

Veterans

Details inside regarding the Veterans Village of San Diego's Stand Down 2021 on Nov. 17.

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SIXTY-FIRST YEAR NO. 29
THURSDAY, NOVEMBER 11, 2021

THE NATION CELEBRATES 'NATIONAL VETERANS AND MILITARY FAMILIES MONTH' IN NOVEMBER

by David Vergun

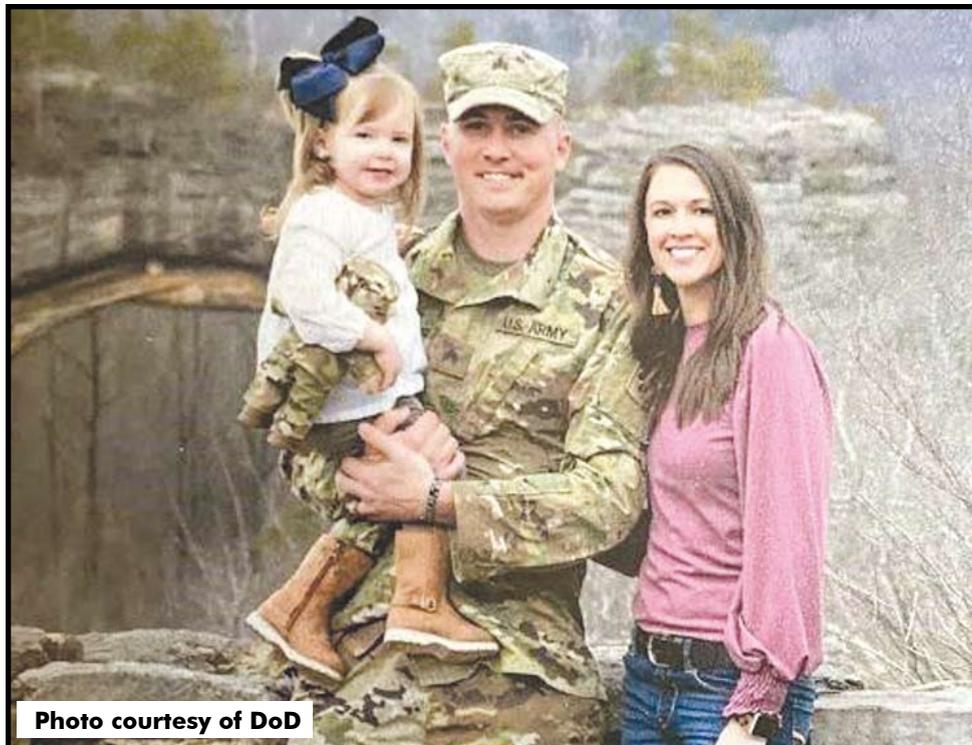
November is National Veterans and Military Families Month.

The Defense Department recognizes that military families have important roles to play in supporting a strong and ready force.

"Our nation's service members do not serve alone. Alongside them are the dedicated members of their families, whose commitment and resolve strengthen our nation. Your support and resilience help strengthen our force," said C. Eddy Mentzer, acting director of military community support programs.

"The department recognizes that readiness depends on a strong and resilient home front, and we honor those who make it possible — our nation's nearly 3 million military family members," said Mentzer, whose spouse is an active-duty Air Force colonel.

Every military family is unique and could consist of not just immediate family members, but also partners, caregivers, extended family members and friends. "Each one of you is important."



Military life has its own unique challenges and rewards, and the department wants to ensure family members have support and access to resources they can use, said Mentzer. The entire suite of these resources is available on the Military OneSource website.

"Military OneSource should be the first stop for any military

family when facing adversity," said Mentzer. "Service members and their families can visit the website, call Military OneSource at 800-342-9647 to speak with a Military OneSource consultant, or start a live chat. Our team will listen to your needs and lead you to the resources you need.

"Military OneSource is not

just for currently serving military families, but also for transitioning service members and their families. They have access to all Military OneSource has to offer up to 365 days post transition."

That website provides helpful information and guidance on topics, such as:

- Nurturing and growing friendships and relationships

to help maintain important connections.

- Navigating parenting and caregiving.

- Planning for and working through different transitions in military life.

- Parenting, relationship support and child care help.

- Programs for youths.
- Spouse employment opportunities.

- Permanent change of station and deployment assistance.



Keynote Speaker

Rear Adm. Cynthia Kuehner

Commander, Naval Medical Forces Support Command
Senior Nurse, U.S. Navy

246 years of U.S. Marine Corps excellence

ARLINGTON, Va. - This week, Marines across the globe recognized and acknowledged 246 years of service to their country, the sacrifices made to defend democracy, and the Marine Corps' enduring legacy as America's premier fighting force.

The Marine Corps' annual tradition celebrates the establishment of the organization on November 10, 1775, by the Second Continental Congress. Following their role in the American Revolution, the Marines were abolished following the Treaty of Paris in April 1783. Then, on

July 11, 1798, Congress ordered the creation of the Marine Corps and directed that it be available for service under the Secretary of the Navy.

The birthday, also known as Marine Corps Day, was originally celebrated on July 11 from 1799 until 1921 when Major Gen. John Archer Lejeune issued an order to formalize the tradition and establish the official day to honor the birthday of the Marine Corps. The ceremony traditionally includes a guest of honor, a reading of Gen. Lejeune's birthday message and the current Commandant's mes-

sage, recognition of the oldest and youngest Marine present,

"...as the next evolution of warfighting becomes our reality, it will still be the Marines who defend this Nation."

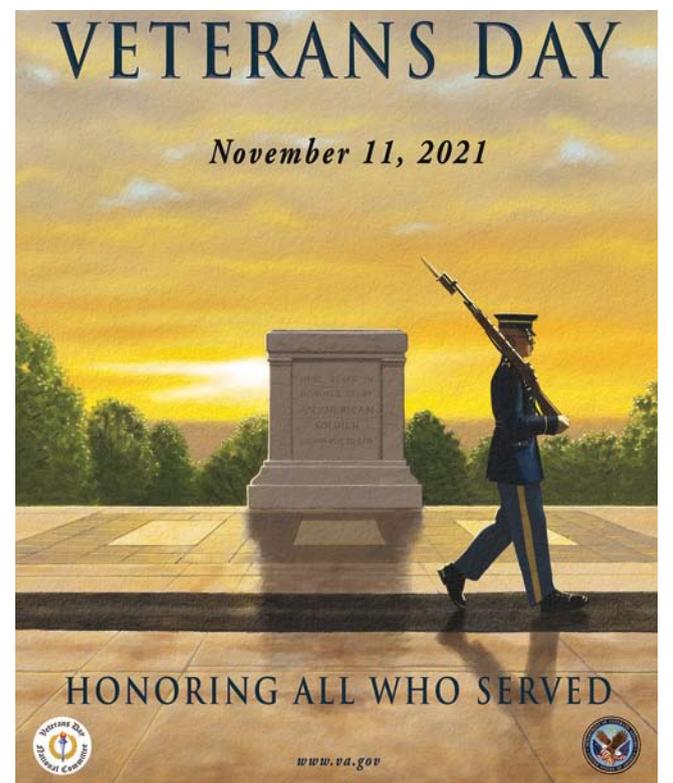
- Gen. David Berger, Commandant of the Marines

and a cake cutting.

