh, I need a vacation from our vacation," I'd say to myself afterward.

Then one day, most likely while wiping spaghetti sauce splatter off the inside of the microwave for the umpteenth time, my mind began to wander. Somewhere in the dark recesses of my brain, a wicked thought was hatched.

What if, just what if, I sustained some kind of non-life-threatening injury or illness that would require me to be in the hospital, or at least in bed, for a couple of weeks? My eyes widened at the exciting thought of mandatory bed rest, three squares a day, and my family forced to fend for itself.

But, what kind of non-life-threatening injury or illness? Perhaps a large can of tomato sauce could fall from the pantry, striking me in the head and causing amnesia for which I would need close monitoring in the hospital? Nah, too far-fetched. Maybe I could trip on one of the kids' scooters in the driveway and break a hip? Nah, too painful. What if I got a bad batch of wrinkle cream from the drug store and my skin fell off? Nah, too disfiguring.

This little "what if" game became its own welcome escape from my daily grind. I had fun trying to come up with the perfect

fantasy involving temporary injury, paralysis, illness or disease - Oh, what a treat - that might grant me a brief reprieve from the endless monotony of my responsibilities as a military wife and mother.

Now, our young adult children are on their own or in college, and as an empty nester, my need to escape endless housework is not as urgent as it was when they were under our roof. Sure, there are still many days when I'd rather chew my own arm off than empty the dishwasher again. However, life is just not as challenging as it used to be. But as my luck would have it, my ultimate fantasy refused to become a reality until last week, when I checked into the hospital for scheduled foot surgery.

I had always envisioned an overnight hospital stay, but I was home from my outpatient surgery by mid-afternoon. It was sweet that the kids came to the house to check on me, but that also meant more mouths to feed. Francis had promised to handle dinner, but by 6:30 that night, I was calling for take-out.

After a few days of trying to live out a disappointing version of my carefully curated dream, I eventually gave up and got back to my daily grind, with the assistance of a clunky splint boot that screams, "I had bunion surgery!"

I still have hope that my sick fantasies will come true one day. A girl can dream.

AutoMatters™ & More



by Jan Wagner

As long-time readers of this column know, I've been covering the Grand Prix of Long Beach for many years. In addition to its scenic location right next to the beach and the Pacific Ocean in Southern California, this event includes many motorsports series. That provides fans with a rare opportunity to see a wide variety of motorsports competitions in one location, over the course of the event.

If PRESS DAY is any indication (and I'm sure it is!), the 2022 edition of the Acura Grand Prix of Long Beach will be fantastic — made even better since the State of California's COVID vaccination requirement for indoor "mega-events" will be lifted on April 1st. This, combined with the lifting of the mask protocols, means there will be no more COVID-19 mandates.

These are the world-class racing series that you will be able to see in action: NTT IndyCar Series, IMSA WeatherTech SportsCar Championship, Formula Drift Super Drift Challenge, high-flying (literally!) SPEED Energy Stadium SUPER Trucks, Historic IMSA GTP Challenge and, new for 2022, not one but two great races of the Porsche Carrera Cup North America Series, with 30-35 cars racing.

There will be much more to see and do, including the ever-popular Lifestyle Expo and Family Fun Zone inside the Long Beach Convention

Get your tickets for the Acura Grand Prix of Long Beach

Center, a SoCal food truck experience, outdoor concerts, racing souvenirs and artwork, and much more — all within easy walking distance of the beach and waterfront shopping — adding up to a great event that you do not want to miss.

PRESS DAY's on-track action featured rides in Acura's NSK, special two-seater IndyCars and Formula Drift cars. The drifters put on a thrilling show — at times collecting the tire barriers!

Alec Robbins is one of the Formula Drift competitors who paid a visit to a tire barrier — and I happened to catch that on video, which I will be posting in the version of this column on AutoMatters.net as soon as I can.

I visited with Alex in his pit, where I learned about the unique, wildly high-horsepower drift car that he constructed himself, tucked-away inside what started out as the scrap body shell of a 2005 Nissan 350Z, and revealed in great detail at AlecRobbinsRacing.com. Everything is aftermarket, including the compact, supercharged, LS2-based GM 6-liter engine with an aluminum block and aluminum heads, for light weight. Speaking of weight, the balance is good, at only a couple percent front-heavy, thanks also to being able to push the engine back a little more than the inline six, plus the relocation of the radiator to the back — a process which provided plenty of room for that radiator, and which protected it from inevitable on-track collisions. FYI, some of the bodyworks is held on with zip ties, for quick and easy replacement.

