

ARMED FORCES DISPATCH



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 Serving active duty and retired military personnel, veterans and civil service employees

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The Long Beach Mounted Police parade the colors during the Memorial Day ceremony at Green Hills Memorial Park during the four-day Los Angeles Fleet Week, May 29, 2023. LA Fleet Week events included tours of active duty ships, military vehicle and equipment displays, live entertainment, a dodgeball competition and a culinary cook-off competition. US Navy photo by MC1 Benjamin A. Lewis

It's been 65 years since the last U.S. aircraft carrier visited Norway

OSLO, Norway - U.S. Navy's newest aircraft carrier, USS *Gerald R. Ford* (CVN 78), arrived here for a scheduled port visit, May 24.

This port visit is the capital ship's first stop while deployed to the U.S. Naval Forces Europe (NAVEUR) area of operations and provides an opportunity to enhance U.S.-Norway partnership, marking the first time a U.S. aircraft carrier has visited Norway in 65 years.

During his visit to the ship May 22, Defense Minister Bjørn Arild Gram said, "This is Norway's security. It is a clear expression of the security guarantees we have through NATO, not least the close cooperation and partnership we have with the United States."

Prior to arriving, the Gerald R. Ford Strike Group integrated Norwegian ship Roald Amundsen (F311) as *Ford* strike group's surface warfare commander, building collective operational experience at-sea and showcasing a powerful display of the U.S. Navy and Royal Norwegian Navy's interoperability.

The Royal Norwegian Navy routinely integrates with U.S. carrier strike groups. In late 2021-2022, Fridtjof Nansen (F310) conducted a cooperative deployment with the *Harry S. Truman* Carrier Strike Group to the NAVEUR area of operations in support of maritime security and stability in international waters.

"Norway is a strategic partner in the continued efforts to maintain a secure and stable Arctic and North Atlantic region that benefits global order," said Rear Adm. Erik J. Eslich, Commander, Carrier Strike Group 12. "We are committed to our NATO Ally and fostering our strong relationship built on a foundation of shared values, experiences, and vision."

During the visit to Oslo, the ship will host local officials and key leaders for a reception to honor the U.S.-Norway relationship. Additionally, Sailors will experience the rich heritage of Oslo through community relations events and have the opportunity to visit popular cultural and historical landmarks around the city.

"It's an honor, joy, and thrill to visit Oslo and show our cherished partner the Navy's newest class of aircraft carriers," said Capt. Rick Burgess, *Gerald R. Ford's* commanding officer. "The crew is beyond excited for this opportunity to serve on the first U.S. aircraft carrier to make this historic visit to Norway in 65 years."

BIDEN NOMINATES 'TOP-NOTCH STRATEGIST' AS NEXT JOINT CHIEFS CHAIRMAN

by Jim Garamone
 DOD News

President Joe Biden has nominated Air Force Gen. Charles Q. Brown Jr. to succeed Army Gen. Mark A. Milley as chairman of the Joint Chiefs of Staff.

In a White House Rose Garden announcement, Biden called Brown "a proud, butt-kicking American airman" and an operational leader with intimate knowledge of how the U.S. joint force operates. Brown is currently Air Force chief of staff.

If confirmed by the Senate, Brown will become the 21st chairman; he would be the first chairman from the Air Force since Gen. Richard B. Myers held the position in 2005.

Biden said the general has the respect of all those in the U.S. armed forces and also "the respect of our allies and partners around the world, who regard Gen. Brown as a trusted partner and a top-notch strategist. No matter how complicated the mission - from helping build and lead the coalition now more than 80 nations strong to counter ISIS threats in the Middle East to positioning our Air Force for the future in Indo, in the Indo-Pacific - Gen. Brown has built a reputation across the force as an unflappable and highly effective leader, as someone who creates an environment of teamwork, trust and ... executes with excellence."

The president said Brown "doesn't play for second place,

he plays to win." He said that mindset is an enormous asset to the commander-in-chief.

The president also spoke about Brown's signature approach, which he summarized as "accelerate, change or lose."

"Our world is at an inflection point, where the decisions we make today are going to determine the course of our world for decades to come," Biden said. "And to keep American people safe, prosperous and secure, we have to move fast and adapt quickly. We have to maintain a combat-credible force capable of defeating any potential threat. And we have to manage our competition with China and meet the reality of renewed aggression in Europe."

The U.S. military must also retain its competitive edge in an age where emerging technologies could fundamentally change the character of conflict.

The president said Brown is also a deliberate leader "unafraid to speak his mind as someone who will deliver an honest message that needs to be heard and will always do the right thing even when it's hard. That's the No. 1 quality a president needs in a chairman."

The president noted that 2023 marks the 75th anniversary of an integrated military, the 75th anniversary of women serving in the force, and the 50th anniversary of the all-volunteer force. "We're celebrating the root of

see **Brown, page 3**



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Career Advice
 Back on track: DOD fellowship guides military spouse's workforce return.
See page 5

Base Movie Schedule
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See page 10

Sailors, Marines tour NFL studio during Los Angeles Fleet Week

Sailors assigned to USS *Princeton* and USS *Cincinnati*, and Camp Pendleton Marines, toured the studio courtesy of the USO.



by Petty Officer 1st Class Benjamin Lewis
Navy Region Southwest

Sailors and Marines toured the NFL RedZone Studio in Inglewood during Los Angeles Fleet Week May 24. "It's really exciting for me to be able to invite people in the office and show the amazing work that's done here," said Taylor Davis, the studio's Coordinator, Planning & Culture. "It's an office full of really great people and we love any opportunity to share that and share our love for the game." Davis led the tour, taking Sailors and Marines behind the scenes during a live taping of the NFL's flagship show, Total Access. The Service Members also got to see all the network's shooting sets and had a one-on-one with show producers.

Sailors and Marines join NFL Network hosts, MJ Acosta-Ruiz, and Mike Yam, during a Total Access live taping at NFL RedZone Studio in Los Angeles during LA Fleet Week May 24. US Navy photo by MC1 Benjamin A. Lewis

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"We talk a lot about how people want to be famous on screen but there's so much more that goes into making a TV show," said USS *Princeton*'s Command Master Chief Regita Perry. "I liked seeing behind the scenes, especially the show's graphics."

Sailors and Marines also met network hosts, MJ Acosta-Ruiz and Mike Yam, and participated in a live taping of Total Access. Perry has been watching Acosta on NFL Network for about the past two years, and said her highlight of the tour was getting to meet her.

"It's good to see her [Acosta] on a male dominated show," said Perry. "Being a female on their flagship show, at the time she became one of the main anchors, there were no others."

LAFW is an opportunity for the American public to meet their Navy, Marine Corps and Coast Guard teams and experience America's sea services. During fleet week, service mem-

bers participate in various community service events, showcase capabilities and equipment to the community, and enjoy the hospitality of Los Angeles and its surrounding areas.

LOS ANGELES (May 27, 2023)
Future Navy Sailors are sworn in during Los Angeles Fleet Week 2023. US Navy photo by MC2 Stevin Atkins



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Austin to Naval Academy grads: 'You're up to it'

by Joseph Clark

Secretary of Defense Lloyd J. Austin III told the graduating class of the U.S. Naval Academy May 26 that their experience as midshipmen has prepared them to lead in the fleet and carry the torch of U.S. sea power at a critical time for democracy around the globe.

After adapting to the challenges of a global pandemic as plebes and returning to face the daily rigors of the storied academy, Austin told the newly minted Navy and Marine Corps officers that they should have no doubt that they're ready for the next step.

"Ensigns, lieutenants, let's be clear: You are ready," Austin said. "And that's not just because you'll have a commission the next time that you walk off the Yard. It's because of each time that you walked onto the Yard, you chose to come to this academy."

Founded in 1845, the Naval Academy's historic Yard in Annapolis, Md., has served as a proving ground for generations of Navy and Marine Corps officers who have laid the foundation for what Austin said is "the finest Navy that the world has ever known."