While the first cake ceremony is unknown, the first on record took place at Marine Barracks, Washington, D.C., in 1937. Major Gen. Thomas Holcomb,

the commandant, presided at an open house for Marine Corps officers, including the cutting of a huge cake in the shape of Tun Tavern, the birthplace of the Corps.

In this year's annual message, Commandant of the Marine Corps Gen. David H. Berger and Sgt. Major Troy Black paid tribute to the men and women who joined following Sept. 11, 2001. These Marines were called to service as an elite counter-insurgency force and made great contributions in the deserts of Iraq, Afghanistan, Syria and Northern Africa.





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Navy selects first woman directly for F-35C after earning Wings of Gold in Meridian

MERIDIAN, Miss. - The U.S. Navy selected its first woman to go directly from earning designation as a naval aviator to postgraduate flight training in the F-35C Lightning II.

Lt. j.g. Suzelle Thomas, assigned to the "Eagles" of Training Squadron (VT) 7, received her Wings of Gold alongside seven fellow naval aviators and one Italian Navy aviator during a recent ceremony at the chapel on the naval air station here.

Chief of Naval Air Training (CNATRA) Rear Adm. Robert D. Westendorff, who oversees all undergraduate flight training for the Navy, Marine Corps, and Coast Guard, said the ceremony was the culmination of a year of advanced training and a lifetime of study and preparation.

"Getting through primary flight training and being selected for the advanced strike training pipeline is not an easy task," Westendorff said. "It requires a lot of hard work and dedication and the men and women here today have proven they have

what it takes. I'm so proud of each of you and know you will continue to meet the challenges ahead."

Thomas was named to the Commodore's List during primary flight training, during which she flew the T-6B Texan II turboprop aircraft. She was also named VT-7 Student of the Quarter for spring 2021. She carrier qualified in the T-45C Goshawk jet trainer aircraft aboard *George H.W. Bush* aircraft carrier.

"I feel blessed and it was an honor to finish with my fellow aviators," Thomas said. "We studied together, flew together and did everything together. I felt supported by everyone at VT-7. The instructors are very helpful and the squadron works as a team."

Thomas's drive to succeed and help others achieve didn't go unnoticed by leadership at her squadron.

"We're extremely proud of Lt. j.g. Suzelle Thomas and her performance while she was here at VT-7," Eagles Commanding

Officer Cmdr. Dylan Porter said. "She displayed the maturity and above-average aptitude in the aircraft to be selected for the F-35C platform. She stood out not only with her performance during her training here, but also as a leader amongst her peers. Lt. j.g. Thomas will be a great asset to the fleet and I'm excited to see all that she accomplishes in the future."

Thomas will report to Strike Fighter Squadron (VFA) 125 in Lemoore, Calif. VFA-125 is the fleet replacement squadron for the F-35C Lightning II. The F-35C is a powerful combination of fourth- and fifth-generation fighter aircraft with advanced electronic attack, and command and control capability.

"I have realized I will never fly with another person again since the F-35 is a one seater," Thomas said. "I am looking forward to controlling the flight in a very advanced and tactical way."

Thomas's parents pinned on her naval aviator Wings of Gold wings passed down from her mentor, Capt. Beth Regoli.

"I'm so proud of Suzelle, she has done so many great things," Regoli said. "I have watched her develop and now earn her Wings of Gold. When she worked for me she was an outstanding midshipman."

Regoli gave her wings to Thomas when she worked for her at the Naval Academy.

"Sometimes you never really realize the impact of the little things, when I heard she was going to use them today and that she thinks of me as her mentor I was so happy," said Regoli, who will leave the Naval Academy soon to become the commanding officer of NAS Key West, Fla.

"I can't wait to see all the fantastic things Suzelle is going to accomplish in her future."

There are currently three women in the Navy who transitioned from other aircraft to the F-35C. In addition, Marine 1st Lt. Catherine Stark became the first woman in the Marine Corps to directly select F-35C after earning her Wings of Gold at Training Air Wing 1 in August 2019.



Capt. Beth Regoli, left, and Lt. j.g. Suzelle Thomas. Navy photo by Penny Randall.

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A U.S. Soldier assigned to 1st Battalion, 10th Special Forces Group (Airborne) free falls as his parachute opens after jumping out of a C-130 Hercules aircraft over a drop zone in Germany, March 17, 2015. Army photo by Visual Information Specialist Jason Johnston

Special operations success hinges on people, partnerships

by David Vergun
DoD News

Talented, well trained and motivated people are key to a highly effective and capable special operations force. The other key to its success is partnerships across industry, academia and with allies and partners, the commander of U.S. Special Forces Command said.

As a result of the experiences and lessons learned during the wars in Iraq and Afghanistan over the last two decades, special operations forces are “battle tested and probably one of the most credible, integrated, capable forces that we’ve ever had,” Army Gen. Richard D. Clarke said yesterday at the 2021 Aspen Security Forum in Washington, D.C.

Although the focus has shifted to Great Power competition, particularly with China, the lessons learned from counterinsurgency operations need to be retained because the

threat to the homeland will not dissipate, he said.

“The counterterrorism mission is going to remain. There’s still going to be folks that want to come into our country, especially folks that would, if they had the opportunity, take a shot at the United States. I’m not saying the next 9/11 is around the corner, but I do think that we always have to be vigilant and be prepared,” he said, adding that the Defense Department did a great job adding the “irregular warfare annex” to the National Defense Strategy.

Undermining the confidence of potential adversaries is a particularly useful role of special operations forces, Clarke said. Information operations play a part in that, along with building resistance networks.

“Building resistance networks means that we want an adversary to think that behind every rock is an IED and up in every tree is a sniper, that if you were willing to attack this country, you’re going to be fighting all the way through,” he said, mentioning the Baltic nations as one of many examples employing this strategy.

Although special operations forces make up just 2% of the Joint Force and 3% of the department budget, it’s a pretty good return on investment, he said, noting the participation of special operations forces in the Afghanistan evacuation and its concurrent mission in Haiti for humanitarian disaster

assistance.

Since special operations personnel are globally deployed, working with allies and partners is a valuable skill that they bring, Clarke said. They’re culturally astute and skilled in languages and customs of the country and region in which they’re located.

Not only do they train with the special operations units of other nations, but they also train with conventional forces, as they’ve been doing recently in Norway, Ukraine, Thailand and the Philippines, Clarke said.

On each training mission, U.S. teams learn new tactics, techniques and procedures, and partner nations learn from their U.S. counterparts. “Deployments are probably the best training they get,” he said.

Besides training with allies and partners, special operations forces benefit from training as part of the larger joint force in some of their higher end exercises, he said.