Rear tire alignment settings — as much as a degree positive — are a

little different than would be run in more traditional motorsports. That is because the rear suspension is super-soft, in order to let the weight transfer back. That provides for a little more rear grip. As the car travels through its suspension range it loses some of its positive camber, flattening out to zero. The rear suspension setup provides a lot of forward bite on-throttle, and a tendency to skate around a little bit when off-throttle.

The "Porsche Carrera North America presented by the Cayman Islands" series will be racing in North America for the first time. This one-make series features purpose-built Porsche 992 GT3 Cup racecars — about 35 of which will be on the grid in Long Beach. The cars are as-delivered from Porsche, complete with a roll cage, full fire suppression systems, pneumatic air jacks, increased aerodynamics, larger rear wings, motorsport-based suspension and spec Michelin racing slick tires. All of the cars are the same, so the focus is on the drivers' skills. They will be racing in three classes, with one race each on Saturday and Sunday.

This year's Acura Grand Prix of Long Beach takes place April 8-10, 2022. For more information and to get your tickets, visit: <https://gplb.com/racing/>.

To see the most photos and the latest 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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Medal of Honor Spotlight: Marine Corps Sgt. Daniel P. Matthews

by Katie Lange

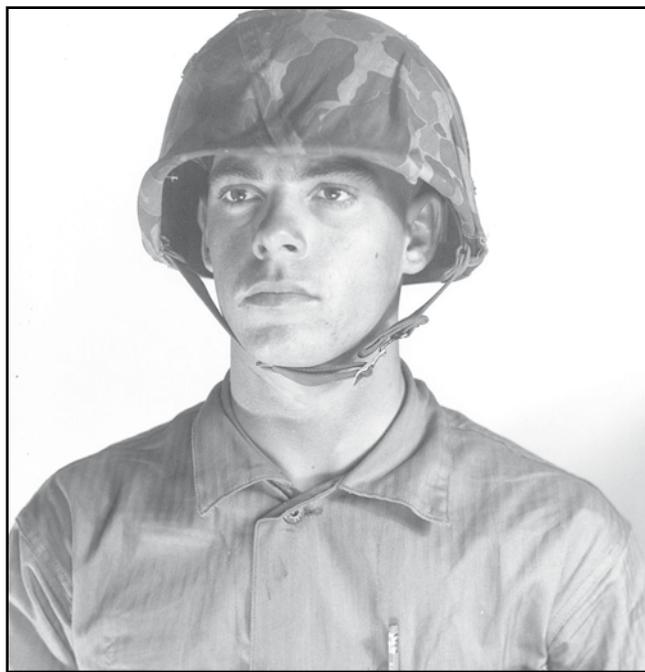
Marine Corps Sgt. Daniel Paul Matthews hadn't been in Korea long when his division was called in to help fight one of the fiercest battles of the war. The young sergeant died saving his comrades while helping them achieve their objective. For his sacrifice, he earned the Medal of Honor.

Matthews was born on Dec. 31, 1931, in the Van Nuys neighborhood of Los Angeles. His parents were William and Nettie, and he had six siblings: three sisters and three brothers, one of whom was his twin.

Matthews ran track and played football for Van Nuys High School before dropping out in 1948 when he was about 17 to work as a concrete-mixer operator for C.W. Organ, a Los Angeles contracting company. On Feb. 21, 1951, several months after the Korean War broke out, Matthews enlisted in the Marine Corps. He was assigned to Camp Pendleton and, by 1952, had earned the rank of sergeant.

Matthews left for Korea in January 1953. A month later, he was assigned to the 2nd Battalion, 7th Marines, 1st Marine Division.

Matthews had been in Korea for less than three months when enemy troops launched an attack on Vegas, a hilly U.S. command outpost north of the main line of resistance around



Marine Corps Sgt. Daniel Paul Matthews

the 38th Parallel. Two other U.S. manned outposts were attacked simultaneously. The battle for these outposts would last for five days.

