

ARMED FORCES DISPATCH



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SIXTY-SECOND YEAR NO. 20
 THURSDAY, SEPTEMBER 1, 2022

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**Things to
 do around
 town**
 Slightly Stoopid,
 Padres, guided hikes,
 Summer Movies In The
 Park, Vista Rod Run,
 Cars & Coffee.
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Local
 Force-Con 2022
 with military avia-
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 days in Sept.
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National
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 since the conclusion
 of the Afghanistan
 War
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NAVY FOLLOWS THROUGH ON WHITE HOUSE promise to send more warships through Taiwan Strait

by Alex Wilson
 Stars and Stripes

YOKOSUKA NAVAL BASE, Japan - Two guided-missile cruisers steamed through the Taiwan Strait on Aug. 28, the U.S. Navy's first "routine transit" of the waterway since the Chinese military encircled the island for extensive military drills earlier this month.

USS *Antietam* and USS *Chancellorsville*, both homeported in Yokosuka, sailed "through a corridor of the Strait that is beyond the territorial sea of any coastal State," 7th Fleet spokesman Mark Langford said in a statement Sunday.

The ships sailed south from the East China Sea and into the South China Sea, a route regularly used to transit between the those areas, 7th Fleet spokeswoman Cmdr. Hailey Sims told *Stars and Stripes* by e-mail Sunday.

The Navy has sent warships through the 110-mile channel that separates Taiwan from mainland China roughly once a month over the past two years, with the two cruisers' trip marking the seventh this year. The Navy last sent guided-missile destroyer USS *Benfold* through the strait on July 19.

Sunday's trip was also the first since the Chinese navy and air force wrapped up weeklong military drills surrounding the island on Aug. 11, a response to House Speaker Nancy Pelosi's visit to Taipei on Aug. 3. The exercises, which began on Aug. 4, included cruise missile launches



Sailors stand watch in the combat information center aboard cruiser USS *Chancellorsville* during operations through the Taiwan Strait Aug. 28. US Navy photo by MC2 Justin Stack

and live-fire drills.

Beijing considers Taiwan a breakaway province that must be reunited with the mainland, by force if necessary. Under the "One China" policy, the U.S. acknowledges Beijing's view that it has sovereignty over Taiwan, which split from the mainland in 1949, but considers Taiwan's status unsettled.

Chinese forces were on high alert, monitoring the ships' movement and ready to "thwart any provocation," a spokesman for China's Eastern Theater Command, Col. Shi Yi, said in a Sunday news release.

The transit appears to be a fulfillment of a promise from

the White House to send more ships and aircraft through the Taiwan Strait. Responding to the Chinese drills around Taiwan, White House spokesman John Kirby said the 7th Fleet would send additional forces through the waterway, "consistent, again, with our longstanding approach to defending freedom of the seas and international law."

"We will not seek, nor do we want, a crisis," he said during an Aug. 4 press conference.

"At the same time, we will not be deterred from operating in the seas and the skies of the Western Pacific, consistent with international law, as we have for decades, supporting Taiwan and defending a free and open Indo-Pacific."

The 7th Fleet typically sends a single destroyer through the strait, rather than cruisers like *Antietam* and *Chancellorsville*. In May, guided-missile cruiser USS *Port Royal* became the first cruiser to make the trip in more than two years, following *Chancellorsville*'s last transit in February 2020.

While the Navy has occasionally sent two warships through the strait, such as destroyers USS *Curtis Wilbur* and USS *John S. McCain* in 2020, Sunday's transit is the first by two cruisers in recent history, Sims wrote in her email.

"Despite [China's] increase in military presence across the Taiwan Strait, the United States remains committed to unimpeded passage through international waters and will continue to fly, sail, and operate anywhere international law allows," she said.

Gold Coast small business event comes to town next week

The San Diego Chapter of the National Defense Industrial Association (NDIA) will present the 34th Annual Department of the Navy Gold Coast Small Business Procurement Event Sept. 6-8 at the San Diego Convention Center. The theme is "Thriving as a Department of the Navy Small Business in a World of Global Challenges."

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Message to the Force - One year since the conclusion of the Afghanistan War

by **Lloyd J. Austin, III**
Secretary of Defense

(Aug. 30, 2022) - Today, we mark one year since the end of the U.S. war in Afghanistan, and I, like so many of you, have been reflecting on the sacrifice that American Service Members, Veterans, their families, and so many others made during America's longest war.

I first want to express my profound gratitude to all who served in Afghanistan, including everyone on our Department of Defense team. Every American who contributed to our efforts shared a deep devotion to keeping our country safe, working toward a brighter future for the Afghan people, and standing up for liberty, democracy, and the rule of law. As a veteran of the war, I witnessed firsthand the bravery, selflessness, and compassion that our men and women brought to the fight. Your efforts make me proud to be your col-

league - and even prouder to be an American.

Two decades of noble service demanded significant and selfless sacrifice. Many Service members still bear the wounds of war, to body and to soul, and 2,461 brave heroes never made it home. To our Gold Star families: We hold your loved ones in our hearts - and we pledge to you the unwavering commitment of a grateful Nation.

The United States went to Afghanistan in 2001 to wage a necessary war of self-defense. On September 11, 2001, al-Qaeda terrorists attacked our country. They were able to plan and execute such a horrific attack because their Taliban hosts had given them safe haven in Afghanistan. Since 2001, no enemy has been able to launch such an attack on our homeland, and that speaks to the entire U.S. government's efforts to

defend our citizens from terrorist threats that could emanate from Afghanistan or anywhere around the globe.

Still, we know this work is not

“Two decades of noble service demanded significant and selfless sacrifice. Many Service members still bear the wounds of war, to body and to soul, and 2,461 brave heroes never made it home. To our Gold Star families: We hold your loved ones in our hearts - and we pledge to you the unwavering commitment of a grateful Nation.”



DoD photo by E.J. Hersom

done. We must keep a relentless focus on counterterrorism - and we are. Just a few weeks ago, the United States delivered justice to Ayman al-Zawahiri, the leader of al-Qaeda and Osama bin Laden's deputy at the time of the 9/11 attacks. And in recent months, our military has successfully car-

ried out operations against key ISIS leaders. We also know that preventing terrorist violence requires much more than military might. We're committed to supporting a whole-of-government

effort to address the root causes of violent extremism. No one should doubt America's resolve to keep our people safe.