About 90,000 midshipmen, including the Class of 2023, have graduated from the academy since its founding. That figure includes more than 6,400 women who have graduated since 1980.

This year's class includes 1,018 graduates. Of

those, 744 were commissioned as Navy ensigns and 257 as Marine Corps 2nd lieutenants.

"Graduates, over the years, I've learned that leadership is not just what you do, it's who you are," Austin, a graduate of the Military Academy at West Point, said as he recalled serving alongside Naval Academy graduates.

He said Navy officers harbor a special understanding of "the power of teamwork" needed to unite Sailors of all walks of life to keep the ship afloat and accomplish the mission.

"That's the spirit that makes American sea power so formidable," he said. "And we need that spirit for the crucial mission that you're all here to shoulder."

Austin said the class of 2023 will lead the next generation of Sailors and Marines at a critical time as the U.S. endeavors to "forge a more open, more peaceful 21st century."

"Our competitors openly challenge that vision," he said. "They want to replace the hard-won, post-war system of rules and rights with a lawless world of autocracy and aggression. But the American flag atop a U.S. Navy ship has long been the symbol of hope for a more free and secure world."

"So, graduates, you will deploy forward," he said. "You will travel the globe to defend our democracy. And you will learn that the lifeblood of the rules-based international order is actually seawater. That's a big job, but you're up to it."

Graduates, over the years, I've learned that leadership is not just what you do, it's who you are.

Lloyd J. Austin, III

Brown

continued from page 1

our national strength, the most American of ideas, most self-evident truth, that all women and men are created equal," Biden said. "There is no more powerful testament to this than the armed forces of the United States of America. The steps we've taken over the decades, to harness the full diversity of our nation have grown our armed forces into the greatest fighting force ... in the history of the world."

Secretary of Defense Lloyd J. Austin III called Brown "an outstanding joint warfighter and a thoughtful, strategic leader who will bring his trademark skill, talent and judgment to this critical role."

Brown began his service as a pilot. He has served as both instructor and commandant at the Air Force Weapons School. He was also the commander of the 8th Fighter Wing, dubbed the Wolf Pack, in Kunsan, South Korea. Austin said Brown "has developed the expertise, the vision and the warfighting acumen to help the president and senior DOD [Defense Department] leaders navigate today's toughest national security challenges. In his tenure leading the U.S. Air Force, he has been a model of strategic clarity and a powerful



Gen. Charles Q. Brown, Jr., meets retired Air Force Brig. Gen Enoch "Woody" Woodhouse, one of the last surviving Tuskegee Airmen, at the Naval War College in Rhode Island in April. US Navy photo By Kristopher Burris

force for progress."

Both the president and Austin thanked Brown's wife, Sharene, and sons for everything they have done.

Austin also applauded the distinguished service of current chairman of the Joint Chiefs, Army Gen. Mark A. Milley. "He has been a reliable partner in challenging times, and I am thankful for his counsel, his vision and his unflinching love

of country," the secretary said. "Our nation and our military are stronger because of his superb leadership and sound advice. I am grateful to him and his wife, Hollyanne, for their service and selflessness."



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USS George Washington 'redelivered' to Navy after delayed, 6-year overhaul



Sailors aboard George Washington prepare ammo in the hangar bay. Official US Navy photo

by Alex Wilson
Stars and Stripes

USS *George Washington* is back in Navy hands after an extended, six-year maintenance period at Huntington Ingalls' Newport News Shipbuilding in Virginia.

The company, which built the aircraft carrier in the 1980s, officially returned, or "redelivered," it following three days of sea trials, the company said in a news release May 25.

George Washington since August 2017 has been in the Virginia shipyard for its midlife nuclear refueling and overhaul, a process expected to last four years but that ran into overtime due to the COVID-19 pandemic and other setbacks.

"*George Washington* has gone through a transformation and now returns to the fleet as a fully recapitalized ship, ready to support any mission and serve our nation for another 25 years," Todd West, vice president of in-service aircraft carrier programs at the shipyard, said in the news release.

The sea trials, which began May 22, included high-speed operations and tests designed to "prove system performance" and demonstrate the carrier's various capabilities at sea, Huntington Ingalls said.

Sometime next year, *George Washington* is scheduled to return to Yokosuka Naval Base, the ship's homeport south of Tokyo from 2008 to 2015. It will replace USS *Ronald Reagan* as the centerpiece of the U.S. 7th Fleet's carrier strike group.

Ronald Reagan, which arrived at Yokosuka in 2015, will return for maintenance to Puget Sound Naval Shipyard in Bremerton, Wash., Naval Forces Japan announced in April.

"The Navy positions many

of its most advanced capabilities in Japan in recognition of the importance of our alliance," Naval Forces Japan spokeswoman Cmdr. Katie Cerezo told *Stars and Stripes* by e-mail April 28. "This turnover will ensure continued carrier presence in the region."

George Washington's overhaul concludes just over a week after the Navy released the results of an investigation into the ship's "command climate and Sailor quality of service." The Navy launched the investigation after three crewmember suicides over one week in April 2022.

The report found numerous factors contributed to the ship's mental health crisis, such as insufficient manning, poor working and living conditions and an insufficient number of mental health professionals to meet demand.

The carrier has lost nine sailors to suicide since 2017.

Pacific Air Forces Airmen test Next Generation Aircrew Protection equipment

by Tech. Sgt. Hailey Haux and Col. Paul Hendrickson
HICKAM AIR FORCE BASE, Hawaii -If you've spent time in the Indo-Pacific region, you've likely heard the term "Fight Tonight" more than once and for good reason. Pacific Air Forces Airmen are on the forefront of operations in ensuring a free and open Indo-Pacific, and these operations come with a need to be ready, diverse, innovative and lethal.

We have been charged with challenging the status quo, operationalizing resourcefulness and adopting concepts and technologies that drive the readiness, resilience and lethality of the force.

One of the most recent advances added to the PACAF portfolio involves the U.S. Air Force Next Generation Aircrew Protection, or NGAP, effort.

"The ability to confidently operate in less-than-optimal conditions is vital for our aircrew," said Gen. Ken Wilsbach, PACAF commander. "SLR and NGAP capabilities ensure our ability to fight tonight with an enhanced level of protection for our Airmen who may be operating in a CBRN-threatened environment."

The current solution for pilots is to use the Aircrew Eye and Respiratory Protection System, which was initially developed during the Gulf War and is not agile enough to allow for scaled protections against current CBRN threats. The legacy mask ensemble risks degradation to aircrew performance and combat effectiveness due to its bulk and impact on dexterity. While this is the current solution for most ejection seat airframes,

the F-22 doesn't have an effective CBRN mask—making it even more essential to innovate to find an adaptive solution for our warfighters.

This new process uses the modified M-50 ground crew mask—the same one that's used with Mission Oriented Protective Posture, or MOPP, gear—and two-layer nitrile gloves worn under the standard flight glove and allows aircrew to safely execute take-off and landing procedures in a chemically contested environment without the thermal burden and

loss of dexterity.

"This method of CBRN protection provided me not only the dexterity but also the visibility I needed while in the cockpit," said Capt. Alex Moss, 19th Fighter Squadron F-22 pilot.

The concept of SLR was originally generated by a series of events set in motion during the North Korea pressure campaign in 2018.

Refer to the Air Force newsstand at <https://www.af.mil/News/>.