The initial attack on Vegas forced the Marines from their least defensible positions, and artillery fire destroyed most of their telephone wires for communications. By the end of the first night of fighting, the Chinese controlled the outpost and were dug in on the hill, using its complex trenches and bunkers for cover.

Marines spent the next two days trying to win Vegas back.

By the third day of fighting, March 28, Matthews' 2nd Battalion had been called in as a reserve unit to help. The young sergeant was serving as a squad leader for Company F.

The company tried and failed twice before it finally made headway toward the entrance to the outpost's trenches. Matthews was able to move his squad forward until they were pinned down by machine gun fire coming from the top of the hill. At that time, Matthews noticed that the deadly fire was also keeping a medic from moving a wounded Marine, who was exposed in an open area. He knew he had to get

May 14, 2022 and will begin installation visits no later than August 1, 2022.

By Dec. 20, 2022, the SPRIRC will send an initial report to Secretary Austin for review — in advance of sending a report of findings and recommendations to Congress by Feb. 18, 2023.

the fire to stop somehow.

Thinking quickly, Matthews worked his way up the hill to the base of the enemy machine gun nest and leapt onto the rock fortification surrounding it. He surprised the enemy soldiers and charged them with his rifle.

The enemy turned their guns on Matthews, seriously wounding him, but he kept up his one-man assault. He was able to kill two enemy soldiers and force a third to run away, silencing the enemy gun. His effort made it possible for the medic to evacuate the wounded Marine.

In saving that man's life,

Matthews gave his own. The 21-year-old died from his wounds before aid could reach him.

Two days later, the siege of the hill ended, and enemy forces were repelled from Vegas. The five-day battle was one of the bloodiest Marine engagements during the Korean War.

Four months later, an armistice agreement was signed, and the hostilities ended.

David Matthews, who at the time was a Navy machinist's mate, helped escort his twin's body back to the U.S. in May 1953. The young Marine was buried in Glen Haven Memorial

Park in San Fernando, Calif.

On March 29, 1954, Matthews' parents were presented with the Medal of Honor by Navy Secretary Robert B. Anderson during a Pentagon ceremony. Matthews' twin brother was again in attendance. The families of two other fallen Marines — Sgt. James E. Johnson and Cpl. Lee H. Phillips — also received posthumous medals that day.

This article is part of a weekly series called "Medal of Honor Monday," in which DoD highlight one of the more than 3,500 Medal of Honor recipients who have earned the U.S. military's highest medal for valor.

San Diego County Office of Military & Veterans Affairs Locations

County Operations Center
5560 Overland Ave., Suite 310
San Diego, CA 92123
Phone: 858-694-3222

Oceanside VA Clinic
1300 Rancho Del Oro,
Room #1C-138
Oceanside, CA 92056
Phone: 760-643-2049

South Region Military & Veterans Affairs Resource Center
401 Mile of Cars Way, Ste 300
National City, CA 91950
Phone: 619-731-3345

Chula Vista Vet Center
180 Otay Lakes Road #108
Bonita, CA 91902
Phone: 877-618-6534

Fallbrook Senior Center
135 South Mission Road
Fall Brook, CA 91942
Phone: 760-723-7570

San Diego County Library Ramona Branch
1275 Main Street
Ramona, CA 92065
Phone: 760-788-5270
9 a.m. to 3 p.m.

San Diego County Library Julian Branch

1850 Highway 78
Julian, CA 92036
Phone: 760-765-0370

San Diego County Library Alpine Branch
1752 Alpine Boulevard
Alpine, CA 91901-2105
Call 858-694-3222 (VET-CONNECT ONLY)

San Diego County Library Rancho San Diego Branch
11555 Via Rancho
El Cajon, CA 92019
Phone: 619-660-5370

Escondido Military & Veterans Affairs Resource Center
649 W Mission Avenue
Escondido, CA 92025
Phone: 760-740-5573

North County Coastal (Oceanside) Military & Veterans Affairs Resource Center
1701 Mission Avenue, Ste. 110
Oceanside, CA 92058
Phone: 442-262-2701

VAMC, La Jolla
3350 La Jolla Village Drive,
Room 1596
San Diego, CA 92161
Phone: 858-552-8585 Ext. 1813

Mission Valley VA Regional Office
8898 Rio San Diego Drive
San Diego, CA 92108
Phone: 858-694-3222

La Mesa Adult Center
8450 La Mesa Boulevard
La Mesa, CA 91942
Phone: 619-667-1322