For me, there is no greater testament to the strength of a country's democracy than the fact that millions of people freely

choose, every day, to defend it. Those who step up to serve - whether in uniform or as part of our civilian workforce - do so because of the values we fight for: the rule of law, human dignity, and freedom.

So last year, in the war's final days, the United States, along with our partners and allies, conducted the largest air evacuation of civilians in American history, lifting more than 124,000 people to safety. I'm proud that our military communities - and Americans from all walks of life - have welcomed our Afghan allies as they begin new lives in our country.

And our values continue to drive the important work that American patriots are doing around the world. The United States is rushing urgently needed assistance to Ukraine in the face of Russia's unprovoked and reckless invasion. We are

firmly committed to supporting the people of Ukraine and to defending the rules-based international order against autocrats and aggressors anywhere.

As our country looks back on two decades of combat in Afghanistan, I understand that many people have hard questions about the costs of the war and what their sacrifices meant. These are important discussions, and I hope we will keep having them with thoughtfulness and respect.

Last year, I said that although the Afghanistan war has ended, our gratitude to those who served never will. Today, I renew that pledge. To every man and woman who served in Afghanistan: This country will never forget what you did and what you gave.

Thank you. May God bless you, and may God bless the United States of America.

- Lloyd J. Austin, III

WARRIORS IN WATER
Marine Corps Lance Cpl. Annika Hutsler competes in the Women's 50-meter freestyle during the 2022 Department of Defense Warrior Games in Orlando, Fla., Aug. 26, 2022. US Navy photo by Navy Petty Officer 2nd Class George Bell



TRUMAN HUDDLE
Sailors huddle on the flight deck of Harry S. Truman aircraft carrier before a replenishment in the Ionian Sea, Aug. 27, 2022. US Navy photo by Navy Petty Officer 3rd Class Christopher Suarez



PACIFIC ANGEL
An airman jumps from a C-130J Super Hercules during a search and rescue scenario as part of Pacific Angel at Kuantan Air Base, Malaysia, Aug. 18, 2022. US Air Force photo by Senior Airman Jessi Roth



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U.S. should not surrender clean energy technology to China, DOD official says

by David Vergun
DoD News

China has made it very clear that clean energy technology also results in geostrategic power, the deputy assistant secretary of defense for environment and energy resilience said.

Richard Kidd spoke Aug. 25 at the virtual GovExec 2022 Climate Summit.

China has invested in a whole range of clean energy technologies, he said. "The United States cannot surrender that lead to any other country and expect to remain a preeminent global power."

The Defense Department is investing in a range of technologies that will help keep pace with or stay out in front of China, technologies that will assist troops in contested operations, and technologies that will also mitigate or reduce greenhouse gas emissions, he said.

The department only invests in clean energy technologies that will also have mission benefits, Kidd said.

Some clean energy technologies with mission benefits:

- Microgrids, solar power and batteries have dramatically helped reduce fuel deliveries in remote combat sites
- Making aircraft more efficient through things like blended wing design to increase lift
- Small nuclear power reactors



Passengers exit an Air Force C-17 Globemaster III aircraft at McMurdo Station in Antarctica, Sept. 14, 2020. The aircraft and its crew ferried passengers and cargo between New Zealand and Antarctica in support of the 2020-21 Operation Deep Freeze mission. Courtesy photo

might be used in the future for installation power

• Research is being conducted in DOD on the use of lasers or directed-energy weapons systems

• Longer term aspirations include power beaming, space-based power and robotic delivery of stored energy on the battlefield

"There's still a gap between where we want to be and the technology that we currently have. So there's going to have to be tremendous additional investment in technology," Kidd said, mentioning that DOD investments for mission success would likely have benefits to the U.S. commercial sector.

For example, DOD has about 30 percent of the microgrid mar-

ket and that can have positive spillover effects for industry and consumers, he said.

In addition to new technologies, Kidd mentioned the adverse effects of climate change on troops, equipment and installations, whether from droughts, flooding or heatwaves.

"We're playing a range of war games now where energy and climate are factored into the war games. The climate helps set the scenario and energy is contested," Kidd said, meaning under enemy attack.

"We recognize that we will not be able to move energy in an unconstrained manner around the battlefield the way we've been able to do in the past," he said.

Navy blocks Iranian effort to capture unmanned drone in Persian Gulf



This photo released by the U.S. Navy shows the Iranian Revolutionary Guard ship Shahid Bazair, left, towing a U.S. Navy Sailer Explorer in the Persian Gulf on Aug. 30. US Navy photo

by Alison Bath
Stars and Stripes

A Navy coastal patrol ship and a Seahawk helicopter working together thwarted an attempt by Iran to capture a U.S. unmanned surface drone in the Persian Gulf, the Navy said.

Late Monday, an Islamic Revolutionary Guard Corps Navy support ship was spotted towing a Sailer Explorer in international waters, U.S. 5th Fleet said in a statement Tuesday.

USS *Thunderbolt* was nearby and responded, appearing in

video released by the Navy to trail the Iranian ship. A Bahrain-based MH-60S Seahawk from Helicopter Sea Combat Squadron 26 also was launched, according to the statement.

"U.S. naval forces established bridge-to-bridge communication and made clear the Sailer was U.S. government property as USS *Thunderbolt*, an MH-60S Sea Hawk helicopter and a small boat from the patrol coastal ship approached," said Cmdr. Timothy Hawkins, a spokesman for U.S. 5th Fleet. "The IRGCN support ship eventually disconnected the towing

line in response."

The Iranian ship left about four hours later, the Navy said.

Hawkins said the Sailer returned to Bahrain and is being inspected. The Navy resumed normal operations in the area, he said.

The Sailer Explorer is equipped with sensors, radars and cameras for navigation and data collection. The technology is commercially available, and the drone does not store sensitive or classified information, the Navy said.

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Novavax COVID-19 vax now available for service members

by David Vergun
DOD News

The Defense Department is now offering Novavax as an option for COVID-19 vaccinations.