Army

- *Soldier killed in military vehicle accident at Kuwait training range
- *Once given false criminal record, officer now gets promotion, back pay
- *Army receives mixed signals from industry on 'radio as a service'
- *Long-awaited Army missile defense headquarters opens in Turkey to positive reviews

Navy

- *Franchetti viewed as likely choice to lead Navy, would be first woman on Joint Chiefs

Air Force

- *Air Force major killed in non-combat incident in Kuwait, DoD says
- *5,000 selected for master sergeant, but promotion rate remains low

Space Force

- *Space Force's new fitness regime has landed

National Guard

- *Supreme Court upholds labor rights for 'rare birds' of National Guard
- *Tennessee pledges 100 National Guard troops to border mission in Texas

Your Military

- *US, South Korea troops hold large live-fire drills
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Back on track: DOD fellowship guides military spouse's workforce return

by Katie Lange
DOD News

For military spouses, finding employment can be difficult and daunting, especially after a big move. But a lot of spouses have the potential, drive and skills that would be great assets to the workforce, and it would be a shame to see them go to waste. Thankfully, a new program placing military spouses into fellowships is already reaping dividends.

In January, the Defense Department placed its first candidates into the new Military Spouse Career Accelerator Pilot, which matches military spouses of current service members - including those of Reservists and the National Guard - with paid private-sector fellowships. The goal of this competitive pilot program is for them to gain full-time employment, which can greatly help improve military families' financial security, among other things.

The accelerator program collaborates with Deloitte and Hiring Our Heroes, which connects the applicants with employers in various industries nationwide. Spouses accepted into the program are placed with companies that match their locations, work

experience and other factors. They then receive professional training and mentoring over the course of 12 weeks.

Danielle Calabrese, who's been a military spouse for 18 years, is a shining example of how well the program can work.

Calabrese and her three children are currently based in Arlington, Va., where her husband, Navy Capt. Dario Calabrese, is stationed. She worked in IT support and as a business analyst many years ago, but between her first pregnancy and a layoff, she and her husband decided she would stop working for a bit to concentrate on the family.

"Before I knew it, I had been out of the workforce for 15 years," she said.

"My background was in technology, so I was finding that the longer I was out, the harder it became to get back in ... and I had less confidence that I was going to be able to re-enter the workforce."

Calabrese did some freelance work and tried starting her own business, but she missed work-



Military spouse Danielle Calabrese, shown with her three children and husband. Calabrese re-entered the workforce after 15 years through the DOD Military Spouse Career Accelerator program, which got her a fellowship that led to a full-time job. Photo courtesy Danielle Calabrese

ing with people. As her children got older, she said she was ready to go back to work but wasn't sure how to make that happen.

One day, when she was perusing Facebook, she discovered the Hiring Our Heroes Military Spouse Professional Network. From that networking group, she learned about the new accelerator program and its fellowships, which differ depending on the host company. Her background

led her to apply for one working with Salesforce, a cloud-based software and application company.

"There are so many military spouses that I've met that came into that program with zero technical background - I met teachers and prior nurses - so that certainly isn't a requirement, but it was definitely something that drew me to it," Calabrese said.

The fellowship afforded her a

lot of opportunities. For starters, it was 100 percent remote, which allowed her to stay flexible around her husband's demanding work schedule and their family commitments. Secondly, she needed to get training to get the certification to apply for the fellowship, and that was 100 percent covered by Salesforce Military - which helped cut down two major barriers to re-entry into the workforce.

"I was able to go online and take a whole bunch of courses on Trailhead through Salesforce Military and get my Salesforce administration certification," Calabrese said. "That was all I needed in order to qualify to apply for the program."

In early January, she started her fellowship with Cirrius Solutions, a Salesforce partner. Calabrese took two courses - one was a consulting bootcamp, while the other focused on Salesforce automation.

"They also assigned you onto a project team, where you could shadow consultants. You would be able to listen in on customer calls to help understand how things go and what the everyday life of a consultant looks like," she said.

She also said Cirrius has

their own internal instance of Salesforce, so the fellows were able to create their own sort of team and do work there, applying the consulting skills they'd learned.

"We really got to put some of those skills to work ... and get some hands-on technical experience with that as well," she said. "It was a great experience, and we learned a ton."

Employers get a lot out of the deal, too. Through the fellowships, which are free to participating employers, companies get a diverse pipeline of people equipped with education, transferable skills and experience in a variety of roles and industries. They also get a chance to hire those fellows who excel. Calabrese graduated from the fellowship in late March and was hired as a full-time associate consultant for Cirrius.

"They were fantastic. They did an amazing blend of education and hands-on work so that I could really get in there and get my hands dirty and learn as much as I could in that 12 weeks," she said. "They really are looking to invest in you and to have you get as much out of the fellowship as they can."

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Police investigate assault on 2 Marines in San Clemente

In multiple news reports, authorities are investigating an altercation at the San Clemente Pier Bowl area that resulted in two Camp Pendleton-based Marines sustaining multiple injuries after reportedly being assaulted by several minors and young adults this past May 26, according to the Orange County Sheriff's Department.

At around 9:50 p.m., deputies arrived on the scene, where there were many minors and the two Marines, both men, who were medically treated there and refused to be taken to a hospital, said Sgt. Mike Woodroof, an OCSO public information officer.

"That's kind of where it's at right now," Woodroof said. "Investigations is pursuing it right now."

The two men sustained minor injuries, such as an injury to the hand, scrapes to the knees and soreness to the abdomen, chest and head areas, according to Woodroof. The names of the victims could not be shared at this time, Woodroof said.

According to a report on KFI-AM Radio in Los Angeles, one of the Marines, a lance corporal, claimed some fireworks that were shot off by the teens hit the Marines. The Marine was quoted as saying, "We told them to settle down, that what they're doing is dangerous." It was then that the teens became "obnoxious and belligerent."

At the time, it was unclear exactly how many minors were involved in the altercation, with authorities estimating that there could have been between 10 and 30, Woodroof said.

No one was taken into custody or arrested, said Woodroof.

A roughly minute-long video that's been circulated on social media captured the brawl occurring along the sidewalk and stairway area of the Pier Bowl that leads visitors toward the train tracks and beach's entrance. It also shows two adult witnesses stepping in and telling the teens to disperse.

At the start of the recording, one of the Marines is seen starting to walk up the steps and is being followed by a large group of people yelling. A seemingly young individual appears to take a swing to the back of the Marine's head.

At that point, the Marine turns around and charges toward the young person, which leads to the melee as many others jump into the altercation, appearing to take swings at the Marine.

NAS North Island hosts Carrier Strike Group 15 change of leadership

NAVAL AIR STATION NORTH ISLAND - An overcast day didn't mar Carrier Strike Group Fifteen's change of command May 25 on the flight deck of aircraft carrier *Abraham Lincoln*.

Rear Adm. William R. Daly relieved Rear Adm. Joseph Cahill as the 77th commander since CSG-15's establishment in 1930. Vice Adm. Michael Boyle, Commander, U.S. 3rd Fleet, presided over the ceremony.

During Cahill's 11-months in command, he led CSG-15 during multiple integrated and advanced training exercises, focused on the mission of mentoring, training and assessing West Coast-based deploying carrier strike groups (CSGs), amphibious ready groups (ARGs), and independently-deploying warships. He also led a comprehensive scenario redesign that transformed the training

focus for Pacific Fleet deployers, improving the operational and tactical skill sets to better align with fleet requirements.

Cahill lauded the performance of the CSG-15 staff.

"You are making a difference each day and it has been an honor to work with such an experienced and talented group



Rear Adm. Joseph Cahill

Vice Adm. Michael Boyle

Rear Adm. William Daly

of combat professionals," said Cahill. "The work you have done, and continue to do, is ensuring our Navy and the entire joint force is more capable and ready to deter aggressive actions by our adversaries."

"I know you will all continue

to thrive under [Rear] Admiral Daly's command and I look forward to seeing how you continue to innovate and drive the readiness of our deploying naval forces."

Daly takes command of CSG-15 after serving as the Deputy

Director, Policy, Plans, Strategy, Capabilities and Resources at U.S. European Command.

"I'm privileged and honored to command this team of teams of all-domain, warfare professionals," said Daly.