San Diego County Library El Cajon Branch
201 East Douglas
El Cajon, CA 92020
Phone: 619-588-3718

San Diego County Library Pine Valley Branch
28804 Old Highway 80
Pine Valley, CA 91962
Phone: 619-473-8022

San Diego County Library Poway Branch
13137 Poway Road
Poway, CA 92064
Phone: 858-513-2900

San Diego Central Library
330 Park Boulevard
San Diego CA 92101
Phone: 619-236-5800

Borrego Springs Branch Library
2580 Country Club Road
Borrego Springs, CA 92004
Phone: 760-767-5761

DoD starts military suicide prevention study group

FLEET RESERVE ASSOCIATION - Secretary of Defense Lloyd Austin announced the establishment of the Suicide Prevention and Response Independent Review Committee (SPRIRC), which will address and prevent suicide in the military, pursuant to the National Defense Authorization Act for Fiscal Year 2022.

SPRIRC will review relevant suicide prevention and response activities, as well as the immediate actions underway that were directed by the secretary on addressing sexual assault and recommendations of the Inde-

pendent Review Commission on Sexual Assault in the Military, to ensure SPRIRC recommendations are synchronized with current prevention activities and capabilities.

The Under Secretary of Defense for Personnel and Readiness will issue a memorandum identifying the members of the SPRIRC, the timeline for installation visits, and the SPRIRC charter that will outline the approach to the Department's comprehensive and collective efforts within 60 days of the memorandum. The SPRIRC will start working no later than

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Pins in your ears: How acupuncture can help relieve your pain

by Claudia Sanchez-Bustamante, MHS Communications

In Chinese medicine, acupuncture dates back more than 2000 years.

The Military Health System has developed a modern modification of this ancient practice, known as Battlefield Acupuncture, or BFA.

Military health care providers are finding that ear acupuncture, which involves inserting small needles into different areas of the ear, is successful in relieving pain of injured or ill service members.

“BFA is highly effective and markedly alleviates acute or chronic pain in approximately 80-85% of patients,” regardless of the underlying cause, said Dr. Jeff Leggit, a professor and medical acupuncturist at the Uniformed Services University of the Health Sciences website, in Bethesda, Maryland.

Leggit described it as an “invaluable tool.” Providers can administer BFA quickly and



Dr. Arnyce Pock, associate dean and medical acupuncturist at USU, oversees graduate nursing students at USU performing battlefield acupuncture for pain management, in February 2022. The course is intended to train health care personnel who are not physicians or acupuncturists, such as advanced practice nurses, to provide BFA to patients for pain management. Photo courtesy of Uniformed Services University of the Health Sciences.

safely. There’s virtually no risk of drug interactions or side effects, he said.

BFA can also reduce the need for narcotics. “A modification of the protocol can also be exceedingly helpful in treating migraine and tension-related headaches,” Leggit said.

Nearly every military hospital or clinic has at least one individual who has been trained in BFA, added Dr. Arnyce Pock, associate dean and medical acupuncturist at USU. “Moreover, the use of BFA in particular and acupuncture in general is becoming increasingly more common in [Department of

Veterans Affairs] facilities as well,” she said.

Twenty Years of Evidence

Retired Air Force Col. (Dr.) Richard Niemtow developed BFA in the aftermath of Sept. 11, 2001, to deliver pain relief quickly and efficiently in combat and other military situations. He was the first full-time physician acupuncturist in the military after having been a radiation oncologist.

Leggit and Pock are part of the team that now teach BFA to military medical students, doctors, nurses, and others across the MHS.

The course lasts up to four hours. It includes lectures and hands-on practice, said Leggit.

In March, Leggit and Pock taught a BFA course to graduate military nursing students at USU. The course trained providers who are not physicians nor acupuncturists, such as advanced practice nurses, to provide BFA to patients for pain management.

“USU recognized the importance of giving its graduates



Battlefield acupuncture involves placing a single, tiny, gold, semi-permanent needle into one or more of five key points on the external ear to relieve pain. Photo courtesy of Uniformed Services University of the Health Sciences.

training in BFA as a valuable tool in their analgesic ‘toolbox’, regardless of which specialty they decide to pursue,” said Pock. “Being able to effectively treat pain is something every physician needs to be able to do.”