The Food and Drug Administration recently updated their July 13 Emergency Use Authorization for the Novavax COVID-19 vaccine to include individuals 12 years of age and older.

"We now have a range of COVID-19 vaccines available at our military medical treatment facilities, and they all provide strong protection against hospitalization, severe illness and death," Dr. Michael Malanoski, deputy director of the Defense Health Agency, said.

Other vaccines that DOD offers or has offered are from Moderna, Pfizer and Johnson & Johnson.

Unvaccinated service members can indicate their preference of which vaccine they'd like, Malanoski said. "If they'd like to be vaccinated with Novavax, and it's not immediately available, we'll make sure the service member can be vaccinated with the Novavax vaccine within a few days."

The Novavax vaccine uses technology that has been used in other vaccines required by the military.

Novavax is not authorized for use as a booster dose at this time, according to the Centers for Disease Control

and Prevention.

"Although all [COVID-19] vaccines teach our immune system to



Army Spc. Eyza Carrasco, left, with 2nd Cavalry Regiment, administers a COVID-19 vaccination at the 7th Army Training Command's Rose Barracks, Vilseck, Germany, May 3, 2021. US Army photo by Markus Rauchenberger

recognize the spike protein on the surface of the SARS-CoV-2 virus, Novavax is unique compared to

other available COVID-19 vaccines in that it is a protein subunit vaccine," Air Force Col. Tonya Rans, chief of the Immunization Healthcare Division at the Defense Health Agency, said.

"Protein subunit vaccines are a traditional platform of vaccines and have been used for decades to prevent disease," she added. "Examples of vaccines which use this platform include the current shingles [Zoster] vaccine, Hepatitis B, and [HPV] vaccine. The platform used by Novavax does not use mRNA or DNA technology and does not enter the nucleus of cells," she added.

Novavax was well tolerated in clinical studies, with the most common side effects being injection-site tenderness, headache, muscle pain, and fatigue of short duration.

Top 4 headlines

- Judge declined to halt ban on religious articles in Marine boot camp
 - Biden commemo-rates 'heroes' killed 1 year ago in Kabul airport attack
 - KC-46 forced to land with refueling boom out, stranding Hill staffers
 - Army program gives poor-performing recruits a second chance
- Army**
- Machine gun missing at California Army post
 - Residents of Hawaii Army base face week-end power outage, with more to follow
 - Soldier indicted for selling 3D-printed automatic weapon converters
 - Officer sentenced to jail after admitting he took \$140,000 in unearned benefits
 - Lighter and mobile: Army trains first National Guard unit with new network equipment
 - Army wants exoskeletons so Soldiers can defeat their worst enemy: Lower back pain
- Navy**
- Ahead of shipyard ceremony, Navy and industry advocate for another aircraft carrier 'block buy'
 - The nation's newest aircraft carrier, *Enterprise*, reaches a milestone
 - Officer jailed in Japan after deadly crash asks Biden to intervene
 - Navy is developing directed energy systems to counter hypersonic missile threats from China and Russia
- Marine Corps**
- How a Marine Corps clarinetist evacuated 2 US embassies in 1 year



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Total Battle Force: 299 (USS 241, USNS 58)
Deployed ships: 115 (USS 78, USNS 37)
Non-deployed ships: 72 (Deployed 52, Local 13)

Ships Deployed by Fleet

2nd Fleet, 3: 3rd Fleet, 5
4th Fleet, 3: 5th Fleet, 11
6th Fleet, 36: 7th Fleet, 57
Total 115

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Tips for timing your retirement

by Dr. Daneen Skube
Tribune Content Agency

Q: I'm getting into my early sixties and wondering about retirement. I make good money and my work is engaging and fun. There's no age limit in my work as long as I am competent. How do you counsel clients to think about when to leave work behind?

A: I counsel clients that thinking about when they leave work behind is no longer dictated by birthdays. Instead think about your finances, health, work/life balance, and what emotional paycheck you get from your job.

The popular joke, "Like what you do and you'll never work a day in your life," is true. If you hate your job, then you'll want to exit work at the youngest age you can afford it. If you love what you do, then leaving the party early makes no sense.

If you hate what you do, you may want to think about a career change well before you consider retirement. Life is short to show up at a job that makes you miserable. Liking your work is more than just fun. Liking your job means you'll want to work longer and make more money.

When we enjoy our work

we're engaged in doing good work because it enriches our quality of life. It turns out that more people like to work with people who are having fun instead of suffering through obligations. We're likely to receive promotions and have more opportunities.

Many people think of retirement solely as a financial decision. In reality, retirement is a multi-faceted decision. What are you going to do that's meaningful? What will make you want to get up in the morning? Where will your social connections come from?

The idea that we'll stay home and relax (golf, and make gourmet dinners) sounds appealing until it's the only thing on our agenda. Thinking about a permanent vacation when you have a frenetic career is a comforting daydream. Many retirees discover, however, that a permanent vacation can become a nightmare if they're isolated, bored, and without purpose.

What I recommend is before retirement, visualize a perfect day. As we get older, we long for work/life balance, more rest, more play, and time for exercise. We may reduce our hours, take less stressful roles, or even start our own businesses. If you have

fun at work, why would you leave?

Work generally gives us a community of people who are interested in what we're interested in. Work demonstrates in our results and paycheck that we're relevant and valuable. Work keeps us from being isolated.

There's an increasing body of research focusing on how people age well. The studies emphasize how important social connections and meaning are to seniors. No matter how well we golf, knit, or fish, these activities fail to provide much meaning if done in isolation.

Increasingly, we have role models who are productive and having fun into their 80s and beyond with their work. Age really has become, for most careers, just a number. Wanting to stay engaged with work can motivated us toward better self-care, nutrition, and healthy habits.

Often talk in my column about how to launch a successful career for people new to the workplace. The same amount of thought is wise as we contemplate leaving the workplace. We no longer have to let a number make our choice. We can let our quality of life dictate when and how we let go of the world of work.

AFSC bases continue advances to support pregnant, nursing Airmen

by Angela Startz

Air Force Sustainment Center
TINKER AFB, Okla. - Thanks to the feedback from Airmen and the work of the Women's Initiative Teams, efforts to expand support of working mothers across Air Force Sustainment Center bases continue, including access to lactation rooms and pods, reclassification of wireless breast pumps to allow entrance into secure areas and easy access to maternity uniforms.