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MILITARY PHOTO GALLERY



ARLINGTON NATIONAL CEMETERY (May 29, 2023) Marine Corps Major Gen. Harry Kleinbeck Pickett, former commanding officer of Marine Barracks Pearl Harbor and veteran of both world wars, is repatriated here for re-burial, more than 50 years since his death. While traveling around the world in 1965, Pickett died in Darjeeling, India, and had been interred there ever since. Pickett was serving as commander of Marine Barracks Pearl Harbor when it was attacked on Dec. 7, 1941. Photo courtesy of U.S. Embassy India



NAVAL MEDICAL CENTER SAN DIEGO (May 26, 2023) As part of 101 Critical Days of Summer campaign, motorcycle safety coordinators and representatives conducted a command motorcycle ride, commending the riders for adopting safe riding practices. Courtesy photo



ABOARD USS CHUNG-HOON (May 20, 2022) A Sailor stands watch aboard Chung-Hoon (DDG 93) while underway with Australian Navy frigate Anzac during surface action group operations as a part of exercise Noble Dingo. US Navy photo by MC1 Andre T. Richard



CORONADO (May 29, 2023) Rear Adm. Keith Davids, commander, Naval Special Warfare Command, stands with Vietnam War veterans associated with Naval Special Warfare during the Coronado Memorial Day Service. US Navy photo by Petty Officer 1st Class Felicito Rustique, Jr.



HOMER, ALASKA (May 4, 2023) Welcome aboard! Quarter Master 2nd Class Jenny Figueroa works as a duty tour guide while leading ship's visitors aboard destroyer USS Momsen (DDG 92). Momsen is attached to the Navy's 3rd Fleet. Official US Navy photo



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in the spotlight

The helicopter support team (HST) is responsible for the rapid transportation of cargo via helicopter when it can't be transported by ground or needs to be transported from ship to shore.

by Cpl. Aidan Hekker
 15th Marine Expeditionary Unit

In this exercise, the HST partnered with a CH-53E Super Stallion attached to Marine Heavy Helicopter Squadron 361 to test a new lift operation method utilizing wheel-nets to carry a Polaris MRZR, an ultra-light turbo diesel combat vehicle.

With a lift capacity of 36,000 pounds, the Super Stallion effortlessly lifted the 2,100-pound Razor. However, the primary focus of the training exercise was on the stability and speed that the wheel-nets provided. As both teams completed runs, they discussed the chain and cable tension points to improve load stability. This allowed the helicopter to fly faster, mitigating concerns about losing the load.

The exercise was part of a comprehensive training program aimed at preparing the teams for various scenarios they may encounter during the 15th Marine

CLB-15: Helicopter support team



Marines assigned to Combat Logistics Battalion 15, rig a Polaris MRZR, an ultra-light turbo diesel combat vehicle, with a wheel net for lift operations with a helicopter support team on Camp Pendleton May 9. CLB-15 and Marine Heavy Helicopter Squadron 361 worked together to test an innovative method in HST operations for the Marine Corps utilizing wheel-nets in preparation for the 15th Marine Expeditionary Unit. US Marine Corps photo by Cpl. Aidan Hekker

Expeditionary Unit's deployment.

"The team did an excellent job testing these wheel-nets for future potential support," said 1st Lt. Elyzabeth Darteruiz, air delivery officer assigned to CLB-15.

As part of the 15th MEU, HSTs are responsible for the rapid transportation of cargo via helicopter. The use of wheel-nets

capability of transportation," said Darteruiz. "They provide a unique capability for resupply and recovery of all types of gear in environments where ground transportation is not applicable or very challenging."

Under Force Design 2030, the Marine Corps is transitioning to smaller, more agile, mobile, and lethal units, known as Marine Littoral Regiments. HSTs will continue to play a critical role in supporting these units by providing rapid transportation of personnel and equipment to and from the battlefield.

The use of wheel-nets aligns with the Marine Corps' focus on innovation and technology to improve its operational capabilities. As new technologies and operational concepts emerge, HSTs will need to adapt quickly to support the evolving needs of the Marine Corps. The use of wheel-nets is an example of how HSTs are adapting to meet these changing requirements.

Overall, the use of wheel-nets provides an innovative and efficient way to transport essential supplies and equipment to and from the battlefield while also demonstrating the Marine Corps' commitment to innovation and modernization.

Think Tank Thursday helps workforce connect and engage

by Amy Forsythe

CAMP PENDLETON - Making time for innovative ideas and creative solutions is a priority when it comes to making Marines more capable at a special technology unit here.

Dedicating a time and place for learning and exchanging ideas was the catalyst for creating Think Tank Thursday or 'T3' as it's often referred to by members of the command. The initiative was created to showcase all the specialized knowledge, technical skills, and experience throughout the workforce at Marine Corps Tactical Systems Support Activity (MCTSSA).

The bi-monthly series was created in May 2021, and it's been gradually gaining steam as a way to connect, engage and inspire the workforce. Gathering members of the workforce to brainstorm about new technologies and stay informed about the work everyone is doing is often difficult to do within large, busy organizations.

The sessions are hosted for two hours every other Thursday af-

ternoon in the command's largest conference room at the MCTSSA compound located here.

Jona Lee, workforce development lead, was instrumental in implementing the initial program two years ago by soliciting and scheduling presentations. "Finding the right process of introducing new concepts and technology was an important aspect to make this a successful endeavor," Lee said.

MCTSSA has about 450 members with a mix of U.S. Marines, federal employees, and contractors. "It's a dedicated time set aside for all workforce members to connect, engage, learn something new, explore other career pathways and grow their professional network," Lee added.

Encouraging and offering team members regular time for innovation and learning is a long-standing practice at large tech companies and non-tech enterprises alike. "Our T3 initiative is an opportunity for employees to share their knowledge and hone their presentation skills," said Jennifer Kays, Senior Principal Engineer for software engineering.

Kays and Lee coordinate the T3 sessions by scheduling speakers and promoting the events within the command. They're building forward momentum to make the T3 events productive, engaging, and informative.

Just like other large tech organizations, similar initiatives have gone by different names with perhaps the earliest example being 3M's "15% Culture," which dates back to post-World War II. Since its inception, Google has encouraged its employees to innovate with the 20% rule, providing employees with the time and space built into their busy schedules to learn, grow and connect.

Past MCTSSA T3 presentations have included representatives from Google, other outside technology companies, academia, and military experts from outside the command as well as from within. For example, current Executive Officer Lt. Col. Matthew Browning provided a T3 presentation regarding the Navy Marine Corps Expeditionary Ship Interdiction System, or NMESIS, for which he was the project officer at Program Executive Officer (PEO)

Land Systems before his assignment to MCTSSA.

The goal of hosting T3 sessions is to provide MCTSSA's workforce with a better understanding of industry best practices, provide exposure to emerging technologies, and increase employee situational awareness regarding Marine Corps, Naval, Joint, and Coalition initiatives that MCTSSA is directly impacting in our daily operations. One of the implied goals of conducting T3 sessions is to encourage technical discussions with visiting subject matter experts, and to inspire internal dialogs between and among our engineers and analysts through increased communications opportunities.

"I believe that as our workforce realizes the incredible impact their efforts are having across the Department of Defense, they will be motivated to collaborate and establish teaming relationships to become even more effective. The T3 program is a direct enabler in raising awareness and providing such motivation," said Fritz Doran, MCTSSA's Technical Director.

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US troops who lost their lives in WWII honored in France

ST. AVOLD, France - American and French citizens paid tribute May 28 to the 10,481 people buried at Lorraine American Cemetery and to mark Memorial Day at the largest World War II cemetery in Europe.

The ceremony in the rolling hills of eastern France was hosted by the American Battle Monuments Commission (*see sidebar, at right*), which runs the cemetery and is marking its centennial, and drew hundreds of people.