How Does It Work?

The BFA protocol involves placing a single, tiny, gold, needle into one or more of five key points on the external ear, Leggit said.

After inserting a needle, the acupuncturist assesses the patient’s pain level. If the patient is satisfied or their pain has decreased to a level of zero or one on a 10-point scale, the provider pauses the treatment. The needles remain in place for three to four days before falling out on their own, said Pock.

The acupuncturists can continue treatments for as long as needed.

“In some situations, depending on the underlying condition, one or two treatments may be all that’s needed,” said Leggit. “Other patients with more chronic conditions may require long-term treatment on a regular or recurring basis. Some may only need periodic maintenance treatments, say, one to two times a month.”

Benefits

BFA can treat almost any type of acute or chronic pain. It works very quickly – usually within seconds or minutes, said Pock.

“The one caveat is that a conventional diagnosis must be made first, so that the attending clinician understands the underlying source of the pain,” said Leggit. “In other words, it’s important to treat the underlying cause as well as manage symptoms such as pain.”

According to these experts, BFA can be particularly valuable for providing care in austere environments.

Demand for BFA has been steadily increasing, Pock added.

For more information, talk to your health care provider.

OUT AND ABOUT AROUND TOWN

Observe Stars at MTRP, Fri, April 1, 6:30-8:30pm. Free. Join members from the San Diego Astronomy Association. Telescopes provided or bring your own. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, San Diego, 92119. mtrp.org

Goodguys 21st Meguiar’s Del Mar Nationals, Fri-Sun, April 1-3. \$13-\$25. Del Mar Fairgrounds, Del Mar. Hot rods, classic cars, cruisin’, chrome, awards, autocross racing, nitro thunderfests, burnout competitions, live music, cold beverages. <https://www.good-guys.com/dmn>

Coronado Community READ Kick-off Featuring the Coronado Big Band. Library Park, Sat, April 2, 3pm. Kicking off the 2022 Community READ in 1930s style jazz, swing and big band standards. Enjoy a fun outdoor concert and activities for all ages as we celebrate this community building event.

Ironman 70.3 Oceanside, Sat, April 2. Starts at Community Center on The Strand. IRONMAN 70.3 Oceanside is the first race on the North American circuit with a stacked pro field. www.ironman.com/im703-oceanside

Race for Autism Superhero 5K, Sat, April 2, 7-noon. \$20-\$40. Costumes and strollers welcome. Balboa Park, 6th Ave & Laurel St.

MTRP Tracking Walk, Sat, April 2 (first Saturday of every month), 8:30-10:30am. Free. Join Tracking Team members for an adventure in wildlife tracking. Meet at Visitors center. Rain cancels. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos, 92119

Guided Nature Walk, Sat, April 2, 9:30am. Free. Join an MTRP Trail Guide. Meet at Visitors Center. Rain cancels. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos, 92119. mtrp.org

New Moon Fishing, Sat, April 2, 6am-10pm. The moon, the water, the fish! Full sized lanterns required after 5pm. Entrance gate will close at 8pm. Boat launches and rentals will be available. Lake Jennings. 10108 Bass Rd, Lakeside, CA 92040. (619) 390-1623. <https://lakejennings.org/north>

Street Food Market, Sat-Sun, 10-4, ongoing thru Dec. Free. Lane Field

Park Market is a street food market showcasing 20+ food vendors, as well as boutique coffee, with live music from 12:30pm until 2:30pm. Food includes Vietnamese bao, Thai burgers, wood-fired pizza, waffles and crepes, Mexican, empanadas, sushi and poke, smoothies, hot mini-donuts, and more. Please respect COVID-safe rules. Lane Field Park, 1009 North Harbor Drive, San Diego.

Spring Festival, Sat, April 2, 10am-1pm. Free. Family activities, animals, crafts. San Dieguito County Park, 1628 Lomas Santa Fe Dr, San Diego, 92014.

International Dance Assoc Festival, Sat, April 2, noon-5pm. Free. Join the dance clubs of the International Dance Association in the Balboa Park Club as they teach and demonstrate various styles of social dancing and give you a chance to learn easy, enjoyable dances from around the world. Balboa Park Club & Ballroom, 2144 Pan American Road West.