“Working with and integrating with the joint force is absolutely critical because we want them to see us as an enabler and a capable force that helps them, whether that’s through joint forced entry, or because we may be the only ones in that country that can provide them access,” he said.

Special operations forces are resilient and creative, Clarke said, and their leaders listen to their ideas and respond appropriately.

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OCTOBER 9 7:30 PM SOSU VS. NEW MEXICO	OCTOBER 30 7:30 PM SOSU VS. FRESNO STATE	NOVEMBER 13 7:30 PM SOSU VS. NEVADA
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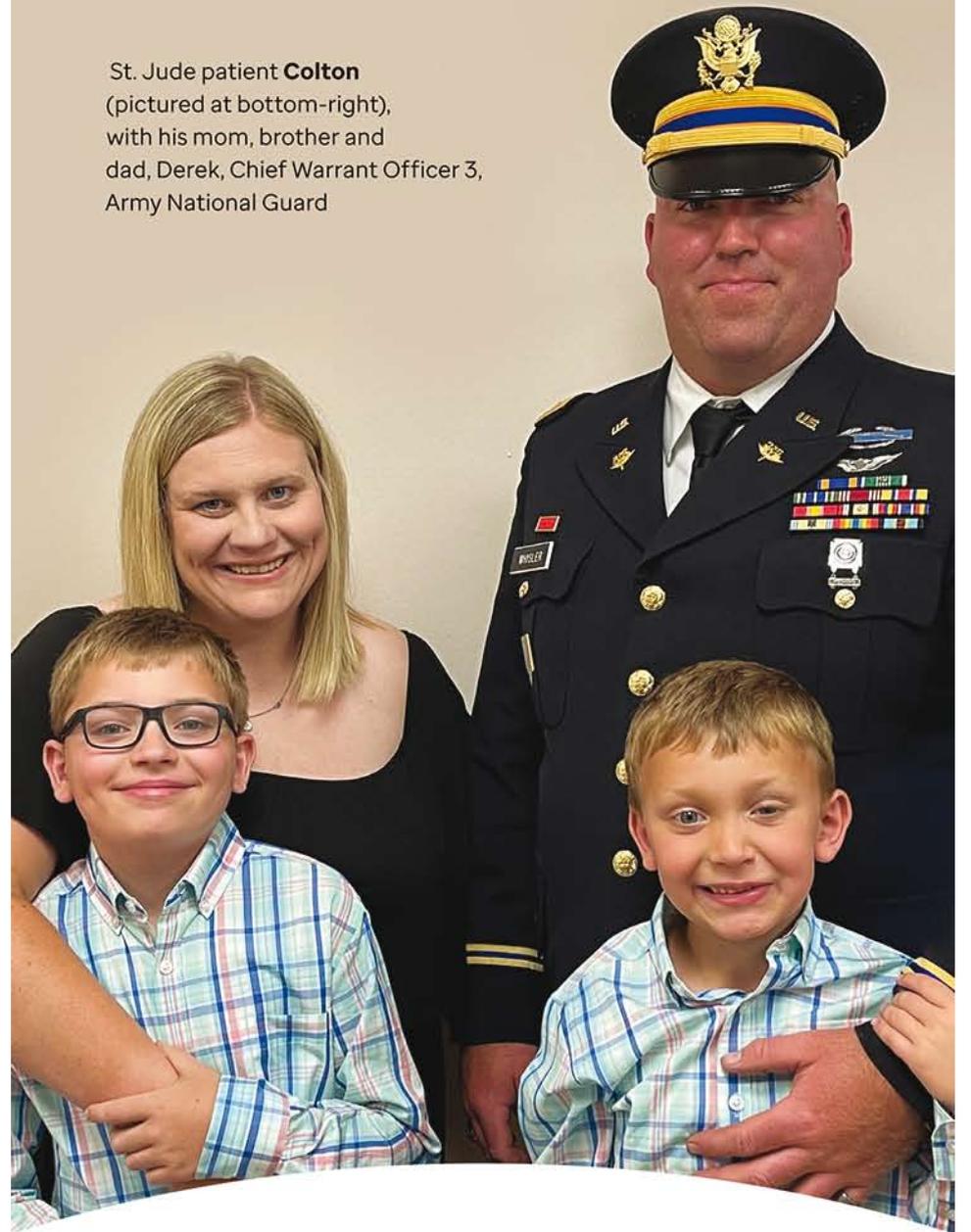
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2021 STAND DOWN

WEDNESDAY, NOV. 17

VETERANS VILLAGE OF SAN DIEGO

2021 Stand Down
11/17/2021

9 a.m. - 4 p.m.

Veterans Village of San Diego Campus
4141 Pacific Highway
San Diego, CA 92110

This event is for homeless veterans, veterans at risk of homelessness or unemployed.

Here are the veteran services available at Stand Down 2021;
•Homeless programs and services;

- Employment information;
- Access to multiple veteran-centric programs;
- Clothing/shoes;
- Breakfast and lunch;
- Hygiene Items.

Check in at the Veterans Village San Diego front parking lot. All veterans must be registered to participate. Masks are required and will be provided by VVSD.

For registration, go to <https://vvsd.net/stand-down-participation-form/>.

Information for service providers and volunteers:

- Must be registered, fully vaccinated and show proof of vaccination upon check-in. Masks are required and will be provided by VVSD.



- ✓Prostate cancer threat to veterans
- ✓VA extends Gulf War Presumption
- ✓Admiral to be the next vice chair of JCS

NewsBytes is a product of the Fleet Reserve Association

Prostate cancer threat to veterans FRA, a member of the Toxic Exposures in the American Military Coalition, has signed onto a joint letter supporting the Veterans' Prostate Cancer Treatment and Research Act (H.R.4880). The letter notes that prostate cancer is the number one cancer diagnosed in the Veterans Health Administration. Recent studies have reported more than 500,000 veterans are living with prostate cancer and are receiving treatment within VHA. Over 16,000 of those have metastatic disease with more than 15,000 new diagnoses annually. The need to standardize treatment across the VHA by implementing a comprehensive system-wide prostate cancer clinical pathway. Studies have shown that prostate cancer develops more frequently in men exposed to Agent Orange. The VHA has established it is a presumptive condition thus qualifying exposed veterans for full disability benefits. New data supports a link between prostate cancer and exposure to jet fuel (JP-8), cadmium, and aircraft component cleaning solvents.

VA extends Gulf War presumption The Department of VA has extended the presumptive period to Dec. 31, 2026, for qualifying chronic disabilities rated 10 percent or more, resulting from undiagnosed illnesses in veterans from the Persian Gulf War. This is meant to ensure the benefits established by Congress are fairly administered. If an extension of the current presumptive period was not implemented, service members whose conditions arise after Dec. 31, 2021, would be substantially disadvantaged compared to service members whose conditions manifested at an earlier date. Limiting entitlement to benefits due to the expiration of the presumptive period would be premature given that current studies remain inconclusive as to the cause and time of onset of illnesses suffered by Persian Gulf War veterans. The VA presumes certain medically unexplained illnesses are related to Persian Gulf War service without regard to cause, including, chronic fatigue syndrome, fibromyalgia, functional gastrointestinal disorders. Also included are undiagnosed illnesses with symptoms that may include but are not limited to abnormal weight loss, cardiovascular disease, muscle and joint pain, headache, menstrual disorders, neurological and psychological problems, skin conditions, respiratory disorders, and sleep disturbances.