Active-duty participants from the Army, Navy and Air Force and cadets from the Stuttgart High School Army Junior Reserve Officers' Training Corps program participated in the ceremony that featured speeches, a wreath laying, a flyover by a C-130 aircraft, firing of volleys and the playing of taps.

"The more than 10,000 buried here were the best of their generation," said Maj. Gen. Steph Maranian, commander of 56th Artillery Command, noting the sacrifices service members made then and continue to make.

Sacrifice was a common

theme among those speaking at the event.

Denise Bauer, U.S. ambassador to France and Monaco, said "they left their families to fight for liberty and doing so,

Agreement signed to support veterans and VA nurses

The Veteran's Administration recently signed a national master collective bargaining agreement with National Nurses Organizing Committee, National Nurses United, the union that represents more than 13,707 VA nurses.

The agreement will help VA's nurses continue delivering more care to more veterans. It'll help VA better retain nurses, hire nurses more quickly, improve the safety environment for nurses, and add the nurses required to implement the PACT Act - the largest expansion of Veteran health care and benefits in decades.

VA nurses deliver world-class care to veterans every day. During the pandemic, VA nurses helped provide more than 332 million health care appointments to veterans, care for more than 870,000 vets with COVID-19,

they sacrificed their tomorrows for ours and their dreams for our future."

She also observed after speaking of those buried at the cemetery: "Today, we are reminded

and vaccinate more than 4.4 million veterans. Thanks in large part to the work of VA's nurses, a recent national review of more than 40 peer-reviewed studies showed that VA care is consistently as good as - or better than - non-VA health care. And among the veterans who receive their care from VA, approximately 90 percent trust VA to deliver their care, a testament to the work of VA nurses.

This agreement is a part of VA's broader efforts to support bargaining unit employees and execute President Biden's Executive Order on Worker Organizing and Empowerment. More than 79 percent of all VA's public servants are bargaining unit employees, and VA is committed to supporting them as they serve our nation's Veterans, their families, caregivers, and survivors.

again, by the war in Ukraine, that freedom is not free, and democracy is not guaranteed."

Walking among the rows of white crosses and Stars of David following the ceremony, Nor-

man Matzke, a retired lieutenant colonel and the Stuttgart JROTC senior Army instructor, said it's a tradition for cadets to attend. "It is important to bring them here and let them be involved. It is what Memorial Day is all about."

"Before I came here, I didn't know what it was all about," Cadet 2nd Lt. Marek Lavato said. "All the people who sacrificed themselves for their country. It is important to come here and see it."

Know the American Battle Monuments Commission ...

This year, the American Battle Monuments Commission is celebrating its centennial, having been established on March 4, 1923.

Throughout its history, ABMC has been proud to honor and recognize fallen U.S. service members with Memorial Day events at its cemeteries and memorials. Well attended by American and local dignitaries and the public, these ceremonies highlight the legacy of the fallen in its burial plots and walls of the missing as well as ABMC's eternal promise to remember and honor them. ABMC has had some notable Memorial Days over the last 100 years, some occurring at sites that pre-date the official establishment of ABMC.

Memorial Day 1919, a mere seven months after the end of the war, saw the first observances at what would become the ABMC permanent cemeteries. President Woodrow Wilson, in Paris since the previous January for the Peace Conference, gave a dedicatory address at Suresnes. Harkening back to the holiday's origins as 'Decoration Day' following the American Civil War, the temporary wooden grave markers were decorated with floral wreaths for the occasion.

Simultaneously, a ceremony was held at the Romagne cemetery that would become ABMC's Meuse-Argonne American Cemetery. Still in France following WWI, Gen. John Pershing attended the ceremony and gave the dedicatory speech. Foreshadowing the mission of ABMC, Pershing noted that "the cemetery will always be a sacred plot...consecrated as a shrine where future generations of men who love liberty may come to do homage."



President Woodrow Wilson and his wife Edith laying a wreath in Suresnes American Cemetery on Memorial Day 1919. Courtesy photo

The Meat & Potatoes of Life



by Lisa Smith Molinari

Have you ever taken care of your spouse after routine surgery? If not, you're in for a real treat. Even healthy people age. Bodies give way to wear and tear. Our doctors sometimes recommend dreaded cataract removal, joint replacement, bladder tacking, gallbladder extraction, union removal, hernia repair and other common procedures.

If your husband goes under the knife, beware. Whether you like it or not, you're on the hook to be his post-operative caregiver.

Back when you stood before family and friends and promised to take "thee," to be your wedded husband, "for better or worse, rich or poor, in sickness and in health, to love and to cherish, till death do us part," you were thinking of your sparkly ring, your mother-in-law's side-eye, and whether or not your Uncle Harold would get sauced and say something dirty.

You definitely weren't thinking about coming face-to-face with your husband's neglected toenails while putting on his socks after hip replacement surgery. Now, that time has come. Your spouse needs you to make good on that "sickness and health" clause. Ready or not, you're it.

Your instincts may scream, "Run for the hills!" But remember, as a loving wife, it's your job to be there in your husband's time of

The Reluctant Caregiver: Three steps to escaping spousal servitude

need. However, as any Brylcreemed lawyer can tell you, contracts are always up for interpretation. Arguably, your duty to have and hold in sickness and health has reasonable limits, beyond which arises a legal presumption of "Suck it up, Buttercup."

Wives must be honor-bound caregivers during those first post-operative days (or hours, depending on the severity of the procedure) of convalescence, but once her patient-husband is out of the woods, she's well within her rights to mitigate her contractual responsibilities as she sees fit.

Having experienced caregiving first hand after my husband's two hip replacement surgeries, I've developed a step-by-step method for escaping spousal servitude, while coming out smelling like a peach.

Step One. After he's released from the hospital, be at your husband's constant beck and call. Fluff pillows, make sandwiches, freshen ice packs, bend straws, change socks, and let him laugh at all the silly jokes in "Family Guy." Smile, be kind, and never show annoyance, even when you hear him on the phone telling the umpteenth person his surgery story in excruciating detail.

Step Two. When your husband still needs your help, but has made some recovery progress, it's time to preemptively communicate, "Don't get used to this, cuz I aint no Florence Nightingale." When hubby asks, "Hon, can you put that pillow under my foot?" stand stock still,

hold your breath, and let your eyes roll back into your head. Appear as if you are experiencing physical pain. Slowly exhale as if you must regulate your breathing in order to muster the mental strength needed to fulfill your husband's unending demands. Make it clear that caregiving is not something to which you aspire. You have a life. This role is only temporary, and might expire at any minute.

Step Three. This final stage requires your strict adherence to the tenets of what is commonly known as "tough love." Your husband still wants your help, but your assistance is arguably not necessary for his survival. Just like that lone logger who cut his own leg off with a pocket knife to unpin himself from a fallen tree and crawl for help, your husband could technically get by without you and live to see another day.

This is when he needs you the most - not by providing a bendy straw, but by teaching him to fend for himself. Tell him you have to run a quick errand, but stay out long enough for him to put on his own underwear, find the television remote, and forage for food. Then, upon arriving home, feign admiration, "Well, look who's up and about! Making progress I see!" His feelings of neglect will be overcome by his pride of accomplishment. Once he's progressed, there's no going back. Repeat this process, until your freedom is restored.

Many wives wonder, "What if I'm the one who needs surgery?" My advice to you is simple: "Milk it for all it's worth."

AutoMatters™ & More by Jan Wagner



After a two-year hiatus, the OC Auto Show returned to the Anaheim Convention Center. This is traditionally the first major auto show of the Southern California season. It is held in the Anaheim Convention Center.

To help with photography, I took advantage of the media preview on opening day, before the show opened to the public. On-hand were hundreds of new cars, trucks, crossovers, SUVs, electric vehicles, exotics and more. However, there was a significant emphasis on electric vehicles, in conjunction with National Drive Electric Week.