Boots In The Park, Sat, April 2, 2-11pm. Blake Shelton, Brett Young, Carly Pearce, The Band Perry, more. Waterfront Park, downtown SD.

Creative Communal Makers Market, Sat, April 2, 11am-3pm. Free Ad-

mission. 35+ local makers, live music. Pet & kid friendly. Rising Co, 332 S. Coast Hwy, Oceanside, 92054.

North Park Festival of Beers, Sat, April 2, noon-4pm. 50+ beers, live music, food vendors. The Lafayette Hotel, Swim Club & Bungalows, 2223 El Cajon Blvd, San Diego. <https://www.north-parkbeerfest.com/>

Uncorked: San Diego Wine Festival, Sat, April 2, 1-5pm. \$65-\$80 +fees. 21+. GA ticket gets you tastes of over 200 wines, ciders, seltzers, canned cocktails, plus lawn games, live DJ. <https://uncorkedwinefestivals.com/uncorked-san-diego-wine-fest/>

Promenade Market downtown San Diego, 10am, Ongoing Saturdays thru Dec. Free. Enjoy crafts, coffee, and street food including Mexican, woodfired pizza, gyros, smashed avocado toast, kettle corn, waffles and crepes, and more. Ruocco Park, 585 Harbor Lane, San Diego, 92101.

Campagnolo GranFondo San Diego, Sat-Sun, April 2-3, 7:15am-5pm. \$73-\$219. SoCal meets Italy for bicycle fun. Gran Fondo: Italian term that very loosely translates to “Big Ride”. Little Italy, 1747 India St, San Diego, 92101. <https://www.sdgranfondo.com/>

Behind-the-Scenes tour Mission San Luis Rey, Oceanside. Most Sat 11am, Sun 1pm. Check calendar <https://www.sanluisrey.org/museum/behind-the-scenes-tours>. \$12 adults, \$10 senior, student, active military. Pre-registration is encouraged. For more information please call (760)757-3651 x115.

Hawk Talk with Huxley, Sun, April 3, 9am-noon. Free. Stop by the Visitor Center Lobby on the first Sunday of each month to meet local falconer, Bob Gordon, and his feathered friend, “Huxley” the Harris’s Hawk. Get up close and personal with this majestic bird of prey, while learning all about what makes it so special. Free, no reservations needed. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos, 92119

Escondido Cars & Coffee. Every Sunday Morning, 8-11am. Free. Kit Carson Park, 3333 Bear Valley Parkway, Escondido. All cars, trucks and bikes welcome

San Diego Restaurant Week: Brunches, Lunches, Dinners – Oh My! Delicious dining deals to savor the spring over 8 tasty days Sun, April 3-10. www.sandiegorestaurantweek.com

Types of chemical weapons

Nerve agents



Effects of small doses	Effects of large doses
<ul style="list-style-type: none"> • Constriction of pupils • Rapid breathing • Nausea/vomiting • Muscle weakness • Confusion 	<ul style="list-style-type: none"> • Convulsions/twitching • Loss of consciousness • Paralysis • Respiratory failure leading to death

Nerve agents such as **sarin gas** disrupt the nervous system, quickly causing a variety of symptoms. If breathed in, the effects on the respiratory system will be stronger, while ingesting a nerve agent will cause greater harm to the gastrointestinal system.

Blister agents



Effects of small doses	Effects of large doses
<ul style="list-style-type: none"> • Eye irritation • Throat pain/cough • Diarrhea/vomiting • Muscle weakness • Skin irritation/blisters 	<ul style="list-style-type: none"> • Skin burns/blisters • Permanent blindness • Respiratory damage • Dead tissue susceptible to infection

The effects of blister agents such as **mustard gas** take anywhere from 4 to 24 hours to become apparent. Most mustard gas victims survive, with infection of blistered skin being the greatest risk.

Choking agents



Effects of small doses	Effects of large doses
<ul style="list-style-type: none"> • Coughing • Burning of throat, eyes • Shortness of breath 	<ul style="list-style-type: none"> • Fluid in lungs • Low blood pressure • Heart failure

Choking agents, such as **phosgene** or **chlorine gas**, cause pulmonary edema, the buildup of excess fluid in the lungs. If victims survive for 48 hours, they usually recover with little to no permanent damage.

Source: Centers for Disease Control and Prevention, Federation of American Scientists
Graphic: Staff, Tribune News Service



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