Tinker, Hill and Robins Air Force Bases continue to work with their local Women's Initiative Teams to identify, create and maintain private, securable and clean lactation spaces.

Megan Kane, Air Force Life Cycle Management Center, Armament Sustainment Division, is the creator of the Robins AFB, digital lactation room map. "Our primary goal was to provide current information to connect people who needed to use a lactation room with the contact people for requesting use of those rooms," she said. "We also wanted to bring awareness of the requirement for lactation rooms for nursing Airmen to everyone on base.

"The map was created through a program used by Civil Engineering called the AFMC Portal and we

made it accessible through a QR code to registered users. It allows users to easily scan and request use of a nearby room."

Maj. Solange Douglass, Airborne Air Control Squadron and Tinker AFB Women's Initiative Team; Jessica Todd, Tinker AFB Federal Women's Program Manager; and Stephanie Knight, Tinker AFB Affirmative Employment Program Manager, currently are working on replicating the electronic map for their base. It will be accessible through the AF Portal page and additional information will be housed on the Air Force Connect app under DEIA Resources. A lactation room checklist to stay compliant with AFI 36-3013 is being built for Hill, Rinker and Robins Air Force bases.

Lactation pods are another addition to the bases. Hill AFB's lactation pod is available to all mothers who need it with no time limit. Tinker is adding one at the 552nd Training Support Squadron, with the possibility of another one on the way.

Additionally, access to secure spaces while wearing a Bluetooth-enabled breast pump is now available to nursing Airmen. Wireless devices such as these have become more popular in recent years because they can allow mothers

to pump without much noise and while clothed.

A memo specifying that Bluetooth-enabled breast pumps qualified as portable electronic devices and will not be prohibited from Air Force Materiel Center secure spaces was issued by AFMC last year, expanding access to areas for Airmen to better perform their duties. These portable, wearable devices do have some restrictions. They shouldn't have audio, video, photo or Wi-Fi capabilities, and should have the Bluetooth features disabled when they enter secure spaces. Once manufacturer's technical specifications are submitted and approved, Airmen will be able to enter those spaces uninhibited by the pump.

The Maternity Uniform Pilot Program, or "Rent the Camo," is a pilot program through the Department of the Air Force to provide free maternity uniform items to pregnant Airmen and Guardians at 10 bases. Inspired by this program, the AFSC Diversity, Equity, Inclusion and Accessibility Program reached out to Airman's Attic and other resources on the three bases to provide information on uniform sharing and reselling. The hope is, Knight said, that if the pilot project takes off, AFSC bases will be ready to implement it quickly.

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Force-Con 2022 with military aviation legends set for San Diego: 3 days in Sept.

by Chris Stone, Times of San Diego

Tickets to opening night of Force-Con 2022, featuring a panel on military aviation including 101-year-old WWII Army Paratrooper Tom Rice, are now available.

The reception, movie and panel discussion Sept. 23 at the San Diego Air & Space Museum in Balboa Park opens the three-day event.

Besides Rice, scheduled to celebrate 100 years of carrier aviation will be WWII Army Paratrooper Vincent J. Speranza, Legends of Aviation Capt. E. Royce Williams, Cmdr. Glenn Tierney, Lt. Willie Sharp, WWII

POW Tom Crosby, Vietnam War POW Bill Arcuri and prior service members of the Army Golden Knights.

Following the red-carpet entrance and social hour celebrating legends of aviation and the Greatest Generation, guests will view a film presentation of "Into Flight Once More."

The documentary highlights the D-Day Squadron and their 2019 mission to re-cross the Atlantic for the 75th Anniversary of D-Day, which celebrated the end of WWII in Normandy, France.

The film is narrated by veterans advocate Gary Sinise.

After the screening, a panel of

experts will discuss their experience, including Rice who parachuted into Normandy for the 2019 celebration (and dropped onto the Hotel Del beach last year on his 100th birthday).

The event is a fundraiser for Honor Flight San Diego, the nonprofit group that takes senior veterans on three-day trips to Washington, D.C., to visit the memorials built for their service and sacrifice.

FC22 will include airborne operations on the north beach of Hotel Del Coronado and an art festival at Liberty Station.

For tickets to opening night, visit: www.Force-Con.com.

And, we have a winner



by Karli Yeager

Naval Surface Force/Pacific Fleet

SAN DIEGO - The 39th Surface Line Week (SLW) Pacific 2022 came to a close with an award ceremony at Naval Base San Diego (NBSD) where Amphibious Construction Battalion (ACB) One was announced as the overall winner Aug. 26.

USS Boxer (LHD 4) came in second place and USS Portland (LPD 27) placed third.

"The vision was to show the Pacific Fleet who the men and women of ACB One are and that they can absolutely bring the heat, the competitive edge, and fighter's mentality in any and every event that we had a team

in," said Capt. Rafi Miranda, commanding officer of ACB One. "This was an excellent opportunity to allow my Sailors to showcase their skills and I am extremely proud of them. When your team comes out on top after the dust settles after 23 grueling events against 23 highly competitive commands, you can't help but hold your head a little higher."