President nominates admiral to be the next vice chair of the JCS Adm. Christopher Grady has been nominated to be the next vice chairman of the Joint Chiefs of Staff. The admiral is currently serving as commander, U.S. Fleet Forces Command, Norfolk, Va. The current Vice Chair, Gen. John Hyten, is due to retire Nov. 20, likely leaving a gap on the Joint Chiefs of Staff until the Senate confirms Grady. Previously, Grady served as the commander of Naval Striking and Support Forces NATO, deputy commander of U.S. Naval Forces Europe-Naval Forces Africa, commander of Sixth Fleet, and Joint Force Maritime Component Commander Europe.

Veterans

- Veterans with concussion, TBI issues can earn \$325 just to sleep



- Republican senators question VA about the effects of vaccine mandate on veteran services

•Homeless veterans prepare for move onto VA grounds in West Los Angeles

•Air Force veteran honored for 50 years of safe flying

•Former VA medical center supervisor sentenced in \$200k kickback scheme

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Interpersonal Edge: Effectively manage social media

by Dr. Daneen Skube,
Tribune Content Agency
Q: New reports from whistle-blowers about social media plat-

forms make me wonder how social media affects my workplace. How can I take charge of how I use social media? Also how do you think

government will respond to make social media more beneficial?

A: You can take charge of your social media interaction by realizing social media platforms often use anxiety to make you click. In addition, before posting anything on social media consider how it will affect you if future employers see your posts.

Using fear to keep consumers engaged is nothing new. Many news programs habitually start broadcasts with a house fire to scare watchers and make them wonder what other dangers are lurking.

What's new is our pervasive engagement with social media. Studies show that social media can be especially damaging to teens. Some research shows that the more time teens spend on Instagram the worse they feel about themselves. However, teens also fear being rejected if they're not on Instagram.

Leaders within social networks are unlikely to be plotting the downfall of society. The trouble is the artificial intelligence that powers social media sites knows that more clicks mean more profit. Most businesses will choose profit over social benefit.

Now industry and government are brainstorming how to change

programs used by social platforms so they don't encourage fear, self-loathing, and misinformation. I'd predict we'll see more government boundaries. Free speech is already limited to avoiding social damage i.e. you cannot yell "fire!"

Interpersonal Edge



by
Dr.
Daneen
Skube

in a crowded theater.

If you're conscious that social media can use your anxiety or negative judgments about yourself to keep you clicking you can be a savvy user. Netflix has a documentary, "The Social Dilemma," that helps explain how to be a discerning consumer.

Obviously staying up all night clicking because you're anxious or feeling bad doesn't make you productive. You have a right to be as choosy about your media consumption as you are your diet. Junk food and junk media consumption both have negative effects.

Also think carefully before you post personal data, opinions, or personal photos. Unlike Las Vegas what happens on the internet does not stay on the internet but is available to everyone forever.

I recommend my clients take on the job of being their own public relations company. If you had an adviser looking out for your privacy or professional reputation would she or he encourage you to post what you habitually post?

There's has been a great deal of national coverage about our lack of privacy. Then again many of us, give away our personal data to loyalty programs, post when we're out of town for burglars, and undermine professional reputations with pictures or opinions that cost us opportunities.

Just as we need to become good consumers of media, we have the same responsibility to become good creators of media. Social networks are a tool. Just as with a hammer the tool can build a house or damage you or others.

Sociologists have pointed out that people, especially teens, are becoming less empathic. When they post a cruel remark on social media they cannot see the hurt in someone's eyes. The lack of feedback when we're hurtful encourages people to use social

networks with no thought of the emotional consequences.

As a culture we consider kindness important. However, the anonymity of social platforms makes verbal cruelty seem victimless. Then we may use the same trolling language on the job.

The likely outcome will be better computer programs considering social impact. However, don't wait until the government legislates new rules. Take a look at whether you're using social media or whether it's using you. Change your social network consumption to content that's accurate, empowering, and promotes your well-being.

The last word(s)
Q: I feel like I have to do it all at work. I work late, come in early, and solve most work crises. I also feel resentful. Is there a better way for me to avoid burn out?

A: Yes, avoiding vulnerability and resentment are emotional twins. The solution is to admit your limits and start asking for help.

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

I'm not one of those people who gets their holiday shopping done before Thanksgiving. Rather, I'm more accustomed to the last-minute panic that comes when I realize it's two weeks before Christmas and I've only managed to purchase novelty socks and a loofa gift set for no one in particular.

Many are noticing products out of stock due to a global supply chain crisis, and the problem is only getting worse. Everything from heating oil to school cafeteria food to toys to electronics to medicine has been affected. By all accounts, it's going to be an expensive, frustrating holiday season.

Today's media and politicians are professional blame gamers, analyzing every issue to identify the victims and perpetrators, and the supply chain crisis is no exception. Some hold shopaholic consumers responsible. Others blame pandemic chaos. Still others point fingers at the President, tweeting #BareShelves-Biden.

But I'm not here to assign blame. As a resourceful military spouse, mother of three, jack of all trades, and master of none, I'm an excellent problem solver. During deployments and separations, I've had to spin multiple plates in the air while wearing various hats. I've been mother, father, short order cook, coach,

What would Schneider do? Four holiday shopping fixes for supply chain crisis

plumber, teacher, counselor, party clown, electrician, medic and Santa Clause. In fact, thanks to my fixer reputation, my sister-in-law affectionately refers to me as Schneider, the mustachioed, alcoholic building superintendent from the sitcom "One Day at a Time."

Strangely, I'm flattered.

This Black Friday, I won't be able to punch out my gift list in front of my laptop, unless I'm planning to backorder, spend a fortune, and stick a fork in my eye out of sheer frustration. I can't hit the mall to knock out my holiday shopping, because all the velour robes, X Boxes, Pelatons, Chanel N°5 parfums, and Disney Princess Castles on my list are in shipping containers floating off the coast of Los Angeles.

It's time to roll up my sleeves, Schneider style. Here are my four fixes to avoid the supply chain crisis altogether and make me look like Saint Nicholas himself:

Fix #1: Second-hand goods. Today, sustainability is all the rage. Truth be told, I've been into sustainable (read: used) goods long before it was cool. I can't turn down a good rummage fair, thrift shop, or garage sale. My refusal to pay full price is a curse and a blessing, because I often come home with a big bag of junk, proudly declaring, "Look Honey, I got all this for five bucks!"

However, with a discriminating eye, second-hand sales are a great source of unique gifts. When the kids and our budget were small, I often thrifted nearly-new toys, cleaned them, and placed them under our

tree. Our daughters, now in their 20s, still ask me to hide vintage costume jewelry I find in their stockings. And recently, I scored an antique barometer, and — shhhh! — I'm restoring it and giving it to my retired Navy husband for Christmas.