The show offered an indoor high-performance rides in electric vehicles driven by professional drivers, and an EV learning center to educate customers about the benefits of owning an electric vehicle, charging station options and how easy it can be to make the switch to electric from internal combustion engine-powered vehicles - all within an area called ELECTRIC AVENUE.

There were electric vehicles from GMC, Hyundai, Chevrolet, Nissan, Ford, VW, BMW, Genesis, Porsche, Audi and Mini.

There was no sales pressure here. Company representatives were, however, to provide information, as is the norm for these auto shows.

OC Auto Show - first of the auto show season

Not-to-miss vehicles includes the Hummer EV, Ford Bronco Raptor, Toyota Crown, Toyota Tundra Hybrid, Ford F-150 Lightning Lariat, Nissan Ariya EV, KIA EV6, fully electric Porsche Taycan sports car, Audi E-Tron, BMW iX, Corvette Z06, Genesis G80e, Hyundai IONIQ 5, KIA EV6, McLaren Artura, Volkswagen ID.4 and more.

A variety of vehicles from several automobile manufacturers were available for licensed drivers to take for test drives.

Professional 4x4 drivers took passengers on a thrilling ride across a variety of challenging off-road elements at Camp Jeep, "featuring the iconic Jeep Mountain, an 18-foot, 35-degree hill climb; three-wheeling over Camp Jeep's Trail Rated Pass; and a stretch of terrain that simulates fallen logs." "all-new Jeep models will be available to test on the track including the Gladiator Mojave, Gladiator Rubicon, Wrangler Rubicon 392, Wrangler Rubicon 4XE, Grand Cherokee Trailhawk, Grand Cherokee L, Compass Trailhawk and Cherokee Trailhawk."

For the kids, a Kids Scavenger Hunt offered them the opportunity to search the show floor displays with a special pass to collect stamps from manufacturers. Once they collected all the stamps, kids could turn in the pass for an official OC Auto Show crown.

At the exotic vehicle display, visitors could see ultra-high-end exotic vehicles from Lamborghini and McLaren. Courtesy of Lamborghini Newport Beach and McLaren Newport Beach.

For Ford Mustang enthusiasts, there was a special collection of Mustangs from the OC Mustang Club on the Sunday of the show.

Food trucks provided a variety of food options.

"While much of today's headlines focus on high priced vehicles, there are many affordable new car choices to check out including an abundance of affordable fuel-sipping new cars too - 40, 50 or even 60 miles per gallon is common in today's hybrid and plug-in hybrid vehicles," said Kelly Blue Book Executive Editor Brian Moody. "Trucks, hybrids, electric vehicles, high performance and high tech, the OC Auto Show really does have something for everyone."

The annual, four-day, family-friendly OC Auto Show is owned by the Orange County Automobile Dealers Association. Children 12 and under were admitted free when accompanied by an adult all show days. Members of the military, first responders and their families could attend the auto show for free on the Thursday and Friday of the show, with discounted admission pricing on the weekend.

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue 'years' boxes and browse. Copyright © 2023 by Jan Wagner - AutoMatters & More #792

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Wheelchairs, Knee Walkers, Lift Chairs, Compression Socks/Sleeves, Custom Compression Socks, Walking Aids, PPE, Prosthetics, Hospital Beds, Mastectomy, Bath Safety Items, Lymphedema Pumps.

Oceanside San Diego
3837 Plaza Dr, Ste 801 2020 Cam del Rio North #105
(760) 940-1132 (619) 220-7090

Veterans Crisis Line



Dial 988 then PRESS 1

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AVAILABLE NOW!!!
1, 2 or 3 BR's Apartments, Townhouse & Houses
MOVE-IN SPECIAL! LEADINGHAM REALTY

1062 Palm Ave., Imperial Beach
619-424-8600 TF

RENTALS HOUSES

NATIONAL CITY - 3BR/2BA, brand new construction, AC, solar, off street. prkg. \$3400/mo. Call Dean 619-823-6407. deanhouses@gmail.com 5/18

VOLUNTEER

Join our family of volunteers at **Veterans Association of North County**
Resource for active duty, veterans & their families.
Seeking: ★ front desk attendant
★ handyman/maintenance person
Military experience or association helpful
Shifts 9-1 or 1-4 M-F • 1617 Mission Ave • Oceanside
Call 760-722-1277 or email eileen@vanc.me

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THINGS TO DO AROUND TOWN

Catfish stocked at Lake Jennings. Night fishing Fri & Sat til midnight. Shoreline fishing 8am-5pm every day at campground. \$4-\$12. <https://lakejennings.org/>
Cage Warriors 155 SD. Mixed Martial Arts. Age 21+. Fri, June 2, 5-10pm. CA's top fighters return. Sycuan Casino Resort. <https://cagewarriors.com/cw-155-san-diego/>

Valley Center Western Days Festival & Parade. Celebrating 73 years. Fri-Sat, June 2-3. Fri: Festival, Guns & Hoses Chili Cookoff. Sat: Pancake Breakfast, Parade, Festival, Car Show. <https://www.westerndays.org/>
Re:SET, Fri-Sun, June 2-4. Artist and fan friendly alternative to the standard summer concert experience. Headliners boygenius, Steve Lacy, and LCD Soundsystem. Snapdragon Stadium, 2101 Stadium Way, Mission Valley. <https://sandiego.resetconcertseries.com/info/>
Beach Soccer Championships, Fri-Sun, June 2-4. Oceanside Harbor. www.beachsoccerusa.org
SD Padres vs. Chicago Cubs, Fri-Mon, June 2-5. Petco Park. www.mlb.com/padres

Wildlife Tracking Walk, Sat, June 3, 8:30-10:30am. Free. Easy family walk. <https://mtrp.org/>
National Learn to Row Day, Sat, June 3, 9-11am. Free. Age 13+. Learn the basics of rowing on water & machine. ZLAC Rowing Club Clubhouse, 1111 Pacific Beach Dr, PB.

Backyard Composting, Sat, June 3, 10am-noon. Free. Learn the basics! Water Conservation Garden, 12122 Cuyamaca College Drive West, El Cajon, 92019

iNaturalist Oak Identification Workshop, Sat, June 3, 9-11am. Free. Learn about oaks. All ages. Crestridge Ecological Reserve; 1171 Horsemill Rd., El Cajon.

Once Upon a Book Fair, Sat, June 3, 10am-4pm. Free. Meet authors, live readings. California Center for the Arts, Escondido.

Sam Hinton Folk Festival, Sat, June 3, 11am-5pm. Old Poway Park. www.poway.org

Pride by the Beach, Sat, June 3, 12-6pm. Civic Center Plaza Oceanside. www.sdpride.org

Water Wise Gardening, Sat, June 3, noon-2pm. Free. Lincoln Acres Library, 2725 Granger Ave, Nat'l City.

Art Night Encinitas, Sat, June 3. Participating art galleries. www.encinitasca.gov

Kumeyaay Ethnobotany Hike, Sat, June 3, 1-3pm. Free. Ranger-led, 2-mile, friendly-leashed dogs ok. Chollas Lake, 6350 College Grove Dr, SD, 92115

Family Day, Sat, June 3, 1-5pm. Free while supplies last! Inflatable Obstacle Course, Face Painting, Henna Tattoo Booth, Inflatable Skee Ball Game, Water Guns, Snow Cones, Hamburgers, Hot Dogs. Parent Fun! American Legion post 365/VFW 7041, 1234 South Santa Fe Ave, Vista, 92084
85 South Show Live, Sat, June 3, 7pm. San Diego Civic Theatre. www.sandiegotheatres.org

Rock 'n' Roll Running Series, Sat-Sun, June 3-4. Downtown San Diego. www.runrocknroll.com

Valley Center Community Yard Sale, Sat, June 3, 7:30am-12:30pm. Bates Nut Farm, 7:30am-12:30pm. www.batesnutfarm.biz

Chula Vista Library Family Concert Series, Sat, June 3, 2pm. Free. Classics 4 Kids Trio, Interactive musical performance, teaches participants about musical instruments & engages them in fun stories. Open to all ages.