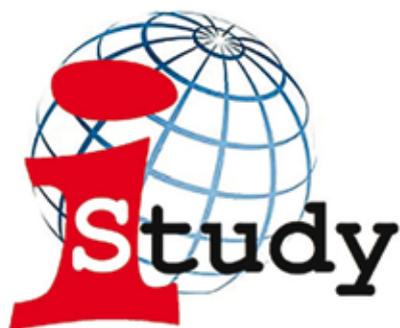
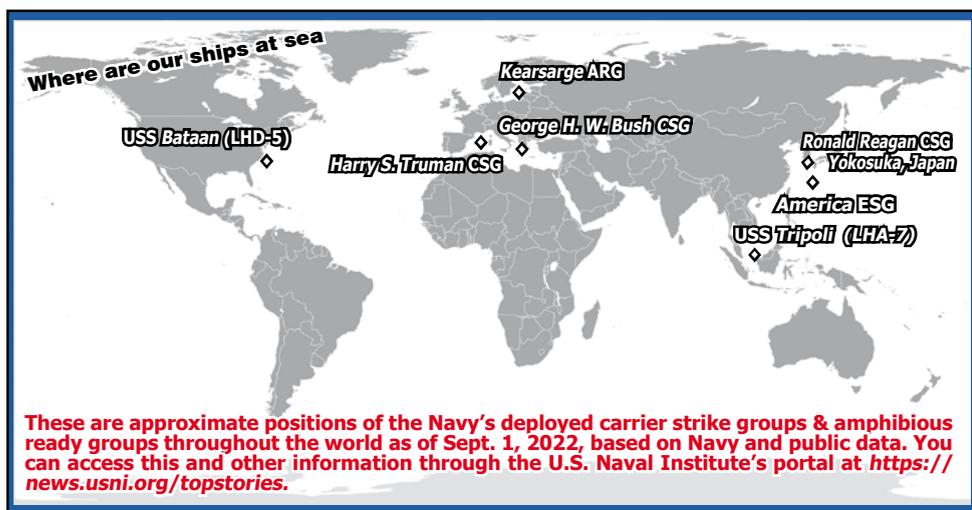
The two-week competition highlighted professional and athletic skills of members of the Surface Warfare community in San Diego while enhancing comradery and team building.

As part of this honor, ACB

Sailors from Amphibious Construction Battalion One celebrate after winning the Pacific Surface Line Week. US Navy photo by MC2 Stevin C. Atkins

One can proudly display the 2022 Surface Line Week banner on the command's quarterdeck until the 2023 winner is selected.

"I am incredibly proud of all our participants who competed in Surface Line Week this year," said Lt. Cmdr. Nathan Neher, SLW's project manager. "I'm thankful we got to bring all our Sailors together again and that they were able to display their athletic and professional abilities here."



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MCAS Miramar islands micro-grid to support community

by Cathleen Close

Marine Corps Installations Command Marine Corps Air Station (MCAS) Miramar used its innovative micro-grid technology to island the installation Aug 17 in support of the San Diego community to avoid a power emergency. Naval Facilities Southwest ran the micro-grid power plant for five hours, allowing San Diego Gas & Electric (SDG&E) to provide power to approximately 3,000 homes in the San Diego community during a high demand timeframe. The event highlighted how MCAS Miramar could use its cleaner burning energy generation to support the community in an emergency.

“This is the first event that took advantage of the Miramar Summer Generation Incentive,” said MCAS Miramar Public Works Officer Cdr. Jon Angle. “This agreement was directly coordinated between the California Public Utility Commission, SDG&E, MCAS Miramar, and NAVFAC Southwest. This is a first-of-a-kind and one of the most innovative things we have done. The first agreement was signed last summer, however, no events were called. We re-signed the agreement this summer in July and today will be its first ever use.”

During its design, the micro-grid was developed in a way that allows it to not only work independently for the air station but also in harmony with the city’s local grid. In the summer of 2020, the micro-grid was used to assist local communities by



988 serves as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline, and is available to everyone across the U.S. Access to 988 allows direct calls to the NSPL, a switchboard that provides free crisis counseling and emotional support to more than 2 million callers a year, and connects them to one of more than 180 crisis centers nationwide.

preventing rolling blackouts during the heat wave, proving its utility on a larger geographic scale.

The micro-grid is part of the Marine Corps’ efforts to strengthen and expand energy



Microgrid equipment at the National Wind Technology Center in Colorado. A microgrid is a local energy grid with control capability, which means it can disconnect from the traditional grid and operate autonomously. Photo courtesy of the National Renewable Energy Lab

resilience efforts across its installations. It allows operators to island the installation, manage the power load and redirect power to parts of the base that need it most, such as mission es-

sential flight line operations.

The micro-grid installation at MCAS Miramar was completed in March 2021 after a full-scale Energy Resilience Readiness Exercise, making the air station one of the most energy-forward defense installations in the nation. In addition to using methane gas, the state-of-the-art system incorporates a combination of natural and conventional energy sources, including photovoltaic and solar thermal energy, natural gas and diesel, and battery storage to fully power MCAS Miramar for up to 21 days.

Since its installation, the micro-grid has produced over \$90 million in energy savings.

Staying connected

by Sgt. Sydney Smith
15th Marine Expeditionary Unit

CAMP PENDLETON - Marines assigned to the 15th Marine Expeditionary Unit (MEU) recently held the first beach bash celebration for the Marines past and present that have served with the MEU.

During the celebration, active duty Marines were able to speak to prior service Marines and hear stories about their service.

“It was amazing that 15th MEU held the beach bash,” said Steven Fisher, a retired first sergeant that served with the MEU from 1991 to 1992 during Operation Restore Hope. “Meeting the new generation of Marines is always exciting, we get to see the torch passed.”

After receiving lunch, Marines were invited to play volleyball and cornhole in which the winning team received prizes. The games and food helped improve unit cohesion and comradery while simultaneously allowing the Marines to have fun and relax a little.

“The reason were having the beach bash is to bring the families together, we get so caught up in the mission, were trying to keep us connected,” said Sgt. Maj. Orangel Leavy, the command Sgt. Maj. “Whenever we have the opportunity, we like to bring our family in, break bread together and strengthen our spirit.”

The beach bash was such a great success that the 15th MEU plans to hold the event annually. The Marines had a good time and left with full stomachs.

“It was great to reconnect with the unit after a busy summer,” said Col. Sean P. Dynan, the commanding officer of 15th MEU. “It is important to reconnect with veterans to remind ourselves that we are part of a legacy.”

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NMCS D: Eliminate destructive decisions, 'Get Real, Get Better'

NAVAL MEDICAL CENTER SANDIEGO - The Coalition of Sailors Against Destructive Decisions (CSADD) here wants you to know that they are on a crusade to ensure Sailors understand that one cannot "Get Real, Get Better" without first making sound decisions, Aug. 24.

The Navy's "Get Real, Get Better" call-to-action is for every Sailor to apply a set of Navy-proven lead-

ership and problem-solving best practices that empower personnel to achieve exceptional performance.

"I don't know of a single Sailor currently serving who is not consumed and preoccupied with a wide range of dynamics - both in a professional and personal sense - that continuously challenge their decision-making foundation," said Hospital Corpsman 2nd Class Gi-

useppe Riccio, the center's command master chief executive assistant, Drug and Alcohol Program Advisor representative and CSADD cabinet member.