Fix #2: Experiences. Not that I'm directing this to my husband (ahem), but I'd take a trip to the tropics over an Instant Pot any day! Intangible yet meaningful gifts include goat yoga, high tea, paint & wine parties, museum memberships, cooking classes, wine tastings, B&B weekends, mani-pedis, family photo shoots, comedy shows, concert tickets, etc. Carpe diem!

Fix #3: Make it yourself. I'm not suggesting that anyone make me woven potholders or crocheted toilet roll covers (although granny squares are back in style). However, if the thought truly counts, then home-made gifts win because they require thought and creativity. I've made baked goods, paintings, beaded jewelry, and apple butter as holiday gifts. This year, I'm giving home-made soy candles in thrifted vintage sugar bowls.

Fix #4: Donate. This final fix is the easiest gift of all. Use the time and money you would've spent shopping and shipping, and make a charitable donation in the giftee's name. Your people may love ripping open wrapped gifts, but philanthropy might give them a deeper sense of gratification.

As Schneider would say, "always remember and please never forget," store shelves may be bare, but giving comes from the heart.

Feel like you are in the movies: Fleet IMAX dome, ReadMask: a comfy N95

A Movie Experience like no other. A major advantage of seeing feature films on the big screen, as opposed to on TV, is the immersive experience. Typical movie theater screens, while certainly very large, are flat. It is easy to remove yourself somewhat from the experience whenever you notice the walls of the theater beside you.

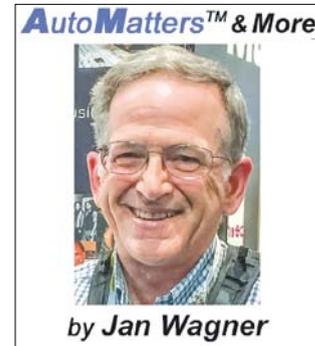
Recently the Fleet Science Center in Balboa Park replaced their IMAX projection system with a next-generation, state-of-the-art "IMAX with Laser" system that utilizes laser technology, enabling them to show IMAX feature films (as well as continuing to show documentary films, educational experiences and planetarium shows) in their Heikoff Giant Dome Theater. This visual capability is coupled with precise, powerful surround sound for an entertainment experience that is second to none.

"IMAX with Laser has been designed from the ground up exclusively for IMAX dome screens. The experience is set apart by its 4K laser projection system, featuring a new optical engine and a suite of proprietary IMAX technologies that deliver crystal clear IMAX laser projection, increased resolution, deeper contrast and the most distinct, exotic colors ever available on-screen. The new experience features Next-Gen IMAX precision sound with six unique side and overhead channels delivering greater dynamic range and precision for the ultimate in audio immersion."

So, what will this do for your movie experience? I watched the new feature films "Dune" and "The Eternals" here. Imagine yourself surrounded by the movie, whether you look side-to-side, or up and down, accompanied by surround sound. I felt like I was really there, in the movie.

It's like Sensurround times two. Do you remember seeing movies in "Sensurround" on curved screens, and with an enhanced bass sound system? That immersive process has been around since the 1970s. This "IMAX with Laser" system is better. For more information visit <https://www.fleetscience.org/shows>.

ReadMask: The Strapless N95 Mask that Seals. Since March of 2020, wearing a face mask has become an important part of our defense



against COVID-19. N95 respirators (commonly known as face masks) offer very effective protection but they were in very short supply.

Over time, the supply of N95 respirators has begun to catch up with the demand. Recently I saw a variety of N95 respirators offered for sale at my local home improvement store. Not all N95 respirators are the same. Yes, they all have to meet certain NIOSH standards, but the way various masks meet those standards varies widely. Compounding the challenge is that some of us wear prescription glasses.

Two brands of N95 that I've worn over the past months are dome-shaped and somewhat rigid. When I wear one, typically my eyeglasses fog up.

This is because warm, moist air rises and leaks out of the top of the mask, fogging my glasses. The only way that I'm able to, at least temporarily, overcome this serious problem is to wipe my glasses with an anti-fog lens cloth. This works for a while but eventually the glasses need to be cleaned — necessitating re-application of the anti-fog treatment. If worn long enough, eventually a layer of rain-like moisture forms on the treated lenses, again necessitating that the lenses be cleaned and the anti-fog reapplied.

ReadMask is a more comfortable, very light weight, affordable, NIOSH-approved N95 mask that does a better job sealing the top of the mask. Furthermore, it's flat for more convenient storage. As the website tells us, U.S.-made ReadMask "protects against airborne particles." Instead of using straps, like other N95 masks do, ReadMask "seals to your face using a hypoallergenic medical adhesive at the perimeter of the mask," creating "a tight seal that enables the filter ... to provide substantial protection."

It is important that you begin with a clean face. They recommend "wiping the sweat off your face before donning the mask" and for "perpetually sweaty individuals, consider trying a skin prep such as Smith & Nephew's Skin-Prep." "Like any mask, beards allow air to leak in when hair prevents a tight seal to the skin. OSHA also requires wearers to be cleanly shaven." For more information about ReadMask visit <https://readimask.com>.

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit [AutoMatters & More](https://www.automatters.com) at [AutoMatters.net](https://www.automatters.com). On the Home Page, search by title or topic, or click on the blue 'years' boxes.

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Camp Pendleton gets DoD recognition for fire and emergency services

Winners announced for 2020 Fire and Emergency Services awards

The Department of Defense announced the recipients of the 2020 DoD Fire and Emergency Services (F&ES) Awards for outstanding accomplishments of its fire departments, fire officers, and firefighters.

DoD F&ES Working Group representatives from the Army, Navy, Marine Corps, Air Force, and Defense Logistics Agency selected nine winners from 39 nominations.

"The DOD Fire and Emergency Services community is on duty 24 hours a day risking

their lives to ensure the safety of military personnel, their families, and the public," said Paul D. Cramer, Performing the Duties of Deputy Under Secretary of Defense for Acquisition and Sustainment. "Their extraordinary efforts to promote excellence in emergency response, public outreach, training and education, compliance and enforcement, and program management are vital to DOD's ability to successfully carry out its mission."

Locally, Camp Pendleton Fire and Emergency Services was named Fire Department of the Year, Large Category, thanks in part to their response to 116 wildland fires. These efforts included supporting the Defense Security

Cooperation Agency's deployment to Creek Fire, a wildfire that burned 379,895 acres and was the fourth-largest wildfire in modern California history.

Camp Pendleton's department also deployed a COVID-19 mitigation model that embraced using technology for briefings and QR codes for check-ins to support large-scale incidents.

Each year, three of DOD's most outstanding fire departments receive recognition for achieving the highest degree of excellence in mission support and fire protection management. DOD's best fire prevention program receives an award based on its depth and breadth, effec-

tiveness, educational value, and thoroughness in direct support of the organization's mission. One military firefighter and one civilian firefighter each receive an award for their superior job performance and outstanding contributions to a DOD F&ES organization.