Guided Nature Walk. Sat-Sun, June 3-4, 9:30-11am. Free. Learn about plants, animals, geology, history. Trails easy but uneven. <https://mtrp.org/>

SD Cactus & Succulent Society Show & Sale, Sat-Sun, June 3-4, 10-4. Casa del Prado, 1650 El Prado, Balboa Park.

Annual Japanese Cultural Bazaar, Sun, June 4, 11-4. Free. Performances & demos. Food, drinks for sale. Buddhist Temple of SD, 2929 Market St, 92102

2023 San Diego County Fair "Get Out There!" June 7-July 4, 11am-10pm. \$12-\$20; kids 5/under free. Closed Mon-Tue in June. Cashless. All Fair Admission & Parking tickets must be purchased online in advance. Exhibitions, funzone, agriculture, entertainment! <https://www.sdfair.com/>

Singin' in the Rain, Thru July 2. New Village Arts Theatre, Carlsbad. www.newvillagearts.org

Sunset Market in Oceanside Thursdays year round. Jan.-March: 4-8pm; April through Dec. 5-9pm. Tremont & Pier View Way.

All-Levels Donation Yoga at Sunset Cliffs. Every Saturday, 9am. Sunset Cliffs Natural Park at Sunset Cliffs Blvd & Adair St.

Thursday Storytimes, Free. Ongoing. Preschool Storytime for age 3-5. All children welcome. Poway Library, 13137 Poway Rd.

Toddler & Preschool Storytime, Thursdays. Ages 2-5. Held outdoors. Mission Valley Library, 2123 Fenton Parkway.

Line Dance Class, Free, Thursdays 6-7pm thru Feb. Comstock Bar and Grill, 316 West Mission Ave, Escondido

MOVIES AT THE BASES

Movies & times subject to change. * Indicates last showing
Visit www.navydispatch.com/entertainment_03movies.htm to find base theatre information

Lowry Theater - NASNI, 619-545-8479
Bldg. 650

Outside food and beverage are NOT permitted. Debit/credit cards only.

Friday, June 2
6pm Evil Dead Rise r
Saturday, June 3
2pm Guardians of Galaxy Vol. 3 pg13
6pm The Flash (ADVANCE SCREENING) pg13

Sunday - June 4
1pm Guardians of Galaxy Vol. 3 pg13
4pm Renfield r

Q-Zone - NAB
Bldg. 337 • 619-437-3190
Family Friendly Movies:
Tues, Thur, Sat: 11 am. NDVDs

Friday, June 2
5pm Creed III pg13
Saturday, June 3
11am Penguins of Madagascar pg

Monday, June 5
5pm The Woman King pg13
Tuesday, June 6
11am Finding Nemo g
5pm Creed III pg13

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Friday, June 2
6pm Guardians of Galaxy Vol. 3 PG-13
Saturday, June 3
6pm The Flash PG-13 - FREE Advance Screening!!

Sunday, June 4
12pm Are You There God? It's Me, Margaret. PG-13
3pm Guardians of Galaxy Vol. 3 PG-13

Naval Base Theater - NBSD, 619-556-5568, Bldg. 71
3465 Senn Rd.

FREE entry to the first 300 customers (per showing), no outside food, concessions will be available.

Thursday, June 1
6pm The Covenant r
Friday, June 2
6pm Guardians of Galaxy Vol. 3 pg13

Saturday, June 3
2:30pm Guardians of Galaxy Vol. 3 pg13
6pm Guardians of the Galaxy Vol. 3 pg13

Sunday, June 4
2pm The Flash (ADVANCE SCREENING) pg13
Thursday, June 8
6pm Guardians of the Galaxy Vol. 3 pg13

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, June 3
2pm *FREE ADVANCED SCREENING* The Flash (PG13)

Wristband distribution starts at 12pm. All guests, including children, must be present to receive a wristband. Staff will place wristbands on guests. Seating is first come, first served. After wristband you may enter and exit the theater freely. Valid military/dependent/DOD ID required for admittance. Each valid ID may bring up to 4 guests for admittance.

Saturday, June 10
1:30pm The Covenant (R)
Saturday, June 17
1:30pm Guardians of the Galaxy Vol. 3

Social Security Matters

Ask Rusty - I'm concerned about Social Security solvency

Dear Rusty: I retired at age 58. My husband and I worked 40 years of employment each. I had a 401K only...no other benefits. We saved, we invested through our financial advisor and have done okay watching our investments grow (except for the last 3 years). Neither my husband nor I have taken Social Security; we were both waiting until age 70 to get full benefits. Do you think this is still wise? I'm concerned there will not be any funds in 5 years when we both turn 70.

Signed: Concerned Senior

Dear Concerned Senior: Your question relates to Social Security solvency, no doubt inspired by the recent spate of media discussion on this topic. Most articles I've read promote a "doomsday" scenario and, in fairness, Social Security's financial issues are serious. The latest report from the Trustees of Social Security warned Congress that the reserves now held in Social Security's Trust Fund (which enable full benefits to be paid) will be depleted as early as 2033. What you may not know is that this is not new news - the Trustees have sounded the same warning for decades to multiple Congresses which have neglected to enact corrective measures. And, unfortunately, they are likely to continue to drag their feet for a while because the reform needed is not politically palatable and the impact is still a few years away.

Nevertheless, although Social Security's looming financial issues are serious, they are not fatal. Congress already knows how to fix Social Security's financial issues - they just currently lack the bipartisan spirit and political will needed to do so. The clock, however, is ticking and Congress will be forced to act soon, which we are confident will happen before the Trust Funds run dry. What motivates most politicians is getting reelected and allowing an across the board cut to all Social Security recipients (which would happen if the Trust Fund reserves were depleted) would be political

suicide. Therefore, I'm confident that reform will occur in time, and I don't suggest changing your Social Security claiming strategy over worries about Social Security's solvency.

Let me further allay your fears by explaining what would hypothetically happen in the worst case scenario (if Congress doesn't act and Trust Funds are depleted). If that were to occur, when the reserves are depleted in about 2033 everyone would face an across the board benefit cut. Social Security can't go bankrupt because there would still be about 175 million workers contributing to the program but, since Social Security (by law) can only pay benefits from revenue received, everyone's benefit would be reduced by about 23% (according to the Trustees). Every beneficiary would still get benefits, but only to the extent available from income received. Which brings me to your specific question - whether it is still wise to wait until age 70 to claim (or to claim your benefits now).

Ask yourself this question: which would result in a larger monthly payment, a 23% cut to your age 70 SS payment amount, or a 23% cut to your current benefit amount? The answer, of course, is that your monthly payment would be more if you stay with your current strategy and wait until age 70 to claim (a plan which I assume you developed considering your current financial needs as well as your life expectancy, both of which are very important to that decision).

Again, I do not believe the worst case scenario will happen. Congress already knows how to restore Social Security to full solvency, and they will almost certainly act in time to avoid an across the board cut to everyone's benefit. The Association of Mature American Citizens (AMAC) has proposed legislation which would restore the Social Security program to full solvency for generations without raising payroll taxes, a summary of which you are welcome to review here: www.amac.us/social-security.

ROY'S SUDOKU

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Stroke rising in young populations: Here's what you need to know

(StatePoint) Often times stroke is associated with older populations, but many people are unaware that it can occur at any age. In fact, one out of five people who have a stroke are under age 55.

A stroke is a brain attack that occurs when blood vessels in the brain are blocked or burst. Strokes can cause long-term disability, impair a person's ability to speak, see or move, and can even result in death. While you can lose everything to stroke, taking quick action at the first sign can help with recovery and have a lasting impact. Unfortunately, almost 30% of adults younger than 45



don't know the five most common symptoms of a stroke, according to research published in The American Heart Association's "Stroke." At the same time, stroke is on the rise in that age group.