While overwhelmingly Sailors' decision making processes are positive for their sake, their families' and the Navy's, there are factors that could undermine a person's decision-making abilities.

"As someone tied to the command's DAPA program and as a CSADD member, I can tell you that alcohol is the biggest destabilizing force for your typical Sailor - whether or not the person started his or her career on a stratospheric trajectory or was already plagued with sound decision-making deficiencies," added Riccio.

According to the National Institute on Alcohol Abuse and Alcoholism, an estimated 95,000 people (approximately 68,000 men and 27,000 women) die from alcohol-related

causes annually, making alcohol the third-leading preventable cause of death in the United States.

That is a staggering figure when you account for the Navy's current active duty force published on the

"**As a medical treatment facility, there is great emphasis on patient safety that is at the core of Naval Medical Center San Diego delivering safe, ready, reliable care.**"

NMCS D's Vicky Broadnax

Navy's official website of more than 345,000 as of Aug. 15.

"As a medical treatment facility, there is great emphasis on patient safety that is at the core of NMCS D delivering safe, ready, reliable care," said Vicky Broadnax, NMCS D safety program officer. "That is why we have a culture, that is supported by the most senior levels to the most junior levels, of adhering to safe practices."

"This encompasses the constant

messaging, from deckplate leadership to associations such as CSADD, of the dire effects that alcohol related incidents can have on a person," emphasized Broadnax.

The data from the Naval Safety Command states that in 2017 there were 10,874 people killed in alcohol-impaired driving crashes. These alcohol-impaired driving fatalities accounted for 29 percent of all motor vehicle traffic fatalities in the United States that year.

"We have no bigger objective than to help Sailors avoid destructive actions and the consequences that accompany them," said Riccio. "What's more confounding is how virtually in every case I have seen, these alcohol related incidents could have been so preventable by adhering to some elementary practices."

In the case of drinking and driving, that starts by being a responsible driver.

The following guidelines are provided by the Naval Safety Command:

-Plan your safe ride home before you start the party, choose a non-drinking friend as a designated driver.

-If someone you know has been drinking, do not let that person get behind the wheel. Take their keys and help them arrange a sober ride home.

-If you drink, do not drive for any reason. Call a taxi, a ride-hailing service or a sober friend.

-If you are hosting a party where alcohol will be served, make sure all guests leave with a sober driver.

-Always wear your seat belt - it is your best defense against impaired drivers.

"Everyone works incredibly hard, the sacrifices we and our families make are exceptional, and we know nothing is given for free - and that is why I stress that you need to keep what you earned," added Riccio. "Don't blow it on one fun night or one fun outing because I have yet to meet anyone who tells me that it was worth it."

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Star and internet power gave vets a win without the violence that met their predecessors 90 years ago

by Jeff Jardine
CalVet Connect

A few weeks ago, with celebrity Jon Stewart giving an impassioned speech on their behalf, U.S. military veterans pleaded for Congress to pass the \$280 billion PACT Act to help those suffering from toxic burn pit exposures and other service-related health threats.

Using the U.S. Capitol as a backdrop, 100 or so veterans staged a peaceful protest that ultimately browbeat the Senate into passing the legislation; even though it took a second vote to pass. President Biden signed it into law last week.

A promise finally kept

Flash back to 90 years ago, when veterans also gathered in Washington, D.C., to ask for help, and for a promise to be kept. Only that time, there were as many as 20,000 veterans who gathered at the nation's capital with hopes of getting the bonus they were promised following their service in World War I.

This is their story

After the Allies prevailed in the Great War, Congress

passed the World War Adjusted Compensation Act in 1924, known informally as the Bonus Act. In fact, Congress overrode President Coolidge's veto to authorize the bonuses. They would be based on a veteran's time of service between April 5, 1917 and July 1, 1919. The veterans were to receive \$1 per day for stateside service and \$1.26 for those who went overseas. The payments would max out to \$500 stateside and \$625 for overseas duty.

The catch was that a vet wouldn't receive the bonus until his birthday in 1945. They could, however, borrow money using the bonus as collateral beginning in 1927. With the economy strong, many didn't exercise that option. But on October 29, 1929, the stock market crashed sending the nation spiraling into the Great Depression. Banks suddenly lacked the money to loan to veterans, or anyone else for that matter. More than 12 million Americans were unemployed, including vets. They were desperate to feed their families and keep roofs over their heads. They needed the money immediately.

In March 1932, veteran Wal-

ter W. Walters organized what became known as the "Bonus Expeditionary Force" (a name adapted from the World War I American Expeditionary Force that fought in Europe under General John J. Pershing). The veterans couldn't wait 14 more years for their bonuses. They needed them immediately.

They set up camps throughout Washington, including near the naval yard at Anacostia. Some family members joined them, and they got a pep talk from Marine Major Gen. (Ret.) Smedley Butler. But President Hoover claimed "the march was largely organized and promoted by the Communists, and included a large number of hoodlums and ex-convicts bent on raising a public disturbance," which turned public opinion against them.

Some in Congress, however, sided with the vets. The House passed a bill to provide \$2.4 million, which Hoover declared he would veto. The bill died in the Senate by a 62-18 vote, and on July 28, 1932, the president sent Gen. Douglas MacArthur to lead 800 Army troops - with 2,700 more on standby - to break up the encampments. Also involved

was future general George S. Patton, who expelled, among others, the very soldier who saved his life in World War I by pulling the wounded officer to safety in Europe.

When the veterans refused to leave, they were tear-gassed and confronted by soldiers bearing bayonets. Their encampments were burned. Two vets were killed by D.C. police officers while 55 others were injured and 135 arrested.

Granted, Walters lacked Jon Stewart's star power. And there was no internet then to sway public outrage needed to browbeat politicians into fulfilling their promises, as happened with the PACT Act. In fact, two-thirds of the newspaper editorials in the summer of 1932 favored the government's actions during the so-called Bonus Army March. Two Chicago papers, however, called Hoover's decisions "sheer stupidity ... without parallel in American annals."