One military fire officer and one civilian fire officer each receive an award for their superior job performance, outstanding contributions, and leadership to a DOD F&ES organization. In addition, one fire service instructor receives an award for superior job performance and outstanding contributions to a DOD F&ES organization as an instructor.

Other winners are:

*Fire Department of the Year, Small Category: Naval Support Activity Bahrain Fire and Emergency Services, Bahrain

*Fire Department of the Year, Medium Category: Aviano Air Base Fire and Emergency Services, Italy

*Fire Prevention Program of the Year: 673 Civil Engineer Squadron Fire and Emergency Services, Joint Base Elmendorf-Richardson, Alaska

*Military Firefighter of the Year: Senior Airman Journey T. Collier, 35th Civil Engineer Squadron Fire and Emergency Services Flight, Misawa Air

Base, Japan

*Civilian Firefighter of the Year: Mr. Matthew J. Callaghan, Joint Base Charleston, South Carolina

*Military Fire Officer of the Year: Senior Master Sergeant Mark J. Tross, Joint Region Marianas/Naval Support Activity Andersen, Guam

*Civilian Fire Officer of the Year: Mr. Keith R. Pellerin, 673 Civil Engineer Squadron/Civil Engineer Flight, Joint Base Elmendorf-Richardson, Alaska

*Fire Service Instructor of the Year: Assistant Chief Thomas P. Wiley, Naval Station Rota Fire and Emergency Services, Spain

Naval Air Forces team hosts Diversity, Equity, and Inclusion Summit

Commander, Naval Air Forces Pacific (CNAF) hosted the first-ever Naval Aviation Diversity, Equity and Inclusion Summit (DEI) Summit last week in Coronado.

The theme for the inaugural CNAF DEI Summit was *Empowering Future Naval Leaders with a Diversity, Equity, and Inclusion Mindset*. The summit helped identify and address the challenges faced by Naval aviators from diverse backgrounds and experiences, and to provide leadership development opportunities. The summit sought to achieve four primary objectives:

- 1) Identify and address diversity, equity, and inclusion issues affecting Naval Aviators.
- 2) Give voice to Naval aviators from diverse backgrounds.
- 3) Educate leaders to increase their awareness of DEI issues and apply that perspective in the workplace.
- 4) Promote mentorship for aviators from diverse backgrounds.

Approximately 275 Naval aviators and guests attended the event. Day one included a presentation titled "Up We Go!" that imparted a message of inspiration and resilience from Capt. (Ret.) Donnie Cochran, the first African-American Blue Angels pilot and commanding officer, and was highlighted by a personal message from Chief of Naval Operations, Adm. Mike Gilday.

"Just by being here, it's a declaration of your commitment to a cultural change and a future of further inclusiveness," said Gilday. "What you're doing here matters, and I'm grateful."

The summit was a powerful tool for Naval Aviators to voice their concerns and propose solutions for immediate action.

Editor's note: Read this story in its entirety at <https://www.dvidshub.net/news/409024/commander-naval-air-forces-hosts-first-ever-diversity-equity-and-inclusion-summit>.



SeaWorld San Diego is offering free tickets to U.S. military veterans for themselves and three guests to visit the park through December 24, 2021. The veterans offer has been available since April and due to its popularity and the park operating at full capacity, the offer has been extended allowing veterans more time to visit. This offer is part of SeaWorld Parks & Entertainment's longstanding Waves of Honor program, which salutes active-duty military members, veterans, and their families by offering special pricing and promotions throughout the year. U.S. military veterans and retirees must register online at www.WavesofHonor.com in advance and verify their proof of service.

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This week's snapshots



MOUNTAIN VIEW, Calif.
Nov. 5, 2021

Army Reserve Maj. Gen. Miles Davis (center), the incoming commanding general, 63rd Readiness Division, receives the 63rd RD colors from Maj. Gen. Gregory Mosser (right), deputy commanding general, Army Reserve Command, as Command Sgt. Maj. Patrick McKie (left), senior enlisted leader, 63rd RD looks on, during a change of command ceremony. Official photo



DOWNTOWN SAN DIEGO
Nov. 6, 2021

(top) A Marine Corps working dog stands guard during Fleet Week San Diego 2021. Fleet Week is designed to increase the community's knowledge and awareness of the military's role in national defense. Marine Corps photo by Cpl. Levi Voss

(below) Chief Information Systems Technician Brennan Kane, a native of Rancho Santa Margarita, Calif., assigned to Fort Worth littoral combat ship, leads a tour as part of Fleet Week 2021. LCS is a fast, agile, mission-focused platform designed to operate in near-shore environments, winning against 21st-century coastal threats. LCS is capable of supporting forward presence, maritime security, sea control, and deterrence. Navy photo by MC2 Vance Hand



USS ESSEX, at sea
Nov. 7, 2021

A Phalanx Close-In Weapons System (CIWS) fires during a live fire exercise. USS Essex and the 11th Marine Expeditionary Unit are deployed to the 5th Fleet. Navy photo by MC3 Isaak Martinez



NASSCO SAN DIEGO
Nov. 6, 2021

Tom Wetherald (center), director of Business Development & Strategic Planning for General Dynamics National Steel and Shipbuilding, gives a tour of their facilities to Secretary of the Navy Carlos Del Toro after the christening and launch ceremony of USNS Harvey Milk. Navy photo by MC2 T. Logan Keown



DOWNTOWN SAN DIEGO
Nov. 5, 2021

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Local News Briefs

SECNAV meets with NAVWAR leaders; discusses project overmatch and OTC revitalization ... SAN DIEGO - The Secretary of the Navy met with Naval Information Warfare Systems Command top leaders and key innovators Nov. 8 at Naval Information Warfare Center Pacific, for an update on Project Overmatch, a high priority initiative focused on ensuring operationally relevant data is available at the tactical edge, when and where required. During the visit, NAVWAR Commander Rear Adm. Doug Small briefed Del Toro on his team's progress to speed the delivery of advanced capabilities in support of Project Overmatch. "It's imperative that we drive better horizontal integration across our weapons, platforms, and sensors, to provide a decision advantage over our adversaries and to help us deliver a more lethal and better-connected fleet far into the future," said Del Toro. "Today, I was able to see firsthand how NAVWAR's exceptional team of technical experts are working across system commands, warfare centers and industry, both defense and commercial, to effectively exploit the most advanced technologies available in support of Project Overmatch." - Story by Elisha Gamboa

Cybersecurity Program Office gears up for HACKtheMACHINE Unmanned ... SAN DIEGO - The Navy's Cybersecurity Program Office sponsored, designed and developed one of the technical tracks at this year's HACKtheMACHINE Unmanned event, held virtually for participants worldwide Nov. 16-19, to encourage creative "hackers" to help meet the needs of the Fleet by developing and integrating unmanned and autonomous systems at scale. "By fostering collaboration and encouraging diversity across private and public sectors," said Chief of Naval Research Rear Adm. Lorin Selby, "HACKtheMACHINE Unmanned is a foundation for building a community of technologists to help solve the Navy's most pressing digital concerns in cyber, artificial intelligence and machine learning (AI/ML) and digital engineering." The event will include three tracks for participants to compete in: Hack the Pilot, Detective Bot and Top Model.