"Young people who are not famil-

iar with the most common signs of stroke are at risk of inaction at a time when every second matters," says Sheryl Martin-Schild, MD, PhD, stroke medical director at Touro Infirmary. "Both stroke survival and recovery are possible with the right care at the right time."

Immediate medical attention is dependent on everyone learning and being able to recognize the sudden onset of the BE FAST signs and symptoms of a stroke in themselves and others and calling 911 immediately. BE FAST stands for Balance, Eyes, Face, Arm, Speech, Time and

refers to these signs of stroke:

- Balance: Sudden loss of balance
- Eyes: Loss of vision in one or both eyes
- Face: Face looks uneven or droopy
- Arm: Arm or leg is weak or hanging down
- Speech: Slurred speech, trouble speaking or seems confused
- Time: Immediately call 911

No matter a person's age, understanding stroke risk factors is also vital, as some factors can be managed with lifestyle changes. These risk factors include high blood pressure, atrial fibrillation, high cholesterol,

smoking, diabetes, poor circulation, lack of physical activity and obesity. It's important for everyone to talk to their health care provider about safely managing these factors through diet, exercise and smoking cessation, particularly for those at higher risk due to age (risk increases as you get older), race (African-Americans, Hispanics, and Asian/Pacific Islanders have a higher risk of stroke than people of other races), sex (more women have strokes than men) and family history (risk is greater if a family member has had a stroke).

"According to the CDC, stroke is a leading cause of serious long-term

disability. Therefore, it's critical to learn the signs and take action right away," says Dr. Martin-Schild. "It's far better to react than to regret."

For more information and resources, visit strokeawareness.com, developed by Genentech Inc., a member of the Roche Group.

"BE FAST" was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. © 2011 Intermountain Healthcare. All rights reserved.

Managing significant life events for better mental health

by Robert Hammer
MHS Communications

Significant life changes can be stressful and cause mental health issues, expected or not.

Experiences such as the death of a loved one, divorce or separation, birth of a child, and job loss are some of the most common significant life changes one can go through.

In the military, frequent relocations, transitioning out of service, or even being sent into harm's way can cause mental stress.

"These life changes can lead to stress and the development of stress disorders or other mental

health disorders," said Dr. Marija S. Kelber, a team lead of evidence synthesis and dissemination of the Psychological Health Center of Excellence.

Kelber acknowledged that not only negative life events can cause mental stress, but "some rewarding events, like the birth of a child or getting married, joining the military, being promoted, and assuming a new assignment, can be perceived as stressful."

Approaching a Significant Life Event

When facing stressful situations, it is important to take care of yourself the best you can. Kelber said "healthy responses

include engaging in problem solving and turning to friends or loved ones for emotional support. Mindfulness-based approaches such as meditation and yoga can be beneficial for managing stress. Avoid drugs or alcohol, engage in self-care, like healthy eating, exercise, and getting enough sleep. Connecting with one's community or faith organization is also a potentially useful coping skill."

While circumstances involved may not be under someone's control, "the way they think about the situation and the impact may be something they have more control over," said Kelber. "Identifying which factors you have control over are important and

can be empowering." Developing relationships and expanding social support networks is valuable in mitigating the impact of stressors and life changes.

PHCOE Offers Resources and Information

<https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/> "The PHCOE website is a treasure trove of resources," said Kelber. "We work to improve the lives of our nation's service members, veterans, and their families by advancing excellence in military mental health and health care research."

The center conducts research

on the causes, trajectories, and outcomes of psychological health conditions in service members, as well as the most effective treatments. PHCOE also promotes clinical care focused on the patient and is informed by the best current research available to help improve psychological health and readiness.

PHCOE and other relevant resources include:

- inTransition: Offers specialized coaching and assistance to mental health care in a free, confidential program.
- Psych Health Evidence Briefs: Summarizes scientific evidence and clinical guidance to inform about treatments.

• Psychological Health Resource Center: Provides a trusted source of psychological health information and resources related to a variety of mental health concerns and assistance.

• Real Warriors Campaign: Encourages service members to seek help for psychological health concerns by promoting a culture of support and emphasizing that mental health care is health care

• Primary Care Behavioral Health: Provides a team-based approach to health care by integrating behavioral health professionals into primary care

• Clinical Support Tools: Offers guidelines intended for use as a tool to assist health care providers

THE ARMED SERVICES YMCA CAMP PENDLETON

OUR MISSION:
For the past 79 years, the Armed Services YMCA Camp Pendleton has enhanced the lives of military members and their families in spirit, mind, and body through programs relevant to the unique challenges of military life.

WHAT WE OFFER:

PROGRAMS

- Fisher Children's Center: Childcare
- Operation Little Learners: Preschool
- Operation Hero: After School Enrichment
- Summer Camp
- Operation Kid Comfort: Personalized Quilts
- Project Liberty Call: Giveaways
- TEAP (Temporary Emergency Assistance Program)
- School of Infantry Recreation Center: Single Marine Support
- Volunteer Opportunities

SPECIAL EVENTS

- Father Daughter and Mother Son Dances
- Ball Gown Giveaway
- Santa's Workshop and Secret SANTA
- Neighborhood Exchange - Food and Diaper Distribution

PENDLETON PANTRY:

Thank you for your interest in donating to our food pantry! Below is a list of items we are looking for:

- Laundry Detergent
- Feminine Hygiene Products
- Household Disinfectant
- Baby wipes
- Baby formula: Enfamil or Similac, 12 oz
- Glass Jar Pasta Sauce
- Apple Juice
- Condiments
- Cereal
- Spices
- Rice
- Canned tuna
- Jelly
- Chicken Broth
- Soup

The Pendleton Pantry ensures military families have everything they need to make ends meet and have homes running smoothly.

Questions? Email Lisi Carranza at ecarranza@asymca.org

San Diego Outreach Neil Ash Airport Center San Diego MEPS Center Camp Pendleton

Become a USO Volunteer

Volunteers are our greatest asset and the backbone of the USO. Whether helping a soldier with a connecting flight, distributing a Care Package, serving snacks with a smile, providing local information, or "welcoming home" troops from deployment, volunteers are vital to the success of the USO's mission. While the duties of a volunteer may vary, the goal is always the same – to improve the quality of life of service members, boost their morale, and serve as the link between service members and the American people.

Ready to apply to be a USO San Diego volunteer?
Visit www.USOVolunteer.org. Once you navigate to the webpage, click on "Volunteer at a USO Center," then click "Continental United States." Next select "California" and then the USO San Diego center nearest to you!

Camp Pendleton USO Programs Include:

USO Transitions: <https://www.uso.org/programs/uso-pathfinder-transition-program>
Want to be better prepared for future success before transitioning from the military? Are you a military spouse looking for new opportunities? The USO Pathfinder® Transition Program extends the USO experience to active duty, Reserve, National Guard and military spouses by offering professional development services throughout the duration of military service as well as in preparation for life post-military.

MilSpouse Connect: Monthly events bringing military spouses together to connect and thrive.

Craft & Coffee: USO Camp Pendleton provides creative outlets for adults and children to create fun, whimsical or serious works of art through a variety of mediums. Signs up happen online and are usually advertised through the USO Camp Pendleton Facebook page.

Command Support: USO is here to support! We often help support command events across Camp Pendleton such as Family days and Morale Days. Commands can request support in a number of different ways, from outdoor games, a kids craft, or even our mobile photo booth. We also can help provide small refreshments. To request support, please email our Center Operations and Programs Manager, Crystal Gates at cgates@uso.org. All requests must be submitted within 30 days and although we try our best, not all requests can be granted.

<https://sandiego.uso.org>

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CFMOTO

Spring Ignition

SALES EVENT

Get \$400 to \$1200 rebates on select remaining 2022 models.



Engines are rumblin'. Rebates are rollin'.

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of South Bay

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