Despite such treatment by their own government at the time, their march on Washington had a major impact on the country. Americans voted Hoover out of office and elected Franklin



(top) Then: Smedley Butler addresses the camp. (below) Now: Veterans holding signs at the Capitol grounds. Courtesy photos



Delano Roosevelt as president. Four years later Congress overrode FDR's veto to again pass legislation to fund the bonuses, and in June 1936 they began receiving checks that averaged \$580 per veteran.

The Bonus March also led to the creation of the G.I. Bill, which Roosevelt signed into law in 1944 to help veterans go on to college and established a loan program enabling veterans to own homes.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

"Military children are resilient!"

If I've heard it once, I've heard it a thousand times.

But as a Navy wife and mother of three, I've often wondered, were our kids truly resilient or was this just wishful thinking? Is there any proof of this alleged resilience? Is it possible that the frequent moves, deployments and unpredictability they experienced as adolescents negatively affected their mental well-being? Were they able to build personal foundations during their teen years that are strong enough to handle life's stresses as adults?

When I had parenting questions over the years, I often turned to experts for advice. Before Google, I'd order books about best parenting practices, and in later years, I'd hit the internet to find studies, surveys, research papers and other information, especially during the teen years.

So, what do the experts say about whether military teens are resilient or not? Considering that there have been military children in the United States dating back to 1775 when the Second Continental Congress founded the Army to protect the 13 colonies, of course there must be lots of research about military adolescents' resiliency, right?

Wrong. Apparently, two and a half centuries is not enough time to figure out whether military life helps or hurts our children.

In a 2013 paper titled "Resilience

Seeking truth about military teen resilience

among Military Youth," scientists dug up all the historical analysis on military children and realized, "the research is so thin, it's hard to reach strong conclusions about which programs and policies would best help military-connected children thrive. Indeed, any inferences drawn must be taken with a grain of salt..."

In a genuine effort to provide useful information, Blue Star Families (BSF) questioned parents about their older children's happiness in their annual Military Lifestyle Surveys. The 2021 Survey report had good news: 59 percent of parents rated their adolescents as having either "good" or "excellent" mental-well being, averaging nearly 4.0 on a scale of 1.0 (Poor) to 5.0 (Excellent).

But wait just a minute. Not so fast.

While BSF was talking to the parents, the National Military Family Association (NMFA) went straight to the horse's mouth and questioned the teens themselves, with alarming results. In NMFA's 2021 and 2022 Military Teen Experience Surveys, over 90 percent of adolescents scored as having "at risk" mental well-being in low to moderate ranges on the Warwick-Edinburg Mental Well-Being Scale (WEMWBS). Twenty-eight percent of respondents reported having low mental well-being and behavior that was indicative of depression. They "generally had difficulty thinking clearly and making up their mind. They also rarely felt optimistic, did not often feel relaxed, and felt disconnected from others..." Worse yet, too many of the teens reported thoughts of harming themselves and others.

Good grief! The results of the BSF

and NMFA surveys couldn't be more different. Will we ever know whether our military kids are the resilient children everyone says they are?

Apparently we will. This fall, a landmark study will finally attempt to unravel the mystery of military teen resiliency. Part of the DoD-funded Millennial Cohort Study which is the largest population-based prospective health study in US military history with over 200,000 participants, health researchers will soon begin "SOAR," the Study of Adolescent Resilience. They plan to reach out to 50,000 of the military study participants who have children between the ages of 11 and 17 to find out how military life experiences like moves and deployments affect adolescents' psychosocial adjustment, physical health, academic achievement, and educational goals and career aspirations.

This study is being done primarily because reliable research on military teens is lacking. "There is virtually no information on adolescents in these understudied groups," stated Hope McMaster, the study's principal investigator, in a recent interview with Military Times. By using a large study sample and following up with participants in 18-month intervals for many years, SOARS will avoid the discrepancies in previous research studies on military adolescents. The study is so lengthy, it won't be completed until 2068.

We won't get any quick answers to our questions, but it's comforting for all current and future military parents to know, the truth about our children is finally on the horizon.

AutoMatters™ & More by Jan Wagner



This was supposed to be another pleasant drive in the San Diego back-country with the San Diego Miata Club, as I had enjoyed many times over the years. It would be one of the few such runs I'd been on since the COVID pandemic began. A fellow club member had organized this "End of Summer" run to earn her SDMC magnetics.

For myself, as well as for the people in the Miata ahead of me; for the "sweeps" in the rear, who would be keeping stragglers with the group; and for the driver of the Miata behind them, a few brief moments of this run may well be etched in our minds forever.

After the first (uneventful) leg of our drive, we stopped at Bates Nut Farm to socialize and do some shopping. Since I like red licorice, I bought a package of Bates Nut Farm's "KOOKABURRA RED LICORICE" — from Australia. Then we departed for the final part of our drive through the two-lane twisties.

At some point we entered a section of winding road that was shaded by thick tree cover. I was following another Miata when suddenly a peacock had emerged from the trees and directly into that car's path. An instant later, the peacock appeared on the other side of the front of that car — feathers flying.

San Diego Miata Club's end of summer 'Peacock Run'

I assumed that the driver had hit it, but he kept on driving.

Here is how he described his encounter: "The mature peacock stood about eight feet tall. It dashed from the right side of the road and headed for my grill. It stopped at the last instant — so close to the fender that I couldn't see its head and didn't know if I had hit it. My inspection later showed no feathers or scratches. I may have had time to twitch the steering wheel, that's all."

Until then I had been an observer, but suddenly the peacock spread its colorful plumage as it kind of half-flew and half-stumbled directly in front of my rapidly approaching Miata. Its wing span was huge!

I had to make an instantaneous decision and act upon it. I had no idea what this big, dumb bird was going to do next, or in which direction — if any — it might go. However, one thing was certain. If I'd hit it, the collision would have done a lot of very messy damage to my beautiful, low-mileage Miata. So, I pushed in the clutch and brake pedals and came to a complete stop — on the highway. In my driver's-side mirror I could see the "sweep" Miata behind me swerve to my left. Then I looked back at the peacock. At first it seemed stunned, but then it gathered whatever thoughts it might have had and dashed the rest of the way across the road — at which point I resumed driving.