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Scouts BSA offers Eagle Scouts, previous Scouts, and anyone interested in opportunities to volunteer in their local area. Groups include: Scouting Alumni and Friends, Eagle Scout Alumni Association, Troop Packs, Venture Crews, and Sea Scouts. Visit our website www.sdscbsa.org or call 619-298-6121. 11/11

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

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-Dalai Lama

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MOVIES AT THE BASES

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

Thursday, Nov 11
 3pm No Time to Die (PG-13)

Friday, Nov 12
 6:30pm The Last Duel (R)

7:50pm Copshop (R)

Saturday, Nov 13
 2pm No Time to Die (PG-13)

6pm Halloween Kills (R)

Sunday, Nov 14
 1pm The Addams Family 2 (PG)

3:30pm The Last Duel (R)



Pendleton Theater and Training Center
 Bldg 1330 Mainside (Across from Mainside Center)

Saturday, Nov 13
 1:30pm Dear Evan Hansen (PG-13)

Bob Hope Theater 577-4143
 MCAS Miramar Bldg 2242 ★

Friday, Nov 12
 6pm The Last Duel (R)

9pm Halloween Kills (R)

Saturday, Nov 13
 3pm No Time to Die (PG-13)

6pm The Last Duel (R)

Please verify online before attending

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Bldg. 650

Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program. Debit and credit cards accepted only

Friday, Nov 12
 6pm Halloween Kills (R)

Saturday, Nov 13
 2:50pm No Time to Die (PG-13)

6pm The Last Duel (R)

Sunday, Nov 14
 1pm The Last Duel (R)

4pm Halloween Kills (R)

Updates: sandiego.navylifefsw.com

ROY'S SUDOKU

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EVENTS AROUND TOWN

Nov 11: **Service Festival** on USS Midway. 10am-3pm. FREE for all Active, Reserve, National Guard, Veterans, and their families. Show your military ID and join us as we celebrate you & your family. Enjoy live music, kids' activities, free food & drink samples.

Nov 11: **Veterans Day Ceremony** at Poway Veterans Park, 11am. www.poway.org

Nov 11: **Veterans Day Ceremony** at La Colonia Community Center. www.ci.solana-beach.ca.us

Nov 11: **Veterans Day Ceremony** at Helen Bougher Memorial Park, 2pm. www.san-marcos.net/veterans

Nov 11 & 13: **Special patriotic fireworks** presentation at SeaWorld. Free tickets to U.S. military veterans and any U.S. active-duty military, activated or drilling reservist, or National Guardsman for themselves and three guests to visit the park through December 24, 2021. U.S. military veterans, retirees and armed forces must register online at www.WavesofHonor.com in advance and verify their proof of service through the ID.me qualification process.

Nov 11-14: **San Diego Bay Wine and Food Festival** at Embarcadero Marina Park North www.sandiegowineclassic.com

Nov 12: **SD Gulls vs. Bakersfield Condors** at Pechanga Arena, 7pm.

Nov 12: **Ballet Hispanico** at California Center for the Arts Escondido, 7:30pm. www.artcenter.org

Nov 12-14: **SnowJam Ski and Snowboard Expo** at Del Mar Fairgrounds. www.snowjamshow.com/sandiego

Nov 13: **Mt Soledad Veterans Day Ceremony** noon-1pm.

Nov 13: **Olivenhain Holiday Crafts Fair** at Olivenhain Meeting Hall, 9am-3pm. www.olivenhain.org/events

Nov 13: **San Diego Bay Wine and Food Festival - Grand Event** at Embarcadero Marina Park North www.sandiegowineclassic.com

Nov 13: **Outdoor Sip and Shop at Agua Hedionda Lagoon** Discovery Center, 12:30-3:30pm. www.aguahedionda.org

Nov 13: **LA Clippers vs. Minnesota Timberwolves** at Staples Center, 7:30pm. www.nba.com/clippers

Nov 13: **Porter Robinson** at Pechanga Arena San Diego, 7pm.

Nov 13: **Theresa Caputo Live** at San Diego Civic Theatre, 7:30pm. www.sandiegogotheatres.org

Nov 13: **Nature walk** from **Penasquitos Creek Crossing Trailhead**, 8-10am. Guided walk on flat ground. Meet at kiosk near corner of Park Village Rd & Camino del Sur in Penasquitos

Nov 13-14: **Mission Trails Regional park offers guided hikes, discovery table**, more. Details at mtrp.org/events/

Nov 14: **Taco TKO** at Liberty Station 12-3pm for all Taco lovers!

Nov 14: **LA Chargers vs. Minnesota Vikings** at SoFi Stadium, 1:05pm.

Nov 15: **Harry Styles** at Pechanga Arena www.ticketmaster.com

Nov 16-21: **Hairspray** at San Diego Civic Theatre. www.sandiegogotheatres.org

Nov 18: **Men's Basketball SDSU vs. Arizona State** at Viejas Arena, 7:30pm. www.goaztecs.com

Nov 19-26: **Ebenezer Scrooge's Big Christmas Show** at The Old Globe. www.theoldglobe.org

Nov 19-31: **Komen San Diego 3-Day Walk** www.komen.org/sandiego

Nov 19-31: **Wonderfront Festival** www.wonderfrontfestival.com

Nov 20: **Flamenco Arana: Viva El Flamenco** at California Center for the Arts Escondido, 7pm. www.artcenter.org

La Jolla Lutheran Church

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 Wednesday 6:30pm Bible Study
 7111 La Jolla Blvd., La Jolla, CA 92037
 (858) 454-6459
LaJollaLutheranChurch.com

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Meeting at Green Flash Brewery Gathering Room
 6550 Mira Mesa Blvd.
 (Entrance Directly in back - off Sequence Dr.)
 Worship 8:45am
 (858)792-7691 LivingWaterSD7@gmail.com
 Pastor: Rev. Steven Duescher

Mesa View Baptist Church

Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CWO3, USMC (Ret.)
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 Sunday Worship Service (in-person) 12pm to 2pm
 7997 Paradise Valley Rd, S.D., CA 92139 619-773-6032
 Live Stream: 12:30pm-1:30pm on "Moministries" free church app
 Or www.militaryoutreachministries.org click on 'live stream' blue button

Resurrection Lutheran Church

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

St. Luke's Lutheran Church

5150 Wilson Ave., La Mesa, CA 91942
 Phone: (619) 463-6633
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Feeling lonely? SDHS reduces adoption fees during Adopt a Senior Pet Month

Senior pets in need of homes are looking for families that will love them in their golden years.

In honor of National Adopt a Senior Pet Month in November, San Diego Humane Society is reducing adoption fees for senior dogs and cats by 50% through the entire month. The promotion is generously sponsored by Purina.