Here is how the driver of the "sweep" Miata recalled the encoun-

ter: "Needless to say, we too are pleased we did not hit you. As I'm sure you know, on this kind of run we often see brake lights, but that normally just means the car ahead is simply slowing to negotiate a turn. So, it took a second for me to realize that you were not simply slowing but coming to a complete and abrupt stop. Fortunately, for us all, we were all able to avoid a collision. It was not until we came to a stop that I realized the reason — we saw the peacock flying away. We did not have time or presence of mind to take a photo."

On club runs I often keep a camera on the passenger seat, ready to point it in the general direction ahead (without looking through the viewfinder) and take pictures. However, I had decided not to do so for this run, so as to just enjoy the drive. That decision may well have saved me from being involved in a serious accident.

Unfortunately, I had also left my GoPro at home, instead of attaching it to its windshield mount. A video of the peacock encounter might have gone viral on YouTube.

Hopefully our next SDMC fun run will be a little less exciting.

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. Copyright © 2022 by Jan Wagner — AutoMatters & More #757r1

Taking a closer look at edema

Swelling in the body can happen for many reasons. Summer heat can cause your arms or legs to swell if you've been sitting or standing for a while. Body parts can also swell from overuse or an injury. But sometimes, swelling is a sign of an underlying medical condition.

More than half your body is made of water. Much of it flows around in your bloodstream. Water also makes up a lesser-known fluid called lymph. Lymph travels through the lymphatic system, which is made up of the tissues and organs that produce, store, and carry immune cells.

When your body fluids build up in one place, it can lead to swelling. This is called edema. You can get edema anywhere in your body—your feet, legs, ankles, hands, or even face. It can appear in one place or in many body parts at the same time.

Sometimes it's only temporary. Pregnancy can lead to swelling in the legs and ankles from the pressure of the baby. Eating too much salt can cause you to retain water. So can certain medications, like some used for high blood pressure.

"Edema can cause problems with moving around, discomfort, infections, and difficulty with wound healing," says Dr. Dhruv Singhal, a surgeon who treats lymph system problems at Harvard University. "So any kind of swelling should be looked at by a health care provider."

Edema may be a sign of a serious medical condition. A dangerous

Tips for living with edema

Help reduce discomfort from swelling:

- Wear loose clothing and shoes that aren't too tight. The exception is when your doctor recommends compression garments. These are meant to be tight.
- Prop up swollen legs. Raise your feet up when sitting or lying down if you have edema in your legs. Keep them above the level of your heart if you can.
- Exercise gently. Moving the part of your body with swelling can help with symptoms. Ask your health care provider for safe exercises to do.
- Limit salt in your diet. The sodium in salt can cause the body to retain fluid. Check food labels for sodium content.
- Take medications as prescribed. If your doctor prescribes medication for edema, take it exactly as instructed.

type of blood clot called a deep vein thrombosis, or DVT, can cause sudden edema. Heart, liver, or kidney problems can also lead to swelling.

In a disease called congestive heart failure, the heart has problems pumping blood around the body. This can cause fluid to pool in the legs. With liver or kidney damage, fluid can't pass through them quickly and can build up in the limbs.

Trauma to the body can also trigger edema. Singhal treats a type of edema caused by damage to the lymphatic system. This is called lymphedema. In the U.S., lymphedema is most often caused by cancer surgery.

Treatment for edema depends on the cause. If the swelling is caused by a drug, switching to a different type of medication may help. People with edema caused by a blood clot usually

receive a blood thinner to break up the clot. Drugs called diuretics may be used for conditions like heart failure. These help your body get rid of excess fluid.

"We also have certain treatments that almost all patients get, no matter what the cause of their edema is," Singhal says. These include compression garments: stockings, sleeves, or gloves that help reduce swelling. They can help reduce discomfort even if the cause of edema is something that can't be treated. See the Wise Choices box for more tips for living with edema.

If you experience sudden swelling in one or more limbs, or minor swelling that's getting worse over time, see a health care provider right away.

Early treatment for many types of swelling can reduce symptoms in the long term, Singhal explains.

Can I develop sudden food allergies?

Dear Doc: I was at a picnic over the weekend where there were lots of different kinds of foods. Being adventurous, I tried a bit of everything. Before long, I started to have trouble breathing, developed a rash, and had to be taken to the emergency room. I was told I had an allergic reaction and had to be treated with Benadryl. I have never had an allergic reaction before and am not allergic to anything I know of. How is this possible? Was it something I ate? How can I tell what it was, and how can I prevent it from happening again?

- Sgt. Willi B. Okae

Dear Sgt. Okae: That sure does sound scary. I'm sure not knowing what caused your allergic reaction could cause some worries and hesitation in the future. I've reached out to the perfect person to talk to about this, **Navy Lt. Cmdr. (Dr.) Diana Lindsey, an allergy specialist at the Point Loma Allergy/Immunology Clinic, Naval Medical Center San Diego, in California.**

Here's what Dr. Lindsey had to say:

"While considered rare, it is possible to have an allergic reaction to food for the first time as an adult. Your evaluation will require some detective work. The best thing for you to do at this point is make a list of all the foods you remember ingesting at the picnic

and bring this to your next doctor's visit. You should be referred to an allergist and we will use your list,



along with many additional questions, to help guide testing and treatment recommendations.

Allergies occur when your immune system overacts to something that should be harmless, in this case food. Family and personal history of allergies seem to play a role in the development of a food allergy.

Prevention of food allergies is a hot research topic. Early exposure to "allergenic" foods may help prevent development of an allergy. Actual food allergies are very consistent. Each time you eat your culprit food, you will experience symptoms such as hives, swelling, trouble breathing, vomiting, and others.

Eggs • Milk/dairy • Peanuts

• Tree nuts • Fish • Shellfish • Wheat • Soy
Sesame is increasing as a common food allergen.

If you believe you are having an allergic reaction to a food, you need to call for help right away. Food allergies are serious and can cause a severe allergic reaction called anaphylaxis. When it comes to anaphylaxis, timing is critical; earlier care is always better.

Once you have a diagnosis of a food allergy you will be advised to avoid your culprit food. You will also be trained and educated on how and when to use an epinephrine auto-injector. This device will be carried by you, and used if you accidentally ingest the foods you're allergic to."

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