“Senior pets are sensational and we have several of them who are hoping for a family who will love them in their golden years,” said Dr. Gary Weitzman, president and CEO, San Diego Humane Society. “The best part about adopting a senior is that you get to really see who that animal is — there is no guessing the personality, size and involved care of a senior pet. Also, you’re doing a very good deed.”

Five Reasons To Adopt a Senior Pet:

- You can teach an old dog new tricks: Some senior pets are already trained and, even if they’re not — they tend to catch on faster and have an easier time focusing than their juvenile counterparts.
- They adapt faster: Mature animals are likely to settle into a home more easily and quickly than younger pets, often due to past experiences living in houses among people or other pets.
- What you see is what you get: Unlike adopting a puppy,

there is no guessing about what a senior animal’s full size, personality or required care will be. This information makes it easier to pick an animal that is the right fit for your household.

- A little R&R: These sweet seniors usually have less energy, which makes them great additions to mellow, relaxed households looking for a cozy companion.

- Unconditional gratitude: A senior pet will bring maturity and wisdom into your home. If you give a senior a chance they will thank you for the rest of their life!

Senior cats and dogs are 7 years or older. San Diego Humane Society currently has dozens of senior dogs and cats available for adoption. San Diego Humane Society is open for walk-in adoptions Tuesday – Sunday, 10am-6pm at its campuses in Escondido, El Cajon, Oceanside and San Diego. To view animals currently available for adoption, visit sdhumane.org/adopt.

TRICARE Open Season underway, explore your options

Autumn is upon us. That means it’s time to consider your health care options for 2022. TRICARE Open Season is underway and ends Monday, Dec. 13. If you’re enrolled in or eligible for a TRICARE Prime option or TRICARE Select, open season applies to you. This is your chance to enroll in a health plan or change health plans for coverage that starts Jan. 1, 2022.

“It’s important to take open season seriously each year,” said Elan Green, chief of TRICARE Health Plan’s Member Benefits and Reimbursement Section. “This could be your only chance all year to impact health plan options for you and your family.”

Outside of TRICARE Open Season, you can only enroll in or change your TRICARE Prime or TRICARE Select plan following a Qualifying Life Event, as outlined in the TRI-

CARE Qualifying Life Events Fact Sheet. This means if you’re currently not enrolled in a TRICARE health plan and choose not to enroll in one by Dec. 13, you’ll only be able to receive care at military hospitals and clinics if space is available.

Who is eligible for TRICARE Open Season?

If you’re enrolled in or eligible for TRICARE Prime, including the US Family Health Plan (USFHP), or TRICARE Select, open season applies to you.

But it doesn’t apply to active duty service members. Open Season also doesn’t apply to the four premium-based health plans: TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult, and Continued Health Care Benefit Program.

If you’re under age 65, entitled to Medicare Part A and Part B, and

covered by TRICARE For Life (TFL), open season does apply to you. You have the option to enroll in TRICARE Prime if you live in a Prime Service Area. However, TRICARE Open Season doesn’t apply to you, if you’re age 65 or older, entitled to Medicare Part A and Part B, and covered by TFL. TFL coverage is automatic if you have Medicare Parts A and B.

Not sure what TRICARE plans you may be eligible for? Visit www.tricare.mil/planfinder

What changes can be made during open season?

If you’re eligible for TRICARE Open Season, you have three choices:

- Stay in your plan: If you want to stay in your current TRICARE health plan, you don’t have to take any action. You’ll continue in your current health plan through 2022 or

as long as you’re eligible.

- Enroll in a plan: If you’re eligible for a TRICARE Prime option or TRICARE Select but not enrolled, you can enroll in a plan now.

- Change plans: If you’re already enrolled in a TRICARE Prime option or TRICARE Select, you can switch health plans. You may also switch between individual and family enrollment.

Not sure how TRICARE Prime, USFHP, or TRICARE Select differ? You can compare health plans using the TRICARE Compare Plans Tool. You can also look up costs for each plan with the TRICARE Compare Costs Tool. Just choose the plan you’d like to see and answer a few questions about who you are. Cost changes are coming in 2022, so you should review your plan’s costs, even if you’re already enrolled.

More at <https://va.org/tricare/>

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Social Security Matters

Is waiting until 70 still the best plan to maximize Social Security?

by Russell Gloor

Dear Rusty: My wife started her Social Security at 62 in March 2017 and I then filed a Restricted Application to collect a spouse benefit from her. Our plan is for me to file for my own benefits later this year when I turn 70. Then my wife will file for her spousal benefit from me. Our life expectancy is 93 & 96. Is this still the best plan for maximum payments? Signed: Planning Ahead

Dear Planning: Yes indeed. You've chosen an excellent strategy, and one which is no longer available to younger

beneficiaries. The Restricted Application option you chose, to get only spouse benefits and let your own increase, was eliminated for anyone born after January 1, 1954.



When you turn 70, you will be eligible for your maximum SS retirement benefit to start at that time. Social Security recommends that you apply about 3 months before you wish benefits to begin (you will specify on the application when you want benefits to start), so you can apply before your birthday if you like but just be sure to be explicit that your benefit-start-month is

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 - Iraqi military still dependent on US, coalition military support in ISIS fight: watchdog
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the month you turn 70.

That way, you won't lose any of the Delayed Retirement Credits you've been accumulating since you reached your full retirement age of 66. Your benefit at age 70 will be 32 percent more than it would have been at age 66.

When you apply, Social Security will probably offer to pay you 6 months of retroactive benefits. Although that lump sum can be quite tempting, accepting it will also reduce your SS benefit amount by 4 percent for the remainder of your life. With a life expectancy in your 90s, I suggest you choose wisely.

After you have submitted your application for Social Security retirement benefits your current spousal benefit will stop as soon as your higher benefit starts. After you apply for your age 70 benefit, your wife's spousal

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benefit will be automatically awarded when your own benefit begins (automatic because she was born after January 1, 1954). For information, your wife's spousal benefit will be based upon your full retirement age benefit amount, not the increased amount you will receive because you delayed until age 70.

You should also be aware that your wife's benefit as your spouse will be less than 50 percent of your FRA benefit amount because she claimed her own benefit at age 62 (claiming her own benefit early affects her spousal benefit amount).

Nevertheless, with a life expectancy in your 90s you have chosen an excellent strategy which will pay you the highest possible monthly amount and the most in lifetime cumulative benefits, while also providing the highest possible survivor benefit for your wife should you

- Istanbul Protesters Place Hood on U.S. Navy Civilian, Resulting in Detention of 17 People
- USS *Antietam* Sailors recover dead body from Tokyo Bay near Yokosuka
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- First DOD Imama makes history at Holloman Air Force Base

die first. Although waiting until age 70 to claim isn't the right decision for everyone, in your specific case I congratulate you for making a very wise choice.

Russell Gloor is a Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpreta-

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- Space Force launches "Orbital Prime" program to spur market for on-orbit services
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- Investigative journalist seeks to uncover the truth behind fatal 2017 Niger ambush in documentary
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